

VOLUME 6 EDITION 28 THURSDAY, JULY 11, 2019

WEEKLY NEWS

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EXPRESS PHOTO BY LANA MEIER

Maureen Johnson gives Warren Sigfusson a hug after hearing that his parents, David and Patricia Sigfusson, left \$10,000 for the Pauline Johnson Library. Pictured in the background is his brother Wade Sigfusson.

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Arborg's second annual Colour Run of Hope raises \$4K

By Evan Matthews

On July 1, Arborg — with Kelly Sweetland at the organizational helm — hosted its second annual Colour Run of Hope in support of the CancerCare Manitoba Foundation.

"Everyone had a blast. It was a really, really awesome event," said Sweetland, adding the weather was great and 56 people participated.

"The support was overwhelming. ... You'd look around and see the number of people, and most of them have been affected by cancer. Everyone came out for a good cause."

The event broke last year's record, as Sweetland said organizers raised over \$4,000.

Participants paid \$50 to register in the run, while the option existed to fundraise additionally through pledges.

Anyone who donated to a participant had the opportunity to throw colour at them, Sweetland said.

Corporate sponsorships and donations were options too. Corporations sponsored all seven water stations along the runners' route and then decorated the water station using their respective company brand elements.

Though participants could choose between three and six kilometres,

Sweetland said the warm weather pushed everyone to choose three kilometres. The event wasn't competitive, so it was much more about fundraising and awareness.

The route followed the Icelandic River, with volunteer tents set up along the course. Volunteers helped to run a foam party with a DJ, a bouncy castle, a food truck and vendors.

"Whether it was a little job or a big job, our volunteer support was amazing," said Sweetland, emphasizing thanks to the volunteers.

Sweetland noted the route will change slightly next year, but those changes are not yet finalized. The aim is for 200 participants, she said.

Sweetland said all proceeds are donated to CancerCare Manitoba Foundation.

The cause touched Sweetland personally when she lost her mother-inlaw in April 2018, she said.

"When I asked my son what he was going to do with his birthday money (that year), he was turning six at the time, he said he was going to donate it to people with cancer," said Sweetland.

"I asked him, 'Like, kids with cancer?' And he said, 'No, everybody with

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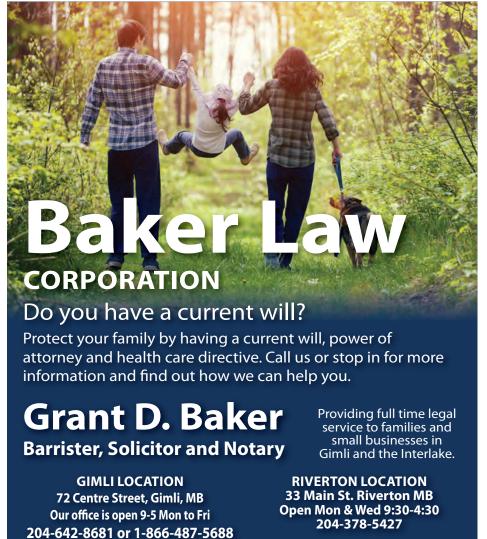


EXPRESS PHOTOS BY SUPREME ENTERTAINER

Six-year-old Darren Sweetland, middle, sang *O Canada*. Sweetland was the inspiration to fundraise for CancerCare. Pictured also is Jenna Pearce, left, and PartiLife owner Toni Dent.



The foam party was a hit with the youngsters including William Plett, Darren Sweetland and Lyla Shachtay.







Participants warmed up with a Zumba workout by Desiree.



Second annual Colour Run of Hope winners, first, second and third place.



Aaron Kristjanson gets coloured by the Arborg Family Dental staff.



Darren Sweetland and Locklin Pearce.

> COLOUR RUN, FROM PG. 2

cancer.' He donated and raised over \$900, and then to help out, we decided to start a walk," she said, adding that they raised over \$3,000 by the end of their efforts.

CancerCare Manitoba is a non-profit organization whose mission is to support CancerCare's strategic priorities. All funds raised and donated remain in Manitoba. The funds support an internationally recognized team of health professionals at CancerCare

Manitoba who provide outstanding care for patients and their families throughout Manitoba, northwestern Ontario and Nunavut dealing with a cancer diagnosis, according to the organization's website.

Up next for Sweetland?

Sweetland and her children will be hosting a lemonade stand in Lundar through CancerCare on July 19, 20 and 21.

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Build it and they'll come

New apartment complex to spur on Arborg's development

By Patricia Barrett

The construction of a much-needed rental complex in Arborg is set to help spur on economic development as it will attract new people to town and help local businesses acquire labour.

Town of Arborg council approved the development — subject to a development agreement — during a special meeting and public hearing held May 22.

Local businessman Sid Dueck appeared on behalf of the owners to provide an overview of the two six-suite apartment buildings to be built on Third Avenue between William and Ardal streets. Mayor Peter Dueck declared a conflict and sat out of the hearing and subsequent decision.

Morley Nordal, who owns and operates Nordal's Auto Body Glass, said new housing is crucial for Arborg, and this project will support growth that's already underway in town and in the surrounding areas.

"We're anticipating a future spike in

growth,"Nordal said Monday."Arborg is already expanding and we need as much new housing as we can get."

Some of that expansion is occurring in the area's metal-working shops, which provide custom-made parts and products to multinational companies across the globe. Having new rental housing at their fingertips will help them attract the workers they need.

"This has huge ramifications for the economy," said Nordal. "We need that housing to get people to move here. And it will help every business that needs more labour."

Available housing stock will also provide an incentive to newcomers thinking of relocating to Arborg but who might be experiencing difficulties finding suitable rentals. More rental housing will also help prevent the loss of local youth, a phenomenon seen across the Interlake.

204-372-8501

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MAP COURTESY OF EASTERN INTERLAKE PLANNING DISTRICT Map of new apartment complex in Arborg.





EXPRESS PHOTOS BY OWEN EYOLFSON

Town of Arborg council approved the development — subject to a development agreement —of two six-suite apartment buildings to be built on Third Avenue between William and Ardal streets.



Black bear causes beehive frenzy in St. Laurent

By Evan Matthews

In a scene straight out of a child's Winnie the Pooh book, a black bear has destroyed a honey farmer's beehives for a free meal.

Joe Hallick, 84, said the damage occurred at his bee farm in St. Laurent along Governor Road and Chartrand Road, sometime around Friday June.

Hallick said he's currently waiting for a conservation officer to come relocate the bear; however, conservation instructed Hallick that they would not attend for 10 days, in the possibility of the bear leaving the area on its own accord.

"But the bear is still out there. It's active. ... He's here for a free lunch," said Hallick, adding he's come across tracks, fecal matter and damage to the frames of his beehives.

"I don't have a firearm, or any pro-

Hallick is a recreational bee farmer, meaning he doesn't sell his honey commercially.

The bees keep the retired railway worker active. He has 10 beehives. and he has to keep up with the maintenance, he said.

The bear has damaged three of his 10 hives, and Hallick said his hives are not insured. Whether or not he bothers to rebuild the hives, he said, remains to be seen.

"(Conservation) told me maybe I should consider putting up an electric fence," said Hallick, who is a member of the Manitoba Beekeepers Associa-

"If the bear is hungry enough, he'll do whatever he has to for a meal."

Hallick said this exact scenario hap-





EXPRESS PHOTOS SUBMITTED

A black bear has been wreaking havoc for a local honey farmer in St. Laurent. The bear has destroyed three of 10 hives.

pened to him once before, roughly 10 years ago, and conservation trapped the bear in a cage and relocated it to a different part of the region.

Relocating the bear is, ideally, what Hallick would like to see happen since there are families living in the area.

"There have been many lots sold, and I think there are upwards of eight people living around there," said Hal-

"There is also a (school) bus route right along the road. ... I don't know how long that bear is going to be there."

Male black bears typically weigh an average of 135 kilograms and females weigh 70 kilograms, according to the Manitoba government. Though the species is referred to as black bears, the animal can come in a variety of colours including black, brown, blond and cinnamon.

Black bears are omnivores, eating just about anything, but plants make up the largest part of their diet, according to the government.

Black bears can live for 25 or 30 years, but most live less than 10 years in the wild. They are good swimmers and are fast on the ground. For short distances, they can reach speeds of up to 55 kilometres per hour. Climbing trees is also easy for a black bear, according to the province.

The bears are not true hibernators

in winter; according to the province, since they can be roused if disturbed. Sometimes if the weather is warm, they wake and leave the den for short periods.

In spite of thousands of encounters between people and bears, there have only been three black bear-inflicted deaths in Manitoba. All have been the result of stalking, offensive attacks, the document reads.

Manitoba Conservation could not be reached by press time for comment.

For more bear information, visit gov. manitoba.ca/blackbear or call 1-800-

> APARTMENT COMPLEX, FROM PG. 4

Rental units with attached garages on First Avenue – built about four years ago by a local developer – were snapped up the instant they were built.

The town and the RM of Bifrost-Riverton are still waiting for provincial approval to build a new personal care home in Arborg, and having readily available housing stock will ease the transition for health-care workers needed to staff the PCH should it get the green light.

Nordal said the Arborg-Riverton area is on track to become the next Morden-Winkler.

"We are the commercial centre of the Interlake, and we have extraordinary growth," he said.

The foundation for the new complex is already under construction.

Sid Dueck was tied up on business when the Express contacted him, but said he could provide details at a later







EXPR€SS



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U.S.A. wins FIFA Women's World Cup

By Evan Matthews

The Americans have won their second straight FIFA Women's World

It's the country's fourth tournament win in tournament history.

But the greatest win for this soccer team may be yet to come.

Some of the U.S.A.'s superstars have started taking political stances, and in a variety of ways.

In March, the women making up the 28-person roster decided to sue the U.S. Soccer Federation for gender discrimination.

Despite having won four titles, and two consecutively, the women are paid substantially less than the men.

To further the women's cause, the men's team has never had a finish higher than third place, which came all the way back in 1930.

The New York Times reported in June that the two sides would start a mediation process, which was to begin immediately following the completion of the FIFA Women's World Cup.

This championship might not bode well for the U.S. Soccer Federation's

But it certainly speaks to what a dominant and unflappable team this is. They simply won't take no for an answer, and they won't quit.

Another example might be the team's captain, Megan Rapinoe.

In January, Rapinoe was asked if she would visit the White House if the U.S. Women's Team won the World Cup.

Minus one horrible word that starts with the letter "F," Rapinoe said, "I'm not going to the ... White House."

Rapinoe said her only regret was using an expletive.

She has been a critic of Trump since the get-go. She was one of many athletes internationally who joined Colin Kaepernick (of the NFL) in kneeling during the playing of the national anthem as peaceful protest. Kaepernick began kneeling in protest of police brutality against black Americans.

But the reason Rapinoe rejected a visit to the White House before even winning was because she strongly disagrees with many of Trump's attitudes, now policies, toward the LG-BTQ2 community.

That's putting it lightly, as Rapinoe herself identifies with the LGBTQ2 community. She believes herself to be affected by policy, and she's taking it personally.

But she's not just taking it person-

ally; she's taking a stand.

This woman has influence, a voice, and is telling Trump"no."

Frankly, she's an inspiration.

Trump told her, in a series of Tweets, to "finish the job" before she spoke.

Rapinoe didn't bite, but she doubled down on her assertion that she would not be visiting the White House, and then finished the job. She won the tournament, and she comes out on top in her public spat with the U.S. president too.

To summarize, this U.S. women's soccer team has: sued the U.S. Soccer Federation over gender wage gap; condemned the current U.S. administration for discriminatory policy; become world champions for the fourth

This is something to be celebrated.

Who knew one of Trump's greatest enemies would come not from overseas but from within, and based solely on oppressive policy?

Megan Rapinoe and the 27 other women who make up the American roster are trailblazers.

They've taught us not only to work hard and execute but to stand up for what we believe and take action.

That's what champions do.

Livestock producers temporarily allowed to cut hay and graze animals on Crown land

Submitted by Manitoba government

Manitoba Agriculture advises that, due to dry conditions in parts of the province, livestock producers will temporarily be allowed to cut hay and allow animals to graze on Crown land not normally designated for agricultural use.

Under certain circumstances, Crown land can be made available for agricultural use. The Agricultural Crown

Lands Leasing program will administer the use of available land and provide necessary permits. Livestock must be removed when the naturally existing forage is exhausted or by Oct. 31. Baled hay must be removed by Nov. 15.

Producers with AgriInsurance contracts who intend to put their crop to alternate use are required to contact the Manitoba Agricultural Services

Corporation office to arrange for a field appraisal prior to harvesting the crop. Crop producers should also consider making crop residue available to livestock producers.

For more information, contact the Agricultural Crown Lands Leasing program at 1-204-867-6550 or a local Agricultural Crown Lands representative.

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New tax relief will make life more affordable for Manitoba homeowners

By the Progressive Conservatives

Eliminating PST on home insurance reverses previous NDP government tax grab.

A re-elected Progressive Conservative government will bring even more PST tax relief to Manitoba homeowners by eliminating the Provincial Sales Tax (PST) on home insurance for households and renters.

"Our PC team is committed to making life more affordable for all Manitobans," said Manitoba Progressive Conservative leader Brian Pallister.

"The elimination of the PST on home insurance means more money

in the pockets of people and more money on the kitchen table for families to spend."

The average household — both homeowners and renters — will save approximately \$70 annually.

"With increasing federal and municipal taxes and rising interest rates, now more than ever Manitobans deserve a break. Eliminating the PST from home insurance will make life a bit more affordable for Manitoban families when it comes to something that matters most, their homes," said Pallister.

The NDP started charging the PST

on insurance products in 2012 before breaking their word to Manitobans in 2013, increasing the PST to eight per cent in a \$325-million tax grab. Wab Kinew's NDP voted against every tax reduction the PC government brought forward and Kinew refuses to say he won't raise the PST back up to eight per cent or higher to pay for his risky campaign promises.

The PC government is now giving \$325 million back to Manitobans each and every year with our July 1 PST reduction to seven per cent.

"The NDP broke their promise to Manitobans and raised the PST. We

kept our promise and reduced the PST from eight per cent to seven per cent. Now we are going further to make life even more affordable by allowing Manitobans to keep more of their hard-earned money."

For more information, please contact Keith Stewart, CEO, Progressive Conservative Party of Manitoba at 204-594-4080.

"We are the only team that is committed to providing new tax relief to Manitobans, and today's announcement is just the start," said Pallister.

Gimli High School donates skis and boots to cross-country ski club

By Gabrielle Piché

A full set of cross-country ski equipment can cost a minimum of \$300, according to Jennifer Heinrichs.

It makes sense, then, that Heinrichs felt grateful when Gimli High School donated their old cross-country skis and boots to the Winnipeg Beach Cross Country Ski Club.

Heinrichs started the club with Kevin Ford in February. In March, Heinrichs heard Gimli High School had old cross-country ski equipment they didn't want. She approached gym teacher Lindsay Burns about the gear, and the school donated it to the club.

Heinrichs received the equipment in June. The skis and boots were hidden behind the school's other athletic gear, and staff only had time to get it out once school ended.

Gimli High School donated around 25 pairs of skis and 15 to 20 pairs of

"They were just collecting dust and taking up space in their storage facility, so it's ours now," Heinrichs said.

The club will use the donations in future cross-country ski lessons.

"People can take classes next winter and learn how to ski without purchasing the gear first," Heinrichs said.

Before the donation, Winnipeg Beach Cross Country Ski Club didn't have any equipment for new skiers to

The club didn't offer classes or memberships last winter because of its late start. Since the club was just beginning, Heinrichs and other organizers were focused on making ski trails and getting people interested in joining.

Now Winnipeg Beach Cross Country Ski Club is ready to offer winter classes to people aged 10 and up.

"It'll have to go with the gear we have," Heinrichs said.

Most of the equipment from Gimli High School fits teenagers and adults, though some pieces fit preteens.

Heinrichs said the ski club plans to run beginner classes every other weekend next January through March.

"Our goal is to probably have one or two sessions before Christmas if there's snow," Heinrichs said.

The idea for a cross-country ski club sparked after a Winnipeg Beach community consultation on recreation. Many people in the consultation said they'd like more outdoor activities, including skiing.

Heinrichs has cross-country skied throughout her adult life. When she heard the feedback last winter, she and Kevin Ford started organizing the

Soon, five people, including Heinrichs and Ford, made a committee to bring the club to life. They posted Facebook surveys in search of potential members. Approximately 70 people said they were interested in joining.

Winnipeg Beach Cross Country Ski Club opened its first trail on March 3 in Mr. Moore Park at Winnipeg Beach. Around 60 people came to the open-



EXPRESS PHOTO SUBMITTED

Winnipeg Beach Cross Country Ski Club's launch committee takes a picture together at the club's trail in Mr. Moore Park on March 3.

The club wants to make ski trails that are closer to their members' homes.

"It's so much more accessible if it's in your community, not half an hour or further away," Heinrichs said.

She expects members to live anywhere from Matlock to Sandy Hook and Gimli.

The club has raised over \$10,000

since February. The money will go toward creating and maintaining trails, buying ski poles and hiring ski instructors for lessons.

Winnipeg Beach Cross Country Ski Club gave \$250 to Gimli High School for their donation of skis and boots.

Diemo Machine forging ahead with job creation in RM of Bifrost-Riverton

By Patricia Barrett

With young people struggling to find good-paying full-time jobs in the Interlake, one of Bifrost-Riverton's metal-working shops is forging ahead with steady job creation.

Diemo Machine Works is showing no signs of slowing down as the unemployment rate in the Interlake hovers at 7.0 per cent, well above the provincial rate of 5.3 per cent, according to Statistics Canada data from February.

Marty Friesen, who has been with Diemo for 24 years, said they're actually pressed for workers.

"Because unemployment in this area is low, Diemo has had to bring workers in from everywhere since the beginning of 2018," said Friesen. "We have hired over 30 people under the age of 30. I don't think you'll find another employer in the Interlake that has done that."

New employees have come from Latin America, Asia and Africa, he said. Foreign-born workers now make up over half of the company's workforce. They all live in the local area and contribute to the municipality's economy.

Historically, young people have had to leave to find good jobs, but Diemo is helping reverse that trend, offering the RM's most valuable asset a chance to prosper right at home. It currently employs about 120 people.

"We have the opportunity to do that," said Friesen. "We want to produce good high-end jobs for all the young people in the community. We're getting them in Grade 11. They come here after school and make a good wage and develop skills."

Located 18 kilometres north of Arborg, Diemo's large complex is surrounded by agricultural fields. Friesen and owner Carlos Wiebe took Reeve Brian Johnson and the *Express* on a tour of the 54,000-square-foot facility last month, quietly underscoring the impact Diemo has made — and continues to make — in the municipality.

With its state-of-the-art laser-cutting and tube-bending machines, lathes and welding and assembly lines, Diemo makes parts for multinational companies in the agricultural, construction, oil and gas, mining and transportation sector.

"We focus on custom metal fabrication. Manufacturers will engineer a product and send us the specifications to build the components for them," said Wiebe, who led the tour of the shop floor where all the parts are precisely made to within half-ahair thickness or less in order to pass muster.

Diemo ships the parts — which include safety handrails for heavy equipment — across Canada, the United States, Italy and Brazil, to name a few countries.

One of its biggest customers is AGCO, which builds brand-name agricultural equipment such as Challenger, Fendt and Massey Ferguson.

As a sideline, Diemo started building sports trailers from aluminum in 2010. The trailers are designed to carry off-road vehicles and snowmobiles and can be hitched to SUVs or light pickup trucks.

Wiebe's grandfather, Gerhard, started Diemo 37 years ago shortly after emigrating from Mexico. Another machine shop in the area —Vidir Machine, which specializes in building automated vertical storage units and carousels — ultimately had a hand in Diemo's creation.

If Vidir Machine's founder Willie Dueck hadn't offered Gerhard a job in Canada, Wiebe's family may have had to stay in Mexico.

"Vidir was my grandfather's ticket to Arborg. They lived in Mexico for all of my father's childhood and most of my grandparents' lives until 1977," said Wiebe.

His grandparents sold what little they had and drove across the continent for a better life in Canada.

"They had tried various endeavours in Mexico and couldn't find one that even provided their basic necessities," he said.

After working at Vidir for a few years, Gerhard struck out on his own. He and his son started humbly in buildings that had been slated for demolition — a pharmacy purchased and brought in from Gimli and a structure



EXPRESS PHOTOS BY PATRICIA BARRETT

Diemo owner Carlos Wiebe (left) and Bifrost-Riverton Reeve Brian Johnson.

from Winnipeg's Dominion Stock-yards — and it grew from there.

"Gerhard and Jake [Wiebe's dad] had skill with fabricating steel, but more importantly they took on anyone that came in the door with a problem," said Wiebe as he showed guests how the flat carbon steel sheets are cut by the laser. "That level of service took on a life of its own. And through word-of-mouth advertising, the projects and the customers just naturally got bigger and bigger."

Reeve Johnson, who co-runs Johnson Seeds just west of Arborg, discovered for himself about 30 years ago the Diemo approach to solving a pressing problem.

Johnson Seeds had shut down after a metal component in its specialized sewing machine (which can sew up several bags of seed per minute) broke. It would have a taken week to get a replacement part from the U.S. With several shipping containers' worth of seed needing to "meet a boat," Johnson headed up to Diemo.

"[Gerhard] says, 'I'm kind of busy.

When do you need it?" said Johnson. "I tell him I needed it two hours ago. He said, 'Leave it with me.' Then I got a phone call from him. He had gone and engineered and cut it. And it was perfect."

In addition to a willingness to take on any problem, Diemo has a unique management model.

To accommodate workers with young families or those with special circumstances, Diemo offers flexible around-the-clock shifts, five and a half days a week. And the company prides itself on having no human resources department and no supervisors. It's down to the employees to make all the decisions.

The company's equipment investment plan has been "hugely influential" in the workplace, said Friesen. Specialized equipment can cost anywhere from \$100,000 to \$400,000. Employees, if they so choose, can contribute funds to the purchase of new equipment and then earn royalties

Continued on page 9



Diemo manufactures aluminum trailers.



Diemo's laser cuts sheet metal.



Diemo started the business in 1982.

Riverton man to design and construct 30-foot teepee

By Evan Matthews

Riverton is home to the largest moose in Manitoba but soon it will be home to one of the biggest teepees a person can find too.

Nolan Collins, 29, is putting his artwork onto a 30-foot teepee at the request of the Riverton and District Friendship Centre.

"The high school had one set up. ... It looked huge. I found out that it was only 18 feet," said Collins.

"Ours is going to be ... one of the biggest you can get."

The teepee's exterior skin will be divided up into quarters and will be coloured using the Indigenous colour wheel, with each quarter being coloured white, black, red and yellow, respectively.

The teepee will also display seven graphics, sketches done by Collins, which represent the seven Indigenous teachings: Love, respect, courage, honesty, wisdom, humility and truth. The eagle is love. The bear is courage. The Sasquatch is honesty.

The buffalo is respect. The beaver is wisdom. The wolf is humility. The turtle is truth.

Collins said he's putting in lots of hours and hopes to have everything ready and set up in early August. The teepee will be assembled behind the Friendship Centre on the Northeast side of the property.

"I hope it'll be used as a hub during community events," said Collins. "I

think it'll end up used for traditional purposes, like smudging using sage."

Colin Bjarnason was the most recent mayor when Riverton was still considered to be a village, and Collins said he approached Bjarnason about letting him use the arena to create his artwork on the teepee.

Riverton is now an unincorporated urban community in the Municipality of Bifrost-Riverton. The community held village status prior to Jan. 1, 2015.

Collins stretched the teepee's exterior across the Riverton Arena concrete so the hide is pulled tight, and he freehand sketched the designs onto the teepee itself.

The poles that will eventually hold the 30-foot teepee high in the air will be spruce that will be cut down locally in the next week, according to Collins.

Collins' work on the teepee began by sketching the Friendship Centre's logo on the teepees exterior. Coming full circle, Collins' work in general with the Friendship Centre began with creating its logo.

"When I first found out that the Riverton and District Friendship was looking for a new logo (in 2004), I was staying at my grandma's and I was trying to get the handshake (in my design) right," said Collins.

"I was looking at my hands in the mirror and drawing, and I just couldn't do it. I got my grandparents to hold hands, got to sketching and the logo came out.

expected to help facilitate an increase in industrial and agricultural productivity.

Housing for potential new hires will still remain a challenge for Diemo. By no means is a shortage of suitable rentals unique to Arborg and its nearby villages; the problem extends across the Interlake.

Potential employees not only want to know what it's like to work at Diemo, but they also want to know what the area has to offer in terms of housing, not to mention schools, health-care facilities and other services. To entice new employees, Friesen said Diemo helps them as much as possible with housing and is always on the lookout for available rentals.

"All the money these young [employees] are bringing in to Arborg, in terms of their wages alone, is almost \$1 million," said Friesen. "The issue around the world is what are young people going to do? We're creating youth employment. And these are not low-end jobs at Diemo."

For more information about Diemo, call 1-888-364-2404 or visit www.diemomachine.com.

"I wish they were here to see it. But it's a big logo on the teepee, so I think they can see it from up there."

Both of Collins' grandparents recently passed away, he said.

His grandma was an artist, too, originally from Fisher River Cree Nation, meaning Collins is Métis.

He recalled going on trips with his grandmother to see the bears in Fisher River, listening to polka, eating bannock and drinking tea.

"She was an inspiration in my life. She motivated me and got me into the arts and interested in music," said Collins.

The Riverton and District Friendship Centre has always had a role in Collins' life, he said, as the organization would put on activities for kids. They still put on arts and crafts events, drawings and paintings.

In the same way his grandmother and the Friendship Centre have motivated and inspired him over the years, Collins said he hopes his artwork will help to do the same for others while on large display.

"(The Friendship Centre) gets kids inspired. Kids nowadays seem to do less of the arts, music, etc. They're always on their tablets and phones, that sort of thing," said Collins.

"There is so much stupid stuff going on in the world, meth going around, kids are seeing this. ... If (the kids) can see someone invested in their work, their art, maybe I can help motivate and inspire."

The Riverton and District Friendship Centre works closely with other community organizations and government departments, acting as a referral service for its community members, according to its website. The Friend-



EXPRESS PHOTO BY EVAN MATTHEWS Twenty-nine-year-old Nolan Collins hopes to inspire kids with his art, the same way his grandmother inspired him. Being Métis, Collins is incorporating the seven teachings and Indigenous colour wheel into a teepee design.

ship Centre's website reads that it can help with employment assistance, housing, pensions, employment insurance and income tax.

Membership in the organization is open to anyone after board approval, and a \$2 annual fee is paid, the website reads.

The Friendship Centre's most important aim, according to the website, is to heighten fellowship between the native members of the community and to put in effort in striving to secure rights and opportunities for all persons regardless of race.

The Friendship Centre has become a staple in the community for various events such as the Christmas Market, Bingo and community events for kids.

> DIEMO, FROM PG. 9

on their investment. If they leave the company, they'll get back their investment plus returns.

"The employees will have two income streams. We don't want them to be dependent just on their wages because that's not a good way to live," said Friesen. "They also have this income stream coming to them off the equipment they lease back to the company."

And the company's books are not kept hidden from the employees. Friesen said they "deserve to know what financial state the company is in."

PR 326 is the major route to Diemo. The provincially owned highway has weight restrictions in the springtime, and it can get extremely muddy in wet weather and dusty when it's dry. The dust can cover finished products loaded on semitrailers and destined for world markets.

The highway has come at a cost to Diemo and to the other machine shops in the area, but the provincial government committed this spring to rebuilding 19.7 kilometres of it. That's



Sigfusson estate infuses \$480,000 into Lundar community

In late June, Lundar received some love through nearly \$500,000 in bequests from the estate of a community-minded couple.

At the 11th annual Lundar Lobsterfest fundraising dinner on June 30, Wade and Warren Sigfusson made multiple presentations on behalf of their late parents, David and Patricia Sigfusson. The successful event, organized by Grant and Michele Sigfusson, raised funds for the Grettir arena.

Through their estate, David and Patricia contributed \$250,000 towards the capital costs of the Grettir arena, as well as another \$100,000 through the Coldwell Community Foundation for arena maintenance.

In addition, they donated another \$100,000 to the Coldwell Community Foundation for various local projects through an endowment fund. Adding to their estate allotments, they also gave \$20,000 to the local museum and \$10,000 to the library.

"They lived in Lundar all their lives," Warren said. "That was just their nature to give back to the community."

David, his father Siggi and his brother Brian started JS Sigfusson and Sons in 1963. The company worked through the Interlake and earned a reputation for quality work at a fair price.

He and his wife Pat raised their sons Wade and Warren in Lundar. The boys, in partnership with their cousins, established Sigfusson Northern in 1993. This was a return to constructing winter roads to remote northern communities, similar to their grandfather and great-uncles of the Sigfusson Transportation era.

In addition to running a successful business, David made his mark in the community by coaching his sons' sports teams.

Pat also contributed greatly to the community as a nurse at the Eriksdale hospital and later at the personal care home in Lundar. She volunteered with the Lundar Ladies' Aid, Grettir, Ladies Curling Club and the



Warren Sigfusson, on behalf of his mom and dad Patricia and David Sigfusson, announced funding to a number of organizations.

library board. With boundless energy, she also found time for baseball, golfing, curling, photography, gardening, reading and extensive travelling.

As well, she coached her sons in skating and hockey in their younger years as one of the first female coaches at that time.

David and Pat both cherished time with their grandchildren and enjoyed hosting large get-togethers for family and friends.

Family friend Joy Guttormson recalls the couple with fondness, especially the memorable times she spent with Pat over the decades.

"Pat was my best woman friend. She gave of her time and she didn't hesitate. She was a contributing member of the community," she said.

"She was a very dependable and lovely person. If you're lucky enough to have one friend like that in a lifetime, it's a jewel."

David died in 2016, followed by Pat in 2017. Their memory — and their lasting legacy — lives on.



EXPRESS PHOTOS BY LANA MEIER

Left to right: Brian Thomas, Wade Sigfusson, Warren Sigfusson and Grant Sigfusson.



Bjorn Jonasson enjoyed his first Lobsterfest in Lundar.



Michele Sigfusson, Holly Foster and Kristi McLeod were selling raffle tickets.



Volunteers, left to right, Amanda Johnson, Emily Sigfusson and Melissa Johnson helped with the serving at the 12th annual Lundar Lobsterfest.



The steak pit crew of Jamie Johnson, Carey Rae, Mark Johnson, Floyd Thorkelson and Gordie Johnson cooked Michael Johnson and Kevin Halldorson, along with Robin Bennett and Barry Chuba 625 steaks.



the lobster boil crew, cooked 600 lobsters.



were some of the 700 attending.



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Friday Night July 19th is free to everyone, no gate admission. 7-9 PM

Satuday Morning in Town

Please join us for a **Pancake Break-fast** at the Arborg Legion 08:30-10:30 am. The Parade begins at 11:00 With Marshalling at the corner of Gislason Drive & St Phillips Street. Call Tanya Grimolfson for details 204-641-1051. For Parade entry forms Click Here!

Saturday 12 Noon at the Fair Grounds Silver Community Center

Admission \$15.00 per person per day/ Weekend Rate \$25.00 Family of 4 Rate \$40.00 extra children \$5.00 / Weekend Rate \$70.00 Children under 6 are free Rough Camping is available \$15.00/ night.

Grit & Grace Gymkhana begins around noon.

This event features high speed horse show competitive classes. Call Sheila at 204-376-5680 for information.



Freestyle Motocross

KEITH SAYERS MOTOCROSS spectacular death defying stunts and trick riding! Saturday and Sunday -Three shows daily -East Fairground during Tractor Pull Intermission. Call Darryl for information 204-642-3695

Antique Tractor Pull

12:00 Saturday – (weigh in starts at 09:00am) Bring your pre 1960 tractor down to the Fair Ground for some tough pulling competition. Hook up fee \$15.00 For rules please visit link or more information call Darryl 204-642-3695/Glen 204-642-2275

Heartland Rodeo

Semi Pro rodeo competition begins @ 6:00pm Saturday Night
High stakes competitive Steer Wrestling and Bull Riding will keep you on the edge of your seat. Come cheer on your favorite cowboys.

More information call our "Cowgirl of the year "Amanda 204-479-1272

Crazy Jumpers Agility Dogs

Bring their intrepid gang of canines to our fairgrounds Saturday Afternoon.

They will put on a great show featuring breeds of all shapes and sizes demonstrating their intelligence, skills and agility. It's a crowd pleaser.

Equestrian Drill Team will be thrilling the crowds with their synchronized horseback riding skills. They will be performing Saturday night and Sunday afternoon during the rodeo intermission.

BBQ Supper

Saturday Night 5-7:00 As usual the Arborg Ag Society Ladies will be providing a beautiful BBQ pulled pork, baked potatoes with all the trimmings, homemade baked beans and coleslaw for \$15.00 includes beverage of your choice. Come enjoy the Ivan Flett Dancers, who will be performing during our supper hour.

Garage Sale "ONE MAN'S GARBAGE IS ANOTHER

MAN'S TRESURE" – Saturday and Sunday. Do you have some stuff you just don't need? Too many treasures in your home? Come share them with us. High volume traffic area guarantees you'll be successful in turning your treasure into cash!

Craft table & Flea Market

The Arborg Ag Fair welcomes all crafters and merchants to share their creations under the Crafter's Tent. SPACE RENTAL IS \$10.00-Bring your own table. Call Karen Sterzer 204-643-5221 See the forms on the Website for details.











HUGE KID ZONE

Let the kids enjoy themselves all day in the KID ZONE, There will be a petting zoo, loads of crafts, a sand-pile to play in, and plenty of bouncers to kids busy all day long. Face Painting, cotton candy and a wagon train for the littler cowpokes. There's nothing more beautiful than the sound of laughing children.

STAGE SHOW

The stage show will begin around 1:00 Saturday afternoon. Ag society volunteers have searched far and wide across the Interlake and beyond to be able to offer you the most talented people. Ever seen a HOOP DANCER? Come learn something about the Aboriginal culture as these talented young people come and showcase their amazing talent.

STONE PAINTING

Join us and spend a relaxing afternoon in the cool & quiet Silver Hall learning the art of Stone Painting. An exciting way for you to learn a new craft in a laid back atmosphere, with talented artisans who will guide us through the steps in turning a stone into a work of ART. Call Monique for details- 204-642-2316

BEER GARDEN

11:00-1:00am -We don't know why it's called a garden, but you can take a break and purchase a beer or cooler while you watch the talented artists perform on the main stage. WE URGE YOU TO PLEASE DRINK RESPONSIBLY!

SATURDAY NIGHT MAIN STAGE



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for you until noon! Pancake Breakfast at the fairgrounds starts at 9:00-10:30 Join us for COWBOY CHURCH at 11:00 am Church goers will not be obligated to pay gate fees until noon. Therefore if you should only want to come to worship along with us, you are very welcome without charge. Call Sheila for details 204-376-5680. Have a smokin' good time at the <u>WE NOW HAVE RENTALS!</u>

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RENTALS a

Afternoon Stage Show will begin after Church just after lunch.

Cowboy Polo TBA call Amanda for details 204-479-1272

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Antique Tractor Pull Finals 1:00

Heartland Rodeo finals 2:00

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Arnes Trading Post and Farmers Market open for the season







EXPRESS PHOTOS BY STEPHANIE DUNCAN

The Arnes Farmers Market, located on PR 222 16 kilometres north of Gimli, is now open for another season. The Arnes Farmer's Market has a variety of vendors featuring items such as antique furniture, homemade doughnuts, baking, freshly handpicked garden vegetables, clothing, used books and more. Pictured above, left photo: Lorraine Dacquisto of Perky's Treasures with friend Frank Fryza shows off her crocheted dish clothes, slippers and baby items; middle photo: children of all ages come to get feed for the goats; right photo: local potter Kirk has his wares on display throughout the summer. The market will remain open for the rest of cottage season on Saturdays from 9 a.m. to 2 p.m. and Sundays from 10 a.m. to 2 p.m. For more information, visit https://www.facebook.com/pages/Arnes-Farmers-Market/266859336660052 or call 204-642-5411.





Buzz factor



EXPRESS PHOTO BY JO-ANNE PROCTER

The bumblebee is an effective pollinator because of a pollination technique called "buzz pollination." Buzz pollination does not require the bumblebee to enter the flower in order to gather pollen, like other bees have to do. Instead, the heavy bumblebee clings to the bottom of the flower and vibrates its flight muscles, producing a "buzz" sound. This vibration causes pollen to fall out of the flower onto the bee. After scraping pollen off and mixing it with her spit, the female worker carries pollen on the underside of her fuzzy abdomen and on her rear legs. She also gathers nectar in these same trips. The bumblebee carries the pollen back to her hive to help raise the new generation of worker bumblebees. Bumblebees can harvest pollen from flowers 400 times faster than honey bees can.





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Gimli man to star in American TV series, Tales From the Loop

By Patricia Barrett

A Gimli man with Down syndrome landed a role in an upcoming American television production that was partially shot in Selkirk a few weeks ago.

Danny-Jo Luprypa, who was the honourary torchbearer for the Gimli leg of the Canada Summer Games a few years ago, auditioned for the role after producers put out a call out for a local man between the ages of 25 and 30 with Down syndrome. No acting experience was required.

"I think it was a wonderful experience for him and it's nice to see inclusion," said Danny-Jo's dad, Danny Luprypa, who served as a Gimli councillor for 22 years."There's so much discrimination against special needs folks. I suppose [the producers] wanted a Down syndrome young man to depict the attitude other people would have towards them."

Details about Tales From the Loop is somewhat sketchy at present. A Wikipedia entry says it's an upcoming American drama series made by Fox 21 Television Studies, Amazon Studies and other partners. The first season consists of eight episodes and

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it stars Rebecca Hall, a British actress.

It's a sci-fi drama is based on the art of Simon Stalenhag, a Swedish artist, musician and designer who specializes in futuristic digital paintings of the Swedish countryside. It will explore a town and the people who live above the "Loop," which is a machine built to unlock the mysteries of the universe.

Danny-Jo's scene was shot at the old Garry Theatre in Selkirk, and Luprypa said the crew was impressed. Danny-Jo was extremely patient throughout the proverbial "hurry-up and wait" periods.

"They called him in for a wardrobe fitting and it took forever," he said. "They tried on countless numbers of shirts and pants. And they shot his scene a number of times, although I thought it was perfect

Danny-Jo spent almost eight hours on set and was paid by the production company as per ACTRA (actors' guild) requirements.

The upcoming series will premiere on Amazon Video. No date has yet been announced.



EXPRESS PHOTO BY DANNY LUPRYPA Danny-Jo Luprypa successfully auditioned for a role in Tales From the Loop. His scene was shot in a Selkirk movie theatre.

reet. 13erru. Fai



Strawberries taste amazing, and they're also incredibly nutritious. Here are just a few of the health benefits packed into this delightful summer fruit:

Vitamin C

Did you know that strawberries con-system and preventing illness.

It's true! One serving of strawberries (100 grams) contains approximately 60 milligrams of vitamin C — that's more than half of the recommended daily intake. This makes these bright red berries a snack of choice when it comes to stimulating your immune

> Furthermore, your body needs vitamin C to produce collagen, a protein that maintains the elasticity and regenerative capability of tissues such as skin. This means that eating strawberries is one of the pleasant

ways to keep wrinkles at bay.

Antioxidants

Strawberries are rich in antioxidants such as flavonoids, which foster heart health. They're also a source of lutein, ellagic acid and zeaxanthin — compounds that slow cellular aging and contribute to preventing and fighting many illnesses, including certain cancers.

A serving of strawberries contains approximately two grams of soluble and insoluble dietary fibre. Their tiny "seeds," called achenes, are an excellent source of insoluble fibre that helps prevent constipation.

In short, the benefits of eating strawberries are numerous, so go ahead and indulge to your heart's content!







SCT RED RIVER > CHALET BEACH > LAKE WINNIPEG > NORRIS LAKE

> Fish tales? Call Arnie Weidl at 204-641-2210 sanarn@mymts.net



Fishing sometimes requires team work

Last week, if you read my column, you may remember I ended by wishing you had a great May long weekend holiday. Shortly after I sent that column to my editors, I met a wonderful lady in the Interlake who celebrated every May long weekend with a fishing trip with her husband and friends. To our good fortune, our new angling sister Cindy Zink shared a unique experience she had a few years ago.

Cindy is the kind of gal you cannot help feeling at ease with. She spoke in a low, husky, melodious voice. Her ample, fit body was complemented by her long brown hair showing just a little grey and a healthy, pleasant face born of many years enjoying the outdoors. This is her story.

One warm, hazy day, she, her husband and another couple were boat fishing on the Lee River. Off to their starboard, maybe a half-dozen boatlengths away sat a tall, thin angler with his buddy in a small aluminum boat much like theirs. They had been on the water for about a half-hour when Cindy got a strike. She hauled up and reeled in until she had a nice two-foot-long walleye by the side of their little boat. She bent over the side, unhooked it and put it on her stringer.

Just as she dropped the strung fish into the water, she saw a rippling wave moving toward her. She imme-

diately realized from past experiences that a fairly large fish was swimming just under the water headed her way. Rippling water peeled from the back of a huge jackfish as it jackknifed, preparing to dive.

Cindy shot a glance downward looking for her walleye but it was already under the boat. Looking up again, she had just enough time to see the jack, which in her mind had to be four feet long, disappear after the walleye.

Then came a rasping thud from under, causing the thin metal of the little boat to shutter. Everyone instinctively clutched the sides of the craft as a vicious fight between the two fish erupted under the bottom of the boat. The two couples could hear the slapping of tails, the slamming of fish bodies and the raking of Cindy's fish stringer grating against the boat's aluminum side.

Cindy, however, was not a girl to mess with. She grabbed her stringer and hauled up hard, springing her walleye into the air. She dropped her fish on the floor of the boat and then picked up an oar and began slapping the side of the boat to scare the jack. It worked. The top of its huge green head and long slinky body swayed from under the boat and then began swimming toward the neighbouring angler's craft. Silence fell over Cindy and her people as they watched the jack flip its tail above the surface as it made for the angler's baited hooks. Soon the rod of the tall angler could be seen arcing sharply down to the water as the giant jack took his hook. The rod quivered and bent as he braced himself to fight the huge fish.

Across the distance between the two boats, Cindy's group could hear their neighbour's reel scream as he let the fish run. He could be seen sitting down and bracing his legs under the bench seat of the boat keeping tension in his line. He played the fish, letting it run when it wanted to and then reeling in when it rested. In time, he had it alongside his boat. With surprising strength, he bent over the side and grabbed the jack by the gills. Rolling backward into the boat, he wound up with the fish flopping on top of him. The tall man's buddy became so frightened when he saw the size of the fish, he jumped over the windshield onto the bow deck and refused to get into the boat until his friend threw the monster back overboard.

Not long ago, I was talking to a fellow angler, Brett Taplin, of Selkirk who caught a turtle. Fortunately, it slipped the hook but it got me thinking.

Here, in the summer, one can easily catch a turtle yet few know how to get the hook out, so here are a few tips. If you snag a turtle on its leg, get a short stick and put it in front of its mouth.



EXPRESS PHOTO BY ARNIE WEIDL Ricardo Perez with his catch of a nice bass taken from the Red River by Selkirk.

It will clamp on it like a dog and then you can get the hook out. If a turtle gets hooked in the mouth, hold it by the shell with its face away from you. Keep tension on your line so it doesn't pull its head in and then grab it by the neck, holding it out while a helper gets the hook out. If all else fails, take it to a vet.

While in Selkirk, I stopped at the waterfront and met Ricardo Perez, who was just landing this nice bass. Good job, Ric!

Well, that's it for this week, my friends. Bye for now.

Finalists announced for the 2019 RBC \$10,000 emerging filmmaker pitch competition

On Screen Manitoba, RBC and the Gimli Film Festival are pleased to announce the finalists for the 8th Annual RBC \$10,000 Emerging Filmmaker Pitch Competition. This year the competition saw 19 submissions from emerging Manitoba filmmakers. An independent pre-selection jury selected 5 projects to move on to the live pitch competition during the Gimli Film Festival on Saturday July 27 at 10 a.m. at the Gimli Theatre. See the full festival schedule here.

2019 Finalists: Adeline Bird - Rooted In Magic; Evan Friesen - Choppy Waters; Eli Matilda Ridley - shakingwakingnightmare; Matthew Van Ginkel - First Session; Ritvick Mehra - One.

The RBC \$10,000 Emerging Filmmaker Pitch Competition will open

with the premiere screening of the short film Palm House (Eternal Youth) by the 2018 competition winner Erika Ulrich.

Each finalist has three minutes to pitch their short film idea to a jury of industry professionals and a live audience followed by five minutes of questions from the jury. The jury will select one filmmaker to receive \$10,000 in production funds through RBC, a mentorship with Brendon Sawatzky from the National Screen Institute, a one-year membership with On Screen Manitoba, a \$5,000 Equipment Rental Grant Certificate courtesy of William F. White International and a premiere screening of their film at the 2020 Gimli Film Festival.

"The RBC \$10,000 Emerging Filmmaker Pitch Competition is a great catalyst for stimulating creativity in Manitoba's emerging filmmakers." says Aaron Zeghers, GFF Festival Director. "This competition is a one-ofa-kind experience for local emerging filmmakers to pitch their short film idea to an experienced panel of judges and in front of a live audience of devoted film fans. It's a must-see event at the Festival."

"The RBC \$10,000 Emerging Filmmaker Competition at Gimli Film Festival unleashes storytelling at its finest. In just a few short minutes, the pitches leave you inspired, moved, enthralled, and wanting more," shared Aaron Martyniw, RBC Vice President Commercial Financial Services. "RBC is passionate about Manitoba's thriving film industry and this opportunity for storytellers to take their creative

vision from the page to the screen. Thanks to On Screen Manitoba and Gimli Film Festival for giving local filmmakers a chance to springboard to success."

"The RBC \$10,000 Emerging Filmmaker Competition at the Gimli Film Festival opens the door for emerging talent in Manitoba. Many past pitch participants work in the Manitoba media production industry today," said Nicole Matiation, Executive Director of On Screen Manitoba. "With our media production business booming, there is real opportunity for people interested in a career in the industry. On Screen Manitoba looks forward to working with each and every participant as they develop their media production skills."

SDOPTS& recreation INSIDE > OUTSIDE > UPSIDE DOWN

Reggie Leach among 83 new Order of Canada members

The former hockey star is joined by scientists, health-care advocates, jurists, actors and public servants

By Jordan Press St. Catherines Standard

Ask Reggie Leach about hockey and you can hear the joy in his voice as he talks about winning the Stanley Cup in his own playing days, and donning a Team Canada jersey and watching his children represent the country years later in hockey and lacrosse.

And then the man known as the "Riverton Rifle" stops to think about the thank-you the country is giving him this Canada Day for all he has done during and since his hockey career.

"Hockey to me was just a steppingstone to my life circle. I am more proud of what I did after hockey than what I did during my hockey days," says Leach, who is Ojibwa.

Leach is among 83 new appointees to the Order of Canada in a list that includes scientists, health-care advocates, jurists, actors, athletes and public servants. They join nearly 7,000 people on the honour roll—"the elites that Canada has to offer," Leach says—since its introduction more than five decades ago, including Leach's relative, educator Rev. Frederic Leach.

"To me, it's one of the highest honours you can receive as a Canadian," the former hockey star said.

"It just hasn't sunk in yet, but you think back on all the people who are in there and all of sudden you have Reggie Leach in the Order of Canada. It's hard to believe. It's something that will sink in."

Leach's National Hockey League career started in the fall of 1970, three years after the Order of Canada was

created in 1967 to mark Canada's centenary.

It was around the same time that the women's-rights movement was laying the foundation for women like Moya Greene to make their way up the corporate ladder. Greene, originally of St. John's, N.L., rose through the public service and the private sector to lead Canada Post in 2005. She moved to the United Kingdom to become the first head of the Royal Mail in 2010.

Although she received a damehood from the Queen last year, Greene says the Order of Canada carries a different significance.

"This is the country of my birth. This is where I grew up. These are the people who educated me. These are the people who mentored me, who gave me this brilliant career," Greene says in an interview from the U.K., where she still lives.

"This is very, very special for my country — the country that just gave me nothing but opportunity, really — to recognize me in this way."

Leach looks on things the same way. He went from growing up poor in Riverton to playing alongside fellow Order of Canada member Bobby Clarke. The two hoisted the Stanley Cup with the Philadelphia Flyers in 1975.

The next year, Leach was named the most valuable player in the playoffs — one of a very few from a team that didn't win the championship — and donned the Team Canada jersey.

Leach regularly speaks to Indigenous youth about his life and how he conquered alcoholism: "That's what I

live for today is to help these kids out and get them in the right direction."

Similar to Leach, it's what Claude Raymond has done since his professional baseball career that gives him a smile. The former



EXPRESS PHOTO BY RYAN TAPLIN, THE CANADIAN PRESS

Al MacNeil, left, Scotty Bowman, middle, and Reggie Leach were introduced as players and coaches from the 1976 Canada Cup. They were honoured during the world hockey championship in Halifax back in May 2008.

Montreal Expo runs an annual golf tournament to raise money for needy children, speaks with young people, and has his name tied to a baseball tournament that attracts some of the best youth teams in Quebec and Ontario.

"I've had many honours throughout my career and my life, but this is it," he said of the Order of Canada.

Others are being promoted within the order, including some well-known faces from stages and screens: singer Buffy Sainte-Marie and actors Martin Short and Donald Sutherland.

One new appointee, however, works behind the cameras.

Since the late 1970s, Renee April has been a costume designer for more than 50 Hollywood and television productions, including *The Red Violin, Grey Owl, Night at the Museum, Arrival* and *Blade Runner* 2049. She, too, said she is happiest with her work with young designers, paying forward opportunities others afforded her.

"That I am proud of — to give a chance and believe in young people and fresh talent," she said.

Edna Elias has been teaching young people since she was a teacher's assistant in the 1970s in what is now Nunavut, which turns 20 this July. She is one of the territory's former commissioners — a role similar to a lieutenant-governor in provinces — and is being recognized for her decadeslong efforts to maintain and revitalize traditional Inuit languages.

"There are a number of great people who are trying to do the same thing as I am who are now putting in a lot of the groundwork and doing the revitalization necessary," Elias said.

"I hope that it (the Order of Canada) gives them incentive to carry on."

Brewer John Sleeman is also on the list, as is Michael Smith, an Americanborn chef and television personality who has lived and worked mainly in Atlantic Canada since the 1990s. He runs the Inn at Bay Fortune on Prince Edward Island with his wife Chastity and oversees its renowned kitchen.

"To be a Canadian is so tied to who I am as a person, as a human being, as a father, as a husband, as a neighbour, as a business owner. My values are here," said Smith, whose work has included promoting eat-local initiatives.

"This honour is just a tremendous validation of 30 years of head-down hard work, doing it day after day after day because it's the right thing to do. It's just so hard to get your head around."



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SDOPTS& recreation INSIDE > OUTSIDE > UPSIDE DOWN

Interlake Blue Jays hosted MJBL all-star game

By Lana Meier

The very best talent in the Manitoba Junior Baseball League was on display in Stonewall last Saturday.

Team City defeated Team Rural 11-6. The teams representing the city included the St. Boniface Legionaires, Elmwood Giants and the St. James A's. Representing Team Rural were players from the Altona Bisons, Interlake Blue Jays, Pembina Valley Orioles and the Carillon Sultans.

Gimli's Kalli Einarson represented Team City with the St. Boniface Legionaires.

Each team was represented by five players. The Blue Jays' contingent of all stars included Emerson Klimpke, Baily Proctor, Derek Petrasko and Ben Anderson. Brennan Cheasley was absent from the lineup.

The Blue Jays' Ben Anderson won the home-run derby after hitting two balls over the fence in the qualifying round. Anderson faced off against St. James' Jordan Peck, who hit one over the fence. However, neither Anderson nor Peck could hit the ball over the fence in the final round, so it was decided after several rounds that Anderson would be presented the winning bat.

The ceremonial first pitch was thrown by Lundar's Blaine Fortin to Stonewall's Adam Kirk.

Fortin played his minor baseball in the Interlake. In 1994, he won the MJBL batting title and was named both the Baseball Manitoba and Baseball Canada Player of the Year.

Fortin played in many Western Canadian and Canadian championships and even represented Canada at the World Junior Baseball Championships in 1994.

He was drafted by the Toronto Blue Jays in 1995, playing three years in



Gimli's Kalli Einarson, an MJBL all star, plays for the St. Boniface Legionaires.

their minor league system.

Fortin was the president of Interlake Minor Baseball for nine years until

Kirk played his minor baseball in the Interlake. After high school, he spent two seasons at Malaspina College in Nanaimo, B.C., and in 2004 he spent one season in the Western Major Baseball League in Moose Jaw, Sask. He returned home and started coaching the Interlake Blue Jays in the MJBL in 2005.

The Interlake junior program ceased operations in 2011, but Kirk worked very hard in 2016 to get the Interlake Blue Jays back in the MJBL.

The Jays played their first game in six years with Kirk at the helm in the spring of 2017. Kirk continues to coach the team.



EXPRESS PHOTOS BY LANA MEIER

The Blue Jays' contingent of all stars included, left to right, Baily Proctor, Derek Petrasko, Emerson Klimpke and Ben Anderson. Missing was Brennan Cheasley.



Adam Kirk and Blaine Fortin leave the field following the ceremonial first pitch at the Manitoba Junior Baseball League All Star game on Saturday.



Fortin threw the opening pitch to Kirk.

Golf Manitoba junior teams receive funding boost

The Golf Manitoba inter-provincial junior teams will receive a major funding boost for 2019.

In April, the Alex and Peggy Colonello Foundation made a \$60,000 donation to Golf Manitoba. A portion of that donation was earmarked

to provide financial assistance to the members of the Golf Manitoba inter-provincial junior boys' and girls' teams that will travel to Golf Canada national championships.

With the donation, each team member will qualify to receive up to \$1,800 in travel assistance. In addition to the team members, the remaining quota spot awarded will also receive financial assistance to help with travel to the respective national championship.

The 2019 Golf Manitoba interprovincial junior teams will include the top three finishers in each of the Manitoba junior men's and women's

championships that will take place July 6-9 at the Elmhurst Golf & Country Club and the Pine Ridge Golf Club.

The 2019 Golf Canada Junior Girls' Championship will take place July 30 to Aug. 2 in Lethbridge. The Candian Junior Boys' Championship will be held Aug. 12-15 in Hartland, N.B.

Man-Sask border battle



EXPRESS PHOTO BY KIM DELAROQUE

Interlake Thunder players, from left to right, Cordell Sumner, James Crate and Brady deLaroque were members of Team Manitoba against Team Saskatchewan in the Man-Sask Challenge Cup held last Saturday in Melville. Saskatchewan won the game 22-0.

Impact wins again in MMSL 5th Division play

Staff

The Interlake Impact remain in first place in the Manitoba Major Soccer League's 5th Division.

Interlake defeated Azzurri 2-1 last Friday at Dakota Collegiate in Winnipeg.

Humberto Saldivar and Benny Wiens scored for the winners.

On June 25, the Impact edged Les Bleus 2-1 at the Ralph Cantafio Soccer Complex.

Wiens paced the Interlake with a pair of goals. Mohammed Amir Bettoum replied for Les Bleus.

With the two wins, the Impact are now 7-1-2 and lead the 10-team division with 23 points. Interlake is trailed by the second-place Riot (5-3-2) and the third-place North Winnipeg United (5-4-1).

Interlake will play fifth-place Kucame FC (3-1-5) this Friday at Shaughnessy Park. Game time is 7 p.m.

Interlake drops pair of games to Pembina Valley on Sunday

Staff

The Interlake Blue Jays gave the Pembina Valley Orioles a real good battle in a doubleheader on Sunday.

But it still wasn't enough to earn a victory.

Pembina Valley swept the twinbill, winning by scores of 5-4 and 5-1 in Manitoba Junior Baseball League action.

Last Friday, Interlake was defeated 8-2 by the Elmwood Giants at Koskie Field in Winnipeg.

No box scores from either of the games was posted on the league website at press time.

With the losses last weekend, Interlake is now 5-17 and remains in last place in the seven-team league. The Blues Jays are 13 games back of the first-place Giants (17-3).

Interlake is scheduled to host the Carillon Sultans in a doubleheader on Wednesday. First pitch for Game 1 is slated for 7:30 p.m.

Mattson invited to NHL Prospects Showcase



EXPRESS PHOTO SUBMITTED

Leif Mattson has been selected by the Carolina Hurricanes to be part of their roster for the upcoming 2019 NHL Prospects Showcase in Nashville this September. Mattson, a Stonewall product, played last season in the Western Hockey League with the Kelowna Rockets, scoring 22 goals while producing 63 points.

Orioles winless at 18U 'AAA' Rural Baseball Provincial Qualifier

Staff

The Interlake Orioles failed to advance from a U18 "AAA" Rural Baseball Qualifier for the provincials last weekend in Hamiota.

Interlake finished with an 0-5 record at the six-team tournament.

"We were hoping to (get a couple of wins), obviously, but we just didn't play with any consistency," said Orioles' head coach Eric Swanson. "We played well against the two teams that finished first and second but really didn't show up for the rest of the games

"It was disappointing, definitely."

Interlake started play Friday with a 9-6 loss to South Central and then the Orioles were beaten 11-4 by Carillon.

If the Orioles could have beaten South Central in their first game, it might have been a different story on the weekend.

"(South Central) was one of the best teams there and we kind of got started on a fairly good foot," Swanson said. "We were playing a pretty competitive game but we just couldn't do it consistently enough throughout the weekend. It was tough."

On Saturday, Interlake was downed 15-7 by Oildome and then shut out 10-0 by Midwest.

Sunday saw the Orioles defeated 8-5 by Pembina Hills. Interlake played well in its final game of the tournament

"I think that says something about the group," Swanson said. "It would have been easy for them not to have shown up and use the excuse that we're already out. "But they came out, and I would say, they played their best game. That was nice to end on a somewhat positive note."

In league play, Interlake was downed 3-1 by the Elmwood Giants at Koskie Field on July 1.

The Orioles finished their regular season with a 3-15 record.

Interlake will wrap up its season this weekend when they compete in the 2019 Elmwood Giants Shootout Invitational Tournament.

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PUBLIC NOTICE IS HEREBY GIVEN, pursuant to Section 194 of The Municipal Act, that the report of the Municipal Auditors and related Financial Statements for the year 2018 for the RM of Gimli have been deposited in the office of the Rural Municipality of Gimli at 62 2nd Ave, Gimli, Manitoba and are available for inspection by any person or their agent between the hours of 9:00 a.m. and 5.00 p.m., Monday to Friday, inclusive.

Any person or their agent, at their own expense, may make a copy thereof or extracts therefrom.

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Reporting to the Food Centre Manager, responsibilities for this position include the following:

- 1. Overall operation of the produce department
- 2. Sales, margins, expenses
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- 5. Helping with community involvement.

Qualifications

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- Desire to motivate a team to co-operate and achieve goals together
- Strong business understanding skills
- Creative and innovative thinking
- Desire to be involved in our communities we serve
- Prior experience an asset

Deadline: July 19, 2019

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If you are interested in this opportunity or require additional information, please contact Lynette Oliver, Food Centre Manager, 204-376-5245 phone, 204-376-5018 fax

Please submit a detailed resume and cover letter in confidence to: Lynette Oliver, Interlake Consumers Co-op 253 Main Street, Box 40, Arborg MB, ROCOA0 Email: foodstoremgr@interlakecoop.com, Interlakecoop.com

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Sudoku Answer



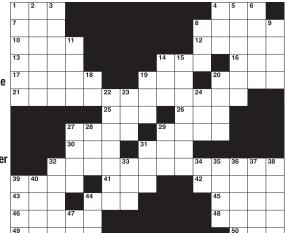
Crossword Answer

CROSSWORD

CLUES ACROSS

- 1. Doctors' group
- 4. One millionth of a gram
- 7. Contrary to
- 8. Oohed and
- 10. Popular sandwiches
- 12. Construction site machine
- 13. Variety act
- 14. Fall back
- 16. An electrically charged atom
- 17. Mountain lakes
- 19. Japanese classical theater
- 20. Pesky insect
- 21. Natural wonders
- 25. Design file extension
- 26. Genus of grasses 27. Container for shipping
- 29. Theron film "__ Flux'
- 30. Get older
- 31. Chinese surname
- 32. Edith Bunker actress
- 39. Natives to Myanmar
- 41. Soda comes in it
- 42. Counting frames
- 43. Where some get their mail (abbr.)
- 44. Having ten
- 45. Assn. of oil-producing countries
- 46. A type of cigar
- 48. World's longest river
- 49. Single-celled animal
- 50. Decay
- 51. General's assistant (abbr.)
- 52. Pigpen

CLUES DOWN 1. __ and Costello



- 2. Islamic teacher
- 3. Clothing
- 4. Disfigure
- 5. Irons 6. NW Italian seaport
- 8. Play a role
- 9. A reduction
- 11. Short poem set to music
- 14. Pain unit 15. Get in form
- 18. Junior's father
- 19. To the __ degree
- 20. Wild or sweet cherry
- 22. Content
- 23. Earn a perfect score
- 24. Korean surname
- 27. Herb __, San Francisco columnist

- 28. Ottoman military commander
- 29. Satisfaction
- 31. Kids' TV channel (abbr.)
- 32. Poke quickly
- 33. Pouch
- 34. City of Angels
- 35. Dark olive black
- 36. Nocturnal hoofed mammals
- 37. Wild cat
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Bedrooms * Shop: 22' x 36' Insulated Shop * Barn: 36' x 50'
* 8 Other Buildings * Subject to Owners Approval * Tractor JD 2130 Dsl Cab HL w JD FEL Int 1486 Tractor * MF 285 Dsl 3 PH * AC WD 45 2 PH * Ford 800 Gas 3 PH * Equipm JD 3PH 4' Tandem Disc * JD 3 PH 503 5' Rotary Mower * 3 PH Post Hole Auger * Sovema 42" 3 PH Rotovator * Vers 400 Swather *NH 404 Hay Crimper MF 10 Squae Baler * Ford 537 9' Haybine * 6 Wheel 28' Hay Wagon * A Chalmers 7' Sickle Mower * MF 10' Deep Tiller * Int 45 16' Vibra Shank Cult * White 251 10' Tandem Disc * Int 730 30' Pull Type Swather * Auger Hopper Trailers * Antique Equip * M. Moline Combine * Case Side Delivery Rake * Cultivator * Plow * Sickle Mower * Disc * Bob Sleigh * Tubs * Grain Scoop * Butter Churn * Harness * Cream Separator * Misc * 01 Chev 2500 Duramax Dsl 4x4 * 85 Chev ½
Ton As Is * Pop Up Camper
Trailer * Fuel Slip Tank * Poly Tank * 2 Bat Honey Extractor * Bee Boxes * Dog Sleigh *
Some Tools * Some Household Retired Neighbor Equip * Int 1466 Turbo Dsl Cab 540/1000 18.4-38 Duals 5327 Hrs * Vers 400 20' Swather P/U Reel Farm King 50' Diamond Harrows Int 510 24 Run End Wheel Seeder GA SA FA * 2) Int 300 12' Discer Seeders * Westfield 7" 36' Auger w 16 HP * 7.5' Swath Roller * 3PH 20' Sprayer * 3PH 3 Wheel Swath Turner * Grass Seed Broadcaster * JD 100 12' Deen Tiller *

Stuart McSherry Stonewall, MB (204) 467-1858 or (204) 886-7027 www.mcsherryauction.com

The Express Weekly News Classified booking deadline is Monday at 4 p.m. prior to Thursday's publication.

Please Call 204-467-5836

OBITUARY

Robert Francis Hastie

It is with heavy hearts we announce the passing of our husband. father, grandfather, friend, Robert (Bob) Hastie who on June 29, 2019 at the age of 83 lost his short battle with cancer.

Bob will be sadly missed by his wife Beverley; son Michael (Eleanor) grandsons Robert and Andrew; son Matthew (Erica) grandson Chris; son Eric; step son Scott (Maria) granddaughters, Mikalah, Sophia, Tayah and Mia.

Bob was a First Class Steam Engineer and worked 30 years at Seagram's Distillery in Gimli, retiring at age 60. He lived his life to the fullest, and his first passion was sailing. He was a long-time member of both Gimli Yacht Club and Silver Harbour Sailing Club. He loved to work with his hands and there was nothing he could not build or fix, and would be the first to help someone, be it on the lake or land. Bob had a terrific memory and loved to visit and

exchange stories, many of which were from his sailing days on Lake Winnipeg. Bob will be missed by so many and we are grateful for the love and friendship he gave us.

A Celebration of Life took place on Wednesday, July 10 at 7:00 p.m. at E.J. Coutu Funeral Home, 680 Archibald Street, Winnipeg.

In lieu of flowers we ask that donations be made to Cancer Care or a charity of your choice. Arrangements entrusted to:

Interlake Cremation & Memorial Services 204.482.1040

BOOK YOUR ANNOUNCEMENT TODAY BIRTHDAYS IN MEMORIAMS THANK YOUS MARRIAGES ENGAGEMENTS GRADUATIONS ANNIVERSARIES BIRTHS NOTICES Call 467-5836 OBITUARIES



RARE BUSINESS OPPORTUNITY

The one time Arnes Golf Course \$1,349,000 Arnes MB - FEATURES 660 +/- FT OF Lake Front: w/3312 sgft CLUB HOUSE w/full Basement

OPEN HOUSE Saturday, July 13 1 p.m. to 6 p.m. Buyers must provide pre-approval ltr to substantiate credibility if cash offer! OFFERS CONSIDERED ON July 20th @ 5 p.m.



ERIKSDALE \$269.000

1531 sqft 5 BR, 3 Bath CUSTOM RTM home w/finished ICF bsmnt just 75 min North of Winnipeg. Home sits on a 1.48 AC lot & features a 30x40' heated & insul Garage/ Wkshn

Home boasts ton of cabinetry space; Lg LR w/lots of natural light. Bsmnt hosts a Wet Bar AND Home Theater system. Lot is PRIVATE & TREED! PERFECT HOME FOR COUNTRY LIVIN'



GUNTON \$329,000 CUSTOM BUILT HOME only 20 min commute to Winnipeg – 1720 sqft bungalow built with

Accessibility Access in mind! This home blt in 2015 has it all, and more – walk-in closets HUGE mbr en-suite, super efficient Walltherm Firenlace helps bring the country living to life – and the cherry on top Of EVERYTHING is the 610 offt DOUBLE Car Garage with 8' R18 insul overhead door. 14'x22' Patio & 'x12' shed...



TEULON \$229,900

1440 sq ft RTM - 3 BR 2.5 Bath Finished basement, Asphalt Driveway. Double Attached Garage.

RURAL LIVING AT ITS BEST!!



LUNDAR \$259 9 WELCOME TO COUNTRY LIVING AT ITS BEST!!! 2055

on Hwy 6. This home featu the growing family. Geothermal heating/Cooling system; includes a Large Deck and 24x24 detached Garage.



sgft 4 BR, 2 Bath 4 level split home located North of Wpg a lovely eat-in Kit; Lrg LR w/ vaulted Ceiling & beautiful chandelier – there is ALWAYS plenty of natural light too! Bsmnt is finish & perfect for



BUSINESS OPPORTUNITY -TWO Bay Car Wash, Laundromat and Convenience

Wash Bay is 44'x31', total building measures 44x56' Loads of inclusions –BE YOUR OWN BOSS!!

Store



"Selling the Interlake, and beyond, One Yard at a Time





Matthew McSherry, LJ Baron Realty (204)886-7585 matt.ljbaron@gmail.com



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