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WEEKLY NEWS

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Local cadets return from exciting training in Cold Lake



By Natasha Tersigni
 After a whirlwind 14 days spent on their general training course at the Cold Lake Cadet Training Centre (CLCTC) at 4 Wing Cold Lake in Alberta, several local cadets have returned home and are eager to share their skills with their home squadron.

Members from both Fisher Branch's 158 Royal Canadian Air Cadet Squadron (RCACS) and Gimli's GM Stefnufastur 182 RCACS — including Riley McMahon (Teulon), Victor Einarsson (Gimli), Stephen Anslow (Teulon), Corbin Symynshen (Gimli), Indiana Humniski (Gimli), Kaleb Tuokko (Arborg) and Laura Sveistrup (Ashern) — took part in the two-week general training course at the CLCTC that teaches cadets aged 12 to 14 years old the fundamentals of being an air cadet.

During their time at Cold Lake, the youth took part in various workshops and activities to introduce them to air cadet life. From learning about basic drill, dress and deportment to shooting on the air-rifle range, building and flying paper gliders, taking part in music train-

EXPRESS PHOTO BY NATASHA TERSIGNI

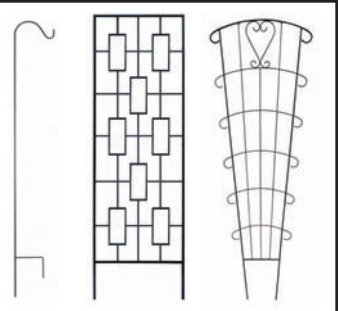
During the general training courses tour of the Aerospace Engineering Test Establishment, Gimli's Indiana Humniski had a chance to sit in a CF-114 Tudor, the same plane that is flown by Canada's military aerobatics Snowbird team.

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Walk for Water raises funds and awareness



EXPRESS PHOTOS BY WENDY BUELOW

The Lake Winnipeg Foundation's annual Walk for Water brought over 80 people together in Matlock to raise over \$5,000 and awareness for their lake.

Dunnottar's fundraiser brings in over \$5,000

By Stefanie Lasuik

Over 80 people came together in Matlock on July 24 to take steps towards a healthier Lake Winnipeg. One of the Lake Winnipeg Foundation's (LWF) annual Walks for Water raised over \$5,000 in the place where the event originated in 2007.

Since then, it has grown to include several locations along the lake. But the goal of all the walks is the same: raise funds and awareness for Lake Winnipeg.

In recent years, Lake Winnipeg's algae blooms have become larger and more frequent. While algae are good for a lake, an overload is not. The green-blue algae in Lake Win-

nipeg can be toxic to people and animals. It can also use up the oxygen other lake organisms need to survive, according to the LWF website.

The LWF has been working on educating citizens on this problem since its inception in 2005.

"I think back then, people didn't necessarily know what was causing algae blooms on the lake," said Marlo Campbell, LWF communications director.

What causes them is an overload of the chemical phosphorus. To reduce this phosphorus, the organization has put together an eight-point plan in which everyone plays a part.

The phosphorus in the lake relates back to land practices, so even those who don't live on the lake can take action. The way people farm, the way people protect wetlands and the way people work in the boreal forest all impact Lake Winnipeg, said Campbell.

The LWF will use the funds from the walk to fund more educational endeavours, like the Water Festivals they sponsor to teach students about water stewardship. They will also use the money for research. In the past, they've funded studies on micro beads in Lake Winnipeg.

On top of that, the organization is working on a community-based monitoring program, where citizens can learn to take water samples from the creeks in their backyards. Researchers can then use the samples to discover phosphorus hot spots.

"We start to figure out where we can target our interventions for maximum bang for our buck," said Campbell.

The program can also help researchers identify places where zebra mussels may cause problems.

Those who partook in Sunday's walk recognized these programs as important. The lake-



Rosemary Belanger, Yvette Sundseth with dogs Maggie and Kara, and LWF board member Armand Belanger smiled through their five-kilometre walk.

loving participants ranged from babes in arms to great-grandmas and grandpas. Even furry friends came out to support the cause. After the five-kilometre beach walk, they enjoyed a barbecue and lawn games together.

Sandra Lobban received a Mountain Equipment Co-op prize package for being the walk's top fundraiser. Lobban brought in more than \$500.

Dunnottar's Walk for Water was the first of three Lake Winnipeg Foundation events. On Aug. 7, Gimli and Victoria Beach will both host Walks for Water. New this year is an online Walk for Water, where those wishing to donate can do so on the Lake Winnipeg Foundation website. So far, online donations have totalled \$1,600. Participants can also sign up online to get pledges that way.

Those wanting more information or to donate can visit www.lakewinnipegfoundation.org.

16th annual
Gimli Film
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Congratulations
to **Rachelle Philipe & Joe Litwin**,
winners of two super passes
to the 2016 Gimli Film Festival!

> LOCAL CADETS, FROM PG. 1



Local air cadets have recently returned home after completing their two-week general training course at the Cold Lake Cadet Training Centre. Pictured back row, left to right: Riley McMahon (Teulon), Victor Einarsson (Gimli) and Stephen Anslow (Teulon); front row: Corbin Symynshen (Gimli), Indiana Humniski (Gimli) and Kaleb Tuokko (Arborg).



Part of general training for air cadets is to allow them to see different pieces of Air Force equipment, including the Canadian CH-146 Griffon Helicopter. Pictured, top to bottom: Stephen Anslow (Teulon), Laura Sveistrup (Ashern), Bryn O'Neill (Stonewall) and Spencer Roche (Stonewall).

EXPRESS PHOTOS BY NATASHA TERSIGNI

ing and even having the opportunity to fly in a small airplane, the cadets were introduced to summer training. They had an opportunity to try everything that will help them in the years to come when they have to pick three- and six-week summer courses to take part in.

The course allowed the local cadets to be able to take part in unique opportunities including meeting Canadian astronaut and former air cadet Jeremy Hansen, attending the Cold Lake Air Show and even touring a hangar 4 Wing where a CF-18 Hornet was being repaired.

For 13-year-old Sveistrup, who has been a member of Fisher Branch's squadron for a year and a half, the general training course was her first time taking part in summer training.

"I really liked it and made a bunch of new friends. The familiarization flight was my favourite part of the course. You get into this really small plane, you have to wear a safety vest, and then you get to wear these cool headphones so you can talk with the pilot. Then we took off and got to see Cold Lake from above. It was really neat," said Sveistrup.

"I loved the rush you get when you are in the air."

In the fall, the cadets who were on the course will be able to share the knowledge and the skills that they gained back at their home squadrons.

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Winnipeg Beach to launch frost-boil offensive

By Patricia Barrett

The Town of Winnipeg Beach plans to test drive a road-hardening product on select streets in an effort to combat the perennial problem of frost boils.

Mayor Tony Pimentel and members of council outlined the frost-boil offensive during a public forum they hosted July 23 at the Community Centre.

"It actually hardens up the road ...," said Pimentel, referring to the product, "and ... if it works well, we're going to look at going forward and doing other streets."

Pimentel said council was at a conference in Brandon recently and learnt of the road-hardening solution after visiting the RM Cornwallis, which encompasses Brandon on three sides.

Council received first-hand testimony from a Cornwallis concrete company regarding the feasibility of the product, and it will be proceeding with caution.

A "couple of streets" in Winnipeg Beach will receive the product to see how well it stands up to the frost-thaw cycle before council invests in it.

To the best of its knowledge, council said the product is environmentally friendly and has been used in only a few communities across the province. It acts like a sealer between water and clay.

Council did not have the name of the particular product at hand (or actual cost per road), but it said the concrete company "will determine how much product and what mix of product" the town needs to get a "good, stable road."

The alleged miraculous power of one road-hardening product used in rural North Dakota is discussed in Volume 35(5) of the 2011 edition of *Farm Show Magazine*. The enzyme-based solution



EXPRESS PHOTOS BY PATRICIA BARRETT

Town of Winnipeg Beach Mayor Tony Pimentel, left, and members of council, including Daryl Carry, held a public forum Saturday, July 23 to provide residents with an update on infrastructure and services and to receive feedback about areas of concern.

containing molasses claims to turn "compacted earth hard like shale in hours."

The boils this spring wreaked havoc with roads in several municipalities across the Interlake.

"I can assure you that Winnipeg Beach was not unique in the heavy frost boil situation that we had this year," said Pimentel.

To add to the misery, the town's grading operations were hampered by constant periods of rain.

"We tried to get out there in June with our equipment," said Pimentel. "Unfortunately, the equipment is very heavy and was causing more problems [to the roads]."

The town is continuing to work on roads it had not been able to grade or apply dust-control solution to because of wet conditions.

"We're continuing to do the roads

... down the west side," said Pimentel. "We're doing the east side and then after that we're looking at doing the back lanes again."

The town does not have a formal road improvement plan in place, but Coun. Daryl Carry said council is currently focusing on major thoroughfares and applying for government infrastructure grants.

"It all depends on dollars," said Carry, who oversees Public Works, Transportation and Public Health along with Coun. Reykdal.

"Most grants in the last 20 years were for water and sewage, not roads necessarily," he said, citing the impact of the drinking water tragedy in Walkerton, Ont.

Carry said that to fix frost boils, a road needs to have a proper base. It could cost roughly \$100,000.

"When we say \$100,000, we can't

do a mile — at least we were told we can't — it's more of a block to do it if you want to dig it out several feet and do it properly," he said. "So we have 10 streets just on the north end ... 30 streets in town, minimum. Realistically, if we do one a year, it's 30 years."

Pimentel said the town's road plan changes year to year depending on how roads withstand temperature fluctuations. One year, a road may be fine; the next, really bad.

"We are working very, very hard with the budget that we have and the monies we have," he said. "Everything that we can put aside for additional improvement on roads, this council is doing it."

Pimentel said another necessary piece to ensuring a stable road system is having proper water movement through roadside ditches. Water back-up can erode roads and lead to their collapse.

"So at the same time we're doing the road construction of high frost-boil areas, we're looking at the ditching on either side and looking at improving it so the water can ... drain away from that road and keep that road stable," said Pimentel.

Council hosts a public forum each year to update permanent and seasonal residents about the work it has carried out over the past year and to receive feedback on issues of concern.

In addition to road improvements, council provided residents with an update on water system and lagoon improvements, age friendly initiatives such as the enhanced sidewalk downtown, the need for the province to install lighting on the new boardwalk, hedges on private property encroaching on sidewalks, derelict properties, parking in the downtown core and stray cats.

Canadians kids are tired

By Stefanie Lasuik

Canadian kids aren't moving enough to be tired, and they're too tired to move. These are the troubling findings of this year's ParticipACTION Report Card on physical activity for children and youth.

The report card points to two cycles. In one, kids who are getting physical activity tire out then sleep well. In the other, kids who aren't being active enough aren't tiring out. They don't sleep as well, so they aren't getting

the energy they need to be active. The cycles repeat.

The troubling news increased when researchers found that only nine per cent of Canadian kids aged five to 17 are getting 60 minutes of needed heart-pumping activity. The others are more likely to fall into the trap of tiredness.

Not only are sleep-deprived kids less likely to exercise, they are more likely to struggle with verbal creativity and problem solving. These kids

Study finds many kids stuck in sleep-deprived cycle

generally score lower on IQ tests, according to the card. Shorter sleeps can also cause hormonal changes associated with obesity, diabetes and hypertension. If the pattern continues, kids can develop chronic sleep loss, which is linked to higher rates of depression and suicidal thoughts.

The report card recommends nine to 11 hours of uninterrupted sleep per night for five- to 13-year-olds. Those aged 14-17 should get eight to 10 hours each night.

The area Canadian kids need most improvement is with their sedentary behaviours. They earned an F in this category for their inability to unplug. Only 15 per cent of children aged three and four met the guideline of one hour or less of screen time per day. Twenty-four per cent of youth aged five to 17 met their recommended duration of screen time of two hours or less. The study also found

Continued on page 7

Aggressive business tax incentive proposed

By Patricia Barrett

The Arborg-Bifrost Community Development Corporation and the Chamber of Commerce have come up with an "aggressive" idea to boost new business development in the RM Bifrost-Riverton.

Pat McCallum and Beverly Magaway, economic development officers with the ABCDC, and Owen Eyolfson, Chamber of Commerce president, presented a tax incentive proposal to the RM council at its regular meeting July 13.

"After the last strategic planning session, there was some discussion around tax incentives for businesses getting aligned between the RM and the town [Arborg]," said Eyolfson, "and having one cohesive package for spurring development in the area."

The group examined tax incentives offered by other communities in the region and factored them into their proposal.

Eyolfson said Teulon, for example, offers 80 per cent off taxes for the first year, 60 per cent for the second year and 40 per cent for the third year.

"And that's for all new builds only," he said. "So with us being further from the labour market which is Winnipeg ... we're not as attractive as ... Teulon. So we have to be a little bit more aggressive, I feel."

Pat McCallum said their scheme would apply to new businesses setting up shop in town, in Arborg's industrial park or in the RM, which includes the Riverton area.

"What we're recommending that you folks consider is ... a 10-year approach," she said. "The first year, an organization that's building a new building would get 90 per cent off their taxes. Going down to year 10, zero per cent."

The group presented a chart showing what a business could potentially save in taxes over the duration of the incentive plan and the respective amounts the RM would receive in taxes.

"Say a company builds a \$3 million building," said McCallum, "the taxes on that would be approximately \$74,000 a year, which is \$41,000 and change for school tax and \$32,500 for municipal tax."

Taking 10 per cent of the municipal tax [in year one], the municipality would receive \$3,250 and the new business would be saving \$29,300, said McCallum. Year two, the municipality would receive \$6,500. In year 10, the municipality receives full taxes.

Over a 10-year period, the municipi-

ality would receive \$178,985 in taxes and the business would save \$146,420.

The scenario would apply to new business startups, but the group said the RM could also look at tax incentives for established businesses interested in expanding their facilities. In some of the communities they examined, businesses were given a three- or five-year tax break.

"If they do a \$400,000 expansion, they're not all of a sudden charged with a huge tax bill," said Eyolfson. "They keep the same taxes for a certain period of time before they go back up to the full tax just to help defer the costs."

Coun. Colin Bjarnason said he liked the proposal.

"I think we all know that we need an incentive to attract new businesses," he said. "The best thing about it is, right now, you're not getting any taxes on a piece of property, so why wouldn't you go with the incentive?"

An Arborg company that has a plant in Teulon is looking at expanding there, said Eyolfson. Teulon's three-year tax incentive poses a competitive challenge.

Deputy Reeve Dave Shott broached a concern with the RM having to shoulder the cost of substantial infrastructure for new businesses wanting to set up in areas lacking water or natural gas services.

"How are we supposed to recover those costs if we're spending a couple hundred thousand dollars or half a million dollars on infrastructure for this business?" he said. "And I think there's a bigger picture here: we're talking about our taxes. Why is nobody talking to the school boards?"

He suggested the school boards take some of the brunt of the costs.

Council agreed that was a good point.

"It's always on the municipality's back," said Shott. "I'm all for expansion, don't get me wrong. But I don't think it's fair that the school board doesn't take some of that responsibility."

Coun. Morley Nordal, who sits on the CDC, said the group had discussed the issue of school taxes.

"It's just blown out of proportion," he said. "They don't do it with any fairness. It's just, this is what we want and collect it."

Coun. Chad Johnson said it's the same scenario for cottagers who live in the city but have to pay tax to the Evergreen School Division.

Reeve Foster said the RM is working on a development plan that is going



EXPRESS PHOTO BY PATRICIA BARRETT

Owen Eyolfson, left, president of the Arborg Chamber of Commerce, and ABCDC economic development officers Beverly Magaway, middle, and Pat McCallum presented the RM council with a tax-incentive proposal.

to "plot out where industry should be and where manufacturing should be and where housing should be and ... incentives to make those things happen."

Businesses setting up in the industrial park is less costly to the RM in terms of infrastructure, said Foster.

"We spend massive amounts on roads to go out to hog barns ... and we can't keep up with that."

At the same time, he said there has to be some incentive for businesses that want to build or expand outside the park, as well as for those already operating in the park.

"We have to come up with a different incentive for those who don't choose to go into the industrial park," he said. "We still have to show appreciation that they're building in our community."

Another problem facing the RM is a lack of labour. One solution ABCDC has been considering is partnering with the Manitoba Provincial Nominee Program, which recruits people from overseas.

"In order to attract enough business here," said Beverly Magaway, who will be taking McCallum's place as economic development officer, "we also need to address the issue of supplying the business with a workforce."

She said Morden has a partnership with the MPNP and over the past few years has been successful filling labour-force needs.

There is absolutely no cost to employers, said Magaway. The MPNP will be recruiting in the Philippines and the U.K. in October.

The group will be presenting its tax-incentive plan to the Town of Arborg council and agreed to initiate discussion with the school division about its taxes.

"Our bottom-line recommendation is let's be aggressive and competitive," said McCallum.

While RM council considers the group's proposal or another development plan, Foster said businesses are welcome to approach the RM about a tax incentive.

"If anybody is going to build, they just need to approach us and we'll come up with something for them."

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> ARNIE WEIDL Family fishing trip at Grindstone

Welcome, my outdoor friends.

For some time now, I've been thinking we should visit the camping and fishing Grindstone settlement that lies west of Hecla. Happily, I had a little extra time on my hands last week, so here we go.

I drove up Highway 9 and turned north on the Grindstone gravel road a bit before the Hecla causeway. It didn't take long before the immense lush grasses, huge dark green spire spruces and pines were spilling over the road's shoulders. The wild fullness of the forest in the clear, sunny morning and the eagles, gulls and pelicans everywhere in the sky were almost too much for the senses as I rolled into the settlement.

When I say settlement, it was hard to tell because there was no town centre. The only way you knew you'd arrived was by spotting a general store, the meeting place, which was hidden well back in a cut in the bush. Close by, a cozy pier made of massive old-style preserved railroad lumber, was protected by high berms of limestone boulders.

As I pulled up, a family in their boat were tying off after a run. Approaching them, I could hear their excited chatter filling the air. One chap in the middle of the throng smiled, saying he was Brad Freeman. He made introductions, singling out Kris, his wife. When asked, he said he hadn't caught anything that day but had taken a very nice walleye previously, which he was nice enough to send a picture along for us to admire. We talked for a while about how Grindstone was such an undiscovered treasure. Then Brad, with a secretive grin, said, "You should stop by the store and say hi to Darrell Kowal."

That grin got me interested, so after saying goodbye to the Freeman family, I headed for it. As I pulled up to the front of the building, it was a perfect picture log cottage with a raised veranda of dark planking and poles. Behind the veranda railing, a fellow of moderate build sat bent over a slab of wood to which he administered slow but deliberate chisel strokes. As I got out of my car, the most I could see of his face was a fuzzy grey-black beard. Walking toward the veranda steps, the stillness of being under gigantic evergreens and the crackling of the pine needles and gravel under my feet calmed me as I hailed in a subdued voice, "Would you happen to be Darrell?"

"That's me," he returned, his face now raised, showing small glasses hanging low on his nose, his eyes busy as



EXPRESS PHOTO SUBMITTED

Brad Freeman with a walleye he caught in the Grindstone Bay.

they squinted. Darrell motioned me to sit down and under the coolness of the veranda and we became acquainted.

He lives here all year, he said, enjoying the life of a solitary outdoorsman and pursuing his passion for carving. As he talked, periodically his tanned hand holding a chisel would precisely gouge a bit of wood from the large cedar relief sign across his lap. As he worked, he told of a time when he chipped lake ice for water and ice fished for food years ago. What a rare man. Too soon I had to leave him but I know we'll meet again.

A while back, I got down to the shores between the Patricia and Balsam beaches. There I met Emilio Manalastas, who had just caught one of the biggest drums I have ever seen. We talked as he strung it and put it into the water. He laughed, recalling another time here when he and a friend had caught seven pickerel and his friend didn't knot the string right. When they were ready to go home and pulled the rope up, the fish were gone.

I met a chap Dan Delorme in Selkirk not long ago and he told me a very interesting story. It seems his son Michael is an expert kayaker and practises in the winter in Pensacola, Fla. During their sessions on the ocean, they were pleased to see dolphins swimming alongside them knowing that sharks will not come near, which made their workouts much safer.

Well, summer's short so have fun outside. Bye now.

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Gimli MLA relocates office

By Patricia Barrett

Jeff Wharton, PC MLA for the Gimli riding, moved his constituency office to a larger space in Gimli's central district and threw open the doors July 20.

Wharton didn't go far: he moved one door down from his former campaign office.

The centrally located office at 68A Centre St. will serve residents living in various communities, including Hecla and St. Andrews, which are part of the Gimli riding.

"From being out in the community, we know we need an ear on the ground," said Wharton by phone from Newfoundland where he was attending a conference.

He said the government is concerned about issues affecting the rid-

ing and is working to resolve them.

Constituents are welcome to "come and voice their concerns," he said.

Some of the outstanding issues from the previous government — such as doctor shortages — may take time to resolve, he said, but "we need to make sure we get it done right."

When Wharton is not at the legislature, meeting with constituents or attending community events, he will be staffing the constituency office.

Office hours are Monday, Tuesday and Thursday from 9 a.m. to 4:30 p.m.

Constituents can contact Wharton five days a week by calling 204-642-7843.



EXPRESS PHOTO BY PATRICIA BARRETT

Jeff Wharton's constituency office is now located at 68A Centre St. in Gimli, one door down from his former campaign office.

> KIDS ARE TIRED, FROM PG. 4

that high school students spend an average of 8.2 hours looking at a screen every day.

Instead, these kids could spend time in active play. The report card gave Canadian youth a D plus in this area for their lack of participation in unorganized outdoor activity.

"There's nothing that physical activity won't improve in the life of children and youth," said Gimli's manager of parks and recreation Chris Hornby.

Unfortunately, it seems the kids who are signing up for physical activity camps in the region are the ones more inclined to be active anyway, he found.

For example, the July 25-29 soccer camp in Gimli attracted young soccer players and athletes.

The ParticipACTION Report Card is issuing a wakeup call for Canadians to get off the couch and to get outdoors.

"If Canadian kids sit less and move more, we will all sleep better," it reads.

RECYCLING IN MANITOBA

Share Your Views

concerning eight stewardship program plans

The Manitoba government is reviewing eight proposed new plans for the recycling and collection of designated products.

Under the Waste Reduction and Prevention Act regulations, Producer Responsibility Organizations have submitted product stewardship plans concerning the proper recycling and collection of materials and products such as: paper and packaging, paint, fluorescent lights, other household hazardous waste, electrical and electronic waste, used tires, primary and rechargeable batteries, lead-acid batteries, unused medications, and mercury-containing thermostats.

We Want to Hear from You

Manitoba Sustainable Development wants to hear what you have to say about the stewardship plans for the following programs:

- Packaging and Printed Paper Program
- Household Hazardous Waste Stewardship Program
- End-of-Life Electronics Stewardship Program
- Tire Stewardship Program
- Battery Stewardship Program (primary and rechargeable batteries)
- Manitoba Stewardship Program for Lead-Acid Batteries
- Manitoba Medications Return Program
- Manitoba Stewardship Program for Mercury-Containing Thermostats

You can review the plans at greenmanitoba.ca/new-stewardship-plans or on Manitoba Sustainable Development's public registry: www.manitoba.ca/conservation/eal/registries/index.html. You may request printed copies by calling 204-945-0578 or 1-866-460-3118.

Please provide any feedback via email to: stewardship@greenmanitoba.ca. The deadline for comments on the plans is October 4, 2016. Feedback may also be sent in writing to:

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Gimli to host Manitoba Elvis Festival Aug. 5 to 7

By Kaitlin Vitt

The annual Manitoba Elvis Festival in Gimli is a chance for people to take a break from reality, one performer said.

"While they're watching my show, they completely forget that any of this hatred or killings or anything else like that is going on in the world," Adam Tarnowski said people have told him. "They're in a peaceful world when they're sitting there watching our show."

Tarnowski, who performs as Adam T. Elvis, will be at this year's festival, running Aug. 5 to 7. Tarnowski's 10-year-old son Jackson will also perform. The two perform individually and together.

Though Tarnowski said he adds his own touch to his performance, he said he tries to copy Elvis's moves and sound.

"If Elvis was on stage, would he be doing this move right now? Would he be singing this song? Are people really seeing me as Elvis, or are they seeing me (as) who I am?" Tarnowski said he wonders while performing.

He said audience members have told him, "When

they're watching my show, they're watching as if Elvis Presley is on stage."

There will be some Elvis tribute performances Friday, but it's mainly a '50s and '60s dance party with tributes to Johnny Cash, Patsy Cline and Merle Haggard. There will be 10 Elvis performers Saturday and an Elvis gospel show Sunday.

"For the older crowd, they get to relive the memories from when they were younger. They get to reminisce about when they first saw Elvis," Tarnowski said.

These people may also bring their kids or grandkids to the show, exposing other generations to Elvis, he added.

"It's really just keeping the memory of probably the best entertainer alive."

The festival, which started in 2001, will be at the Gimli Recreation Centre and is held as a fundraiser for Evergreen Basic Needs.

Friday and Saturday tickets cost \$25 each, and Sunday tickets cost \$15. Tickets are cash only and are available at All Star Karaoke in Winnipeg, Evergreen Basic Needs in Gimli or at the door.



EXPRESS PHOTO COURTESY OF ADAM TARNOWSKI
Adam Tarnowski will perform as Adam T. Elvis at the Manitoba Elvis Festival in Gimli Aug. 5 to 7.

Eriksdale Creamery Days offers entertainment and history

By Kaitlin Vitt

The 12th annual Eriksdale Creamery Days Fair and Rodeo will not only be about entertainment but will also be about education.

The Eriksdale Museum will have free entry during Creamery Days Aug. 19 to 21. Guests can look at five trunks from *UNLOCKED: Stories of the Interlake*.

In 2014, 10 museums put together small exhibits that have travelled the Interlake. This is the last year the trunks will travel the region, the 2016 Manitoba's Interlake Tourism Guide says. The five trunks will be in Eriksdale for all of August.

"You think, well, OK, all our little museums, they are basically the same, just old stuff and whatever," said Andrea Sweetland, Eriksdale Museum's secretary treasurer. "That's not the case. There's some really, really neat stories that are told, and they are all totally different."

Participating museums told one story in the trunks, which are easy to move displays. Learn about the creaming process from the Eriksdale Museum, a bank robbery from the Ashern Pioneer Museum or the ship-

ping industry from the Marine Museum of Manitoba.

"It helps us to understand our past and why we've gotten to where we are," Sweetland said about the trunks.

Creamery Days is named after Eriksdale's creamery, which was a big employer in the region from the 1900s until the late 1990s, Sweetland explained. The former creamery is now the museum. Guests can look at creamery equipment, which is no longer functional, and learn about the cream to butter process.

This is the third year Eriksdale Creamery Days is combined with the fair and rodeo.

A new addition to this year's event is the home living section, where people will compete in events like crafts, baking and photography. Participants can enter by Friday night. On Saturday, people can look at the entries, which will be judged that day.

Throughout the weekend, there will be musical entertainment, the rodeo and kids' activities such as a kiddie train. Festivities will be at venues throughout Eriksdale, including the McEwen Park Rodeo Grounds, the museum and the recreation centre.



EXPRESS PHOTO SUBMITTED

Eriksdale Creamery Days will offer free entry to the Eriksdale Museum Aug. 19-21.

"It's entertainment for the whole family," Sweetland said. "It's a very relaxed atmosphere."

Activities start at 6:30 p.m. Friday,

8:30 a.m. Saturday and 11 a.m. Sunday. Visit eriksdalemuseum.org for the event's full schedule.

Lundar Clinic expands its services

By Stefanie Lasuik

The Lundar Clinic officially reopened its doors on July 22. The one-clinic-room operation now has three clinic rooms, so more patients can be treated at a time.

The clinic's layout includes a lab, a mental health office, a home-care office, a nurses' office, public and staff washrooms, a meeting room, a copier room and storage rooms. The clinic also added two consult rooms for group meetings and mental health sessions.

The renovations brought better facilities within each room as well.

The sinks are hands-free to reduce the spread of germs. Computers with patients' medical records sit at the nurses' fingertips. Blinds around the doorway give patients added privacy, and the walls are sound-proof.

Leana Smith, regional manager of community wellness, said the design process took about three months. Even the lights and tables were selected with patients' comfort in mind. The lights have dimmers so nurses can adjust them as requested.

"We're really trying to think of people's comfort," said Smith.

With their attention to comfort came a concern for accommodation. The renovation committee made the doorways wider to accommodate for those on scooters or in wheelchairs. They also ordered longer chairs for parents to sit comfortably with their kids.

Nurse practitioner Beryl Dziedzic

said her favourite improvement is the exam tables. They now lower and rise so seniors don't have to balance on a stool to get on them.

The building previously had two unused dental offices and unworkable spaces due to air handling sound moving through thin walls. It's now a state-of-the-art facility, according to IERHA chief executive officer Ron Van Denakker

"This is a key piece of infrastructure for the future," said Van Denakker. As a primary health-care facility, it is important in keeping people healthy and out of hospitals, he explained.

The renovations make future blood workstations possible. Right now, locals have to travel to Eriksdale for blood tests.

The clinic will also look forward to the addition of telehealth in August. Telehealth allows patients to video-conference with their health-care providers so they don't always have to travel to the clinic.

Construction on the clinic began last December and was funded by the provincial government.

Similar improvements may be coming throughout the Interlake in the next year or so. Van Denakker said the IERHA is now looking at how to best allocate funds to primary health-care facilities in the IERHA. His team is currently analyzing the needs of each community, which they will do for a 12-month period before granting the funds.



EXPRESS PHOTOS BY STEFANIE LASUIK

Pictured left to right, primary health care clinical team manager for Lake Manitoba East Jeremy Buchner, IERHA CEO Ron Van Denakker, IERHA board directors Lina Desjarlais and Faye Goranson, Interlake MLA Derek Johnson and member of the public Robin Lagimodiere assembled to cut the ribbon on Lundar's newly renovated clinic.



Cathy Johnson, Lundar Clinic's public health nurse, enjoys her new room.

Hepatitis C: the five types of people most at risk

Submitted

Viral hepatitis C is a serious liver disease that is spread through blood contact and may lead to liver failure, cancer, cirrhosis and death, if left untreated. Some 300,000 Canadians are infected with the disease, and about half of them are unaware they are carrying it. Who are they?

1. Intravenous drug users

People who are injecting drugs and sharing needles are at high risk for a number of health issues, both from the drugs themselves and from the unhygienic injection materials. Hepatitis C is easily spread through the reuse of needles, and users may be co-infected with HIV/AIDS. Even people who have injected drugs only occa-

sionally are encouraged to get tested.

2. Immigrants from countries with high levels of hepatitis C

Health-care systems in many lower income countries may not provide the necessary level of sterilization and hygiene practices to prevent blood contamination. People from these regions who have high standards of personal care and cleanliness may still have contracted the disease through past medical treatment.

3. Native Canadians

Unfortunately there are still pockets of populations in Canada, especially of Aboriginal people, who live in sub-standard conditions and receive sub-standard health care. This demographic has a higher risk of contract-

ing viral hepatitis, among the many other ways in which they are vulnerable to infection and disease.

4. Baby boomers

Many of the 300,000 Canadians who are infected with hepatitis C were born between 1945 and 1965. Strict blood safety practices are fairly recent in Canada, and even so, there have been lapses and errors in the system. Anybody who had medical procedures before 1990 may have contracted hepatitis C and be unaware they are carrying the disease.

5. Just about everybody else

Did you know that the hepatitis C virus can remain alive in dry blood outside the body? Or that anything from sharing a toothbrush to going to the

barber to getting a little amateur tattoo could put you at risk? Even more troubling, you could be symptom-free for 20 to 30 years while the disease slowly damages your liver.

What to do?

In the lead up to World Hepatitis Day on July 28, the Canadian Society for International Health is urging Canadians to know their status, get tested and learn their options.

Find out more about hepatitis C: at www.liver.ca/liver-disease/types/viral_hepatitis/Hepatitis_C.aspx.

Be sure to check out the program of community events across the country to mark World Hepatitis Day at www.whdcanada.org/events.

16th annual Gimli film festival

July 20th - 24th, 2016

Gimli Film Festival opening reception reels with festivity

By Patricia Barrett

Dignitaries, politicians, filmmakers and movie fans gathered at Gimli's swanky Waterfront Centre July 20 to usher in the 16th Annual Gimli Film Festival.

Over 100 indoor films from across the province and the globe were screened July 20-24 at various venues, attracting thousands of film fans and tourists to the town. An 11-metre tall screen on Gimli's main beach showcased Manitoba filmmaker Sean Garrity's film *Borealis* and Hollywood favourites.

Guests were treated to filmmaker Andy Blicq's series of "streeters" or interviews that he conducted around town to gauge the impact of the festival on the beachside community and its importance to both newcomers and seasoned filmmakers.

Terry MacLeod, host and producer of CBC's *Weekend Morning Show*, asked Janice Filmon, Manitoba's 25th Lieutenant Governor, whether she'd like to say a few words to the crowd.

"I would. Can you imagine if I said no?" said a playful Filmon, causing the room to erupt into laughter.

Saying she was amongst friends, Filmon spoke about how lucky we are to enjoy a film festival in a "magical place" on the shores of Lake Winnipeg.

"I hope you take the time before a meal or ... when you go to bed at night to really think about the blessings that you are a part of," she said.

With reference to provincial and municipal politicians and the volunteers who worked so hard to get the festival up and running, Filmon said, "Really, what you've done is given a whole lot of leadership to an idea that somebody had."

That somebody was PC Senator Janis Johnson, who founded the festival in 2000 and serves as chair.

Filmon went on to speak about the wonderful things the festival has done for Gimli before closing with the words, "On with the show."

"Since its founding, the Gimli Film Festival has brought the world to this little corner of Lake Winnipeg. And it has brought the people of this community together in a new and exciting way," said Filmon. "There's a kind of



Manitoba's 25th Lt.-Gov. Janice Filmon spoke at the opening reception.

magic that floats over the beach when thousands of watchers are sharing a favourite moment on that big screen in the water."

MacLeod said the town wouldn't have this festival without the initial and ongoing support of the Government of Iceland.

On behalf of council, Gimli Mayor Woroniuk welcomed guests to the festival and thanked those who made it happen.

"It's a great honour for me," said Woroniuk. "I see people from all over the world coming to visit our community. It has put us on the world map. ... Gimli is a town on the move."

Manitoba Minister of Justice and Attorney General Heather Stefanson, appearing on behalf of Gimli MLA Jeff Wharton, Selkirk-Interlake Eastman MP James Bezan and RBC regional president Kim Ulmer were among those who brought greetings and spoke about the positive impact of the festival.

As guests mingled, chatted and made new friends, festival board member Norma Bailey got into the movie-making spirit at the Retro Flip Books booth. She and a few cohorts donned fancy dress and made their own movie.

The skill of the hundreds of filmmakers taking part in the festival was



EXPRESS PHOTOS BY PATRICIA BARRETT

Senator Janis Johnson, founder and chair of the Gimli Film Festival, stepped out on the Waterfront Centre's deck high above First Avenue to watch lightning crack over Lake Winnipeg. A severe storm hit parts of Manitoba during the Gimli Film Festival's opening reception but left the town unscathed.



GFF board member Norma Bailey gets creative under the bright lights of the Retro Flip Books studio, which offered guests a chance to star in their own movie.

no match for the show *Mother Nature* put on during the celebration.

Senator Johnson and dozens of guests squeezed onto the outdoor deck high above First Avenue to ooh and ahh at the way she majestically lit up the harbour and unwound dazzling bursts of lightning over Lake Winnipeg.

Manitoba Liquor & Lotteries, Pharmasave, the *Express Weekly News*, RBC Royal Bank, Telefilm Canada, Integro Entertainment, McNally Robinson and the Winnipeg Film Group were among the many sponsors of the event. Catherine and David Filmon were among the sponsors of the opening reception.



Making movies at Gimli Film Festival's opening reception

By Patricia Barrett

A deeply moving film about overcoming the odds and finding acceptance was one of the star attractions at the opening reception of the Gimli Film Festival last week.

The premiere of the film *Lost in Gimliwood* earned a standing ovation from dozens of dignitaries, politicians and film buffs who gathered at the Waterfront Centre to celebrate the launch of the festival's 16th year.

The avant-garde film follows the trials and tribulations of a young Viking princess named Thora (starring Gimli Coun. Thora Palson), who becomes disenchanted with her stifling and meaningless royal duties in the Kingdom of Iceland.

Thora convinces the owner of a fishing trawler in Ísafjörður to provide her with passage to New Iceland and the bright lights of Gimliwood, the settlement's entertainment hub.

A gifted and audacious trumpet player, Thora lands a regular gig at Seagull's Restaurant & Lounge in the Lakeview Resort.

But as is often the case in the entertainment industry, it's not talent that counts but looks.

Despite her timeless and radiant beauty, Thora's unihorn — a congenital anomaly — becomes the subject of whisperings around town, and unflattering photos of her find their way onto numerous social media sites with the hashtag #hornyprincess.

At first the vile scrutiny takes a toll on Thora's confidence, but before

long, inborn Viking pride rears its head. She lashes out at a local ratepayer who publicly ridicules her unihorn, sending him to hospital with a deep gash across his cheek.

The display of passion lands Thora in a damp cell at the local RCMP detachment.

Concerned about his hotel's reputation, the manager of the Lakeview sacks Thora. She's forced to busk on Centre Street, and with next to no income, has to beg for spare vinaterta from the Sugar Me Cookie bakery.

Thora's life takes a turn for the better when a cowboy named Randy (played by Mayor Randy Woroniuk), who's suffering from hypochromic anemia or "green sickness" that has badly afflicted his hands (and which grows worse day by day because of the town's lack of doctors), finds her seemingly lifeless form on the beach one morning.

In spite of the hundreds of fish flies clinging to the young princess, the burly cowboy gathers her in his arms and gently immerses her in the therapeutic waters of Lake Winnipeg.

Randy befriends Thora, knowing what it's like to live with a physical peculiarity and the pain of being separated from family; his only daughter married and left him to fend for himself on his sprawling dude ranch north of Gimliwood.

He introduces the princess to Robert (played by Robert Arnason, vice-chair of the Evergreen School Division board), a teacher lauded by the



EXPRESS PHOTO BY PATRICIA BARRETT

Gimli Mayor Randy Woroniuk, Coun. Thora Palson and vice-chair of the Evergreen School Division board Robert Arnason made their own movie at the Gimli Film Festival's opening reception July 20.

community for his positive influence on youth.

Robert takes Thora under his wing, urging her to pursue her dreams despite his own unwillingness to come clean about his passion for burlesque boxing in the back rooms of the Gimliwood Hotel.

The crux of the film comes when the trio gets hold of a bootlegged bottle of Northern Harvest Rye and rambles around the central district in the wee hours, disturbing the peace.

Fuelled by booze, they express deep frustration of a life half-lived and make a vow to show the world who they truly are.

They wind up at the Film Festival's opening reception and cause an uproar with a ground-breaking cinematic performance the likes not seen since Ingmar Bergman's *Seventh Seal*.

The pathos of one scene, in which

the cowboy and the boxer pummel the trumpet-playing princess, moved the crowd to tears for its symbolic portrayal of human cruelty towards those perceived as different.

The actors were swamped by the media in the green room after the performance.

"I love drama," Palson told the *Express*.

The film was directed and produced by Krystall Levesque and Bradley Chammartin of Retro Flip Books, a Winnipeg-based company that lets people create their own mini-movie.

The company compiles a series of photographic stills into a small palm-sized book. As the pages are flipped, the images appear to move.

For more information about Retro Flip Books, visit www.retroflipbooks.com.

Under the stars screening

EXPRESS PHOTO BY ANDERS KUUSSELKA

The popular, free beach screening offered Gimli Film Festival goes the chance to see Hollywood favourites such as *Raiders of the Lost Ark* and *The Goonies* along with Canadian and international films on an 11-metre outdoor screen on the shores of Lake Winnipeg from Wednesday to Sunday.



Film Festival recognizes outstanding industry achievement

By Patricia Barrett

Organizers of the 16th Annual Gimli Film Festival celebrated the achievements of those in the performing arts during an awards ceremony held at the Lakeview Resort last Saturday evening.

Terry MacLeod, who hosts the Weekend Morning Show on CBC Radio One (89.3 FM) was the host for the evening. He introduced PC Senator Janis Johnson, the founder and chair of the festival.

"She's not a figure-head," MacLeod said. "She makes this thing go."

Johnson presented the Alda Award (Alda means wave in Old Norse), which she created to celebrate outstanding filmmakers/producers from circumpolar countries, which include Canada, Russia, the Baltics and the U.S.

The recipient of the Alda was Tantoo Cardinal, an Alberta-born First Nation's actress who has appeared in over 50 films, including *Dances with Wolves*, and who has starred in a number of Canadian television series such as *North of 60* and *Arctic Air*.

"I have not met her," said the senator, "but she is a legend."

Johnson paid tribute to Cardinal's body of work and her inspiring contributions to the Indigenous community.

"Tantoo Cardinal is someone I greatly admire. I've ... watched her work my whole life," said Johnson. "She is deeply honest — incredible integrity — an incredible leader who has pushed many boundaries ... and is a lone trailblazer, establishing and developing opportunities for Indigenous women."

Tina Keeper, a First Nation's actress who starred in *North of 60*, and is a

former MP for the Churchill riding, accepted the award on Cardinal's behalf.

Keeper spoke of the difficulty Indigenous actors faced with the roles they were often offered and how Cardinal's talent opened the way for other First Nation performers.

"To have Tantoo honoured this way is really emotional for me because she was a lone trailblazer," said Keeper. "And she used to say to me, 'I was the one who had to wear the skins.' As an Indigenous actor, she was blazing a trail, which was really difficult, playing characters that had no last names, no families, often didn't speak English very well, didn't communicate well, didn't have any high conceptual thought. But as an incredibly intelligent and incredibly creative human being, she brought such dignity and fortitude to her craft, and she barrelled through and made it possible for the industry to emerge."

Keeper thanked those who gave Cardinal a chance to work in the industry "instead of casting an Italian person" to play an Indigenous character.

"Tantoo was the first native actress," said Keeper. "She made so much possible, not only for Indigenous actors, screenwriters, producers and directors but for all of us to understand ourselves collectively and as a community."

The Jack Clements Livin' the Dream award, which celebrates lifetime achievement in the film industry, went to Claude Forest, founder of Multimedia Risk.

Forest co-founded the Manitoba Motion Picture Industry Association, is co-founder of the Documentary Organization of Canada (Winnipeg



EXPRESS PHOTO BY PATRICIA BARRETT

Claude Forest accepted the Livin' the Dream Award from GFF board member Norma Bailey.

Chapter) and is a founding member of the Canadian Film and Television Producers Association.

GFF board member Norma Bailey presented Forest with the award.

"Like many good movie plots do, he morphed, and in his own way became integral to this community and our industry and created his own way of living the dream," said Bailey, with reference to Forest's ability to combine filmmaking and the selling of entertainment insurance.

Forest was given a lengthy standing ovation for his contributions to the industry.

He spoke about the filmmaking community, paying tribute to Senator Johnson for her vision of creating a festival in Gimli "on the beautiful shores of the lake."

"I look across the room and ... I recognize many builders here, many people that have invested themselves and allowed the various clusters of community to grow and to succeed," said Forest, who used to work for the CBC and now insures Hollywood films, among others.

Festival director Rick Kemp thanked festival staff, board members, and sponsor Royal Bank for their contributions to the festival. He singled out the volunteers for donating their generous time.

"The volunteers really make this festival happen," said Kemp.

He paid tribute to the staff and board

members who exemplified team spirit.

"They were a great team who helped me get through [something] that I wasn't really sure what I was getting myself into."

Solmund MacPherson and Allegra Chiarella scooped up the \$10,000 Emerging Filmmakers Competition Award for their film pitch *The Debut*, an animated film about "being blinded by a passion for music."

The heartrending tragicomedy *Rams*, an Icelandic film, was the winner of the Best of Fest Award.

The Winnipeg Film Group awarded a number of awards to filmmakers who took part in the 48 Hour Film Contest. Julie Epp's *Contents of the Heart* won for Best Film, and Skye Pelletier won Best Actor in the film *Remotion*. For a full list of winners, visit the Gimli Film Festival website.

A number of prizes were awarded to those who took part in the festival.

Ross Bailey of Gimli won two return-fare tickets with Icelandair.

Sarah Goodman won Rona's deluxe barbecue.

Jaelee Guenther from Saskatchewan was the winner of a day trip to Sand Hill Casino with Exclusive Bus Lines.

Louise Evans won a two-night stay at Lakeview Resort Hecla.

Doug Kozlowski of Gimli won a lake tour with Lake Winnipeg Adventures.

David Churko from Lethbridge won the 2017 Gimli Film Festival package.

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Icelandic film Rams wins Best of the Fest at Gimli

By Patricia Barrett

Rams, an Icelandic film released in 2015, was named the Best of the Fest at the 16th Annual Gimli Film Festival's awards ceremony last Saturday.

The screening of the film in Gimli's Lutheran Church July 21 drew about 200 people, including Senator Janis Johnson, founder and chair of the popular beachside festival.

Seasonal resident Donald Gislason, who volunteers with the GFF, provided a synopsis of the plot and a witty behind-the-scenes look at the making of *Rams*, detailing the audition of sheep with "on-screen charisma."

The film was part of the GFF's Circumpolar Film Series, which showcases films from Canada, Russia, the Baltics and the U.S. Ernest Stefansson and Claire Gillis of Gimli's Pharmasave sponsored the series.

A full review of the film will appear in next week's edition of the *Express*.



Seasonal resident Donald Gislason provided a witty introduction to the film.



EXPRESS PHOTOS BY PATRICIA BARRETT
Film buffs packed the pews in the Lutheran Church Thursday to watch *Rams*.

Vicious summer storm rips through Manitoba

By Dave Baxter

A St. Andrews business sustained nearly \$200,000 in damage after a monster storm touched down in southern Manitoba last Wednesday.

The storm brought thunder, lightning, high winds and rain to much of the Tri-S area causing widespread damage which could be seen at the site of St. Andrews Stables, which sits at 1221 Bay Rd. in St. Andrews last Thursday morning.

Damage from the storm included an 18-foot hay shed that had completely collapsed, a number of destroyed shelter and storage buildings, two large diesel tanks that had been knocked off stands, and a blown out wall on a portion of the stable's indoor arena.

There was also flooding and some downed trees on the property.

"It was scary," St. Andrews Stables owner Megan Ferguson said while assessing the storm's aftermath last Thursday morning. "We actually went down into the basement and that was the first time we've done that, and we've lived out here 18 years."

Last Thursday both the stable's outdoor ring and indoor arena could not be used due to damage, which is a problem for the business that is currently hosting summer riding camps for children and youth.

"I would say at least \$200,000 in damage and that is a real problem," she said. "It's not something we need right now."

"We're just a small stable and we have kid's camps and lessons."

Panels could be seen ripped out from one wall of the stable's indoor arena,



EXPRESS PHOTOS BY DAVE BAXTER AND LINDSEY ENNS
St. Andrews Stables owner Megan Ferguson checks out the damage to her 18-foot hay shed caused by last Wednesday night's storm. Pictured left, St. Andrews resident Murray Scott and his dog were outside in the front yard of his home Thursday morning, looking at a tree that came down last Wednesday evening as a result of a storm.

and because of the damage Ferguson said the arena could not be used until it gets fixed.

She added the winds on Wednesday were so strong that some of the hay bails on the property moved from where they were positioned.

The one relief to Ferguson is that no people or animals were hurt.

"No horses or animals got hurt. Not even one has a scratch," she said.

Ferguson said they will seek insurance money to fix the damage caused by the storm.

The winds last Wednesday also caused damage to trees in many parts of St. Andrews, as a number of municipal crews could be seen cleaning up in the aftermath of the storm along River Road last Thursday.

St. Andrews resident Murray Scott was outside in the front yard of his



home on Captain Kennedy Road last Thursday morning, looking at a tree that came down the night before.

"It's unbelievable," Scott said. "It's pulled out at the roots. I've never seen a storm like that in Manitoba."

"It's totally uprooted."

He said he took his dog for a walk about an hour before the storm started on Wednesday evening, and did not like what he saw.

"The clouds were low and they looked demonic, and there was no air movement at all. It was eerie," he said.

He also lost power at his home Wednesday evening, and didn't get it back until around 3:30 a.m. on Thursday morning.

Nearly 48,000 customers across Manitoba including in St. Andrews, Selkirk and East Selkirk were without power following the storm due to

knocked down trees, hydro poles and lines, according to Manitoba Hydro.

Lower Fort Garry along Highway 9 also saw damage including downed trees, a destroyed tent and a damaged fence.

The storm also hit St. Andrews Airport hard. The roof of an aircraft hangar collapsed and strong winds flipped an airplane over.

City crews could also be seen clearing broken down trees and debris throughout Selkirk last Thursday morning.

The Selkirk Golf and Country Club was also closed for a couple hours last Thursday morning so crews could clear damaged trees, some of which were ripped right out of the ground due to heavy winds.

A sailor's delight

EXPRESS PHOTO BY PATRICIA BARRETT

A rainbow appeared over the Gimli Harbour on July 20.



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Auto Repair Ethics in the Interlake

We're going to be talking about the ethics of automotive repair. It's been said by shop owners in Winnipeg, "I could ripoff or upset every customer for a month and I'd still have plenty of work." This due to the sheer number of drivers in the Winnipeg. The opposite is true in the Interlake where word of unethical treatment would spread like wildfire through every coffee shop, and your local Automotive Repair Specialist would soon be specializing in something else.

Unfortunately, every profession has some bad actors that hurt the reputation of everyone else. In the automotive world, including our local Interlake automotive community, industry associations, professional licensing organizations and all Service Professionals listed on this page are very committed to high ethical standards.

Yet some Interlake drivers are uncomfortable with automotive service and repair. If we understand what's recommended and the benefits of taking care of the work – and the pitfalls of putting it off – we'll have more trust in the recommendation. So communication is key. It's like going to your Interlake doctor. If she's using medical jargon and takes a lot of basic medical knowledge for granted, we have a hard time following her train of thought. It can be like that with your Service Advisor too. He's so familiar with all things automotive, he may forget you don't know a PCV from an EGT.

If you don't understand what your doctor's talking about: ask some questions. If you don't understand what your Interlake automotive advisor's talking about: ask some questions.

Let's go back to those ethical standards. When we hear a repair recommendation, we always ask ourselves, "Is this really necessary?" Well, here's the industry standard:

If your Interlake Service Advisor tells you that a repair or replacement is required it must meet the following criteria:

- (1) **The part no longer performs its intended purpose**
- (2) **The part does not meet a design specification**
- (3) **The part is missing**

For example, if you take your vehicle in for a grinding noise when you step on the brakes, you may just think you need new brake pads. After the inspection, the technician says that you have a cracked rotor and need to replace it. If you tried to get him to just put new pads on, he would say that if you didn't want to replace the rotor, he would ethically have to refuse the repair. To just put pads on a cracked rotor would have been very wrong. The brakes could've failed at anytime: they needed to be repaired – not just have a band-aid slapped on them. Now, looking at something not so serious, they may suggest repair or replacement if: (1) **The part is close to the end of its useful life – just above discard specifications or likely to fail soon.** (2) **To address a customer need or request – like for better ride or increased performance.** (3) **To comply with maintenance recommended by the manufacturer.** (4) **Based on the technician's informed experience.** Of course, the technician has the burden of making ethical recommendations and properly educating their Interlake customers. Make a habit of requesting to see the broken part for your own understanding of the problem. And if you are uncomfortable with a recommendation, ask some questions. More information is always a good thing for Interlake drivers.

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> MEAL IDEAS

Cajun Garlic Chicken Thighs



- 1 1/2 tbsp (22 mL) canola oil, divided
 - 4 skinned chicken thighs with bone in, trimmed of fat
 - 1 cup (250 mL) diced onions
 - 12 medium garlic cloves, peeled only
 - 2 tbsp (25 mL) all-purpose flour
 - 1 cup (250 mL) reduced sodium chicken broth
 - 1/2 tsp (2 mL) dried thyme leaves
 - 1/4 tsp (1 mL) black pepper
- Directions

In a large skillet heat 1 tbsp (15 mL) canola oil and heat over medium-

high heat. Add chicken and brown for 3 minutes on each side. Set aside on separate plate.

Reduce heat to medium and add remaining 1/2 tbsp (7 mL) canola oil, onions and garlic and cook for 3 minutes or until onions are translucent, stirring frequently. Set aside with chicken.

Stir flour into pan residue in skillet and cook 2 minutes over medium heat or until beginning to lightly brown, stirring constantly. Stir in broth, thyme and pepper. Add chicken, onions and any accumulated juices. Bring to a boil over medium-high heat. Reduce heat to medium-low, cover and simmer for 30 minutes or until chicken is almost tender.

Place chicken to one side of skillet, add and mash garlic cloves with back of a spoon. Combine chicken and garlic and turn chicken pieces over several times or until well coated. Cover and cook 5-7 minutes or until chicken is tender.

Getting to the Core of the Existence Question

I work with many clients, some with crisis issues, and others working on personal growth. Inevitably, a question arises as to the meaning of our experiences, and, ultimately, the meaning of life.

Members of the human species have probably always speculated about these things, as though there might be a mysterious answer just outside of our grasp. Actually, it may only be with the evolutionary development of the logical left brain that we began looking for "answers" and logical explanations. Prior to that, there was more likely a simple acceptance of the earth and the sky, and the cycles of life. A person with an untrained ear may be brought to tears by a beautiful symphony. The mind does not even enter into the analysis of the technical merits of the piece.

I have a deep appreciation for the philosophical nature of the human mind, and my bookshelves have more books on philosophy than any other subject. However, sometimes I find more meaning, more richness, in a shaft of light breaking through a few clouds. The song of the wren singing happily in my willow tree touches my heart directly, and tells me more about the meaning of life than all the reading in the world. When we look to other sources to find the meaning of life, we deprive ourselves of the essence of our journey here.

People who choose partners or careers on the basis of what parents or peers expect, wake up in mid-life feeling like strangers in their own bodies. If we adopt what someone else decides is the meaning of life,

then we might miss the point of being here. It is for each one of us to create or develop meaning in our own lives and experiences.

There is no one all-encompassing meaning to life. Meaning is not somewhere "out there," or an answer at the back of some cosmic workbook. Meaning is something we create within our own minds. Those who feel there is nothing to live for, no purpose to their lives, are the ones who have not created a higher purpose. They have not stepped outside themselves enough to have meaningful interactions with the world, other living things, and their own psyches. If no apples fall into my basket, then there is no point sitting under this apple tree. If the blessings of life are not coming to me, then why stay? The focus becomes so narrow, that it is impossible to be happy.

If our goal is to be happy, then we are bound to be disappointed. Happiness is what comes when we accept that our soul has its own journey, independent of the demands of our egos. Even if we have a life filled with suffering, we can find a noble path through the pain. It is not easy to do this, but the difficulty of the endeavor makes its accomplishment that much more precious. We experience our own souls whenever we are deeply touched, whether it is with joy or with sorrow. This is what the experiences of life facilitate, and why sometimes it is best not to analyze, but simply to be.

Gwen Randall-Young is an author and award-winning Psychotherapist. For permission to reprint this article, or to obtain books or cds, visit www.gwen.ca

Orange Sesame Chicken Salad



- Makes 4 servings
- 20 square wonton wrappers
 - 23/4 cups vegetable oil, divided
 - 1 head romaine lettuce, cut into bite-sized pieces (about 8 cups)
 - 1/4 cup soy sauce
 - 1/4 cup freshly squeezed lemon juice
 - 2 tablespoons sugar
 - 1 tablespoon distilled white vinegar
 - 1 teaspoon salt
 - 1/2 teaspoon ground black pepper
 - 1 tablespoon toasted sesame oil
 - 3 to 4 cups coarsely shredded

- cooked, rotisserie chicken
- 1/2 cup chopped green onions
- 2 navel, Cara Cara or Valencia oranges, peeled and segmented
- 1/2 cup sliced almonds, toasted
- 2 tablespoons sesame seeds, toasted

Cut wonton wrappers into 1/2-inch-wide strips and separate on paper towels. Heat 1/2 cups vegetable oil in a large, wide saucepan over medium heat. Fry the wonton strips, 5 or 6 at a time, gently turning over once with a slotted spoon, until golden, 10 to 15 seconds per batch. Transfer to paper towels to drain.

Put romaine in a large salad bowl. In a separate mixing bowl, whisk together soy sauce, lemon juice, sugar, vinegar, salt and pepper. Add sesame oil and remaining 1/4 cup vegetable oil in a slow stream, whisking until the sugar is dissolved and the dressing is well blended.

In a third bowl, combine chicken, green onions, orange segments, almonds and sesame seeds. Add 1/3 cup of dressing and toss to coat. Toss romaine with enough dressing to lightly coat. Add the chicken mixture and toss lightly. Top with fried wonton strips and serve.

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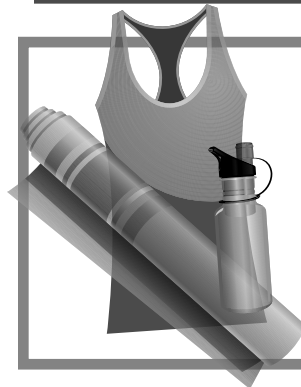
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Filmmakers document struggle facing Manitoba's rural museums

By Patricia Barrett

The preservation of Manitoba's pioneer history is no longer something one can take for granted these days, according to *The End of Our Memories*, a documentary on rural museums that debuted at the 16th Annual Gimli Film Festival.

Gimli Filmmakers Andy Blicq and Huw Eirug of 4th Avenue Productions visited several rural communities to document the challenges facing museums and the fading away of our collective memories.

"To maintain that history in those rural communities, the history of the settlement and the pioneers, it's pretty important," said Blicq, who spoke with the *Express* at the festival's opening reception.

The 26-minute documentary opens in a sunny meadow alive only with the sound of crickets. The disconcerting images of abandoned barns slowly turning to dust and sinking into the earth are a case in point of what has happened to the history of pioneer life and what we stand to lose if we don't take steps to save what remains.

Above the ruins comes the voice of a woman who goes right to the heart of what some people feel when they cross paths with a relic of days gone down.

"When I walk in those buildings, I can just feel the energy in the halls. You walk in the footsteps of the people of the past, and it's very powerful. It's a powerful feeling," says the woman, who we later learn is Pat Eyolfson of the Arborg & District Multicultural Heritage Museum.

Not everybody shares those sentiments, the filmmakers discover, and even in communities where those feelings are strong, they're not enough to save heritage objects.

Blicq and Eirug visited St. Malo, Swan Lake, St. George and Winnipeg Beach, where museums or heritage buildings have either folded, been destroyed or are about to fold because of a lack of funding and volunteers to keep them going.

And it seems the younger generation is not as sentimental and protective about preserving the artifacts detailing the unique cycle of life each generation experienced.

The vibrant stories that can be told through everyday objects, buildings and written documents is preserved by a select few with connections to those who once owned them. To those with no connections, that value is never realized.

Blicq and Eirug show that our depositories of the past are threatened primarily by an aging demographic



EXPRESS PHOTO BY PATRICIA BARRETT
Filmmaker Andy Blicq attended the opening reception of the Gimli Film Festival July 20 to celebrate the town's 16 successful years of hosting local, national and international films. Blicq narrated, directed and co-produced *The End of Our Memories*, which debuted at the festival.

and young people for whom historical preservation is not a priority.

"There was a figure that came up that really shocked us," said Blicq. "Apparently 70 per cent of people don't go to museums. That figure came up in the research. We were shocked by that."

The younger generation wants an interactive experience, the filmmakers learned when they visited the Canadian Fossil Discovery Centre in Morden.

"You need to have more than just static exhibits ...," said Blicq. "People expect [that] now because we live in a culture [in which] we have iPhones ... and all kinds of stuff, and we expect to have more of an interactive experience."

Although Morden is one of the success stories in the film, it struggles to draw enough visitors to grow and develop its exhibits. One way it stays afloat is by offering visitors hands-on fossil digs with paleontologists.

Other rural museums that have "defied the odds," such as those in Somerset, Cook's Creek and Arborg have done so through innovative approaches to fundraising or display.

"With Arborg it's their fall supper," said Blicq. "... If you buy a membership to the museum, you get to eat free. Very smart."

The curator at Somerset's museum tags each artifact, such as fine china, with the story of the person who once



EXPRESS PHOTOS COURTESY OF ANDY BLICQ AND HUW EIRUG
Filmmaker Huw Eirug, former producer with a Welsh language broadcaster, films inside the museum at Cook's Creek.

owned it in an attempt to make it live and breathe.

Although the New Iceland Heritage Museum in Gimli was not part of the documentary, its director understands the challenges of preserving pioneer history.

She said it's "a given" that there has to be a fundraising element as well as a core base of supportive members, donors, business sponsors and municipalities behind a museum's operation.

"For the smaller museums we see in the film, especially if they're trying to maintain a home, it's very, very expensive to do that," said Tammy Axelsson, who has worked in the field for about 18 years. "And it's sad. I always refer to it as the plight of museums."

Axelsson has come up with a variety of ways to keep bodies flowing through the NIHM, everything from temporary and travelling exhibits to a gift shop and social events or parties.

"The philosophy of museums is changing a little bit," said Axelsson. "You can have an event in the museum and that's OK. There was a time when museums were more like sacred places, like libraries. You could never do food."

Allowing the space to be used for events gets people "walking through the museum and enjoying the museum," even those who wouldn't normally set foot in one.

Another solution to saving our heritage is to adopt a mindset that values the past.

"When you go to other places in the world like Europe, you see the culture they've saved for 1,000 years," said Axelsson. "We're so young. It's like we haven't actually yet fully compre-

hended how important it is to keep what we have from the past and maintain it."

4th Avenue Productions can be reached by phone at 204-641-0394 or by email at huw@4thavenueproductions.com.

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Power outages scheduled for Gimli with Hydro upgrades

By Patricia Barrett

Manitoba Hydro will be undertaking a major upgrade of its electrical distribution system in and around Gimli that it said will result in improved service.

In order to accommodate the work, crews will have to temporarily cut the power in certain areas.

The outages are scheduled to take place over the next five months, affecting the town of Gimli north of Centre Street to the end of Loni Beach and areas along PR 231 between highways 8 and 9.

"This is a major upgrade of the system in the area," said Scott Powell, Hydro's manager of public affairs. "People are going to notice a major improvement in voltage. [It will be] better on your electronics, better on your machinery. And it's accommodating the growth that's taking place in the community."

The upgrade to modernize Gimli's distribution system began last year. The voltage will increase from 8,000 to 25,000.

"As loads increase, we need to upgrade," said Powell. "Sometimes we have older infrastructure and it's the perfect opportunity to upgrade it to this voltage conversion and carry that much more electricity through similar wires."

The RM Gimli office, which doesn't have a backup generator, said Hydro informs it when the power is sched-

uled to go down.

"The last one was at night," said assistant CAO Kristin Strachan. "We call our IT department and let them know, and we advise other provincial offices [in Gimli]."

Strachan said the RM office makes sure its computer system is backed up and that it's protected from power surges.

In a press release, Hydro said it anticipates a small number of customers will experience outages each day.

And its work crews will be installing signs along major roads in affected areas each morning to let residents know about a shut-down.

The cost of the Gimli upgrade was unavailable.

Powell said the Crown corporation uses money set aside in its budget every year to undertake improvements.

"There's no cost to [customers]. It's all part of regular service," said Powell. "If we make an improvement, that group of customers doesn't pay [extra]. It all goes into the rates set by the Public Utilities Board."

Manitoba Hydro provides a number of tips on how to prepare for a power outage.

Running a generator is one option as long as it's "not tied into your [home's] electrical system," said Powell. "If you're in a rural area, you can have an electrician install a generator, but you need the proper cut-outs to make sure it doesn't back-feed into our system."



PHOTO COURTESY OF MANITOBA HYDRO
Each morning, Hydro crews will be installing signs, such as this one, on major roads in areas that will have power disruptions.

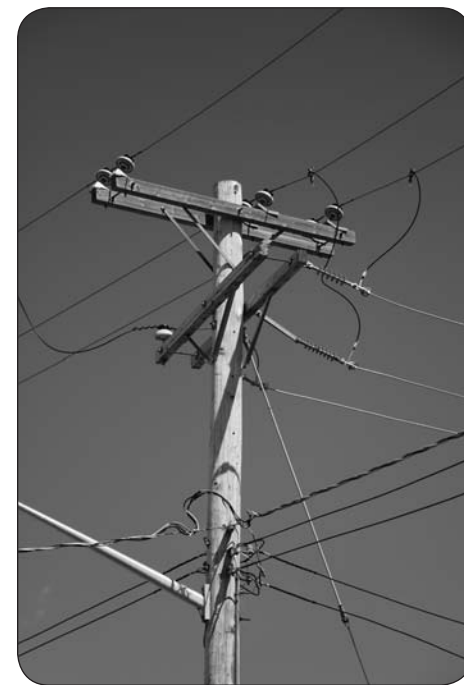
He said it's important to run gas-powered generators outdoors with electrical cords attached to them.

"We've had cases where people have run it inside ... which isn't good because you get carbon monoxide poisoning," he said. "If you're burning gasoline in a gas-powered generator in your house, you will get sick and can get quite ill."

The planned power cuts should have a marginal impact on customers.

"Because these are shorter outages, two to three hours, really other than re-setting your clock, there won't be a whole lot of impact," said Powell. "Your fridge will stay cold. Your freezer will stay cold. It's not an issue."

The outages will occur between 7 a.m. and 5:30 p.m., Monday to Friday. Crews will be working in different



EXPRESS PHOTO BY PATRICIA BARRETT
Manitoba Hydro will be upgrading its electrical distribution system in Gimli, north of Centre Street to the end of Loni Beach and along PR 231 between highways 8 and 9 to improve service to the area.

sections in the region so not all locations will experience outages at the same time.

The upgrade should be completed by mid-November, according to Hydro's news release.

For more information on how to prepare for power outages, visit www.hydro.mb.ca.

Summer fun riding the waves in the Interlake



Two women take to the waves on a Sea-Doo during the heat wave in Gimli July 21. Viking Rentals, located on Gimli Beach, provides Sea-Doos to visitors and residents so that they can enjoy the lake.



EXPRESS PHOTOS BY PATRICIA BARRETT
A kite surfer took to the waves near Laurentia Beach a few weeks ago. The hot but blustery day on Lake Manitoba had boaters and surfers taking advantage of prime sailing conditions.

MGEU information pickets in Gimli, Selkirk, Beausejour

IERHA staff tired of long hours, voting on whether to strike

By Stefanie Lasuik

Paramedics and other medical professionals in the Interlake may soon be on strike.

During the week of July 18, EMS, professional and technical IERHA staff held informational pickets in Gimli, Selkirk and Beausejour to let the public know about their working conditions.

The members will vote whether or not to strike until July 28. If over 50 per cent vote to strike, the staff will work under the essential services agreement.

The essential services agreement defines the amount of work that employees must do while on strike. The details of the document aren't public, but emergency services will still be available in the Interlake.

The employees say they don't want to strike. But they don't want to continue working 17-hour shifts for their patients' safety and their own safety.

"It's hard to say that being tired is safe, nevermind driving an ambulance down the highway or trying to provide medical care to someone," said Rebecca Chubaty, president of the Interlake-Eastern EMS.

Someone who hasn't slept for 18 hours has the same amount of impairment as someone with .05 blood alcohol, according to the Canada Safety Council. That level warrants a licence suspension.

Some Interlake paramedics will work a 12-hour shift and then go on call for another 12 hours, according to Michelle Gawronsky, the employees' union president.

"Technically, they're on for 24 hours," she said.

EMS workers can have pagers on

their hips for up to 96 straight hours, according to Chubaty. And the pagers often go off.

Two EMS workers had six calls in 10 minutes the night before Gimli's picket. They worked from 7 a.m. until 2 a.m.

The technical and professional divisions are also understaffed, said Gawronsky. This includes resource co-ordinators, community health workers, laboratory and imaging technologists, medical laboratory assistants and home care case co-ordinators.

She estimated that some resource and case co-ordinators have 130-150 cases.

"They're expecting everyone to do twice the amount of work with less time," said Gawronsky.

IERHA chief executive officer Ron Van Denakker said he couldn't comment on the length of shifts but said the collective bargaining process is underway.

But the Gawronsky said the employees' inability to get back to the bargaining table is what sparked the pickets.

In early May, the staff rejected the government's final offer brought forward by IERHA representatives.

"Since then, we have requested numerous times to return to the table to no avail. They declined," said Gawronsky.

Van Denakker said the area is "somewhat underfunded" by Manitoba Health.

Part of the EMS workers will train in the Interlake and then leave for Winnipeg, where they make 30 per cent more and work less, said Gawronsky.

Updates on the strike vote will be available at www.mgeu.ca.



EXPRESS PHOTOS BY STEFANIE LASUIK

EMS, professional and technical IERHA workers peacefully picketed outside Johnson Memorial Hospital in Gimli on July 20. Drivers passing by honked in support of the workers' desire to get back to the collective bargaining table. Informational pickets were also held near the IERHA corporate office in Selkirk and Beausejour Hospital on July 18 and 19 respectively.



Members of the IERHA EMS, professional and technical staff won't endure 18-hour shifts any longer. They want to negotiate a new collective bargaining agreement, but the IERHA and government have not allowed them back to the bargaining table after the staff declined their final offer in May.



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New signs for Lundar Beach interpretive trail

By Kaitlin Vitt

Lundar Beach will soon have new signs on its interpretive trail.

RM of Coldwell CAO Nicole Christensen said she wasn't certain when the signs would be complete, but they will be up in the near future.

"There are a lot of migratory birds

out in this area, and so the signs are going to give you a list of what the birds are and what their habitats are and things to look for to find them," Christensen said.

The three-kilometre trail starts at the campground parking lot and passes through six different ecosys-

tems, the 2016 Manitoba's Interlake Travel Guide explains.

The RM had its last council meeting July 12. Other updates in the area include the removal of the super sandbags from the beachfront in May and catching up on roadwork and culvert replacement, Christensen said.



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INSIDE > OUTSIDE > UPSIDE DOWN

Interlake advances to PeeWee 'AAA' provincials

By Brian Bowman

The Interlake Orioles' PeeWee "AAA" baseball team did not have too many chances to play games together for most of this summer.

But they have been on the baseball diamond a lot in late July.

Interlake earned a spot in this weekend's 10-team Manitoba PeeWee Provincial Championship in Hamiota after finishing with a 2-2 record at a qualifier last weekend.

"That was our big goal," said Interlake coach Dan Stewart of Warren. "At the beginning of the year, that was our goal that we set. I'm really happy with how they did (last) weekend and we're looking forward to the (provincials)."

The provincials will feature elite teams from across Manitoba. It will, without question, be some tough competition for the Orioles.

"Our pitching will have to be huge," Stewart predicted. "We're going to have to have a couple of things work well for us. We'll also have to have some of our bigger bats produce and everyone (contributing).

"And errors have hurt us throughout the year – we'll have to keep them to

a minimum."

The Orioles are advancing to the provincials after finishing with a .500 record at the qualifier in Morden. Six of the eight teams from that qualifier moved on to the provincials.

"They played well throughout (the qualifier), with the exception of the first game," said Stewart. "We made a pile of errors in our first game – and that's what hurt us more than anything."

The local squad defeated Parkland 8-5 in their final game to earn a provincial berth. Interlake trailed by a run late in the game before pulling out the comeback.

Interlake earlier beat up Brandon 13-2 and lost to Oildome (16-8) and South Central (8-3).

South Central is widely considered one of the top PeeWee teams in Manitoba.

"We had an awesome game against them, with the exception of one bad inning," Stewart noted. "We had six runs against in one inning."

The Orioles' roster includes players from across the region, including Warren (Gerrit Boonstra, Karson King, Ashton Fisher, Lane Bond, Brett



EXPRESS PHOTO BY RICK HIEBERT

Interlake's Tyson Barylski steals second against the Oildomes during the PeeWee "AAA" qualifiers.

Tataryn, and Kaden Stewart), Lunder (Alexander Ryden and Zachary Halldorson), Arborg (Tyson Barylski and Zak Leochko), Stonewall (Jackson Kummén and Kian Bell), and Balmoral (Owen Forbes).

At times, it was tough to get the team together to work on the finer aspects of baseball, Stewart admitted.

"They had never played together as a team before," he noted. "And it was tough to get together to work on things with people playing 'A' ball."

Besides Stewart, the Orioles' coaching staff features assistant coaches Scott Fisher (Warren), Mike Forbes (Balmoral), and Brett Goertzen (Teulon).

Sherlock wins 2016 Mud Hero Winnipeg event

By Brian Bowman

Most mothers would frown upon their son and daughter going out and getting muddy.

But for Jody Ansell of Stonewall, seeing her family members covered in mud was a welcomed sight last Saturday.

Ansell, her daughter Desiree Ansell, and son, Darren Sherlock, each competed at the Mud Hero Winnipeg event, a six-kilometre obstacle course located at the Hill Top Resort, just outside of Grand Beach.

Sherlock, 23, of Inwood won the entire event with an impressive time of 31:43. That was 1.4 seconds faster than the second-place finisher and just ahead of his buddy, Brady Link-Pruitt (32:49.6), also from Inwood.

"I was pretty excited (to win)," said Sherlock Monday afternoon. "I finished my heat in first place so I thought there was a good chance that I would finish first in the event."

"I was quite a ways ahead of every-

one in my heat."

Some 3,990 participants competed in the 18-plus obstacle course this year. Sherlock placed fifth the previous two years.

Remarkably, Sherlock admitted he didn't do a whole lot of training for this event.

"I ran a couple of miles for eight days or so for the run," he explained, noting he gets most of his workouts through his tree removal business. "The physical aspect (of my job) definitely helps. It's like going to the gym without having to go to the gym."

Running through sand and battling thick mud holes can be very challenging, said Sherlock. But he is eagerly looking to tackle a 10-kilometre course that is expected to be set up next year.

"You jump in and your feet basically get stuck," he explained. "It's almost like quicksand and you have to get out of it."

Sherlock loves the physical aspect of

this event and enjoys having his friend and family also out there tackling the course. While his buddy placed third in the men's rankings, his mother, Jody, also did very well, winning the 40-44 women's category.

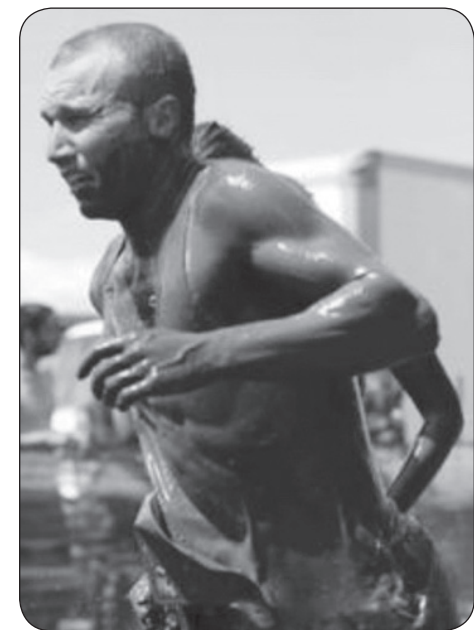
She finished the course in a time of 45:55.8, which was 25th out of over 2,000 women.

"I was really pleased (with my result)," she said. "I'm 42 and it seems to get a little tougher every year. ... They seem to add more challenges every year. It's not just running, you're being challenged like a boot camp."

It was her third time completing the course.

Ansell got into the unique sport after quitting smoking about four years ago. She really enjoys the challenge that the course brings.

"It was an incentive for me and it keeps me motivated," she explained. "And to do it with my son and (17-year-old) daughter is a bonus."



Darren Sherlock of Inwood finished in first place with a time of 31:43 out of 3,990 participants at the 2016 Mud Hero Winnipeg event.

Impact hungry to secure first place in their division

By Brian Bowman

After losing their first game of the season earlier this month, the Interlake Impact have bounced back nicely to notch a pair of impressive victories.

The latest win was a 4-1 triumph over BFR AC on Sunday evening in north Winnipeg.

Interlake was very good on both sides of the ball.

"Our passing was much better than it has ever looked before," Benny Wiens said. "Our short passes and, possession-wise, we were dominant. We had the ball probably about 60 per cent of the game, so that was very key for us."

Orlando Kornelsen, a new signing, Eric Plett, Wiens and Marcelo Peralta

scored for the Impact.

Peralta currently leads the Impact in scoring with 11 goals. Eric Harder has nine while Wiens now has six.

As a team, the Interlake has scored 35 goals while giving up just 13.

"I think we had more goals last year," Wiens said. "But it's been very consistent this year. Most games are 3-1 or 3-0 or 4-1 (in our favour). It's been consistent that we score two or more goals a game."

Defensively, the Impact have clearly been the best team in Division 6 of the Manitoba Major Soccer League.

With Sunday's win, Interlake is now 11-1 and has 30 points to sit atop the division standings. They are five points ahead of second-place North

Winnipeg United heading into next Wednesday's key matchup between the two clubs.

That contest will be the start of an important five-game month of August for the Impact.

"Our next game is against North Winnipeg, which we have been playing since we entered the league in Division 8," Wiens explained. "They have been moving up with us and they are kind of our rival team. If we beat them, then we'll feel very comfortable."

"August is a crucial month for us because we want first place locked up."

Wiens felt the 2-1 loss that the Impact suffered to Les Bleus back on July 8 will only make their club better.

"I think that loss did us a lot of good,"

he said. "It obviously didn't feel great losing but I think it did us a lot of good because it probably woke us up."

"And it looks like our guys responded very well after that loss."

The Impact is a team that obviously doesn't like to lose. In fact, this club is still thinking about last season's play-off loss.

"Our guys all have a bitter taste in their mouths after last year's semifinal loss and this year everyone is pushing hard to make sure we have first place locked up," Wiens stressed. "Everyone wants (to reach) the final this year."

"I think, overall, were a better team this year and more hungry."

Orioles provincial bound

By Brian Bowman

The Interlake Orioles' "AAA" Bantam boys' baseball team's season has been extended for at least another weekend.

Interlake finished with a 2-2 record at a qualifier last weekend in Blumenort.

"We won the games that we had to win," said Orioles' coach Ryan Fines. "We had a little bit of everything. We got piled up on a couple of times and we had some lopsided games."

Interlake defeated Midwest 13-2 and Brandon 14-3 but ended up on the wrong side of the score against

Carillon (11-1) and Pembina Hills (13-1).

The Orioles' pitching was good throughout the weekend, said Fines, but the team's defensive play simply wasn't up to par.

"Having to get four or five outs an inning wears on your pitching, for sure," he said.

On the offensive end, Interlake hit the ball extremely well in the win over Midwest. Devon Cassan of Argyle was 4-for-5 in the leadoff spot while smacking a rare ground-rule triple.

"We hit the ball a ton that game," Fines said.

Interlake will now have a chance to see how they fare against the top Bantam teams in Manitoba at the provincials this weekend in Altona.

The Orioles find themselves in a very tough pool of teams, which includes Oildome, St. James, North Winnipeg and South Central.

Interlake defeated St. James at their home tournament earlier this season but the A's have improved tremendously since then.

"Hopefully, we've improved more," Fines hoped.

A good start to the tournament is imperative if a team wants to advance to the playoff portion of the provincials. Interlake will face Oildome in their first game Friday.

"We have to go after that first game, for sure," Fines stressed. "Our bats have to show up and you have to have your big boys going, for sure. What it's going to boil down to is if we can play with these guys defensively."

"The other teams aren't going to give you four outs in an inning."



EXPRESS PHOTO BY LANA MEIER
Lundar's Connor Bindle and the Interlake Orioles have advanced to the "AAA" Bantam provincials this weekend in Altona.

Interlake golfers on tour



EXPRESS PHOTO BY BRETT MITCHELL
Lexie Kopp of Matlock competed in a Maple Leaf Junior Golf Tour event this past week in Selkirk. Kopp carded a round of 92 on Monday while her second-round score on Tuesday was unavailable at press time.

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RURAL MUNICIPALITY OF GIMLI

REQUEST FOR PROPOSALS

RECYCLING COLLECTION AND PROCESSING SERVICES

CLOSE DATE: August 18, 2016, at 12:00 p.m., noon (local time)

The RM of Gimli is issuing a Request for Proposals for Recycling Collection and Processing Services for residents and businesses within the Municipality.

Detailed Proposal packages are available to interested bidders on the RM of Gimli website at www.gimli.ca or at the Municipal Office between the hours of 9:00 am to 5:00 pm, Monday to Friday.

Sealed submissions clearly marked "Proposal for the Recycling Collection and Processing Services", submitted by (Bidder Name)" will be received by the undersigned at the address below until **NOON, on August 18, 2016**. Late submissions will not be accepted.

Submit Sealed Proposals to:

Rural Municipality of Gimli
62 - 2nd Avenue, PO Box 1246
Gimli, MB ROC 1B0

Attn: Kristin Strachan, Contract Administrator

Questions or concerns in respect to the proposal can be directed to:

Darcy Hjelmeland
Manager of Public Works
Phone: (204) 642-6688
Email: djhjelmeland@rmgimli.com

The RM of Gimli reserves the right to reject any or all bids, to waive irregularities and informalities therein, and to award the tender in the best interest of the RM of Gimli in its sole discretion. Lowest bid may not be accepted. Council may consider a 10% price variance for local bidders. Contractors must comply with Municipal requirements for liability insurance, WCB coverage and business licencing to be eligible to be awarded the contract.



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Applicants must be people-oriented and able to conduct themselves in a calm and professional way. Effective verbal and written communication skills, proficiency in MS Office applications, excellent record-keeping skills and knowledge of accounting practices are also requirements. 4-H experience is preferred.

Successful candidates will be required to complete criminal record checks/screening through the 4-H Manitoba Youth Protection Program.

For more information, please contact:
Dawn Krinke, Office Manager
1129 Queens Avenue
Brandon, MB R7A 1L9
Tel: 204-726-6136
Fax: 204-726-6260
Email: dkrinke@4h.mb.ca

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 Submit application to:
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 Box 250, Riverton, Manitoba, ROC 2R0
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Deadline for applications:
 Noon Thursday, August 4, 2016

take a break

> GAMES

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

Crossword Answer

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

X CROSSWORD

CLUES ACROSS

1. Dried corn kernels (pl.)
6. A dog is one
9. Medieval feline
13. Appeal emotionally
14. Uncommon
15. Chinese currency
16. Gain as interest
17. Habitat
18. Ribosomal ribonucleic acid
19. 2015 NL batting champ
21. Makes wet
22. Discounts
23. Beavers build this
24. Between south and east
25. Promotional materials
28. Arbitrator
29. Ancient Greek ruler
31. Ruse
33. Where coaches spend their time
36. LA landmark ___ House
38. Nothing
39. Chickpea plant
41. Revolutionary War militia member
44. Civil rights organization
45. Fathers
46. Carries things
48. Frequently
49. Location of White House
51. Small amount
52. A structure forming a covered entrance
54. Soothes
56. Shameless
60. Middle Eastern nation
61. Footsteps
62. Russian river
63. Once-influential student organization
64. Jags owner Khan
65. Bura-___: Nigerian language
66. Small boy
67. Belonging to a thing
68. Mosses

1	2	3	4	5		6	7	8	9	10	11	12	
13						14				15			
16					17					18			
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54		55				56					57	58	59
60						61				62			
63						64				65			
66						67				68			

1. Went too fast
2. Protruding ridge on worms
3. Insignificant
4. Pains
5. South Dakota
6. Greek island
7. Emerald Isle
8. Golfers know this well
9. Desire to set fire to things
10. A glow
11. Levels
12. Enzyme
14. Explains again
17. City in South of France
20. Paddle
21. Salian
23. Split pulses
25. Consumed
26. Small drink of spirits
27. Indigenous people
29. Elaborated
30. Painting technique
32. Repentance
34. Not bright
35. Kansas hoops coach
37. Koran chapters
40. Dead end
42. Foul-mouthed bear
43. Nostrils
47. Game Cache File
49. One who believes in a supreme being
50. Carnival worker
52. Gnawing animals
53. German town
55. Conquer
56. Thai money
57. Taxis
58. ___ Clapton
59. A form of Persian
61. Pounds per square inch
65. Nighttime



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