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Vintage cars

EXPRESS PHOTO BY PATRICIA BARRETT  
Bernie Spakowski with his 1928 Ford at the Gimli Car Club's annual Cruisin' Gimli Beach Car Show this past Sunday.

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# North Warren Inn restaurant opens under new ownership

By Jeff Ward

Linda Pelletier is looking to breathe new life into a Highway 6 restaurant, serving good food and using her 25 years of restaurant experience to do it.

Pelletier signed the lease for the restaurant, now called For Forks Sakes,

at the North Warren Inn on Highway 6. She is very excited to offer a new menu that will cater to those who want to drop in for a quick bite and get back to work.

Pelletier is using her 25 years of experience working in her parents' Tyndall-based diner, JuliKin's, as her foundation for success. Her main goal right now is to have a full dining room serving the communities of Warren and St. Laurent along with the highway traffic.

"I've created a small menu of things that people expect at a diner: burgers, fries, pizza and we have the best hangover breakfast on Highway 6," said Pelletier.

So far, the reception has been good as patrons taste the food and are greeted by Pelletier, who is already hard at work to put her own personal touch on the place. The interior of the diner is slowly being adorned with signs to reflect Pelletier's personality and the new fun atmosphere she wants to create. She also said she wants people to bring their own pieces to decorate the wall as well so that new patrons have a more personal connection with the diner.



EXPRESS PHOTO BY JEFF WARD

Linda Pelletier is the face behind Highway 6's newest restaurant, For Forks Sakes. Taking residence in the North Warren Inn, Pelletier is offering quick meals of burgers, fries, pizza and the best hangover breakfast on Highway 6.

The restaurant is open six days a week, from 8 a.m. to 8 p.m. on Tuesday, Wednesday and Sunday and from 8 a.m. to 10 p.m. Thursday to Saturday. For Forks Sakes is closed every Monday.

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# Unique sculpture Lemiez exhibit now open for tourists

By Jeff Ward

The unique, inspiring and downright breathtaking art of Moosehorn's own Armand Lemiez was seen by over 200 people following the opening of the exhibit by the Grahamdale Community Development Corporation on Canada Day.

The launch party saw hundreds come out for a free lunch and a tour of the site, just north of Moosehorn on Highway 6. Lemiez's concrete statues are one of the most unique Interlake attractions and the CDC worked to make more people aware of the site's history.

New signage that directs traffic off of the highway as well as boards that explain what each sculpture is were part of that effort. Now that the site is open to the public, the CDC hopes it will attract more visitors.

Devan McCoubrey attended the event and said that the reception from the public was overwhelmingly positive. She said that many visitors hadn't seen the sculptures with their own eyes in decades and some even experienced them for the first time.

It took Lemiez a decade to realize his vision and create all the sculptures

and now his legacy can be appreciated and understood by new generations.

The launch event also served as a way to thank the community volunteers and locals who helped make the project possible. McCoubrey explained that it was a proud day for the CDC, which worked hard over the last year to restore the site and give context to one of the Interlake's most mysterious creations.

The site is open for people to see on their own, and the CDC encourages people to check it out when they have time.



EXPRESS PHOTO BY LANA COWLING-MASON

Over 200 people attended the official opening that celebrates the amazing concrete sculptures of Armand Lemiez. The Grahamdale CDC worked for a year to get funding for interpretive panels and highway signs to guide visitors through the outdoor space.

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# Revvin' up the romance at Gimli's car show

By Patricia Barrett

Car buffs took a trip down memory lane last Sunday when the Gimli Car Club's annual Cruisin' Gimli Beach Car Show brought a fleet of vintage and contemporary motors to town.

Cars are often a site — or sight — of first love, whether the object is the car itself or a person with whom you've day-tripped or cruised up and down Main Street.

Case in point is Selkirk's Lawrence Vermeulen, whose vintage motor is a homage to his courting days. He attached a shelf to the passenger window of his British-built 1953 Austin A40 Somerset saloon with its stately grill, goggle-eyed headlights, long sweeping fenders, moss green paint and a "Tea4Two" licence plate.

The shelf brought back the days of A&W's drive-ins and their out-to-your-car service with frosty mugs of root beer and Mama Burgers. But it was a silver teapot and fine bone china that perched on Vermeulen's home-made rig.

"I owned the exact same car when I was 16. I dated my wife in that car and we've been married 49 years," said Vermeulen while he enjoyed a cuppa and watched hundreds of townies and visitors meander along Centre Street.

"That car didn't survive over the years, but we replaced it with this one as a nostalgia purchase. I found it in Vancouver and brought it back. And I've had it for about 12 years."

Vermeulen said he takes the Austin to as many shows as he can, along with his 1931 Ford Model A sports coupe. And he never drinks tea while he drives as "the flies do the backstroke in there."

Later in the day, Gimli Mayor Randy Woroniuk took a fancy to the tea service and made the Austin his "Mayor's Pick."

Long ago when Bernie Spakowski from West. St. Paul operated a service station, he fell in love with a 1928 Ford Model A Tudor sedan that he bought from a resident of Winnipeg's North



Gimli Car Club volunteers Gwen Kostuik and Susan Holfueuer try out a scooter.

End.

The sedan had been sitting in a garage, covered with rubbish, and it became Spakowski's second vintage Ford. He pointed to photos of his daughter on a hoarding in front of the car, and said she had accompanied him when he rescued it.

"It took me 24 years to restore it. [My daughter] was four years old, and when I finished it and started driving it in 2000, she was 28."

Spakowski said he's selling it because his knees aren't what they used to be when he has to slide under the car to repair the tranny and whatnot.

"I have a hard time getting out. I got out OK with the creeper, but I've got a bad knee so I had to put blankets on the ground," he said.



EXPRESS PHOTOS BY PATRICIA BARRETT

Lawrence Vermeulen from Selkirk has a cuppa with his 1953 Austin. The car was Gimli Mayor Randy Woroniuk's top pick.

A 1968 Mustang he's got will do just fine and get him places a lot faster than the sedan.

Ditto for another motor buff with a 1935 Ford coupe that doesn't go as fast as his cherry-red '67 Chevelle. He's got the Ford up for sale.

"I bought the Ford because it was a real cool car and it got me into a place I wanted to go — the '50s in Minneapolis," said the Winnipegger who didn't want his name used. "That's where we go every year and you have to have a car that's 64 years old or older. It's an all-steel car: there's no fibre-glass at all and original tin."

The Chevelle, which he stripped down to "zero" and re-built, is his real "love."

"It was a passion. I had one when I was 19. I found this in Illinois and I said, 'This is the car I want.'"

Sometimes love is not all it's cracked up to be. Take, for instance, Whyte-wold cottagers Rhonda Smith and John Ward. Smith had to make a difficult decision when she met Ward: either bin him and his "toys for boys" 1970s-era Corvette or make the best of the situation.

"He had it when I married him. If I wanted to get rid of the car, I had to dump him," she said.

Their friend Jim Legeros from Ponemah was sympathetic to her plight, saying "it's a beautiful car, but gas mileage — you've just got to live with it. It's nine to 10 miles to the gallon. John goes through half a tank just to go to Selkirk and back."

Ward bought the Corvette in 1979 and said he's leaving it to Smith in his will.

When asked if she'll scrap it, surprisingly, she said, no. "I'll really race it then."

"I OWNED THE EXACT SAME CAR WHEN I WAS 16. I DATED MY WIFE IN THAT CAR AND WE'VE BEEN MARRIED 49 YEARS."



Rhonda Smith and her husband John Ward get some air through the roof of their Corvette. On right, Jim Legeros.



Wes Nordal's 1955 Chevy Bel Air.



A cherry-red '67 Chevelle.



# Gimli Wolves may howl, but their spirit lives on

## Generous \$7K donation to Gimli Minor Hockey

By Patricia Barrett

The Gimli Wolves men's senior hockey team, which played its last game in 2016 and is in the process of dissolving the organization, will be gifting its remaining funds of \$7,185.84 to Gimli Minor Hockey.

The Wolves and Minor Hockey's board members and former players met Monday night at the Gimli Recreation Centre, where they donned their respective jerseys, reminisced and talked shop.

"We had about a decade of hockey and we did really well," said former Wolves player Dave Cain. "But the league folded and we had trouble getting into another league. And some players went to other teams."

Wolves' equipment manager Rodney Watson said he was kept busy over the years supplying the team with water bottles and rounding up sticks.

The team first took to the ice in 2005 with Cain, Doug Hill, Everett Lloyd, Gord Jacobson, Jim Platt and Gil Strachan. They faced teams from across Manitoba and entertained stalwart fans and sponsors.

The Wolves played in three hockey leagues: the South Interlake Hockey League, the Manitoba Senior Hockey League (now defunct) and the Manitoba East Hockey League. In 2015 the Wolves gained a spot at the Manitoba Senior Hockey Provincial Championships and earned the silver medal after losing 5-4 to Morden in the final.

The team issued a press release in which the Wolves' executive, composed of Dave Cain, Doug Hill, Garry Fedorchuk, Manfred Hildebrandt, Gord Jacobson and Ken Krulicki, thanked "all the players, fans and sponsors that faithfully supported the team throughout the decade. Without their support it would have been im-



EXPRESS PHOTO BY PATRICIA BARRETT

Wolves and Minor Hockey executives and former players from left (sitting): Paul Bilinsky, Gary Fedorchuk, Gord Jacobson, Steve Moore (new Gimli Minor Hockey president), Doug Hill, Manfred Hildebrandt and Rodney Watson. Back row: Keith Johannesson, Kelly Landry, Dave Cain, Kris Johannesson, Cindy Melsted, Nancy Johnson and Sheldon Kowalchuk.

possible to have a team."

They also thanked their volunteers, including coach Scott Pawluk and

Rodney Watson, Paul Bilinsky, Donald Gable, Gail Jacobson and Linda Stevens.

## Brian Kahler with young writers awards

Submitted

The Kiwanis Club of Gimli & District has just completed its third young writers competition, which is open to all school-age children in the Interlake region. There were 19 stories submitted this year.

The competition is in memory of Kiwanian Brian Kahler, a legacy to Brian's community service and to his appreciation of good writing. Brian was a published writer and also established the *Enterprise* Newspaper in 2010.

Winner of the contest this year was Amanda Grawberger of Winnipeg Beach School for her story "Why Trends?"

Amanda received a cheque for \$100 and her school gets to keep the winner's plaque with her name engraved on it for a year.

Second prize of \$50 went to Victoria Johnson of Sigurbjorg Stefansson Early School for her story "I Am the Dirt." Brian Kahler's daughter Jennifer was available to present the award at SSES.

Thanks to all the participants in our contest. Thanks to Kiwanian Nancy Laing for running the contest this year. We wish everyone a great summer and hope to see even more submissions in next year's competition.

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## Canada's new \$10 bill sheds light on history of historic human rights story

Submitted by The Bank of Canada

Canada's upcoming \$10 bank note, which depicts social justice defender Viola Desmond, tells a story of human rights.

The new note, which will be issued in late 2018, is the first in Canada to have a vertical design and features images and symbols that represent the country's ongoing pursuit of rights and freedoms.

At the heart of the note is portrait subject Viola Desmond, the first Canadian woman to be featured on a regularly circulating bank note. Desmond, a successful black businesswoman, was jailed, convicted and fined for defiantly refusing to leave a whites-only area of a movie theatre in 1946. Her court case is one of the first known legal challenges against racial segregation brought forth by a black woman in Canada. Desmond is also the first portrait subject to be nominated by Canadians, following an open call in 2016 to identify an iconic Canadian woman to appear on the next redesigned bank note. She was ultimately selected by Finance Minister Bill Morneau for her courageous stand for equality and justice.

Next to Desmond's portrait is an artistic rendering of a map of the historic North End of Halifax, the community where she lived and owned and operated her beauty school and salon. The community served as a source of invaluable support as Desmond challenged her criminal conviction.

The back of the upcoming bank note carries Desmond's story into the present with an image of the Canadian Museum for Human Rights — the first museum in the world solely dedicated to the evolution, celebration and future of human rights. The museum,



EXPRESS SUBMITTED PHOTO

Canada's new \$10 bill featuring a portrait of Viola Desmond, the first Canadian woman to be featured on a regularly circulating bank note, will be released later this year.

which opened in Winnipeg in 2014, houses a permanent exhibit dedicated to Viola Desmond's story.

The bank note also features the Museum's iconic ramps that appear to criss-cross each other, symbolizing the history of human rights in Canada and in the world — a history full of setbacks and contradictions but char-

acterized nonetheless by strength and hope.

Also appearing on the back of the note is an eagle feather to illustrate the ongoing journey toward recognizing rights and freedoms for Indigenous Peoples in Canada. For many

Continued on page 7

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# West Nile Virus detected in Manitoba mosquitoes

By Jeff Ward

The province's mosquito surveillance program has found its first *Culex tarsalis* mosquito sample infected with the West Nile Virus (WNV).

Now that the virus has been confirmed in the province, here are some of the best ways to protect yourself from possible infection.

The first thing of note here is that not every mosquito is a *Culex tarsalis* species and not every one of them is infected with WNV. The Interlake region has seen *Culex tarsalis* mosquitoes in traps this year with their numbers being average for this time of year.

Anyone can be exposed to an infected mosquito from June to September and the highest risk period is typically from mid-July until the end of August. The further north you go, the less risk there is, with southern Manitoba being the biggest hotspot for activity.

Symptoms of WNV can vary from person to person and some who are infected may not show any symptoms at all. The ones that you should be on the lookout for are severe headache, high fever, mental confusion, muscle



EXPRESS PHOTO VIA GOOGLE

*Culex Tarsalis* mosquitoes are identified by the white banding on their joints. These mosquitoes are the carriers of the West Nile Virus.

weakness, coma and even paralysis. Those are the most severe WNV symptoms, and if you or someone you

know develops any of these symptoms, you need to see your doctor as soon as possible.

Currently there is no vaccine, cure or treatment for WNV.

Protecting yourself is the best way to keep your risk of infection as low as possible and that can be done in a number of ways. Insect repellent is key when spending time outdoors. Repellents with DEET (no more than 30 per cent strength), icaridin, oil of lemon eucalyptus and soybean oil are all effective repellents. Wearing light-coloured and loose-fitting clothing with long sleeves and pant legs while outdoors makes it harder for potential pests to find a bite zone.

Reducing your time outdoors when mosquitoes are most active during dusk and dawn is another way to stay out of the path of potential infected *Culex tarsalis* mosquitoes. Take the time to eliminate standing water in your yard after rain to make sure there are fewer breeding zones for mosquitoes. And even keeping your grass cut and weeds trimmed can help reduce the presence of mosquitoes.

Following these tips will help to reduce your risk of contracting WNV.

## Great Trail in Victoria Beach 'connects our communities together'

By Justin Luschinski

The Great Trail, a Canada-wide multi-use recreational trail, has opened up a new pathway in Victoria Beach.

A ribbon-cutting event helped open this new section of the trail last Saturday. This portion of the trail will allow local residents and visitors to explore local landmarks and experience the beauty of the region.

Morgan Isaac, the events co-ordinator for Saffie's General Store in Albert Beach, said this trail is a big win for the area.

"It's a huge deal for us. It connects our communities together. People can

come from across Canada and experience the beautiful landmarks," Isaac said. "It's just a nice community here. It's like a small town, but everyone here is really friendly, and we hope you stop by."

Isaac said the Victoria and Albert beach area is very unique, and visitors will enjoy their time here. She hopes people check out the sand cliffs, as well as the unique biomass of the area, where it changes from beach to forest almost within a few metres.

Isaac said they're also looking to promote a healthy lifestyle.

"We live in such a beautiful area. It's a waste to not get out and enjoy it.

There are so many cool paths to check out," Isaac said.

The ribbon-cutting event also held miniature passports for purchase, which detailed landmarks in the area, came with a little notepad and provided a detailed map of the trail.

The Great Trail — also known as the Trans Canada Trail — celebrated its 25th anniversary in 2017 with its 24,000 kilometres of multi-use recreational trail now almost completely connected.

The Great Trail began in 1992 as part of Canada's 125th anniversary celebrations as a project that would better bridge the country together.

The Red River North Trail Association (RRNTA) was formed to develop a section of The Great Trail within Manitoba. They manage a trail that stretches from the north from Winnipeg to Birds Hill Provincial Park, along the Floodway to cross the locks and dam at Lockport and north along River Road to Lower Fort Garry. It continues east through Selkirk to Tyndall and Beausejour before turning north through the Mars Sandhills, Gull Lake, Beaconia, Grand Beach, Lester Beach and up to Traverse Bay. It then heads southeast through Power-view-Pine Falls to the Great Falls Dam before heading south.

## > \$10 BILL, FROM PG. 6

First Nations peoples in Canada, the eagle is believed to fly higher and see further than any other bird, and an eagle feather symbolizes ideals such as truth, power and freedom. The colour-shifting feather is one of several enhanced security features included on this new note.

As with the previous series of polymer bank notes, the new \$10 note

features a large transparent window as a key security feature. The window showcases a metallic rendering of the vaulted dome ceiling of the Library of Parliament in Ottawa. Capped by arched windows that flood the room with natural light, the Library of Parliament is a stunning example of Gothic Revival architecture and acts as a storehouse of knowledge to help shape Canada's laws.

Also featured on the note is an ex-

cerpt from Section 15 of the Canadian Charter of Rights and Freedoms, a reminder of the laws that enshrine human rights in Canada: Every individual is equal before and under the law and has the right to the equal protection and equal benefit of the law without discrimination ...

Completing the new note's human rights and social justice theme is a laurel leaf pattern, an ancient symbol of justice, found in the bottom

right corner on the back of the note. The laurel leaf appears in the grand entrance hall of the Supreme Court of Canada, the nation's final court of appeal.

Visit [bankofcanada.ca](http://bankofcanada.ca) to learn more about the design and security features of Canada's currency and follow the Bank on Twitter (@bankofcanada) for the latest news about Canadian bank notes.



# getfishing

RED RIVER > CHALET BEACH > LAKE WINNIPEG

> ARNIE WEIDL

## Do-it-yourself minnow bait tips

Hi folks.

I am sure we can all remember a time when we were swept away by the excited joy of a young boy experiencing the success of something close to his heart. Such a lad's heartwarming story came to me through his dad, Dan McDermid, and my editor Lana Meier.

This wonderful eight-year-old caught his first fish and all he could think about was to be in the paper with it. Well, Liam McDermid, here is your wish come true. You're in the paper now and your biggest fans — your dad, myself, along with all our fishing community — applaud you on your wonderful catch.

Shall we tell everyone how you caught that fish, Liam? Sure, let's do that.

It seems you and dad went to Norris Lake from home in Stonewall to see the snake dens and later stopped at Norris Lake for a picnic. You decided to do a little fishing off the dock and after a few casts, though your line got snagged. You worked your line every which way trying to free it and finally decided to give your rod a good tug.

Then, wow, surprise: up from the water popped your jackfish high into the air. You reeled in as fast as you could. You didn't want it to get away. You shouted to dad and everyone else close by, "Look, I caught a fish!"

Dad couldn't believe you had caught

one so soon. He rushed over to you and helped you hold the fish while your picture was taken. Thank you so much for sending us your picture and story (with dad's help), Liam. We so enjoyed it.

Last week I got myself over to the Winnipeg River where anglers go to catch minnows for themselves. The waters were churning, causing the minnows to group in whirlpools where they could be netted. There I saw a very tall, thin fellow with light brown hair under an old cap. His face was weathered with blond stubble growth.

I walked up beside him as he bent over, his arms raised high, working a rope attached to his net and bringing up maybe two handfuls of minnows. He immediately dropped them into a tub with salt in it. He stirred the minnows into the salt and then put them into a large cooler full of ice.

"As soon as I get home, they go into the freezer," he stated. He raised himself up then, relaxed and smiling.

"Hi, I'm Arnie Weidl. I write the fishing column in the *Selkirk Record*, *Express* and *Stonewall Tribune*," I said to strike up a conversation.

"Yes," our towering friend replied, "I'm Lance Irwin from East Selkirk. I like your stories."

"Well, thank you," I replied. I asked him why he went to all the trouble to catch his own minnows since it would

be cheaper to buy them.

"I want minnow bait that holds up when I cast out, so I make my own. You get them from the water then salt and freeze them right away," he declared emphatically. "If you go to buy minnows and they look brownish instead of silver with a blue tinge, they weren't frozen fast enough or kept cold enough."

We chatted some more about good minnow bait, and as I left him, I shook his hand, perhaps for all of us. When a man gives you good tips about any aspect of fishing; you thank him.

Closer to the end of last week I went visiting anglers along the Red. Again, the heat was burdensome but I had the good fortune to come across a father and daughter who were true outdoors people. Dad was a big, husky guy with massive arms and legs, light brown hair and a full, kind face. His daughter, though tiny, had an agile strength of body and demeanour. Her high forehead, round cheeks, defined nose and ready wide smile was framed by her long fine brown hair.

"Can I get your names?" I asked.

"Yeah, I'm Shayne Smellie and that's dad, Jake. We're from Selkirk," she said in a high feminine yet forceful voice.

As we began getting to know each other, it became evident that Shayne was a gifted angler. She told of a time when she and dad went up to Paint



EXPRESS PHOTO SUBMITTED

Dan McDermid, left, with his son Liam holding his first catch at Norris Lake.

Lake south of Thompson and as so many other times they went fishing when she was the only one that caught anything.

Then nosy me asked Shayne, "If you have a boyfriend, is he an outdoors person?"

"No," she said. "He's a city boy but I'm turning him into a country boy little by little."

We talked of finding deeper, colder water for early morning fishing. Then as I left them, I thought of the fishflies that were starting to show up. The fish gorge on them but that only lasts for a few days and then I'm sure fishing will get better.

Hang in there gang. Bye for now.

## Beat the heat: tips to avoid summer car breakdowns

### Don't let sweltering temperatures stop you — get your car battery inspected

Submitted by CAA

Hot weather means the beach is calling and Manitoba drivers will hit the highway to Steep Rock, Grand Beach, Bird's Hill, Gimli and other popular

sandy destinations this summer.

To beat the heat and avoid a breakdown, drivers should make sure their vehicle battery is in top condition.

"Many people don't realize that heat

can take a bigger toll on your car battery than the chill of winter," says Erika Miller, public and media relations specialist for CAA Manitoba. "This summer, don't get stuck in the driveway or stranded on the highway when you should be out enjoying fun in the sun — get your battery tested and replaced if needed."

When a battery is three to five years old, it may hold less of a charge — so it's time to have it tested. Many garages offer on-the-spot battery testing.

Five simple road trip tips:

Check your tire pressure: Underinflated tires can affect braking and handling, and make you more susceptible to a blowout. Top your tires up to the vehicle manufacturer-recommended tire pressure listed in your door jamb to drive more safely and increase your gas mileage.

Get a sense of driving conditions: check live road camera feeds from around the province at <https://www.manitoba511.ca/en/cameras/> to find out if construction or collisions might impact your travel time.

Don't leave your keys in the ignition. Idling your vehicle to keep the cabin cool is bad for your fuel consumption and the environment, and puts you at risk of a lockout or auto theft.

Ensure the emergency roadside kit in your car is customized and stocked with enough food and water, clothing and first aid items for the number of passengers travelling with you.

Pack an entertainment kit for little passengers: a backpack filled with soft toys, books and games can keep kids occupied and reduce the amount of times they ask "Are we there yet?"

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# RRC mobile classroom Introduction to Trades in Ashern

By Jeff Ward

Red River College's mobile training lab is now set up outside the Ashern Curling Rink as part of the new five-month Introduction to Trades program.

The classroom is a 1,000-square-foot training lab where nine students will get detailed hands-on instruction in three different trades professions, carpentry, electrical and plumbing.

All three trades are currently being explored by students who will then, if they find any of these to be a fit for them, explore the rest of their education within that area.

The course is designed to give a small taste of what these career paths are like in an effort to get students

interested in exploring them with future education.

West Interlake Reeve Randy Helgas-on told the *Express Weekly News* back in May that this course is something he is happy to see offered in his community as there is a big need for all three of these careers locally.

"Tradespeople are getting harder and harder to come by," said Helgas-on.

"At the present time, I think we have one plumber in the area and we used to have three. Same with electricians, carpenters. Some of them are retiring. So, yeah, trades people are in demand."

The course concludes at the end of September.



EXPRESS PHOTO BY JEFF WARD

Red River College's mobile training lab is in Ashern for the next few months as students in the Introduction to Trades program get hands-on teaching and learn skills in carpentry, electrical and plumbing.

## Ashern's story time in the park brings families together

By Jeff Ward

A summertime staple for Ashern is back again. Story Time in the Park will bring young families together to read books, have a snack and get some fresh air.

Every Wednesday from now until the end of August, special guests will read to a group outside at the park beside Dodd's Siding in Ashern. Story time starts at 10:30 a.m. and typically lasts 45 minutes, depending on book length and other activities.

Sharon Northcott, who organizes the event, said families will be provided with a free snack and each child will get to take home a free book at the end of each session. The free books are provided by the Northwest Early Childhood Development Coalition and the Ashern Day-

care Coop. Northcott finds volunteer readers from within Ashern to read each week.

"In previous years we've had firemen, police officers, teachers and people from the RM office come and read," she said.

Northcott said their first reading session was cancelled due to rain but hopes to have many good days going forward. She said that the only real reason the event would be cancelled is the rain.

Attendance varies, but Northcott said an average of 20 people per week show up to hear guest readers. On good weeks, she said they've seen as many as 45 people come out to enjoy the weather and a good story.

There is no cost associated with this at all and everyone is encouraged to stop by for story time.

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# SATURDAY JULY 21, 2018

**Pancake Breakfast - Arborg Legion 8:30-10:30 AM**  
**Parade MAIN STREET Arborg 1:00 AM**

**AT THE FAIR GROUNDS THE FOLLOWING EVENTS BEGIN AT NOON**

**Merchant Mall**  
**Pie & Coffee \$5.00**

**Huge Kid Zone**

**Equestrian Vaulting Demo** (pre-register @204-642-2316 deadline Thursday 19th)

**Pioneer Life Demo**

**Bounceroos**

**Petting Zoo**

**Photo Contest**

**Stage Show**

**Escape Room**

**Teakle Family Circus**

**Beer Gardens**

**Antique Tractor Pull Competition**

**1:00 PM** (Registration starts 9:00)

**CRAFTS - Sign Painting in the hall**

**Free Style Motocross DEMO**

**2:15, 4:15, 6:15pm East End**

**Crazy Jumpers Agility Dog Show**

**1:00pm Main Stage**

**Classical Equitation (Trix Streble) Vaulting TBA**

**3:00pm "Little Arena"**

**BBQ Supper 5:30 pm West & East Ends**

**Heartland Rodeo 7:00pm**

**Evening Entertainment Karaoke with Dave Greene**



# SUNDAY JULY 22, 2018

**Pancake Breakfast 9-10:30am West End**

**Cowboy Church 11am Main Stage**

**Cowboy Polo 11:30 Little Arena**

**STARTING AT NOON;**

**Sunshine Singers**

**Merchant Mall**

**Photography Display**

**Kids Zone**

**Petting Zoo**

**Afternoon Main Stage Line Up TBA**

**Singing Cowboy & Dawn**

**Escape Artist Dean Gunnerson Rodeo**

**Intermission TBA**

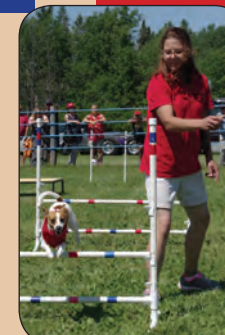
**Partners In Time Dance Troup**

**Antique Tractor Pull Finals 1:00pm**

**Freestyle Motocross DEMS**

**2:15, 3:15, 4:15 pm East End**

**Heartland Rodeo 2pm**



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# Your FARM



## Mandatory testing lifted for cattle and bison producers

By Caitlyn Gowriluk

A requirement that breeding bison and cattle from Manitoba be tested for bovine tuberculosis before being exported to the U.S. was lifted by the United States Department of Agriculture (USDA) on July 1.

The development is welcome news for many farmers in Manitoba, said bison producer Len Epp, who has a farm in the RM of Rockwood.

"It just became a real nightmare for some of those producers," said Epp. "To have this [requirement] gone has been a huge, huge benefit."

Since the testing requirement was lifted, many U.S.-based companies

now feel safer importing bison and cattle from Manitoba, said Epp.

"They're way more willing to import animals from us now," said Epp. "It's opened up a lot of options for producers."

While the last case of bovine tuberculosis in Manitoba was in 2008, many producers — especially near the Riding Mountain National Park area, where the disease had been detected in livestock and wildlife — were still required to take biosecurity measures to prevent the spread of the disease, including using livestock guard dogs and barrier fencing to protect feed supplies, said a July 3 news release



EXPRESS PHOTOS BY CAITLYN GOWRILUK

Bison producer Len Epp stands on his bison farm in the RM of Rockwood on July 4.



Epp has over 500 bison on his farm in the RM of Rockwood.

from Manitoba Beef Producers.

Herds in Manitoba were also subject to surveillance testing (a process that takes several days to complete and can be stressful for the animals, putting them at risk for injury or death), said Epp, whose herds were last tested for the disease close to 10 years ago.

"[The animals] just can't handle the stress level," said Epp. "They'd come through the system, walk out and we'd find them dead. We found three dead in a pen about an hour later when we went to move them. And it was all because of stress."

The testing process can also be dangerous for handlers, said Epp.

"Bison are not overly excited about being handled too many times," said Epp. "It can get pretty dangerous, or just taxing, because you're putting stress on the animals. And especially when you're handling the big bulls, they can get pretty upset pretty fast. And the rodeo can start pretty quick."

While the USDA testing requirement has been lifted, some American states continue to have state-level bovine tuberculosis testing requirements, said the news release.

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\* Theoretical Productivity is based on the full operating width of the machine at an average speed of 10MPH (16KM/H)

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# WAVE artists holding Pop-Up Art Show & Sale during film fest

By Patricia Barrett

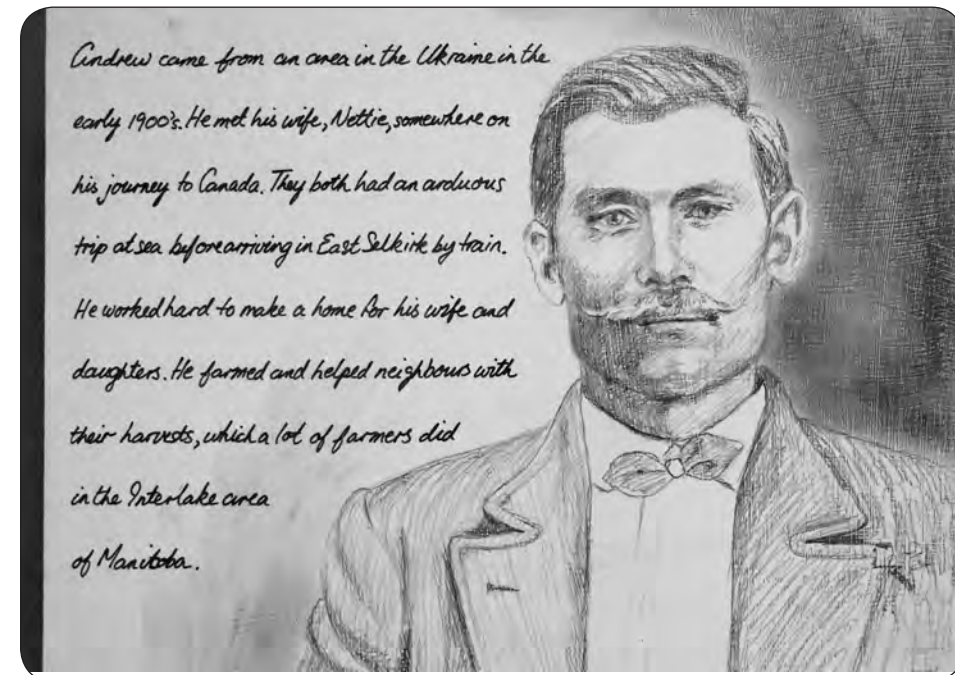
Interlake artists who take part in the semi-annual WAVE studio tours will be holding a Pop-Up Art Show & Sale that will take place during the week of the Gimli Film Festival (July 25-29).

"This is a first for us and we are hoping that visitors to the film fest might also have a quick visit with us," said artist Marlene Van Helden, who specializes in stained glass panels, collage and mixed-media paintings and other mixed media at her Blue Door Studio in Camp Morton.

Art lovers can meet the artists and watch demonstrations at Darren Hall in the Lakeview Resort on July 27 and 28 from 10 a.m. to 5 p.m.

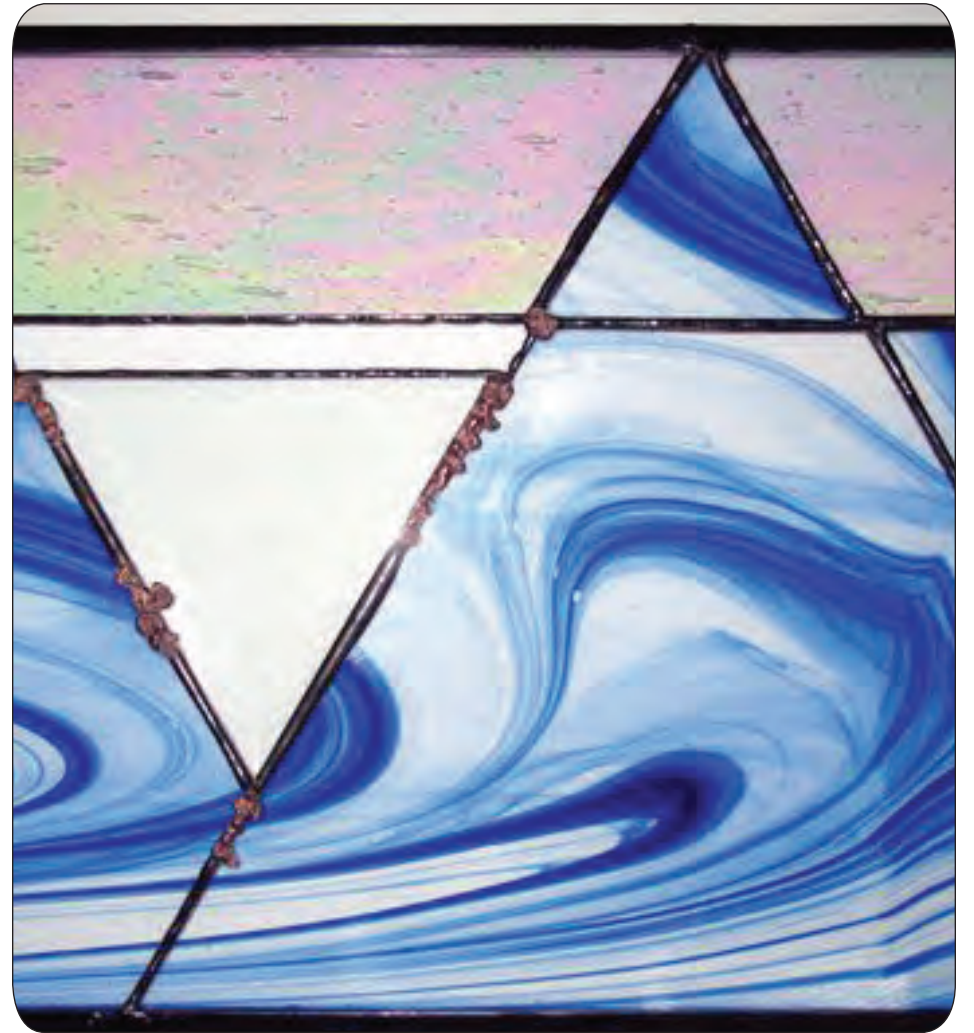
The WAVE is part of WINNBAC, a non-profit arts co-op in the Interlake. Van Helden said the group has a new website and a new initiative called "Adventures With Art."

For more information about WAVE artists and their studio locations, visit [watchthewave.ca](http://watchthewave.ca).



EXPRESS FILE PHOTO BY PATRICIA BARRETT

Artist Julia Penny from Winnipeg Beach showcased portraits of Interlake immigrants during a recent show,



EXPRESS PHOTO SUBMITTED  
Artist Marlene Van Helden from Camp Morton specializes in glass artwork.

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**Beach Volleyball Tournament**  
10am - 6pm - \$20/person - Register a co-ed (6-on-6) or 3-on-3 team with Jason Reimer at 204-378-0383.

**Community Garage Sale**  
10:00am - 2:00pm - \$10/table - To reserve a table, contact Shari Enns at 204-442-1001

**BBQ Lunch**  
11:30am - 1:30pm

**Kids Zone**  
3:00-6:00pm. Featuring Bouncy Castles & Face Painting.

**Fundraiser Supper**  
6:00pm - Featuring Jamaican Cuisine.

**Talent Show**  
7:30pm - To sign up, contact Amanda Plett at 204-378-0353.

**Coffeehouse**  
8:30pm - with live music.

Cash-only concessions available throughout the weekend.

Proceeds from Saturday will go to Donovan & Cathy Dueck. They plan to serve with Generations Church in Jamaica, in partnership with Action International, starting in September.

**Sunday, July 15**

**Limited Camping Spots**  
Available all weekend on MCS Schoolgrounds. Contact Galen Reimer at 204-494-0200.

**Outdoor Church Service**  
10:30am - Under the Tent

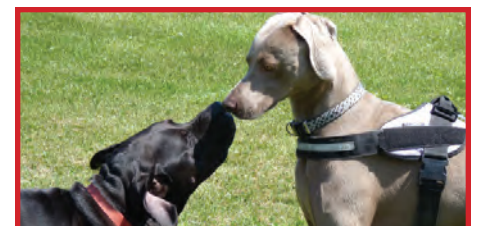
**Open Field Sports**  
2:00-5:00pm - Open to All! Volleyball, Baseball, and More.

**Lunch** 12:30pm **Supper** 5:00pm

**Gospel Music**  
2:00-3:30pm - Under the Tent

**Free Concert**  
7:00pm - Under the Tent

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# Lake Winnipeg fisheries potentially at risk from American water-diversion project

By Patricia Barrett

Lake Winnipeg and its commercial fishing and angling industries may be headed for trouble after a North Dakota court dismissed last month the province's appeal to stop a controversial water-diversion project that will link two massive watershed basins.

North Dakota's Northwest Area Water Supply (NAWS) project will divert water from the Missouri River Basin in order to supply 10 counties with a reliable source of drinking water. The water will eventually flow north into the Hudson Bay Basin and has the potential to funnel a number of aquatic invasive species (viruses, bacteria, protozoa, fungi, microscopic plant and animal parasites, larvae, etc.) into Manitoba's waterways and negatively impact fish stocks.

Sustainable Development signed a memorandum of understanding with the Americans to monitor NAWS' progress, but the details of the memo haven't been released.

Minister Rochelle Squires said although the province ceased its court challenge, she was able to secure a seat on NAWS' Adaptive Management Team. That will give Sustainable Development a voice which would have otherwise been in "jeopardy" had they continued with a "fruitless appeal."

"Let me be clear: Manitoba does not suddenly 'support' the NAWS Project," said Squires last Friday by email. "We continue to believe this project poses serious risks and we will continue to do everything in our power to protect Manitoba's waters."

Membership on the team will give the department access to critical information about the diversion project, she said, and provide an opportunity to offer "well-informed technical advice" on ways to address Manitoba's concerns.

"It's crucial that we have a voice as the NAWS project is designed and implemented to help minimize the risk of transfer of potentially harmful biota, including parasites, pathogens and viruses," she said. "And the best way to do that is being part of NAWS Adaptive Management Team."

The department has come under fire for not appealing to the International Joint Commission, a quasi-judicial body created in 1909 to prevent and resolve transboundary water disputes between Canada and the U.S., both of which are signatories to a treaty.

But a departmental spokesperson said the province has been asking the IJC to step in to review the NAWS project and other inter-basin transfer projects [such as N.D.'s Red River Valley Water Supply Project] for more than 20 years. The problem is get-



EXPRESS PHOTO BY PATRICIA BARRETT

Lake Winnipeg's freshwater drum, which eats zebra mussels, could be infected by a deadly virus if the NAWS project brings invasive species to Manitoba.

ting the federal governments of both countries to agree to the process.

"We continue to believe that the IJC and its International Souris River Board can, and should, play a significant role in monitoring the effect of the NAWS project on boundary waters," said the spokesperson.

NDP environment critic Rob Altemeyer raised concerns last summer about linking the two basins that "haven't been connected for thousands of years," and said the Pallister government's decision to back away from pursuing further action has "sold us out," giving the Americans carte blanche to do what they like. He added that Sustainable Development has not released "a single document" showing what exactly it negotiated.

"I don't know how on earth they could agree to something like this. You can't understand this issue and do what [Minister Squires] did," he said, referring to the memo. "It's just either that, or you are deliberately betraying the people of Manitoba and future generations."

NAWS is a U.S. Bureau of Reclamation project, according to the American Federal Register. The Bureau, a federal water-management agency that constructs dams and reservoirs, prepared environmental impact statements (EIS) as some phases of the project crept ahead, starting in 2002.

In 2010, a U.S. district court rejected a 2008 EIS on the grounds it "inadequately examined" potential harms to Manitoba and to the state of Missouri, which claims it will be negatively impacted by a loss of water for commercial shipping. The bureau completed a Supplemental Environment Impact Statement (SEIS) in 2015, and it was accepted by the court.

It's important to note that the very same agency overseeing the NAWS

project is the one that carried out the environmental assessments on potential harms to Manitoba waterways, and that's like putting a lion in charge of a herd of gazelles.

"The people who are building the pipeline are the ones that are providing us with the information on what's in their water, and they get to decide whether it's a threat to us or not," said Altemeyer, raising concern about the conflict of interest. "There's been no Canadian analysis — or independent analysis — of those documents [SEIS] that I'm aware of. And, at the very least, you would think a minister and a premier who cared about Manitoba's water would have asked for some Canadian eyes on this. And they haven't done that."

Altemeyer said the SEIS contains language that minimizes what threats it has identified and downplays the unknowns.

"You can tell it's written by a proponent because they're saying, 'just because we don't know that whirling disease exists in the Hudson Bay Basin already, doesn't mean it's not already there,'" he said.

The SEIS states it's "unlikely" that "unknown" fish diseases in Lake Sakakawea, which may be used as the primary water supply for North Dakota, would "cause adverse effects in the Hudson Bay basin."

Aquatic invasive species of concern that have been identified in the SEIS, and which are not known to be present in the Hudson Bay Basin but exist in the Missouri River Basin, include the quagga mussel, New Zealand mudsnail, parasitic flatworm and whirling disease.

Whirling disease attacks fish and is caused by a parasite found in freshwater worms. The disease causes skeletal deformities of the body or head and

makes fish swim in a whirling motion, according to the Canadian Food Inspection Agency's website. And humans can spread the disease by moving infected live or dead fish, infected worms and contaminated equipment and water. There are no treatment options available.

Altemeyer said whirling disease could "very easily wipe out" both the commercial fishery and the angling industry on Lake Winnipeg or on "any of our lakes."

Lake Winnipeg fish with commercial or recreational value could be susceptible to a number of invasive species and diseases. The SEIS identifies the brown bullhead, channel catfish, common carp, lake sturgeon, whitefish, northern pike, sauger, cisco (tullibee) and walleye (pickerel).

"Viral hemorrhagic septicemia virus (VHSV) is a serious viral pathogen that can infect a wide variety of freshwater and marine fish species," states the SEIS.

The disease has been associated with fish kills in the Great Lakes. That includes the freshwater drum, which lives in Lake Winnipeg and is known to eat zebra mussels. Channel catfish and northern pike can remain asymptomatic to VHSV but can act as vectors of the disease.

Retired University of Winnipeg biologist and research scientist Eva Pip said once we get invasive species, there's no going back.

"While monitoring is important, unfortunately, adverse impacts of introduction of foreign biota are irreversible once invasion has occurred," she said. "It is disheartening that we cannot get our valued neighbours to the south to see how precious and vulnerable our Manitoba water resources are."

Pip said the environmental statement has a "major shortcoming" in that it doesn't go far enough in addressing possible harms to other parts of the aquatic ecosystem in addition to fish.

"Threats to other native biota, such as zooplankton and macrophyte communities, as well as native freshwater mussels — some of which are already endangered — also need to be considered," she said. "Although some water treatment options have been proposed to deal with transfer of biota, these protocols are not foolproof, and a treatment system failure could occur. The issue of water quality needs to be addressed as well."

The environmental impact statements are available on the Bureau of Reclamation's website at [www.usbr.gov/gp/dkao/naws](http://www.usbr.gov/gp/dkao/naws).



# A warm and blissful weekend at 45th annual Folk Fest

## Staff

One of the hottest weekends in recent Winnipeg Folk Fest history wrapped up Sunday night at Birds Hill Provincial Park to the sweet summer hits of Grammy award-winning singer-songwriter Sheryl Crow.

The 45th edition of the Winnipeg Folk Festival took place July 5 to 8 and saw a record-breaking total number of 73,000 attendees (up 1,000 compared to 2017) to become the best attended four-day festival in its history.

It was also a hot weekend on the festival's Main Stage as Elle King and John Butler Trio+ kicked things off with high energy on Thursday, indie-rockers Courtney Barnett and The Strumbellas commanded the stage on Friday, Folk Fest favourites Bahamas and A Tribe Called Red had the crowd up and dancing on Saturday night, and hit-makers Passenger and Sheryl Crow capped off the festival on Sunday.

Daytime workshops were also an excellent opportunity to see artists up on stage together and collaborate. Some of the highlights include the Nigan Inaabin (Looking Ahead) Indigenous workshop presented by APTN with nêhiyawak, Archie Roach and Leonard Sumner on Friday; the Old Songs, New Songs workshop on Saturday including Bahamas, Mappe Of,

Gabrielle Shonk, Whitney and Matt Holubowski; and If it Makes You Happy featuring Mandolin Orange, Kacy & Clayton, The Lonesome Ace Stringband and Darlingside on Sunday.

The Winnipeg Folk Festival also presented their new Indigenous Elder Sherry Copenace, who led the opening blessing on Thursday at Main Stage and welcomed Indigenous artists and guests at a public welcoming ceremony followed by a participatory Round Dance with Ray "Coco" Stevenson and Rhonda James on Saturday morning at Folk School.

On Thursday evening, Mayor Brian Bowman gave a Community Service Award to the Winnipeg Folk Festival as a way of recognizing all the outstanding work and achievements of the organization for the past 45 years.

The Glass Banjo Award of the Winnipeg Folk Fest, honouring special folks who have made extraordinary contributions to the festival, was awarded on Saturday night on Main Stage to Ojibway-Métis Elder Mae Louise Campbell. She was among the first Indigenous artists in the Hand-Made Village and has greeted artists and audiences alike with the annual welcoming ceremony and opening blessing for many years.

The 46th edition of the Winnipeg Folk Fest will be held July 11-14, 2019.



EXPRESS PHOTOS BY LANA MEIER AND MOLLIE MEIER

Above, The Strumbellas headlined Friday night at the 45th annual Winnipeg Folk Fest. Middle left photo, Cape Breton fiddle player Natalie MacMaster and her daughter Julia. Bottom right photo, Stonewall duo Two Crows for Comfort entertained throughout the weekend.





# sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

## Einarson commits to University of Calgary baseball program

By Brian Bowman

As a member of the North Winnipeg Pirates Midget "AAA" team, Gimli's Kalli Einarson is used to travelling a long way to play baseball.

But he'll have to travel a whole lot farther to play ball next year.

The talented catcher/third baseman has committed to the University of Calgary Dinos baseball program for next season.

"I sent out a recruitment video to a lot of teams in that league and Calgary showed the most interest," Einarson said last Sunday. "I got a couple of answers back but Calgary (was the place I chose)."

Calgary struggled to an 8-20 record this past season and underwent a coaching change.

"I don't know what to expect," Einarson admitted. "I'm just going to go for the experience and stuff."

Einarson did not receive a scholarship from the University of Calgary. But he is, obviously, open to receiving a scholarship from another school in the future.

Einarson, 18, is currently playing with a very good North Winnipeg squad that was in first place with a 16-7 record heading into this past Tuesday's game with Winnipeg South.

The 5-foot-9, 195-pounder is the team's starting catcher and hits in the third spot in the lineup.

"I like controlling the game, calling

the game, and giving (signs) to the pitcher," said Einarson of the catcher position. "You're always part of the play."

Last year's Pirates' squad reached the nationals after finishing with a disappointing 0-5 record in the city playoffs. If they play well at the right time again this year, the Pirates should have a very good chance to making a return trip to nationals.

"This year, we have all of our returning players back and some of our first-year (players) are really good," Einarson explained, noting most of their players are at the same skill level.

"We're definitely the team to beat. The goal is definitely nationals and there is nothing else on our minds, that's for sure."

The Pirates' roster is loaded with a ton of talented players from the Interlake. A good chunk of their roster consists of players living outside the perimeter.

Despite the long distances from where players live, the Pirates have gelled real nicely as a team this season.

"I would say our team is almost too relaxed," Einarson joked. "Everyone gets along really well. Sometimes it pays off to have that connection and sometimes we goof off a little bit too much."

"But when it comes down to provincials, I'm sure it will help us."



EXPRESS PHOTO SUBMITTED

Gimli's Kalli Einarson has committed to the University of Calgary Dinos baseball program for next season.

## 21U Women's Invitational Baseball Tournament requesting sponsorship

By Brian Bowman

In a little less than a month, Stonewall will be hosting the 21U Women's Invitational Baseball Tournament.

So, host co-chair of the sponsorship committee for the tournament, Roger Langlais, has been busy trying to round up sponsorship for the elite tournament that will take place Aug. 9-12 at Quarry Park.

Teams competing will include Nova Scotia, Quebec, Ontario, Saskatchewan and Manitoba.

There will be a high-calibre of baseball played throughout the four-day tournament.

"Baseball Canada has been quite happy with the venue at Fines Field, and I think for us in Manitoba, it could

be a stepping stone to host more national events," said Langlais while in Montreal last week.

Langlais said Stonewall's town council approved its Grand Slam sponsorship - a \$5,000 cash contribution - and the use of the facilities.

Langlais noted Sunova Credit Union is a Home Run sponsor, which is at the \$2,500 level.

As of last week, the tournament co-chair was also in talks with other organizations about sponsorship.

"We're talking to a number of businesses right now in the Stonewall, Selkirk, Winnipeg markets," he said. "(Sponsorship) is huge. We're hosting a national-level competition so there are a bunch of requirements and we

want to do a good job for Manitoba and Stonewall and the teams and athletes from across Canada."

Tournament games will be played in Stonewall while athletes will be staying at the Canalta Hotel in Selkirk.

This is the second consecutive year that Stonewall has hosted this prestigious tournament.

"It's our second time in the rodeo," Langlais said. "The first time is learning and we felt we did a good job (last year). We had lots of feedback from all of the teams from across Canada, so there are areas that you want to maintain and then there are some areas you want to strengthen."

Tournament organizers are hoping for great turnouts by spectators to

watch the games.

"We definitely want to get more fans out to the park and we're definitely trying to market that across Manitoba to other girls who play the sport," Langlais said.

"Right now, we have about 1,500 girls playing in Manitoba so we want to have those younger girls spectate these higher-level girls and women to try to aspire to that higher level."

Any businesses or individuals that would like to help sponsor the tournament can contact Roger Langlais via email at [rlanglais@mymts.net](mailto:rlanglais@mymts.net) or by phone at 204-268-5249.



# Rebizant smashing birdies in Denmark

By Brian Bowman

Fresh off winning a bronze medal in U23 women's doubles at the National Badminton Championships in May, Hanna Rebizant made the decision to take her training to a much higher level.

And that training took her all the way to Denmark.

She has been in Denmark since June 3 and will be there until Aug. 3.

"I am training at OBK (odense badminton club) with people from all over Europe, some are even going to the Badminton World Championships," said Rebizant in an email.

"The majority are high-level Danish players and there is one other Manitoban here, Ivan Tsang."

Rebizant became part of the Denmark program because of Viktor Axelsen - the No. 1 male singles player in the world.

"He grew up in Odense (the city I'm in) and trained at OBK in his early years," Rebizant explained.

"So that really interested me. My dad contacted the head coach Lennart Engler and from there I was invited to go and train."

Badminton is taken much more seriously in Denmark compared to Manitoba.

"On the court it's been a life changer," Rebizant said. "We train twice a

day on and off court and we train as a team. It's quite different from badminton in Manitoba. It's more serious and there is better competition for female players.

In Manitoba there aren't many female players anymore and it's getting more and more difficult to train hard."

Rebizant has a very bright future in badminton. Winning a bronze at nationals was an amazing accomplishment for the Winnipeg Beach product.

"It was really nice to have medaled at nationals," Rebizant said. "I will say we were very lucky in our draw so I think we were both thankful for that."

"My partner Tiffany Tantakoun and I hadn't played many tournaments as a team or practiced together beforehand, but we played as if we had been playing all year together, so pretty well. Overall, it was a great experience and I'm very happy to have won bronze."

Rebizant's next step in badminton is to play in the Canada Winter Games and represent Team Manitoba.

"After that I'm not so sure," she said. "Once school starts it's hard for me to focus on badminton. I'm in architecture and it can be very hard and tiring at times. This past year I went months without practicing or even working out."

"My goal for this year is to create a



EXPRESS PHOTO SUBMITTED

Hanna Rebizant, left, and Tiffany Tantakoun with their bronze medals at the U23 National Championships in Burlington.

balance between school and badminton so that I can continue to develop in the sport."

Rebizant is very thankful for the family support she has received in her pursuit of badminton excellence.

"I'd like to thank my father Terry Rebizant for introducing me to the greatest sport out there and for continuing to show interest and helping

me in badminton," she said.

"All of my success I think traces back to him."

Meanwhile, in other badminton news, a CWG Training Camp will be hosted at Gimli High School from July 23-27 in preparation for the Team Manitoba Canada Winter Games try-outs in mid-August.

## Collings places second at men's mid-amateur championship

Staff

Matlock's Garth Collings, who plays out of Breezy Bend, was the runner-up at the Golf Canada - GM Men's Mid-Amateur Championship at the Falcon Lake Golf Course from July 3 to 5.

Collings finished the tournament at six-over 222, which was nine strokes behind Breezy Bend's Justin McDonald.

Collings opened play in the 54-hole event with a three-over 75 that placed him in a four-way tie for seventh place.

He then carded rounds of 70 and 77.

McDonald, meanwhile, fired rounds of 68, 70 and 75.

Collings was also the Mid-Master champion, beating out Niakwa's Jay Doyle.

Here are the flight winners and runner-ups:

1st flight winner - Ben Bandura, Elmhurst

1st flight Runner Up - Tyson Ehnes, Lorette

2nd flight winner - David Glen, Shilo

2nd flight Runner Up - Jon Schroder, Quarry Oaks

3rd flight winner - Justin Hayes,

Breezy Bend

3rd light Runner Up - John Matthews, Elmhurst

4th flight winner - Al Kehler, Lorette

4th flight Runner Up - Micky Gilbert, Red Lake

The provincial team members that will compete at the Canadian Men's Championship Aug. 21-24 in Victoria, B.C., are McDonald, Collings and Doyle.

On the women's side, Southwood's Camryn Roadley finished at 1-over 223 for a two-stroke win over Golf Manitoba Public Play's Alexandra Demko at Falcon Lake.

The Top 10 finishers featured Breezy Bend's Charmaine Mackid (229), Pine Ridge's Marissa Naylor (234), Southwood's Rhonda Orr (234), Shilo's Bobbi Uhl (235), Glendale's Shannon Wales (238), Niakwa's Rebecca Kuik (241), St. Charles' Hannah Diamond (242) and Niakwa's Jill Hardy (243).

The provincial team members that will compete at the Canadian Women's Championship July 24-27 at the Marine Drive Golf Club in Vancouver will be announced at a later date.



EXPRESS PHOTO SUBMITTED

Garth Collings, left, finished second at the mid-amateur men's golf championship last week at Falcon Lake.



# sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

## Interlake continues to pile up MMSL points

**Staff**  
The Interlake Impact continues to pile up the points.  
Interlake continued its strong play with a 0-0 draw against the North Winnipeg United in Manitoba Major Soccer League Division 5 action last

Friday.  
With the tie, Interlake is now 6-2-1 and in sole possession of second place with 19 points. The Impact trails only Jedinstvo (7-1) in the 10-team division.  
On June 28, Interlake cruised to a convincing 6-2 road win over Carma-

nia SC.  
Benny Wiens led Interlake with a pair of goals while Brian Penner, Eric Plett, Eric Harder, and Ulrick Disna also tallied.  
Interlake was red-hot offensively in its final three games last month, scor-

ing 15 goals in three lopsided victories.  
Interlake's next game is July 19 when they play the United in Stonewall. Game time is 7:30 p.m.

## take a break

> GAMES

### SUDOKU

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

Level: Intermediate

#### Here's How It Works:

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

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

Sudoku Answer

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

Crossword Answer



## CROSSWORD

### CLUES ACROSS

- 1. Owns
- 4. Beef intestine
- 9. Expression of contempt
- 14. Expression of horror
- 15. Famed architecture couple
- 16. Escape
- 17. "The Raven" author
- 18. Chiefs' tight end
- 20. Removes
- 22. Pesto dish
- 23. One who roots against
- 24. Type of writer
- 28. Old woman
- 29. Early multimedia
- 30. This (Spanish)
- 31. Part of a play
- 33. Elephant's name
- 37. Home of the Flyers
- 38. Builder's trough
- 39. Tell
- 41. Google certification
- 42. Electric current
- 43. Belonging to them
- 44. Nostrils
- 46. Arranges
- 49. Commercial
- 50. Skywalker's mentor \_\_-Wan
- 51. Single-reed instrument
- 55. Voodoo
- 58. World of Warcraft character
- 59. Paddling
- 60. Most agreeable
- 64. Chafed
- 65. A way to analyze
- 66. Remove
- 67. Metal-bearing mineral
- 68. Remains as is
- 69. Large predatory seabirds
- 70. The Science Guy

### CLUES DOWN

- 1. Central Chinese province
- 2. The marketplace in ancient Greece
- 3. Covered the sword

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

- 4. Cleanser
- 5. Body parts
- 6. Returned material authorization (abbr.)
- 7. Mega-electronvolt
- 8. One from Asia
- 9. A superior grade of black tea
- 10. Thin
- 11. Circles of light around the head
- 12. General's assistant (abbr.)
- 13. Tiny
- 19. Evil doing
- 21. \_\_ Connery, 007
- 24. British sword
- 25. Type of cyst
- 26. Musical composition
- 27. Advises
- 31. Herring-like fish
- 32. Chocolate powder
- 34. Somalian district El \_\_
- 35. Indicates position

- 36. Refurbishes
- 40. Exclamation of surprise
- 41. Football field
- 45. Hilly region in India near China
- 47. Come to an end
- 48. Most mad
- 52. Sheets of glass
- 53. Department of Housing and Urban Development
- 54. Stares lecherously
- 56. Consisting of a single element or component
- 57. Monetary unit of Zambia
- 59. Bones (Latin)
- 60. Frames-per-second
- 61. Tell on
- 62. Gall
- 63. Cologne



# get inspired

> MEAL IDEAS



## Thai Chicken Satay with Light Cucumber Salad

Prep time: 25 minutes, plus marinating  
Cook time: 5 minutes

Servings: 4 (about 4 skewers per serving)

### Cucumber Salad:

- 1/3 cup Nakano Roasted Garlic Rice Vinegar
- 2 tablespoons sugar
- 1/2 teaspoon toasted sesame oil
- 1/4 teaspoon red pepper flakes
- 1/2 teaspoon salt
- 1/2 thinly sliced English cucumber

- 1 thinly sliced carrot
- 1 thinly sliced scallion
- 1/4 cup chopped peanuts, for garnish

### Chicken Satay:

- 15 bamboo skewers
- 2 tablespoons soy sauce
- 1 tablespoon peanut oil
- 1 teaspoon toasted sesame oil
- 2 tablespoons Nakano

### Organic Original

### Seasoned Rice Vinegar

- 1 teaspoon minced fresh ginger
- 1/2 teaspoon ground coriander
- 2 teaspoons ground turmeric
- 1 pound thinly sliced chicken breast
- fresh cilantro, for garnish
- Peanut Sauce:
- 1/4 cup scallions, chopped

- 2 tablespoons chopped cilantro
- 1 teaspoon minced jalapeno
- 1 teaspoon minced garlic
- 1/2 teaspoon minced ginger
- 3/4 cup smooth peanut butter
- 1 tablespoon toasted sesame oil
- 3 tablespoons Nakano Roasted Garlic Rice Vinegar

- 2 teaspoons lime juice
- 3/4 cup coconut milk
- 2 tablespoons hoisin sauce
- 2 tablespoons honey
- chopped peanuts, for garnish

To make Cucumber Salad: In large bowl, combine roasted garlic rice vinegar, sugar, toasted sesame oil, red pepper flakes and salt. Add cucumbers, carrots and scallions. Cover bowl and marinate 15 minutes. Garnish with chopped peanuts.

To make Chicken Satay: In dish, soak bamboo skewers. In large bowl, combine soy sauce, peanut oil, toasted sesame oil, seasoned rice vinegar, ginger, coriander, turmeric and thinly sliced chicken breast. Cover bowl and marinate 2 hours.

To make Peanut Sauce: In food processor, process scallions, cilantro, jalapeno, garlic, ginger, peanut butter, toasted sesame oil, roasted garlic rice vinegar, lime juice, coconut milk, hoisin sauce and honey until smooth. Garnish with chopped peanuts.

After 2 hours of marinating, skewer chicken. Heat grill or grill pan to medium heat and cook 2 minutes on each side. Garnish with cilantro and serve with Peanut Sauce and Cucumber Salad.

## Korean Beef Bulgogi and Kimchi over Sticky Rice



Prep time: 15 minutes, plus marinating

Cook time: 15 minutes

Servings: 6 (about 1 cup per serving)

- 3 tablespoons light soy sauce
- 2 tablespoons dark brown sugar
- 2 tablespoons Nakano Natural Rice Vinegar
- 1 tablespoon toasted sesame oil
- 2 minced cloves garlic
- 1/4 cup grated red apple
- 1 teaspoon minced fresh ginger
- black pepper
- 16 ounces thinly sliced rib-eye steak
- 1 tablespoon canola oil
- 3 cups sticky rice

- 3 tablespoons Nakano Original Seasoned Rice Vinegar
- 1/2 cup kimchi, prepared
- 1 tablespoon toasted sesame seeds

- 1 scallion, sliced
- 1 red jalapeno, sliced
- 1/4 cup carrots, julienned

In large bowl, combine light soy sauce, dark brown sugar, natural rice vinegar, toasted sesame oil, garlic, apple, ginger and black pepper. Add in steak slices and cover bowl. Marinate 1 hour.

After marinating, in large nonstick skillet over medium-high heat, heat canola oil. Add steak slices and sear, reserving marinade. Once browned, add marinade and cook 1 minute, or until slightly thickened.

Cook sticky rice according to package instructions and sprinkle on seasoned rice vinegar. Serve beef bulgogi over sticky rice and garnish with kimchi, sesame seeds, scallions, red jalapeno and carrots.



## Controlling Addictive Behaviour Takes the right Attitude

the couch thinking of how badly he misses his smokes. Getting fit is incompatible with smoking, consequently if the focus remains on fitness, the smoking behavior will be eliminated.

The same process is involved in weight loss. If the focus is simply on not eating desired foods, it is more difficult than if there is an incompatible positive goal. If a decision is made to put only healthy foods into your body, to maximize nutritional content, with an eye to increasing longevity, the focus is different. Quitting smoking requires a commitment to clean lungs. Being slimmer requires a commitment to a different way of thinking about food. Forever. Anyone can lose weight by reducing intake for a period of time. Becoming, and remaining slimmer, requires a permanent change in focus.

It may involve increasing the level of physical activity, drinking more water, developing new interests that distract from the focus on food. The bottom line is that if we want something to change in our lives, WE have to change. We have to see ourselves as a different person; a different person than the one who overeats, a different person from the one who inhales toxic smoke. If we can hold a vision of "the new me," we have a good chance of moving in that direction. If we cannot form that image, cannot see ourselves slimmer or smoke free, nothing that we try will produce lasting change. So instead of trying to lose, or trying to quit, form a positive image of what you want to create. Then go for it.

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

## Chinese Shrimp Potstickers



Prep time: 25 minutes

Cook time: 10 minutes

Servings: 6 (4 potstickers per serving)

- 24 wonton wrappers
- 8 ounces large raw shrimp, peeled, deveined and chopped
- 3 tablespoons minced scallions
- 4 canned water chestnuts, minced (approximately 1/8 cup)
- 1 tablespoon oyster sauce
- 3 tablespoons Nakano Original Seasoned Rice Vinegar, divided
- 2 tablespoons peanut oil
- 2 tablespoons water, plus additional for wonton wrappers
- pinch of salt
- pinch of pepper
- 2 tablespoons soy sauce
- 2 teaspoons toasted sesame oil

To make potstickers: Set aside wonton wrappers. In large bowl, combine

shrimp, scallions, water chestnuts, oyster sauce, 1 tablespoon seasoned rice vinegar, peanut oil, water, salt and pepper. Fill one wonton wrapper with 1 teaspoon filling.

Lightly wet edges of wonton wrapper with water, fold into triangle and pinch edges closed. Repeat with remaining wonton wrappers and filling.

In large skillet over medium-high heat, heat peanut oil. Place potstickers in skillet and cook until golden on bottoms. Once browned, add 2 tablespoons water to skillet, cover and cook 4 minutes until steamed. Remove lid and cook until water has evaporated.

To make dipping sauce: In medium bowl, combine soy sauce, remaining seasoned rice vinegar and sesame oil.

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## ANNOUNCEMENT

### ANNIVERSARY



Celebrating!  
50th Wedding Anniversary  
for  
Lorne and Lorna Floyd  
on Sunday, July 22nd  
at the Arborg Hall  
at 2:00 p.m.  
No gifts please, your presence  
will be your gift!

## ANNOUNCEMENT

### BIRTHDAY



Happy 95th Birthday to  
Willie B Dueck  
You are invited to a  
"Come and Go" Celebration  
of Willie's 95th Birthday  
on Wednesday, July 18, 2018  
from 2:30 - 4:30 p.m.  
at the House of Hope, Arborg

## McSherry Auction Service Ltd

### AUCTION SALE ROBERT & DIANNE SMERCHYNSKI

Sat July 28th 10:00 am

Hadashville, MB Contact # (204) 426-5297  
6 Miles North on Hwy 11 Then 1 Mile East  
on 507 Then North 1 Mile On Lozinski Rd  
Auction Note: Large Auction With a Good Variety!  
Main Items Sheddled!

Tractors Int 1066 Dsl Cab Duals 2939 Hrs \* Int 686 Dsl 3451 Hrs \* A Chalmers 180 Dsl w AC 500 FEL 4500 Hrs Approx \* JD M 3 PH \* Ford 9N Jubilee 3PH \* MH 22 \* Grain Equip AC Gleaner L Dsl Combine 1914 Hrs \* Int 230 16' Swather \* JD 310 14' Tandem Disc \* Int 6200 12' Seed Drill SAGA \* Int 645 20' Vibra Chisel \* Int 45 24' Cult \* Int 16' Cult \* Int 10' Deep Tiller \* 5B Plow \* Vers 3000 Sprayer \* Westfield Auger \* Inland Hopper Wagon \* Hayting Equip JD 430 RD Baler \* Case IH 8330 9' Hay Bine \* JD 336 Square Baler \* MAC 608 Auto Rd Bale Carrier \* NH 1033 Bale Wagon \* 7' Int Sickle Mower \* Int Side Del Rake \* Ramco Fertilizer Spreader \* Hay Trailer \* 3PH Equip & Misc Sovema 3PH 72" Rotovator \* 3PH 72" Finishing Mower \* Woods Cadet 72" Pull Type Rotary Mower \* McKee 620 7' 3PH Snow Blower \* Fieldmaster 3-4 Yard Hyd Scraper \* HM Pull Grader w Hyd Lift \* Recreation Skidoo Alpine Snowmobile \* Snowmobile Trailers \* 90 Honda Four Trax 300 Quad \* Honda 125 M 3 Wheeler \* PAR Gas 4 Wheel Golf Cart \* Merc 7 HP Outboard \* Yard Economy Utility Tractor w Attach \* JD 112 R Mower \* JD 216 R Mower \* YaZoo 18 HP 60" Mower \* Simplicity Yard Tractor w Attach \* JD Snowblower \* Rototiller \* Sprayer \* Along w Farm Misc \* More Equip \* Good Tools \* Guns \* Variety of Antiques \* Recreation & Yard \*

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EF MOON is a second generation Heavy Construction Company founded in 1962 and located in Portage La Prairie Manitoba.

We are currently seeking experienced, goal oriented individuals for immediate employment in a number of areas:

Class 1 drivers, supervisors, skilled laborers, sewer & water personnel, excavator, dozer, grader, rock truck, loader and packer operators.

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## EXPRESS

Call 467-5836

## McSherry Auction Service Ltd

WELL KEPT  
ACREAGE AUCTION  
ANDY & LINDA  
VANDEWALLE

Saturday July 14th 10:00 am

Rosser, MB  
North Winnipeg Perimeter  
101 & JCT Hwy #6 North  
1 1/2 on #6 Then West 1 1/2  
on Rd 67 N #3056 E  
Truck & Trailer \* Yard Equip  
\* Tools & Misc \* Guns \*  
Antiques \* Household \*  
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[www.mcsherryauction.com](http://www.mcsherryauction.com)

## Permanent Employment Opportunity

The Interlake-Eastern Regional Health Authority has the following Permanent .40 FTE position available in Fisher Branch:

Adult Day Program Coordinator: FB LTC 476/18 REPOST (Fisher Branch Chalet, Fisher Branch MB)  
Please refer to complete job posting in Careers at [www.ierha.ca](http://www.ierha.ca)  
Please apply on-line at [www.ierha.ca](http://www.ierha.ca) or fax (204) 785-4736, stating competition number.



## McSherry Auction

12 Patterson Dr.  
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Wed July 18 4:00 PM  
Farm Equip \* Plumbing & Heating \* Tooling \* Supply \* New Hardware from Store Close Out \*  
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THE **EXPRESS**  
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## McSherry Auction

Antique Tractor Plus Auction Sale  
Marge Paradoski (Late Tony)  
Sat July 21, 2018 10:00am  
Lockport, MB  
Contact # (204) 293-8575  
Over 50 Vintage Tractors  
Many Rare \* Field Marshal \* Titan \* Twin City \* Hart Parr \* Wallis \* John Deere \* Cockshutt \* Oliver \* M. Moline \* Fordson \* Case \* Massey Harris \* McCormick \* Along w Vintage Vehicles \* Farm Equip \* Farm Antiques \* Snow Plane \* Husky Snowmobile \* Go To Web!  
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## Meyers Estate Auction

9:30 am Saturday July 14  
Meyers Auction Site  
Arden, MB  
Collector Money  
IHC 886, JD 3130  
JD D, Ford 9N  
IHC 210 Swather 18,  
3 Riding Mowers  
Yamaha Moto 4 Quad  
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Classified booking deadline is Monday at  
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MSRP: \$32,139  
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## 2018 F150 SUPER CREW XLT 4X4

MSRP: \$47,499  
Less: Employee Price Adjustment \$5,242  
Less: Delivery Allowance \$5,500  
Total Price Adjustment \$10,742

Plus \$1000 **COSTCO**  
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## 2018 F150 SUPER CAB XLT 4X4

MSRP: \$45,799  
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Plus \$1000 **COSTCO**  
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MSRP: \$67,879  
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