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## Best dog-gone party



EXPRESS PHOTO BY LANA MEIER

Cherry, a three-year-old schnauzer belonging to Renata Cortina, left, showed how she could jump the bars in the agility course at Alec Baldwin's 10th annual dog party last Saturday. Maya Borsa, middle, and Paulina Cortina spent about an hour working with the little dog, teaching her how to conquer all eight obstacles. See story pg. 2.

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

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# Gimli's Alec Baldwin hosts another 'pawsome' party

By Lana Meier

The best dog-gone party was held in Gimli this past Saturday with fun for not only the four-legged companions but for the children and owners alike.

Every year Alec Baldwin and his parents Tanis Benson and Joel Baldwin host the annual dog party, which seems to get bigger and better every year.

The dog party was something Alec and his family started 10 years ago with 15 dogs and 22 people participating. Last weekend was a sure sign of the popularity of the event with the number of furry friends and guests doubling a decade later.

Everything is free and all the dogs and owners are encouraged to try the agility/obstacle course competition.

Paulina Cortina and her friend Maya Borsa convinced Paulina's grandmother to put a hold on garage saling for the afternoon so they could attend the dog party. The girls were very excited to teach Cherry, a three-year-old schnauzer, how to weave, leap, balance on a teeter tatter and race through a tunnel.

There were lots of treats and prizes for everyone.

Photos were taken by Alec to be included in the Hall of Fame binder.

Alec was also happy to show off his new puppy, Copper, a nine-week-old beagle.



EXPRESS PHOTOS BY LANA MEIER

Over 50 guests and 25 dogs attended Gimli's 10th annual dog party hosted by Alec Baldwin last Saturday.



Some participants were a little frustrated with their pets who found the course challenging.



Ray Gutnick and his dog Chewie, a Xoloitzcuintli, came to join in on the fun.



Alec Baldwin takes a moment to pose for a photo.

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A house with a blue sky and green lawn. The house is a two-story house with a white roof and a large front porch. The lawn is green and there are some bushes in front of the house.

# Dancers open Ukrainian pavilion

Three women in traditional Ukrainian folk costumes are dancing on a stage. They are wearing white blouses with colorful embroidery and long, flowing skirts. They are in a dynamic pose, with one leg lifted and arms extended.

EXPRESS PHOTO BY LANA MEIER

Local dancers from Fisher Branch's Chaika dance club hit the stage for opening night of the Ukraine-Kyiv Pavilion this past Sunday. Folklorama runs throughout Winnipeg from Aug. 6 to 19 and celebrates the multiculturalism in our province with amazing hospitality, fabulous food and drink, and entertainment of 41 countries. The Folklorama Travel Guide includes show times, a map and special services. Visit [www.folklorama.ca](http://www.folklorama.ca) for more information.



# Lundar twins to celebrate 90 years with family and friends

By Jeff Ward

Audrey Greenham and Lawrence King say there is no place they'd rather be than in Lundar with friends and family when they celebrate their 90th birthday this Sunday.

The twins were born on Aug. 12, 1927, and have spent the majority of their lives in the Lundar area. Greenham lives on a farm in Clarkleigh and today King lives in the Lundar Personal Care Home.



EXPRESS PHOTO BY JEFF WARD

Audrey Greenham and Lawrence King are looking forward to celebrating their 90th birthday this Sunday at the Lundar Legion Hall with family and friends. The gathering begins at 1 p.m. and is a come-and-go tea.

Their 90th birthday celebration on Sunday, Aug. 20 will be held at the Lundar Legion Hall from 1 to 4 p.m., and Greenham said that all are welcome to join the celebration. The event is a come-and-go tea, and the pair said they're excited to see friends and family.

Greenham has spent her life as a dairy farmer and still wakes up at the crack of dawn every morning for a long walk around her property. She said her morning routine hasn't

changed much over the years and she thinks her long life has a lot to do with being an early riser.

"Exercise is important. I wake up at 5:30 a.m. and go for a walk every day."

King remembers his younger days as a track star, always running to get where he wanted to go. He said that walking was just too boring for him and that even when a vehicle was available, he preferred to run.

Continued on page 10

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# Moosehorn resident's yard becoming local attraction

By Jeff Ward

Interest is building at Dennis Rawluk's property following his son's wedding last month and a revitalization project that is more than a year in the making.

Rawluk's Moosehorn property faced an abandoned trailer on a lot just over a year ago, and when the property came up for sale, he said he jumped at the opportunity to purchase it immediately. Rawluk wanted to make the space into something special that would brighten up his view and he spent the next year building.

Today, the space is a gorgeous faux barn backdrop with a wooden walkway surrounded by plants and other handmade scenery.

His son, Andy and his now daughter-in-law Shaelyn had their wedding there last month, and now the rest of the community is taking notice.

"I have people that stop by and take a look, and when they come in, I take them on a tour," said Rawluk who has spent countless hours preparing the space.

"I did all this because I enjoy it. I enjoy working outside and building things and making things look nice. I

just started with the idea to build the barn front so that my boys could take photos of their heifers before they sell them. And then I just kept adding on."

The space now resembles the kind of garden born out of a movie. There are benches that face the barn that are all handmade. There is a birch wood arch at the front of the property that funnels people down the wooden walkway, which is also all handmade. There is a hay bale, set of bleachers,



Shaelyn and Andy Rawluk had their wedding last month in this beautiful space that is now generating more interest from people wanting their special day there as well.



EXPRESS PHOTO BY JEFF WARD

Dennis Rawluk has spent more than a year turning this lot into what it is today and the view is quite spectacular.

Continued on page 5

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# West Interlake informing residents on Safer Communities Act

By Jeff Ward

The RM of West Interlake is currently disseminating information on the province's Safer Communities and Neighbourhoods Act in an effort to promote a more vigilant municipality.

The act is designed to hold property owners accountable for threatening or disturbing activities that regularly take place on their property. These incidents can be related to drug use, dealing or cultivation, prostitution, the unlawful sale of liquor, possession of unlawful firearms and more.

West Interlake CAO Larissa Love explained that people who find cer-

tain activity suspicious can call Manitoba Justice at 204-945-3475 to begin a complaint file. Then, if warranted, a special investigator is sent out to find evidence to support the claim of the person who filed the complaint. If evidence is found, there are a number of things could occur as a result such as a warning letter, an out-of-court resolution or an emergency closure order.

"Basically it allows residents that feel there is some fishy activity going on in some houses to have it looked into," said Love.

"One of the important parts about this is that behaviour has to be ha-

bitual. You can't see someone doing something once and immediately report it. It has to be an ongoing thing."

The act states that while the complaint and the name of the complainant are kept confidential, residents who do begin a file need to provide their identity. Complaints can't be made anonymously.

It also states that a property doesn't have to be a home. It can be any structure, like a shed, garage, apartment or even a housing unit. It can also refer to a mobile home or empty land. As long as residents fear that their safety is being compromised by activity hap-

pening on the land, they can start a complaint.

Love said they can also give this information to the RM at either the Ericksdale or Ashern office and RM staff will forward it onto Manitoba Justice on their behalf.

"On our end, the RM doesn't have to do anything to implement this and we don't need to sign up or register. What we wanted to do was make sure our residents know this is available to them," said Love.

The RCMP are still the first call to make in case of any emergency.

## letters

Letters to the Editor: [letters@expressweeklynews.ca](mailto:letters@expressweeklynews.ca)

### Hog industry good for the environment, economy?

Dear Editor.

Re: George Matheson's article, (Wpg.Free Press, 26 July), The hog Industry is good for environment, economy.

A longtime hog farmer, George Matheson, as chair of the Manitoba Pork Council (MPC), has made spin doctoring comments that distinguish manure and the nutrients in manure as separate entities. In fact, they are not. Liquid hog slurry, as with all manure, is a manure fertilizer containing a mix of nutrients that cannot be separated out using earthen manure storage and current application techniques.

Regulations control the amount of

manure and nutrients within manure that can be applied as fertilizer to the land. Matheson claims manure stays put and only the nutrients move into water. Manure is the source of these combined nutrients that are a cause for concern. His defence of manure "not polluting" is incredulous baffle-gab designed to confuse the public.

Synthetic fertilizer is formulated and blended to meet both the nitrogen and phosphorus (N & P) requirements of a particular crop in proper balance. Liquid hog manure nutrients are not in balance with what a crop needs. Slurry is applied by regulation on what nitrogen is needed until phosphorus builds up to exces-

sive amounts. By then, it is too late. There is too much phosphorus in the soil to prevent nutrient losses to the environment and water bodies such as Lake Winnipeg.

Hog producers have been allowed to apply manure at rates that exceed crop requirements for P. This has resulted in a buildup of phosphorus on hog manure fertilized land. Increases in phosphorus improve crop yields until it reaches a level adequate for crop production, after which there is no agronomic benefit.

Unfortunately, as the fertility status of a field is improved, the amount of phosphorus available for transport to surface water also increases. This is

because as soil test P increases, the soluble forms of P also tend to increase. For this reason, it is very important that soil P levels be managed to optimize crop production and minimize risk to water quality.

Further more, soil specialist and scientist Don Flaten, University of Manitoba, has previously responded to comments when he addressed the situation of excessive phosphorus and the risk to surface waters, like Lake Winnipeg, telling us, "We know that soils don't have an infinite capacity to retain phosphorus. At some point, sooner rather than later, farmers will have to balance applications of phosphorus with crop removal."

I doubt Mr. Matheson is ignorant of these facts.

John Fefchak

### > LOCAL ATTRACTION, FROM PG. 4

a wagon filled with flowers, cement pads cast from large rhubarb leaves and even a functional well. Rawluk said there were fish in bowls that sat on the benches during the wedding. He dug a small pond next to the well to put the fish in, where they've been living since.

Once the word got out, Rawluk said, other members of the community

started visiting and taking photos. Interest in using the space as a backdrop for an event is also starting to grow. Rawluk said he's had a few people tell him that if they'd seen his yard first, they would've had their wedding there.

"It's nice to hear and I think it would be nice to have other weddings here. I'd definitely rent out the space for

another wedding or event. People are already renting the benches from me to use for events," said Rawluk.

The space isn't complete, either. Rawluk explained that he has a few ideas of what he'd like to do next, but he will be working on finishing his backyard projects first.

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## When a fish comes, you jump on it!

Welcome, folks.

The clear, sun-filled sky seemed in tune with the great feeling I had last Wednesday as I walked on the bridge over the Brokenhead River to once again meet with my Ojibway friends for their summer fishing derby.

I noticed longtime councillor Winston Desjarlais was working his rod. As I approached him, he shook my hand, saying, "Hi Arnie, how's it going?" We hadn't seen each other for a while, but after catching up, Winston gave us a humorous if not biting story from his youth.

Years ago when he was about eight, his favourite uncle took him to get some crayfish at the Red Lodge rapids. When uncle poured the "little lobsters," as Winston used to call them, into a pail, one fell inside Win's rubber boot. Well, it reacted predictably and began biting which caused him to hop around wildly. Uncle took charge of the situation and grabbed Winston, held him down and pulled his boot off. Free of the terrifying crayfish, Win settled down as his uncle gave him a comforting smile, ruffling his hair, saying, "Boy, you'll be OK."

Before I left that afternoon, Meech Hocaluk with his secret bag of fishing tricks got first prize for the biggest walleye. The next day I went visiting our angling friends on the Selkirk pier and met Doug Smart, a Winnipegger who originated from Scotland. He was a thin fellow with grey hair, fine facial features and a ready, open smile. His story takes us to that wonderful Scottish highland town, Tomnavoulin, at a time just after the war. His family was having relatives come for a visit



**EXPRESS PHOTO SUBMITTED**  
Jason Zhang of Winnipeg with his catch at Hecla.

from Aberdeen and mother was in a tizzy because at that time getting any kind of meat for meals was impossible. Doug's grandfather Sandy Irvine heard of the crisis and showed up, bidding Doug come with him. There were many spring-fed creeks in the area filled with trout, but they were all on Crown land and taking them was poaching. Intrepid Scotsman Sandy vowed there would be fish before

their company on the supper table so he, with little Doug, shuffled along back roads to a fine crystal clear cold creek full of trout. There, big Sandy, barefoot with pants rolled up, waded into the icy water. Spreading his legs wide, he said to the boy on the bank, "When a fish comes, you jump on it!"

Then with lightening speed, Sandy scooped and threw fish to Doug. When they had enough, they strung them on a willow branch and tripped through lanes and fields home under the cover of night. When the relatives arrived, the whole family had their fill of a fine meal.

Toward the weekend, I was at a party for Robert Kristjanson at the commercial fishers' landing at the Gimli Marina Complex. Rob was a leader in the development of how commercial fishing works in the country and still fishes in his 80s. I sat listening to Rob, reminding us how the huge marina came from nothing to a place for all kinds of fishing and boating. Sitting beside me was a young guy talking about lifting nets. It turned out he was a rookie commercial fisher who, without family connections or experience, decided this is what he wanted to do.

Justin Cerbeandt, a huge unassuming lad with short sun-bleached hair, laughed as he recalled going out on his first open-water net-setting trip. The waves were eight feet high, slamming the skiff about wildly. He told his partner Mike Lenton, "I don't care if I'm going to be called a sissy, but we're going back to harbour!"

When they got there, all the other

Continued on page 8

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### OUR EDITORIAL STAFF

**Patricia Barrett** 204-914-1293  
[patricia@expressweeklynews.ca](mailto:patricia@expressweeklynews.ca)

**Jeff Ward** 204-298-3381  
[jeff@expressweeklynews.ca](mailto:jeff@expressweeklynews.ca)

**Brian Bowman** Sports Reporter  
[sports@expressweeklynews.ca](mailto:sports@expressweeklynews.ca)

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# Ashern Rodeo to celebrate 25th anniversary

By Jeff Ward

A quarter of a century milestone for the Ashern Rodeo will take place at the rodeo grounds September long weekend, and organizers say it will be the best one yet.

The weekend begins Sept. 1 and will feature dozens of activities all around Ashern. An all-you-can-eat pig and corn roast, street dance and fireworks show kick off the weekend celebration, while a pancake breakfast, parade and talent show carry attendees through the weekend.

Of course, the main attraction is the rodeo itself, which pits talented riders

and ropers against each other in front of what is likely to be hundreds of spectators.

Ashern Rodeo Association president John Bezemer said that this year winning riders will be presented with a 25th anniversary commemorative belt buckle as well as their prize.

"We had local businesses sponsor the buckles, and we did these for our 10th and 20th anniversary and figured 25th was a pretty important milestone as well," said Bezemer.

"And I think part of that milestone for us this year is because we're now working together with the Ashern

Chamber of Commerce and the Ashern Pioneer Museum. We all worked really hard this year to make sure our scheduling didn't conflict and it'll allow people to take in the whole event without any down time."

Bezemer was only a kid when the first rodeo took place. He said that the heart and soul of the event hasn't really changed. It's still an event that focuses on the competition but it has branched out to include other activities.

Bezemer has been involved in the rodeo for a decade and some of the more dramatic changes have been in

the rodeo grounds itself. Permanent seating, the covered grandstand and beer gardens, which are seeing another expansion this year, have all created one of the better rodeo layouts in the circuit, Bezemer said.

"I remember that there was a time when the rodeo board didn't even own their own equipment for the chutes. It's come a long way over the years and it's something that people really look forward to," said Bezemer.

Tickets can be purchased at the gate. A day pass is \$10, a weekend pass \$15 and a weekend pass and social ticket \$20.

## Indigenous consultations on preferred route for outlet channels

Submitted

The Manitoba government is engaging in consultations with Indigenous communities on the preferred route of the Lake Manitoba Lake St. Martin Outlet Channels, Premier Brian Pallister and Infrastructure Minister Blaine Pedersen announced last week.

"Our government has committed to the construction of the Lake Manitoba Lake St. Martin Outlet Channels, which will keep Manitobans and their communities safe," said Pallister. "As we prepare for one of the most significant infrastructure projects in a generation, we are proud as a government to move forward on a path of working in partnership with Indigenous communities. Today, we are pleased to build on the important

work already done by Minister Pedersen and his department with a collaborative process to strengthen our relationships with affected Indigenous communities."

"Our government recognizes there are significant opportunities through this project to support job creation and create new economic opportuni-

ties for Indigenous communities in the Interlake region," said Pedersen. "There has been significant research, planning and design work done in the development of the preferred route for the Lake Manitoba Lake St. Martin Outlet Channels. We look forward to meaningfully consulting with Indigenous communities across the region

that may be impacted by this project."

The Manitoba government has been finalizing consultation agreements, workplans and budgets with 14 First Nation communities in the Interlake region and is also reaching out to other Indigenous communities where there is interest in these projects.

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The Arborg-Bifrost Community Development Corporation (ABCDC) together with the Municipality of Bifrost-Riverton and the Town of Arborg have come together to create a Sustainable Community Action Plan.

A final draft of the plan has been completed and **we would like to invite you to review the plan.** Join us at a Public Open House to view information about the project, speak to the project team, and provide your feedback.

DATE: Wednesday, August 23rd, 2017  
TIME: 5 p.m. - 7 p.m.  
LOCATION: Town of Arborg Council Chambers, Town Office, 337 River Road  
FORMAT: Drop-in

Additional Information:  
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# Arborg receives government funding to upgrade water treatment plant

By Patricia Barrett

The Town of Arborg will be upgrading its water treatment plant with \$133,000 in funding from the federal Liberal government under its Small Communities Fund, which allocates a total of \$46.7 million to Manitoba.

The Small Communities Fund supports "priority public infrastructure projects in communities with fewer than 100,000 residents across Canada."

The federal and provincial governments and the town will be cost-sharing the \$399,000 upgrade, each contributing \$133,000.

Conservative MP James Bezan (Selkirk-Interlake-Eastman) and MLA Derek Johnson (Interlake) headed to Arborg Aug. 9 to announce the funding on behalf of the federal and provincial governments, respectively.

The upgrade will entail the installation of an electric backup generator and the replacement of three major valves.

"Right now there's a diesel pump if the power goes out," said Johnson. "The backup generator will now run an electric pump. They'll get rid of the diesel storage tank in the building. Potentially, there's hazard if it ever sprung a leak. It could contaminate the water."

Public works foreman Bruce Swanson said the valves were deteriorating.

Although the town hadn't heard whether it would be the recipient of matching government funding, CAO Lorraine Bardarson said council had budgeted in advance and won't need to take out a loan.

"We've got the funding available in our current financial plan for this specific project," she said. "We budgeted for it in anticipation of receiving the funding."

Bezan said council and staff put together a really good application that helped him and Johnson advocate on council's behalf.

"Good applications came in from [various] municipalities [and] they're able to get this funding," he said. "It's also about them setting their priorities, and this was prioritized into what the Town of Arborg has been working on, upgrading all their water infrastructure that they need. Everybody in every community deserves to have clean and healthy drinking water, and it's also critical to the overall



EXPRESS PHOTO BY PATRICIA BARRETT

MP James Bezan and MLA Derek Johnson joined Town of Arborg councillors and the foreman of the water treatment plant.

success of our communities. From the standpoint of health, prosperity and the future growth of communities, we've got to keep upgrading infrastructure."

Mayor Randy Sigurdson said he was pleased with the funding.

"It's always nice to get some free money, that's for sure," he said. "We've been looking forward to doing this. We've been getting quite a bit of money, and we weren't sure about this one, but we were really pleased when it was announced we were getting it."

The town will be contacting the Manitoba Water Services Board, which helps rural governments upgrade water and sewer systems, and asking it to act as project manager. There is no firm timeline as to when the work will begin.

"We'll leave it in their hands to start working on it as soon as they can possibly move forward on it," said Bardarson. "But we're definitely anxious to get going."

It's unknown how many Interlake communities applied for funding under the Small Communities Fund, but Johnson said four were "successful."

"There were some [applications] that were incomplete," he said. "That's why it's so important to do a good, thorough job that council has done here on filling them out. Incomplete applications, we don't even get to see them."

The Town of Arborg's water receives passing grades thanks to Swanson, said Coun. Vivian Leduchowski. "He does an excellent job. Our

water has good quality all the time."

Swanson credited the mayor and council for supporting the plant's needs so that he "can do a proper job. I suggest what needs to be done, and Lorraine gets the ball rolling."

The federal government and the province announced funding for 42 infrastructure projects in 37 communities under the New Building Canada Plan's Small Communities Fund. They're contributing over \$10 million each toward an estimated \$34.6 million in total project costs.

"This dedicated funding for projects in smaller communities demonstrates the federal government's commitment to delivering results at the local level throughout the country," said Liberal Minister of Natural Resources and Winnipeg South Centre MP Jim Carr in an Aug. 9 news release. "The Government of Canada is proud to be supporting these wide-ranging community priorities and helping get projects underway that will improve the quality of life and help increase opportunities for Manitobans across the province for years to come."

According to the backgrounder attached to the news release, priority projects in the Interlake (in addition to Arborg's) that received matching federal and provincial funding are Gimli Viking Park construction, \$600,000; Fisher Branch sidewalks, \$180,000; Lundar new arena, \$1,112,028; St. Laurent Metis Heritage Centre, \$160,000; Selkirk recreation complex repairs, downtown renewal, Manitoba Avenue pathway, \$2,151,598.

All projects have a start date of Aug. 1, 2017.



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## > GET FISHING, FROM PG. 6

fishers had stayed in and one old-timer looking at them shook his head, saying, "You don't go out in this!"

I sat there listening to Rob talking about his half-century of fishing and to Justin who was just starting, and I was filled with pride knowing our fishing culture and industry is alive and

well in these men. I've wanted to show you the picture of Jason Zhang with his catch at Hecla for some time. He struck me as such an interesting chap because he will only fish Hecla and he's one of those guys who, when nobody's catching anything, he will.

See you next week. Happy fishing!



# Steep Rock Beach park celebrates Halloween in August

By Jeff Ward

The second annual free Halloween party at Steep Rock Beach Park last Saturday saw dozens of kids donning their costumes for a fun filled day of spooky hijinks.

Campground manager Lana Iwanchuk said that the park does these events as a fun way to bring families together. Last month they hosted a Christmas-themed event and last Saturday was Halloween. Activities like arts and crafts, a dance party and a fun photo booth were all part of the festivities.

Iwanchuk said that this year a Halloween maze was added to the list of activities, which she said was very fun for the kids. All the decorations for the event were either borrowed or donated and that everything is provided free of charge.

"Sometimes you just gotta have fun. Kids love costumes so we [gave] them another day to wear them," said Iwanchuk.

She estimated that there were 60 kids at the event.



EXPRESS PHOTOS BY LANA IWANCHUCK

The Steep Rock Beach Park held their 2nd annual Halloween party last Saturday with costumes, props and treats to celebrate Halloween in August.

## Aurora Recovery Centre to host Fun Run for addictions awareness

By Lindsey Enns

Gimli's Aurora Recovery Centre is gearing up to host its first Fun Run for addictions awareness.

The event is set to take place on Sunday, Sept. 3 from 8 a.m. to 2 p.m. at the Gimli Park Pavilion.

The event will kick off with a group yoga session in the park at 8 a.m. with the five- or 10-kilometre walk or run beginning at 9 a.m.

Although the run is a family-friendly event, Samantha Hampton, the centre's activities co-ordinator, said it will also be about raising awareness about addictions.

"There's such a dark stigma that's around addictions and people don't really understand, a lot of people think it's a choice rather than a disease," Hampton said. "This event is about celebrating recovery. There's millions of people that are sober and are in recovery, and we want people to know that goal, that lifestyle, to be sober, it's achievable and that you can't do it alone."

Hampton added all funds raised



EXPRESS FILE PHOTO BY LINDSEY ENNS

Aurora Recovery Centre is set to host its first Fun Run for addictions awareness at the Gimli Park Pavilion on Sunday, Sept. 3.

from registration fees will be donated to the sober living homes Two Ten Recovery and Destiny House in Winnipeg.

Hampton said they are hoping to raise around \$10,000.

Following the run, the Gimli Cadets will be hosting a barbecue and Selkirk's Fireheart Traditional Women's Drum Group will also perform. The event will also feature an obstacle course, a bouncer, face painting as well as a bike decorating contest. There will also be a guest speaker at 12:30 p.m.

Participants will be entered to win an Ultimate Churchill Adventure for two, sponsored by Calm Air.

To register or for more information about the Fun Run, visit [aurorarecoverycentre.com/aurora-fun-run/](http://aurorarecoverycentre.com/aurora-fun-run/).

Aurora Recovery Centre is located at 20025 Lakeside Rd. in Gimli.

The privately run 24-7 facility offers individualized treatment based on a 12-step program and offers treatment for alcohol and drug abuse, depression, anxiety, eating disorders as well as gambling and sex addiction.

For more information visit, [aurorarecoverycentre.com](http://aurorarecoverycentre.com).



# Registration now open for spiritual care course

## Submitted

During critical times of suffering, trauma or loss, spiritual health can play a vital role in helping patients find their peace, inner strength and courage. It is during these moments of uncertainty that patients may need to regain their spiritual focus, recover their sense of purpose and reconnect with their beliefs.

Interlake-Eastern Regional Health Authority's spiritual health services program is once again offering the Spirit of Caring course this fall. It is a nine-week course that prepares volunteers to accompany and support people in a health-care setting in a respectful, caring and compassionate way.

Marion Magnusson, Interlake-Eastern's spiritual health services co-ordinator for the west side of the region, explained spiritual care offers holistic healing. It is the activity of devoting presence, attention and respectful listening to people in helping them discern the meaning in life now — in this time and place, perhaps in the midst of a health crisis.

"It is through learning about spirituality that your own perspective on life will change. You will grow in understanding more about yourself in the diversity of expressing who we are as human beings," said Magnusson. "Our awareness of the cultural lens we wear will develop a broader scope to embrace the spiritual in all faith communities. Additionally, you

will learn how to be available to another, to be quiet with another and to listen without having to respond to be fully present with another."

Participants will learn practical applications of spirituality in a variety of situations in health care, including how to recognize, respect and support a spiritual need, and how to attend to spiritual distress, conflict and dilemma in themselves and others.

Debra Perrault from Stonewall took the course in the spring and has since become a spiritual health volunteer with the regional health authority. She found the experience rewarding and enjoyed exploring the diversity of spiritual traditions, beliefs and cultures.

"If everyone signed up for this course, the world would be a much happier and kinder place. I can't say enough about how much this course has taught me; it opened up a new world," said Perrault. "No matter what we have as beliefs, we are all connected in some way. We have to find common ground and work together."

The course is a pre-requisite for spiritual health services volunteers. It runs from Sept. 21 to Nov. 16 at the E. M. Crowe Memorial Hospital in Eriksdale, Thursdays from 1 to 3:30 p.m.

The deadline to register is Sept. 7. There is a \$100 fee that will be waived for those who become spiritual health services volunteers. For details and to register, contact Marion Magnusson at 204-785-7028, cell: 204-641-1379 or



EXPRESS PHOTO SUBMITTED

Marion Magnusson, spiritual health services co-ordinator, shown with her therapy dog Cassy, will be leading the Spirit of Caring course this September in Eriksdale.

mmagnusson@ierha.ca.

About Interlake-Eastern RHA's Spiritual Health Services:

Spiritual health services' objective is to advance the integration of spiritual care in health care through education, promotion and clinical practice in order to facilitate healing, improve patient experience and satisfaction

and to help people faced with illness, suffering and grief find comfort and meaning, whoever they are, whatever they believe, wherever they are.

There are currently two spiritual care coordinators serving the east and west side of Interlake-Eastern RHA.

## RM of West Interlake to rebuild two Ward 2 roads

### By Jeff Ward

A combined one mile of Lutz and Otto Road and a 1/4 mile section of Joiner Road will soon get much-needed attention as contractors currently bid on the infrastructure projects.

West Interlake Ward 2 councillor and chair of the transportation committee John Bezemer explained that work on both roads is long overdue.

He said that both projects have been things he's wanted to tackle since being elected but that there are only so many projects that can be done each year.

Lutz and Otto Road will see a combined one-mile rebuilt while the section on Joiner Road will see the removal of a large frost boil, a culvert installation as well as road grooming.

Bezemer said that when these roads were first built decades ago, they were built for much different equipment

than what is on them now.

"Every piece of farm equipment has gotten bigger and heavier, and it really impacts our roads," said Bezemer.

These particular roads are nearly impassable currently, and unless you have a big truck, it's wise to stay off of them entirely. He added that the roads are also beyond repairing at this point and they need to be completely rebuilt.

The RM was able to get funding for the roads via the Municipal Road and Bridge program, which will help eliminate some of the cost for the municipality. Bezemer expects that once the contracts are awarded and the work begins, it shouldn't take more than a few weeks to have everything completed.

"There are lots of these projects to do and I know everyone wants them done quickly. We have to start some-

where with these and it's all very expensive work now, so we just have to

keep chipping away," said Bezemer. The deadline for contracts is Aug. 18.

### > TWINS, FROM PG. 3

"We were both very good athletes. When we were in school, there wasn't an award we didn't win," King said.

King spent most of his life at East Meadows Ranch as a wildlife manager. The property, south of Lundar, is a great source of pride for King, who loves all wildlife. He played an integral role upholding conservation initiatives for many different species.

The Fur Institute of Canada and the Manitoba Wildlife and Fisheries Branch recently honoured King for his "King Muskrat Trap." King designed a new humane muskrat trap that will not adversely affect other animals and only allow the muskrat

to be caught. The trap was designed for underwater use.

King also built the Lundar Goose structure where many visitors have stopped to have their photo taken.

Greenham and King have seen Lundar change so much over the years but the thing they say sticks with them the most is the people. They both said the people of Lundar have always been good to them and that they've always felt like one big family.

When asked what the pair would do to celebrate their 100th birthday. King asked Greenham, "Do you want to try and make it there?" to which she replied, "Sure."



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# Lakeside Quilters celebrate Canada's 150th

By Lana Meier

Canada's history is a patchwork of tales and stories, so it's was only appropriate the Lakeside Quilter's sixth annual show should celebrate the country's birthday with 12 creations reflecting the country's history.

The show was a kaleidoscope of colours and included traditional heritage quilts, bed-size quilts, table runners and wall hangings.

Many Canada 150 quilts were themed in red and white and included bears, moose, elk, beavers, blue jays, the RCMP, canoes, Inukshuks and the maple leaf. Others showed off the natural landscape with grain elevators and grain fields, icebergs in oceans and mountain ranges.

Quilting has evolved over the years and is very much an art today. The traditional handwork has been replaced with contemporary quilts made with sewing machines, long arms and digital embroidery technology. New techniques include hand-dyeing fabric and free-motion quilting and can be inspired by nature, landscapes and photos.

This year, there were 186 quilts and quilted items on display at the Gimli Curling Club.

There was the "People's Choice Contest" with prizes where the visiting public decides on "Best in Show Quilt" as well as the best "Challenge Quilt."

Challenge quilts are smaller in size and must be made from the same material. This year, seven were tested on their ability to create a quilt using blue jean material. These quilts were all designed for boys and have been donated to the Interlake's women shelter, Nova House.

The winners were Denise Wenzel in first place, Janice Skene in second place and Linda Einarson in third place.

Alice Newman's O'Canada quilt

won first place in the "Best in Show" People's Choice. Her quilt, made from a multitude of different shapes and colours of maple leaves, measured 84"x110" and is made with 1,408 three-inch squares. Newman said her next quilt will be something much easier and she made this quilt only because it is Canada's 150th birthday.

Second was Jocelyn Marchuk, and Shelly King and Wendy Wood tied for third.

There were also 10 quilts on display that are being donated to the Interlake Refugee Support Network. There will be 11 quilts give to the Syrian family that will be arriving in Arborg shortly to join the Jarkas family in Canada.

Members of the public had the opportunity to test their quilt knowledge with a crossword puzzle created by Donna Kern. There was also a raffle for a variety of quilt-related prizes, several vendors and demonstrations.

The Lakeside Quilters is a committee of 11 who meet solely to put on the quilt show each year. However, most quilt together in the Fibre Arts Group at Gimli's New Horizons 55+ Centre every Tuesday from 10 a.m. to 2 p.m.

New members are always welcome with a membership to the New Horizons for \$20 a year or a drop-in fee of \$1 per visit. No experience is necessary, and the group has quilters of all styles and abilities. This group has grown over the past four years from 10 women to 43. Ladies or men who



EXPRESS PHOTOS BY LANA MEIER

Alice Newman's O'Canada quilt won first place in "Best in Show" People's Choice.

crochet and knit are also welcome.



There are 11 quilts being donated to the Interlake Refugee Support Network. Several of the quilts were designed with a Canada theme.



Debbie Einarson of Gimli had a number of quilts on display showing how traditional handwork has evolved.



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# Lundar Arena gets financial boost from government

By Jeff Ward

Both the provincial and federal governments have joined forces and have granted more than \$1 million towards the new Lundar Arena, which is currently under construction.

Two equal grants of \$556,014 will be added to the \$500,000 Canada 150 grant that the Grettir Coop Inc. received earlier this year. This brings the total government contributions to more than \$1.6 million, which is a sizeable leap forward towards the overall cost of \$3.6 million. The RM of Coldwell and the Grettir Coop Inc. will be funding the remaining costs associated with the project.

Selkirk-Interlake-Eastman MP James Bezan and Interlake MLA Derek Johnson were on hand for an announcement last Wednesday in front of the arena. Both said they were proud to be able to present this new funding. Johnson said he wishes things could've moved faster on the project and funding because he knows how important this project is to the people of Coldwell.

"Everyone in the area is going to benefit from this new arena," said Be-



EXPRESS PHOTO BY JEFF WARD

Lundar residents were overjoyed at the new provincial and federal funding that will combine for more than \$1.6 million total for their new arena.

zan to a crowd of roughly 50.

"I know how much blood, sweat and toil has gone into this, all the fundraising, all the Lobsterfests — although we all really enjoy the Lobsterfests. But the money you've been able to raise from the community and then match that, I have to say is very commendable."

Johnson explained that the arena, while a big win for Lundar, has broad-

er positive implications for surrounding communities as well. He said that the benefits to the health of Lundar residents is also an important part of funding this project. The Lundar Arena, when completed, will feature an array of amenities that aim to improve the health and wellness of visitors.

"It's projects like this with the indoor running track and just the physical exertion you put into skating, that'll

help on many fronts on health," said Johnson.

Coldwell Reeve Brian Sigfusson said that is one of the most exciting projects he's been a part of in his time as reeve.

"It's just wonderful for the area, for our people, for our volunteers, the young generation coming up for the

Continued on page 18



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# Pool blankets make morning swim a better experience

By Jeff Ward

Early morning swimmers at Lundar Pool will notice a much warmer water temperature following the installation of new blankets that cover the water each night to keep the heat in.

The blankets, valued at \$5,600, were installed a few weeks ago by Rubber Ducky. Lundar Pool maintenance chair Kirsten Lindal said that the purchase was made to help keep the water at a more consistent temperature and warmer for longer, particularly for early morning swimming lessons. Warmer water temperatures are more conducive to learn in.

Lindal recently took in the Sunday morning water yoga class and noticed the water temperature had only dropped a single degree overnight due to the blankets.

"It will also make swimming later in the season, when it starts to cool off, more enjoyable," said Lindal.

"I've experienced the water first hand and it is just much more comfortable to get into in the morning. You don't really have to acclimate

yourself to the water. It's really nice. The other benefit is that this system is very lightweight and takes only 10 to 15 minutes to roll out, which is much easier for our lifeguards."

There are four blankets that stretch across the pool each night to help keep the heat in. Lindal said that there was a blanket system years ago but that it was very heavy and difficult to use. Over time, the blankets also deteriorated and couldn't be used anymore. This new system is more user friendly, Lindal explained, and is built on plastic rollers that make rolling them out at night and back in the next morning a breeze.

It's also really nice to see improvements and upgrades to areas that people use often.

"I think anytime there's an improvement, it lifts everyone's spirits," said Lindal.

The board is eyeing other improvements like a slide and other water features, but there are no plans set in stone.



EXPRESS PHOTO BY MICHELLE SIGFUSSON

These new blankets at the Lundar Pool will help maintain the water's temperature overnight and provide a much more enjoyable swimming experience in the early morning hours.

# Pet owner grieves dog lost to hit and run

By Jennifer McFee

A Winfield Road resident from the Rockwood municipality is urging drivers to slow down after her beloved dog was killed in a hit-and-run accident.

On Aug. 2, Cindy Friesen was dismayed to discover that her family's

three dogs — David, Princess and Klondike — had escaped from their enclosure at about 7 a.m. They had just put up new gates and made some modifications to give the dogs more space, but the pets somehow found a way out.

Then their dismay turned to despair



EXPRESS PHOTO SUBMITTED

David, the dog in the middle, was recently killed in a hit-and-run incident. He is shown here with Klondike on the left and his sister Princess on the right.

when they found out that David was high and low for the dog before her hit and killed by a car driving on Winfield Road. They had been searching

Continued on page 19



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# Gimli RCMP hand out \$30K in warnings to Lake Winnipeg boaters

By Jeff Ward

RCMP found 92 per cent of boats checked on Lake Winnipeg were non-compliant with safety regulations earlier this month, and according to the Lifesaving Society's Manitoba branch, it all stems from a larger issue.

Gimli RCMP Staff Sgt. Bob Shabot found 24 out of 26 boats to be non-compliant and wrote up deficiencies totalling approximately \$30,000 during the Aug. 4-6 weekend. The infractions are quite varied and included things like not having a safety whistle, not having working fire extinguishers, nautical flares and more.

The problem, according to Lifesaving Society's Manitoba branch manager Kevin Tordiffe, is that there is simply a failure of proper education when operators get their licence. Tordiffe pointed out that the course, which can be done online, is designed to get people their licence and not much else.

"Most people will just sit down with a beer and click their mouse for 90 minutes and then they have their licence. But I question if they've really learned anything," said Tordiffe.

"All of the programs are designed to get you to pass and get you your card, and to me, that's why I believe all the people I've run into don't know the rules. The 92 per cent is actually a very consistent number across many years.

The vast majority of people I've come into contact with are non-compliant."

Tordiffe said that in the instance that someone is operating their boat under the influence and are stopped by the RCMP, the officer can give a fine and suspend the driver's licence. But the person can be out on their boat the next day as their boating licence isn't affected.

"There is simply no mechanism to lose your boating licence at all," said Tordiffe.

Even more unsettling is that when a boating licence is granted, there is no registry of the holder and no database that keeps track of non-compliance issues or even verification that the cardholders are who they say they are.

In Tordiffe's eyes, the lake is a dangerous place and should be treated as such. However, he's seen people often not realizing that just because they're on a boat, it doesn't mean they're safe. Tordiffe said that even simple things like not wearing a life jacket or knowing how to navigate buoys are simply not known.

He understands that the RCMP have limited resources to be out on the lake and as a result are using the time they are out there to give warnings instead of issuing tickets.

"But these rules have been implemented since 1999, nearly 20 years ago. I think the warning period needs



EXPRESS PHOTO SUBMITTED BY THE RCMP

RCMP found 92 per cent of boats checked in Gimli during August long weekend to be non-compliant with safety regulations and requirements.

to be over. We need to formalize the licensing process itself, form a national registry for licensing and, in general, do more to keep the water safe," said Tordiffe.

In June, the Lifesaving Society released a report that showed that Manitoba had the highest rate of drowning deaths of children in the entire country. Manitoba had 3.3 children under

five years old die for every 100,000, which is three times the national average of 1.1.

The water is dangerous and these issues of non-compliance might not seem like a big deal to boaters, but as Tordiffe explained, those measures are there to save lives. And when they're ignored, accidents can turn into tragedies.

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When the stabilizer bar links are starting to wear out, the symptoms can range from barely noticeable to significant, and if you don't have your stabilizer bar links replaced, can result in catastrophic damage to the front end of your vehicle and potentially an accident. Below are a few signs your stabilizer bar is failing

Clunking or rattling noises from the tire area

The stabilizer bar links attach to the lower control arm at the front end of most domestic and foreign cars and trucks sold in the United States. In certain cars, the rear end will also have stabilizer bar links. However, the ones that cause the most damage are in the front and located directly behind your left and right front tires. If you're driving down the road and you start to hear a clunking, rattling or metal-on-metal scratching noise, it is possibly the stabilizer bar links causing the sound. The stabilizer bar links are supposed to fit incredibly snugly, without any play or movement except between rubber bushings. When the links are worn out, the sway bar will begin to make these sounds especially when you're driving around corners or over a speed bump. When you hear these types of noises coming from the front end of your vehicle, make sure to contact your local service provider and have them inspect and replace stabilizer bar links and bushings.

Poor handling or loose steering wheel

Since the stabilizer bar links are attached to the lower control arm, steering and handling are also negatively impacted when they begin to wear out. Most of the time, the actual culprit is the bushings that are designed to take the majority of the impact and help to protect the metal parts from wearing out. However, the bushings also can cause extensive corrosion, especially if oil, grease or other debris becomes embedded on the stabilizer bar. The direct result of all of these issues is that the vehicle simply doesn't handle the same way that you're used to. The steering wheel will appear to be "loose", and the body will sway from left to right more due to the fact that the stabilizer bar links and bushings are wearing out.

If you notice any of the warning signs or symptoms above, contact your local service provider so they can inspect your stabilizer bar links and supporting equipment.

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# Dunnottar leading the way with sustainability

By Patricia Barrett

When it comes to encouraging an eco-friendly lifestyle, the Village of Dunnottar's council just may be ahead of the Interlake pack, having nearly completed a long-term Integrated Community Sustainability Plan that focuses on the environment and economic and socio-cultural well-being.

It has organized a series of public meetings over the course of the summer to help residents become aware of the plan, which addresses issues such as water quality, environmental stewardship and green infrastructure. Each meeting is centred on actions residents can take to lead a greener lifestyle and protect the environment.

Justin Phillips from Sycamore Energy (operating as Solar Manitoba in the province) and Nicki Albus from the provincial Emergency Measures Organization were special guests at the second meeting July 29.

Phillips spoke about the benefits of solar energy, its burgeoning popularity and cost to install.

Manitoba Hydro offered a solar-installation rebate in April 2016 (set to expire in 2018) and has, thus far, received about 350 applications despite low electricity rates.

"We pay the cheapest electricity in the world," said Phillips. "Anywhere else, they're paying a lot more than you're paying now. Even though we see these increases, we still pay cheap electricity, which we should be proud of. We pay eight cents a kilowatt hour right now. But Hydro said it wants those rates to increase by about 50 per cent within the next five years. So we're looking at 13 or 14 cents a kilowatt hour. Saskatchewan is paying 13 or 14 cents a kilowatt hour. Ontario is paying 23 cents a kilowatt hour."

Phillips said his company has installed (or is in the process of installing) solar systems in dozens of communities such as Otterburne, Ste. Anne, McCreary, Beausejour, Shellmouth and St. Vital (Winnipeg), as well as for organizations such as Fort-Whyte Alive and the Oakbank Community Centre.

The cost to install a solar system varies, but there is a significant cash outlay.

"You have to think of this as an investment," said Phillips. "You're not buying a new fridge or putting in new windows. But there will be no more energy bills. And ... it's a biased opinion, but I truly believe there is an increased equity in your house."

Phillips provided an example of a 100-kilowatt system that cost \$335,000 to install, minus the Hydro rebate, for



Nicki Albus from provincial Emergency Measures.

a total of \$280,000. Monthly savings will be almost \$2,000 with average annual savings of almost \$22,000.

Hydro's rebate offers \$1,000 a kilowatt based on the average of the last two years of consumption, said Phillips. The utility exports its surplus energy at a premium while "building the economic value of the province."

With any technology, there are a few drawbacks. Solar cells can break down, panels can be damaged by hail, existing rooftops may not be able to withstand the weight of panels and snow has to be cleared from them for optimal electricity generation.

Phillips said Manitoba could become a leader in solar energy.

"We have the support from the municipalities. There's no reason not to build and brand Manitoba as a centre of excellence for sustainability," he said. "There's a huge economic opportunity for us to develop ourselves for this industry. The village is an excellent example of putting your feet forward when it comes to committing to this type of technology."

The administration office installed an eight-kilowatt system — designed as a carport — beside its building.

"The installation will be connected to Manitoba Hydro's power grid so that any excess energy produced can be sold back," said Mayor Rick Gamble. "In 17 years, the cost of hydro savings will offset the installation cost followed by an overall reduction in electrical costs for the village office."

Nicki Albus, training program coordinator with EMO, spoke about the impacts of climate change and the need for individuals and communities to be prepared for such things as wildfires, blizzards, heatwaves and heavy rain, all of which are becoming more commonplace.

"The 2014 heavy rains over the July



Village of Dunnottar Mayor Rick Gamble.

1 long weekend were severe and impacted the whole province but especially the southwestern corner," she said. "A portion of Highway 16 was essentially wiped out from three days of heavy rain. This happens all the time. But the intensity of this is what's different, and these things are happening more often."

The severity of the events are posing a challenge to emergency responders.

"What climate change events and emergencies are doing are overwhelming our capacity quicker and changing what we think we know about weather and how disasters might come."

Something she said she hadn't seen during her six years with EMO was a recent Environment Canada heat warning for northern Manitoba.

"You've got to be kidding me," she said. "This was for Gillam, Island Lake, Oxford House, Norway House, Thompson Flin Flon and The Pas. We haven't seen this before."

Intense heat events could mean an increase of fires in the northern part of the province.

At the other end of the weather spectrum, blizzards in Churchill this year closed down the town because they were "so rare" and the town was "unable to manage it," she said.

When she travelled to the community, she said she spoke to residents who told her about being literally trapped in their homes and having to use ladders to get over snowdrifts. The blizzard eventually turned into overland flooding.

She said we don't think about how to survive in situations like these. But now that they're becoming commonplace, individuals and emergency staff need to establish emergency plans.

"We're dealing with climate change



EXPRESS PHOTOS BY PATRICIA BARRETT  
Justin Phillips from Sycamore Energy.

now," she said. "Climate change isn't going to wait for us to be prepared. We need to have climate change integrated into our current practices, behaviours and attitudes."

She said communities are not legislated to prepare for climate change and do not see it as a "hazard" the way tornadoes or floods are.

"We tell communities we want an all-hazard emergency plan."

And individuals should take responsibility for their own safety by knowing what the risks are, creating a plan and practising it and preparing an emergency kit. The first step is building awareness of what's happening around the world and in the province.

"Put yourself in their shoes: what was it like for the people? What did they do?"

Albus said the [www.getprepared.gc.ca](http://www.getprepared.gc.ca) website has lots of valuable information.

The village's next sustainability meeting is Aug. 19. Call the administration office at 204-389-4962 or visit its website at [www.dunnottar.ca](http://www.dunnottar.ca) for more details. A draft of its Integrated Community Sustainability Plan is available online.

## > LUNDAR ARENA, FROM PG. 13

future. It's just excellent," said Sigfusson.

The crowd that gathered to listen to the announcement showed their excitement with several rounds of cheering and applause. It's been nearly a decade of fundraising to get the community into a position where a new arena was possible, and that is now paying off.

Sigfusson said that he expects the walls of the new complex to go up in September, but there is no timeline on when the arena will be completed.



# Steep Rock pitch and putt golf course is challenging and fun

By Jeff Ward

An 18-hole pitch and putt golf course in the community of Steep Rock presents a challenging par for amateur and seasoned golfers alike but is a fun attraction nonetheless.

Course designer Mac McDonnell is also responsible for cutting much of the grass in Steep Rock. When he started cutting the grass at the centre of town near the pavilion and church, he said he was finding golf balls while doing the job — and the idea to turn the space into a course came to him quickly.

There are 18 holes for the course, but due to space constraints, most holes share a tee box and have players aiming at a different green. There are a few creative hazards placed on the course, like a canoe and motor boat filled with flowers, as well as a water hazard for the 9th and 18th greens. The 8th and 17th have players shooting through trees near the church, which is quite picturesque.

McDonnell said that it took him about a month to finish the first version of the course and that the toughest part of the job was finding where a green could potentially go. Much of the ground in the area is quite hard with a lot of rock underneath the grass. Finding a spot where a hole could be placed in the ground was a challenge, McDonnell said.

"I would stand out here and just look at where a green could go, and when I had that marked, I'd find where the next hole could go," said McDonnell.

"We have leagues out here every Tuesday and Thursday and we see quite a few people out here enjoying the course. I want this to be something kids do with their parents, come out get some exercise. I get a bit emotional when I think about that."

McDonnell said that over the years, the

course has been changed and improved. He's made his own tee boxes that last much longer than the ones he purchased. His wife, in the first year, helped make all the flags for each pin. New flags were all sponsored by businesses after the course became popular.

The course features a variety of hole lengths from 50 to more than 100 yards and is deceptively challenging. Getting the ball close is only half the battle as putting presents its own difficulties. Given the uneven terrain, the direction of the rolling ball is wildly unpredictable and speed and angle are tough to judge.

"We say no gimmies when we play because a ball close to the hole might not go in. It's tough but we've seen people in our tournament do really well here," said McDonnell.

Interestingly, McDonnell said he isn't an avid golfer, nor does he really enjoy the game. It's the act of building something that he really enjoys, and he said that the community feedback on the course has pushed him to continue working to make it better. He said that he is paid by the Steep Rock Community Club to cut the grass and does charge people to use the course but all of that money and more of his own goes back into it each year. McDonnell said that he pays for all lawnmower fuel and repairs and he hopes one day the course will break even.

"It does get more popular every year and I think we'll get there one day," said a hopeful McDonnell.

Golfers 16 and under play for free and a daily all-you-can-play golf pass is only \$5. Alternatively, a yearly membership is just \$25. McDonnell also has score cards available.

On Sept. 4 at 11 a.m., there will be an annual tournament at the course for anyone who is interested in competing.



**EXPRESS PHOTOS TAKEN BY JEFF WARD**  
Mac McDonnell tees up a ball on a golf course he built in Steep Rock.

## > HIT AND RUN, FROM PG. 16

husband Albert discovered David lying dead in the ditch.

Although David was wearing a collar with phone numbers on the tag, the driver didn't call them to let them know about the accident.

"They were in the enclosure and they escaped and we have to come to peace with that. But if you hit a dog or a cat, you should stop," Friesen said.

"To hit a dog and just drive away, that's just cold. They need to know that somebody does care about the animal. They could have at least had the decency to take him to the vet and say they found him like that. If you hit a dog, you should stop."

The other two dogs are having a hard time dealing with the loss of David, who was nearly nine years old.

"For the first days, they didn't eat and they weren't going into their dog houses. But then Princess went into David's dog house and she would not come out, and it was the same with Klondike," Friesen said.

"It was a nightmare for three or four days, but we've got them eating and running around. It's

not like they're over it yet, but they're doing better than they were."

Likewise, the family is still dealing with the aftermath of the incident.

"We're all mixed up. I'm not going to lie," Friesen said. "I'm not going to sit here and say that I'm OK because I'm not, but we still have the other two dogs that need to be taken care of."

Since they moved to Stonewall from East St. Paul six years ago, they've noticed that many drivers speed down their road. Friesen plans to bring the issue up with council. In a similar situation, a driver hit their neighbour's dog and drove off.

"Luckily, they saw him there and picked him up," she said, "so he's still alive."

She hopes that whoever hit her dog will think twice about speeding — or maybe even apologize for the accident.

"People need to hear the human side of what happens when they kill pets because they're not careful," she said. "We're so upset about the whole thing."

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# Gearing up for Teulon Ride-In Rally

By Jennifer McFee

The motorcycle community is getting all revved up for the upcoming Teulon Ride-In Rally.

The Sept. 9 event will raise funds for Project New Hope Canada, a non-profit organization that offers support to veterans and their families.

Admission is free to the family-friendly outing, which will feature a poker derby, 50-50 draw and various motorcycle games and kiddie games. Attendees can also look forward to antique motorcycles as well as a show and shine.

Event organizer David Leduchowski anticipates about 300 people will converge for the fundraiser, which is taking place for the second year.

"There's a similar rally in Cavalier, North Dakota, which is a town the size of Inwood. They've been going 20 years with their rally, and now they get about 6,000 to 7,000 people in for the weekend," he said.

"I'd love to see Teulon turn into that. If we could get 6,000 to 7,000 people to Teulon for a weekend every year, it would be a great way to promote the town."

The poker derby will feature five checkpoints: River City Rides in Winnipeg, Domo Interlake Service in Winnipeg Beach, Chudd's Motorsports in Gimli, Rosie's Café in Inwood

and Main Street in Teulon. However, participants don't need to go to all the sites to participate since any site can be a start point or end point.

"This is to get people from Winnipeg out, but you can actually buy all your hands at one stop," Leduchowski said.

"So you can come straight to Teulon and you don't have to go in the whole run."

The event will run from 8:30 a.m. to 7 p.m. on Main Street in Teulon, which will be closed from Third Avenue to Fifth Avenue. Vendors can set up for free this year in an effort to grow the event.

"If anybody wants to set up as a vendor, there should be lots of space on the west end of Main Street," Leduchowski said.

"Right now, we're still in the building stage for the event, so we want as many vendors as possible, and they don't have to be motorcycle-related. If they do well and they want to give a donation to Project New Hope, that would be fantastic."

As well, the Teulon and Area Lions Club will sell concessions, donating 15 per cent of their profit to the fundraiser.

Free tent camping will be available in Green Acres Park for anyone who would like to stay over night on Friday, Sept. 8 and Saturday, Sept. 9.



EXPRESS PHOTO SUBMITTED

Teulon's Sunova Credit Union managing partner Bonnie Benn, left, presented David Leduchowski from the Teulon Ride-in Rally with a sponsorship cheque on Aug. 11. Sunova is the major sponsor for the event that will take place in Teulon on Sept. 9.

Leduchowski extends his thanks to the Town of Teulon for its support as well as to businesses such as Sunova Credit Union, which is a major sponsor of the event.

Anyone who would like more information or would like to volunteer at

the event can contact Leduchowski at 204-206-0297 or davidleduchowski@gmail.com. The poker derby route and other info is also posted on the Facebook page entitled "Teulon Ride In Rally for Project New Hope Canada."

## Doc shortage puts patients in danger, rural resident says

By Maggie Wysocki

A Victoria Beach resident says the Interlake-Eastern Regional Health Authority's (IERHA) severe shortage of doctors and first responders in the region is threatening the lives of patients.

On June 22, 53-year-old Henry — who asked that his last name remain anonymous — suffered a heart attack inside his Victoria Beach home.

It was an estimated 30 minutes before volunteer emergency medical responders arrived, he says.

"I wasn't sure what was happening ... but when the volunteers came and couldn't give me anything to ease the pain, it made me more scared," he said during a recent telephone interview with the *Express*.

According to St. John Ambulance Canada regulations, EMR volunteers are unable to administer any medication or to transport patients to the nearest hospitals until professional paramedics arrive.

Medical calls are always directed to volunteer EMRs first, says Victoria

Beach Police Chief Stewart MacPherson, adding he'd like to see trained police officers be contacted to assess the situation as well.

"I would like that to change. We should get a call from 911 because we can help too," MacPherson said. "We can intervene first because we are on duty whereas volunteers are on-call and coming from somewhere, which means it usually takes longer."

The *Express* requested an interview with Victoria Beach Fire Chief Brad Patzer, who organizes the EMR volunteers, but he didn't respond before press deadline.

Henry says he waited another two-and-a-half hours before an ambulance from Selkirk arrived, which was redirected from Pine Falls where they didn't have a doctor on call.

According to the current IERHA rural doctors' schedule, Pine Falls Hospital has a doctor available full-time three days a week. Otherwise, a doctor is available during irregular hours or on re-direct to the nearest hospital.

Once Henry arrived at the Selkirk

hospital, nearly four hours after his heart attack, he says staff apologized profusely and offered him "excellent service."

Though he's in stable condition now, Henry says he doesn't want to live in a community where he can't count on medical assistance.

"I can't live here if I can't get help. When I moved here, I was under the impression that the ambulance would be coming 30 kilometres from Pine Falls and I can live with that ... but that's not the case now," he said.

This incident in Victoria Beach follows even more turmoil for the IERHA, which began on July 13 when the authority's emergency medical services director Louise Alarie wrote a memo ordering patients within the region — apart from apparent stroke victims — be first transported to and treated at the nearest regional hospital.

It meant someone requiring emergency assistance just north of the Perimeter Highway, for instance, would be taken to Selkirk or Stonewall when,

in the paramedics' judgment, it would have been best for them to go to Concordia Hospital, Seven Oaks General Hospital or Health Sciences Centre, all in Winnipeg.

Some paramedics said the order was preventing them from using their medical judgement, and the authority retracted the order.

During the two weeks the directive remained in effect, some 911 callers, including those with heart conditions, balked at the idea of being taken to a local hospital and arranged their own transportation to Winnipeg after signing a waiver form, sources said.

According to its website, the IERHA covers 61,000 square kilometres and more than 124,000 people, with its borders extending east to the Ontario border, north to the 53rd parallel, west to the eastern shores of Lake Manitoba and south to Winnipeg's north Perimeter.

— With files reprinted with permission from the Winnipeg Free Press



# Riverton ambulance station closure due to low volume

By Patricia Barrett

The province's decision to close the Riverton ambulance station is based on a 2013 review of emergency medical services (EMS), recommending a reconfiguration of ambulance locations in order to improve response times.

Although the review found that call volumes have "increased dramatically" across the province — a six per cent increase in rural and northern Manitoba between 2012 and 2013 — the Riverton station is considered a low-volume station.

Interlake-Eastern Regional Health Authority CEO Ron Van Denakker said it's not necessarily about where an ambulance building is, but where the trucks are when a call comes in. The reconfiguration, expected in the next five to 10 years, should improve response times.

"It's more around where trucks go to anticipate where calls are going to come from so that you can hit those calls within 30 minutes, 90 per cent of the time for 90 per cent of the population," said Van Denakker. "Sometimes we get hung up on the fact there's a building here and a building there. There are situations where ... a truck sleeps [at a station] at night and then they're gone and they're never in that building."

Riverton's ambulance completed 81 primary calls (e.g., heart attacks, injuries, traffic accidents) for the 2015-16 fiscal year and 78 inter-facility transfers for a total of 159 calls, said Van Denakker, whom the *Express* asked to verify call volume. That's considered low.

In its July 20 story on the Riverton ambulance, the *Express* received statistics from the RM of Bifrost-Riverton indicating 230 primary calls for that fiscal year, along with stats from a provincial spokesperson indicating 245 primary calls.

Van Denakker said he obtained his statistics from the Manitoba Transportation Control Centre, which handles all 911 calls out of Brandon.

In addition to a low call volume, Riverton's four paramedics are not always available to work because of a "fatigue clause" in their collective agreement, said Van Denakker. They work 12-hour shifts from 7 a.m. to 7 p.m. and then go on something called "attached on-call."

"If they go beyond a period of time that they worked — remember they've worked 12 hours — and ... they hit a particular threshold, there's something called a fatigue clause that kicks in," he said. "That's for everyone's



EXPRESS PHOTO BY PATRICIA BARRETT

The province's decision to close the Riverton ambulance station is based on a 2013 review of emergency medical services.

safety, including the paramedics. If they've worked too long ... they can't work the next day because they're exhausted and need to rest. So when that does happen, and we're unable to find somebody else to staff the truck, then that truck would be out of operation. Now you've gone from 100 per cent coverage to something less than 100 per cent."

The numbers the *Express* had received for its July 20 story indicated the Riverton station was unavailable 75 per cent of the time. Van Denakker does not know whether 75 per cent is accurate, but he's sure it's not 100 per cent coverage.

The EMS review recommends hiring full-time paramedics to staff trucks 24-7. They will be placed at strategic locations based on historical call volumes, said Van Denakker.

"When we looked at the information from 2013 where calls were generated — not where they went to, but where they actually picked up the call — we overlaid the information from 2015. They almost mirrored one another. It was scary. It was like MTCC just changed the date on the plotting diagram."

There are a lot of people living along Highways 8 and 9 and, hence, a greater probability of traffic accidents.

"If you take a look at Highway 9 from Selkirk to Winnipeg or Highway 8, it's not even dots anymore — it's straight lines. They call it the Gaza Strip," said

Van Denakker. "That's where there's so many people living along those highways and where there's so many accidents. It's a repeated thing."

Another factor that may account for less than 100 per cent coverage for some stations is the unavailability of the truck itself. The consultants carrying out the review "heard many complaints" about access to vehicles.

"Frequently the ambulances were out of service too long while awaiting maintenance," it said, "which made it more difficult to meet all the transport needs."

Whether the province will be providing funding for additional trucks is unknown. But it has provided funding for new paramedic positions. Eight paramedics will be hired for the Arborg and Ashern ambulance stations.

It's also not known if Riverton's truck will be transferred to the Arborg station. Van Denakker said he can't yet comment on that as the IERHA submitted a sustainability plan to the province in March but has yet to hear whether it will be approved.

Riverton resident Irwin Schellenberg, who was a volunteer ambulance driver-attendant and chair of the Riverton ambulance board before the IERHA took over the service, said the community worked hard to raise money for the service and thinks it shouldn't be taken away.

"We paid a lot of money for that building and we sold it to the Health

Authority for \$1, part of the reason being that they would keep the ambulance here," he said. "And we paid the legal fees to have it changed over [to the IERHA]. We paid \$1,250, I believe."

To Schellenberg, the "new" system, whereby ambulances will be stationed at particular spots on the highway, sounds exactly like the old system.

"We did geo-posting when we still ran it," he said, "which means you may go to Gimli. I remember sitting at Hnausa for a number of hours because there was no ambulance in Gimli. And if there was no ambulance in Arborg, we had to cover it."

He said he's worried response times will suffer if Arborg or Gimli's ambulance station has to respond to an emergency in Riverton.

"They're not just going to up and drive out of the Arborg station in 30 seconds," said Schellenberg, who worked for Manitoba Conservation for about 30 years and is currently the fire control and emergency co-ordinator for the RMs of Fisher, Arborg and Bifrost-Riverton. "It will take them a few minutes to get going. And another 15 minutes to get here. And it's not only Riverton. Just think of everything north ... all the cottages and people that live along the lake."

"Arborg — are they going to geo-post up to Riverton so they can respond faster to Pine Dock if they get a call? I don't think so. It's a big area [in the north] and there are a lot of cottages and people that live there permanently, including the parks — Hecla, Grindstone, Beaver Creek."

Closing and consolidating stations is expected to improve the retention of primary care paramedics, according to the review, as "low-volume stations will not be able to attract or retain primary care paramedics."

And the costs to implement the new system are "broadly estimated at \$5.6 million annually (this does not include an estimated cost of \$1.4 million annually for an ongoing EMS organization) with one-time costs of approximately \$2.5 million. These are the costs if you implement all this over five years, but recognizing that this will likely take 10 years to do."

Van Denakker said the IERHA will consult with both Riverton's paramedics and the community when the changes comes to pass.

It's "incredibly unlikely" any paramedic will lose his/her job.

"We need every paramedic we have and then some," he said. "We are definitely short of paramedics in this region."



# get inspired

> MEAL IDEAS

## Savory Yogurt with Grape and Cucumber Salad



Servings: 4

Dukkah:

1/3 cup raw cashews

1/3 cup hazelnuts

1/4 cup sesame seeds

2 tablespoons cumin seeds

2 tablespoons coriander seeds

2 tablespoons dried thyme

1/2 teaspoon salt

Yogurt:

3 cups plain, nonfat Greek yogurt

1/2 cup green California grapes, halved

1/2 cup red California grapes, halved

1 cup English cucumber, diced

1 tablespoon minced shallot

1 tablespoon extra-virgin olive oil

1 tablespoon white balsamic vinegar salt, to taste

pepper, to taste

4 tablespoons dukkah

1 teaspoon lemon zest

To make dukkah: Heat oven to 350

F. Spread cashews and hazelnuts on baking sheet and toast 6-8 minutes.

Transfer to food processor and set aside.

In skillet over medium heat,

toast sesame seeds, cumin seeds

and coriander seeds until fragrant,

1-2 minutes, then transfer to food

processor. Add dried thyme and salt.

Pulse mixture until coarsely ground.

Makes about 1 cup that can be stored in an airtight container.

Divide yogurt into four 3/4-cup

portions. In small bowl, combine

grapes, cucumber, shallots, olive

oil, vinegar, salt and pepper. Toss to

combine. Top each bowl of yogurt with

1/2 cup grape mixture, 1 tablespoon

dukkah and sprinkle of lemon zest.

## Rainbow Fruit and Cheese Kabobs



Recipe courtesy of the Midwest Dairy Council

Prep time: 15 minutes

Servings: 6

8 wooden skewers

6 ounces Monterey Jack cheese, cut into 18 cubes

1/2 cup strawberries, halved

1/2 cup cantaloupe, cut into 3/4-inch cubes

1/2 cup pineapple, cut into 3/4-inch cubes

1 kiwi, peeled and cut into 6 pieces

1/4 cup blueberries

6 purple grapes

Thread each skewer with one piece

of cheese, one strawberry half, one

cantaloupe cube, one pineapple cube,

another piece of cheese, one piece

of kiwi, two blueberries, one grape

and another piece of cheese. Repeat

pattern with remaining skewers.

## Peanut Butter Banana Crunch Yogurt Parfait



Recipe courtesy of the Midwest Dairy Council

Prep time: 10 minutes

Servings: 1

1 cup nonfat, light vanilla yogurt

1 tablespoon creamy peanut butter

1 tablespoon chopped walnuts

4 pretzel twists, crumbled (about 1

tablespoon)

1 banana, sliced

In small bowl, mix yogurt and peanut

butter together. In separate bowl, toss

walnuts and pretzels together.

In tall glass, build parfait. Layer 1/2

cup yogurt, half of banana slices and 1

tablespoon of walnut/pretzel mixture.

Repeat layers. Serve immediately.



Sanity Is all relative, but all relatives are not sane. Don't think too long about the that or you won't be either, I have been noticing more and more situations where people think they are really going crazy, when in actual fact they are quite normal people in crazy situations.

Just think what happens to you when you consistently have more things to do each day than you possibly have time for. Or when you're standing in the kitchen and three children and one adult are all talking to you at the same time. These are quite basic crazy situations, but they can get more sophisticated. Like when both sets of parents want you to spend Christmas with them, and both will be offended if you choose the other. Or if your husband complains about how much money is being spent on groceries one day, and the next day complains because there's nothing good to eat. Then you can go to super crazy.

This is when the boss expects you to work very hard and is keeping notes for your performance review, and the girls in the office resent you because they think you're trying to make them look bad. Or when your wife complains that you never show any affection, and then it's next time you go to put your arms around her she tells you to leave her alone.

When confronted with such situ-

## Crazy Situations

ations, it is quite common to assume that there <\$ something wrong 'with you. This is because in roost crazy situations, someone almost always says, "What's the matter with you?" And the crazier the situation, the more vehemently the finger will be pointed at you (the sane one.) So, what to do?

Well, there are several strategies you can try. One is to begin laughing hysterically. Crazy situations can be quite funny if they are not too serious, or you don't take them too seriously. While laughing in this way may be seen as concrete proof that you are the odd one, it does release a lot of tension.

You can also point out to whoever might care, that the situation does not make any sense. This spoils the game somewhat, but allows you to exit the program, unless you begin to argue about if it does or not, but then you enter into Super Crazy.

Two, Another choice is to walk away, either because it's not worth worrying about and you can ignore the whole thing, or because is tooo crazy, and you walk away with the intention of never coming back. If you've been in a crazy situation so long that you don't know anymore if it's you or the situation, then you definitely need a second opinion (you don't have to count the unsolicited ones). And you can take comfort in the fact that most people who think they are crazy are not. It's the ones who think they're sane that we really have to worry about!

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

## Sparkling Hibiscus Tea with Grapes and Mint

Servings: 8

6 cups water, divided

1 tablespoon honey

6 hibiscus tea bags

2 cups green

California grapes, divided

10 mint leaves

1 navel orange, sliced

ice

16 ounces sparkling water

Using tea kettle or saucepan, bring

3 cups water and honey to boil. Add

tea bags, turn off heat and steep 6-8



minutes. Remove tea bags and allow remaining liquid to cool 15 minutes.

In martini shaker or bowl, muddle 1 cup grapes with mint leaves. Add muddled grape and mint mixture to 48-60 ounce pitcher along with remaining water and orange slices. Stir in hibiscus tea mixture. Refrigerate at least 30 minutes. Strain before serving.

To serve, add ice to 8-ounce glass.

Top with 3-4 grapes, 2 ounces sparkling water and hibiscus tea mixture.

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# sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

## Manitoba places seventh in women's wrestling



Mickayla Chapman-Cochrane

### Staff

Team Manitoba finished seventh overall in women's wrestling at the Canada Summer Games last week.

Manitoba, whose roster included Peguis' Mickayla Chapman-Cochrane, finished 2-3 in dual meets. Chapman-Cochrane previously placed first at the Power Smart Winter Games back in 2014.

Team Manitoba began action at the Summer Games on Aug. 9 with an impressive 29-18 win over Newfoundland and Labrador but then lost 41-5 to Saskatchewan later in the day.

That evening, Manitoba was defeated 46-4 by Alberta and then was edged 25-24 by Nova Scotia the next morning.

Manitoba rebounded nicely from those losses to crush Nunavut 39-0 Thursday afternoon.

B.C. won the gold while Alberta took home the silver and Ontario claimed the bronze.

## Interlake players to compete at 16U girls' baseball nationals

By Brian Bowman

Team Manitoba is all ready to roll at Baseball Canada's 16U Girls' Invitational tournament, which begins this week in Vaughn, Ont.

Manitoba is excited to see how they compare against our country's best 16U women baseball players.

"We look good," said Team Manitoba assistant coach Darrell Humeniuk last week. "We're a younger team this year ... but we have some pretty talented kids."

Manitoba's squad includes Stonewall's Megan Humeniuk, Teulon's Jacey Ledochowski, and Arborg's Jamie Johnson. Johnson will be one of three overage players allowed — and used by — Manitoba.

"We have three overage players returning and we have players that have moved up from our 14U team," Darrell Humeniuk noted. "We're talented enough and we have good pitching and strong hitters."

Manitoba's youth may catch up with them at the nationals but they should be competitive in most of their games. Experience, especially at the national level, is always very helpful to teams playing in close games.

"For these girls, it's a huge thing," Darrell Humeniuk said.

Manitoba, whose roster includes just

11 athletes, played in a pair of tournaments this past summer while also practicing and seeing exhibition action against boys' teams.

"We have had a fair amount of stuff going on," Darrell Humeniuk said. "So we're ready to leave (for nationals) ... and I've been watching the girls and they have been getting better and better this summer."

Manitoba will have a tough start to the nationals, though, with a game against Saskatchewan this morning and then a matchup with B.C. tomorrow.

A good start to the nationals would be very welcomed by Manitoba.

"I think we can be (competitive)," Darrell Humeniuk said. "But we'll know pretty quickly where we stand. Day one is very important — we need to have a good start, for sure."

Manitoba will play Quebec Friday evening and then will battle the host team Saturday morning. Tie-breakers will be played Saturday evening while playoff games are slated for Sunday.

The remainder of Manitoba's roster includes Amber Baker (Strathclair), Emma Zimmerman (Vassar), Shelby Boulbria (AP - Dauphin), Mikayla Nordman (Winnipeg), Sydney Wilkinson (Eddystone), Jenna Swain (Roseisle), Olivia Sheldon (Ste. Rose



EXPRESS PHOTO BY JO-ANNE PROCTER  
Arborg's Jamie Johnson will be one of the overage Manitoba players competing at the Baseball Canada 16U Girls' Invitational tournament this week.

du Lac), Lise Catellier (St. Malo) and Caitlin Culleton (Vassar).

Manitoba's other assistant coach is Teulon's Rod Ledochowski while the head coach is Vassar's Jeremy Culleton.

Manitoba's Chef de Mission is Arborg's Joanne Johnson.

## Interlake makes an impact on Carmania SC

### Staff

The Interlake Impact have always known that they can play with the top teams in the MMSL's 5th Division.

And they proved that once again on Friday.

Interlake battled first-place Carmania SC to a 1-1 draw last Friday evening at Shaughnessy Park in north Winnipeg.

Benny Wiens scored the Impact's lone goal.

With the tie, Interlake now has a 7-3-3 record and 24 points to sit in sole possession of fourth place in the 10-

team division.

Carmania leads the division with 31 points, ahead of North Winnipeg United and Elmwood FC. Both of those teams have 26 points heading into this week's action.

Interlake will play Stonewall United on Friday (10 p.m.) at the Ralph Cantafio Soccer Complex in south Winnipeg.

The Impact will then wrap up play this month with a game against Liberty FC Winnipeg on Aug. 27.

## Blue Jays lead WSBL playoff series

### Staff

The Stonewall Blue Jays were one win away of eliminating the St. Boniface Legionaires from the Winnipeg Senior Baseball League playoffs.

The Blue Jays went up 2-0 in their best-of-five series after a great 4-0 shutout win over St. Boniface on Monday evening in Stonewall.

The Blue Jays opened the series last Thursday with a solid 6-2 road win at Whittier Park in Winnipeg.

Game 3 of the series was played Tuesday evening at Whittier Park but no score was available at press time.

If necessary, a Game 4 will be played tonight at 7:30 p.m. at Fines Field in Stonewall. If needed, a series-deciding Game 5 is slated for Friday (7:30 p.m.) at Whittier Park.

In the other WSBL Pool "A" semifinal series, Elmwood and Kildonan were tied at a win apiece. The Giants won Game 1 by a 6-5 score but the Mudcats rebounded to win 8-7 on Monday evening.



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## HELP WANTED

Russell Banner reporter wanted. Requirements - self-motivated, computer experience, photography skills an asset. We offer competitive wages. Apply by resume to The Dauphin Herald P.O. Box 548, Dauphin, MB R7N 2V3 Attention: Bob Gilroy Email: [bob.gilroy@mymts.net](mailto:bob.gilroy@mymts.net) Closing date: August 22nd, 2017.

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## MISCELLANEOUS

35 steel wheels, drill etc. Rolex watch \$1200; 2 horse show wagon \$950; 600 LP records, large assortment. Steam engine bell; 73 Pontiac; 95 Buick Road master \$1,250 each. Phone booth with phone, 5000 hub caps chrome car and truck, older motor home, 25 ft. Sky Jack electric \$1,200. 500 gal. fuel tanks with stands \$150 each. 7 wood stoves, trophy elk head, 18 ft. refinery tower with stairs. Alum. beams 18 ft., lots of steel, misc. antiques, and lots more items. Selkirk area 1-204-482-7251.

## LAND FOR SALE

Lot for sale in Beausejour. 100' x 50' civic address is 664 Elm Ave. Water/sewer, etc. Call 204-781-7937.

## LAND FOR SALE

Farm & House for Sale in the RM of Armstrong. Offers are invited under sealed bids to purchase property. Cattle/grain/sheep operation; fully renovated house approx. 1300 sq./ft. with 900 sq./ft. basement, attached double garage; 800 acres of owned land, 1600 acres leases - Owned land NE29-21-01W, NW29-21-01W, SW33-21-01W, SW08-21-01E, SE08-21-01E; loafing barn 30' x 120' with inside heated waterers; fully enclosed calving/lambing barn 40' x 96' with inside/outside heated waterers, heated/insulated pump room; loafing barn with well 40' x 128'; 38' x 60' quonset; 7 miles+ 3 wire high tensile electric fence; hog manure access possible. Offers will be accepted to and including midnight on the 31st day of August, 2017. The highest or not necessarily any offer will be accepted and the Vendor reserves the right to reject any or all Offers. Bidder will be contacted if offer is accepted. All offers must be signed and dated. Offers to be sent to; John-Paul Avison. Box 217, Arborg, MB. R0C0A0. For additional info/viewing call 204-664-2019.

## TENDER Icemaker/Caretaker

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Riverton, MB

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March 15th, 2017

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Riverton Memorial Arena

Box 532 Riverton, MB R0C 2R0

Contract: Colin Bjarnason @ 204-641-0567

or Kevin Johnson @ 204-641-1670

## MUNICIPALITY OF BIFROST-RIVERTON PUBLIC NOTICE BOARD OF REVISION

Public Notice is hereby given that the 2018 Assessment Roll for the Municipality of Bifrost-Riverton has been delivered to the Main Municipal Office at 329 River Road, Arborg, Manitoba and the Satellite Municipal Office at 56 Laura Avenue, Riverton, Manitoba and is open for public inspection during regular business hours. Applications for revision may be made in accordance with section 42 & 43 of The Municipal Assessment Act.

### APPLICATION FOR REVISION

42(1) A person in whose name property has been assessed, a mortgagee in possession of property under section 114(1) of The Real Property Act, an occupier of premises who is required under the terms of a lease to pay the taxes on the property, or the assessor may make application for the revision of an assessment roll with respect to:

- liability to taxation;
- amount of an assessed value;
- classification of property; or
- a refusal by an assessor to amend roll under subsection 13(2).

### APPLICATION REQUIREMENTS

43(1) An application for revision must

- be made in writing;
- set out the roll number and legal description of the assessable property for which a revision is sought;
- state the grounds on which the application is based; and
- be filed by
  - delivering it or causing it to be delivered to the office indicated in the public notice under subsection 41(2), or
  - serving it upon the secretary,

at least 15 days before the scheduled sitting date of the board as indicated in the public notice.

The Board of Revision will sit on Thursday, September 7th, 2017 at 1:00 P.M. in the Council Chambers of the Municipality of Bifrost-Riverton at 329 River Road, Arborg, Manitoba to hear applications.

The final date on which applications must be received by the Secretary of the Board is Tuesday, August 22, 2017.

Dated this 4th day of August, 2017  
Cindy Stansell - Secretary, Board of Revision  
Municipality of Bifrost-Riverton  
Box 70, 329 River Road, Arborg, MB R0C 0A0  
Email: [bifrost@mymts.net](mailto:bifrost@mymts.net)



Faroex, located in Gimli, Manitoba, is a manufacturer of plastic and composite products for the Agriculture, Alternative Energy, and Mass Transportation markets.

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Candidates should possess the following qualifications:

- Proven track record of job attendance and punctuality
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- Be comfortably able to lift up to a maximum of 50 lbs.
- Comfortable working in an industrial plant setting
- Must have a reliable means of transportation to and from work

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Interested applicants can apply using one of the following methods:

- In person at 123 Anson Street, Gimli Industrial Park
- E-mail at: [apply@faroex.com](mailto:apply@faroex.com)
- By Fax at 204-642-6404

\*Please note that phone calls will not be accepted.

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## RM OF GIMLI AIRPORT MANAGER Contract Position

The RM of Gimli is the operator of a small municipal airport located in the Gimli Industrial Business Park. The main responsibility of the airport manager is to ensure the safe and efficient operation of the airport on a daily basis. This includes knowledge of airport policies, procedures and Transport Canada and NAVCAN rules and regulations. The Airport Manager is required to work closely with all federal and provincial aviation departments that generate rules and regulations for all aspects of airport business safety and security. The airport manager must ensure that all aspects of the airport are functioning within these regulations or take the necessary actions to bring them into compliance. This requires working with the municipal employees and the businesses owners that rent or own space at the airport. The airport manager is also responsible for working with municipal planners, by-law officials, emergency services personnel and evacuation / local disaster planning committees. This part time contract position requires approximately 5-10 hours per week.

Common work activities include:

- Maintaining the Airports Operations Manual as per Transport Canada regulations.
- Participating in the Transport Canada Inspections at the airport and completing or directing any work required to meet the required regulations
- Monitoring municipal employees, outside vendors and businesses to ensure that they are in compliance with aviation regulations and security procedures while working on and around the Airport.
- Assisting the Municipal Management Team with budget, capital projects, negotiating contracts on behalf of the airport and seeking additional funding sources.
- Implementing and ensuring that staff is correctly trained on all airport procedures including emergency responses.
- Handling complaints or issues with airport service.

Submit Resumes with proposed hourly rate by August 25th, 2017

RM of Gimli

62 2nd Ave, Box 1246

Gimli, Manitoba R0C 1B0

Attention: Airport Manager Search Committee  
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## MUNICIPALITY OF BIFROST-RIVERTON



# TENDER

Road 126 & Thru PR 222



The Municipality of Bifrost-Riverton invites tenders for the following project:

Road 126 & Thru PR 222

-Removal of 800mm x 21.0M Steel culverts

-Install of 2 x 1000mmx22.0M steel culverts

-Installation within the MIT specifications

Tender packages are available at the Main Office or through email. Sealed bids marked "Road 126 & Thru PR 222" and clearly displaying the bidder's name will be received by the undersigned until 12:00 pm on August 30, 2017.

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

Jason Comeau

Public Works Manager

Municipality of Bifrost-Riverton

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## RURAL MUNICIPALITY OF GRAHAMDALE

# PUBLIC NOTICE

## REGARDING THE INTENTION TO GIVE THIRD READING TO A BY-LAW TO ESTABLISH A WARD SYSTEM

PUBLIC NOTICE is hereby given, pursuant to Section 87(4) of The Municipal Act, that the Council of the Rural Municipality of Grahamdale intends to give third reading to a by-law establishing a ward system for the purpose of holding a municipal election.

Purpose: To divide the Municipality into 6 wards for election purposes. Ward 6 North of Fairford Bridge and Ward 7 to be joined to become Ward 6. That portion of Ward 6 South of Fairford Bridge to be joined with Ward 5.

The third reading of the by-law is scheduled to be given at a regular meeting of Council to be held in the Council Chambers of the Rural Municipality of Grahamdale at 23 Government Road, Moosehorn, Manitoba on the 14th day of September, 2017 at 9:00 a.m.

The by-law to establish a ward system for the purpose of holding a municipal election are available for review and may be examined by any person during the regular office hours of the Municipal Office at 23 Government Road, Moosehorn, Manitoba or on the Municipal website: [www.grahamdale.ca](http://www.grahamdale.ca).

Shelly Schwitek, CMAA  
Chief Administrative Officer  
R.M. of Grahamdale  
July 28, 2017.



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