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VOLUME 2 EDITION 29 THURSDAY, JULY 16, 2015

WEEKLY NEWS

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## Lobsterfest fills stomachs, empties wallets for a good cause



EXPRESS PHOTOS BY MICHELLE SIGFUSSON

Pictured left to right, Emily and Alexis Sigfusson serve Kim Penhall during the seventh annual Lundar Lobsterfest. The annual fundraiser served 500 meals this year of fresh lobster straight out of Atlantic Ocean. Live music from Luke and Murray, a silent auction and a tropical theme had all attendees in great spirits. All money raised from the event goes towards the renovation and expansion of the Lundar Arena.

By Jeff Ward

It's one of the most popular summertime events in the Interlake, and this year the Lundar Lobsterfest set a new record for attendance and a new high bar for entertainment.

Five hundred tickets were sold to the annual crustacean dinner, up from the 420 tickets sold last year. Lobsterfest, which took place June 30, is a fundraiser for the Grettir Coop Inc, and is put on by the special events committee. The dinner took place inside the Lundar Arena and had everyone in great spirits.

"A lot of people said that this was the best one yet," said Michelle Sigfusson, who's on the special events committee that puts together Lobsterfest.

"Everything went smooth. We had no problems. We had all 500 people fed within the hour, which was pretty great. This was probably the best year we've had."

Sigfusson mentioned that she is very proud of the work that the special events committee does and said that they all work really well together. Putting together dinner for 500 people is no easy task and the committee needs to have solid communication to

Continued on page 2

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## > LOBSTERFEST, FROM PG. 1

make sure all their bases are covered.

Probably the most important part about Lobsterfest are the titular sea creatures themselves. Each lobster is 48 hours fresh out of the Atlantic, caught off the coast of Nova Scotia and on your plate just two days later. The lobsters are provided by Lobster World and are likely the highest quality piece of seafood that you'll find in Manitoba.

"I've had people tell me that they've been to similar events and that we have the best lobsters they've ever had. Definitely a big draw is the great food but also the silent auction," said Sigfusson.

The annual event is a big hit with locals and many, like Cindy Thorkelson, have been going each and every year.

"I'm proud to say I have never missed one," said Thorkelson.

"It brings communities together. St. Laurent, Eriksdale, Ashern [as well as] other communities supporting it also."

Even James Bezan, MP for Selkirk-Interlake, is an avid supporter of the event and is an annual patron of the event.

"The organizing committee outdid themselves putting on one of the best



Penny Einarson can't wait to dig into her delicious red lobster.

fundraisers in the Interlake and really are bringing community support together as well as raising money for the renovation and expansion to the Lunder Arena," said Bezan.

The special events committee stacks the silent auction with lots of big ticket items. This year, there was a kayak, paddle board, patio set, dream chair



Scott Foster flashes the camera a grin, before filling that grin with steak and lobster.



Stacey Brekke came all the way from The United States to enjoy this fresh Atlantic lobster.



EXPRESS PHOTOS BY MICHELLE SIGFUSSON

Pictured left to right, Michele, Glen, Michael, Grant, Kim and Richard (front), pose behind the giant Polaroid during the annual fundraiser.

and even a moonbed that was worth \$2,000.

The theme of the night was tropical and had Lobsterfest attendees dressing up in Hawaiian outfits and taking pictures behind a big Polaroid cutout

for a fun photo opportunity. Winnipeg-based Luke & Murray were the music entertainment for the evening.

This year was the seventh Lobsterfest.

## Clarification

A story, which appeared in the July 9th edition of the *Express Weekly News* entitled "Father drops bullying lawsuit against Evergreen School Division" by Austin Grabish, states that the father has dropped a lawsuit against the Evergreen School Division after alleging school officials ignored years of bullying and harassment his teenage son endured at two Gimli Schools.

However, upon further review, the notice of discontinuance refers to

only the Evergreen School Division's Board of Trustees being dropped from the lawsuit.

The Evergreen School Division along with four of its employees have been named as defendants in the ongoing lawsuit and continue to face litigation regarding allegations of bullying a former student is said to have endured.

The staff of the *Express* sincerely apologizes for any inconveniences this may have caused the family.



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# Arts Alliance wins Heart of the Community Award

## Sixth annual artists retreat planned for Sept. 17-21

By Jeff Ward

The Inland Oceans Arts Alliance (IOAA) was awarded a Heart of the Community Recreation Award for their tireless efforts in creating outstanding recreational opportunities in their community.

The award, which was handed out on May 27 in Gimli at a special banquet put on by the Interlake Municipal Recreation Association, was a surprise to the IOAA. The committee behind the IOAA has been working since 2008 to help support the arts and bring more performance-based entertainment to the area.

"It made us all feel so good to get an award. We'd never won an award before," said committee chair Audrey Lute.

"It has taken a lot of work to get the alliance to this point and we've all worked very hard. It was nice to be recognized for this and it only makes us want to do better."

The IOAA started back in 2007 and took about a year to get off the ground.

Once the plans were settled, the IOAA held a public meeting and explained what they were hoping to accomplish: bringing in more performing arts, increasing the visual arts as well as building up a cultural base for the RMs of Fisher, West Interlake, Coldwell and Gramdale.

The IOAA has been able to give a platform for Interlake residents to showcase their artistic talents to a wide audience. One in particular is Ashern resident Karen Richter, who's been painting for a few years and has been an active member of the IOAA.

"I've been to their workshops and some of the plays they held out here

and have had my paintings featured in their exhibits," said Richter.

"You get so much out of going to one of their shows or exhibits, and it's nice that I don't have to drive two and a half hours because this is all right here in my town."

Richter is a painter who uses oil, acrylic and watercolours to help express her creativity. And as much as it

is a nice way to spend the day and kill some time, it's just as much a way to lose herself for the whole day while painting a nice landscape.

"It's very relaxing to just sit and paint, and until I took part in their exhibit, a lot of my friends didn't even know I painted. The alliance gave me a way to share my

work with people. I don't know how to express how important that is to me," said Richter.

The IOAA will be holding their sixth annual Artists Retreat on Sept. 17-21 and will have guest artist Pauline Braun providing instruction in

"THE ALLIANCE GAVE ME A WAY TO SHARE MY WORK WITH PEOPLE. I DON'T KNOW HOW TO EXPRESS HOW IMPORTANT THAT IS TO ME."



EXPRESS PHOTO SUBMITTED

Karen Richter of Ashern is one Interlake artist that has benefited from the work of the Inland Oceans Arts Alliance.

watercolours. If you're interested in learning more about the IOAA, you can visit their website at [www.inland-oceansarts.weebly.com](http://www.inland-oceansarts.weebly.com).

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# Eriksdale to host 'A Night of Heaven'

Submitted by Charlene Kaartinen

Do you believe that there is life after death? Are you a skeptic or do you agree that it is possible that there are spirits around us in our everyday lives? Have you recently lost someone and you would hope to reconnect or know that they are at peace?

If you answered yes, then don't miss the opportunity to see well-known Canadian medium Lisa Scrivens in person at the Eriksdale Recreation Centre on July 24 from 7 - 9 p.m. During the open group readings, you will hear people's stories and have the possibility of personally receiving a message from a loved one who has crossed over.

Numerous silent auction items will be available at the Night in Heaven fundraiser for The Variety Children's Heart Centre. This prestigious event was created by Allison Moman in honour of her son Brendan, who passed away at only 10 weeks old while awaiting a heart transplant.

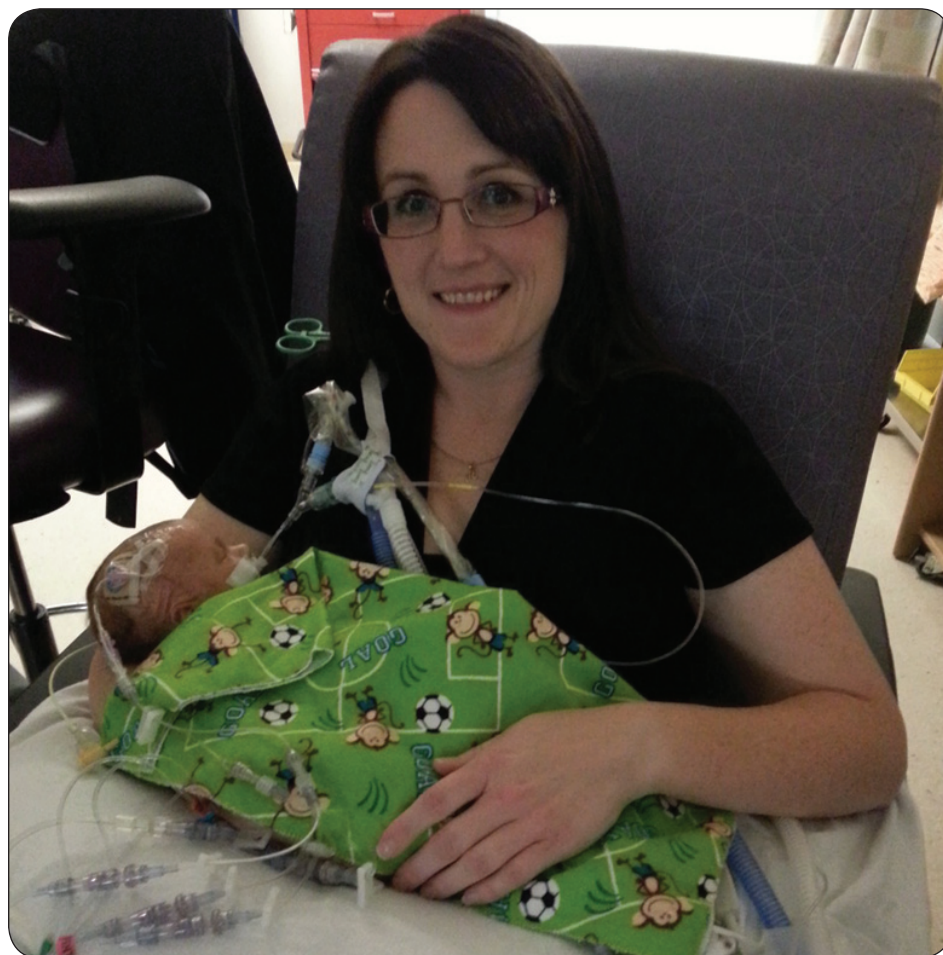
A limit of 200 tickets will be sold to keep the group small, with both VIP \$80 and regular \$45 admission available. To order tickets call 1-800-838-3006 or visit <http://m.bpt.me/>

event/1771856. Pre-purchased tickets will be at the door, and if you are unable to attend but want to contribute, you could make a \$15 monetary donation online.

In a reading with Lisa six months after her son's death, Allison connected with her baby boy. She explained that "it was life changing, brought [her] such peace and knowing that [her] boy [was] around [her] was so comforting."

Allison emphasizes that because of everything that Variety Children's Heart Centre did for her and her husband, Dallas, they would like to give back by doing this fundraiser. Without their help, they don't think they could have afforded to go to Edmonton to give Brendan a fighting chance and they wouldn't have had the 10 weeks with him that they did.

The Variety Children's Heart Centre, provides cardiac care and services to children and youth within the Health Sciences Centre in Winnipeg, and when surgery is required out of province, they arrange assistance to cover a family's round trip airfare, ground travel, accommodations and food while they are away. This lessens



EXPRESS PHOTO SUBMITTED BY CHARLENE KAARTINEN

Allison Moman with her son, Brendan who passed away at only 10 weeks old while awaiting a heart transplant. In honour of her son, Moman is spearheading a fundraising event for The Variety Children's Heart Centre July 24 in Eriksdale.

the stress on parents so they are better able to focus on their child, as opposed to how they are going to pay for everything. At 32 weeks, the Moman's found out that their unborn second child had serious congenital heart defects and would require a heart transplant. They flew to Edmonton, and at 35½ weeks, doctors had to deliver their son because his heart showed signs of distress.

Allison explains that at 10 weeks, they made a decision that no parent should ever have to make and decided to take Brendan off life support. Their beautiful son passed away peacefully in their arms on Nov. 26, 2013.



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# Ombudsman to probe gov't flood-fighting gear purchase



EXPRESS FILE PHOTO  
BY AUSTIN GRABISH

Manitoba's Deputy Premier Eric Robinson, seen at a press conference in 2014, is the second cabinet minister to become embroiled in controversy surrounding the purchasing of \$5 million in untendered flood-fighting equipment.

By Austin Grabish

Controversy surrounding \$5 million in untendered flood-fighting equipment for five Interlake First Nations continued to pour in last week. With allegations from the provincial Tories that a second cabinet minister played a key role in the deal.

The Progressive Conservatives say a letter written by Deputy Premier Eric Robinson to the Interlake Reserves Tribal Council proves efforts to avert a tendering process for \$5 million worth of flood tubes branded as Tiger Dams took place.

In the Aug. 7, 2014, letter that was written to former Peguis Chief Glenn Hudson, Robinson re-confirms a provincial commitment of flood control capital worth \$5 million.

The letter does not specify the nature of the equipment, but the Opposition says the commitment should never have been made since it did not go to tender. The federal government would later pay for the flood tubes.

"It's troubling when one minister is trying to avoid the proper tendering procedures, but when we see two ministers trying to avoid the process,

then we're even more concerned," Tory Infrastructure critic Reg Helwer said.

Opposition leader Brian Pallister said the letter isn't in line with Infrastructure and Transportation Minister Steve Ashton's recent claim that the letter was sent by mistake.

Ashton found himself embroiled in controversy after a sweeping report in the *Winnipeg Free Press* revealed the flood tubes purchase helped trigger the internal caucus revolt last fall that saw five cabinet ministers resign in protest of Greg Selinger as premier.

He faced criticism due to his close ties to Peter Ginakes, who is the sole distributor of Tiger Dams in Manitoba and a previous campaign donor to Ashton.

Ginakes insists he has done nothing wrong and is demanding a public apology from the PCs over comments the party has made to the media.

Helwer said the deal is another example of the provincial government ignoring tendering rules, which ensure businesses have the chance to bid on projects fairly.

"This government has time and

again gone around the tendering process," he said.

Government spokeswoman Rachel Morgan defended the province in a phone interview last Thursday.

She confirmed both Ashton and Robinson made a commitment of \$5 million in flood fighting equipment but noted that the letter PCs have obtained makes no mention of Tiger Dams. Instead, the Interlake Reserves Tribal Council went and purchased the flood tubes and billed the province for the gear, she said.

"That was separate process from us."

The federal government picked up the bill after it was sent to the province and is reported to be currently investigating the matter.

Morgan said the province had the authority to commit the funding despite the fact the feds would be paying the bill for the equipment.

"The province decided that the First Nations folks are Manitobans and we should help them," she said.

The office of the Manitoba ombudsman is investigating; however, the office will not have full access to details surrounding the deal.

# Commercial fishers not being paid on overweight totes

By Jeff Ward

According to a tote weight monitoring spreadsheet written by Freshwater Fish Marketing Corporation (FFMC), Manitoba fishers have been unknowingly giving hundreds of kilograms of their fish away for free.

When a fisher takes their fish to a shack to be weighed and packed, it is up to the agent — the owner of the shack — to properly count the weight of the tote the fish are packed into. That tote is weighed again once it arrives at the FFMC processing plant in Winnipeg, and if the tote is underweight, that agent receives a chargeback for the missing amount. If it's overweight, FFMC doesn't pay extra for the overage.

"The system is set up in a way that makes it so that agents are almost encouraged to fill the tote overweight,"

said Diane Carlson, a commercial fisher for Lake Winnipegosis.

"Agents either have to take a hit on an underweight tote or give away our fish for free. And this has been happening for years. Only now do we finally have the proof of it."

In the spreadsheet obtained by the *Express*, the weight monitoring goes all the way back to June of 2006. Carlson added up the total weights for February 2015 and found that there were 109 kilograms of fish given away for free and in March, that number was 64 kilograms. Over the last six months, FFMC has received 2,334 kilograms in free fish of varying species. Every kilogram is money lost for Manitoba fishers. In April of 2015, there were four totes of pickerel delivered to FFMC, which had a total of 54 kilograms in free fish. That fish would

have paid out \$264.60 to fishers, but instead they got nothing.

Fishers are still only being paid 95 per cent of their weights because of the shrinkage policy at FFMC. A number of years ago, FFMC enacted a shrinkage policy that would take five per cent of the weight off at the scale for shrinkage. The shrinkage came from the way fish were packed, layered in ice. But now the that the fish are packed in an ice and water mixture, shrinkage just isn't possible. And it's more likely now that the fish will take on weight from the water.

"My husband figured that for his summer quota on 14,000 pounds, he was probably losing 1,100 or 1,200 pounds due to the shrinkage practice. That's a lot of money that we're losing out on, and the fish aren't even shrinking anymore," explained a frus-

trated Carlson.

Carlson is frustrated at a system that encourages this kind of unfair behaviour, and she's also sympathetic to the position that agents are in because of the hefty chargebacks they can face.

FFMC CEO Donald Salkeld couldn't be reached for comment on this matter.

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# getfishing

RED RIVER > CHALET BEACH > LAKE WINNIPEG

## > ARNIE WEIDL Fishing on a hot summer day

Welcome friends. Thanks for stopping by. It's funny how a long narrow strip of beach has developed on the east side of the Red by the Highway 204 and Highway 44 crossing in St. Clements upstream of Selkirk. You can walk along the stony, sandy shore and see the remnants of small bonfires, driftwood trees as well as anglers lounging in chairs, their rods secured in holders stuck in the ground.

That is where I found Mar Silangga fishing all by herself last week. Mar, an unassuming, intelligent Edmontonian, was visiting her daughter in Winnipeg, and when given the opportunity, comes to this exact spot to fish as she has done during past visits. Proof that she was a good angler showed because after visiting a dozen folks up and down the river that hot sunny afternoon, she was the only one with fish in her catch pail. She said she purposely set her baited hooks close to the bottom of the river, which makes sense when you realize this blistering weather is driving the fish to cooler water.

A few days after meeting Mar, I drove over to Balsam Bay to see how the fishing was, and when I got to the pier, I could see anglers sitting high up on the gigantic rocks of the breakwater. I called out to a large well-built fellow with sandy-colored hair over the howling wind, asking if he had caught anything yet, but he shook his head sideways. He shouted he was Steve Rebizant from Steinbach, here for an afternoon of fishing with his daughters Anna and Claudia. It was a bit difficult to carry on a conversation over the ripping wind and pounding waves, but he asked me if I knew of



**EXPRESS PHOTO BY ARNIE WEIDL**  
Mar Silangga of Edmonton with one of the bass she caught on the Red while visiting her daughter from Winnipeg.

any other good places to fish, so I told him Shoal Lake, Pine Falls and Breezy Point were always fair bets.

In addition to fishing, I must admit I've got a thing for fruit trees, especially for ones not doing well that might be saved. I noticed some ailing older stock plum trees at Canadian Tire last week, and when buying them, I asked the sales lady, Taylor Dmyterko, if anyone in her family had an interesting fishing story for us. She started to laugh and said, "I've got a good one for you."

This tall, charming, outgoing gal dove right into a story where years ago, back home in Grand Bend Lake

off Lake Erie, the whole family went fishing. There was one person, however, her mother, who did not want to be in the boat. Time after time, she asked to be taken back to shore, but the fishing was so good, they coaxed her to hang in for a while. Finally, in desperation, she stood up in the boat, shouting to be taken back to land, where upon she promptly lost her footing and tumbled head over heels into the lake. She rose from the water in silent displeasure, mouth gaping, her hair plastered to her head with arms held up to be rescued, and as she was being hauled on board, everyone began chuckling guardedly with disbelief. Mother's arms began flailing about her chest as she recoiled in agitated fear. Those in the boat could no longer contain their amused cries, for there in the middle crevice of mom's bathing suit top nestled head down was a six-inch fish imprisoned with its tail wiggling up in the air.

To this day, Taylor teases mom about her unique way of angling.

Last weekend, I stopped at the Riverton pier right in town and found a number of anglers trying their luck. One young vacationing couple, Jamie Gerbrandt, a tiny lady with dark hair, and David La Pierre, a tall drink of water, were here on vacation. The interesting thing about these two was that although Jamie used to be from here, she met David on vacation in Hawaii at the zoo. It was love at first sight and they now live together in Quebec City, Dave's neck of the woods.

Well, this was fun. Let's get together again next week, OK?

Bye now.

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# Icelandic Festival of Manitoba set for its 126th year

## Islendingadagurinn Festival scheduled for August long weekend

By Marney Blunt

The Icelandic Festival of Manitoba is just around the corner and is once again filled with a variety of authentic events that celebrate Icelandic culture in Gimli.

This year the festival will run from Friday, July 31 to Monday, Aug. 3.

"(People should come out) to embrace their inner Viking and come and check out the Vikings and the community and all the wonderful entertainment that there is. It's free and it's family-friendly and it's no cost or low-cost," said Shelley Narfason, the executive director of the Icelandic Festival of Manitoba.

While the weekend is jam-packed with interesting events, Narfason says the one must-see of the event, especially first-time festival-goers, is the Viking Village located on Harbour Hill. The Viking Village is a demonstration of the lifestyle and culture of ninth- and 10th-century Western European nations who travelled to and settled in the present locations of Iceland, Greenland, The Faroe Islands, Newfoundland and Baffin Island.

"Everyday there's a daily battle at 3 p.m. but before that, they open at 11 a.m. and people can walk through and they're living a lifestyle from 1,000 years ago," explained Narfason. "They cook everything on an open fire and there's a silversmith doing their work right there. They live like that for five days, and it's very interesting and it's great for all ages. Kids love it and adults love it. It's educational as well and it's definitely the one thing you have to check out."

The Viking Village runs from 1 to 5 p.m. on Friday, 11 a.m. to 5 p.m. on Saturday and Sunday, and noon till 4:30 p.m. on Monday. Battles take place at 3 p.m. every day except Friday.

The festival will also include Wonder Shows midway and rides, a beach volleyball tournament, a sandcastle contest, a pole vault and shot put competitions, a few different running races, craft vendors, a parade, fireworks, children's games and entertainment, live entertainment and more.

Narfason noted that the live entertainment events and children's entertainment are at the Gimli Park Pavilion this year instead of at the pavilion at the harbour due to the ongoing construction on the harbour this summer.

Last year, the festival celebrated its 125th anniversary, and organizers say there was 60,000 people in attendance throughout the entire weekend. This year, they are expecting approximately the same attendance.

"I know our Vikings on the hill count and I think they were saying they had 1,500 people per hour go through," said Narfason. "So it's really a well-attended event and it grows every year in spectators."

With an ever-expanding festival, Narfason says they are constantly looking for volunteers.

"We need volunteers for the shot put and pole vault on the beach, to help with the parade and to help with setting up chairs and working in the souvenir booth and that kind of thing," said Narfason, adding that anyone interested in volunteering can call the



EXPRESS FILE PHOTO BY AUSTIN GRABISH

Fun events like this will be going on all weekend during the 126th Icelandic Festival of Manitoba.

festival office at 204-642-7417.

As part of the festival's 125 Legacy Project, the festival is planning to install a Viking Park around the Viking Statue. The festival has already raised approximately \$200,000 for the project, and the festival will be hosting an

information session on the project on Saturday, Aug. 1 at 1 p.m. in the Johnson Hall in the Waterfront Centre.

For more information on the Icelandic Festival of Manitoba or for a full schedule of events, visit [Icelandicfestival.com](http://Icelandicfestival.com).

# Watchorn Provincial Park open after years of rebuilding

By Jeff Ward

It would take four years and nearly \$1 million in funding to rebuild the flood damaged Watchorn Provincial Park, and park staff are ready to welcome campers back to the grounds.

Damage from flooding in 2011 had decimated the campground, destroying roads, campground lots and the office. The province invested \$525,000 into the rebuilding effort for capital projects including the new washroom and shower facilities as well as the construction of a new office building.

Another \$300,000 was spent on repairs to the campsites, which are 10 kilometres west of Moosehorn on Provincial Road 237, and roads that had been damaged by floodwaters.

"It's beautiful now. They've done a lot of work," said Leah Kiesman, a regular campground attendee.

"We would camp here a few times a year for a week or two at a time, and when our kids were younger, we camped here more often. It was sad to see it closed for so long but it's great to have it back open."

Kiesman lives only five minutes away from the park, and while there are many places to camp during the summer season, Watchorn was a favourite because of its proximity and just how gorgeous the area is. Kiesman says that it's also very quiet and the perfect place to take some time off and relax.

The campground staff is still working on finishing up the landscaping, and while the park has lost quite a few of the big trees it had before the flood, staff are working hard at mak-

ing sure the park is as beautiful as it once was.

The province is planning for additional improvements to the park over the summer. Flood protection work to elevate the access roads and creating diking to help prevent the park from being destroyed again will continue.

If you're interested renting a campsite at the park, you can call the campground office at 204-768-3268 for more information.



# Riverton's musical legacy entertains hundreds

## Submitted

Riverton's popular fundraising organization Legacy of the Lions thrilled a sold-out crowd of 500, hosting a perfect homage to the rich musical heritage of the region. The event was held to recognize the contribution Roy Gudmundson made and continues to make to Riverton's significant musical legacy and to remember the passion of the dear departed friend of everyone, Lorne Martin.

The two-and-a-half-hour program showcased dozens of songs that were part of the repertoire of Martin and Gudmundson throughout their musical careers. The program was a chance for the younger generation to take the spotlight, MCed by Rod Palson and his son Jeff, and anchored by veteran musicians Dick Johnson, Wes Wilson, Gord Stefanson and Gene Bodykevich.

Jeff set the tone early with a statement that drew both applause and tears. "I refuse to refer to Lorne in the past tense, He still is and will always be a part of our lives," he said.

Brothers Derek and Mitch Johnson, along with sister Jenny Smith, performed several tunes and led the entire group, including their aunt Sigrid Palsson, in a stirring rendition of Martin's touching composition "Reunion."

Lindsey Prise sang her dad Rod Palson's song "Rise and Shine Lake Winnipeg." Brothers Trevor and Taylor Sigvaldason each delivered stand-out performances of old country classics like "Crazy Arms" and "Paper Rosey." Kenny Johnson followed suit with emotional numbers like "The Dance" and "I Remember You."

Brady Collins, already renowned for his expertise on the violin, showcased a whole new dimension with two songs, including a remarkable rendition of the Beatles classic "Yesterday." And Homebrew Line lead singer Brad Keller also chimed in with several, including "Moments to Remember" and "Cool Water."

But perhaps the showstopper was when Gudmundson's great nephew, six-year-old Stefan Johnson, stepped on the stage wearing a "White sport coat and pink carnation" and proceeded to deliver a

rousing performance of that old classic.

Emotional video tributes were also provided by Gudmundson's great-nephew, Branson Gudmundson, and Martin's cousin, Sigmar Martin.

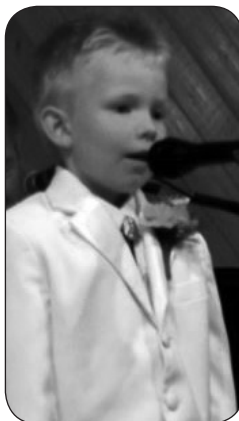
Palson referred to the lyric in Martin's Reunion song "...40 years of people listening know, we'll never let our music go" as the underpin to the entire evening. "This is all about young people buying in and perfecting the music that Riverton fell in love with about 70 years ago. It's what continues to make Riverton unique among all other small towns in Manitoba."

Prior to Gudmundson taking the stage for the finale, Palson used these words to describe his friend's meaning to the local music scene:

*Well here you are, the final attraction  
Awaiting direction, from somewhere above.  
Your finest performance, approaching perfection,  
I know what you're making...Is some kinda love  
When you pick up that guitar, you pick up the town,  
Singin' songs that bring smiles, and memories of old  
The sight of that white hat  
Means the fun's just begun  
After all these years,  
You're still number one.*



Roy Gudmundson



The showstopper of the evening was six-year-old Stefan Johnson.



EXPRESS PHOTOS SUBMITTED

It was another memorable night for Riverton's musical history books with several locals taking part in the Legacy of the Lions fundraiser.

## RHA searching for recruiter to help address doc shortage

### By Austin Grabish

The Interlake-Eastern Regional Health Authority is searching for a physician recruiter to help assist the region with its ongoing search for doctors.

The region is currently short at least 23 doctors, and several emergency rooms in the Interlake have or are currently being run on nurse-managed care due to the physician shortage.

The new recruitment officer, once hired, will be responsible for scouting physicians and building relationships with medical students who may want to set up shop in the Interlake after they graduate.

"We've known that we need extra manpower in engaging with physicians," said Dr. Myron Thiessen, the RHA's chief medical officer and vice-

president of primary health care.

Thiessen said keeping in touch and networking with medical students while showing them the prospects of working in the Interlake will be a large part of the job.

"Just maintaining ongoing connections with those individuals whom we have contacted in the past," he said.

Thiessen said the RHA is currently short a total of 23 doctors, but Conservative health critic Myrna Driedger said the RHA in reality is short a total of 29 physicians.

She said that number is based off information the Manitoba Progressive Conservatives obtained in May through a freedom-of-information request.

Thiessen said 23 doctors are needed to prevent the RHA from having

emergency rooms run on nurse-managed care but admitted as many as 40 are needed for the region to reach its "ideal state" of health care.

The ideal state would mean no waits for patients needing their blood pressure taken or a visit to their family doctor for a prescription for example, he said.

"We recognize that this is definitely not where we want to be for the residents of the region," Thiessen said.

Driedger said the RHA is second to the southwest region of the province for having the worst shortage of doctors.

She said over the last two years, there has been a dramatic spike in the region's shortage.

"The situation got pretty critical pretty fast," she said.

Last year, the RHA enlisted the help of a Winnipeg headhunter to help fill vacancies.

The result was one doctor from the United Kingdom being hired, and talks with a second are in the works, Thiessen said.

Driedger said 29 doctors are better than the 30 the region was short in January, but other than that, not much has changed.

"In my view, that's still a pretty critical shortage of doctors," she said.

Driedger accused the province of ignoring the region's doctor shortage and said it's out of control.

"We have never heard of a concrete plan that has come from the minister of health," she said.

The province maintains it is hiring doctors.



# Arborg carver giving back to nature through art

By Karli Reimer

Einar Vigfusson is a giving man. He believes it's good for people to give a piece of themselves to help others, and it is that mentality that recently honoured him with Ducks Unlimited Canada's (DUC) Silver Teal Award.

The Arborg-area resident uses his talent and skills as a wildlife carver to give back to organizations like DUC. For many years, Vigfusson has donated one of his realistic wildlife carvings to DUC fundraising events to be auctioned off to help the conservation organization continue to do its work in Manitoba. His most recent donation of a ruffed grouse and pair of wrens brought \$6,000, pushing Vigfusson's total contribution to DUC over the \$25,000 mark and attaining him the distinguished Silver Teal status.

"That's pretty amazing and we were quite stunned by the response," an elated Vigfusson says after him and his wife, Rosalind, attended the DUC event that garnered such interest in his last donation.

Since he started donating his works of art to DUC, Vigfusson has always hoped to get the silver teal decoy that comes with the recognition of this achievement. "It was kind of a dream of mine," he says.

Vigfusson is no stranger to winning various accolades for his carving talents. In 1999, he was chosen to represent Canada's Icelandic Canadian community in the International Visits Program in Iceland. He currently has a carving on permanent display in the Nordic House Gallery (Norræna Hús) in Reykjavik. He has many carvings in various locations throughout Mani-

toba and has won numerous ribbons and best of show awards at multiple competitions.

Vigfusson found his passion for carving in 1984 when he and Rosalind attended a crafter's guild event where a carved duck initially sparked his interest. He took some classes and became hooked, saying he likes to keep his hands busy, even now after all these years.

"I still work pretty steady at carving. I like to work at it every day if I can, to keep my hands busy and keep my brain working," he says.

Vigfusson is widely recognized for his ability to instill life, movement and placement of time into his realistic carvings. The inspiration for much of his work originates from a keen dedication to observing wildlife in its natural habitat.

The creation of each sculpture is an intricate and time-consuming process. An individual piece can take from 40 to several hundred hours to complete. Using Manitoba basswood, Vigfusson works with various tools to carve the material into the desired shape. Each piece is then meticulously hand painted using oils or acrylics.

His carvings are held in private collections all over the world, including in Canada, Iceland, U.S.A., New Zealand, Australia, Japan, South Africa, England and Europe.

People like Einar Vigfusson are at the heart of DUC's efforts here in Manitoba. It is because of the generosity of individuals like him that DUC can continue to do its important conservation work throughout the province so future generations can enjoy



**EXPRESS PHOTO BY SUBMITTED BY KARLI REIMER**  
Ducks Unlimited Canada CEO Greg Siekaniec (left) presents Einar and Rosalind Vigfusson with the company's Silver Teal award at Oak Hammock Marsh for their generous contributions over the years.

the many benefits wetlands and other natural areas provide all Manitobans.

The Vigfussons have a personal col-

lection of carvings on display in their home gallery, which is open to the public all summer.



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Back in 1992, brothers, Clinton and Randall Plett, looked ahead. Randall needed a job, and Clinton needed a side income. Both brothers had building experience and there was a building and lumber supply vacuum in the area.

On a trip to Winnipeg, they stopped to see a supplier. “We better have a name before we go in,” said Randall. Within hours, they bought their first truckload of lumber. The back-up plan was to build a house for Randall should the lumber fail to sell, but thankfully, the lumber sold and Countryside Lumber was born. They were grateful. Many more houses would be built before Randall’s. “I still don’t have my new house,” quips Randall.

As customers continued to order more and more material from their garage office, they’d continued to ask suppliers to sign them up as dealers—windows, siding, shingles, and hardware. The brothers were grateful for each new supplier and product line.

Several years into the business, the best area tradesmen were helping them build barns, homes, implement sheds and more. They have now sold over 100 Ready-to-Move and custom-built homes, and countless garden sheds of all kinds. Again, they mention their gratefulness to carpenters, plumbers, electricians, painters, cabinet installers and more.

In 2008, Home Hardware, and Countryside Lumber partnered to become Countryside Home Building Center. Says Clinton, “We are grateful again. Home Hardware has brought great value to our yard.”

While Lumber remains their main product they also sell farming supplies—animal feed, fencing material, etc. They’re a full Sales & Service Husqvarna dealer and a certified Kioti Tractor Dealership. They’ve added an extended shop area for service work on Lawn & Garden equipment.

Be sure to see the Kitchen and Appliance Gallery on the newly renovated mezzanine. You will find Kitchen Craft Cupboard displays and an excellent selection of appliances.

The Plett brothers attribute their success to their employees who add such value to the customer’s shopping experience. “We are so grateful,” says one of the brothers, “Most of them go beyond their line of duty. We often are amazed.”

“Our foremost gratitude goes to God,” they both agree. “Daily health and strength, guidance—we feel unworthy but indeed grateful.”

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# Cowboys and cowgirls saddle up for annual rodeo

## Arborg's annual fair & rodeo taking place this weekend, July 17-19

By Marney Blunt

Bucking broncos, classic tractors, acrobatics on horseback, calf roping, bull riding, live music, cowboys and more — this year, the Arborg Fair & Rodeo is bigger and better than ever as it continues to expand with a variety of events that the entire family can enjoy. The fair and rodeo, hosted by the Arborg Agricultural Society, is scheduled to run this weekend from Friday to Sunday.

As always, one of the highlights is the Heartland Rodeo, which sees an average 200 riders from Manitoba, Saskatchewan and a few from Alberta taking part in the qualifier. The rodeo takes place at 5 p.m. on Saturday with finals beginning at 2 p.m. on Sunday.

"You got all ages. We have peewee barrel racers that are six or seven years old to team ropers that are in their 60s or 70s," said Amanda Wasyliw, one of the organizers of the Arborg Fair & Rodeo.

Another returning highlight is the antique tractor pull competition at 2 p.m. Saturday with finals at 2 p.m. on Sunday.

"(The tractor pull) is getting huge. It's getting bigger every year," said Tamara Hurst, also one of the organizers of the fair and rodeo. Hurst added that last year they had approximately 70 entries in the antique tractor pull and this year they are expecting closer to 100 competitors.

"It's growing and growing. It's antique stock, not modified. The originality is key in those tractors," said Hurst.

For the first time this year, the Manitoba Barrel Racing Association will be having jackpot barrel races on Friday night at 8 p.m.

"They have different races every weekend all throughout Manitoba," said Wasyliw. "They have the finals. It's pretty big and they have lots of money that goes into it. So this will bring lots of competitors in."

Some other new events this year include the Minerva 4-H Club's Barnyard Olympics on Saturday and the Hootenanny Kitchen Party at 7 p.m. on Saturday.

"It's kind of a farm-based relay, so you do all kinds of fun relay events like carrying water pails, putting on overalls, all kinds of farm chores," said Hurst of the Barnyard Olympics.

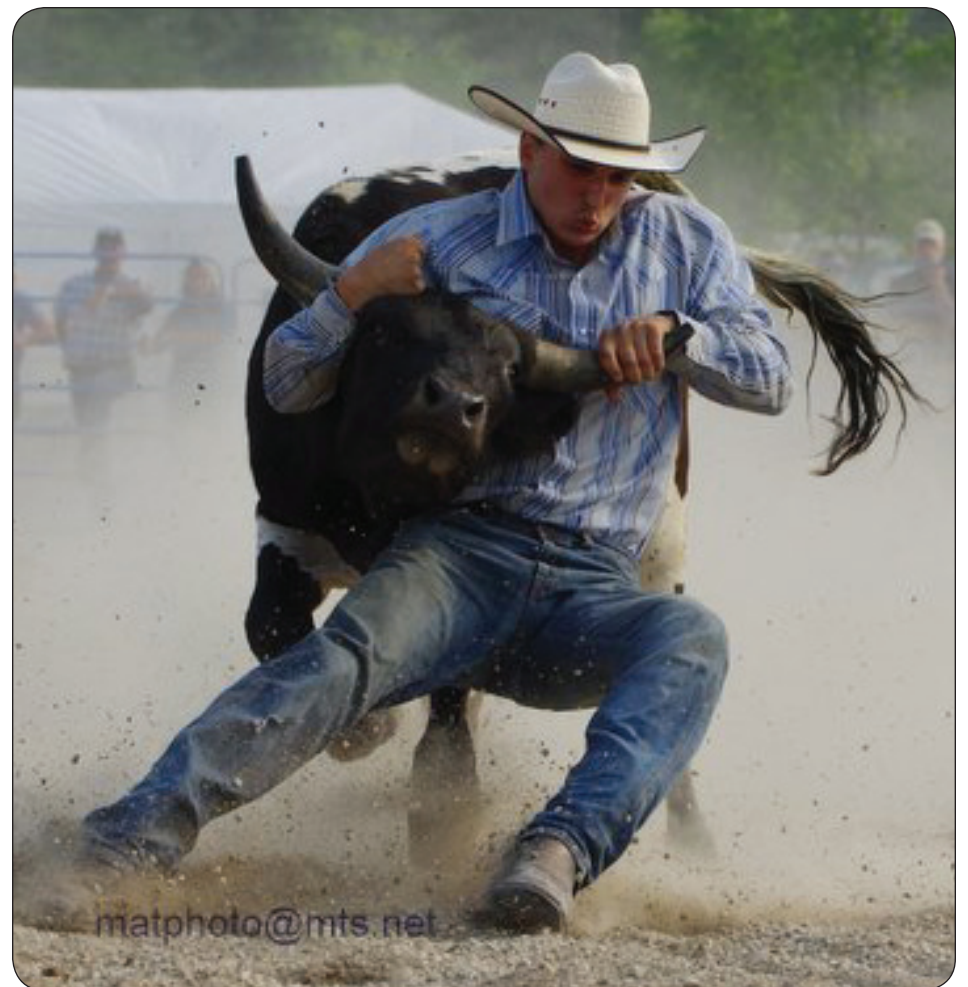
For the Hootenanny Kitchen Party, Hurst says organizers are encouraging local musicians to bring out their instruments and jam on stage.

The fun begins on Friday evening with the horse show speed events at 5 p.m. and the MBRA barrel races at 8 p.m. The local band Deuces Wild will be taking the stage in town at the Riverbank Park from 9 p.m. to 1 a.m., with a fireworks display happening at dusk.

The parade will take place in town at 11 a.m. on Saturday. Also at the agricultural grounds throughout the day, there will be live entertainment, zumba, craft vendors, a kids' zone until 8 p.m., a quilt show, Crazy Jumpers Agility Dog Show at 2 p.m., an equestrian vaulting with Classical Equitation at 3 p.m. and the Interlake Barn Trail's barn quilt display.

On Sunday, the inspirational band The Color will be performing on the main stage during the afternoon along with the Manitoba Highland Dancers, Partners in Time and the Asham Middle Stompers.

"They are from Winkler and they



EXPRESS PHOTO COURTESY OF MATTHIESEN PHOTOGRAPHY  
Events like steer wrestling will be going on this weekend at the Arborg Fair & Rodeo.

have some songs on the radio," said Hurst of The Color. "They're really good. They're going to be playing all afternoon."

The Manitoba Mounted Shooters Association will be doing a demonstration at 12:30 p.m. on Sunday and there will also be another dog show at 1:30 p.m. with the Diamond Disc Dogs.

Last year, approximately 3,000-5,000 patrons attended, and this year organizers are expecting even more.

"We're going to try to aim for a little

bit more this year because we have so much variety. Last year was our grand opening of our new fair grounds, so we're going to be expecting so many people to come in," said Wasyliw.

Admission for the Arborg Fair & Rodeo is \$10 per person or \$25 for a family of four. Children six and under with supervision are free. Admission includes all events at the fair and rodeo.

For more information on the Arborg Fair & Rodeo or for a full schedule of events, visit [agsociety.net](http://agsociety.net).

# Offroad Industries propose overnight campground in Gimli

## Gimli council briefs July 8, 2015

By Marney Blunt

At the regular Gimli council meeting on July 8, council had a conditional use public hearing regarding allowing Offroad Industries Ltd. to develop a fully serviced overnight campground and recreational resort in the RM of Gimli.

The campground would be located on a 40-acre lot north of the Gimli sports park near Loni Beach. Offroad

Industries proposes that the campground would be open seasonally from May to October and that campground staff, video surveillance and the RCMP would monitor the campground.

The project is planned to roll out in three phases. Phase 1 would include a campground office, small convenience store and washroom and shower facilities. Phase 2 would in-

volve developing the campsites on the northern portion of the campground, and Phase 3 would include the development of a family recreational component. The goal is to start phase one this summer.

At the public hearing, only one person registered in objection to the proposed campground.

Council adjourned the conditional use hearing until the July 22 council meeting.

### Hot coal receptacles

The RM of Gimli council is considering the installation of hot coal receptacles on Gimli Beach, as proposed by Stefan Terjesen, owner of H.P. Terjesen & Sons. Council is currently permitting gas barbecues only on the grassed area of Gimli Beach. Once the hot coal receptacles are installed, charcoal barbecues will also be allowed on the grassed area of the beach.



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# Your FARM



## Local organic food store expands business to Winnipeg

By Marney Blunt

Lisa and Terry Zolinski are extremely passionate about organic food and making healthy eating choices, and they want to share their passion and knowledge with others.

That is one reason why they opened The Fresh Carrot organic food store in Gimli three years ago, and on June 5, they recently expanded and opened a larger store at 230 Osborne St. in Winnipeg.

The couple wants to share and educate the public on organic food because, for Terry, organic food is something that completely flipped his life 180 degrees, he says.

At 31, Terry had a great career and an ideal life plan. Life seemed perfect until his diet and eating habits made his mental health take a turn for the worse.

"In 1996, I got very sick. I started having anxiety attacks, turned into depression and then I was diagnosed with bipolar depression. I couldn't function; I couldn't last three weeks without crashing and spending two to three days in bed," explained Terry, who grew up in the Arborg and Riverton area.

"I was extreme. I was very extreme. I was in the crisis unit in Selkirk. I spent time in a crisis unit in Winnipeg. I spent time in a crisis unit in the Salvation Army in Winnipeg. I was at the bottom of my life. I went

from having a plan in life, a house, a perfect plan, and I lost it all because of my health. It was clearly related to the food I was eating."

Terry was told he would be on disability for the rest of his life. Life carried on like that for nine years, he says, and it wasn't until he started working at an organic food store in Saskatoon that his life started to change for the better.

"I knew nothing about organic food at the time. Organic food became 90 per cent of my diet, and within three months of eating organic food, all my symptoms of bipolar depression had disappeared. Gone 100 per cent," he said.

"At four and a half months, I went to my psychiatrist who said I was on medication for the rest of my life, (and) he agreed to alleviate medication by half. Seven months later, still no symptoms, I was off medication completely."

Terry says this past April marked 10 years of being medication-free and symptom-free of bipolar depression.

Now, organic food has become a passion for Terry, and he and Lisa are focusing on educating the public on the importance of organic foods.

"I believe people need to know about it and really be informed. For us, it's communication," said Terry, noting that they have a library section at their Gimli store where they loan out edu-

**"OUR FOCUS IS ORGANIC AND NON-GMO. PEOPLE ARE GETTING SICK RIGHT NOW FROM GMO AND THEY DON'T REALIZE IT."**



EXPRESS PHOTO BY MARNEY BLUNT

Lisa (left) and Terry Zolinski have recently opened a second Fresh Carrot location in Winnipeg.

cational books and documentaries. "It's all about educating the public."

Terry and Lisa also focus on raising awareness on the health dangers of genetically modified foods.

"Our focus is organic and non-GMO. People are getting sick right now from GMO and they don't realize it," said Terry. "GMO is destroying people's health right now on a daily basis. Their immune system, their mental health is compromised by genetically modified foods."

"The only way to know that it's not genetically modified at this point in time is to buy certified organic," added Lisa, who is currently managing the Gimli store while Terry manages the Winnipeg location.

Another focus at The Fresh Carrot is promotion of free trade products.

"If you're buying just regular chocolate, you are supporting children eight years of age working so you can have that cheap chocolate," said Terry, who noted that in 2013 they won a national free trade award.

"We support fair trade chocolate. Adults work, not children. You pay a premium for the chocolate and you're paying a premium for the wages. You're supporting the building of schools. You're supporting building wells, medical attention for them and medical supplies."

The Winnipeg location of The Fresh Carrot offers many of the same products as the Gimli location but has an exponentially larger selection. The Fresh Carrot Winnipeg bakes fresh



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# Manitoba Farm Women's Conference

2015: From the Ground Up Nov. 15- 17 Day's Inn, Winkler

The Manitoba Farm Women's Conference mission statement is to provide a farm women's conference to educate, encourage and empower one another, our communities, our families and our industries.

## 2015 Prepared Press Release First time in Winkler for Manitoba Farm Women's Conference

For the first time in its 29-year history, the Manitoba Farm Women's Conference (MFWC) is coming to Winkler, Manitoba on Nov. 15 to 17 at the Day's Inn.

What makes the MFWC so successful year after year is its perfect mix of education, networking and fun, says conference co-chair Cindy Klassen.

"The conference is a place where farm and rural women from across Manitoba meet annually to learn, laugh and make new friends," she says. "This year, we are really encouraging attendees to bring along someone who has never been to a MFWC before — a friend, colleague or family

member. Any first-time attendees will be entered in a draw to win a special prize."

This year's conference theme is *From the Ground Up*, and as 2015 is the International Year of Soils, it seems an appropriate theme because we all know that healthy people need healthy food, and that begins with healthy soil and a healthy environment. MFWC will explore and celebrate the role of farm and rural women as influencers ensuring the sustainability and health of their families, farms and communities.

This year's keynote speaker is Carol Ann Fried, who with playfulness, professionalism, practicality and ease will deliver some Freedom Training and Coaching about how to balance work and life, and will wrap up the conference by helping everyone discover their Joy Spot for a happier work environment.

RBC is once again partnering with MFWC to bring RBC Olympian and Canadian Olympic curler Jill Officer to be the guest luncheon speaker on Monday, Nov. 16. An incredible role model for women and men alike, Jill will share her story about what has led to her success and how it fits into



EXPRESS PHOTO BY JOAN AIREY

The 29th annual Manitoba Farm Women's Conference, which will take place in Winkler from Nov. 15 to 17, will feature world-class speakers, educational sessions, and networking opportunities, as well as plenty of "Ag Pride" and fun.

everyday life.

"From our work supporting the agriculture industry for over 135 years, RBC recognizes the crucial role that women play in agriculture. More often than not, women are the backbone of farm operations, farming communities and the farming economy," said James Fehr, RBC vice-president, com-

mercial financial services. "That's why we're delighted to support and contribute to the value that the Manitoba Farm Women's Conference brings to women in agriculture."

Manitoba Co-operator editor Laura Rance will open the conference and

Continued on page 17

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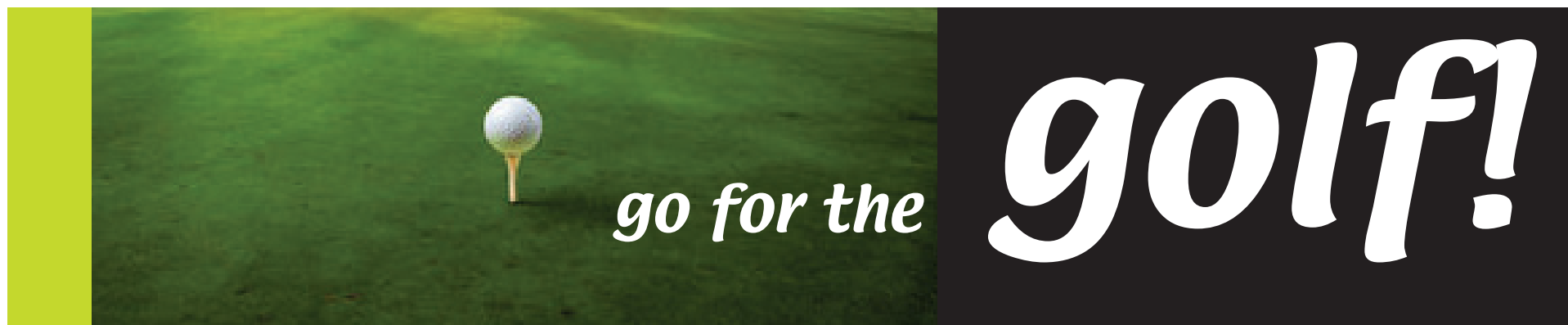
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## Nine ways to improve your golf game

Warmer weather sends scores of golfers to their favorite courses each and every day. Golf is a challenging pastime, but a few pointers can help golfers hone their short games, long games and everything in between.

- Choose the right clubs. There is more to selecting clubs than pulling any old iron out of your golf bag and whacking away. Wind, hazards and obstructions in landing areas should influence your decision of which club to use. Novice golfers may want to rely on their caddies to make club recom-

mendations, and as they become more confident in their abilities they can start to make their own choices.

- Anchor your feet. Anchor your foot behind the ball to drive the ball further. Right-handed players will keep the right foot anchored, and lefties will do the opposite. Do not lift your foot prematurely; otherwise, you can lose power and distance.

- Identify your weaknesses. As with any hobby, identifying those areas that need the most work can help you become a better golfer. Keep track of each

shot you take, and then look at the results to see which areas of your game need the most work.

- Fix your alignment. Align your shots by assessing the target from behind the ball. Then set the clubface behind the golf ball and align it with the target before you enter your stance.

- Use your torso for power. The torso is essential to a solid swing. Practice rotating from your core to control your backswing and then maintain the same spine angle and posture on the downswing.

- Use the wind. Not every golf game will be played in perfect weather. A good player knows how to make adjustments

for the wind depending on the shot. Use the wind to your advantage when you can, and adjust your swing when hitting into the wind.

- Become a better chipper. Many players put so much emphasis on their backswings and putt shots that they fail to devote any practice to chips. All shots are important for golfers trying to shed strokes off of their scores.

- Keep fit. Maintaining or improving your physical strength and overall health can help your golf game. Exercise and eat right, and you will have more endurance on the links.



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# Arborg to receive \$2.3 million flood protection dike

By Marney Blunt

The Town of Arborg and the Rural Municipality of Bifrost-Riverton have found a flood protection solution that will alleviate the ongoing flooding issues on the east side of Arborg.

Both the federal and provincial government announced funding of \$2.07 million for the Arborg flood protection project through the Provincial-Territorial Base Fund under the Community Dikes Initiative last week in Arborg.

The project will mitigate the flooding issues the Town of Arborg has been experiencing on the east side of town where the runoff water merges at the northeast end of town and flows town Provincial Road 326, through the town and into the Icelandic River.

"(The flooding issue) was here before I came here and I've been here for some years now," said Harold Foster, reeve of the RM of Bifrost-Riverton, during the funding announcement last Monday in Arborg.

"It's been here for a long time, and through co-operation of all levels of government, we have come up with a solution. First of all, this project will solve flooding problems on the east side of Arborg. In addition, it will remove water from the north of Arborg."

This Arborg flood protection project will diverge flood waters east of the town and into the Icelandic River further downstream. Officials say this will protect approximately 58 homes in Arborg from flood damage as well as the high school.

"I can recall, and Randy (Sigurdson) will recall, a number of years ago we

used the fire truck to pump water out of the school yard and across the road so that the school didn't flood," added Foster. "Every spring, we look and think, 'Is this the year we're going to get hit again?' This project is going to solve that problem."

While the Province of Manitoba and the Government of Canada are jointly funding \$2.07 million for the project, the local government is also contributing to the project. The RM of Bifrost-Riverton and the Town of Arborg will be contributing 10 per cent of the project cost, or \$230,000, making for a total of \$2.3 million in funding by all three levels of government.

"It's crucial that we continue to work together at all levels of government to protect our homes, protect our livelihoods and ensure that we have a quality of life so that we don't have to continue to live through the devastating impacts from natural disasters," said James Bezan, member of Parliament for Selkirk-Interlake, who was speaking on behalf of Denis Lebel, minister of Infrastructure, Communities and Intergovernmental Affairs.

"It seems that we have an increasing frequency in the impact of flooding on our communities and throughout the province, so it is important that we continue to make these infrastructure investments," said Bezan. "This is providing that long-term protection that we need for communities like Arborg and others across the province."

The province's support for this project is drawn from its \$5.5 billion five-year plan to invest in various infrastructure throughout Manitoba,



EXPRESS PHOTO BY MARNEY BLUNT

Members of all three levels of government stand outside the Bifrost-Riverton municipal offices after making an announcement for a \$2.3 million community dike for the east side of the Town of Arborg. Pictured, left to right: Bifrost-Riverton Coun. Colin Bjarnason; Bifrost-Riverton Coun. Morley Nordal; Tom Nevakshonoff, MLA for the Interlake and Minister of Conservation and Water Stewardship; Arborg Mayor Randy Sigurdson; James Bezan, MP for Selkirk-Interlake; Bifrost-Riverton chief administrative officer Grant Thorsteinson; Bifrost-Riverton Reeve Harold Foster; and Bifrost-Riverton Deputy Reeve Donald Vigfusson.

including roads, bridges, clean water projects and flood protection projects.

"This was brought to my attention a number of years ago. The school, that whole area to the east were in danger, and this particular act will finally alleviate that," said Tom Nevakshonoff, MLA for the Interlake and minister of Conservation and Water Stewardship.

"So it's always nice to see progress finally come to pass and an important project like this see reality. It's a reflection of a change in mindset that we've

experienced; instead of just reacting to floods, coming back with disaster financial assistance and so forth, why not prevent the flood in the first place rather than reacting and repairing the damage, which is quite often more than the cost of the mitigation would be in the first place? So this is a giant leap forward, I think."

Construction on the Arborg community dike is expected to begin in spring 2016.

## > FRESH CARROT, FROM PG. 14

bread and apple pies on site, makes soup and wraps daily and also has a fresh meat counter with a wide variety of selection.

"In Gimli, we sell frozen meat. Here, we have a fresh meat counter, and just the selection is excellent," said Lisa.

The fresh meat counter at the Winnipeg location offers wild boar, rabbit, arctic char, duck, venison, and soon they hope to have kangaroo and potentially crocodile.

The Fresh Carrot also supports a few products that are local to the Interlake, including a family from Lundar that supplies organic naked oats.

In the first month that the Winnipeg location has been open, the Zolinskis have seen approximately 250 customers a day and currently have 19 employees working for them.

"It's exactly where we want it to be and we have ideas of where we're going to take it to that next level," said Lisa.

"So this is a very good foundation for us to start with, but we're seeing beyond this. We're seeing that next level. We're getting really good feedback from customers."

For more information on The Fresh Carrot stores, visit [thefreshcarrot.ca](http://thefreshcarrot.ca).

## > FARM WOMEN'S CONFERENCE, FROM PG. 15

speaking about her recent experiences in Africa, where she explored the linkages between agriculture and development. There will be the usual highly informative select-a-sessions where attendees can learn about everything from holistic nutrition to belly dancing, and following Monday's banquet, we'll "Get Down and Dirty" with some line dancing fun. Tip — come Sunday evening for the pre-conference meet and greet and you'll learn how to do line dance!

The exciting program continues Tuesday morning with Marina James, CEO of Winnipeg Development Inc., who will share the results from SHeday 2015, when 600 women came together to join a conversation about overcoming challenges, seizing opportunities and breaking down barriers.

A panel of successful women agricultural leaders will talk about their road to success and you'll learn how agronomist Marla Reikman turned her love of soils into a side line business making Clay/Loam jewelry.

It's going to be a jam-packed three days that we

know Manitoba's farm and rural women will not want to miss. For more details, visit our website at <http://manitobafarmwomensconference.ca/> which is being continually updated with conference news, or email us at [mbfarmwomensconf@gmail.com](mailto:mbfarmwomensconf@gmail.com), like us on Facebook and follow us on Twitter at @mbfarmwomen.

### About Manitoba Farm Women's Conference

The Manitoba Farm Women's Conference is now in its 29th year, and a volunteer committee of farm and rural women from across Manitoba organizes the event annually. In previous years, the conference rotated around three venues: Brandon, Portage la Prairie and Winnipeg. It is being held in Winkler for the first time in 2015.

For more information, please contact one of the following: Cindy Klassen, 2015 MFWC co-chair at [garcin@sdnet.ca](mailto:garcin@sdnet.ca); Angela Lovell, 2015 MFWC sponsorship chair/publicity vice-chair at [angelalovell10@gmail.com](mailto:angelalovell10@gmail.com); or Catherine Jordan, 2015 MFWC co-chair at [dcjordan@hotmail.ca](mailto:dcjordan@hotmail.ca).



# sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

## Arborg PeeWees win silver at 13U 'A' provincials

By Brian Bowman

Arborg represented the Interlake extremely well at the 2015 13U "A" Baseball Provincials in Dauphin last weekend, bringing home silver medals.

Arborg was awarded silver after losing 15-1 to Portage in the gold-medal game on Sunday.

"It was great," said Arborg co-coach Keith Johnson. "It went really well. (Portage) is a solid team and they played well. It was just one of those games that just didn't go our way."

Arborg guaranteed themselves a silver medal after downing Winkler 7-5 earlier Sunday.

"The team played action-packed and exciting baseball," Johnson said. "They should be really proud of their accomplishment of making it to the finals. (The win over Winkler) was the best game of the weekend, for sure. There was lots of excitement for the fans and a lot of great plays."

In pool play Friday, Arborg defeated Killarney 14-6 before losing 15-5 to Portage. The following day, Arborg cruised to lopsided wins over Vassar (18-6) and Gilbert Plains (16-4).

Arborg's offence was potent during pool play, scoring 53 runs in just four games.

"Everybody was contributing on the offence," Johnson noted. "We had lots of good aggressive play and great hits."

Johnson said Arborg improved greatly over the course of the season and the coaching staff was really



EXPRESS PHOTO BY JOANNE JOHNSON

Arborg won silver medals at the PeeWee 'A' provincials in Dauphin this past weekend.

Pictured back row, left to right: Karen Leochko (coach), Jeff Adair (coach), Brandon Prus-Olson, Austin Adair, Michael Crave, Zach Halldorson, Logan Pearce, Keith Johnson (coach); front row: Christopher Penner, Zak Leochko, Noah Johnson, Tyson Barylski, Cadrack Dueck, Gracy Melsted and Brenna Barylski.

proud as to how well they picked up the game.

"You can only learn aspects of the

game when they happen and they happen quickly," Johnson said.

"They responded to that well and

they have lots of potential. It was an excellent group (to coach)."

## Lundar competes well at 15U 'A' provincials

By Brian Bowman

Lundar didn't get the call inviting them to compete at the 15U "A" provincial championships until Tuesday of last week — just three days before the tournament started.

But, despite the short notice, they didn't look out of place one bit.

Lundar opened the provincials in impressive fashion with a dominating 14-1 win over Cross Lake.

"They played really well in that game," said Lundar coach Brad Drews. "The kids were batting fairly well and

pitching and defence were the reasons why we did well."

Brent Johannson earned the win on the mound for Lundar.

Lundar then ran into a pair of tough teams, however, losing 23-4 to Boissevain and 11-1 to Grunthal. Both of those teams finished first and second at the provincials.

"Because of the pitching rules, we allowed a lot of kids to pitch," Drews explained.

Lundar then closed out the provincials with a tough 5-4 loss to Gladstone

on Saturday. Johannson smacked a two-run home run in the seventh inning (his second of the game) to close the gap to 5-4. He earlier belted a solo shot that tied the score at 2-2.

After Johannson's blast in the seventh, Lundar then had a runner on first base with no outs but could not score the game-tying run.

"That was a good game, probably the most entertaining game," Drews said. "It was a pretty exciting game."

Lundar had a really good season with a lineup consisting of just 11 players.

They finished third at the regionals but were given a chance to compete at the 15U "A" provincials after Warren could not go due to "roster problems."

"We were phoned at the last minute, and I mean at the last minute," Drews said. "We were called on the Tuesday night to be ready to go Friday."

Drews was proud of the way his club competed at the provincials.

"They came a long way (this season)," he stressed. "They learned a lot of the little things and the little things paid off."



# sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

## Jones on target at Trapshooting Nationals

By Jeff Ward

It was a weekend to remember for young Dori Jones after he took home eight trophies from a highly competitive field of trap shooters.

The Canadian Trapshooting Championships, held this year at the Brandon Gun Club July 1-5, is the second of four trapshooting tournaments in Manitoba. Over the five-day event, Jones, who lives in Arborg and shoots out of the Lunder Gun Club, was able to take home six championship trophies and was also awarded trophies for High All Around and High Overall in the Sub Jr. category.

"I'm really happy with the way I shot," said the 15-year-old Jones.

"Other than the first day, things went really well for me. I was hitting the targets well and was staying consistent. I try to keep things simple and just remember to line up the target quickly and make sure the barrel is under the target."

Jones makes it sound easy, but there's a lot of skill involved in hitting the target. Each target is travelling around 70km/h and needs to be hit before it starts to drop. Hitting a target as it's falling out of the sky becomes much harder and you need to lower the gun to make contact. Every shooter out there is trying for a perfect score, and most come very close. Missing one target can be the difference of a trophy or going home empty handed.

Jones knows this first hand. As we reported in the July 19 issue of *The Express Weekly News*, Jones lost a playoff to his brother by one shot during the Manitoba Junior Shotgun Association Junior Championship.

Competition is nothing new for Jones, since not only do his brother Tiger and sister Katie shoot but so does his father, John. Katie Jones took home the Lady One Handicap Champion at the event as well.

The gun Jones uses today in competition is a Browning Cynergy, a 12-gauge given to him by his father. Jones says that it took a few adjustments to the chin piece, but he's got it fitting him like a glove now.

Out of all the events he competed in, Jones said his favourite is doubles.

"Two targets come out at the same time so you have to be quick. You got to pinpoint where the first target comes out and hit it and then swing to the next target quickly so you can get it before it starts dropping. I really like doubles because of how fast it is and you get to swing a lot."

Jones's trophies from Brandon included Doubles Class D Champion, Singles Class C Champion, Handicap Champion, Singles Championship Sub Jr. winner, Doubles Championship Sub Jr. winner and Handicap Championship Sub Jr. winner, High All Around and High Overall. High All Around is highest

number of hit targets in all championship events, and High Overall is the highest number of hit targets over all events.

Another Arborg resident, Brian Johnson, was also a winner in Brandon, taking home the 2015 Canadian Singles Champion after hitting 198 of 200 targets and then hitting 99 of 100 in a playoff, where his opponent hit only 98 of 100.

Jones is excited for his next tournament at the Provincial Trapshooting Championships this weekend at the Winnipeg Trap and Skeet Club.

"I TRY TO KEEP THINGS SIMPLE AND JUST REMEMBER TO LINE UP THE TARGET QUICKLY AND MAKE SURE THE BARREL IS UNDER THE TARGET."



EXPRESS PHOTO BY KATIE JONES

Dori Jones, 15, won eight trophies at the Canadian Trapshooting Championships in Brandon July 1-5.

## Thunder hosting kickoff party, jamboree

By Brian Bowman

The Interlake Thunder will be hosting a Kickoff Party and Jamboree Weekend this Friday through Sunday.

On Friday, the local amateur football organization will be hosting the Kickoff Party at the Teulon Golf & Country Club. The evening will feature guest speaker Dean Lytle, a former Winnipeg Blue Bomber and Cleveland Browns' fullback, food and fun games.

There will also be presentations made by an ath-

letic therapist and nutritionist, covering topics on how to keep young athletes healthy, hydrated and injury free.

There will also be a silent auction and Thunder apparel onsite.

The doors for the Kickoff Party open at 6 p.m. and the event begins at 7 p.m.

Adult tickets cost \$25, which includes a 6 oz. sirloin steak, baked potato with butter and sour cream, coleslaw, and either a beer or shot of liquor.

Children tickets cost \$15 and include a meal of

chicken tenders (three), fries, and a can of pop.

On Saturday and Sunday, from 10 a.m. to 12:30 p.m. both days, the Thunder will host a jamboree. Day 1 will take place at the Selkirk Rec Complex while Day 2 will be held at Stonewall Collegiate.

Thunder and guest coaches will be teaching skills and putting the players through a variety of drills.

Meanwhile, the Thunder Midget team will begin its training camp next Wednesday. Interlake will then have a pre-season scrimmage with Sunrise on Thursday, July 30.



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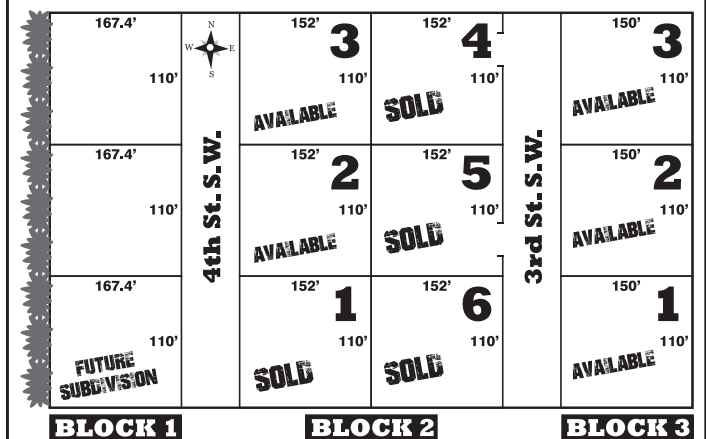


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	4							
	3	9			7			
				6	5	8		
	2	8	7					3
					9			
		2	6		1			
	9					1	2	
3	7			2		5		9

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

Sudoku Answer

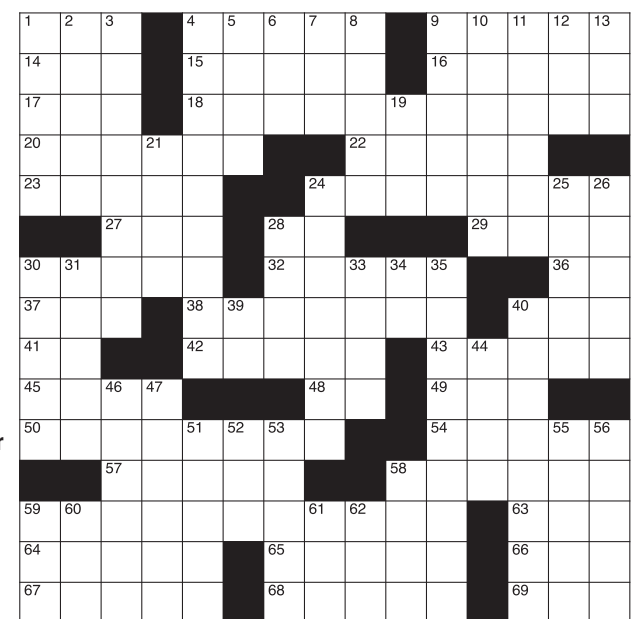
N	E	D	E	I	V	N	E	S	I	E	R
V	L	E	S	O	V	N	E	N	E	X	V
G	V	N	S	E	I	L	I	H	B	E	T
V	R	V	H	V	S		S	V	O	R	D
E	O	H	V	I	L	E	I	V	H	V	E
D	W	I	D	W		D	V	N	K		
S	K	R	V	W	R	E	B	V	S	I	O
V	O	O	E	I	V	N	V	W	E	O	V
G	V		O	E	O	O	O	I	N	I	L
V	N	R	S		H	S		V	O	T	
S	S	E	N	E	R	N	D		S	O	T
H	E	R	V	R		S	E	S	V	E	R
V	I	O	K	V	D	H	L	J	O	N	
S	V	D	O	O		G	V	A	E		
G	V	L	S		N	E	T	V		W	O

Crossword Answer

# CROSSWORD

## CLUES ACROSS

- Fixed hardware memory
- Ancient Greek physician
- US coach Amos Alonzo
- Before
- Hedge
- Musical endings
- Contrary to
- 39th state
- In a way, takes away
- More uncommon
- Hue or shade
- Having no moral failing
- Mauna \_\_, Hawaiian volcano
- Initials of ALS physicist
- Soluble ribonucleic acid
- Smallest American sandpiper
- Wrote a computer program
- Silver
- A continuous portion of a circle
- To send forth
- Wood sorrel
- Curie
- Curved sword
- Harmon, Wahlberg & Antony
- Break stone
- Doc
- A small demon
- Split up
- Sierra lake
- Micronesian sailboats
- North African desert
- Famous persons
- A worn out horse
- One seeded fruit (alt. sp.)
- DEA officers
- 7th Greek letter
- States of repose
- Related on the mother's side
- Cub Scout group



## CLUES DOWN

- Medieval fiddle
- W. Bolivian city
- Relating to a metal
- Sires
- Macao monetary units
- Roman household god
- Sun up in New York
- 1st Indian P.M.
- Frighten
- Keepsakes
- Admirer
- Handgun (slang)
- J. G. Low's organization
- Constitution Hall org.
- Presently
- Smallest speech sound
- In-between meal
- Heroic tales
- Healing wound cover
- Paper bags
- Threefold
- River in France
- And in Latin
- Cup used to serve espresso
- One thousandth of an ampere
- Deprived of parents
- E. Asian housemaid
- Mac, gala and pippin
- Mother or father
- Dressing gowns
- Swiss river
- Banteng
- Speak
- MN 55122
- Religious faction
- Auto
- Supplement with difficulty
- Browning of the skin
- Militant Irish organization



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INTERLAKE CAMPUS

## Employment opportunities (Interlake and Peguis-Fisher River Campuses):

### Instructors, Business-Related Programs

Part-time term: Sept. 21, 2015 - June 30, 2016 | Competition #: 2015-069 | Closes: July 24, 2015

#### Duties:

Reporting to the Manager of the Interlake and Peguis-Fisher River Campuses, responsibilities include: classroom instruction and management, curriculum development, supervision of students on practicum, and related administrative responsibilities as required. The incumbent is also expected to participate in campus meetings as required and assist in activities such as student orientation and student support documentation, ensuring curriculum content is consistent with parent program and student assignments reflect industry needs. Content expertise may include, but is not limited to, business communication, human resource

management and human resource topics, supervision and leadership, management principles, computer applications, English language skills, office procedures, writing skills, report writing, presentation skills, business and financial math, bookkeeping, web design, desktop publishing, marketing, e-marketing, social media, meeting management and conference planning, Quickbooks, Simply Accounting, AccPac, payroll and taxable benefits, financial accounting, professional development, microeconomics, Canadian business, business finance, macroeconomics, statistics, business law, entrepreneurship and project management.

#### Qualifications:

##### Required:

- Relevant business degree or equivalent combination of education and experience may be considered
- Significant related business experience
- Experience applying and using computer applications related to the business environment including Microsoft office
- Effective interpersonal, oral and written communication skills
- Effective presentation and organizational skills
- Effective leadership skills
- Ability to work independently/as a team

- Values diversity, equity and inclusion
- Commitment to lifelong learning

##### Assets:

- Experience developing curriculum and instructing at a post-secondary level
- CHRP certification if applying for Human Resource classes
- Certificate in Adult Education

##### Conditions of Employment:

- May be required to work evenings
- Must be willing to travel
- Must be legally entitled to work in Canada

**Salary Range: \$29.92 to \$44.44 per hour\***

\*The successful candidate with a Masters or PhD in a related field will receive an Educational Supplement of \$2,725 or \$5,450 per annum respectively pro-rated on an hourly basis.

Applicants are to clearly identify the competition number, preferred campus location and how they satisfy the listed qualifications in their written submissions.

We seek diversity in our workplace. Aboriginal persons, women, visible minorities and individuals with disabilities are encouraged to apply.

Apply to: Red River College  
C410-2055 Notre Dame Ave.  
Winnipeg, MB R3H 0J9  
Fax: 204.694.0750  
Email: [humanresources@rrc.ca](mailto:humanresources@rrc.ca)

**For full competition details and other employment opportunities, visit us at: [rrc.ca/employment](http://rrc.ca/employment)**



INTERLAKE CAMPUS

## Employment opportunity (Interlake and Peguis-Fisher River Campuses):

### Instructor, Child and Youth Care

Part-time term: Aug. 24, 2015 - June 30, 2016 | Competition #: 2015-068 | Closes: July 24, 2015

#### Duties:

Reporting to the Manager of the Interlake and Peguis-Fisher River Campuses, responsibilities include: classroom instruction and management, curriculum development, supervision of students on practicum, and related administrative responsibilities as required. The incumbent is also expected to participate in campus meetings as required and assist in activities such as student orientation and student support documentation.

#### Qualifications:

##### Required:

- Undergraduate degree in Child and Youth Care, Social Work, Human Ecology-Family and Social Science, Recreation Studies or Psychology; an equivalent combination of education and relevant experience may be considered
- Extensive experience working with vulnerable, at risk children and youth
- Experience supervising or mentoring employees and practicum students
- Experience working in a residential treatment setting
- Demonstrated knowledge and understanding of current issues facing at risk youth (i.e., addictions, sexual exploitation, mental health, FASD)
- Demonstrated knowledge regarding the specific role of Child and Youth Care practitioners in the support of Aboriginal children, youth and families

- Effective interpersonal, oral and written communication skills
- Effective presentation and organizational skills
- Effective leadership skills
- Ability to work independently
- Values diversity, equity and inclusion
- Commitment to lifelong learning

##### Assets:

- Experience instructing adults, preferably in post-secondary, human service, or social service settings
- Related master's degree
- Certificate in Adult Education

##### Conditions of Employment:

- May be required to work evenings
- Must be willing to travel
- Must be legally entitled to work in Canada
- Satisfactory Criminal Records, Child Abuse Registry, Vulnerable Sector Checks

**Salary Range: \$56,588 to \$84,050 per annum\***

\*The successful candidate with a Masters or PhD in a related field will receive an Educational Supplement of \$2,725 or \$5,450 per annum respectively pro-rated on an hourly basis.

Applicants are to clearly identify the competition number, preferred campus location and how they satisfy the listed qualifications in their written submissions.

We seek diversity in our workplace. Aboriginal persons, women, visible minorities and individuals with disabilities are encouraged to apply.

Apply to: Red River College  
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### AUCTION SALE ROB JOHNSTON

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Then East 1/2 mile on Rd 90

Contact: (204) 297-7516

#### Construction Equip

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#### Trucks & Trailers

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#### Tractors & Equip

Vers. 160 Bi-Direct Frt 3 PH FEL \* M.F. 1500 4 Wheel Drive Dual Hyd. \* Case 440 Dsl 540 PTO Hyd \* Ferguson TE 20 3PH FEL \* JD 6' Trailer Rotary Mower \* McKee 3PH 6' Snowblower \* 3PH 3 Wheel Swath Turner \* H.M. Bale Shredder \* Farmhand F228 FEL \*

#### Misc

Steel Trusses & Uprights For 40' x 150' Building \* Wet Kit \* Hyd. Post Digger \* PTO Shaft \* Hyd. Hose \* Pumps \* Cylinder \* FEL Buckes & Forks \* Tires \* Load Tarps \* Truck Tool Box \* Fifth Wheel Hitch \* Saw Mandrel Blades \* Wood Heater \* 1200 Gal Poly Tank \* Milkline Vacuum Pump \* Welding Material \* Telephone Poles \* Fence Posts \* OH Door Hardware \* Metal Shelving \*

#### Tools

Miller Cricket Mig Welder \* 3) Welders \* Metal Band Saw \* Acetylene Torches \* Transit \* 3000 watt Generator \* Hotsy Pressure Washer \* Air Comp \* Elec/Hyd Power Pac \* Sand Blaster \* H.M. Hyd. Press \* Air Filter Wash Station \* Power Tools \* Hand Tools \* Bolt Bins \* Shop Supply \*

#### Antiques

Saulky Plow \* Hse Sickle Mower \* 6' Disc \* Hse Scraper \* Steel Wheels \* Coca Cola Cooler \* Saw \*

#### Yard

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## INTERLAKE CO-OPERATIVE CAREERS

We are always looking for outgoing, energetic and reliable individuals who can consistently create welcoming, positive and memorable experiences for customers, members and fellow employees. Our employees are our success!

Whether you are a student looking for a part tie position or a professional looking for a long term career, Interlake Co-op offers a wide variety of employment opportunities in all our departments; Food, Hardware, Administration, Gas Bar & Bulk Petroleum. Information about the benefits of a career with Interlake Co-op can be found on our websites Career page. [www.interlakecoop.com](http://www.interlakecoop.com)

We are committed to taking care of our employees and offer a variety of attractive benefits. These may include:

- Flexible Work Schedules to Accommodate Personal & Family Needs
- Positive & Supportive Work Environment
- Competitive Wages & Salaries
- Dental Plan
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- Pension Plan
- Recognition Programs
- Advancement Opportunities
- Learning & Development

Interlake Co-op is currently recruiting for the following positions:

### MEAT MANAGER

Interlake Co-op has an exciting opportunity for a permanent full time position. The ideal candidate will be driven, able to work independently, confident in managing diverse situations and personalities.

#### Competencies and Skills:

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

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

### PETROLEUM MANAGER

Interlake Co-op has an exciting opportunity for a permanent full time position. The ideal candidate will be driven, able to work independently, well organized & confident in dealing with difficult situations and personalities.

#### Competencies and Skills:

- Petroleum Management Experience
- Fuel dispatch & deliveries
- Ordering & receiving
- Strong leadership
- Strong communication skills
- Organized
- Commitment to Customer service
- Staff management/Employee engagement
- Demonstrated proficiency with Microsoft Office applications.
- Proficient in the use of CICS & BRIC is an asset

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

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

Lynette Oliver (Meat Manager Position)

General Manager (Petroleum Manager Position)

Fax: 204-376-5018

Email: [h.lingel@interlakecoop.com](mailto:h.lingel@interlakecoop.com)

Deadline for applications Friday July 25, 2015.

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

## NEWS TIPS Call 467-5836

## McSherry Auction Service Ltd

### ANTIQUE /ACREAGE AUCTION SALE BETTY JUENKE (LATE RALPH)

Saturday July 25 @ 10:00 am

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then North 3/4 Mile on Hwy 214

(Seddon's Corner)

Contact: (204) 268-2265

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#### Antiques

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## NOTICES

Experience shows that the day of rest (Sunday) is essential to mankind, that it is demanded by civilization as well as Christianity. Theodore Roosevelt

## HEALTH

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Red potatoes for sale. 50 lb. - \$15. Located at 7293 Henderson Hwy. Ph. 204-757-2155.

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## ANNOUNCEMENTS

### BIRTHDAY



Look who made it to the top of 'THE HILL'!  
Happy Bday Josh & Bonnie,  
enjoy the rest of the ride!

## ANNOUNCEMENTS

### CELEBRATION OF LIFE



**Alvin Luprypa**  
Celebration of Life  
In Honour of Alvin Luprypa  
Saturday, July 25th 2:00 P.M.  
Minerva Hall  
[1 mile south of Gimli on Hwy #8]

## McSherry Auction Service Ltd

### AUCTION SALE KUCHENSKI FARMS

Saturday July 18 @ 10:00 am

**St Andrews, MB**  
Jct Hwy #8 & 67

South 1 Mile on Hwy # 8, then  
East 100 yards on Lockport Rd # 749  
Contact: Andrew (204) 632-0812 or  
Harold (204) 942-5451

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#### Grain Equip

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#### Haying Equip

Inland 3PH 84" Snowblower \* NH 68 Super Square Baler w/ Wisc Engine \* NH 9' Sickle Mower \* NH 55 Side Del Rake \* Wood Splitter \*

#### Misc

1980 Yamaha SS 440 Snowmobile \* Along w Yard Items \* Farm Misc \* Tools \*

#### Antiques

Grader \* Oliver Breaking Plow \* JD 10' Disc \* Cockshutt 3B Plow \* Peter Wright Anvil \* Forge \* Old Tools \* Partial Listing \*

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**INTERLAKE CAMPUS**

## Career Training

Red River College Interlake Campus offers local training and community-based learning opportunities. We focus on applied learning in order to assist you in gaining experience and achieving job-ready skills. Programs are eligible for student loans and sponsorships.

Programs	Location	Start Date
<b>Administrative Assistant</b> Focus on the administrative and technical skills needed to meet the demands of the current and emerging office environment. Gain the theory and practice to succeed in an entry-level administrative position.	Selkirk	Sept. 21
<b>Bookkeeping and Small Business Office</b> Learn to carry out the receptionist, secretarial, bookkeeping and payroll functions normally found in small business. You will also be qualified for entry-level positions in larger businesses and different levels of government.	Selkirk	Feb. 22
<b>Business, Accounting and Management</b> Consider this certificate program if you want to gain employment in a business/accounting environment. Develop skills in three core areas: computers, accounting and management.	Ashern	Oct. 20
<b>Child and Youth Care (Year 1)</b> Acquire the skills and knowledge to work with children and youth experiencing behavioural and emotional difficulties. Learn how to intervene, assess and formulate strategies to help children, youth and their families identify and resolve concerns and enhance their quality of life.	Selkirk Peguis	Sept. 14 Nov. 2
<b>Computer Applications for Business</b> Consider this program if you're of Aboriginal heritage and are looking to learn a variety of skills, including how to use relevant Microsoft Office technology for business. Learn how to prepare accurate business correspondence, and how to communicate effectively and professionally in business environments while respecting cultural diversity.	Peguis	Nov. 2
<b>Educational Assistant</b> Prepare for a career working with students in educational settings under a teacher's direction. In this certificate program, you will study development needs of children, instructional strategies, special education, learner characteristics and professionalism.	Selkirk	Sept. 8
<b>Health Care Aide</b> In this certificate program, you will acquire the knowledge and skills to become a health care worker. Under the supervision of a nurse, you will assist hospital patients, personal care home residents and home care clients in meeting their physical, emotional and social needs.	Selkirk	Feb. 2
<b>Human Resource Management</b> Prepare for a career in the fast-growing and key business field of human resource management. Learn the fundamental components of a HR program, which include: staffing, recruitment, selection, compensation, training and development, and payroll.	Selkirk	Feb. 29
<b>Management Development</b> Advance your career with the study of the principles of management theory and the human resource function. Develop the knowledge and skills to effectively manage people.	Peguis-Fisher River	Oct. 20

For more information contact Red River College Interlake Campus  
204.785.5328 or 1.866.946.3241, or see [rrc.ca/interlake](http://rrc.ca/interlake).



**MUNICIPALITY OF  
BIFROST-RIVERTON**



## REQUEST FOR PROPOSALS EARTHEN DIKE CONSTRUCTION

The Municipality of Bifrost-Riverton invites proposals for the design and construction of approximately 1500 feet of earthen dike built to an elevation of 722 feet above sea level in Section 27-21-4E (Pebble Beach.) Proposal packages are available at the Main Municipal Office. Mandatory site meeting scheduled for July 28, 2015 with deadline to receive proposals July 31, 2015.

The municipality reserves the right to reject any or all bids, to waive irregularities and informalities therein, and to award the project in the best interest of the municipality in its sole discretion.

L. Grant Thorsteinson, CAO  
Municipality of Bifrost-Riverton  
Box 70, 329 River Rd, Arborg MB R0C 0A0  
[bifrost@mymts.net](mailto:bifrost@mymts.net)  
Phone: 204-376-2391  
Fax: 204-376-2742



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hats & more.**



## Pierogy Kebabs

### Ingredients

- 1 tablespoon olive oil
- 1/2 teaspoon chili powder
- 1 (12-ounce) box Potato & Cheddar Mini Pierogies, thawed
- 1/2 pound boneless, skinless chicken breasts, cut into 1-inch pieces
- 1/2 pound beef sirloin or tenderloin, cut into 1-inch pieces
- Salt and freshly ground pepper
- 2 green bell peppers, peeled, cored, seeded and cut into 1-inch pieces
- 2 red bell peppers, peeled, cored, seeded and cut into 1-inch pieces
- 2 yellow and/or orange bell peppers, peeled, cored, seeded and cut into 1-inch pieces



### Preparation

Preheat broiler. Combine olive oil and chili powder in small bowl. Brush pierogies with chili mixture. Toss chicken chunks and beef chunks separately with salt and pepper to taste. Using six (6) 12-inch-long metal skewers, thread meat chunks, pierogies and bell peppers. Repeat with remaining ingredients.

Broil skewers three inches from the heat source until meat, pierogies and peppers are cooked through (about 6 to 8 minutes per side). Serve with your favorite dipping sauce.

Preparation Time: 15 minutes  
Cook Time: 12 to 16 minutes  
Serves 8



Weightloss • Energy & Performance • Healthy Aging

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## Bringing your Fitness Goals Into Focus



When you are mapping out your daily and weekly schedules, it is important to incorporate the areas of exercise and nutrition into your planning. You will want to include

activities which target your cardiovascular health, develop your physical flexibility, and which tone and strengthen your muscles. Begin your program (in consultation with your qualified health professional) by scheduling (for example) three days on which you do Cardio, two days on which you do strength training, and one day on which you deepen your body's ability to stretch and bend. This article will concentrate on Cardio and nutrition suggestions with an aim of helping you to boost your overall fitness level.

You might want to start with shorter physical activity sessions of thirty minutes a day then increase the length of your sessions as your time permits.

If you look at your schedule and cringe, scratch out that sliver of T.V. watching or computer time you were looking forward to later in the day. Put someone else in charge (even if that means hiring a babysitter) and announce (to the amazement of your household) that

you and Churchill will be out on a lengthy walking tour of the neighbourhood. (The family Beagle spends significantly more time whining to be let out than he actually spends outdoors). You and Churchill can start up your own personal exercise club! You can do this provided your sessions together develop into a regular and habitual series of outdoor excursions and provided that you lay off all those unhealthy treats you have both grown accustomed to gobbling up! With your new Cardio regimen, you and Churchill will step out of your flabby and sedentary existence and into a more exuberant, energetic, sleek and stylish way of life!

Another great way of getting in your Cardio is to take a weekend or a day trip with a friend, a group of friends, or with your family and to take bicycles, Hiking boots, or a canoe along with you. If you don't own a bicycle or a canoe, arrange going to a location at which you can rent this type of equipment. Pack healthy snacks and meals to get more bite and benefits from your exercise (i.e. ditch the junk food frenzy).

One more bit of advice from personal experience: if you are going camping, leave the cat at home!

*Irene Shaw*

## Salmon Croquettes

### Ingredients

- 1 can (213 g / 7.5 oz) pink or sockeye salmon, no salt added, well drained
- 2 tbsp (25 mL) green onion, finely chopped (about 2 green onions)
- 1 egg
- 1 cup (250 mL) mashed potato (leftovers work well)
- 1 tbsp (15 mL) no-fat mayonnaise
- 1 tbsp (15 mL) ground flax seed



### Directions

In a large bowl, mix together all the ingredients. Form into 12 equal sized balls.

Heat a non-stick frying pan to medium-high heat. Spray with cooking spray. Add croquettes and press down with a fork to flatten slightly. Cook for 3 minutes.

Turn heat down to medium-low. Flip the croquettes and cook for 5 minutes or until done. Serve immediately.

Makes 4 servings

Developed by Nadine Day.

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