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VOLUME 5 EDITION 17 THURSDAY, APRIL 26, 2018

WEEKLY NEWS

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Proficient student

EXPRESS PHOTO BY LEANNE PETERS

Lakeshore School Division school board chair Jim Cooper, left, presented Fisher Branch student Nelson Wallach the top prize at the 41st annual Lakeshore Proficiency Awards last week. See story pg. 3.

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

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Interlake communities step up to raise funds for Kienan Roche

By Patricia Barrett

Arborg held a benefit social last Saturday for Kienan Roche, who was injured in a vehicle accident last winter, and generous donors from across the region stepped up to show their support for him.

Kienan, who's in Grade 12 at Arborg Collegiate, was in a vehicle with three other family members when they encountered a deer on the highway near Teulon on Nov. 12, 2017. The vehicle swerved and flipped, leaving Kienan with a broken neck and injuries to his spine. He is paralyzed from the chest down but has the use of his arms.

The benefit will help the Roche family purchase equipment that's not covered by Manitoba Health.

"I'm thankful they all came to help me," said Kienan, who was presented with cheques from the Riverton Elks Lodge and the Arborg Ladies Auxiliary during the five-hour fundraiser and supper.

Josh Roche, who graduated from Arborg Collegiate, said he came to support his cousin and help raise money for Kienan's equipment. He was joined by Blayne Sigurdson, Owen Poole, Jayden Roche, Blayne Anderson and Harley Anderson.

Gimli Coun. Thora Palson, who's related to the Roche family, was among



Kienan Roche, with his mom Tanya, thanked donors for their contributions.

hundreds of people who turned out to support Kienan when the benefit got underway at 3 p.m. at the Arborg Legion.

"Kienan is the son of my amazingly strong first cousin Tanya Jonasson and her wonderful husband Jonas Roche,"



Riverton Elks Exalted Ruler Steve Enns presented Kienan with a cheque.



EXPRESS PHOTOS BY PATRICIA BARRETT

Kienan's family and friends helped raise money for the Arborg Collegiate student after an accident left him paralyzed from the chest down. From left: Josh Roche, Blayne Sigurdson, Owen Poole, Jayden Roche, Blayne Anderson and Harley Anderson.

said Palson, explaining the family connection. "Our family and friends came together in Arborg to support him. I was overwhelmed by this fundraiser and witnessed the great family and community support for Kienan."

Palson said the Roche family will be able to rely on the community as Kienan goes forward.

"Tanya, Jonas, Alexa, Darian, you are surrounded by many people that love you and will be there for today and tomorrow and always," she said. "Kienan, you are an incredible young man. May you continue on your journey to grab each day with gusto; may your lust for life always be with you and rub off on the people around you so that they can light up the room like you do."

The fundraiser included a silent auction, 50/50 and jack of spades draws, as well as a live auction, which was conducted by Arnold Palsson. The event also featured a chili competition and supper.

Donors stepped up with prizes for the silent auction, which included cookware, appliances, gift certificates, garden lights, clothing, games and

toys.

"We have 50 silent auction prizes," said town councillor Susan Bauernhuber, who runs the legion and helped organize the benefit with other legion staff and Kienan's family members.

"Businesses and private people donated prizes, and we have people who donated money. It's just been a wonderful outpouring from all the communities around Arborg."

The Roche family set up a GoFundMe page for Kienan last year and donors have raised \$6,595 as of last Sunday. The goal is to raise \$20,000.

"The doctors are unsure how much mobility or strength he'll regain with his arms/fingers," says the GoFundMe page. "Kienan is determined to prove the doctors wrong and regain as much independence as possible, including trying to walk again."

Since the accident, Kienan's classmates at Arborg Collegiate have helped raised funds for him as have the staff at Vidor Vertical Storage Solutions.

Organizers are still in the process of tallying the proceeds from the benefit.

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Fisher Branch student wins annual Lakeshore Proficiency Awards

By Jeff Ward

Fisher Branch Collegiate Grade 12 student Nelson Wallach took home the top prize for his expert performance during the 41st annual Lakeshore Proficiency Awards last week.

Ashern Central School hosted the annual competition that pits some of the highest achieving Lakeshore students against one another as they make an oral presentation on a topic of their choice. Kaitlyn Christensen from Lundar School discussed the evolution of dairy farms, James-Davies Thomas from Inwood School discussed the issue of concussions in hockey and Talyia Tober from Ashern Central School spoke about carbon taxes.

Wallach's presentation involved self-driving vehicles. Wallach made three points in his presentation: how self-driving vehicles were instilling fear in people, what the impacts on wildlife could be and the devaluation of human life.

"A vehicle can't face consequences in the justice system," Wallach explained.

"If a person is involved in an accident with a self-driving vehicle, how do they pursue justice? Uber is replacing taxi drivers with self-driving vehicles and it's a detriment to people's employment."

Wallach said it felt good to be recognized for his efforts scholastically. He explained that he's been getting more practice speaking in public being the co-chair of his grad council. That experience has been very beneficial in helping with would normally have been a nerve-wracking experience and turning it into one where he is far more confident.

"I was in an exceptionally good mood after my presentation and I surprised myself there," he said.

Following the speeches, students were sequestered and one at a time were asked a series of on-the-spot questions. The questions were on the ethics of animals in sport and competition, if students have a chance of influencing change in gun laws and how they would respond if a friend was contemplating suicide, among other questions.

Wallach said that it took a while for his victory to hit him.

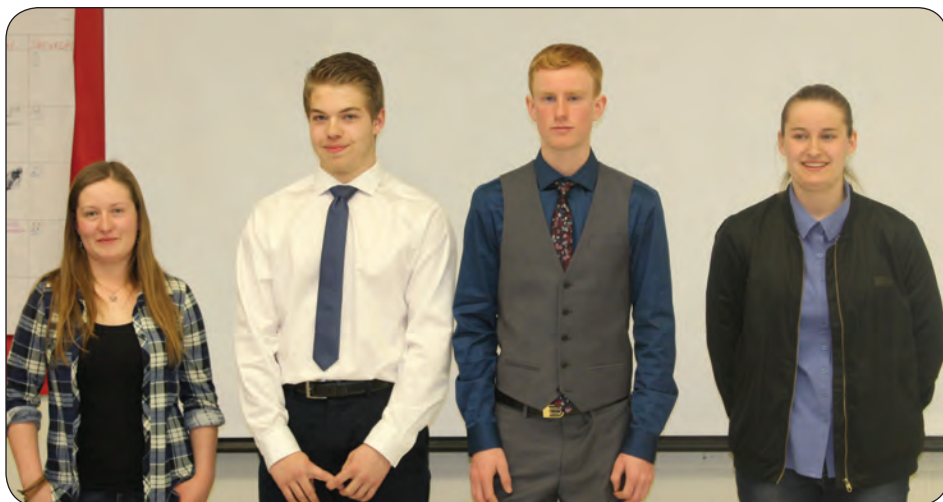
"After it soaked in, my first thought was, 'Finally I don't have to stay up all night preparing for this and I can go back to my pre-calculus homework,'" joked Wallach.

Wallach's name will be engraved on the school trophy and he received a small plaque and \$500, which will be presented during grad later this year. The other students each received a plaque for their efforts and \$400, which will

also be presented at grad.

Wallach had some advice for Grade 11 students who might be in his position next year. Public speaking, he said, is a skill that is very important for this competition but one that will also serve students well for life in general.

"Any opportunity you get as a student to stand up and speak in class, take it. Any practice always helps. It's useful in the future to speak to a crowd and captivate their attention," said Wallach.



EXPRESS PHOTO BY LEANNE PETERS

Lakeshore students competed at the 41st annual Lakeshore Proficiency Awards last week. From left: Kaitlyn Christensen from Lundar School, James-Davies Thomas from Inwood School, Nelson Wallach from Fisher Branch Collegiate and Talyia Tober from Ashern Central School.



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Hall of Fame inductees lauded for educational achievement

By Patricia Barrett

The Evergreen Foundation of Manitoba honoured current and retired Evergreen School Division staff who've demonstrated outstanding educational support over the course of their careers.

Margaret Wishnowski, Mike Cherlet, Robert Arnason and Charlie Grieve were inducted into the Foundation's Hall of Fame last Friday before about 150 division staff at the Lakeview Hecla Resort.

"This celebration of excellence recognizes and honours the valuable contributions our newest inductees have made," said school trustee and master of ceremonies Penny Helgason, "and pays respect to their personal dedication to education and communities within the Evergreen School Division."

Vicki Johnson from Riverton nominated Margaret Wishnowski, who began her teaching career in 1948 in schools in Howardville (north of Riverton), Red Lake, Vidor and Riverton, and was much loved by her students.

"Stories from your students are reflective of an outstanding teacher and role model who was caring and encouraging and supportive," said Johnson. "You've touched our hearts and minds. What an influence you've had."

Wishnowski, who compiled stories for a book called, "Train Stories from the Icelandic River," said she valued the friends and good times she had over her long career.

"Many students still visit me," said Wishnowski, who was the last educator in the province to teach the Icelandic language in public schools. "A student who had left the area

came back ... inquired about me and heard I was still in the same place. I was really surprised to hear a knock on the door. There he was standing on the steps, dripping wet; he had swum across the [Icelandic] river to see me!"

Janice Arnason, who nominated retired band teacher Mike Cherlet, told attendees that Gimli High School's band program was struggling to survive at the time Cherlet was hired, and he turned it into one of the "best rural band programs in the province," increasing enrollment from 40 students to 200 in the space of a decade.

"Mike's passion for music, desire for excellence in music performance, engaging teaching style and humorous personality – and above all his concern and care for his students – made the band program one that could rival any," said Arnason.

Admitting he'd never played in a concert band, Cherlet cracked up the audience with a story of his first job interview, a half-time position shared between several schools.

"I didn't have any clothes so I called up my best bud, Ed, and went to his place. He said, 'You're going to have to go into this interview with fingers and thumbs: you need me. You hire me, you look good,'" said Cherlet pointing his thumbs at his chest and fingers at the audience. "The next day they called and said, 'We're willing to offer you this: four schools, three towns, two school divisions and one half-time job. Do you want it?' Yes I do!"

Cherlet said he was grateful to all the staff who helped make the Gimli band program a success, including the band boosters for raising money for instruments, the cafeteria staff, who kept his food warm over the lunch hour while he was teaching, and the custodians – the "black ops" whose contributions to the band program will forever remain top secret.

But it was the students who gave Cherlet the best moments of his career.

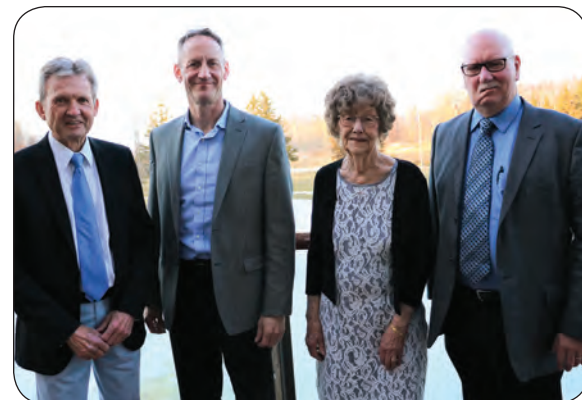
"Two months of everyone wading through a swamp of bad smelling notes then you finally get it together," said Cherlet, referring to the lead up to a performance. "You hit the end of the song and there's three seconds of complete silence where they're all looking at you. And they all have these shiny eyes because they know they've just done something."

ESD trustee Robert Arnason spent 33 years as teacher and principal at Gimli High School, helping create the band program and promoting student athleticism and a collaborative teaching environment. He also volunteered his time to many community events, such as Icelandic Festival of Manitoba, the Pan Am Games sailing competition and the Manitoba Winter Games.

"If you surround yourself with good people, work together and enjoy what you do, you will be successful," said Arnason.

He paid tribute to the other inductees, and recalled his hiring of Cherlet.

"I wasn't on the hiring committee, but I did



EXPRESS PHOTOS BY PATRICIA BARRETT
Evergreen Foundation inductees from left Robert Arnason, Mike Cherlet, Margaret Wishnowski and Charlie Grieve.

some unofficial reference checks with students that he was teaching music to in the community," said Arnason. "And one student said to me, 'If you don't hire Mike, Mr. Arnason, you might as well get your head examined.'"

Behind the scenes keeping a keen financial eye on operations and expenditures was current ESD secretary-treasurer Charlie Grieve, who's logged 29 years with the division.

Board chair Ruth Ann Furgala said they "rely on Charlie's in-depth knowledge of policies, procedures and legal obligations required by the provincial government, and numerous legislative directives."

Grieve said his one of his proudest moments was serving on the Foundation's organizing committee and creating a golf tournament that's put more than \$100,000 into the Foundation over the course of 15 years, and has provided scholarships to post-

secondary students.

He confessed to having been torn between staying with ESD and taking a job with the Lord Selkirk School Division.

"I got [the job at Evergreen] in 1989 and I thought this will be a nice stepping-stone. And one position came open in Lord Selkirk in 1994 and I reassessed where I was in Evergreen," said Grieve. "I chose to stay here and the rest is history."

CUPE Local 3164 president Cara Desimpelaere said the 2018 inductees have contributed greatly to the division.

"All of the inductees are hard-working, kind, have a positive attitude and are honest and dedicated to the work they do," said Desimpelaere. "The Evergreen School Division is lucky to have such good people."

The Foundation is a registered corporation that provides student scholarships and bursaries and funding for research and educational pursuits. It has inducted 18 staff members between 1991 and 2016.

The school division, Noventis Credit Union, Lakeview Hotels and Resorts, Evergreen Teachers Association and CUPE Local 3164 sponsored the Hall of Fame event.

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Ashern Central Students raise money during 30 Hour Famine

By Jeff Ward

Students at Ashern Central School (ACS) went without food for 30 hours last weekend to get a better understanding of what real hunger is like while raising money to help solve the global problem.

The 30 Hour Famine is a World Vision sponsored fundraiser that takes place twice a year. Teacher and organizer Jennifer Bjornson said the event has been going on within the walls of the school for over 25 years and that students typically raise \$1,000 for the cause. This year she estimates over \$1,700 was raised for the event by 29 students.

Grade 12 student Brad Nickel said he's been involved in the event since Grade 9 and took a leadership role this year. Nickel, along with another student, organized games and activities to help push through the 30 hours of not eating. Students slept at the school over night and on Saturday woke up to a big breakfast of pancakes, eggs and bacon.

"You don't realize how hungry you are until you start to eat," said Nickel.

"You try to distract yourself with other things but sometimes you're waiting to do nothing and you're hungry. But you imagine what it's like for kids who haven't eaten in days or weeks."

Empathy is a big part of the 30 Hour Famine. Many of us don't truly know

what real hunger feels like. We may abstain from meals or get too busy and only eat once a day. But taking that to the extreme means serious physical consequences for your body.

Within the first six hours of not eating, your body is fine as it breaks down glycogen into glucose, which are cells your body uses as fuel. A healthy brain will use 25 per cent of the energy created this way. Following that, your body will break down fat into fatty acids that can be used as fuel, but your brain can only get 75 per cent of the energy it needs from fatty acids and needs glucose to run at full capacity. Passing the 72-hour mark is when your body will start to use protein as fuel as your body eats itself to stay alive.

"Something I noticed as the day went on is kids got tired and the lack of food made them feel weak and out of sorts. Not eating ruins your ability to function. Our kids get to eat in the morning, but it makes them think more about what it would be like if they couldn't," said Bjornson.

Worldwide there are 795 million people who are chronically hungry, which is one in nine people. In 2014, according to World Vision, 16,000 children under the age of five died every day from hunger. That's one every 10 seconds.

"It's hard to imagine what being that



EXPRESS PHOTO BY JENNIFER BJORNSON

Ashern students participated in the World Vision 30-hour famine last weekend. Students popped water balloons every 10 seconds bringing attention to each child, under five years old, who dies every 10 seconds from hunger related illness. Pictured from left, Laura Sveistrup, Sam Jones, Demitri Pereira, Jaydean Nickel, Rayanne Nickel, Leah Kalden, Darryl Traverse-Marsden, Mr. Trevor Tindall (teacher), Paul Park, Sam Keeley.

hungry is like. We wake up hungry but it's different," said Nickel.

Bjornson said that ACS has a long tradition of doing the 30 Hour Famine and that the money and awareness raised are worth going through the pain of an empty stomach.

"The kids come back every year and I always think you had experienced this before, being so hungry and it causes you pain. Why do it again? But it's because of the camaraderie and they know they're doing something good," she said.

RCMP arrest suspect in Silver Harbour death

By Patricia Barrett

RCMP arrested a 29-year-old man at a residence in Silver Harbour after receiving a report of a deceased male.

Officers at the Gimli detachment responded to a call that came in at 4:50 a.m. on April 20 of a deceased male inside the dwelling. When they arrived on the scene, RCMP found a 36-year-old deceased male.

"The death is suspicious," states an RCMP news release, "and officers have arrested a 29-year-old male in the residence who remains in custody at this time. The victim and the suspect were known to each other."

Silver Harbour is a small lakeside community about 22 kilometres north of Gimli.

The RCMP's forensic identification section and major crimes services are assisting with an ongoing investiga-

tion. No further details have been released about the incident, including names and the circumstances preceding the event.

RCMP said they're not looking for other suspects.

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SALES
Brett Mitchell



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Patricia Barrett



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Jeff Ward



PRODUCTION
Debbie Strauss



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Nicole Kapusta



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Brian Bowman



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Government to review Municipal Act to strengthen protections for municipal officials

Submitted

The Manitoba government will be reviewing The Municipal Act to identify opportunities to strengthen protections for municipal officials, Municipal Relations Minister Jeff Wharton announced Monday at the Manitoba Municipal Administrators Association Conference and Annual General Meeting.

"All elected officials are expected to govern in the best interests of their communities and our government has been very clear all employees have a right to a respectful workplace," said Wharton.

"The province will review The Municipal Act and other relevant legislation to identify opportunities to strengthen municipalities' ability to enforce violations of their codes of conduct. Any potential amendments would require careful consideration and would be developed in consultation with municipalities and other stakeholders."

Under The Municipal Act, all municipalities are required to adopt a code of conduct that establishes guidelines on acceptable behaviour for council members in dealing with each other, employees and citizens.

"Everyone deserves a safe and respectful work environment including municipal elected officials," said Chris Goertzen, president of the Association of Manitoba Municipalities.

"We look forward to working with Minister Wharton to determine ways to strengthen not only the legislation

around harassment and bullying in municipal workplaces but our ability to enforce the rules."

The majority of councils take the public trust bestowed on them very seriously and strive to carry out their responsibilities and exercise their authority in accordance with good governance practices and their code of conduct, Wharton said. However, code of conduct violations continue to be an issue and enforcement of violations is a challenge for many councils; our government is committed to ensuring municipalities have the legislative

authorities they need to govern effectively, he added.

"We believe that all our members will welcome this timely initiative," said Heather Ewasiuk, president of the Manitoba Municipal Administrators' Association.

"We are confident that this will help to improve the environment in which municipal employees and elected officials alike work for and serve the people of Manitoba."

The province will be consulting with both the Association of Manitoba Municipalities and the Manitoba Municipal Administrators Association through a series of roundtable discussions across the province in June and September where input will be gathered on potential legislative changes.

"ALL ELECTED OFFICIALS ARE EXPECTED TO GOVERN IN THE BEST INTERESTS OF THEIR COMMUNITIES."



MLA for Gimli and Municipal Relations Minister Jeff Wharton

"In recent months, workplaces across the continent have been going through an awakening on the issue of harassment, particularly sexual harassment, on the job," said Sustainable Development Minister Rochelle Squires, minister responsible for status of women. "Our government is committed to diversity, inclusion and respect in the workplace and we are taking measures to correct the course going forward."

The Manitoba government has taken considerable steps to reducing workplace harassment. On Feb. 22, a "no wrong door" approach was instituted for government of Manitoba employees to bring forward complaints without fear of reprisal by providing additional reporting avenues — independent of politics — including the clerk of the executive council or the Civil Service Commission.

ADVERTISING OR PRINT CONTACT INFORMATION

Branden Meier 204-641-4104
ads@expressweeklynews.ca

Stephanie Duncan 204-461-4771
ads@stonewallteulontribune.ca

PHONE 204-467-5836

> EMAIL US

Letters to the Editor: letters@expressweeklynews.ca
Classifieds: classifieds@expressweeklynews.ca
News: news@expressweeklynews.ca
Print: igrphic@mymts.net

OUR EDITORIAL STAFF

Patricia Barrett 204-914-1293
patricia@expressweeklynews.ca

Jeff Ward 204-298-3381
jeff@expressweeklynews.ca

Brian Bowman Sports Reporter
sports@expressweeklynews.ca

PAPER DELIVERY OR FLYER CONCERNS

Christy Brown, Distribution Mgr.: 204-467-5836

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> GET INFORMED

NDP delay government notice bill

By Patricia Barrett

The NDP used legislative rules last Thursday to delay the Government Notices Modernization Act (Bill 8), which will remove requirements for the government to publish legal and other notices in newspapers.

The move came a week after Sport, Culture and Heritage Minister Cathy Cox announced the government would be “holding back on proclaiming the aspects” of the bill. Cox did not say whether her government would axe or amend the bill, leaving open the possibility that it will be passed as written.

The Manitoba Community Newspapers Association spoke out against the bill last month, saying the government of Premier Brian Pallister “will make it even more difficult for Manitobans to monitor its activities and business.”

Calling Bill 8 an “attack” on the Manitoba media, NDP Party Leader Wab Kinew said April 20 on the caucus website that “We need open, transparent government, and this would take us in the wrong direction. We’re going to push back against any attempts by this government to attack the freedom of the press and the public’s right to know about what their government is doing.”

Bill 8 will amend 24 existing statutes, including environmental legislation, which currently require the government to place advertisements in newspapers. As it’s currently written, the bill will make it either mandatory or optional for the government to publish notices in the online Manitoba Gazette — available through a subscription fee but which will be made free of charge. The bill doesn’t identify what notices will fall under the optional category.

In addition to Bill 8, the NDP put a temporary halt to bills 24 and 27, bringing the total up to five. Legislative rules allow the Opposition to delay a total of five bills.

The Social Services Appeal Board Amendment Act (Bill 24) will prevent human-rights appeals from being brought forward to that board, and the Fiscal Responsibility and Taxpayer Protection Amendment Act (Bill 27) will financially penalize ministers who incur a deficit in their respective departments but refund them later if budgets are balanced by 2026.

Earlier this year, the NDP delayed the government’s Climate and Green Plan Implementation Act (Bill 16), which will impose a carbon tax. Revenues from the tax will fund a PST cut and help pay down the deficit, and a small percentage of the funds will be allocated to green initiatives.

The party also delayed the Red Tape Reduction and Government Efficiency Act (Bill 12), which will take away the rights of renters to make complaints about unjust rent increases or landlords failing to maintain their units or buildings.

On the rental front, NDP environment critic Rob Altemeyer introduced the Residential Tenancies Amendment Act (Bill 222) last week to protect renters from rising utility costs. Altemeyer said his private members’ bill will block landlords from implementing large rent increases if they haven’t made their buildings energy and water efficient. He added that the government should provide financial incentives to help landlords with upgrades.

The five delayed bills will go before the legislature this fall and will likely pass given the Conservative majority.

letter to the editor

Thank you

Dear Minister Schuler,

On behalf of the residents of the area, as well as the people who drive through it, we would like to thank you for the recent repairs that were done on Provincial Road 518. I think that we all breathed a sigh of relief that some meaningful repairs were finally done on a piece of road that so desperately needed it.

We understand that in this current time of fiscal challenges, it was no small decision to do these repairs, and we will always be grateful for your decision to do so.

It is sometimes difficult to convey just how important these roads in this area are to us. With the Shoal Lakes dominating the landscape of the area, we don’t have the luxury of a complete system of grid roads that some other areas have. As a result, we have just a few roads that run through the area, with very limited opportunities to detour if something goes wrong with one of them. This has been the case for us for the last number of years since the Shoal Lakes flooded. The disruption to the daily lives and commerce for the people and businesses of the area cannot be understated. Along with the repairs that were done to Provincial Road 229, the repairs to 518 will go a long way to restoring some semblance of a return to normalcy for the area. As the lake levels are slowly receding, we hope that conditions will soon become favourable to permit repairs to the last two roads in the area that have been patiently waiting for their return to usefulness, provincial roads 415 and 416.

Once again, thank you, to you and your department for making this impossible.

Sincerely,

Leonard Dziedzic
Secretary-treasurer

Shoal Lakes Flooded Landowners Association

Provincial government issues April flood update

Submitted

The Hydrologic Forecast Centre of Manitoba Infrastructure reports the risk of widespread major flooding remains low across most of the province, with a continued moderate risk of some overland flooding of low-lying areas along the Red and Assiniboine Rivers.

Ice is expected to start breaking up and moving this week. The Red River Floodway gates will likely be in operation by early next week, based on current weather forecasts. PTH 75 is expected to remain open throughout the run-off period.

The Red River is expected to peak between approximately 50,000 and 60,000 cubic feet per second (cfs) between April 27 and May 2 at Ste. Agathe. The peak will reach Winnipeg within 48 hours after the peak at Ste. Agathe. This flow is similar to the one observed in 2017, which was 54,000 cfs at Ste. Agathe. The peak water level at James Avenue in Winnipeg is expected to be approximately 19.0 feet. Last year, for similar flows, the peak level at James Avenue was 19.1 feet.

The Portage Diversion could start operation in the week of April 23 for ice control along the

lower Assiniboine River. Flows along the Assiniboine River at Portage la Prairie could reach just over 20,000 cfs, which would require the use of the Portage Diversion to limit the downstream flow to 12,000 cfs. The Shellmouth Dam will continue operations to reach summer levels after the spring run-off.

The risk of major flooding continues to be low for the Souris, Qu’Appelle and Pembina rivers and their tributaries. Levels will be within flood protection levels even with unfavourable weather conditions. The risk of major flooding in the Interlake region and for most major lakes, including Lakes Winnipeg, Manitoba and Dauphin and the Whiteshell lakes is low. The risk of major flooding is moderate on northern basins including the Churchill and Carrot rivers in The Pas region.

Ice-jam related flooding continues to be a possibility due to the thickness of the ice on some of Manitoba’s rivers and streams. Icebreaking activities have been completed at all locations that have been at high risk of ice jamming in past years.

Information is available online at www.gov.mb.ca/flooding.

Letter policy

The Express welcomes letters from readers on local and regional issues and concerns.

Please keep your letters short (excessively long letters are unlikely to be published), on topic and respectful.

The Express reserves the right to edit, condense or reject any submission.

Please include your full name, address and phone number for verification purposes. Your name and city will be published with your letter. We do not print anonymous letters.

Please send your letters to us by email at news@expressweeklynews.ca or mail to:

Express Weekly News
Box 39
Stonewall, MB R0C 2Z0

Stansell says BASIC won't be overseeing \$4 million for drainage work

By Patricia Barrett

The RM of Bifrost-Riverton asked the *Express* to provide a correction to its April 19 story titled "RM Bifrost-Riverton changes advertisement on \$4-million farmland levy," which stated the RM will turn over \$4 million to the Bifrost Agricultural Sustainable Community Service Cooperative (BASIC) to carry out drainage work.

The RM's CAO Cindy Stansell, who also serves as BASIC's project finance staff person, said by email that the municipality "does not provide funds to BASIC" and the farmers' organization won't be overseeing a \$4-million farmland tax — in the form of a long-term borrowing bylaw — should it be approved by the Municipal Board after a May 3 hearing.

However, the municipality does not intend to use the \$4 million unless they receive matching funds from the government.

The hearing will focus on evidence

the board has asked the RM to provide, which recent RM advertisements state will entail the "survey and design of municipal drains and the rehabilitation of approximately 220 miles of municipal drainage."

This is the second time BASIC, which was formally established in 2012 to rehabilitate drains and undertake other initiatives, has asked the RM to impose the tax to rehabilitate those 220 miles of drains.

Approximately 100 farmers attended an RM-BASIC meeting Dec. 7, 2015, at which they raised concerns about the burden of the extra tax and BASIC's lack of a drainage plan. BASIC board member Eric Fridfinnson had said then drainage work would "start at outlets and work backwards."

The Municipal Board put the RM's bylaw on hold after receiving objections. About a year later, BASIC board member Len Loewen attended a council meeting Jan. 7, 2017, asking

for a bylaw rewrite.

BASIC had been tasked in 2016 with rehabilitating the municipality's drains. Provincial Agriculture Minister Ralph Eichler and federal Agriculture Minister Laurence MacAulay announced in a July 4, 2016, Agriculture and Agri-Food Canada news release that BASIC was receiving a \$1-million Growing Forward 2 grant "over three years" for "rehabilitating more than 350 kilometres [or 217 miles] of municipal drainage."

The release also stated BASIC was to use the money to examine artificially induced excess moisture, alternative crops and ways to mitigate soil erosion.

Stansell said BASIC's involvement with the drainage project was limited to the Growing Forward grant.

"This grant was used for such things as staff, supplies/equipment and surveying and designs on municipal drains. This funding ended March 31,

2018," she said. "The application for borrowing \$4 million was proposed to the council from BASIC back in 2015. There was never any intention from the municipality to turn that borrowing over to BASIC. The municipality is responsible for their municipal drain maintenance, not BASIC."

Stansell said BASIC's assistance has been a "huge contribution" to the RM and saved "significant" amounts of money that would have gone to engineering.

"We now have a vast catalogue of surveyed and designed municipal drains which will assist our Municipal Drainage Committees in determining projects moving forward."

She added that the RM will tender the drainage work or have its own public works staff carry it out.

The Municipal Board hearing will take place May 3, 2018, at 6:30 p.m. at the Riverton Hall, 175 Reggie Leach Dr.

Government invests in new X-ray equipment for Gimli Health Centre

Staff

The Gimli Community Health Centre will be receiving an X-ray machine following a funding announcement last Friday.

The Manitoba government has approved \$5.1 million to purchase specialized medical equipment for Manitoba health-care facilities.

Health, Seniors and Active Living Minister Kelvin Goertzen said, "Manitobans rely on medical equipment that can diagnose illnesses while being reliable, safe and efficient for both practitioners and patients to use."

"This funding will allow a number of

health-care facilities to replace aging equipment, ensuring quality medical care for the patients who use it."

The purchase and installation of these new items will help with diagnosis and treatment wait times while mitigating increased staffing costs from decreased access to the specialized equipment, the minister added.

Other items will include a CT scanner at Health Sciences Centre and a cardiac catheterization medical system and specialized laboratory analysis equipment at St. Boniface General Hospital

All projects will be purchased fol-

lowing completion of the normal tendering process, said Goertzen.

Interlake-Eastern RHA CEO Ron Van Denakker said, "Funding support from the Manitoba government to Shared Health to replace the current X-ray equipment at Gimli's Johnson Memorial Hospital will have noticeable benefits to area residents as well as our staff."

To accommodate the new equipment, the existing X-ray suite will be renovated. The renovations will incorporate opportunities to improve the workflow for staff and patients. Radiographers will have better patient

views during the imaging process, adding to the safety and quality of testing. An elevating table will contribute to patients' ease and comfort during procedures and reduce potential for muscle strain on staff. Shared Health is working with its vendor to identify an installation date for the new equipment. X-ray service for Gimli hospital patients remains in operation.

Van Denakker said if any service disruptions should need to occur during the renovations or installation of new equipment, area residents will be given advance notice.

2018 MMF Provincial Election

Voting for the MMF 2018 Provincial election will take place in the seven MMF Regions from 8:00AM to 8:00PM on **May 31, 2018.**

Nominations are now open for:

President of the MMF

Vice President as well as two **Regional Directors** for each region.

Candidate nomination forms must be received by the CEO before 5:00PM Tuesday, May 1, 2018.

Details on nominations, Polling Station locations, elector eligibility and how to vote are available through the Office of the Chief Electoral Officer.

David N. Gray

Toll Free Line: **1-888-480-9014**

Direct Line: **204-480-9871**

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breann.davgraylaw@gmail.com or

www.mbmetsselections.ca

Correction

PUBLIC NOTICE

MANITOBA HIGHLAND GATHERING

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Website: manitobahighlandgathering.org

In the April 19 edition of the *Express Weekly News*, we published the article "Pallister reaffirms commitment to Lake Manitoba Outlet Channel" and reported that Infrastructure Minister Ron Schuler said the best-case scenario is that all work is completed by 2025 during a news conference in 2016.

However, Schuler actually said this during a 2018 press conference at The Forks in March.

We also reported that Pallister spoke with a Grahamdale farmer Christopher Banker, when in actual fact his last name is Bankert. The *Express* apologizes for the errors.



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A fishermen's best friend

Welcome, fellow fishers.

We all know that dogs are man's best friend until it seems there's a choice between loyalty and a tasty date with a fish; then, as far as a dog is concerned, all bets are off.

I happened to be visiting Sheldon Bear at Brokenhead First Nation recently, and as we were passing the time over coffee, we got to talking about what it was like having our dogs by our side when we're fishing.

Sheldon is a friendly guy with a dark moustache and beard who has a habit of giving a little thoughtful grin just before he says something. We were talking about our dogs and I told him that my dog, a big yellow shepherd mix, was my best sidekick when we were puttering around the yard, but the minute he's called to the house for lunch, he couldn't care less about me. Sheldon got that smile on his face as he got into a story about his dog.

"I had my dog with me in my ice shack on the Red River and I caught a nice eating-size pickerel. I put the fish in a pail and went out to the truck to get my lunch and some dog food for him. Halfway to the truck, I stopped in my tracks, cursing myself. I spun around and raced back to the shack and there sat my dog licking his lips, all innocent, with the fish half-eaten lying on the floor."

I guess it was a week or two later on a cool, windy, overcast day that I met Maxx Toutant from Winnipeg by his ice shack on the south basin of Lake Winnipeg. He was a young chap with thick brown hair and eyebrows. A devoted German Shepherd sniffed in

the snow close to him.

Sitting sideways in Old Red with its door open as we talked, I couldn't help telling him about Sheldon's experience with his dog. Maxx started to laugh. "This one," he pointed to his "buddy," was even more impatient. Maxx described how when he was fishing the week before, he caught a small pickerel. Just when he got it out of the hole, hanging in the air on the end of the line, his dog jumped up with lightning speed clamping his teeth on it, whipping his head from side to side. In seconds, the fish was mangled.

Maxx frowned at his dog, saying, "You can have the rest later but don't do that again."

You could feel the heat of the sun even though it was overcast on the Red River ice upstream of Selkirk just before the end of winter fishing. Through the windshield of my truck, I saw a gangly young guy slouched in a folding chair, tending his fishing line in an ice hole.

"How's fishing today?" I asked, noticing a small pickerel lying on the ice by his chair as I left my truck.

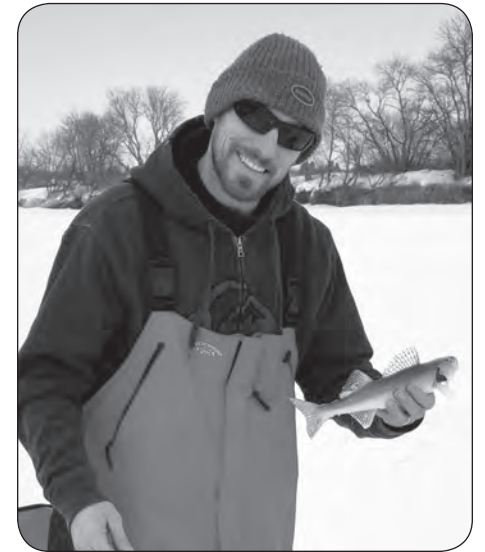
He was the kind of guy who spoke slowly and thoughtfully. "Well, not too active today," he observed.

We began exchanging stories after he, Ian Darbell, said he was from St. Andrews. He told me he and his cousin always fished this same spot year after year, which became quite lucky for him. He was fishing in his shack here and his cell phone fell out of his breast pocket into the water. Two weeks later, his cousin was fishing

in that same hole and snagged Ian's phone. It was covered in mud but apparently he got it working.

Back on the south Lake Winnipeg basin, I came across a tall fellow fishing with no one around him for half a mile. I stopped and began talking to him, soon realizing the fact that he was away from everyone else had nothing to do with the fact that he loved to talk. His name was Calvin Schurko from Emerson, and after we got to know each other a bit, he gave us funny story.

Years ago, he and was fishing with his friends in the Roseau River. Calvin had a favourite rod with a cork handle, and when they were coming into shore with their canoe, it flipped spilling all the gear into the water. Calvin's rod was nowhere to be found, yet over the following weeks, whenever he was by the river, he would search for his rod by the rapids next to the beaver dams. Finally, he saw its handle bobbing up and down in the water,



EXPRESS PHOTO SUBMITTED
Ian Darbell with one of his catch on the Red River by Selkirk.

the rod end imprisoned in a dam. He waded in yanking it out and saw the beavers had chewed some of the cork handle off.

Standing on the ice with him, he held up that rod, showing me where the beaver had chewed on the handle all those years ago. I also couldn't help noticing that he had put a new reel on it lately, which was fastened to the rod with hose clamps.

Good man.

Till next time, good friends. Bye now.

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Gimli man wins \$1 million on Set for Life

Submitted

Ted Hykawy received a gift that he will never forget. The Gimli resident won \$1 million on a Set for Life Scratch 'n Win ticket his son gave him.

"My kids like to get Scratch 'n Win tickets for my wife and me at Christmas and other holidays," he said. "Our





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EXPRESS PHOTO SUBMITTED

Gimli's Ted Hykawy won \$1 million on a Set for Life Scratch 'n Win lottery ticket recently.

son gave us this one just after Easter."

Hykawy's son purchased the winning Scratch 'n Win ticket at Chudd's Corner Esso, located on the corner of Highway 8 and Highway 231, just outside of Gimli.

The happy winner said he can explain in one word how he felt when he saw the three matching SET FOR LIFE symbols.

"Flabbergasted!" he said. "I was completely flabbergasted. We always hoped we would win, but it's so hard to believe."

Hykawy said he plans to share the windfall with his family.

"We have five children, eight grandchildren and three great-grandchildren," he said. "We're going to help them out."

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Concerts In Care brings Juno award nominee to Interlake

By Jeff Ward

Multi-Juno award nominee, Don Amero is currently on a Concerts in Care tour visiting several Manitoba personal care homes, including a number in the Interlake. Amero says the tour has been a very profound experience for him.

Amero is a Canadian country and folk singer-songwriter from Winnipeg and is touring a number of homes across the province for a 45-minute performance through the Manitoba Arts Network. Amero said it was an easy decision for him to become involved in the tour. The singer-songwriter has toured the Interlake, playing in Lundar, Ashern, Teulon, Fisher Branch and Stonewall and said the experience has been an important one for him.

Music can be exceptionally powerful. When Amero performs his music, which typically shares stories about his life, he knows the music can bring back powerful memories of the lives of his listeners. Some of them get very caught up in that emotion.

"I was singing at the show in Lundar and I got halfway through the song about my wife and a gentleman burst into tears," said Amero, recalling the incident.

"And who knows what the reason for that was. Maybe he was remembering a loved one. Maybe the music sans (without) lyrics were so moving that

it brought him to tears. It can be very powerful. Music is medicine for people. It's medicine for me."

Amero said that he believes his experiences singing at the personal care homes could inspire songs that he'll write in the future. He doesn't want to jump the gun, but he finds it hard to believe that an experience like this will not translate to more music for him one day.

"I never want to force a song, but I'm a guy that writes about life and my experiences," he said.

Amero said that music is a universal language. It has the power to move people and transports the listener back in time to relive important memories. Through his performances, Amero is giving those in care homes the opportunity to revisit memories of their past with vivid accuracy.

Going forward, Amero wants to advocate for more people to volunteer at care homes around the province. He said that the experience has been very valuable for him and that for those thinking about getting involved, now is the time.

"Just go in and sit with them and have a cup of tea and don't be worried about where the conversation is going to go. Just go and be with them. The truth of it is, it's not about having deep philosophical conversations but just about walking together in life," said Amero.



EXPRESS PHOTO SUBMITTED

Canadian country and folk singer-songwriter Don Amero was performing at personal care homes throughout the Interlake last week with the Concerts in Care tour.

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REPORT TO THE COMMUNITY

We're giving back.

At **Noventis**, we're *giving back*.

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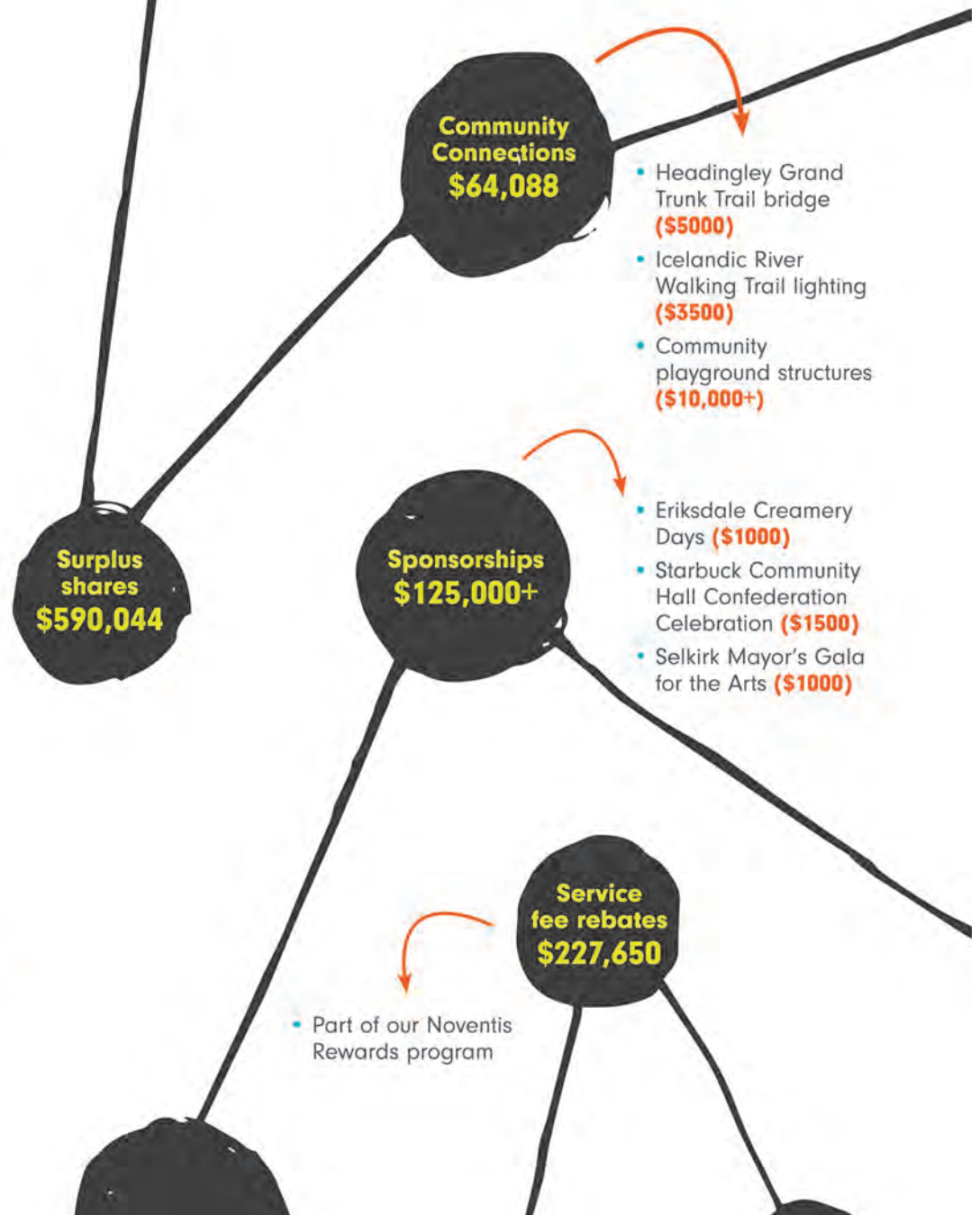
Building playgrounds, building bridges (literally and figuratively) and building up our members' dreams.

Over the course of the year, Noventis has paid out over **\$1,006,782** in sponsorship, surplus shares, corporate social responsibility projects (otherwise known as our **Community Connections** program) and Noventis Rewards rebates throughout all of our 11 communities.

We've been at galas, BBQs, socials and tournaments – raising funds and having fun along the way.

And, we plan to do it all again this year.

We are **Noventis**. And, we are *North of Ordinary*.





At Noventis, our vision is building strong community.

That is why we created our Community Connections program. Through it, we have funded a multitude of projects across our service area.

And, one of those community projects involved the Moosehorn Heritage Museum.

This multiple-phased project got a boost from Noventis at two separate stages; once in 2016 when we awarded them with \$5000 towards replacing their roof, and once in 2017 when they received \$2560 to go towards installing a wheelchair ramp and new entrance stairs.

The new roof let the museum avoid possible closure, and the new wheelchair ramp makes it accessible to all – and we thought that was exactly what a museum should be.

After all, community isn't just about what we are now. It is about what we have come from, and what we have been through. It's our story.



Moosehorn Heritage Museum

Here at Noventis, we know if we want to keep up with our plans to be fresh and innovative, we've got to shake things up every now and again.

So, over this past year, we've made a few changes.

You see, we know that our members are our biggest asset. And, we want to them to feel valued in every interaction we have with them.

That's why we now have Relationship Managers. Some of their faces will be familiar to our membership, and some will be new. But, all of them have the same goal: to build our relationship with you.

They are on the front lines of Noventis for a reason. They are genuine, they are knowledgeable, and they are solutioneers.



Your Relationship Managers:

Business Team

Small Business & Personal Team

Personal Team



Jen Kehlor of the Bifrost-Riverton Seniors Resource Council

Do you know what the Noventis mission statement says? Well, this is it:

"We are financial solutioneers, focused on the needs of our members and our community".

And, we really do mean it. Every year, we find ways to help to fund groups, projects and people within our community through our Community Connections program.

So, when we received this request from the Bifrost-Riverton Seniors Resource Council, we knew it was exactly the type of project to get behind.

The council manages the meals program at the Icelandic River Lodge, and they needed new kitchen facilities and equipment in order to do their work properly.

When the project was completed in 2017, Noventis was proud to be able to provide them with \$5000 to help cover the cost of the equipment.

Now, the lodge residents – and several other seniors in the community – are provided with two prepared meals from that new kitchen each and every day.

Giving back is good for all of us, and we are committed to keep on giving back.



Icelandic River Lodge kitchen facilities

 Michele Johnson Arborg	 Don Catford Headingley	 Brad Meisner Eriksdale	 Kim Ostafichuk Moosehorn	 Curtis Falk Arborg	 Jim Duncan Headingley
 Brent Prior Gimli	 Nielle Wasylowski Selkirk	 Sylvia Wagner-Brambila Selkirk	 Sue Steinmetz Gimli	 Wendy Yazawa Fisher Branch & Arborg	 Don Buchanan Starbuck
 Jody Johnson Riverton	 Valerie Kimpke Eriksdale	 Meredith Krawec Arborg	 Danelle Spibinski Fisher Branch	 Lucy Nelson Gimli	 Trish Zaborski Gimli
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Go to noventis.ca for contact information.

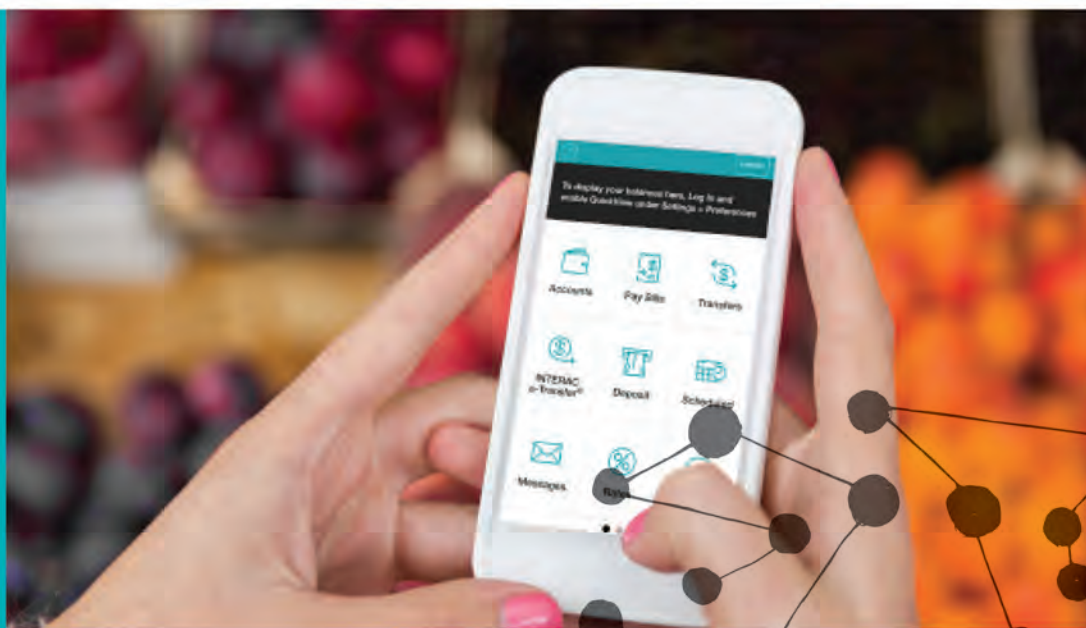


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CREDIT UNION

Your FARM



Young cattle farmer makes first sale at Lundar Bull Sale

By Jeff Ward

A 50-year milestone for Lundar's annual Bull Sale marked the first sale for 17-year-old Riley Wirgau, who hopes to begin his own enterprise one day.

Wirgau's first sale also happened to be the highest selling bull for the day, marking a special moment for the young cattle farmer.

Wirgau is only in Grade 11 but speaks with the confidence of a seasoned producer, saying that he is planning on going into cattle farming after he graduates.

His first sale, HKY Destroyer 86D, a bull weighing a massive 830 pounds, sold for \$6,250 to Glen Price from Elm Creek. Wirgau said he knew the bull was special and was expected to bring in a high price, but being the first out of the gate was a bit nerve-racking when the bidding started slow.

"I was hoping for at least \$5,000, so it exceeded my expectations," said Wirgau.

"[The bidding] was a little slower at the beginning and then it sped up. Then as it got past five, I was kind of thinking like even if it was to stop at five, that was alright."

But the bidding didn't stop at \$5,000 and pushed the \$6,000 mark before finally settling on the high bid. The first sale of the day can be tough since it not only sets the tone for the rest of the day but buyers may be reluctant to spend big dollars right off the bat as there are still so many more animals to be seen.

Wirgau said he and his dad, Lee, knew very early on that this bull was going to be special. Its size at birth was 98 pounds, but it quickly grew into the powerful animal on display during the sale.

"I had thoughts about selling him a yearling, but then my dad brought up the idea that if we kept him for another year, fed him for another year, that I could get even more in the end. So that kind of stuck in my head and I decided to keep him for another year longer," he said.

That advice from his dad paid off and made for an exciting beginning to the sale. Wirgau said the money he earned will go towards feed for his other animals and to fund any post-secondary education he wants to pursue. Wirgau is pretty certain he wants to build his own operation, and with a bull like the one he just sold, he's already making a name for himself.

The work involved in raising an animal on his own was tough. Wirgau also plays hockey and is a full-time student, so while the animal was in his charge, his family did pitch in to help. Wirgau said he is committed, though, and is already planning his operation.

Over the next few years Wirgau wants to continue building up his own herd and setting himself up for the future.

"Maybe expand the farm a little bit and keep a steady growth," said Wirgau.



EXPRESS PHOTO TAKEN BY KRISTINA JOHNSON

Seventeen-year-old Riley Wirgau, back, stands next to his bull, HKY Destroyer 86D, that he sold to Glen Price, right, during the Lundar Bull Sale.

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Your FARM



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Four years ago, Allen Rawluk began with a herd of eight Black Angus heifers. This spring, he and his brother Jake calved out 180 near Moosehorn, and they plan to expand the herd further.

Their plans are based on the essentials of raising livestock in Manitoba: hard work, attention to detail and taking advantage of available support.

"We first heard of the Baldy Mountain Feeders Associations Co-op by word-of-mouth from one of the members," said Rawluk.

Feeder and breeder associations in Manitoba are overseen by the Association of Manitoba Feeder Co-operatives (AMFC). They act as intermediaries between banks and livestock producers.

"Producers can borrow up to \$500,000 from their association and use the cattle they purchase as collat-

eral," said Sherry Rozecki, president of the AMFC. The maximum lending limit for an individual association is \$8 million.

The Manitoba Agricultural Services Corporation (MASC) proudly supports their efforts through the Manitoba Livestock Associations Loan Guarantee (MLALG) Program.

The MLALG gives members the benefit of lower costs associated with more favourable financing terms than they would be able to access individually. Members also benefit from reduced handling costs because of the association's higher sales volume. MASC guarantees funds borrowed by the association from participating lenders to purchase eligible livestock.

"The idea was to roll the heifers into a breeder contract," said Rawluk.

Like Rawluk, some producers are members of both a feeder association and a breeder association. If you've raised heifers through the first year,



EXPRESS PHOTO SUBMITTED

Pictured left to right: Jake Rawluk, Allen Rawluk and Paul Gobin (MASC).

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you can roll them over to a breeder contract. In this situation, the breeder association can lend money to the producer to pay off the feeder association contract.

For their services and administration, feeder associations require members to deposit five per cent in the association's assurance fund. Breeder associations require a 10 per cent deposit.

The Rawluk brothers run separate herds, but both see the advantages of association membership.

"There's the ease of it," said Allen Rawluk.

"Your association application and financing is reviewed by the association, and all aspects of your operation are looked at. If you need to know something about the business, someone from the association is there to help. It's a good feeling knowing the guy you talk to knows what you're talking about."

"Being young, it's a good environment to grow up with," said Jake Rawluk, Allen's younger brother.

Now, after four years of membership, the circle of mentorship has turned.

Continued on page 19

Your FARM



> LIVESTOCK LOAN GUARANTEE, FROM PG. 18

Each of the Rawluks' Black Angus herd can be traced genetically, ranked by weight, health, consumption, disposition and so on, all stored digitally. Allen, now a board member of his association, can advise on and demonstrate cutting-edge practices for pasturing, calving and more.

"It's a friendly fraternity. There's trust involved," said Sherry Rozecki. "You're dealing with people on common ground. Shared ownership means that members want each other to succeed."

With 51 members, Central Plains Cattle Breeders Co-Op is the largest breeder association in Manitoba, but Allen Rawluk sees growth in the association's future,

from inside and out.

"We want new members," he said, "and we want to grow the operations of our existing members."

Rozecki agrees with the continued growth of associations.

"If we get more awareness about this program, membership will only go up."

For more information about Manitoba's feeder and breeder associations, visit the Association of Manitoba Feeders Co-operatives website at www.amfc.biz.

For more information about the Manitoba Livestock Associations Loan Guarantee Program, visit the MASC website at www.masc.mb.ca or contact MASC's Guarantee Program Specialist at 204-239-3244.

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Interlake-Eastern RHA pays tribute to volunteers for tireless service

By Jeff Ward

A number of long-serving volunteers were honoured at the Fisher Branch Personal Care Home last week during a small luncheon hosted by the Interlake-Eastern Regional Health Association.

Volunteers received a small token of appreciation by the health authority and recreation co-ordinator Joanne Vandersteen. The gift of blueberry tea, which Vandersteen explained, symbolizes the sweetness of the hearts of their volunteers. Young volunteers from Fisher Branch Early Years School were also thanked with a small gift for their efforts at the care home as well. Vandersteen called her volunteers "the bright light in the eyes of her residents" and spoke about how their help is invaluable.

June Kopys has been volunteering at the personal care home since it opened 19 years ago and around town for as long as she's lived there. She explained that volunteering is not only a means of getting out and meeting people and helping her community but that it's a lifestyle and one that is difficult to stop.

"Everything I do all my life is volunteering," said Kopys.

"More so now [that I'm] retired than when I was still working, but I've al-

ways volunteered."

Kopys added that volunteering is important because it's an opportunity to "give back what you've received." She said her attitude towards volunteering came from her parents who volunteered when she was growing up. Kopys has been and remains a part of the local museum as president. She is also secretary for the golf course and was a past-president and is a current board member of the Women's Institute.

Like most volunteers, Kopys isn't doing it for the recognition but said the luncheon was a nice thank you that serves to reinforce her efforts.

"They're grateful for the work that you do for them," she said.

Interlake-Eastern RHA regional recreation co-ordinator Lori Martin explained that events like this, which are being held at 13 other sites throughout the region this month, are about letting volunteers know that their time is appreciated.

"They're integral," Martin said of her volunteers.

"Those volunteers, they fill those spaces. We have volunteers for palliative care, so they sit with those who are at end of life. We have spiritual health volunteers who come and listen and visit with our residents."



EXPRESS PHOTO BY JEFF WARD

Tannis Chudy and June Kopys received a gift of blueberry tea for their long and committed volunteer service to the Fisher Branch Personal Care Home.

In her thank-you speech, Vandersteen explained that the colours of the event, blue and purple, were chosen to reflect the good nature of their volunteers.

"Blue represents the colour of our region, but it also represents the

qualities of trust, loyalty and compassion. It is said that a true-blue heart is loyal and faithful. Our volunteers are just these types of people with commitment to the well-being of our residents."

World-renowned fossil hunter coming to Manitoba

Scientist who discovered soft tissue in T-Rex fossil to receive award

By Peter Cantelon

The Canadian Fossil Discovery Centre is thrilled to announce paleontologist Dr. Mary Higby Schweitzer will be the keynote speaker at its third annual Dig Deep gala on April 28 in Morden, where she will be the first-ever recipient of the Dr. Elizabeth "Betsy" Nicholls Award for Excellence in Paleontology.

Dr. Schweitzer shook the paleontology world in 2007 with the announcement of her discovery of soft tissue inside of a 68-million-year-old T-Rex fossil. Since then, Dr. Schweitzer's ground-breaking research has changed the way scientists think about soft tissue preservation and fossilization.

"We are incredibly excited to have a paleontologist of the stature of Dr. Schweitzer come to Manitoba," said Peter Cantelon, executive director of the Canadian Fossil Discovery Centre. "Her discovery and research is arguably the most significant in modern paleontology and this is a rare opportunity for people to meet her and hear her speak about that incredible find."

"I am deeply honoured to accept the Betsy Nich-

olls award for paleontology," said Schweitzer, professor of Molecular Paleontology at North Carolina State University. "Although I did not know Betsy personally, her reputation certainly preceded her. At a time when women were few and far between in paleontology, Betsy stood out for her contributions, more than holding her own in a male dominated field. Betsy was known for her 'insatiable curiosity' and that is something we share. It is my honour, indeed, to be named a recipient of this award — she left some pretty big footprints to walk in."

The gala event featuring Dr. Schweitzer's presentation is open to the public. Tickets are \$75 (a \$50 charitable donation receipt will be provided) and are available by contacting the Canadian Fossil Discovery Centre at 204-822-3406 or by emailing info@discoverfossils.com.

This year's gala host is none other than Travel Manitoba president and CEO Colin Ferguson, who will oversee a fantastic evening featuring Dr. Schweitzer's presentation, live entertainment, dinner, awards and a rainbow auction with amazing prizes. Proceeds raised from the event go towards the CFDC's fund with the Morden Area Foundation. The Betsy Nicholls award is sponsored by Access Credit Union. The reception will be at 5:30 p.m., dinner at 6:30 p.m., followed by main program. For more information, visit www.discoverfossils.com/gala.



Dr. Mary Higby Schweitzer with T-Rex skull

Dementia session teaches detection, protection and inclusion

By Melissa McIvor

Dementia is an ugly disease.

Sadly, 43 per cent of Manitobans have a family member or friend living with dementia and those numbers are expected to grow as the baby-boomer population continues to age.

However, on April 10, members of the community gathered at Warren Memorial Hall at 7 p.m. to equip themselves with knowledge about the disease. The free session was part of a series of ongoing Healthy Together Now wellness seminars organized by the health subcommittee of the RM of Woodlands Community Development Committee (CDC).

"We're hoping to help the community get healthier," said Nirdosh Ganske, who works with the subcommittee. "We hope to provoke an interest in people to be curious about their health, to come and get informed on behalf of their families and also to find out who are the support professionals in the community."

Their most recent session was led by Norma Kirkby, program director with the Alzheimer's Society of Manitoba, who believes strongly in the compassionate care of those who develop dementia.

"In reality, the most important thing for a person living with dementia, because the treatments are not perfect, is how we treat them," she said.

"If we aren't familiar with and don't understand the disease we are going to be less likely to be able to respond well and help meet the needs of that person so they have quality of life."

According to the Alzheimer Society of Manitoba, "dementia" is an umbrella term that covers a number of progressive brain disorders, Alzheimer's disease being the most common of those.

"We typically say that dementia is a disease that most impacts older people and we talk about how the great risk factor is aging. But we know it is possible for younger people to have dementia. If someone develops the disease under the age of 65 we refer that as early-onset," said Kirkby.

Of the people with dementia, she added, two-thirds of them live in the community, rather than a personal care home, and a quarter of those people live alone.

"That says to us that we as individuals need to be caring for our neighbour because it could be our neighbour supporting someone who has dementia, or it could be that person who is living alone and maybe becoming at risk and starting to do things unsafely."

The first part of Kirkby's session

focused on the warnings signs of dementia.

"It is about memory but it's not all about memory," she said. "In many instances, there are changes in other functions in our day-to-day life that may become evident before a person's lapses in memory become evident."

Some of these tell-tale behaviours include changes in judgment, mood, personality and depth perception; difficulty with abstract thought, dealing with money, and a hard time processing speech and expressing ideas; losing track of time and place (the person should be registered under the MedicAlert Safely Home program in the event that they go missing) and misplacing household objects; and the inability to perform familiar daily tasks.

"These things don't occur sequentially," Kirkby said. "They will occur in different amounts at different times."

They might also become more prominent when the person is tired.

Another warning sign is loss of initiative, but here Kirkby said caregivers can offer constructive guidance.

"People with dementia lose the ability to kick-start action because they have trouble planning in order to carry something out. The opposite of that is that if we get them started doing something, they very frequently do a whole lot for a long time."

The example she used was washing dishes. While a person with dementia may not respond to receiving verbal direction to do the task, being gently led to a filled sink may yield a different outcome.

"All of a sudden that warm water and those soapy suds speak to them about what you do with them and now they can do it. Very often people with dementia are seen as not being participative and are set aside to watch the world go by when the best thing would be for them to get into the world and use the skills they have. Once they're using them, because so much of our lives is habitual pattern, they can still do for a long time. At that point they feel useful, they feel they have purpose and they're a whole lot happier."

When it comes to protecting yourself from the disease (Kirkby makes it clear that total prevention is not an option yet), individuals can maintain a positive attitude about aging, en-



EXPRESS PHOTO BY MELISSA MCIVOR
Norma Kirkby delivers a wellness session on dementia at Warren Memorial Hall.

gage in social activities like volunteering, keep healthy habits, be physically active, protect your head and take care of your mental health.

"It's most important to mind your diet and physical exercise because that's going to keep the brain as healthy as possible so that doing things like puzzles and volunteering

can then have the most effect. If your brain is not healthy, you're not going to be able to recover it by doing Sudoku or crossword puzzles."

At the end of the day, though, nothing ensures dementia prevention.

"You can do everything right and still get the disease. Why? We don't know. We can also meet people in our lives that have done everything wrong and they don't get the disease. This is a disease that arises spontaneously and only about five per

cent of all diagnosed cases of dementia are genetic."

Kirkby ended the evening by encouraging her audience to be inclusive of people with dementia and their caregivers.

"Remember that people with dementia are people," she advised. "Even if someone's cognition is changing, they are still valuable and they still deserve your respect and engagement."

She cautioned against using derogatory remarks and jokes when discussing memory loss and stressed the importance of including those with dementia in community activities.

However, caring for the caregivers is an equally crucial task and can include small gestures like taking them for coffee, helping with a chore or making a meal for them.

"I encourage those of you that are caregivers to accept the gift of help from other people," implored Kirkby. "That is a gift that they want to give you so you can stay strong. We know that the average time of a person's life after diagnosis with dementia is eight to 12 years. It can be a little as three and as many as 20. If you are a care partner of someone living with dementia it's not a sprint, it's a marathon. In order to stay well for that duration, you need people to come walk alongside of you and you need to be willing to let them help you."

"If you are a person impacted by dementia in any way, use the services in your community that can help you. It could be through the health region or community agencies like your senior resource council that has meals you can access or organizations like the Alzheimer's Society that can do family education."

Woodlands' next wellness session is on May 15 from 7 p.m. to 9 p.m. and addresses pelvic floor health.

For a full schedule of upcoming seminars, visit the Rosser Woodlands Recreation Commission website at www.rosserwoodlandsrec.com. You can also receive updates on other local health sessions by subscribing to the IERHA's monthly Wellness Connection E-Newsletter at www.ierha.ca.

For more information on the Alzheimer's Society of Manitoba and their resources, contact Interlake/Eastern Regional Coordinator Lindsay Thorlakson at 204-268-4752 or alz@alzheimer.mb.ca.

"EVEN IF SOMEONE'S COGNITION IS CHANGING, THEY ARE STILL VALUABLE AND THEY STILL DESERVE YOUR RESPECT AND ENGAGEMENT."

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Kornelsen sets provincial bench press record

By Brian Bowman

Kurt Kornelsen is powering his way through the sport of powerlifting.

He competed in the 83kg Men's Open Division at the Westman Rocked meet in Brandon last weekend and set a provincial bench press record.

Kornelsen also won his age/weight class and earned best overall Open lifter.

"That's a pretty good weekend," said Kornelsen, who grew up in Riverton and is now a co-head coach of Starke Powerlifting in West St. Paul. "We had a little bit of adversity going through the process of breaking a record but we managed to squeak it out and get my name on a piece of paper that says I broke a record and that's always good."

Kornelsen squatted 200kg, benched 153kg and deadlifted 262.5kg. It was his best competition total, according to St. Andrews' Mark Oxe, who broke two provincial records with one bench press lift in Brandon.

"(The bench press) is a personal best but I have come close to that in training," Kornelsen, 26, noted. "I've been putting in a lot of work from week to week."

"I only had one crack at it, unfortunately, and it would have been nice to be confident enough to maybe take two cracks at it if I needed. But we figured we'll just warm up to it a little bit and on my third attempt I ended up smoking it pretty good."

Kornelsen feels he still has "room in the tank" for the upcoming provincial championships, which will take place in Selkirk on June 23.

"That's a nice local competition and we'll have a lot of the Starke community come out for support," said Kornelsen, who now lives in Winnipeg's North Kildonan area. "As a team, I think all of us will be ready for that competition."

"If we all remain healthy, I think we will all be very excited to put on a good show for everybody and, hopefully, grab a couple more records."

"If not, we will definitely be competitive in all of the weight classes."

Athletes have to qualify to participate in the event and Kornelsen has already done so. He has already punched his ticket to the 2020 nationals that will be held in Winnipeg.

Kornelsen grew up playing hockey and has always enjoyed lifting weights. He took up powerlifting just three years ago.

"I figured that was something that I wanted to do after high school," said Kornelsen, who stands 5-foot-9 and weighs 185 pounds. "I really didn't have a knack for playing hockey, but I did quite well for what I had, but I didn't really like the travelling part of it."

"I just fell in love with the powerlifting and I knew I could be competitive at it. I was always strong in the gym and my brothers pushed me in the gym. They were always in and out of there five days a week, so it just kind of grew it on me."

Here are Kornelsen's recent achievements:

-2017 Manitoba powerlifting provincial championship gold in 83kg men's open

-2017 Manitoba powerlifting provincial championship best overall male open lifter



EXPRESS PHOTOS BY LVD MEDIA

Kurt Kornelsen, from Riverton, squatted 200kg, benched 153kg and deadlifted 262.5kg.

- National level powerlifting total best lifter overall
- 2018 Westman Rocked 83kg men's open gold medalists
- 2018 Westman Rocked men's open

Gimli Minor Hockey

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Thunder football registration next week

Staff

With spring weather finally here, the minor football season is right around the corner.

The Interlake Thunder will be hosting three registration dates for their Midget and Minor teams at the Ice Palace in Stonewall.

The registration dates are next Thursday and then May 4. Both registrations will run from 6-8 p.m.

On May 5, the registration time is 10 a.m. to

noon.

The age groups have changed this season and will include Cruncher (8-9 year old), Atom (10-11), PeeWee (12-13), Bantam (14-15) and Midget (16-17).

All new registrants will receive a 25 per cent discount on their 2018 registration fee.

For more information, please visit interlakethunder.org or email president@interlakethunder.org.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Ashern gym gearing up for second waist watchers challenge

By Jeff Ward

An Ashern fitness group is kicking off their second weight loss challenge this week with a new eight-week session that will reward the person who loses the most with a cash prize.

Melony Just opened her home gym earlier this year to anyone in the community who wanted to lose weight. Her idea spawned as a New Year's resolution and turned into a challenge where participants paid \$20 each to compete against each other to lose the most weight. All of the money, \$320, was paid back to the winners: first, \$180, and second, \$140.

Just explained that this time around, she has made some changes to address a few problems with their first iteration. The session will last eight weeks instead of 12 as many participants felt fatigued. To encourage working out, any weight gain will require a \$2 penalty, which is also split among the winners.

Just isn't taking membership fees or making any money from this competition but said the benefit from having people downstairs working out is

making her want to work out more.

"That's what got me to start coming down more," said Just.

"So sometimes I had a group that came in at 10 in the morning, one at three, one at five and then a group would come at 7:30, so sometimes I was coming down four times a day. So the more people that came, the better it was."

"WHEN I FIRST STARTED RUNNING, AFTER A MINUTE, I FELT LIKE I WAS GOING TO DIE, BUT NOW I CAN RUN 26 MINUTES."

Just said that she hopes the group aspect of the challenge will help participants to be accountable to each other. They can lean on each other for help and support when they don't feel the motivation to work out or eat healthy food.

Alicia Carpenter took second place and lost 14.1 pounds over the 12-week period. She said she and Just were basically strangers before this but now have become friends and workout buddies. She said that while she didn't see the number on the scale change as much as she wanted, there were other non-scale victories that kept her going.



EXPRESS PHOTO BY JEFF WARD

Melony Just, left and Alicia Carpenter have become workout buddies after Just opened her home gym to the public earlier this year. The pair will compete with other Ashern residents to lose the most weight over the next eight weeks for a cash prize.

"Focus instead on being healthy. If you're consistent with working out, you're going to be able to do more than you could the first time. When I first started running, after a minute, I felt like I was going to die, but now I can run 26 minutes," said Carpenter.

Just has invested more into the space in the gym with a new rower, bench, weights and a spin bike as well as

putting in new flooring. Just said the expenses are ones she's happy to take on as her family will have a dedicated fitness space forever and that she enjoys exercising with her children.

Those interested in participating in the challenge can get in touch with Just no later than Friday, April 27 at 204-302-1841.

Peguis Juniors win silver at Keystone Cup

By Brian Bowman

The Peguis Juniors were able to play in the Keystone Cup's new format last weekend.

And they came home with silver medals for their effort.

Peguis reached the gold-medal game Sunday afternoon where they lost 5-2 to the Thunder Bay Northern Hawks.

"I think we're pleased (with the silver medal)," said Juniors' head coach Kevin Monkman. "We started off kind of slow and we picked it up as the weekend went on. We played two really strong games in games that we needed to win."

Peguis reached the final after doubling the Thunder Bay Fighting Walleye 6-3 on Saturday evening.

"We came out strong and kept the game simple," Monkman said. "We played quick and the Fighting Walleye was a quick team as well. Our big guys really played well that game."

The Hawks finished the four-team round-robin in first place with a 3-0 record. Peguis, the Fighting Walleye, and St. Malo Warriors each posted 1-2 records.

Peguis started round-robin play with a 7-2 loss last Thursday to the Fighting Walleye.

The Juniors were then edged 6-5 by the Northern Hawks Friday before rebounding to pummel St. Malo 8-1 on Saturday.

Peguis had strong efforts from all four lines.

Luke Penner played real well in goal, said Monkman.

Romano Paul led Peguis in points with 10 (three goals, seven assists) in five games while Storm Swan sniped seven goals and had two assists.

Christian Cochrane, Keegan Daniels-Webb and Keifer Tacan each finished the tournament with six points.

Peguis' season ended after a strong playoff run, which resulted in just one loss, as the Juniors won their third consecutive KJHL title.

The Juniors did a lot of winning downing the stretch. Before that playoff loss, Peguis last lost a game Jan. 18.

The Juniors expect to ice a strong team again next season with just three players aging out from junior hockey.

Monkman, meanwhile, said he has no problem with the new Keystone Cup format which featured the top two KJHL teams against a pair of Thunder Bay squads.

"I liked it," Monkman said. "They were evenly-matched teams and the travel is not as far. I like the Border Battle as they called it and I think it's good for both leagues."

"The Peguis Juniors and Thunder Bay Northern Hawks would have competed with those teams that were in Arborg (last year at westerns)."

"We probably would have been right there with them."

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TOWN OF ARBORG PUBLIC NOTICE 2018 Financial Plan

PUBLIC NOTICE is hereby given pursuant to Section 162(2) of *The Municipal Act* that the Council of the Town of Arborg shall hold a Public Hearing to present the Financial Plan for the fiscal year 2018 on:

**Wednesday, May 9, 2018 at 10:00 A.M.
Town of Arborg Municipal Office
337 River Road Arborg, MB**

The purpose of the Public Hearing is to allow any interested person to make representation, ask questions or register an objection in respect to the Town of Arborg's 2018 Financial Plan.

Copies of the 2018 Financial Plan are available for review at the Town Office during regular office hours.

Dated this 26th day of April, 2018.

Lorraine Bardarson, CMMA
Chief Administrative Officer
Town of Arborg



NOTICE OF REGISTRATION OF PROSPECTIVE CANDIDATE FOR MUNICIPAL ELECTION TOWN OF ARBORG

Please be advised that a general municipal election will be held on October 24, 2018.

Prospective municipal election candidates must register with the Senior Election Official (SEO) during the registration period before they may begin to accept contributions, incur expenses, fundraise or borrow money for their campaign.

NOTICE IS HEREBY GIVEN that I will be receiving candidate registrations:

For the Office of Mayor:
Between May 1, 2018 and September 18, 2018

For the Office of Councillor:
Between June 30, 2018 and September 18, 2018

at the Town of Arborg office, 337 River Road, during regular hours of business.

To obtain a registration form contact the SEO at the telephone number listed below.

Dated at ARBORG in the Province of Manitoba, on April 26, 2018

Lorraine Bardarson
Senior Election Official (SEO)
Telephone 204-376-2647

Town of Arborg
Box 159, 337 River Rd.
Arborg, MB



Fisheries and Oceans
Canada

Pêches et Océans
Canada

Notice of Proposed Work

Pan Am Pier and Wharf 405, Gimli Harbour

Fisheries and Oceans Canada is proposing to undertake work on the Pan Am Pier and Wharf 405 in Gimli Harbour during the summer/fall of 2018, pending a successful tender process.

The construction is planned to occur from May 22 to September 30, 2018. The timelines are subject to water level fluctuations and the results of the tender process.

The Pan Am Pier project includes constructing a reinforced concrete deck, and installing new wheel guards, a new lighting system, and a new steel sheet piling wall on the northwest corner of this site.

During construction, the Pier will be closed to the general public. Relocation of vessels during this time will be managed by the Gimli Harbour Authority. Temporary floats will be installed to allow continued access for boaters. Water service to boaters will not be available along the Pan Am Pier for portions of the project.

Wharf 405 is the steel sheet piling located at the end of the Main Wharf in Gimli Harbour and the project at this site includes installing new wheel guards. Access to Wharf 405 will be limited for a portion of the project; however, the rest of the Main Wharf will remain accessible.

For inquiries, please contact:

Small Craft Harbours
Fisheries and Oceans Canada
(204) 984-1102

Canada

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Classifieds



Executive Administrative Assistant

Central Interlake Chamber of Commerce Inc. is looking for an experienced

Executive Administrative Assistant

to assist in the following:

- Managing of our organization;
- Scheduling meetings and events;
- Accounts Receivable & Accounts Payable

Confidentiality, accuracy and attention to detail are important qualifications for this position, as well as the ability to communicate clearly via social media and with members. The ideal candidate for this position is a skilled multitasker, who is reliable and is committed to consistently meeting deadlines. Experience with computers and bookkeeping systems preferred.

Part-time hours to approximately 32 hours per month, with one evening a month. Starting rate of pay dependent on work experience and knowledge.

Please email resume to:

CentralInterlakeChamber@gmail.com

Or fax to: 204-364-2454

Attention: Dale Stanowski

NOTICE OF REGISTRATION OF PROSPECTIVE CANDIDATE FOR GENERAL MUNICIPAL ELECTION RURAL MUNICIPALITY OF WEST INTERLAKE

Please be advised that a general municipal election will be held on October 24, 2018.

Prospective municipal election candidates must register with the Senior Election Official (SEO) during the registration period before they may begin to accept contributions, incur expenses, fundraise or borrow money for their campaign.

NOTICE IS HEREBY GIVEN that I will be receiving candidate registrations:

For the office of head of council:

Between May 1, 2018 and September 18, 2018

For the office of councillor:

Between June 30, 2018 and September 18, 2018

at the Rural Municipality of West Interlake office, #38 Main Street, Ashern, Manitoba, during the regular hours of business.

To obtain a registration form contact the S.E.O. at the telephone number listed below.

Myrna Little

Telephone: (204) 941-0156

Dated at Ashern, Manitoba on April 20, 2018

Myrna Little

Senior Election Official (S.E.O.)

Rural Municipality of West Interlake

ANNUAL PUBLIC NOTICE

Additions to the Voters List and/or Personal Security Protection Requests

Rural Municipality of West Interlake

In accordance with Section 36 of *The Municipal Councils and School Boards Election Act* (MCSBEA) the Rural Municipality of West Interlake Voters List is open for changes or revisions.

- Any person who is eligible to vote in municipal elections in the Local Authority of the Rural Municipality of West Interlake can have his or her name added to the Voters List, or have any information about the voter on the Voters List corrected.
- Any person can request to have his or her name and address obscured from the Voters List.
- A person whose name has been obscured will receive a Personal Security Certificate and identification number. That person may only vote by Sealed Envelope Ballot and cannot vote in person at the regular or advance voting places.

To implement the above, a written request must be submitted to the Senior Election Official, in person, by e-mail, fax or mail to:

Rural Municipality of West Interlake
Box 370, #38 Main St., Ashern, Manitoba R0C 0E0

Phone: (204) 941-0156

Fax (204) 768-2301

Email: rmofwestinterlake.com

The next General Election takes place **October, 2018.**

Myrna Little
Senior Election Official

**DON'T FORGET TO SEND YOUR SPECIAL WISHES
TO YOUR FRIENDS AND FAMILY.**



204-467-5836 classifieds@expressweeklynews.ca



Call For Board of Directors

The Interlake Consumers Co-operative Ltd.
invites nominations for the
position of Director

There are two (2) Director positions available

Nominees must meet the qualifications
and requirements specified in the Co-op's Bylaws.

Details on the qualifications and requirements
can be picked up at the Administration Office in
Arborg & at the Eriksdale Food Store location.

Nominations must be submitted in writing,
no later than 5 pm on May 9, 2018 to:

The Nominating Committee
Interlake Co-op
Box 40, Arborg, MB, R0C 0A0



INTERLAKE

NOTICE OF ANNUAL MEETING

When: Wednesday, May 23, 2018

Meeting: 7:00pm

Where: Arborg Community Hall
409 Recreation Centre

Agenda Items to include:

- Minutes from the 2017 Annual Meeting
- Audit/Financial Report
- FCL Delegate Report
- General Managers Report
- Board Report
- Appointment of Auditors for 2018
- Board Elections

Interlake Consumers Co-op Ltd
Box 40, Arborg, MB R0C 0A0

Classifieds

THE **EXPRESS**
WEEKLY NEWS

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Arborg Community Cemetery

Tenders are being taken for the lawn care and general maintenance of cemetery grounds for the 2018 cutting season. Tenders should include cost per cut. Fuel and machinery to be provided by successful tender. **Apply to:**

Kris Gudmundson
Box 234 Arborg, Manitoba, R0C 0A0
By May 17th, 2018

South East 17-21-1 East R.M of Armstrong

Fish Lake Dyke area
Good road access but off grid
Natural spring flows into land
70 to 100 bales yearly
Sports man paradise
Approx. 3 to 4 acres spruce bluff
Approx. 30-40 acres mature spruce
Asking \$95000.00
Please call Carl or
Debbie Osiway

1-204-376-2384

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

Call 467-5836

WANTED

Old tube audio equipment. 40 years or older. Amplifiers, stereo, recording and theatre sound equipment. Hammond organs, any condition. Call toll-free 1-800-947-0393.

FARM MACHINERY

For sale: 4520 J Deere, 120 HP, \$11,000. 46A FEL available. Ph 204-467-8530.

FARM MACHINERY

Various parts for International crawlers T.D. 6 plus T.D. 9. Also parting out J.D. 1010 crawler with 7 ft. angle dozer. Also bottom rollers for 17A - D7 Caterpillar with 3/4" bolt holes. Ph 204-376-5082.

HEALTH

Are you suffering from joint or arthritic pain? If so, you owe it to yourself to try elk velvet antler capsules. Hundreds have found relief. Benefits humans and pets. EVA is composed of proteins, amino acids, minerals, lipids and water. Key compounds that work to stimulate red blood cell production & cartilage cell regeneration & development. Stonewall Elk Ranch Ltd., 204-467-8884 or e-mail stonewoodelkranch@hotmail.com

ANNOUNCEMENT

CARD OF THANKS

GUDMUNDSON - The family of the late Earl Gudmundson wish to extend our sincere thanks for the many kindnesses and for the condolences and support that we have received after the loss of our wonderful husband, dad, Afi and Lang Afi, brother and friend. We also send thanks to the nurses and ER staff at the Gimli Hospital for their caring and compassion. Bless you all.

-Sincerely,
Toby and family

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

Call 467-5836



HOUSE FOR SALE

569 Crosstown Avenue, Arborg, MB

**1080 square foot 3 bedroom
home for sale in Arborg, MB.**

Amenities include:

- Stainless Steel appliances
- Pantry
- Large Deck
- Paving stone patio
- Insulated 12 x 20 storage shed with loft
- 8 x 10 garden shed
- Asking price = \$ 189,500.00

For more information, please call Peter @ 204-642-2512

WEDDING SOCIAL for Tabby Luprypa & Nathan Robinson

APRIL 28, 2018
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DANNY LUPRYPA 204-641-4415
TABBY LUPRYPA 204-781-2742

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ARBORG

Living Area: 1296 SF
Lot/Acreage: 3 acres
3 bedroom bungalow
with fully finished
2 bedroom basement



ERIKSDALE

Living Area: 1520
SF Lot: 3.04 acres



ERIKSDALE

25 lot Trailer Court
Lot/Acreage: 5.53 acres



OTHER LISTINGS

Lundar

List Price: \$49,900

Living Area: 693 sq ft Lot/Acreage: 100 x 124
2 bedroom bungalow on double lot.

Morweena

List Price: \$180,000

Living Area: 1792 SF Lot/Acreage: 1.91 acres
3 bedroom bungalow with single attached
garage and large 1344 Sq. ft. shop

Arborg - 586 Mill Ave.

List Price: \$164,500

Living Area: 744 sq ft Lot/Acreage: 60 x 104
2 Bedroom bungalow,
new deck on back entrance.

Arborg - 500 River Rd.

Commercial Property

List Price: \$270,000

30' x 80' & 50' x 40' Lots 8, 9 & 1

Classifieds Announcements

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OBITUARY



Johann Johnson

It is with deep sadness that we announce the passing of our beloved husband, brother, father and Afi, on Friday, April 20, 2018 at Seven Oaks Hospital. Johann, aged 82 years of Gimli was predeceased by his parents Thorvaldur "Beggi" and Steinunn Johnson as well as his son Jasper.

Left to cherish his memory is his wife Marilyn; sister Anna; son Bryan (Pam); son Edward (Pam); daughter Karen (Andy); granddaughters Kyleigh, Heida (Cory); Jori (Viva) and Ella; grandsons Zach and Liam, Carter, Jaxon and Parker; and his great grandson Nathan.

In keeping with his wishes, cremation has taken place and no formal service will be held.

Condolences, may be left on Johann's tribute wall at www.gilbartfuneralhome.com

Gilbart Funeral Home, Gimli in care of arrangements.



**Remember Your Loved Ones
with an Announcement**



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1 - 6pm

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10 - 6pm

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10 - 4pm

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1st prize - Palliser leather chair & ottoman \$1,149

2nd prize - Decor Rest Chair \$949

3rd prize - Dreamstar Queen Mattress & Boxspring \$799

4th prize - DeFehr Chest of Drawers \$749

5th prize - Ashley Power Recliner \$529

Free Draw (no purchase necessary)

1st prize - Ashley Queen Mattress & Boxspring \$699

2nd prize - Ashley Infrared Heater End Table \$489

3rd prize - Picture Depot Picture \$149

4th prize - Phoenix Mattress Protector \$130

5th prize - Star Night Queen Sheet Set \$39

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