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# EXPRESS

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WEEKLY NEWS

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## Their legacy will live on

EXPRESS PHOTO BY JO-ANNE PROCTER

Victor and Charlene Dzedzic receive one of three congratulatory certificates during a night that showered them with applause and standing ovations for their 17 years of dedication and work for the Children's Wish Foundation. Ryan Veldkamp (left), Children's Wish Foundation Central Interlake Sub-Chapter first wish recipient, shared his story and gratitude with guests Saturday night at the final VL Ranch Charity Ride for Wishes.

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

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# Final Wish Ride goes out with a bang



MC Tim Brewer makes wish child Bryce Helstrom crack up ahead of Bryce's note of thanks to all those who supported the foundation.

By Stefanie Lasuik

It's been 17 years of wish rides at the VL Ranch north of Inwood.

For sick children, this has meant nearly one million dollars' worth of worry-free family time, escapes from hospitals, and not letting their illnesses control them. Charlene and Victor Dziedzic's 17th and final Charity Ride for Wishes punctuated these accomplishments with an exclamation mark.

Despite snow and rain, 467 ATVs and approximately 150 horse riders from across Canada and the U.S. rode 12 to 35 miles of muddy trails. A record 286 people came for breakfast, and dinner sold out at 1,390.

Over 400 donated auction prizes and a 50/50 of \$3,100 contributed to the cause. Kids wove in and out of the game tent, through the bouncer-oo, and into awed conversations with princesses and Batman.

The barn dance went until 1:45 a.m. with MCMA female artist of the year Kendra Kay. And colourful fireworks took over the night sky, sounding the "bang" the Dziedzics said they'd go out with.

The combined efforts yielded \$51,500 and counting.

The money will go to the Central Interlake Sub-Chapter of the Children's Wish Foundation. The Dziedzics have now granted over 60 wishes. This year, one of them will go to Dziedzics' friends and long-time ride participants, the Helstroms.

Nine-year-old Bryce Helstrom was diagnosed with advanced Stage 4 T-cell lymphoblastic lymphoma in March. Several weeks ago, family friends bought him one of his favourite animals, a husky puppy. His other favourite animal is alligators, which he will see when his wish to go to Disney World and Legoland in Florida

comes true.

Bryce makes two to three trips from his home near Winnipeg Beach to the hospital each week and takes many medications from home. Bryce's mother, Heidi, said there is an 85 to 90 per cent success rate.

Heidi said the family is looking forward to the trip, which they hope to make in the winter.

"I'm sure it will be so spectacular, from Legoland to all the things at Disney World. ... They're excited to hold the baby alligators," said Heidi.

It's the kids that have kept the Dziedzics motivated to continue the Wish Ride every year.

"Just knowing that we have given a child and their families a week away somewhere, and they can have fun. No needles. No doctors. No hospitals. They can just be themselves," said Charlene.

Maria Toscano of the Children's Wish Foundation said the event has created more than wishes, however.



The Wish Ride was a muddy affair for ATVers like Bonnie and Josh Lussier, but the mud didn't deter the record number of participants.



EXPRESS PHOTOS BY STEFANIE LASUIK

Clayton Kunzelman and his family have been regular participants in the Wish Ride. The family from Inwood took their horses, Lee and Pat, and a wagon down the Wish Ride trail for the final time.

"We have been part of an extraordinary event that has created lasting memories and lasting friendships," she said, fighting back tears.

It started with 50 family and friends in 1999. On May 14, 2016, about 1,500 people from across Canada and the U.S. packed Dziedzics' ranch.

"Lots of people call this place home," said Charlene.

Simply hearing of the Dziedzics' efforts was enough to cause volunteers to climb aboard over the years. Getting to know the Dziedzics kept the

volunteers aboard.

"You're welcomed, thanked, and a part of the family," said volunteer Darryl Brown, who would sooner classify himself as a family member than a volunteer.

Charlene could not say enough about the 22 committee members,

Continued on page 3



Jan Lambourne from SPR Hair Salon in Teulon (top) shaves 13-year-old Jadyne Hughes' head. Hughes raised \$1,687 in pledges before the event and \$2,040.50 on the night of the ride.



Charlene Dziedzic (right) cries into her husband, Victor, while Maria Toscano of the Children's Wish Foundation speaks about the incredible contributions the couple has made to the foundation while fostering lifelong friendships through their event.

# Creamery Museum board looking forward to renos in 2016

By Jeff Ward

The Eriksdale Creamery Board held its annual general meeting recently and is moving ahead with interior and exterior renovations to the building.

There were no changes to the board, according to secretary treasurer Andrea Sweetland. The board discussed its action plan for 2016, which begins with an already-underway exterior renovation. Sweetland said that the siding of the century-old building is already in the process of being replaced. She added that the only real reason that the project had been delayed was scheduling conflicts with their contractor.

Other projects on the list include improvements to the artifact displays inside the museum. Sweetland said that the board would like to add more display panels to give more history and context to other artifacts within the museum.

"We think that the artifacts without a display aren't nearly as interesting because the context is missing," she said. "One of the things that's exciting about our museum is that you can't really take it all in on one visit. We have people that tell us they notice something new each time they come by. I think when we add in those new displays, it will really enrich the experience for people."

## > WISH RIDE, FROM PG. 2

60 volunteers and 10 military people who worked on the event.

"If we can only take that little bit of time out once a year to do what we've done in the 17 years, what more could you ask for?" said Charlene.

But MP James Bezan acknowledged it's been more than a little bit of time.

"You just can't even count the hours that everybody put in into making this a success," said Bezan.

Lakeside MLA Ralph Eichler called the 17 years of effort "unbelievable."

Both Bezan and Eichler presented the Dziedzics with congratulatory certificates on Saturday. Toscano then named Charlene the provincial Children's Wish Foundation volunteer of the year.

She presented the couple with over 50 roses. The number of roses represented the number of wishes they've funded, while the roses themselves symbolize friendship, joy and hope for good health—a perfect metaphor.

The return of *Unlocked: Stories of the Interlake* will certainly add to the visitors' experience and is slated to be in the museum in August, just in time for the annual Creamery Days Fair. The museum's contribution to the exhibit has very likely brought in more visitors who are looking to get a deeper understanding of the history of the building.

The board is also looking at improving the interior lighting with LED bulbs that will help brighten the place up while reducing hydro costs. Sweetland said that currently the focus is on preparing for the annual fundraiser BBQ for Membership Day in June and then working

with the rodeo organizers on Creamery Days.

"We did a rough estimate of how many volunteers we had for last year's fair and it was close to 250. So we'll start to line those up and prepare our space and attractions for Creamery

"I THINK WHEN WE ADD IN THOSE NEW DISPLAYS, IT WILL REALLY ENRICH THE EXPERIENCE FOR PEOPLE."



EXPRESS PHOTO FROM ANDREA SWEETLAND

The Eriksdale Creamery Museum is getting a facelift right now with new siding and will also get some interior improvements over the summer.

Days," said Sweetland.

Sweetland added that membership growth was significant last year and

that she and the rest of the board hope to keep those numbers steady this year as well.

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# Reduced mill rate to lessen burden of Grahamdale ratepayers

By Jeff Ward

RM of Grahamdale Reeve Clifford Halaburda and council were happy to present the 2016 budget with a reduction in mill rate.

Assistant CAO Teresa Olson said that the taxes on a residential property assessed at a \$100,000 value would decrease from \$2,083.32 in 2015 to \$1,773.95 in 2016. It's a fairly substantial decrease; however, Olson mentioned that properties were reassessed this year and that most of those assessments did increase. The mill rate has decreased from 27.583 to 23.301.

Halaburda said that he is very satisfied with the budget, a sentiment that all of council shared, and he's happy to be investing in areas like economic development, protective and transportation services and others.

Council is budgeting for a total operating revenue of \$2,058,100.39 this year, which is up from last year's budgeted revenue of \$1.9 million but

down from last year's actual revenue of \$2.5 million.

Halaburda said that he and his council had the concerns of ratepayers in mind when adjusting the mill rate. He said that with many reassessments going up that he and the council wanted to make sure the burden wasn't too much to bear.

**"GEOGRAPHICALLY, WE'RE SO BIG THAT THERE ARE OFTEN SEVERAL TOP PRIORITIES FOR THE RM."**

"We worked with folks who had concerns and asked how we could help. We brought things as close as we could to what they needed, but it's a tough thing to try and make everyone happy. We brought the mill rate down to reduce that burden but also bal-

anced our books and can keep operating the RM properly," said Halaburda.

Halaburda said that he could have made things easier but both he and the council weren't interested in running a deficit. He said he'd rather put money into the general reserve to use when investing in future services.



EXPRESS PHOTO BY JEFF WARD

Council presented their budget for the 2016 year, which included a large reduction in mill rate.

Halaburda added that this year's budget was more about holding steady and setting up the next three to five years of projects in the municipality.

"Geographically, we're so big that there are often several top priorities

for the RM. There's still a few roads to be fixed, which will come through regular maintenance, but we're looking ahead to 2017 as the year for larger road upgrades," said Halaburda.

# Pallister to release first PC budget on May 31

By Austin Grabish

Manitoba's newly minted PC government's first budget is just over a week away.

Speaking to reporters last Wednesday, Premier Brian Pallister said the budget would be released about two weeks after the PCs unveil their first throne speech.

Then on Monday, just before noon,

it was announced that the budget would be unveiled May 31.

Pallister said Manitoba's deficit of \$773 million — last reported in March by the outgoing NDP government — is actually much higher.

"It's worse than we thought," Pallister said. "It's definitely worse than we thought. It's kind of like peeling an onion a little bit, I guess. It's a bad

analogy, but then again, it's not bad because it does kind of make you cry if you're not careful about it."

Pallister would not say if Manitoba's deficit is more than \$1 billion dollars, but he said he hopes to have an accurate reflection of the province's books by budget time, which could be as early as next week.

"The layers are starting to come

away and I'm hopeful we're near discovering how deep the hole is."

The PCs promised to lower the PST down from eight to seven per cent, but Pallister told reporters last week that promise likely won't be fulfilled until the party's fourth year in office unless "significant savings" can be found.

"Then I would love to lower it sooner," he said.

# Maple Leaf Foods raising funds for Arborg Collegiate track

By Patricia Barrett

The upcoming 2nd Annual Maple Leaf Foods Community Walk/Run will help Arborg Collegiate finish work on its new asphalt track constructed last year.

The company, which provides packaged meats, is once again acting as sponsor to help the school — and the community — raise funds to complete landscaping work around the track this summer. Part of the money raised will go towards the soccer pro-

gram.

"The community will be coming out to raise funds for a great cause," said fundraising committee member Tom Chwaliboga, who is also recreation manager with the Arborg-Bifrost Parks and Recreation Commission. "We had 100 people last year."

Chwaliboga hopes to see teams of four to six people either walking or running around the track. But individuals or pairs are also welcome to take part in the two-hour event.

"We're also asking teams to go out and get pledges," he said. "Some businesses participated last year with their employees."

The fundraising committee spent over three years planning, consulting and fundraising for the new track that has benefitted not only high school students but also community members who use it.

Registration forms can be picked up at the Arborg Recreation Centre or the Collegiate.

"We want people to come out and have fun for the evening," said Chwaliboga.

There will be hotdogs and hamburgers available on site for hungry participants.

The walk/run will take place June 3 at Arborg Collegiate from 6:30 to 8:30 p.m. Registration takes place from 5 to 6:15 p.m.

For more information about the event, contact Tom Chwaliboga at 204-376-5576.

# Colony students benefit from Parliament Hill experience

By Jeff Ward

Lakeshore School Division teacher Tim Beyette spent a week on Parliament Hill learning the ins and outs of Parliamentary procedures this past February. And now he is using that experience to provide a richer education for his students.

The program sponsored by the Teachers Institute on Canadian Parliamentary Democracy takes 80 educators from all over the country and gives them a week in Parliament. The institute offers the program once a year as a way for teachers to get a behind the scenes, up close and personal view of the daily lives of staff on the hill.

Beyette said that his time from Feb. 21-27, was one of extreme learning. He was emboldened by the experience and was able to talk with senators, MP's and parliamentarians as well as the Speaker of the House and Senate. Beyette started thinking about how to take this experience into the classroom almost immediately and that over the past two months he's been able to see more interest in these subjects because he's been able to bring his own passion into the subjects.

"This experience really enriched my love of politics and it's a big part of what I want to foster in my students," said Beyette who's teaches social studies and language arts at the high school level in both Marble Ridge and BroadValley Colony Schools.

"It was a very packed schedule each day. We were in meetings at 7:30 a.m. and often working until 10:30 p.m. But there was so much value in each conversation and even in speaking with other teachers. We had panel discussions throughout the week and learned about how everything works."

Beyette and the other teachers were given a tour of the house and he even sat in Prime Minister Justin

Trudeau's seat.

Beyette said that his biggest take away from the experience is his ability to make the government come alive for students. He said that there's a disconnect with many students to the process and now that he's able to explain in such detail his students are much more engaged.

"I made a presentation to my students almost right away when I got

**"I THINK MY EXPERIENCE REALLY MAKES THINGS COME ALIVE FOR THEM."**



EXPRESS PHOTO FROM TIM BEYETTE

Colony teacher Tim Beyette spent a week on Parliament Hill in February getting a behind the scenes look at daily life on the hill.

back. I think my experience really makes things come alive for them and I can show that Ottawa isn't this far off place that doesn't have anything

to do with us. I can show them how important it is and help them become better citizens," said Beyette.

# Wharton appointed to Manitoba Public Insurance board

Submitted

Manitoba's new government has made new appointments to the board of Manitoba Public Insurance (MPI), Crown Services Minister Ron Schuler announced today.

"We are proud to assemble a team of experienced community and business leaders who will bring valuable knowledge and leadership of Manitoba Public Insurance, providing exceptional service while ensuring Manitobans have access to affordable auto insurance rates," said Schuler. "This team's combined knowledge in both the small- and large-business sectors will be an asset as MPI carries out its mandate."

The MPI board of directors ensures the corporation operates within its guideline and legislation that protects all Manitobans. The new chair of the board is Brent VanKoughnet. New directors are Valerie Wowryk, Dan Bubis, Domenic Grestoni, Edna Nabess, Jeff Wharton and Richard Chale.

• VanKoughnet has more than 25

years of experience in the agriculture industry as the owner and manager of Agri Skills Inc. His expertise includes customer service, management, consulting services, organizational team building, strategic planning and conflict resolution. VanKoughnet holds a master's degree in agricultural economics, a bachelor of science in agriculture, a professional agrologist designation, and a certificate in mediation and conflict resolution.

• Wowryk is a chartered financial analyst and is a past-president of the CFA Winnipeg, the local society of chartered financial analysts. She is a director and portfolio manager with Richardson GMP and has more than 30 years of experience in providing customized portfolio management, oversight and guidance to a diverse client base.

• Bubis is the president, chief investment officer and founder of Tetrem Capital Management. Prior to founding Tetrem in 2004, Bubis was the chief investment officer at Assante Asset

Management Ltd., where he oversaw all investment management function. He holds an honours business administration degree from the University of Western Ontario and holds a chartered financial analyst designation.

• Grestoni retired from Investors Group Inc. in June 2014, where he spent close to 40 years in various positions including audit operations, cash management, treasury operations and investment and portfolio management. He holds a CGA, CPA and a

business administration degree from Red River College.

Continued on page 7

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# getfishing

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## Local fishermen keeping our waters safe

> ARNIE WEIDL

My good friends, welcome. I had it in my mind that this week's stories were going to be fresh and exciting, typifying the start of a new fishing season, but I guess last week's issue of fishing gear trash on the bottom of our waterways and the option of using biodegradable angling gear caught everyone's interest because that's all folks wanted to talk about.

Last Saturday found me on one of the docks at the Winnipeg Beach harbour passing the time with Craig McGrath, a thin fellow with defined features. When I asked him if he had a story for us, he "wobble walked" toward me on the narrow unstable wooden dock exclaiming, "About the broken fishing stuff in the water, I saw a young guy with runners, jeans and no shirt wade into the Red River by Lockport to reclaim fishing lures with a mop."

Although this was not the kind of story I was expecting, I couldn't help asking, "How did he use a mop?" "Like a plunger," Craig came back. "He would walk in the water plunging until the weight got too much. Then he would drag it ashore and claim the weights and lures."

Pretty adventurous, I thought, if not hazardous to his feet, even with runners. We talked about biodegradable gear and the beach's coming bass run, and then I headed for Selkirk.

As I pulled onto the town's pier, anglers were shoulder to shoulder and they were catching fish — lots of them. Pickerel, perch, jacks and saugers, you name it. I got out of my car and walked over to a chap sitting on the tailgate of his truck that was backed up to the edge of the pier. I called out my name to this seemingly friendly sort, who was in the midst of hauling

in an eating-sized pickerel. This lucky angler introduced himself as Darren Blashko from Winnipeg as he added his new catch to an already respectable string of fish.

After rebaiting and casting out, Darren climbed back onto his tailgate. As I stood beside, I asked if he had a fishing story. He chuckled, saying there had been a guy fishing beside him earlier and he had stuck his rod handle into the stake hole on top of his truck box instead of hanging onto it. A fish bite then took his whole rig into the water. The guy was very upset, having no way to get it back as it headed for midstream at a pretty good clip.

Then some fellow anglers beside him cast out and luckily snagged the rod. When they landed it, there was a huge pickerel tossing about on the end of the line.

Darren and I joked around for a bit, and as we parted company, darned if he wasn't pulling in another fish.

In the afternoon, I made it to Pine Falls, stopping at the boat launch as a professional-grade angling boat with three men was coming in. After they loaded their boat, we had a chance to talk for a moment. It turned out I was talking to the well-known local fishing guide Renee Dube with his tournament angler buddies Raymond Chagnon and Lenard Bertchlette. They had been out checking water temperatures (very cold) and good fishing spots on the Winnipeg River.

Later, I went over to the fishing plateau off Manitou Point Road, where a number of families were fishing and barbecuing in the brisk afternoon. I noticed one guy who turned toward me with a friendly smile as I drove up.



EXPRESS PHOTO BY ARNIE WEIDL  
Darren Blashko from Winnipeg showing his string of fish caught off the Selkirk pier.

I got out of my car and shook hands with Barry Balibe of Winnipeg. With our eyes tearing from the very cool wind, I asked him for a story. Without skipping a beat, he happily said, "Oh yeah. I've got a buddy, Curt, who comes here when the water is so low you can walk out in the shallows and he collects expensive lures caught in the rocks."

Wow, I swear brothers and sisters, two guys really did offer two stories about reclaiming fishing gear on the same day. And if we think about it, I guess it's good to know folks are considering ways to end fishing gear trash in our waters.

Till next time. So-long.

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# RM Bifrost-Riverton sets 2016 budget priorities

By Patricia Barrett

The RM Bifrost-Riverton held a public hearing May 12 in council chambers to present its 2016 financial plan.

As far as taxes are concerned, residential property owners, overall, are likely to see a decrease this year. But it may be a different story for owners of farmland.

Tax fluctuations are dependent on the province's assessment of land values. Re-assessments are carried out every two years.

"Residential ... [property owners] ... in most cases will see a decrease in their taxes...", said CAO Cindy Stansell. "If it's farm land, depending on where you are and what your assessment did this year, if it increased quite significantly, your taxes will increase. And you're finding that all across the province."

Reeve Harold Foster said farmland experienced the biggest increase.

"The assessment rate ... went up 37 per cent and residential is seven per cent," he said. "So it creates a major shift or imbalance."

Coun. Frode Andersen, who farms near Finns, said there is some farmland in the RM that has seen an increase of up to 80 per cent. He himself will be paying more tax, as will Reeve Foster, who also owns farm property.

Stansell explained what ratepayers may see on their tax bills.

In the Bifrost area (excluding Riverton), "if your residential property increased by 30 per cent, then you'll see an increase of \$160. Farmland ... increased on average 30 per cent, so ... farmland taxes would increase by \$350." Commercial property owners whose properties have increased by \$100,000 would see their tax bill increase by \$678.86.

In the Riverton area, Stansell said, "If your residential property went up, you'd be paying \$330 more. Your farmland ... if that went up by 30 per cent, would be \$110." Depending on their assessment, commercial property owners in Riverton could see an increase of \$2,507.15.

Transportation services — which encompasses activities such as road construction and maintenance, bridges, sidewalks, ditches, street lighting, contract services and labour and material costs — account for the lion's share of the RM budget.

Out of a total budget of \$4,674,500.91, the RM set aside \$2,204,950 for Transportation Services, an increase of 20.34 per cent over last year.

The RM also increased its protective services bud-



EXPRESS PHOTO BY PATRICIA BARRETT

Left to right: Richard Chomokovski, Donald Vigfusson, Warren Ostertag, Colin Bjarnason, Assistant CAO Kim Furgala, Reeve Harold Foster, CAO Cindy Stansell, Frode Andersen, Chad Johnson, David Shott. Missing: Morley Nordal.

get by 17.32 per cent over last year.

"We have increased our firefighter wages, as well as [carried out] big repairs to some of our equipment, so that will take into account the increase," said Stansell.

The RM's environmental health services budget is also increasing by 39.94 per cent over last year.

"As you are aware, we are going to be going through a landfill [BAR Waste] expansion shortly," said Stansell, "so that incorporates some of those costs."

She also said BAR Waste may need a compactor.

Among the 15 or so projects the RM wants to work on this year are:

- A flood mitigation project for Arborg at an estimated cost of \$2.3 million, of which \$230,000 will be split 50/50 between the RM and the Town of Arborg with the remainder paid by the province;
- A dike for Balaton Beach at an estimate cost not to exceed \$200,000, of which 10 per cent will be paid by the RM and the remainder by the province;
- A dike south of Riverton at an estimated cost the same as Balaton dike;
- A Riverton water supply study (already underway) at an estimated cost of \$40,000. Manitoba Water Services Board is contribut-

ing \$20,000 and the RM, \$20,000.

- A Riverton utility rate study at an estimated cost of \$4,000;
- Improvements to Riverton's campground with an estimated cost not yet known;
- Several road projects, including Main Street, Stadnek Road and Viking Road. The RM budgeted \$400,000 for contracted drainage work, up from \$100,000 last budget;
- A Sustainability Community Development Plan, which is a partnership between the RM and the Town of Arborg (through the Arborg-Bifrost Community Development Corporation) at an estimated cost of \$135,000. The RM has received grants, and its expected contribution will be less than \$13,000.

## > WHARTON, FROM PG. 5

• Nabess is a community and business leader, proud mother and grandmother. She has built up two local businesses, one located in The Pas and the other in Winnipeg, specializing in mocasins, clothing, jewelry and ornaments. Nabess is a member of the Mathias Colomb Cree Nation and a mentor to other women in her community, passing on her traditional skills and knowledge.

• Wharton is an entrepreneur, community leader and long-time resident of Winnipeg Beach. Wharton has an extensive business background, most recently as the president and CEO of J Wharton Moving Consultants Ltd. and owner of Globe Moving and Storage Ltd. He has served

on various boards and was a councillor and deputy mayor for the Town of Winnipeg Beach. He was elected as the MLA for Gimli on April 19.

• Richard Chale recently retired after a 38-year career on the executive team at FWS group of companies. For the last 17 years, he was its president and CEO. Chale is credited with growing FWS into a company known for high standards of corporate ethics and a very progressive employee/employer program.

"I look forward to working with this experienced and diverse team and I thank the previous board members for their service," Schuler said.

## Annual General Meeting

For

### Moosehorn Consumers Co-operative Limited

Monday, June 6th, 2016

7:30 p.m.

Moosehorn Community Hall

- Financial Report
- General Manager Report
- Election of Directors
- Appointment of Auditors

Door Prizes  
Refreshments



# New Iceland Heritage Museum hosts exhibit on women's right to vote

By Patricia Barrett

In 1916, Manitoba became the first province in Canada to give women the right to vote in provincial elections.

And Gimli's New Iceland Heritage Museum is hosting an exhibit that documents their struggle to be recognised as full citizens.

"To me, as a woman, this is an important exhibit," said NIHM director Tammy Axelsson. "We can learn from this and discuss important issues still affecting us today."

Axelsson said Canadian women are fortunate to have the rights they do, but a glass ceiling still exists for many of them, especially in the realm of equal pay, access to job opportunities and career advancement.

"In 2006, for example, only 11 per cent of municipal councils had women," said Axelsson, who served as mayor of Gimli from 2006 to 2010, the second woman in the town's history to achieve the position. "I think it's increasing now. The AMM [Association of Manitoba Municipalities] is involved in having women enter municipal council."

The travelling exhibit is on loan from the Manitoba Museum. Axelsson said she was asked a few years ago whether the NIHM would be interested in

hosting it.

It documents some of the key women who fought for the right to vote and a decades-long struggle that began in the 1880s with new settlers to Manitoba.

At that time, the common perception was that women were "too gentle and naive for the rough world of politics."

In the 1890s, a woman-led movement arose — the women's suffrage movement — advocating for their right to vote.

There were some setbacks along the way.

The 1906 Elections Act of the Dominion of Canada proclaimed women equal to idiots, lunatics and criminals, all of whom were prohibited from voting.

"Nice women don't want the vote" was a quote attributed to Manitoba's Premier Rodmond Roblin in 1914, the advent of the First World War.

While men fought on European fronts, Manitoba women stepped into the labour breach left behind and continued to fight on the Manitoba front for the right to vote.

And two years later, under a Liberal government, they achieved victory.

Not all, though, benefitted from the new legislation. Immigrants and First Nations were excluded.



EXPRESS PHOTOS BY PATRICIA BARRETT

New Iceland Heritage Museum Director Tammy Axelsson prepares for the launch of *Nice Women Don't Want the Vote* travelling exhibition.

Visitors to the exhibit will be able to share their thoughts about women earning the right to vote through comment cards that will be available at a voting station.

The exhibit opened May 12 and will

run until the end of June.

For more information, contact the museum at 204-642-4001.

# St. Laurent council removing flood protection this spring

By Jeff Ward

St. Laurent beach property owners and visitors should be able to walk along the beach this summer without having to climb over a wall of Geotubes and super sandbags if all goes as planned.

St. Laurent Reeve Cheryl Smith said that over the next few weeks, plans will be put in place for Sigfusson Northern and many other local contractors to excavate and remove the flood protection put in place during the summer of 2014. She said that council has been discussing the work for last month. With the spring runoff being small and the lake level back

in operating range at 812 feet, they decided that it was time to clear the beaches.

Sigfusson Northern will be in charge of removing the Geotubes, since they are the company that installed the. An undecided number of local contractors will be in charge of removing the sandbags.

Smith said she hopes to see the work begin after the long weekend and for it to be completed in time for summer at the end of June.

"We wanted it to work this way because it will give our local contractors a piece of the pie and the entire job can be done within a few weeks," said Smith.

"I know that last year, many residents wanted them taken down but the lake level was still high and we wanted to be protected. This year, the forecast looks good and the lake level is down. Our only danger is if the province decides to use the Portage Diversion, and we have no control over that."

Smith said that she and council are excited to see the beaches back to a



SUBMITTED PHOTO

St. Laurent council approved the clean up of the super sandbags and geotubes to begin in the next few weeks with completion expected by the end of June.

normal state, adding that once the sandbags and Geotubes are gone, it

should help put the flood firmly in the past.

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# South Interlake Kids of Mud cycling into another season

By Natasha Tersigni

With the recent record-breaking temperatures, there is no doubt that summer is right around the corner.

And while many children and youth will be spending the spring and summer on bicycle rides throughout the neighbourhood, members of the South Interlake Kids of Mud program have opted for a much different kind of ride.

Going into the club's second year, the program teaches children and youth aged six to 14 years the fundamentals and techniques needed for mountain biking. Each session begins with practice on specific techniques, — including breaking, gear changing, tight turns and how to handle obstacles and jumps — before riders head out on the trails where they put what they learned to good use.

"The reason I started this program last year is because we don't have any sort of mountain biking club in the area. It is a really fun idea because the kids learn how to bike and they learn practical skills that can carry through their whole lives," said club founder and coach Amanda Brown.

The program runs every Tuesday evening from 6:30 to 8:30 p.m. and the group meets at different trails around the South Interlake to introduce riders to a variety of terrain. Quarry Park, Stony Mountain, Oak Hammock Marsh, Prime Meridian Trail and Birds Hill Park are just a few venues for practices with hopes that riders can learn new skills and adapt quickly to unfamiliar trails.

The South Interlake Kids of Mud is affiliated with Manitoba Cycling Association (MCA), and currently there are 13 Kids of Mud clubs across the province. The MCA holds a variety of races throughout the province for Kids of Mud clubs, giving the moun-



Mark Stott navigates through the trails at Oak Hammock Marsh at the most recent Kids of Mud practice.

tain bikers an opportunity to test their skills in race situations.

"Our members can race kids from other clubs. Every other week at Birds Hill Park, there are races for them to go to and there are Manitoba Cup races throughout the season in Brandon, Pinawa, Grand Beach and Sandilands. It is really great because they get to see some different areas of Manitoba and try out new trails," added Brown.

With a current membership of 13 riders, the South Interlake Kids of Mud has room for new members to join the program. For more information, contact Amanda Brown at [abrown.dvm@gmail.com](mailto:abrown.dvm@gmail.com).



EXPRESS PHOTOS BY NATASHA TERSIGNI

South Interlake Kids of Mud mountain biking team teaches youth the basic skills needed to hit the trails successfully.



The club's youngest member, five-year-old Leven Broadbent, has no problem leaving his teammates in the dust.

# Laughs, live music and juggling at 200 Club fundraiser

By Jeff Ward

The president of the Eriksdale Community Club called this year's live entertainment at the annual 200 Club Dinner and Dance last weekend one of the best shows he's even seen.

Kelly Stuart said comedian, juggler and *Express Weekly News* sales rep Robin Chestnut provided an incredible night of laughs and juggling talent.

The 200 Club Dinner and Dance —

named for the limited 200 tickets available — is an annual fundraiser for the Eriksdale Recreation Centre and took place last Saturday. Each year, attendees pack the Recreation Centre to take in live music, a great meal and some form of live entertainment. Stuart said that this year's fundraiser doesn't have any immediate need for the cash raised but the money will be used to help keep the lights on and the bills paid.

At the time of writing this article, Stuart didn't have a final tally of how much money was raised.

"This is just a good night on the town and it always has been over the years. It's a bit more of an adult oriented evening because the tickets are purchased in pairs. So we have dozens of couples that come out for a fun night and good company. It's getting a bit harder each year to sell out the 200 tickets, but we always seem to do it,"

said Stuart.

Stuart added that Chestnut, a two-time Canadian Juggling Champion, added great levity to last weekend's event and his interactions with audience members had everyone smiling.

The live music, provided by The Third Chins, rounded out the evening with dancing into the late hours of the night.

# Interlake historians recognized with provincial awards

By **Natasha Tersigni**

Interlake residents were honoured last week for their efforts in continuing to preserve and celebrate community history during a ceremony at Government House on May 12.

Pat Eyolfson of Arborg and Shayne Campbell of Argyle were presented with the Lieutenant Governor's Historical Preservation and Promotion award from Lt.-Gov. Janice Filmon. The two were recognized for their hard work and countless hours spent volunteering with their respective community museums.

In conjunction with the Manitoba Historical Society, five awards have been presented annually since 2011 to people who have rendered prolonged, meritorious service in the preservation and promotion of Manitoba's history and heritage.

"It is an honour to receive the award, but it really is on behalf of the whole community and everybody's hard

work. With all of the help from our board and volunteers with all of our projects, it has truly been a community effort," said Eyolfson, who is the co-chair of the Arborg & District Multicultural Heritage Village and helped establish the village back in 1999.

"We now have 16 buildings on site, all restored except the store we are currently working on. We built an interpretive centre and all of it is to pay tribute to the pioneers. We sometimes take for granted what we have, but it is all thanks to those who have come before us."

Eyolfson was nominated for the award based on her dedication to the village and the countless hours spent in order to make it a provincial attraction.

"Her leadership skills have been very important in the creation of the village site, which was recognized as a Manitoba star attraction last year. At the site, historic buildings and arti-

facts showcase the pioneer heritage of the Interlake," said Harry Duckworth of the MHS.

"Eyolfson has been a source for new ideas for the village but also does much of the hard work needed to identify funding sources, organize volunteers and write grants."

During the award ceremony Lt.-Gov. Filmon thanked all the recipients for their various contributions to their communities and acknowledged the important role they play in keeping Manitobans informed about their past.

"The many contributions of the individuals being honoured today and the large number of nominees for this award demonstrates our history is a

tapestry of many threads telling many stories. Today's award recipients have helped to preserve structures, artifacts and documents. They have built or sustained museums and they have kept alive our understanding the specific history of local communities or industries and have placed these stories in a provincial, national and global context," said Filmon.

"Thanks to your work, the many strands of the historical narrative are supported by the wealth of primary historical sources, artifacts and interpretive materials. These historical narratives prompt greater levels of public interest and understanding than ever before."



Arborg resident Pat Eyolfson, pictured front row left, was one of five Manitobans presented on May 12 with the Lieutenant Governor's Historical Preservation and Promotion award.



EXPRESS PHOTO BY NATASHA TERSIGNI

Pat Eyolfson, co-chair and an instrumental volunteer with the Arborg & District Multicultural Heritage Village, was honoured last week with the Lieutenant Governor's Historical Preservation and Promotion award. Pictured left to right: Lt.-Gov. Janice Filmon, Pat Eyolfson and Manitoba Historical Society president Gary McEwen.

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# 'Dancing Light' lights up art show

## Self-taught artist takes first place in acrylics

By Stefanie Lasuik

With a single piece of artwork, Lorraine Bohn evoked different emotions, often within the same person.

Her acrylic piece, which won the largest division in the Interlake Juried Art Show, had judges revelling.

"There would always be something new, a new feeling to discover. You could see complete joy, or you could see complete horror," said judge Anthony Steffes.

Bohn said her emotions go into her paintings as she creates them over months. But her technique, which the judges also commended, was self-taught.

Bohn was born and raised in Saskatchewan, but she wasn't able to focus on her love of art until she moved to Gimli in 1989. Looking back, she can see the signs of her passion. Bohn would draw on the chalkboard in the special coloured chalk, and she doodled constantly but never thought of it as a career or a serious hobby.

Her small town didn't have art programs and her school focused on the more logical subjects: reading, writing and arithmetic. But she found the subject she would later self-master and awe judges with when she first learned to paint.

"I knew the moment I picked up that brush, that's what I wanted to do," Bohn said.

Bohn didn't have time to focus on art while she raised her two daughters and worked office jobs, but she taught herself through books and practice. When she moved to Gimli, she was

able to take a few classes, but she wished she could've gone into university for fine arts.

Now in her seventies, Bohn paints almost every day. She seems to have found a natural talent for acrylics, which she has been using for the past six years.

All four judges agreed on Bohn's "Dancing Light" as the winner for acrylics.

"All of the judges were drawn to that one right from the beginning," said judge Julie Harris, noting they would walk away but kept coming back to it.

"You could easily mess this up and lose the freshness, but she has been really sensitive in making decisions about how to finish this," said Steffes, noting that artists are rarely able to bring paint to life, but Bohn has.

Interlake Juried Art Show winners

Ninety-four artists from throughout the Interlake exhibited 270 pieces of art at the 42nd Interlake Juried Art Show on May 14 and 15. Judges Anthony Steffes, Julie Harris, Carmen Matthews and Alan Lacovetsky deliberated for three days to decide on the following winners:

Photography: 1st Paul Wilt, 2nd Audrey Boitson, 3rd Brian R Davis, Hon. mention Paul Wilt.

Sculpture/3D: 1st Hugette LaCroix Gauthier, 2nd Peter E.A. Doucette, 3rd Kathy Freeman.

Experimental: 1st Willy Carleton, 2nd Patricia Anderson, 3rd Milli Flaig-Hooper.



EXPRESS PHOTO BY STEFANIE LASUIK  
Gimli's Lorraine Bohn shows natural talent at Interlake art show.

Pottery: 1st Teegan Walker, 2nd Laddonna Clarke, 3rd Gayle Halliwell, Hon. mention Rose Marie Hess.

Oil painting: 1st Joyce Jackson, 2nd Joan English, 3rd Verna Campbell, Hon. mention Judie Dauk and Lorraine MacVicar.

Drawing: 1st Irene Kuziw "Abandon Hope," 2nd Teegan Walker "Gesture Teapot," 3rd Elizabeth Latta "Bonjour Cherie," Hon. mention Wayne Stinson "Old Farmer."

Youth: 1st Sara Jensen, 2nd Nori Sigvaldason, 3rd Emma Zdebiak, Hon. mentions Emma Zdebiak and

Kelsey Benson.

Acrylic: 1st Lorraine Bohn, 2nd Sheldon Dawson, 3rd Werner E Batke, Hon. mentions Bev Galbraith, Hermina Hildebrand, Dawn Mitchell and Ralph Tanchak.

Watercolor: 1st Twylla Caudill, 2nd Kelly Seward, 3rd Gordon Kanne, Hon. mentions Kelly Seward and Suzanne Barrow.

Mixed medium: 1st Melanie Maksymyk, 2nd Willy Carleton, 3rd Jane Middleton, Hon. mention Mabel Tingeuly.

## Domestic violence law changes aim to provide better access to justice

Staff

Manitoba's new domestic violence law has officially come into effect.

Changes to the Domestic Violence and Stalking Act, which came into effect on Sunday, will provide better access to protection orders to assist victims affected by these serious crimes, according to Justice Minister Heather Stefanson.

"When a victim of domestic violence comes forward, we need to ensure the entire justice system is ready to provide comprehensive and effective assistance," Stefanson said in a release last week. "These changes will help get firearms out of the hands of suspected abusers and make protection

orders easier to access when Manitobans need them most."

The act includes changes to improve access to justice, recognizing the complex issues related to domestic violence including:

- introducing broader criteria to obtain protection orders, which consider the seriousness or urgency of the circumstances;
- requiring mandatory firearms seizures in cases where the court determines the respondent possesses them;
- requiring the court to provide the chief firearms officer of Manitoba with copies of all protection orders that are granted;

- modernizing the definition of stalking to include cyberstalking and other online activity; and

- listing factors that a judicial justice of the peace must consider when deciding whether to issue a protection order including information from other legal proceedings.

A new downloadable and printable form for protection orders and other information for victims of domestic violence are available online at gov.mb.ca/justice.

In an earlier interview with the *Record*, Nova House's executive director said there were some holes in the province's new legislation to protect violence victims.

While the proposed legislation is generally a step in the right direction, Anna Pazdzierski took issue with monitoring high-risk offenders.

She went on to say while the monitoring is a good idea, the issues are determining who is and who isn't a high-risk offender.

With these improvements, Pazdzierski is hoping more women facing domestic violence will visit shelters to get protection orders.

"I strongly encourage people who are looking for protection orders to come to one of the shelters and get assistance in filling it out," she said. "That's really essential."

# Camp Rusalka back at Gimli Council for round two of rezoning request

By Patricia Barrett

The owner of Camp Rusalka was back at Gimli council May 11 to follow up on an application he had submitted to have part of the trailer park known as Parcel B rezoned to recreational use (see May 5 edition of the *Express*).

A number of property owners bordering the park had opposed Dave Garrity's rezoning application, citing concerns over possible expansion of trailer sites, the use of public spaces, increased traffic flow and waste disposal practices.

Council considered two options in the face of opposition: to proceed no further with the application or to give it second reading and then refer it to the Eastern Interlake Planning District for a decision.

After the first hearing before council on April 27, CAO Joann King was tasked with contacting all of the opposing property owners and asking them to consider withdrawing their objections to the rezoning.

"Of the three parties in question, one did retract their objection," said King, "And the two others have not."

Had they withdrawn their objections, the RM could have approved the camp's application and then en-



Camp Rusalka is located near Dnister Road and PR 222.

tered into a conditional use agreement. Such an agreement would give council power to limit expansion of the trailer park and to impose conditions such as the installation of fences or buffer zones.

Those who chose not to withdraw



EXPRESS FILE PHOTO BY PATRICIA BARRETT

Some of the trailer owners at Camp Rusalka have attached structures to and over their trailers without building permits. CAO Joann King said the structures are a liability.

their objections are cottage owners.

"Both of them ... have issues with the way the camp is currently managing the existing sites," said King. "And their concerns are that if they [camp owners] bring forward additional [trailer] sites without addressing the issues of concern, it will just make it a bigger problem."

Other concerns centre on structures that were tethered to or built over some of the trailers before Garrity took ownership of Rusalka last year.

"I'm not talking about a gazebo that's 8x10," said King. "We're not worried about that. ... But some of these structures are bigger than the trailers they're covering."

She said "many" structures were erected without building permits and do not meet code.

"I think some people assume [others] have a building permit when they start doing work and don't question it. But building permits must be posted. If somebody's putting up a building and there's no permit posted, they don't have one," said King.

She added that the structures are a liability to Rusalka if they collapse or if someone gets hurt (some have no fire escape route).

"You should be looking at insurance to protect you. Or you should be looking at [having] those people take them down and build them correctly," she said.

Garrity said the leases he drew up last year when he took over, and those he drew up for the upcoming season, require permits for building work.

"Any buildings built now under our management, you need a permit," he said. "And they are to apply for it."

He said building materials, such as pallets, cannot be used to construct

additions.

In addition to that, he reiterated what he had said a few weeks ago about further expansion at the park: "As for any further development, what is there for sites is what it's staying at."

Two property owners who had appeared at the April 27 hearing, and who were experiencing issues with human waste being dumped on their land by trailer owners, had agreed to withdraw their opposition to the rezoning application.

They are in favour of a conditional use agreement between Rusalka and the RM.

Council and Mayor Randy Woronuk, who was away but participated by conference call, gave second reading to the rezoning application.

King said those who oppose the rezoning will have an opportunity to object in writing within 14 days, and that council will forward their objections to the EIPD.

"The EIPD would then set up a hearing," said King. "And the earliest they could have that hearing would [be] ... July."

The camp's operators will be given an opportunity to address property owners' concerns at the hearing.

Council will be notified of the EIPD's decision most likely in September.

King said getting Parcel B rezoned would "give people assurances in the future that [others] can't move into that area and put trailers there."

Garrity said he's open to council sharing his phone number with those opposing his application.

"I will meet them personally and walk through the camp with them just to alleviate any issues," he said. "That's what I've been trying to do since I took this over."

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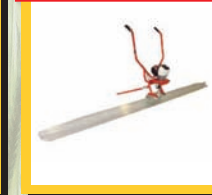
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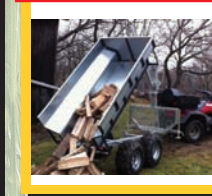
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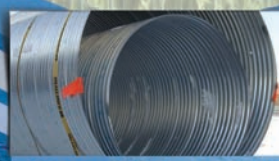
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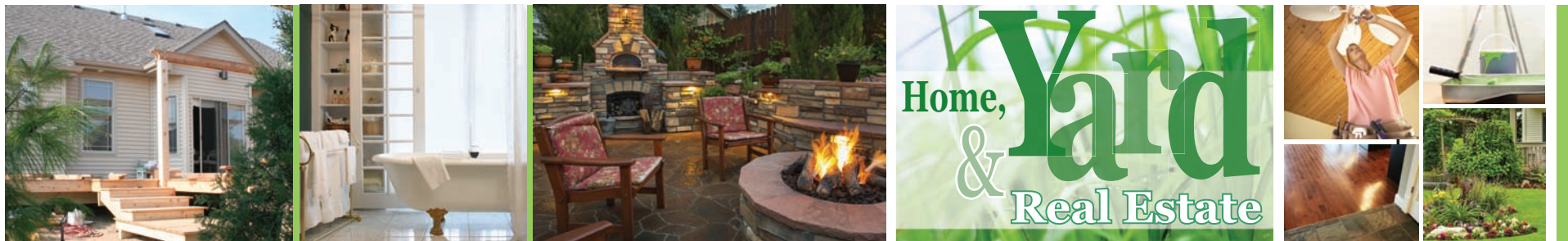
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# Tips for a state-of-the-art kitchen

Does your kitchen need refurbishing? Would you love to create a cutting-edge decor worthy of a decorating magazine? Draw on as many of the 2016 trends as you like and turn your kitchen into a beautiful — and functional — room that's ideal for dreaming up mouth-watering meals for family and friends. Gasps of admiration, guaranteed.

## CLEAN LINES

With its cool colours and clean lines, the 2016 kitchen has the esthetic of a laboratory, but in a good way. Islands, cabinets and countertops have smooth, gleaming surfaces on which a bare minimum of objects are placed. Similarly, storage space is optimized so all the things you don't have an immediate use for can stay out of sight. The key word: minimalism.

## NOSTALGIC COLOURS

Add pale touches of colour (mint green, pale pink, baby blue, lilac or butter yellow) to neutral kitchens. These pastel shades from decades past are making a comeback this year, while the vintage trend is increasingly popular. Purity, softness and comfort are the magic ingredients for a user-

friendly kitchen where everyone loves to hang out.

## COPPER

After stainless steel, gold, chrome and bronze, designers are now going crazy over copper. To give your kitchen a modern-yet-warm feel, integrate a few elements with a copper finish or even better, solid copper. This year, copper cabinet handles and knobs, light fixtures, faucets, utensils and even appliances blend perfectly with anthracite, brown and ivory tones.

## CUSTOM ISLANDS

Today's kitchen island is no longer used exclusively for preparing meals. Now it has been transformed into a multi-purpose element that's used as an extra table or for storage. To be really up to date, furnish your kitchen with a model that has been custom designed and made by a professional. What's the ultimate island in 2016? A brightly coloured one (bot-

tle green, orange, electric blue) standing in the centre of a kitchen decorated in classic shades of gray, white, black or beige. You'll definitely create the "wow" effect!



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## Add a touch of spring to your DINING ROOM



Would you like to celebrate the arrival of spring by adding some pep to your dining room? Here are three suggestions.

### 1. FLOWERS

A great way to bring spring into your home is with a centerpiece for your dining table. Fill a favourite vase with spring flowers — think tulips, lilies, gerbera, lilacs, daffodils or hyacinths. For a truly stunning arrangement, consult a florist.

### 2. BIRDS

It is true: "One swallow does not a summer make." However, for a spring-like touch, you can use some decorative elements inspired by our feathered friends. Try a tablecloth with a bird pattern, a vintage-style metal birdcage or a slim vase filled with a few long feathers.

### 3. COLOUR

Welcome spring's freshness into your dining room by opting for pastel (mint green) or citrus co-colours (lemon yellow).

## Gimli council moves forward on Wellness Centre schematic design

By Patricia Barrett

At its regular meeting May 11, RM Gimli council passed a resolution to enter into a contract with Jeff Penner of Stantec Architecture to complete the schematic design for the proposed Gimli Wellness Centre.

Mayor Randy Woroniuk was away but participated by conference call.

Council set parameters on the design cost: it is not to exceed \$150,000 plus applicable taxes.

### Other council briefs:

Council approved a Public Works report submitted by Coun. Danny Luprypa, chairman of the department.

Among the repairs carried out were the replacement of a culvert and patch-up of a driveway near the Hykawy residence. A recent torrential downpour required removal of the approach to prevent overland flooding; grading of the parking lot at New Horizons; installation of new garbage containers on Centre Street and First Avenue; a culvert extension on Autumnwood Drive; the removal of a walking bridge on the abandoned railway line south of McElheran Road. Heavy rainfall had caused the bridge to collapse; the preparation of the new fire hall's parking lot for paving; and sewer and water repairs on Third Avenue.

Council approved a subdivision application (No. 4129-16-5481) for land owned by the RM Gimli. The intent of the application is to split a 30,000-square-foot lot from a 60,000-square-foot lot so that both can be sold for residential development.

The property is located in Glen Bay

between Arnes and Camp Morton, and is designated an RE Recreational Resort Area in the Eastern Interlake Planning District Development Plan.

Council agreed to the following conditions: to pay all required drainage levies, all taxes on the land to be subdivided for the current year, any arrears and to enter into a development agreement. The agreement is available online.

Council entered into a contract with Prairie Water Sports, which operates on Gimli Beach during the summer months, after it made a change to the contract.

"I'm proposing an amendment based on a discussion with Deputy Mayor Peiluck that the termination clause was one-sided," said CAO Joann King. "I would propose we amend it to allow Prairie Water Sports

Continued on page 18



Coun. Danny Luprypa is chairperson of Gimli's Public Works Department.

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EXPRESS FILE PHOTO BY PATRICIA BARRETT

Stantec had presented a draft design of the proposed Wellness Centre at a public meeting March 19.



## Good Looks, and a Fun Stay Found at Woof n Hoof Ranch

Having a pet that lacks style could be rather disconcerting, if you believe that your faithful companion is perceived by others as an extension of your personality.

In recent years, unique designer products have been introduced to the marketplace for owners who want their dogs to look a little more chic. This trend is headlined by sweaters and ensemble outfits, which are available in many pet stores. Designers also vie with each other to create ever more imaginative accessories for animals. These include items that harmonize perfectly with the latest fashions. Some may think it's going overboard, but fashion savvy pet owners can have a lot of fun matching with their four-legged friend's outfit of the day.

That said, a pet is never as beautiful as when it's properly fed and cared for by its owner.

That kind of care entails annual visits to the vet and regular appointments with a groomer. Find out what is best

for your pet, as each species and race requires different care. Good health is also reflected in daily exercise sessions, such as play-time or walks outside, and in a suitable diet.

Some companies offer treats that result in a shining coat, while others ensure good dental health. You have to admit that an animal with fresh breath is always more pleasant to be around!

As a treat, you can even offer a spa experience to your dog. Be sure to ask about the shampoo and bathing products your groomer uses.

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# Progressive Conservative caucus sworn in



Gimli's new Progressive Conservative MLA Jeff Wharton is sworn into office at the Manitoba legislature last Wednesday.



EXPRESS PHOTOS BY AUSTIN GRABISH  
The Interlake's new Progressive Conservative MLA Derek Johnson is sworn into office at the Manitoba legislature last Wednesday.

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# get inspired

> MEAL IDEAS

## Roasted tomato and cauliflower pasta bake



**Ingredients**  
 2 tbsp (25 mL) olive oil  
 4 cups (1 L) cauliflower florets (about 2/3 medium head)  
 3 cups (750 mL) grape tomatoes  
 2 cloves garlic, minced  
 1/2 tsp (2 mL) dried rosemary or basil  
 1/2 tsp (2 mL) pepper  
 1/4 tsp (1 mL) smoked paprika (optional)  
 2 tbsp (25 mL) red or white wine vinegar  
 8 oz (250 g) whole wheat rotini or fusilli pasta  
 1 cup (250 mL) shredded lower fat Asiago or Provolone cheese or 3/4 cup (175 mL) shredded regular Asiago or

Provolone cheese  
**Directions**  
 Preheat oven to 425°F (220°C). Place oil in a 13- by 9-inch (33 by 23 cm) glass baking dish. Heat in oven for 3 minutes or until oil is heated. Add cauliflower, tomatoes, garlic, rosemary, pepper, smoked paprika (if using) and vinegar to baking dish and toss to evenly coat. Roast in oven for about 25 minutes or until cauliflower is tender and browned and tomatoes have split, stirring once. Meanwhile, cook pasta according to package directions, until a dente (tender but firm). Drain well, reserving 1/4 cup (50 mL) of the cooking water. Stir pasta into vegetables in baking dish, mashing tomatoes slightly to release juice. Add reserved cooking water, a little at a time, to moisten pasta as desired. Stir in half of the cheese. Sprinkle remaining cheese on top and bake for about 5 minutes or until cheese is melted.



## Pasta With Shrimp and Bacon

**Ingredients**  
 Serves 4  
 1 pound medium shrimp, uncooked  
 1/2 pound slab bacon, diced, or 4 slices bacon, snipped into pieces with scissors  
 2 tablespoons olive oil, plus more for drizzling  
 1/2 pound dried linguine or spaghetti  
 1/4 cup white wine (use a decent white, an Italian Pinot Grigio, one you will drink with dinner)  
 2 garlic cloves, smashed and diced  
 1/2 cup grated Parmesan cheese  
 Salt  
 A few red pepper flakes, finely crushed (optional)  
 A couple handfuls arugula leaves (about 2 to 3 ounces), chopped  
 Zest and juice of 1 lemon  
 Fill your largest pot with water and set it on high. Throw in a handful of salt, more than you think you need. Cover it and bring it to a boil. This could take 20 minutes, so get this going before you pour yourself a drink. Pour the drink and prepare the shrimp: Peel and devein the shrimp by slicing straight down the back with your paring knife and scraping out that

black intestine. (Note: You don't have to do this because it won't kill you to eat it, but most people do not like the veins.) Set them aside in a small bowl with a few cubes of ice on top. Put the bacon in a large saute pan over medium-high heat. Drizzle it with a little olive oil and saute it until most of the fat has rendered and the bacon becomes crispy. Remove from the heat until your water boils and you put your linguine on. Once the linguine is cooking (it should take about 10 to 12 minutes, but check the package for directions), return the saute pan to medium-high heat and add the 2 tablespoons olive oil, the wine, garlic, and red pepper flakes. Add the shrimp in a single layer. Saute for 2 minutes, then turn the shrimp and saute for 2 minutes more. Reduce the heat to low. Lay the arugula over the top of the shrimp. Drain the pasta, then add to the pan, covering the arugula. Mix thoroughly, coating all the pasta and adding more olive oil if necessary. Add the lemon zest and juice and mix. Add the Parmesan. Remove from the heat and serve immediately, with one last drizzle of olive oil (at this point, use the good stuff if you have it). Suggestion: If they look good at the store, throw in a handful of grape or cherry tomatoes alongside the shrimp while they're sauteing. You could also throw in some basil instead of that arugula, or maybe some olives that you've sliced in half. Maybe some anchovy fillets or zucchini shavings.

## Bad Mood? How Not To Take It Out On Others

"FEELINGS ARE MUCH LIKE WAVES, WE CAN'T STOP THEM FROM COMING BUT WE CAN CHOOSE WHICH ONE TO SURF."  
 ~JONATAN MÅRTENSSON

It is easy, when we are feeling grouchy, to take it out on those around us. Unfortunately, it usually tends to be those to whom we are closest. What makes it confusing for them is that we usually do not tell them why we are reacting negatively to them.

Instead, we criticize or attack them for something they say or do, or neglect to do. Often this comes at them from out of the blue, and they are puzzled, hurt or angry at the way we are talking to them. Rather than owning what it is that is troubling us, we push that into the background, and make another person "the problem."

Perhaps this is in part denial of our own feelings. We may be angry at or disappointed in ourselves, but rather than deal with that we transfer those feelings to another. They may well then respond with hurt or anger, which makes us feel even worse. Soon a downward, negative spiral

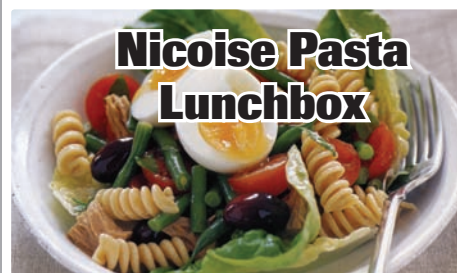
is occurring, creating even more levels of hurt and anger. The fallout can last for days.

This could all be avoided if we recognize when we are in a "bad mood" and make a conscious effort not to vent it on others. Taking some time alone to figure out just what is bothering us, and applying a little "mental first-aid" before interacting with others can be helpful.

Letting others know that we are grumpy and that it has nothing to do with them gives them a heads-up so they do not take our mood personally and react negatively to it. They may even show compassion and caring which can help to improve the way we are feeling.

Despite our best intentions, we may find ourselves in mid-vent towards another before we realize what we are doing. Even if we do not realize it until we are done, it is important to apologize to the other, letting them know we are sorry and they did not deserve the response we gave them. This will help to minimize damage to them and to the relationship. They will respect us for it, and we will have more respect for ourselves. (Recommended self-help CDs: Mood Therapy and Healing Anger. [www.gwen.ca](http://www.gwen.ca))

Gwen Randall-Young is an author and award-winning Psychotherapist. For permission to reprint this article, or to obtain books or cds, visit [www.gwen.ca](http://www.gwen.ca)



## Nicoise Pasta Lunchbox

**Ingredients**  
 Serves 2  
 40 grams whole-wheat pasta rotini  
 4 ounces green beans, cut into thirds  
 1 egg  
 1/3 cup imported black olives  
 6 1/2 ounces canned tuna steak in spring water, drained and flaked  
 1 cup cherry tomatoes, halved  
 2 small heads Bibb lettuce, leaves separated  
**Dressing**  
 1 tablespoon freshly squeezed lemon juice  
 1 tablespoon extra virgin olive oil  
 1 small garlic clove, crushed  
 2 heaping tablespoons chopped fresh basil  
 Sea salt and freshly ground black pepper  
 Cook the pasta in a saucepan of lightly salted boiling water for about 12

minutes or until tender. Add the green beans to the pan for the last 3 minutes of cooking time. Drain the pasta and beans, then refresh briefly with cold water.

Meanwhile, add the egg to a small saucepan of cold water. Bring to a boil, then simmer for 6 minutes. Drain and rinse under cold water until cool. Peel the egg and cut in half.

Beat the dressing ingredients together with the seasoning in a mixing bowl. Mix in the pasta and beans, olives, flaked tuna, and cherry tomatoes. Divide the lettuce leaves between two lunch boxes or bowls and top with the Nicoise pasta and the hard-cooked egg halves.

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# Frost boils wreak havoc with roads in RM St. Laurent

By Patricia Barrett

It's a veritable no man's land on some gravel roads in the RM St. Laurent because of extensive stretches of frost boils that have welled up.

What can only be called stupendously bad, many roads in the RM have fallen victim to the volcanic-like eruptions that have motorists constantly swerving and driving along verges and into ditches in order to save their vehicles from damage.

Ideal Road, also known as 12W before it turns into the 518, is a minefield of raised sediment, sand and rocks. There are a number of residents living along the road, which is located west

of North Shoal Lake.

"It wasn't like that last year," said a man who lives on Ideal Road. "But the moisture we had last fall before it froze settled on the roads. Come this spring, it thawed and [then] we got about three inches of rain."

Frost boils are a common occurrence in rural Manitoba. They are caused by trapped moisture that swells as it freezes, causing ruptures in road surfaces and fields.

The Ideal Road resident, who preferred not to be named, has lived there for 10 years. He said the boils are "inevitable."

"Some years are worse than others,"

he said. "It's just something that happens: we live in Manitoba."

Farther up Ideal Road, a woman in a sedan was spotted exiting a driveway. She had to cut across part of the lawn in order to avoid a buildup of material and deep fissures that were almost the size of First World War trenches.

The roads are both difficult and dangerous to navigate at speeds of over 10 kilometres per hour unless you happen to be driving a tractor.

Near the town of St. Laurent, the roads in some places are no better.

Along 97N, just east of Highway 6 between Laurentia and Johnson beaches, boils have taken out long

swathes of gravel and left deep impassable fissures.

A staff member at the RM office said an upcoming monthly newsletter for residents will be addressing frost boils. Councillors were not available for comment.

The resident living on Ideal Road said he credits the RM for dealing with frost boils in the past but says it can take a while for the frost to come out of the ground and the roads to dry up before the RM can fix them.

"The RM always sends people out," he said. "I don't put the blame on anybody



Along Road 97N, just east of Highway 6 between Laurentia and Johnson beaches, a number of frost boils have breached the road.



EXPRESS PHOTOS BY PATRICIA BARRETT

A sedan pulls onto Ideal Road (12W) in the RM St. Laurent near North Shoal Lake. The driver had to cut across part of the lawn to avoid frost boils in front of the house. Stretches of Ideal Road (12W) are a minefield of sediment and rocks.

## > GIMLI COUNCIL, FROM PG. 15

and the RM Gimli ... to have the right to terminate this agreement by providing 60-days written notice to the other party."

The agreement that was drawn up in 1995 had no clause permitting the RM to opt out, said King.

Council approved a road maintenance agreement with the RM Bifrost-Riverton for the Boundary Road, which lies on their respective borders.

Council agreed to the terms and conditions set out in a Mutual Aid Memorandum between the RM and the Village of Dunnottar for peacetime emergency situations, such as evacuations for health and safety reasons. The memo allows each party to request aid in the form of facilities, equipment, personnel and resources. The party receiving aid will be responsible for the costs incurred.

Council received a May 3 report as information from emergency measures organization co-ordinator Don Emes. Among the works completed were the initial inspections and photo records of all sites listed in a 2015 Disaster Financial Assistance (DFA) claim; work with a Stantec Consulting inspector of all DFA sites, which are awaiting approval from the EMO; and meetings with several contractors to discuss proposed work for the upcoming season.

Council noted the approach of Kiwanis Tag Day, an annual event hosted by the Kiwanis Club of Gimli & District that raises money for the community's youth, seniors and the disadvantaged.

"We had approved this with a blanket resolution some years ago, saying if they wanted to have a Tag Day, just let us know," said King.

Tag Day is scheduled for Saturday, May 21.

Evergreen Basic Needs sent a letter

to council, asking it to consider increasing its grant by 25 per cent. EBN had paid slightly more in taxes than the amount of a grant it had received from the RM in 2015.

The organization provided 1,620 food hampers to RM Gimli residents last year, totalling about \$91,000. It also provides food and other basic needs to residents outside the RM.

Council agreed to forward EBN's request to its finance committee as the budget had just been completed and approved.

Council approved payroll for the period ending April 23 in the amount of \$53,305.13, council monthly indemnities and expenses for the period ending April 30 in the amount of \$16,181.10, and general operating expenses in the amount of \$132,589.84.

It also approved a payment for pre-authorized utilities for the RM Gimli for April in the amount of \$47,223.17, and a payment to the Receiver General for the fourth quarter Municipal

Policing Agreement in the amount of \$100,931.45.

Council approved a payment of \$65,607.94 to Crane Steel for progress payment No. 9 for the new fire hall, \$76,151.88 to Taillieu Construction for progress payment No. 5 for the south lateral sewer servicing project contract No. 4.

Council agreed to add property owners' outstanding utility accounts (totalling \$84,995.45) to their property taxes. Utilities are billed quarterly.

"This would be reflective of the bill that went out for January, February, March," said King. "They would have had till the end of April to pay it."

If the outstanding amount is added to property taxes, owners are charged the same amount of interest (1.25 per cent) as they would for late payments. In other words, they pay no extra interest. The RM has transferred unpaid utility bills to property owners' taxes since "forever," said King.

# Sugar Beach aims to sweeten up Gimli

By Patricia Barrett

Candy lovers with a soft spot for the sweets of days of yore will find them at Sugar Beach on First Avenue in Gimli.

Heather Hillier's vision of a retro-candy store became reality last week when she threw open the doors of her new business, which is located in the Lakeview Resort.

It didn't take long for the school kids to find her shop, said Hillier, who grew up in Winnipeg and moved to Gimli with her family.

For those of a more advanced age looking for the sweets they feasted on in childhood, Sugar Beach won't let them down.

Hillier stocks everything from Gobstoppers, Love Hearts and Popeye Candy Sticks (formerly known as

Popeye Cigarettes when smoking was sexy) to Pop Rocks, cotton candy and Pic-a-Pop.

"I'm the only one in Gimli that has Pic-a-Pop," said Hillier.

Baskets full of licorice, sours and chocolate spiral up against the sky-blue store that Hillier decorated with starfish, bottles and beach-themed artwork.

The store is a hop, skip and a jump away from the public beach, and will surely become a draw for beach-goers desperate for a mid-afternoon jolt of energy.

Prices are reasonable. A package of Popeyes cost \$0.75.

Sugar Beach is open noon to 6 p.m. except Mondays. Hillier said she may extend store hours in July and August.



EXPRESS PHOTO BY PATRICIA BARRETT  
Sugar Beach owner Heather Hillier displays some of sweets she's stocking in her new store located in the Lakeview Resort on First Avenue.

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## Suspension Problems In the Interlake?

May 19th, 2016

**Suspension** is the system of tires, tire air, springs, shock absorbers and linkages that connects a vehicle to its wheels and allows relative motion between the two. Suspension systems serve a dual purpose — contributing to the vehicle's roadholding/handling and braking for good active safety and driving pleasure, and keeping vehicle occupants comfortable and a ride quality reasonably well isolated from road noise, bumps, vibrations, etc. Said another way, the job of your suspension system is to maximize the friction of your tires to the road. If your suspension is failing, not only will you be in for a rough ride, but your safety is also compromised when you come across rough terrain at higher speeds. Suspension systems should continue to operate effectively for many years and tens of thousands of kilometers, holding your tires' foot print on the road. Eventually components do wear out, but how long that takes depends a lot on how and where you drive. And different components wear at different rates, so it's important to familiarize yourself with all parts of your suspension system. Wheel Bearings allow the wheel to spin freely,

and bushings absorb vibrations, but your shocks take the main brunt of the effects of bumps in the road.

As you can imagine, if most of your driving is on smooth highways, your vehicle shock absorbers will last a lot longer than if you do most of your driving on bumpy Interlake roads or hauling heavy loads. In addition to just wearing out, upgraded shock suspension components can be damaged in an accident or by a hard impact — like a pothole, hitting a curb or a rock in the road.

Because the life span of shocks can vary so widely, your vehicle manufacturer recommends periodic inspections. The shock is designed with fluid and internal passages to control the movement of the wheel and dampen the spring, over time the fluid can leak, degrade or the valving can become damaged. Generally a shock and/or strut assembly requires changing every 80,000 km as they wear out internally. During a car inspection at your Independent Service provider, your technician will check for worn, broken or missing suspension parts. If the inspection reveals any problems, take care of this

important safety and handling work. When you replace your shocks, it's usually a good idea to replace all four at the same time. That'll give you even handling at all four corners of the vehicle.

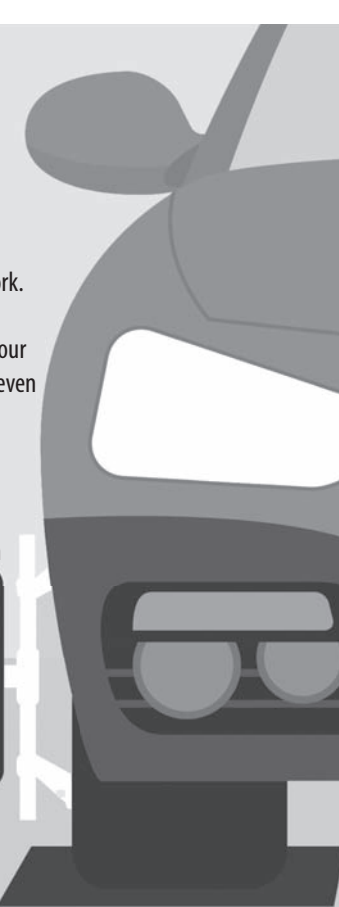
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# The Shoal Lakes IBA vital to preserving species

By Patricia Barrett

Manitoba's Important Bird Areas (IBA) play a critical role in species preservation, providing breeding habitat and staging grounds (feeding and resting) for migratory birds.

The three Shoal Lakes, which lie between Highways 6 and 17 and which are connected to Lake Manitoba by underground reservoirs, are one of the province's 38 IBAs.

"The birds choose the IBA," said Donna Martin, who has been the caretaker of the Shoals IBA for about two years. "If we alter habitats that are necessary to maintain these large concentrations of birds, we can lose them."

IBA caretakers monitor the welfare of birds, record population numbers, take note of changes in their habitat and report their findings, which are used by scientists.

"IBAs are created based on strict criteria, such as huge concentrations of birds in migration," said Martin, who moved to Gimli from Prince Edward Island four years ago.

The Shoals are "globally significant" for their high concentrations of birds, among them the American white pelican. In the 1980s, 2.3 per cent of the global population of those birds were found nesting around the three lakes, according to IBA Canada.

An avid bird lover whose father taught her to appreciate nature, Martin volunteered with Nature Manitoba to become the Shoals' caretaker.

"[Birds] return to the same spot every year to breed," said Martin, who was involved in birding activities for several years on P.E.I.

Some birds also "hopscotch along" to breeding sites farther north, stopping long enough to fatten up.

Martin's caretaking duties entail periodic day-long trips to and around the three lakes, which cover an area of about 211 square kilometres.

You really have to love birds to travel around the Shoals because many of the roads — particularly around North Shoal Lake — beggar belief.

The road to West Shoal Lake from Inwood, however, was a doddle up to a marsh fringing the lake.

At the sound of our approaching motor, between 350 and 400 pelicans (Martin can estimate flock numbers in mere seconds) took to the wing. The clunky-looking birds, with the witch-like wart they develop on their massive orange beaks during breeding, have made the Shoals home for decades.

A jaunt up to North Shoal Lake is when things took an unpleasant turn.

As you travel past abandoned farm houses perched on the lip of marshes created after the 2011 flood on Lake Manitoba, the unpaved roads to another major bird site are littered with frost boils.

Martin said the roads weren't bad last year, but this year, many stretches are "horrific."

A road named Ideal (12 W), for instance, is grossly misnamed. Massive volcanic-looking eruptions cover extensive stretches of road, and some of the potholes are the size of septic tanks.

Narrow causeways built up between North Shoal and permanently flooded farmland are the only "good" stretches of gravel. But travel along them can endanger some bird species that like to nest close to or on their margins, such as killdeer and piping plover.

Killdeer make little hollows in gravel roads and



Willetts, a common shorebird found throughout Manitoba, were feeding on the shore of West Shoal Lake.



**EXPRESS PHOTOS BY PATRICIA BARRETT** American white pelicans make the Shoal Lakes IBA home. Between 350 and 400 were spotted a few weeks ago in a marsh bordering West Shoal Lake.

lay eggs, said Martin. Vehicles or ATVs can unwittingly destroy their nests.

Martin has seen them suddenly pop up from the road and perform the "broken-wing" ruse to lure potential predators away from their eggs.

A young snowy owl was lying on the side of one causeway. Martin jumped out of the car to examine the bird, hoping it may have been injured rather than passed on.

Piping plovers have not been sighted in the province for a few years. Flooded habitat around the Shoals may have contributed to their disappearance.

"When you raise water levels, it alters available nesting sites for birds," said Martin.

In addition to American white pelicans, great blue herons, double-crested cormorants, northern shovelers, bald eagles, greater yellowlegs, gadwells, red-necked and pied-billed grebes and green- and blue-winged teals were among some of the species Martin identified during the five-hour drive.

Property owners whose land has been "chosen" by large numbers of bird species have an important role to play as far as helping environmental groups such as Nature Manitoba monitor populations.

"We're trying to do more outreach with landowners," said Tim Poole, IBA co-ordinator of the not-for-profit organization that was founded in 1920. "We'll talk to them and get permission to go on their land and monitor the birds."

Poole said the organization's ultimate goal is to work with them to find a balance between their "vision" for their land and species stewardship.

"We want to build up a picture of what's happen-



Gimli resident Donna Martin counts bird species and numbers around North Shoal Lake. The bird advocate is the caretaker of the Shoal Lakes IBA.

ing to the birds over time," said Poole. "Are they fluctuating? Are they going down? What's happening to their habitats?"

The population of American white pelicans, for instance, may have decreased in the Shoals because of fluctuating water levels. Nature Manitoba started recording their numbers a few years ago to compare with baseline counts completed in the '80s. Their nesting colonies "may be vulnerable to site-specific disturbances such as pesticides," according to IBA Canada.

Not everyone is enthusiastic about protecting birds or letting bird advocates traipse across their property to conduct counts, said Poole.

"That's their prerogative."

But as far as access to the Shoal Lakes IBA, there aren't many impediments as the birds can be monitored from public roads.

Poole said the 2011 flood was both good and bad for certain bird species in the Shoals.

"The water level was so high, it wiped out the breeding habitats of some birds," he said. "The piping plover, a Manitoba species at risk, has not been seen for a few years."

Martin echoed that sentiment.

"When you lose good environments," she said, "you'll lose the birds."

This time of year, though, is still too early for many species that nest in or pass through the Shoals.

"A week makes a huge difference to bird arrivals," said Martin.

Other than this year's road conditions, Martin loves volunteering as "watchdog" and educating others about the importance of birds.

"If you can make people love an area and get them to stand up and fight for it," she said, "it's worth it."

For more information on the Shoal Lakes IBA, visit [www.ibacanada.ca](http://www.ibacanada.ca). Not all of Manitoba's 38 IBAs have caretakers. To volunteer as caretaker, contact Nature Manitoba at 204-943-9029.

# sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

## Reggie Leach to receive Order of Manitoba

The Riverton Rifle joins select company with the Province's highest honour

By Brian Bowman

Reggie Leach accomplished a lot on the ice during his stellar NHL career.

But last week, he was recognized for his work off the ice.

Leach was one of 11 deserving individuals selected to receive Manitoba's highest honour, the Order of Manitoba.

"I know a few of the people on (the list) and, for myself, it's just an honour to be accepted and everything else with all of the great people that have been inducted over the years," said Leach from his Ontario home Monday morning.

"It's a great honour and anybody receiving honours like this, I have always said that it takes more than one person to receive this. Anybody that you're involved (with or) any people that you cross paths with over the years, they're all part of this in your life journey.

"I give credit to everybody that I have crossed paths with and anybody that I have talked to. They're all part of my life."

The announcement was made last Thursday by Lt.-Gov. Janice Filmon, chancellor of the order. She recognized individuals who have demonstrated excellence and achievement in a variety of fields of endeavour that have benefited the social, cultural and economic well-being of Manitoba and its residents.

"While the individual accomplishments of the women and men recommended this year for investiture are wide ranging, they share a common spirit of giving and commitment to community for which Manitobans are known," said the lieutenant-governor.

"Whether their impact is felt at the local, national or international levels, they are each a credit to our province and our country."

Leach, who endured racism and poverty as a child, became "The Riverton Rifle" and was one of the most talented hockey players of his era.

But it has been his work with First Nations youth that Leach hoped was

the reason that he was selected to receive the Order of Manitoba.

"I'm hoping it was more directed for what I have done after hockey than what I did during hockey," Leach said. "I do a lot of speaking with First Nations communities, and a lot of communities now, which is really nice."

Recipients were selected by an independent advisory council that evaluated all nominations received and then recommended up to 12 candidates each year to the chancellor.

Once inducted into the order, members may use the initials O.M. after their names for life.

This year's investiture will take place at a July 7 ceremony at the Manitoba legislative building.

Here are the other Order of Manitoba recipients for this year:

Paul Albrechtsen is a trucking magnate, business leader and philanthropist who founded one of the leading bulk transport services in Western Canada. The Paul Albrechtsen Foundation has benefited many organizations, including the St. Boniface Hospital Research Centre, which now bears his family name.

Marileen Bartlett, a Métis woman, community leader and entrepreneur, has dedicated more than 30 years to leadership in the field of Indigenous employment and training. She is also a firm believer that equitable access to education and training are essential to equitable participation by Indigenous people in the economy.

Maria De Nardi, the daughter of Italian immigrants, has contributed to the enrichment of Italian culture in Manitoba and was a founder of the Lupa di Roma Sons of Italy organization. She was instrumental in creating the Manitoba chapter of the Italian Chamber of Commerce and also co-founded a wholesale food distribution business serving Western Canada.

Dr. Dhali Dhaliwal, past president and CEO of CancerCare Manitoba (2003-13), introduced many leading-edge advancements in the prevention, rapid diagnosis and treatment of can-



EXPRESS PHOTO SUBMITTED

Riverton's Leach will be receiving the Order of Manitoba during a ceremony at the Manitoba Legislative Building on July 7.

cer. He also increased rural patients' access to cancer care and treatment through enhanced regional cancer centres.

Chief Betsy Kennedy, the longest-serving female chief in Manitoba, became chief of the War Lake First Nation in 2006. She has overseen the development of many health, environmental and economic additions to her community.

Dr. Gary Kobinger, one of the world's leading researchers in the global fight against Ebola, is chief of the special pathogens program at the National Microbiology Laboratory in Winnipeg. He has been deployed to Africa several times as part of a mobile lab team to fight Ebola at its origin, helping to reduce the risk of it spreading to Canada.

Wanda Koop, one of Canada's pre-eminent contemporary artists and community activists, has made a substantial contribution to Canadian art for more than 40 years, with more than 50 solo exhibits worldwide. She also founded Art City, which offers

free art programs for inner-city youth.

Bernadette Smith is best known for her dedication to pursuing justice for Canada's missing and murdered Indigenous girls and women. She is a leader in her community and across Canada.

Susan Thompson, the first and only woman mayor of Winnipeg, saw the city through the flood of 1997, its largest crisis in 100 years. She was also the first woman consul general at the Canadian Consulate in Minneapolis and the founding president and CEO of the University of Winnipeg Foundation.

Wanbdi Wakita is a Dakota spiritual leader, residential school survivor and a veteran of the Princess Patricia's Canadian Light Infantry peacekeeping mission in Europe. Most recently, he has spent more than 30 years working as an elder in federal, provincial and territorial prisons, and has devoted his life to teaching and healing the relationship between First Nations and non-First Nations people.

# sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

## Locals inducted into Manitoba Softball Hall of Fame

By Brian Bowman

For most people, getting a call into a sporting hall of fame is a once-in-a-lifetime experience.

But for Marvin Sveistrup, he now finds himself inducted into a pair of hall of fames.

The Stonewall native received his latest call to a hall May 7 when his 2004 Carefree Getaway Flashbacks senior slo-pitch squad was inducted into the Manitoba Softball Hall of Fame in the team category.

Sveistrup really enjoyed the 15th annual induction banquet, which took place at the Canad Inns Regent Casino in Winnipeg.

"It was pretty awesome," enthused Sveistrup last Friday. "The thing is, I was inducted into the (Manitoba) Baseball Hall of Fame in 2005 (with the Siglunes Seals). So, I was a little bit familiar with the proceedings."

Earlier this month, Sveistrup was on hand to watch his daughter, Allyson Stewart, get deservedly inducted into the Manitoba Curling Hall of Fame.

Stewart and her family were then able to witness her father and his Flashbacks' team inducted into the softball hall. The Flashbacks, who won world titles in both 2004 and 2008, were an outstanding team of talented players.

"I didn't go with them in 2008 because my shoulder just had surgery for a torn rotator cuff," said Sveistrup, 83. "But we were basically an all-star

team from across Manitoba. Most of the guys were from Winnipeg and I came from the Interlake and we had a guy from Brandon. Guys were spread around and they were hand-picked."

Sveistrup played a big role in the Flashbacks world title in 2004 in Las Vegas as he was named to the tournament all-star team at second base. He was a hitting machine at those worlds, finishing with an .826 batting average.

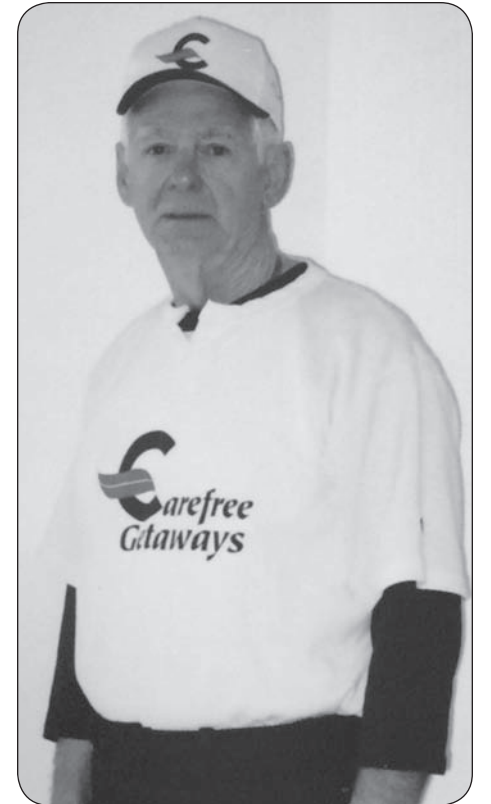
And there was nothing lucky about their world championship win.

"We hit our jackpot on the field," joked Sveistrup. "It was incredible. We had really worked hard for it. Personally, I had been in Arizona all winter and played 100 ball games in three months. I was in shape and we played all summer — we played in every tournament that we could find — and I ran every day."

Sveistrup said he played in five World Series tournaments prior to winning in 2004. He started by playing in Kansas City when he was 56 years old playing in the over-50 category and then he headed to Chicago when he was 60.

He played in three more world championships — including a pair in Winnipeg — before winning gold in Las Vegas.

To get to the worlds, we had to qualify at regional tournaments," he explained, noting he wanted to thank his manager, Ross McIvor, for recruiting him to be on the Flashbacks.



EXPRESS PHOTOS SUBMITTED

Marvin Sveistrup and his 2004 Carefree Getaway Flashback senior slo-pitch squad was inducted into the Manitoba Softball Hall of Fame in the team category during a banquet in Winnipeg on May 7.

"There was always a regional tournament in Winnipeg where we had to qualify to go."

Stonewall, meanwhile, had another resident inducted with a team in the Manitoba Softball Hall of Fame.

Ralph Nespor was an assistant coach with the Manitoba Alliance fastball

team that won silver and gold medals in 1994 and 1995 at the Junior Canadian National Championships.

The gold medal was the first for a Manitoba team since the inception of the 30-year Junior National Championships.

## A new senior hockey league planned for the area

By Brian Bowman

With the idea of filling a void when players graduate from junior hockey, a new North West Senior Hockey League has been approved by Hockey Manitoba for this coming fall.

Currently, confirmed teams feature the Peguis Mohawks, Fisher Terriers, Lake Manitoba, Ebb & Flow Flyers, and the Sandy Bay Feathermen.

Gerald McCorrister, the NWSHL league coordinator, said the league has also received interest from the OCN Blues, Cross Lake Islanders, Norway House, Lundar and Sapatoyak (Swan Lake) communities to

enter their league.

"The need for a senior contact hockey league was badly needed in each community and it helps bring communities excited about upcoming games and start up old hockey rivalries," McCorrister said in an email.

"The other factor was that after junior careers and minor hockey, a lot of players had no other competitive hockey league to play and this was the best option. I contacted some people I knew and got the ball rolling and also contacted Hockey Manitoba for some details that we needed."

McCorrister attended the Hockey

Manitoba AGM on May 7 in Winnipeg, meeting with senior hockey directors and Peter Woods, the executive director, and later receiving verbal approval from them.

He presented the NWSHL constitution and it was accepted.

McCorrister said a North and South division will be established in the league to help cut down on travel and other costs.

"We do not want to get too (many) teams within our league and not meet our league goal, which it to form the hockey league in order to promote our local players," he said.

"There is still a lot of work to do within the new hockey league. A summer meeting (will be scheduled) to finalize all the teams and come to an agreement on how many teams we will eventually have (in) our first year."

Lorne Cochrane has been appointed the NWSHL president and is contacting team representatives about the upcoming summer meeting.

"We hope this league will be competitive as any other senior hockey league in Manitoba and also compete in the Hockey Manitoba Senior Championship tournament in March, 2017," McCorrister said.

# sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

## Kodiaks play well in exhibition games



Lundar pitcher Jason Holden had a great day on the mound against Stonewall. The Kodiaks won their first game against the Rams 9-3 and tied the Warren Wildcats 5-5 last Monday in a pair of exhibition games in Grosse Isle.



The Kodiaks' Shayne Desjarlais slides in safely under the tag of Stonewall catcher Foster Bytheway. **EXPRESS PHOTOS BY JO-ANNE PROCTER**



Kodiak's third basemen Riley Wirgau finds the ball through a cloud of dust as a Stonewall runner slides in safely.

### Thunder to be represented at Elite Blue and Gold Games

#### Staff

The Interlake Thunder will have three Midget-aged players participating in the Elite Blue and Gold games on May 28.

Those players are senior linebacker Austin deLaroque (who will be playing for the U18 Manitoba team), freshman linebacker Colton Meisner (U16 Manitoba team) and senior receiver Alex France.

France will be playing for the U18 North/West Ontario team (Team Thunder Bay).

The Elite Blue and Gold Games are scheduled to be played at Investors Group Field in Winnipeg.

The event is being hosted by Football Manitoba, in partnership with Elite Performance and will include local elite talent in the U-16 and U-18 age groups. Teams include U-16 Manitoba, U-16 Thunder Bay, U-18 Manitoba, U-18 Thunder Bay, Men's High School Senior Bowl, Rural Manitoba All Star South and Rural Manitoba All Star North.

Four games will be played throughout the day.



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### HELP WANTED

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### UPCOMING EVENTS

Metaphysical Encounters, Sunday, May 29, 10:30 a.m. - 1:30 p.m. at 48 Holland Rd. Sunova Centre (West St. Paul Rec Centre). Fundraiser for the Spiritualist Church of the Light. Coffee, tea and dainties available. Call 204-390-6609 or 204-338-5505.

### UPCOMING EVENTS

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Cindy Stansell, Secretary-Treasurer  
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**E-mail riverdalew@mymts.net**

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800-900.....	160-179	800-900.....	140-180
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The building and land known as 112013 PR 222, R.M. of Gimli, Manitoba, as described in Certificate of Title No. 2328990/1 will be sold at auction by a licensed Auctioneer on Monday, the 6th day of June, 2016 at 10:00 A.M. at the mortgage property, 112013 PR 222 R.M. of Gimli, Manitoba.

To the best of the vendor's knowledge, there is situated on the mortgage property a 960 sq. ft. single family bungalow with vinyl siding on 1.58 acres of land, basement only under 480 sq. ft. of home slab foundation under remaining 480 sq. ft. home has 2 bedrooms, 1 1/2 baths, eat-in kitchen, electric heat; double detached garage; second single garage/workshop. Property has its own well and septic system. Property can be reached by travelling north from Gimli on PR 222 (7th Avenue or Hwy 9 which ends at town of Gimli) continue north on PR 222 approx. 1 mile, near Pelican Beach, our property is the 2nd driveway after Thompson Drive and property is located on the east side of the road. Property taxes are paid in full to December 31, 2015. The property is sold subject to taxes and penalties accruing after that date.

TERMS: Deposit of \$25,000.00 in cash, certified cheque or bank draft payable to Aikins, MacAulay & Thorvaldson LLP and the balance according to conditions to be announced at the sale.

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Attn: Jacqueline Ingrassia (204) 957-4779

### ANNOUNCEMENTS

#### BIRTHDAY



Please join us as we celebrate the 90th Birthday of Pauline Gulay Sunday, May 29th, at 1 p.m. Come and Go lunch at the Royal Canadian Legion 306 Main Street Arborg, Manitoba No gifts please.

### ANNOUNCEMENTS

#### BIRTHDAY



Happy 50th Birthday Nadia Join us for coffee and a light lunch Saturday, May 21st from 2-4 p.m. at the Riverton Lutheran Church

### EMPLOYMENT OPPORTUNITY

Riverton Senior Resource is seeking a **PART-TIME MEAL COORDINATOR** At the Icelandic Lodge

Please send resume to:  
Senior Resource Council  
Box 250  
Riverton, MB  
For More info call: 378-3103  
Deadline for applicants May 24, 2016 12:00 noon

### Ashern Auction Mart CATTLE AUCTION SALES DATES

Wednesday, May 18, 2016  
Wednesday, May 25, 2016  
Wednesday, June 8, 2016  
NO SALE on Wednesday, June 1, 2016

Call Buddy 204-768-0018 or Kirk 204-768-0019  
**INTERLAKE CATTLEMENS CO-OP ASSOC LTD.**  
Licence #1128

### NOTICE TO CONTROL WEEDS

#### ATTENTION:

All property owners in Blocks 1, 2, and 3, Plan 29103 and Block 1, Plan 27513



Under the terms of the Noxious Weeds Act of Manitoba and the Development Agreement for the Pelican Beach property owners, notice is hereby given by the Interlake Weed Control Board and the RM of Gimli, that it is the property owner, agent, or occupant's responsibility to destroy all noxious weeds growing on the land and control the growth of long grass as often as necessary to prevent the growth, ripening, and scattering of weeds or weed seeds and maintain the property in accordance with the standards set out in the Development Agreement.

In order to control the weeds and grass, the property owner must perform regular mowing. A representative of the Weed Control Board will make an inspection of these properties on the following dates:

**MAY 30, 2016**  
**JUNE 20, 2016**  
**JULY 11, 2016**  
**AUGUST 15, 2016**

**LOTS MUST BE MOWED PRIOR TO THESE INSPECTION DATES.** It is recommended that cutting occur as close to the inspection date as possible to ensure a favourable inspection report. A representative of the Weed Board will begin mowing offending lots immediately after each inspection. The cost of mowing, in addition to a \$40 administration fee, will be charged to the landowner. The administration fee will only be charged to offending lots once per season, regardless of how many mowing operations are performed by the Weed District. Failure to pay the bill will result in the costs being added to the owner's tax bill.

For more information contact the Weed Supervisor, Fred Paulson, at 204 376 3313.

## REPORTER/PHOTOGRAPHER

The Express Weekly News is looking for an outgoing individual to join our news team as a reporter/photographer covering the news along Highway 6 including St. Laurent, Eriksdale, Ashern, Lunder, Gympsumville and everything in between.

The ideal candidate is someone who is familiar with the goings-on of the region (or willing to get out there and learn), eager to take the initiative in finding compelling stories, has the know-how to take awesome photographs and is able to write clean, engaging copy on deadline.

This is a full-time position with benefits and salary based on experience. Prior journalism experience is a definite asset. Must be fluent in Adobe Indesign, Photoshop and photo colour correcting. Must have reliable transportation and be willing to work flexible hours, including covering some evening and weekend news events.

Submit your detailed resume and samples of writing on or before May 27:

Lana Meier: [news@expressweeklynews.ca](mailto:news@expressweeklynews.ca)



We thank all applicants for their interest, however, only candidates selected for interviews will be contacted.

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**Municipality of Bifrost-Riverton**

**NOTICE OF PUBLIC HEARING  
BY THE MUNICIPAL BOARD OF MANITOBA**

RE: MUNICIPALITY OF BIFROST-RIVERTON BY-LAW NO. 21-2015  
(MUNICIPAL BOARD FILE NO. 16E8-0006)

PUBLIC NOTICE is hereby given, under the provisions of *The Municipal Act*, S.M. 1996, c.58 and *The Municipal Board Act*, R.S.M. 1987, c. M240, that The Municipal Board will hold a public hearing for the purpose of hearing any presentations in objections to or in support of the proposed By-law. The public hearing will take place on Tuesday, June 7, 2016 at 7:00 pm at the Arborg & District Heritage Village, St. Nicholas Parish Hall, 10135 PTH 68, Arborg, Manitoba.

The By-law proposes to authorize the undertaking of a comprehensive water management project at an estimated cost of \$5,002,052.00. The Municipality has secured funding from the Growing Forward 2 Agreement in the amount of \$1,002,052.00, and the balance of \$4,000,000.00 is to be borrowed.

A copy of the By-law is available for review at the Municipal Office and at The Municipal Board. The Board requires that any party who intends to submit as evidence at the hearing any written material or other documents, shall file four (4) copies of that material with the Board and one (1) copy with the Municipality for public review, at least 10 working days prior to the hearing. If a party wishes to have service in French, or requires assistance because of a disability, they must notify this office 15 days prior to the hearing.

Dated at Arborg, in Manitoba, this 20th day of April, 2016.

Rose Gibbons, Secretary  
The Municipal Board, 1144-363 Broadway, Winnipeg MB R3C 3N9, 204-945-4014

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Stonewall, MB #12 Patterson Drive

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Sunday May 29th @ 10:00 am

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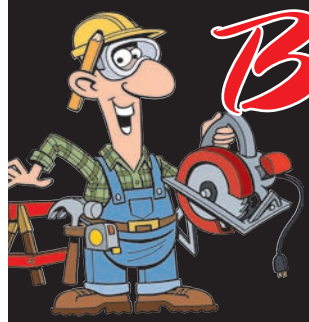
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