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# EXPRESS

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## The trip of a lifetime

EXPRESS PHOTO BY AUSTIN GRABISH

Six American boys are travelling on a once-in-a-lifetime 5,200-mile trek to the Arctic Ocean and are scheduled to paddle across Lake Winnipeg this week. Pictured from left to right, Jarrad Moore, Adam Trigg, John Keaveny, Winchell Delano and Luke Kimmes. Missing from the photo is Daniel Flynn. See story pg. 2.

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# Paddling from the Gulf to the Arctic

By Austin Grabish

Being exposed to frigid temperatures, fierce currents and alligators all while paddling upstream would probably be enough for anyone to pull the plug on a canoe trip.

But for six American boys travelling to the Arctic, it's just a part of the once-in-a-lifetime journey they are embarking on.

No, these Minnesota and Iowa boys aren't raising money for a cause or trying to break a Guinness World Record — they're paddling just for the fun of it.

And Jarrad Moore, Adam Trigg, John Keaveny, Winchell Delano, Luke Kimmes and Daniel Flynn weren't showing any signs of slowing down when they arrived in their three canoes on the banks of the Red River in West St. Paul last Thursday.

The men started planning their trip

sometime about a year ago and have been canoeing upstream since Jan. 2, when they started their nine-month journey in the Gulf of Mexico.

Dubbed the Rediscover North America crew, the boys, if successful, will travel 5,200 miles after paddling through 11 rivers in 10 different states and five provinces.

Moore believes he and his friends are the first to embark on such a journey.

"All the separate pieces have been linked up, but together it's never been done as a full route," said Moore.

None of the men have attempted a journey like this before but all are famil-

**"IT'S BEEN KIND OF COOL TO SEE THE SUPPORT WE'VE ACTUALLY GOTTEN JUST DOING AN ADVENTURE TO DO AN ADVENTURE."**

iar with the outdoors, which is why camping on riverbanks every night hasn't been a problem.

But the boys were all smiles when they arrived at the Royal Manitoba Yacht Club in West St. Paul last Thursday.

While there, they were treated to hot showers, beers and a warm meal, a sure luxury for anyone who has been eating pre-packaged meals three times a day.

Keaveny said the trip is just for the "spirit of adventure," and Moore said it's been nice to go on a journey just for fun with no strings attached.

"It's been kind of cool to see the support we've actually gotten just doing an adventure to do an adventure," Moore said.

He added he is relishing the opportunity to travel across Canada.



EXPRESS PHOTO SUBMITTED

Luke Kimmes, John Keaveny, and four friends have been paddling their way upstream to Nunavut since Jan. 2.

"As you start, especially in the Gulf of Mexico, you're like 'Nah, we'll never get to it.' Canada? We'll talk about that when we get there. That's like four months away.

"Now that we're here, it's pretty exciting," Moore said.

The voyageurs are slightly past the halfway point of their trip and expect to arrive at Kugluktuk, Nunavut, their final destination, at the end of August or the beginning of September.

Once there, the plan is to sell their canoes and catch a flight back home to Iowa or Minnesota.

This week, they will continue to paddle upstream on Lake Winnipeg.

"Right now, we're doing really well. We're ahead of schedule, but Lake Winnipeg's a huge variable just because of wind," Moore said.

The guys must travel 300 miles on the lake and plan to do it over 10 days. They started on Saturday, but fierce winds caused the boys to have a lay-over near Riverton on Sunday.

"With the winds that could blow us off the lake," Kimmes said.

The group has 21 days worth of food packed but would still like to be off Lake Winnipeg in two weeks.

Mother Nature dictates everything on these boys' journey, and she's thrown many hurdles at them so far, including snowstorms, rain and ice.

Keaveny noted while still in the States, the group had to walk eight miles on frozen ice, which they also fell through, before they could start paddling water again.

"You get to open water, you paddle," Keaveny said.

And then there's seeing alligators and dealing with unexpected water that's seeped through holes in their canoes, but no one was dwelling about problems like that last Thursday.

After all, these boys planned this trip a year in advance and knew it wouldn't all be smooth sailing.

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# Viking Statue facelift underway

Iconic statue under restoration, expected to be finished next week

By Marney Blunt

Upgrade construction is underway for Gimli's iconic Viking Statue and is expected to be complete sometime next week.

The Gimli Viking Statue has been Manitoba landmark across the world since the statue was first erected in 1967.

Over the past 10 years, the structure has been deteriorating and the statue has been in need of complete restoration. The restoration project is estimated to cost approximately \$60,000.

The restoration of the Viking Statue, which started at the beginning of the month, coincides with the Icelandic Festival of Manitoba's 125 Legacy Project that includes building the Viking Park around the restored statue.

"We'll be making a Viking Park as a legacy to the RM of Gimli in honour of the voyageurs that came over in 1875, the first Icelanders. We're going to dedicate the park to them," said Cameron Arnason, president of the Icelandic Festival of Manitoba.

The Viking Park will include benches, shrubs, flowers and a potential water feature and a bridge, giving a facelift to the entire Gimli waterfront.

The fundraising campaign for the 125 Legacy Project launched about a year ago with a goal of raising \$500,000 for the project. Arnason says the fundraising is coming along quite well.

"It's going quite well. We're right on target," said Arnason. "We have about \$50,000 fundraised right now and we're probably just right around where we want to be in terms of the fundraising."

Arnason says Phase 1 of the Viking Park will be involve meeting with all community stakeholders, including Betel Home, the Gimli Harbour Authority, the RM of Gimli, community groups or organizations and local residents.

"Part of it is talking to special interest groups and making sure that we know everybody has an input," said Arnason, who added that they hope to begin



**EXPRESS PHOTO BY MARNEY BLUNT**  
Repairs to the Gimli Viking Statue began at the beginning of the month and are expected to be complete by next week.



working on the Gimli Viking Park in spring 2016.

"Nothing will happen until we feel satisfied that the community and all of the interest groups have had input of their opinion on what they'd like the park to be."

No date has been established yet for a stakeholder meeting. The committee for the Viking Park has a goal of completing the project by July 2017, which would coincide with Canada's 150th birthday.



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# Fighting against cancer in the Interlake

## Interlake Relay for Life in need of teams and volunteers

By Marney Blunt

The Interlake Relay for Life is set to go for Friday, June 7 this year in Winnipeg Beach, where teams of participants and cancer survivors will walk to remember loved ones who lost their lives to cancer, celebrate the survivors and support those that are currently battling cancer.

Last year, nearly 400 different relays took place across Canada, raising money for the Canadian Cancer Society. The relays usually vary between six to 12 hours and often take place overnight. Last year, the Interlake Relay for Life ran from 7 p.m. till 7 a.m. However, this year, there are a few changes for the event.

"We changed the time. It was 7 p.m. to 7 a.m., so we changed it from 7 p.m. till midnight so people aren't walking all night," said Lisa O'Dell, event organizer for the Interlake Relay for Life. O'Dell said they changed the time due to several complaints that last year's event was too long.

"We did decide to shorten it this year. And then at the end of the relay, we're going to take a survey to see if people would like it a little bit longer or like more day and night. So we can really accommodate as many people as possible."

There are two things the Interlake Relay for Life is in need of: teams of participants and volunteers.

Currently, nine teams are registered for the relay, but O'Dell says the goal is to have at least 15 teams. Last year's Interlake Relay for Life had approximately 150 people attending, with 16 teams participating and 40 cancer survivors.

With only O'Dell, her husband and one other woman volunteering, this year's Interlake Relay for Life is desperately in need of volunteers.

"We need volunteers for everything: to be on the committee, to work that day, to help with getting teams out there and to help with getting as many survivors as possible," said O'Dell.

"Any small thing is always greatly appreciated because it takes a lot of work and a lot of people. If we have a lot of people doing a few things, it's better than a few people doing a lot of

things."

The Interlake Relay for Life will also be hosting a pancake breakfast this year at the recreation centre in Winnipeg Beach from 8 a.m. till 1 p.m. to coincide with the annual Breast Cancer Pledge Ride, which will be coming to Winnipeg Beach from Winnipeg that day.

"Anybody who is a participant already or would like to join gets a free breakfast. So that's a really good thing. It's at 8 a.m. and we're hoping we can keep it open till 1 p.m. so we can get some of the breast cancer bikers to come out," added O'Dell.

This year, there will also be a small reception for cancer survivors at 5

"I DON'T KNOW ANYBODY WHO DOESN'T KNOW ONE PERSON WHO HAS HAD IT OR IS GOING THROUGH IT."



EXPRESS FILE PHOTO

The Interlake Relay for Life is set to take place Friday, June 7 in Winnipeg Beach.

p.m. at the recreation centre.

"Sometimes you don't know who else has survived cancer and it brings you closer together. You kind of have that connection," said O'Dell.

Last year's Interlake Relay for Life raised approximately \$60,000, including a \$20,000 anonymous donation. All funds raised from the Interlake Relay for Life go towards programs for the Canadian Cancer Society.

"All that money goes directly to our communities so it helps everybody. If you have cancer and you need a ride to chemo, you're not going to drive back. That's what the Canadian Cancer Society is there for. They will send a volunteer out to go get you. If you need support in any way, that's where the Canadian Cancer Society is there for you," said O'Dell, who added that the Canadian Cancer Society also donates some of the money to cancer research.

"Unfortunately, in Canadian society, there's nobody that doesn't know somebody who has had or is going through cancer. It's not possible anymore. I don't know anybody who

doesn't know one person who has had it or is going through it," said O'Dell.

"It's just one of the reasons my husband and I, we fortunately have not had cancer ourselves, but so many people in our family have had cancer and that's why we do it, so that hopefully in my kids' generation or the next generation won't have to go through watching their friends or family pass away from this horrible disease."

O'Dell added that she hopes the Interlake Relay for Life will continue to expand in coming years.

"We're hoping that the more people come out, the better it is," she said.

"Once you're there and it starts, it's so heartfelt and so heartwarming to see all these people putting in time, love and dedication to something that we all unfortunately have to deal with."

If you're interested in signing up a team or volunteering for the Interlake Relay for Life, contact Lisa O'Dell at 204-232-7686 or email her at lisamar.odell@gmail.com. You can also register a team or find more information at relayforlife.ca.

# Selkirk's new MRI faces funding woes

## Province won't pay for machine in full

By Austin Grabish

The Interlake-Eastern Regional Health Authority is facing a \$133,000 funding shortfall for an MRI scanning machine slated to go in Selkirk's new hospital, and the province is refusing

to pay the balance, leaving the community to pay the difference before the hospital opens in 2017.

The RHA has no formal fundraising plans in the works but did raise some funds earlier this month by having

construction workers, who are building the new hospital, pay for a barbecue lunch during a work break.

"I imagine there will be a more robust campaign on kind of what remains to be raised here," said Blair Stevenson, the RHA's regional director of acute care.

A RHA spokeswoman said of the community's \$340,000 required con-

tribution, just over \$207,000 has been raised.

Selkirk Mayor Larry Johannson said he was surprised to know the MRI hasn't been paid for yet.

"Nobody's ever said that to me," Johannson said.

Johannson, along with several other

# High winds hit east shore of Lake Winnipeg

By Staff

High winds, heavy rains and blizzard-like conditions hit communities in the Interlake hard over the May long weekend causing power outages in some communities and extremely high waves on the east shores of Lake Winnipeg.

Environment Canada issued wind warnings for Manitoba over the long weekend with winds reaching speeds up to 88 km/h. The wicked weather, thanks to a Colorado low, knocked down trees, took out power lines and lifted shingles of people's roofs Sunday. The storm lasted approximately 48 hours.

Some Gimli residents say the gale force winds led to some of the biggest waves on Lake Winnipeg in recent memory. Gimli Mayor Randy Woroniuk said the low water levels this spring were a saving grace with Sunday's high winds. Woroniuk says waves were so high at times that they were cresting over the wharf at the Gimli Harbourfront.

Power was knocked out in the Winnipeg Beach and Sandy Hook areas at approximately 4 p.m. on Sunday. Manitoba Hydro spokesperson Scott Powell says that some of the feeders, or larger lines delivering bulk power to local substations, were severely damaged due to the high winds and heavy rains. Some of the damages in-

cluded pole replacements due to extensive wind and tree damage.

Powell says the feeders were restored at approximately 7 p.m. on Monday evening, restoring electricity to the majority of customers in the area.

As of Tuesday morning, Powell says there may have been some remaining localized individual outages due to fallen trees of distribution poles. Those remaining calls were being looked after on Tuesday.

The storm knocked out power across Manitoba, with one of the larger power outages occurring in Winnipeg Beach. The majority of the power in the town was restored around 6 p.m. Monday night. According to Winnipeg Beach town staff, the beach area suffered significant damage in the areas that were still damaged from last summer. The waves washed out much of the sand, leaving no beach in some areas along the boardwalk. The town says the damage has not yet been fully assessed.

Manitoba Hydro says that some outages lasted eight hours of more due to the nature of work required to make repairs and the volume of outages. Powell says Hydro brought in all available staff to assist in restoration efforts, including staff from unaffected regions.



EXPRESS PHOTO BY LORNA SMITH

Mother Nature flexed her muscles over the long weekend, blanketing parts of Manitoba including the Interlake with heavy spring snow, rains, and gale force winds.

## Letters

Letters to the Editor:  
letters@expressweeklynews.ca

### Taxpayer looking for transparency

Dear Editor,

I am appalled RM of Wester Interlake Coun. Art Jonasson, who is also a member of the finance committee, was unable to give even an estimate of the money currently owed by Ward 2 (Siglunes). Sorry councillor, but your transparency is non-existent, and I don't buy the fact that you are hiding behind negotiations with DFA. Numbers are numbers, plain and simple. The negotiations are not for a company buyout, which would necessitate secrecy.

You claim Coun. Keith Lundale over-exaggerated the amount owed by Siglunes (between \$3 million and \$4 million dollars). You have had at least four months to let people know that the RM of Siglunes' 2014 year-end Balance Sheet showed minus \$3,936,401.94 cash on deposit. Let me repeat that: MINUS \$3,936,401.94. Why didn't you let us know that fact months ago?

Did you forget to mention that smaller than flea-dung amount because you were too busy working with Reeve Helgason to fire our more-than-competent

CAO Arlene Brandson Darknell? I believe that was a facile endeavour, and one that may cost us tens if not hundreds of thousands of dollars. Oops, am I exaggerating too?

Coun. Jonasson, I believe you owe Coun. Lundale a written apology and you owe everyone in the RM of West Interlake complete transparency and the whole truth, both of which are seemingly hiding under blackened -40 degrees C. molasses within this silent regime.

Sincerely,  
G.Henry (Gene) Holowchak  
Ashern

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# getfishing

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## Local fishers enjoy spring fishing

Armchair fishing enthusiasts and dedicated anglers, greetings.

I have to tell you, last week I met one of the most dedicated sport angler ladies I have ever come across. Let me introduce you to Darla Gregg of Winnipeg, who I had the good fortune to get to know as she fished on the Red by Selkirk.

Here was a gal who actually counted down the days when she could start fishing again this spring. As we talked, this truly unique person took me over to the trunk of her car to show me a bag of wieners that were cut into pieces and spiced with garlic. According to her, it's one of the best baits for catfish there is. She always practises catch and release, which showed when she caught a pickerel while I was with her and had me hurry to take a picture of her with it so she could get it back into the water pronto.

She liked to tell the story of a time when she was fishing late one evening around 11 p.m. and another die-hard angler beside her had a rod that glowed blue in the dark. She said she has gotten fixated about getting one like that but has yet to find it. Not only is Darla an easy-going, pleasant lady, she has a sense of humour because not long after I left her she sent me a text picture of her holding her hoodie open, displaying "MILF" and below it the words "Man I Love Fishing" on her T-shirt! That kind of says it all about this sweetheart of a gal.

I was up at Silver Harbour by Arnes three or four days ago and there were folks all along the east side of the



EXPRESS PHOTO BY ARNIE WEIDL  
Darla Gregg with a pickerel she caught on the Red River by Selkirk.

rock pier fishing for bass and drum with great success. I've always felt the good fishing here has something to do with the jetty's shape and direction out into the bay. As I picked my way along the rocks, I struck up idle conversations with anglers and in time came up to three guys who were in a mood to shoot the breeze. Dom Popacio, Carlos Canda and Romy Poscioncula, all from Winnipeg, were out for an afternoon of fishing at their favourite spot. As we talked, Romy said something that I found very interesting. He felt that since there are so many pickerel in Lake Winnipeg's south basin now that perhaps Water Stewardship should separate the pickerel-sauger catch limit.

Now, as we know, presently you can

only catch and keep six species of either fish separately or combined. Well, it's certainly something to think about.

Later in the day, I stopped in Gimli and met Nathan Bostick, who actually lives in Selkirk, and he told me three of his buddies went up to Jessica Lake in the Whiteshell last weekend and caught and released 80 jackfish in two days.

I also wanted to touch base with anglers on the east side of the south basin so I drove over there a few days ago and stopped by the Brokenhead Ojibway Nations' office to ask Holly Morrisseau if any of the guys had been fishing the Brokenhead River lately. She said she was pretty sure John Bear had been out on "first creek," a tributary that runs out to Lake Winnipeg. I went over to his office and found him just getting ready to pull out of the parking lot. John saw me and re-parked. He got out of his truck and came up to me with a ready smile, shaking my hand as we recalled seeing each other at Brokenhead's Ice Fishing Derby last winter. This dedicated sports angler had a most delightful subtle sense of humour. He said he had been out on the creek on Mother's Day and had caught and released a 31" and 33" catfish. We talked about fishing in general and he shared a little tip, saying that if you have otters in a lake or river you're fishing, watch them because where there's otters, there's fish.

Well, it's warming up outside, making fishing even more enjoyable and that's a good thing. Bye for now.

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# Sprinting to the fundraising finish line

## Arborg track committee hosting Maple Leaf Foods Community Walk/Run May 22

By Marney Blunt

The Arborg track committee is on the final sprint towards getting a new asphalt track at the Arborg Collegiate.

The Arborg track committee will be hosting the first-ever Maple Leaf Foods Community Walk/Run to raise money for the track project, which has been three years in the making now. The event will take place on Friday, May 22 from 6:30 to 8:30 p.m. at the Arborg Collegiate track.

"Right now, there is a gravel track at the high school, but it is inundated with weeds and grass," explained Tom Chwaliboga, one of the members of the Arborg track committee and also the recreation director of Arborg Bifrost Parks and Recreation Commission.

"Traditionally during a rain, it doesn't drain properly and the kids have to run through mud or even water at times in different parts of the track during their track meet."

The new asphalt track is scheduled to be built this summer. The com-

mittee has budgeted approximately \$250,000 for the project, and currently the committee has raised a bit over \$210,000.

"We're on the final push to get it done and we're hoping that the community can come out and get us a little closer to the end goal," said Chwaliboga.

The track committee decided that one of the ways to get the community enthused about the project is to host a walk and run event that the entire community could participate in.

"So we're asking community people, businesses or organizations to come up with a team of four people and registration fee for a team is \$100 per team, and then just take turns walking around the track," said Chwaliboga, who added that it will be a relaxed community event to raise funds for both the track and the soccer field inside the track.

"The in field will also be redone inside the track, and that's traditionally used for high school activities

and community club soccer," added Chwaliboga

Maple Leaf Foods will be sponsoring the event, and there will be a canteen available that will also help raise funds for the track. All funds from entry fees and the canteen will go directly to the track project.

Early in the day, the students at Arborg Early Middle School and Arborg Collegiate will be doing their part by raising pledges and spending an hour walking around the track.

Chwaliboga says he hopes that this can become an annual event.

"This is the first time an event like this has been held in Arborg, so we're hoping that this can become an annual event," said Chwaliboga.

"Once the track is asphalted, we're hoping we can add a roll portion to it, so next year it will be the Maple Leaf Foods Community Walk, Run & Roll. So if parents have a stroller, they can

bring it. Maybe we can do a bike option for kids and have a couple lanes just for bikes or maybe we can do roller blades or skateboards."

Chwaliboga says that they already have some teams registered to participate, including families and even one group that are all over 70 years old.

"We have the whole gamut, right from youth to families to businesses right up to people in their 70s," said Chwaliboga, who added that their will also be some music and some kids' games at the event.

Registration forms for the Maple Leaf Foods Community Walk/Run are available at the Arborg Bifrost Recreation Centre or at the Arborg Collegiate. You can also register between 5:30 and 6:30 p.m. on the day of the event.

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

**"WE HAVE THE WHOLE GAMUT, RIGHT FROM YOUTH TO FAMILIES TO BUSINESSES RIGHT UP TO PEOPLE IN THEIR 70S."**

## Council votes to keep geotubes as part of the landscape

By Jeff Ward

The St. Laurent council decided to err on the side of caution and chose not to remove super sandbags and geotubes from their beaches.

The decision, which was formally authorized during the May 6 regular council meeting, took into consideration the desire of many members of the community to have them removed but ultimately decided against their wishes.

"Council decided that based on the advice from the EMO (emergency measures organization) department that the super sandbags and geotubes will remain in place for the time being," said Billy Jean Oliver, CAO for St. Laurent.

"As much as we would all love to see our beaches being enjoyed by everyone, the lake level is still high and it isn't anticipated to fall until much later this year."

Currently, the water levels are higher

(813.3 feet) than they were in 2011 during the flood, and although many properties have been raised since then, high wind events could do significant damage to lakefront property and municipal infrastructure.

The RM council is responsible for keeping its residents safe, and the decision to keep the super sandbags and geotubes are all a part of that responsibility. The removal of those systems could place any personal property or infrastructure at risk of damage.

"We really want residents to be aware that we don't want them here either. We want to see those beaches used, and while the water levels might not be a problem, prolonged periods of big wind could be devastating," explained Oliver.

Council can vote in favour of removing their flood protection if the EMO department advises that the danger risk is minimal, but then residents will have to get used to the sight of the sandbags.

## Man cleared in friend's death, but guilty of drunk driving

By Austin Grabish

A provincial judge has decided an Oak Point man was not responsible for killing his friend in a 2012 ATV crash south of Lundar but found Adam Burdett guilty of impaired driving.

The *Winnipeg Free Press* has reported Burdett will spend 21 days behind bars, is banned from driving a vehicle for one year, and will spend 60 hours doing community service.

Colin Weir was killed after suffering a fatal head injury after falling off the back of an ATV on Highway 6, about 10 kilometres south of Lundar in the RM of St. Laurent.

Burdett was driving a quad when it suddenly flipped, sending him, Weir and two other friends onto the road.

Queen's Bench Justice Chris Martin said although Burdett

was impaired, the fatal crash would have likely occurred anyway.

None of the men were wearing helmets and all had crammed onto the single-seat ATV, court heard.

Martin said Burdett's impairment didn't cause the fatality and the law is clear and can't be relevant to his decision.

The Crown was seeking a jail sentence of up to one year for Burdett, citing a 2005 impaired driving conviction, but defence lawyer Greg Brodsky was asking for a fine.

Martin said he hopes Burdett will use his community service hours to talk to young people about the dangers of drinking and driving.

Weir was married and left behind two daughters.

# Touring sweet home Chicago with classmates

## Gimli High School returns from six-day tour of Chicago

By Marney Blunt

Chicago is known for being filled with musical history and for having a prominent jazz, blues and soul music scene, and the band students from Gimli High School got the opportunity to experience that first hand last week.

From May 4 to 9, 31 band students from Gimli High School travelled to Chicago for a cultural, musical and historical experience that they can't get in the classroom.

"Every couple of years, the Gimli High School music program does what we call the musical arts tour. For several years, we've gone down to Chicago because of the diversity and variety of experiences we can have," said band teacher Rob Chrol.

"One of the things we really enjoy about this trip is that gives us a chance to expose the students to music and music industry in very unique ways."

While the students didn't perform while they were down there, they got the opportunity to indulge in several different Chicago-style experiences that either related to music, arts, culture or other aspects of the city.

One of the things the students got to do was go see the Chicago Symphony Orchestra.

"We take in several amazing shows. We go to the Chicago Symphony Or-



EXPRESS PHOTO SUBMITTED

Thirty-one band students from Gimli High School toured Chicago as part of a musical arts tour earlier this month.

chestra, which is one of the top-rated orchestras in the continent. It's an incredible opportunity for us," said Chrol. "There's also a director beforehand where we get a pre-concert talk on the music we're going to listen to, so that provides a neat experience for the kids."

The students also go to attend Andy's Jazz Club, a Chicago staple, and take in the Blue Man Group.

"(The Blue Man Group) is a really neat combination of showmanship and musical innovation. It's funny and entertaining and interactive and really high quality music," said Chrol.

"And then we also saw a musical."

"This year we saw the Million Dollar Quartet, too, which is a live music production outlining the evening that Elvis Presley, Johnny Cash, Jerry Lee Lewis and Carl Perkins got together at Sun Records to record a jam session together. It's an amazing show."

The students also got to tour some of the historical architecture in the city.

Although Chrol says the students seemed to have a blast on their trip, it was also a very educational-based experience.

"We packed the days full. We do our best to organize a really meaning-

ful and interactive experience, and the kids seem to really enjoy it," said Chrol.

"We're really grateful to get to do this kind of thing. It's not just a vacation; it's a dense learning opportunity. Myself as a musician, I get really excited about taking my young musicians to a place like Chicago so they can see and feel and hear what the industry is really like. It's a super unique opportunity."

Chrol hopes to provide another group of students with the Chicago experience in few years.

# Twin Lakes Beach resident honoured with provincial award

## Jack King honoured with innovation, vision and leadership award

By Jeff Ward

Jack King was honoured last week with an award for his tireless efforts to get the St. Laurent Assisted Living Centre expansion off the ground.

Given to him by the Long Term and Continuing Care Association of Manitoba, King received an award for his innovation, vision and leadership.

"It's always the individual who gets the award, but it's really a team of people behind it," said King, who's been instrumental in planning the hopeful 2016 launch of the assisted living centre's expansion.

"It was nice to be honoured for that

work, but it's not just me. Bernice Johnson, who was the admin at the centre, worked very hard with me on this project, and although she's now left the RM, she still continues to work as an advisory role."

The pair has been working on the project for two years now, and King says that the expansion will hopefully be opened in May of 2016. The expansion will increase the living capacity from five to 17. There will be a few two-bedroom suites and four one-bedroom suites, as well as a handful of studio-style apartment suites.

King's sense of community goes all

the way back to the flood of 2011 when his property was in serious danger of being swept away. At the time, he and his wife, Janet, had only been full time residents for a short while. And when other residents came to fill and stack sandbags for him, it created a desire to give back.

"I felt like there was a debt owing there, and you want to be able to contribute to the community you live in. When I then heard of the assisted living centre and how there were so many waiting to get in, it really tugged at the heart strings and I knew I had to contribute here."

The award that King received recognizes his innovation, vision and leadership for the project and his positive effect on the staff and/or the residents of the centre.

The expansion for the assisted living centre has completed plans from their architect and will be holding a public consult in the coming months. The award was given out during a luncheon on Tuesday, May 12.

"IT'S ALWAYS THE INDIVIDUAL WHO GETS THE AWARD, BUT IT'S REALLY A TEAM OF PEOPLE BEHIND IT."



# Interlakers scramble for morel mushrooms

By Jeff Ward

The hunt is on for one of the most sought-after fungi in the Interlake as morel mushrooms are now popping up for a once-a-year opportunity.

Every May, thousands of morels spring up from the damp ground all over the Interlake. And during four weeks, Interlake residents scramble to pick as many as they can.

"Being Ukrainian, it's a traditional family thing," explains Shannon Votour, who lives near Arborg.

"Each year, we try to pick as many as we can and freeze them so we can use them during the holidays."

Votour has been picking morels since she was five and has spent nearly three decades picking the alien-looking fungi that sprout up on her property each spring. In good years when conditions are perfect, Votour explains that she's able to collect multiple five-gallon pails of morels.

Morels aren't an easy thing to find, however, and if conditions aren't ideal, picking can become a fruitless endeavour. This spring, we've had good amount of rain that help the morels grow. But the low temperatures aren't conducive to that process, and Votour explains that this year has been bad for that reason.

"I think this year I may only have an

ice-cream pail full of them. My sister probably has the same amount. They can be tough to find when we have lower temperatures but not impossible."

Votour picks a lot of morels on her property but mentioned that if you're wanting to find some yourself, she has some tips. Looking for dead-fall is a great way to find morels as they tend to thrive in the rotting wood of old trees. And if you get lucky, you can find dozens in the same area. Swampy areas also tend to yield better batches as well.

As for the taste, Votour explains that there isn't really a distinct flavour and that some like them for their texture. Others like them for their ability to take on whatever flavour they're cooked with. Personally, she likes making them with onions, cream, butter, and salt and pepper, making them into a sauce and having them as a side dish.

Morels do contain a small amount of hydrazine toxins and shouldn't be eaten raw. The cooking process eliminates all traces of the toxins. As with any wild mushroom, you should eat a small amount and see how your system reacts to them first. You may be allergic and not know it.

**"THEY CAN BE TOUGH TO FIND WHEN WE HAVE LOWER TEMPERATURES BUT NOT IMPOSSIBLE."**



EXPRESS PHOTO SUBMITTED BY SHANNON VOTOUR

A morel mushroom picked in Shannon Votour's yard, one of many more she hopes to pick this season.

# West Interlake council hire interim CAO

By Jeff Ward

More than a month of time was lost during the period where the RM of West Interlake was without a CAO, but now that the interim replacement has been hired, RM business can move ahead.

The delay has caused a bit of a bottleneck in current affairs for the council, but councillors are hoping with the hiring of interim CAO Dale Lyle and Carol Oppermann to work on finances, they can get back on track on to business.

"We've got a number of projects that we'll put on the track at the same time," said Lyle, who was hired during the special meeting of council on May 5.

"CAO recruitment and the 2015 budget are the top priorities, and we'll be working on them at the same time,"

said Lyle.

Lyle comes with more than 30 years of experience in municipal affairs, being the city manager for Portage la Prairie from 1995 to 2012, and he owns a company (Way To Go Consulting) that specializes in providing a number of management and financial services for municipalities.

Lyle was actually hired by the province as a field consultant during the negotiations for the amalgamation

of Eriksdale and Siglunes, so he's familiar with the current situation. He explains that the biggest challenge right now is the finances of Ward 2 (Siglunes).

"The year-end for 2014 for Siglunes still isn't done, and that's what Carol is working on right now. Once we have that completed, we can move on to getting that budget done, which I believe we can do before the deadline at the end of June."

That deadline is approaching quickly, and most RMs have already sub-

mitted their budgets for approval and have had their public meetings. Lyle said that his goal is to have the beginnings of a budget draft ready in the next two to three weeks but that it hinges on the 2014 financial for Ward 2 before they can move forward.

In the short term, council can finally get to conduct RM business now that they have a CAO in place. The search for a new full-time CAO is also ongoing and the timeline for that is vague.

"It all really depends on what kind of applicants we get. Obviously, you'd like to see someone come forward with relevant experience, but we may not get that. So we may end up with a candidate who needs to take a bit longer to learn the ropes," said Lyle.

Both Lyle and Oppermann share a full-time schedule at both RM offices in Eriksdale and Ashern.

**"OBVIOUSLY, YOU'D LIKE TO SEE SOMEONE COME FORWARD WITH RELEVANT EXPERIENCE, BUT WE MAY NOT GET THAT."**

# Centurion celebrates birthday with drive down Main Street

By Jeff Ward

The 100-year milestone is one that's not often crossed, but for one Lundar man, his 100th birthday came and passed to the fanfare of the community he loves so much.

Daniel Holm was born on May 11, 1915, in Lundar, and for his 100th birthday, he drove down Main Street as residents and business owners waved and shouted birthday wishes.

"It was a proud moment for me, being with him as he drove down the main drag," said Lloyd Holm, Daniel's great-nephew who was born when Daniel was already 66 years old.

"I picked him up from the seniors' residence and drove him to the museum at the end of the main drag. He got out and swapped seats with me and we had a police escort lead us down to the street as people waved. It was a special moment."

Holm then drove to the community billboard near the Lundar Arena where there was a birthday message on it, wishing him well.

Holm helped build the family house in Lundar and worked in the ice cream parlour as a youth. He would later work with his brother Gustaf on the family farm. He was a contributor to the community and was one of the key people in getting the Icelandic Monument installed in Lundar. Holm's parents moved to Canada in 1906 from Iceland, and that heritage was important to him.

"He's told me many times how much he loves this community and how it's been such a great place to



PHOTOS SUPPLIED BY LLOYD HOLM  
Holm celebrated his 100th birthday May 11.



Daniel Holm celebrated his landmark birthday in style while taking a drive down Main Street in Lundar.

call home. This town means a lot to him, so to see all those come out and wish him well on his 100th birthday is really special," said Lloyd Holm.

Holm has been retired for a number of years and lives in the seniors' residence in Lundar, where he

shared cake and other dainties with his friends and family.

At 100 years of age, Holm has been alive for 36,500 days, which is 876,000 hours or more than 52.5 million minutes. And counting.

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## Correction

In the "Horse and ATV ride continues fundraising tradition" article that ran in last week's *Express Weekly News*, it stated that Charlene Dziedzic thanked the members of the South Interlake Wish Team when it should have read members of the Central Interlake Sub Chapter Wish Team. The staff at the *Express* apologizes for the error.

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# Riverton to honour two music legends

By Marney Blunt

Two local music legends will be recognized during a concert this summer in Riverton that will honour the music of one while paying tribute to the memory of the other.

The show, "Tribute to the Music of Roy Gudmundson and Memories of Lorne Martin," will be hosted at the Riverton Hall on July 4.

For over 60 years, Roy Gudmundson has been one of the most popular musicians in the Riverton area. He has been performing at a variety of events throughout the Interlake and was a member of the local favourite Fine Country Folk, which released several albums and played for many sold-out shows in the 1980s.

The show will also pay a memorial tribute to another local music legend, Lorne Martin, who passed away suddenly in 2011. The show is a salute to Martin from his musical colleagues for the contributions he has made to the local music scene over the years. Both Gudmundson and Martin were known for their performances at various events in the area, including hootenannies, concerts and dances.

"It's twofold, starting with the fact that we lost one of our dear friends and musical colleagues (Lorne Martin) about four years ago, very suddenly. We were all still too shook up shortly after the time to really think clearly about how we wanted to honour him with some

kind of a tribute," said Rod Palson, one of the organizers and the MC of the tribute concert. Palson is organizing the concert along with Dick Johnson and Wes Wilson.

"It took us four years to kind of get together the courage to get together on stage and put on a show that celebrates the music that he did for so many years in front of so many of the same people who will be attending this tribute concert."

Palson also stated in a news release "the wound of losing Lorne will never heal, but as a musical fam-



Lorne Martin



Roy Gudmundson

ily, we can't think of a better way to celebrate his boundless passion."

The concert will also recognize all that Roy Gudmundson has contributed to the music scene.

"(Gudmundson) has been a mainstay of music in Riverton for probably about six or seven decades," added Palson. "We wanted to also do something for him for people who have been around to appreciate

what he had done and to enjoy it with his family and fans who will all be in attendance."

"We wanted to salute Roy and his accomplishments at a time when he can soak it all in with all of his family and fans," said Dick Johnson in a news release. "We also have plans to call the old guy up for the finale."

The concert will feature Riverton's most recent music sensation, Homebrew Line, along with special

guests.

"Seeing the excitement these young people have for the old time music is so gratifying, and when you see some of the other surprises we have in store, this is going to be one of the best shows we have ever done. I can't wait for it," said event organizer Wes Wilson in a news release.

The event is being managed by the Legacy of the Lions, a local organization that is a derivative of the former Riverton Lions Hockey



EXPRESS PHOTO SUBMITTED

Roy Gudmundson (far left) on the cover of a Fine Country Folk album. Gudmundson has been a music legend in Riverton for over six decades. His contributions to the local music scene will be recognized at a fundraising concert July 4.

Club. All proceeds from the event will go towards to Riverton Memorial Arena.

Tickets are \$30 each and are on sale now at the Riverton Motor Inn, Riverton Agri-Auto, D & T Grocery and Arborg Nic Nacs. Reserved tables of 10 are also available at \$300 each and can be purchased by calling Mitch Johnson at 204-642-3321.

**"THE WOUND OF LOSING LORNE WILL NEVER HEAL, BUT AS A MUSICAL FAMILY, WE CAN'T THINK OF A BETTER WAY TO CELEBRATE HIS BOUNDLESS PASSION."**

## > MRI, FROM PG. 4

community groups, was pushing for the new hospital to have the scanner several years ago, and Premier Greg Selinger promised \$4 million in funding for the MRI if the NDP was re-elected during the 2011 provincial election.

But that promise came with a catch — the community had to pay 10 per cent of the machine's total cost, and even though the scanner is now estimated to cost \$3.4 million and not \$4 million, the province is refusing to fund the remaining \$133,000 balance.

After Selinger's campaign promise, Johannson and others began fundraising for the MRI.

"We did turn over some funds to the province to go towards the MRI," Johannson said.

When *the Record* asked Selinger's office if the province should be covering the \$3.4 million


cost given it is lower than the \$4 million originally promised, a spokeswoman deflected the question, saying the plan was always to have the community split the cost.

"The commitment to build an MRI in Selkirk has always had a community contribution associated with it," said Naline Rampersad in an email.

Rampersad went on to say the community funding requirement applies to all capital health projects in the province, and contributions can range from 10 to 20 per cent.


Stevenson said he is confident the RHA will find the money needed to pay for the MRI in time for the hospital's spring 2017 opening date.

"We've got a very generous community in Selkirk and the Interlake," Stevenson said.

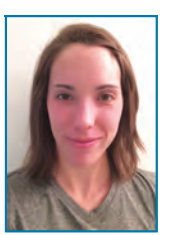


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# Home, Yard & Real Estate



## How to create flowerbeds around trees

Keeping flowerbeds underneath trees can pose quite a challenge for gardeners — there is little light and water, poor soil and too many roots. However, it is possible to adapt to these conditions and to find plants that can flourish in them.

Lack of light is the major drawback to creating flowerbeds around trees. The best solution is pruning. Removing the lowest branches will allow the sun to reach any plants. These few

hours of sunshine are sufficient for many varieties.

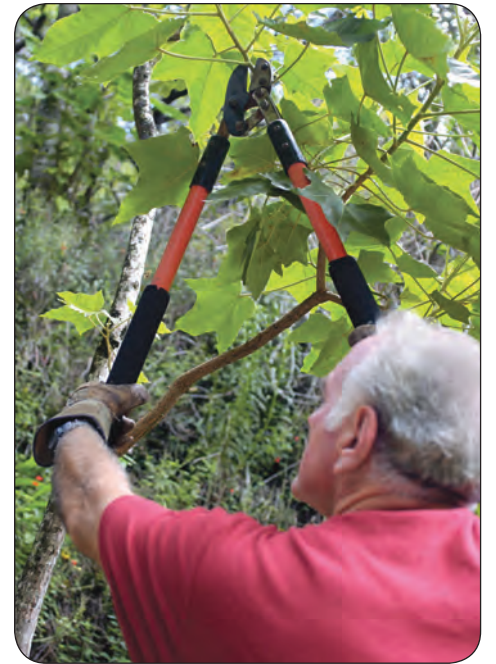
Trees are ruthless when it comes to water. Most rain water is intercepted by a tree's leaves and never reaches the ground. What's more, tree roots absorb huge quantities of water from the ground, so it is crucial to dig very wide, deep holes when planting flowers at the base of a tree.

Be sure to add compost to the garden soil and water regularly during

hot weather. Fertilizers will also have to be added on a regular basis in order to ensure that your plants flourish.

Many perennials do well under trees. Look for asters, bergenia, lily of the valley and hellebore. As for annuals, opt for foxglove, impatiens and lobelia. Nicely pruned boxwood is an attractive shrub that also gives good results.

Removing the lowest branches will allow some sun to reach your plants.





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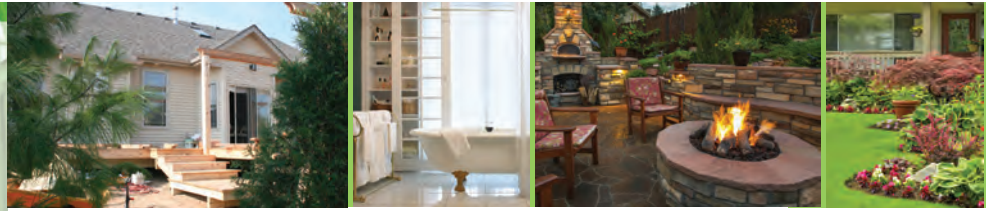
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# Home, Yard & Real Estate



## Tips for finding the perfect flooring

You're ready to shop for flooring but are totally confused with all the choices that are available to you. There's so much out there! Don't panic; here are some tips to steer you in the right direction.

For a glamorous style that will be durable too, the material of choice is marble, vinyl or porcelain tiles. You prefer a classic, timeless look for floors? Hardwood, laminate flooring or vinyl planks are for you. To add an exotic touch to your decor, opt for bamboo. By the way, did you know that bamboo is more durable than hardwood and is more resistant to insects and mildew? It's stylish as well.



Bamboo flooring is increasingly popular in homes.

make them appear larger and brighter. If you hate cleaning, then choose textured surfaces. You love keeping up with all the latest trends? Go for a matte finish. Lastly, make sure that your choice of flooring is suitable for the room where it will be laid. For example, laminate flooring and hardwood are unsuitable for bathrooms because of their high humidity levels.

Vinyl is affordable and easy to maintain. On the other hand, it can show scratches, stains and signs of wear and tear. Laminate floors imitate wood, stone or ceramic. They're easy to install and are resistant to stains, shocks and scratches. You like ceramic tiles? Keep in mind that this material isn't as resistant to damage as other types of tile, such as porcelain. Linoleum is easy to maintain and is extremely resilient. Nowadays it comes in many styles and forms, including biodegradable and hypoallergenic.

If your rooms are on the small side, light colours will

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## Lyme disease:

Lyme disease is a condition that typically affects dogs and is caused by the bacteria *Borrelia burgdorferi*.

Humans can also be susceptible to this bacteria, but do not get the disease from their dogs. Rather they get it from the ticks the dogs may bring into the house which then latch onto the owner!

Dogs can get this disease when bit by the deer tick. The tick has to be latched onto the dogs skin for at least 48 hours to be infected with the bacteria. Because of this, removal of any ticks you may find on your dog reduces their chances of being infected by this disease.

Affected dogs can have a range of signs when afflicted by this disease. The most common sign in dogs is typically lameness and pain of the joints. They may also be depressed and lethargic and may even have a fever. The other, and much more serious manifestation of the disease is kidney failure, often leading to death.

Your veterinarian will diagnose your dog to have lyme disease based on a history and physical exam as well as some additional diagnostic tests.

Luckily the less severe form of the disease can be effectively treated with antibiotics. Usually your veterinarian will prescribe doxycycline for 4 weeks as the preferred treatment, in addition to some pain relief when warranted in some cases.

Even better than having to treat your pet there are ways to prevent this potentially devastating disease! The best way is to use a tick prevention product. There are a huge variety of appropriate choices so talk to your veterinarian about which would be best for your pet. In addition to this, remove any ticks you find on your dog to decrease the potential transmission of the disease. In certain cases a vaccine against lyme can be administered in addition to the preventative treatments. The vaccine is considered for animals that go to areas that have a heavy burden of the disease, such as western Ontario.

Heartworm:

Heartworm is a disease that can infect

dogs, cats and even ferrets. It is caused by a parasite called *Dirofilaria immitis*.

However, dogs are most at risk of developing clinical disease. The animals all get this disease by being bit by infected mosquitoes.

Once in the circulation, the heartworm larvae become adult worms in the large blood vessels associated to the heart.

Clinical signs of active heartworm disease often mimic signs of heart failure. These include, weakness, lethargy, exercise intolerance as well as cough and difficulty breathing. Affected dogs may even cough up blood in severe cases.

A heartworm test using a blood sample is used to diagnose this disease in dogs. In addition to this, chest X-rays may be indicated to determine how severe the disease is in any individual patient.

Treatment for heartworm is available but the drug used can cause severe complications to the patient. Unfortunately when cats are infected, there is no effective treatment. Left untreated the disease is fatal to animals.

Prevention of heartworm disease is widely available and quite cost effective, especially when compared to treatment of the disease.

Using heartworm tests in addition to any one of a variety of products your veterinary team can help you prevent heartworm in your pet. Both indoor and outdoor animals are at risk of the disease since mosquitoes can easily infect animals while they go outdoors for walks, or if the bug gets into the house!

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# Festival filmmakers

By Marney Blunt

Gimli High School's winners of the documentary contest by the Gimli Film Festival and the Gimli Ice Festival were the BAZA Production Company for the Grade 9 category and the LEA Production Company in the Grade 10 category. The students filmed the Gimli Ice Festival and made documentaries as a class assignment and for a contest in partnership with the Gimli Film Festival and the Gimli Ice Festival. A prize of \$400 was split between

the two groups. The documentaries were judged by Leona Johnson of the Gimli Film Festival, Susan and Peter Holfeur from the Gimli Ice Festival, as well as two renowned filmmakers, Andy Blicq and Norma Bailey.

The film schedule will be launched in mid June so watch for exact screening dates and times then. The Gimli Film Festival is running from July 22-26, 2015. Short films will be screened on the weekend of the festival.



Grade 9 winners, left to right: Anders Kuusselka, Leona Johnson, Alyssa Licoppe, Ben Korolyk, Zikri Radke, Linda Arnason, Susan Holfeur and Peter Holfeur. Missing from the photo is Aaron Dryburgh.



**EXPRESS PHOTOS SUBMITTED**  
Grade 10 winners, left to right, Linda Arnason, Leona Johnson, Amy Thorkelson, Emma Zdebiak, Anders Kuusselka, Peter Holfeur and Susan Holfeur. Missing from the photo is Logan Becker.



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It's also true that they don't take reservations, so it's best to show up early if you want to eat in. Can't get a seat? No worries, they offer take out and delivery.

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# Gimli Council gives modular homes the go-ahead

By Marney Blunt

## Modular homes pass third and final reading

You could be seeing more modular homes being built in the Rural Municipality of Gimli after a residential zoning bylaw to permit in residential zones passed third and final reading after a public hearing during the regular council on May 13.

The modular homes are subject to certain construction restrictions, including that the roof pitch be a minimum of a 5/12 pitch, that the eave projection shall be a minimum of 1.5 feet and that the length of the building must not exceed 2.5 times the width of the building.

At the public hearing, no one registered to be in opposition to the modular homes, a big change from previous public hearings regarding the issue. Council didn't even receive any letter of objection.

Coun. Danny Luprypa questioned the lack of people in attendance at the public hearing.

"All the objections we've had in the past and not one person shows up?" said Luprypa. "So all these calls I've received in the past, there's not one person that continues to object to this."

Chief administrative officer Joann King said that the public hearing had been properly advertised and advertisements had been placed in the newspaper.

"Anybody from anywhere can oppose. You can be from Winnipeg and oppose it. That's why it goes in the newspaper and it's not mailed out to property owners," said King.

"The public has received ample opportunity," added Mayor Randy Woroniuk.

Two people registered to speak in support of the modular homes: contractor Adrian Welham Northwel Enterprises and the applicant, Clayton Bristow of Group-Kilkenny Real Estate.

Both Welham and Bristow spoke of how the modular homes are no different in appearance than a regular stick-built home.

"They don't come with steel beams on them and wheels like on a trailer. They're actually houses that just come in components," said Welham.

Luprypa noted that the reason people have voiced concern is because modular homes didn't always look like a regular home in the past.

"That wasn't always the case. That's why. They looked like a mobile home made of junk for many years," said Luprypa.

"That's changing, though. We're taking baby steps."

Woroniuk said he had no issues with the modular homes.

"It is going to be baby steps, but we're going to go forward with it," said Woroniuk. "It makes no sense to put restrictions on these homes."

Bristow pointed out that the amount of modular homes built in Gimli is reliant on the buyers.

"The person that buys the home is going to decide what they want to put up," noted Bristow.

"I don't think you're going to be able to tell the difference between a modular home and a stick-build home. They're going to be nice houses and people should be really happy with them."

Coun. Peter Peiluck still had some lingering concerns over allowing the modular homes, saying he wants to see each individual home before they are approved.

"I want to see each of these homes. It doesn't matter if there's one of 50, I want to see them all," said Peiluck.

The bylaw passed with a four to one vote, with Peiluck voting against.

## Public hearing for Viking Inn

Council also had a public hearing for the Viking Inn during the August long weekend, the same weekend as the Icelandic Festival of Manitoba.

Arieh Kravets of the Viking Inn presented several requests to council for the August long weekend, including an extension of hours from 2 a.m. to 3 a.m.

"We'll be providing the same amount of security, barriers, fencing, viewing it as an event, not just a beer gardens. There will be live entertainment every evening," said Kravets.

The live entertainment will shut down at 1 a.m., but Kravets requested that they be allowed to play light background music outside until 2 a.m.

"Everybody rushes inside (after the band finishes) and it just gets convoluted," said Kravets.

"If we could just have background music, just something in the background, not pumping it."

"It's gone really well since the first time you came here. Ever since, there's been no complaints," said Coun. Peiluck. "We maybe had one call that the music was loud, to which I said, 'It's one weekend out of the year. Everybody in the community understands that this is our weekend.'"

Council voted unanimously to allow the Viking Inn to leave quiet background music on until 2 a.m. and to stay open until 3 a.m. on each night of the August long weekend.

"We respect you guys. We're not going to push it," said Kravets.

## Delegation from Gimli Public School heritage committee

Council received a delegation from the Gimli Public School centennial reunion during their regular council meeting on May 13.

The Gimli Public School was founded in 1915 and the heritage committee is in the midst of planning a big school reunion to celebrate the 100th anniversary in June. The building is currently the head office for the Rural Municipality of Gimli.

May Peiluck, a former student, teacher and now heritage committee member of the Gimli Public School, spoke to council to thank them for their support and to request for some more assistance on behalf of the committee for the centennial reunion.

Peiluck requested the RM employees assist in moving school desks from the Arborg & District Multicultural Heritage Village into the Gimli Public School for the reunion and back to the heritage village after.

She also requested that a employee or council member be present while guests are touring the school on Saturday, June 27 and the mayor bring greetings and council members be present at during the evening reception at the Waterfront Centre.

Peiluck also said that people are coming from as far as Nova Scotia and Alberta for the reunion.

# Enhancements to loan guarantee program to address higher livestock prices

By Lindsey Enns

Farmers combating higher cattle prices across the province are warmly welcoming changes to the Manitoba Livestock Associations Loan Guarantee program.

"We've been waiting for this for probably two years, hoping that it would come," said Ken Vaags, supervisor of A-1 Cattle Co-op in Oakbank and user of the program. "This has been a very important announcement for us."

Borrowing limits under the Manitoba Livestock Associations Loan Guarantee program have now increased to up to \$8 million from \$5 million for associations and up to \$500,000 from \$300,000 for individual associa-

tion members. Changes to borrowing limits were needed to reflect higher cattle prices and increasing livestock operations across Manitoba, Agriculture, Food and Rural Development Minister Ron Kostyshyn announced on May 13.

"Based on recommendations from livestock associations and livestock producers, the expansion will help ensure producers can access the financing they need to manage their farms effectively," Kostyshyn said in a release.

The loan program provides producers who are members of livestock associations more favourable financing terms than they would be able to access individually, as well as reduced

handling costs due to higher volumes of cattle sold through the associations.

Producers can use the funds to purchase feeder or breeder cattle with repayment terms of up to one year and up to seven years, respectively.

"The increase in borrowing limits will go a long way in making the program a viable option to finance the purchase of cattle required for expanding operations with the new reality of dramatically higher prices," Association of Manitoba Feeder Co-operatives executive director Rob Smith said in a release.

A representative from the Interlake Cattlemen's Co-op Association declined to comment until they've had more time to review these changes.

As a cattle farmer for most of his life, Vaags said the cost of feeder cattle is "at least double" what it used to be, so these increases are much appreciated.

The Manitoba Livestock Associations Loan Guarantee program, which is administered through the Manitoba Agricultural Services Corporation (MASC), provides a 25-per-cent guarantee of the loans made by private-sector lenders to livestock associations.

In 2014, MASC approved a total loan amount of \$21.6 million for eight livestock associations with more than 200 association members, Kostyshyn noted.



# Looking for joint funding for affordable senior housing

Gimli Seniors' Residence Inc. hosting community consultation with Manitoba Housing May 27

By Marney Blunt

The Gimli Seniors' Residence Inc. committee is continuing to work towards getting more affordable housing for seniors in the Interlake.

The non-profit community organization will be hosting a public consultation meeting with Manitoba Housing on Wednesday, May 27 at 1 p.m. at the New Horizons for Seniors Centre. The committee of the Gimli Seniors' Residence Inc. has a plan in place to build a 35-suite seniors' complex on North Colonization Road.

"Our committee, the Gimli Seniors Residence Inc. Group, has been working four years to get funding to build seniors affordable apartments in Gimli. We've been submitting applications for grants and we have the land from the RM, so it's been a very good productive four years," said Sharon Peichl, the vice-president of the

Gimli Seniors' Residence Inc. Peichl has been working on this project with the Gimli Seniors' Residence committee members and president Lina Allegro.

Now, the committee is waiting to get the appropriate funding to begin building the complex.

"We've been dealing with Manitoba Housing, (and) the last call for grants our application was turned down," said Peichl. "There's (only) so much money to around the province and there were many applications because seniors housing and affordable housing is in a crisis across Canada.

"We did not get it last time so we're ready to apply next time."

Manitoba Housing currently has three complexes in Gimli, including the New Haven Lodge and the New Harbour Lodge.

"They are getting very old and they

need to replace them, so they submitted to the public for drawings to replace one of them last year and I'm presuming that's what they're working on with this community consultation that they're calling," said Peichl.

Manitoba Housing called for the public consultation meeting to get more community input as to what is wanted or needed for seniors' housing in Gimli.

"It's really important that we get a good crowd out to the meeting as there should be some good information from it," added Peichl.

Peichl added that there are approximately 100 names on the waiting list for people who are interested in getting into the Gimli Seniors Residence building and that there are another

100 on each of the waitlists at the Waterfront Centre and the Rotary Towers.

"There's a real crying need for more seniors' apartments here and for more affordable ones," said Peichl.

"We're excited about this meeting. We really want the public to come out and express their opinions and their needs and speak to people that may actually be able to do something about it."

The public consultation meeting with Manitoba Housing will be held at the New Horizons for Seniors Centre at 1 p.m. on Wednesday,

**"THERE'S A REAL CRYING NEED FOR MORE SENIORS' APARTMENTS HERE AND FOR MORE AFFORDABLE ONES."**

May 27.

For more information contact the Gimli Seniors' Residence vice-president Sharon Peichl at [speichl@lakenet.ca](mailto:speichl@lakenet.ca).

## Manitoba Hydro, University of Manitoba sign Lake Friendly Accord

News Release

Manitoba Hydro and the University of Manitoba have become the first major Manitoba institutions to formally join the growing coalition to improve water quality in Lake Winnipeg by signing the Lake Friendly Accord, Conservation and Water Stewardship Minister Tom Nevakshonoff and Rick Gamble, chair, South Basin Mayors and Reeves and mayor of the Village of Dunnottar, announced recently.

"The addition of these two important partners as signatories to the Lake Friendly Accord demonstrates a growing recognition that protecting our water requires broad-based cooperation," Nevakshonoff said.

"Manitoba Hydro and the University of Manitoba have contributed to water stewardship initiatives in the past, and we welcome the renewed and strengthened partnerships their commitments represent."

The Manitoba government and the South Basin Mayors and Reeves first

partnered in June 2013 to announce the Lake Friendly Accord and the Lake Friendly Stewards Alliance. The goal of these initiatives is to foster collaboration amongst a wide range of stakeholders to reduce phosphorus and nitrogen loading to Lake Winnipeg, the minister said.

"Manitoba's waterways are integral to the province and our operations as two-thirds of the water supplied to our Nelson River generating stations flows through Lake Winnipeg," said Scott Thomson, president and CEO, Manitoba Hydro. "Manitoba Hydro is impressed with initiatives that are improving the overall health of Manitoba's rivers and lakes, and by signing the accord today is demonstrating its commitment to improving water quality."

Nevakshonoff emphasized the scope of Lake Winnipeg's water quality challenges, noting the lake's basin encompasses one million square kilometres across Canada and the United

States. One of the keys to improving the health of the local ecosystems is to ensure a greater understanding and awareness of the issue and what needs to be done to reverse the trend, he said. The University of Manitoba's commitment is significant in helping fulfil this role, as they are the first major post-secondary institution to sign the accord, the minister added.

Thus far, the Lake Friendly Accord has been signed by the Province of Manitoba, Environment Canada, the South Basin Mayors, the Red River Basin Commission, Minnesota and the Lake Winnipeg Foundation.

"At the University of Manitoba, using our research capacity to contribute to the overall well-being of Manitobans is an important part of our mission," said David T. Barnard, president, University of Manitoba. "The Lake Friendly Accord offers an exciting opportunity to work with other partners to protect one of our province's most valuable resources

and we are pleased to be part of this initiative."

"The South Basin Mayors and Reeves are deeply committed to working collaboratively towards actions that will effectively address nutrient loading issues in our lake," said Gamble. He is also the co-chair of the Lake Friendly Stewards Alliance. "The resources, knowledge and outreach potential these two new partners bring to the table will be invaluable."

The alliance is working on developing a Lake Friendly Action Plan, a strategy Nevakshonoff said will be implemented by the Lake Friendly Stewards Alliance to help reduce nutrients and algal blooms within the Lake Winnipeg watershed.

For more information on the Lake Friendly Accord, visit [www.manitoba.ca/lakefriendlyaccord](http://www.manitoba.ca/lakefriendlyaccord) or [www.lakefriendly.ca](http://www.lakefriendly.ca).

Discover how Manitoba is Lake Friendly in 50 Ways by visiting [www.manitoba.ca/lakewinnipeg](http://www.manitoba.ca/lakewinnipeg).



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# sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

## Locals achieve top-10 results at Royal Rumble

By Brian Bowman

Local high school athletes had a chance to see how they match up against the top track and field athletes in the province at the Royal Rumble in Selkirk on May 13.

That meets brings all of the top athletes from across the province to Selkirk for the one-day event. It is usually thought of as a trial run for the MHSAA provincials, which will take place at the University of Manitoba from June 4-6.

There were a multitude of top-10 finishes from local athletes.

Here they are broken down into the junior varsity and varsity boys' and girls' categories:

Junior varsity girls – Jillian Henry (Gimli Lakers), eighth in 100m and ninth in 80m hurdles; Eva Jensen and Sarah Jensen (Arborg Collegiate), sixth in high jump; Richelande Flett (Fisher Branch), seventh in triple jump and ninth in long jump; Kate Letexier (Fisher Branch), second in shot put; Brooklyn Barteski (Fisher Branch), 10th in shotput; Alexis Bahaud (Gimli), fifth in javelin.

Varsity girls – Danae Desjardins (Fisher Branch), eighth in shot put.

Junior varsity boys – Nelson Wallach (Fisher Branch), eighth in triple jump; Logan Sigvaldason (Arborg Collegiate), third in discus and fifth in shotput; Christian Heinrichs-Spence (Fisher Branch), seventh in shot put;



**EXPRESS PHOTO BY JO-ANNE PROCTER**  
Arborg's Neil Sigvaldason placed fourth in varsity boys' javelin.

River Garson-Abas (Fisher Branch), sixth in javelin and eighth in discus; Taigan Novak (Fisher Branch),

eighth in javelin; Owen Roberts (Gimli), 10th in tetrathlon.

Varsity boys – Neil Sigvaldason (Ar-



Christian Heinrichs-Spence of Fisher Branch Collegiate finished seventh in junior varsity boys' shot put.

borg), fourth in javelin.



Lindsay Burns

## Burns invited to attend Team Canada ringette camp

By Brian Bowman

Lindsay Burns of Winnipeg Beach was one of nine Manitobans identified as Canada's top ringette athletes that gathered in Toronto recently in the hopes of securing a spot on Ringette Canada's national teams.

Following the selection camp, which was held from May 14-18 in Etobicoke, athletes will be named to the junior and senior national teams that will continue to train for competition at the 2016 world ringette championship in Helsinki, Finland, from Dec. 28 to Jan. 4.

This camp will be hosted as a joint selection camp for the junior and senior national teams.

The other Manitoba athletes vying for a spot on Ringette Canada's senior national team are as follows:

Senior Team - Amy Clarkson, St. Andrews

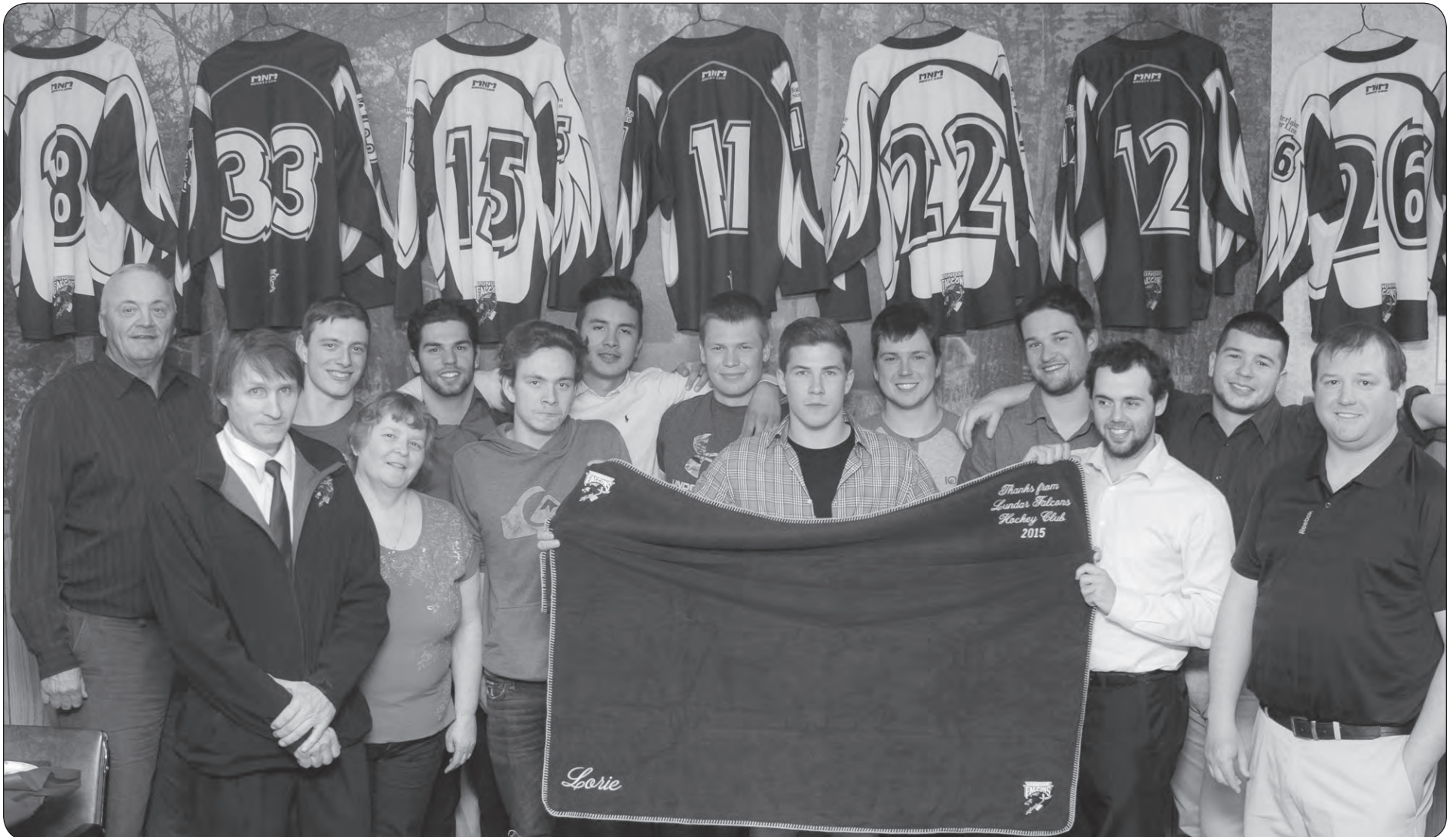
Junior Team - Kinley Graves (Stonewall), Ryann Bannerman, Winnipeg (Bonivital), Nicole Desrosiers, Winnipeg (River East), Talia Gallant, Winnipeg (North Winnipeg), Samantha Renooy (Oakbank), Keyona Tomiuk (Oakbank), Janelle Wotherspoon, Winnipeg (Bonivital)

For more information on the 2016 world ringette championship, including a game schedule, please visit <http://www.wrc2015.fi/en/Index.html>.

# sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

## Fifth Falcons flight finishes with awards dinner



EXPRESS PHOTO SUBMITTED

The Lundar Falcons held their dinner and awards evening to honour players in the 2014-15 KJHL season earlier this month. The team paid special thanks to Lorie Halldorson, which included an embroidered Lundar Falcons' blanket (pictured above) and comments on a quick recovery.

### Submitted

On May 9, the Lundar Falcons of the Keystone Junior Hockey League hosted a dinner and awards evening to honour their players for the 2014-15 season.

Coach Rory Tycoles introduced the Falcons' players who were seated at the head table and everyone in attendance had a delicious dinner prepared by Maureen Johnson and volunteers.

Team president Gord Johnson thanked all those in attendance and continued with many thanks and congratulations to those who organized the evening, prepared the dinner, player accomplishments, coaching staff dedication, and volunteers who made the season successful.

Special thanks went out to Lorie Halldorson, which included an embroidered Lundar Falcons' blanket and comments on a quick recovery.

Lundar head coach Brad Drews continued by further thanking all the major and game-day sponsors who help support the team. Drews commented on

the dedication of the players in attendance and thanked the support of Falcon committee members, coaching and management.

After an excellent supper was served, player awards were presented.

Storm Swan was named the evening's first award winner by receiving the top scorer trophy. The most dedicated player award went to Falcons' captain Troy Kaartinen, who had been with the team for four seasons and now has completed his junior hockey career.

The top defenseman award went to another Falcon player who has completed his junior hockey career, assistant captain Blake Klippenstein. Klippenstein played two seasons with Lundar.

The top goalie award went to rookie Randy Quick, who began his junior hockey career this year with the Falcons. The top defensive forward was awarded to Trent Laycock who began playing with the Falcons in the New Year. The Falcon rookie of the year award went to forward Landen Gray.

The final award of the evening went to Breyden Turner who was honoured as the team's MVP. The evening concluded with goaltender Andrew Smith, another graduating player who completed his three-year junior hockey career with the Falcons, thanking the fans who supported the team throughout the season.

The Falcons' plans are already taking shape for next season as player contacts are being made with new and returning players. Training camp will be in late August/ early September where the next Falcon team will be assembled and take flight on its sixth season.

Any interested players who may not have received notification, or an invitation to the Falcon training camp, can contact team president Gord Johnson, vice president Michael Johnson, general manager Neal Thage, or coaches Brad Drews and Rory Tycoles.

Contact information is on the Falcons' website at [lundarfalcons.ca](http://lundarfalcons.ca).

# Gimli benefits from the Small Communities Transportation Fund

**Staff**

Representatives from all levels of government were in Gimli on Tuesday, May 19 to celebrate an investment that will improve transit service reliability for persons with disabilities in the area covered by the Rural Municipalities of Armstrong, St. Andrews and Gimli, as well as the Town of Winnipeg Beach and the Village of Dunnottar.

The RM of Gimli, Manitoba has added a new handi-transit bus to its fleet, improving service reliability for users. Handi-transit services enable persons with mobility issues to live more independently and participate fully in

community life by providing safe and accessible transit service.

"Millions of Canadians depend on public transit for their daily needs and our Government is pleased to support a service that offers persons with disabilities as well as seniors an accessible, safe form of transport," James Bezan, the Member of Parliament for Selkirk-Interlake said on behalf of the Honourable Denis Lebel, the Minister of Infrastructure, Communities and Intergovernmental Affairs.

"The federal Gas Tax Fund, part of the historic New Building Canada Plan, is just one of the ways we are carrying out our commitment to build

better communities while creating jobs and enhancing economic growth across the country."

The modern vehicle replaces a 12-year old, out-dated one that needed to be retired. It is expected to lower annual operating expenses and maintain service reliability, as it will require less maintenance than its predecessor.

"The addition of this new van allows our seniors and those with mobility issues to enjoy a quality of life we take for granted," said Randy Woroniuk, the Mayor of the RM of Gimli.

"The ability to leave their residences and partake in the community eco-

nomically and socially contributes immensely to their quality of life and to their community. We thank both levels of government and our municipal partners for their contribution towards this worthy endeavour."

Acquisition of the bus was made thanks in part to the Small Communities Transportation Fund, which reserves a part of the province's annual federal Gas Tax Fund allocation to help address the active transportation and public transportation needs of Manitoba's smaller communities.

## take a break > GAMES

### SUDOKU

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

**Fun By The Numbers**

Like puzzles? Then you'll love sudoku. This mind-bending puzzle will have you hooked from the moment you square off, so sharpen your pencil and put your sudoku savvy to the test!

Level: Intermediate

**Here's How It Works:**

Sudoku puzzles are formatted as a 9x9 grid, broken down into nine 3x3 boxes. To solve a sudoku, the numbers 1 through 9 must fill each row, column and box. Each number can appear only once in each row, column and box. You can figure out the order in which the numbers will appear by using the numeric clues already provided in the boxes. The more numbers you name, the easier it gets to solve the puzzle!

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

Sudoku Answer

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

Crossword Answer

## X CROSSWORD

**CLUES ACROSS**

- 1. On time
- 7. Swiss river
- 11. Maine river herring
- 12. In a way, waits
- 14. "Titanic" director
- 18. The Ocean State
- 19. Black tropical Am. cuckoo
- 20. Macaws
- 21. A transgression of God's will
- 22. Belonging to a thing
- 23. Mures River city
- 24. Electroencephalography
- 25. Puts together
- 29. Sound practical judgment
- 31. Pops
- 32. In a way, assists
- 33. One and only
- 34. Prong
- 36. More wise
- 39. One who propagates
- 40. Got up
- 41. Writers of news stories
- 45. Pianist Cliburn
- 46. Hindu mother goddess
- 47. Insures residential mortgages
- 48. Non-human primate
- 49. Of sound mind
- 50. Ficus fruit
- 51. Sodium
- 52. BOGO
- 57. Pulsating ache
- 59. Short open jackets
- 60. Genus Quercus trees
- 61. N.O. football team

**CLUES DOWN**

- 1. Sows a crop
- 2. Derelict
- 3. Be indebted
- 4. Prefix meaning wrong

	1	2	3	4	5	6		7	8	9	10		
11									12			13	
14						15	16	17				18	
19						20				21			
22						23					24		
25			26	27	28				29	30			
			31						32				
			33					34	35				
36	37	38				39							
40						41					42	43	44
45						46					47		
48					49						50		
51			52						53	54	55	56	
57		58							59				
	60								61				

- 5. Beginning military rank
- 6. Afternoon meal
- 7. American Board of Orthopaedic Surgery
- 8. Own (Scottish)
- 9. Rural delivery
- 10. Most supernatural
- 11. Roseate spoonbill genus
- 13. Lightly burns
- 15. Adult female horses
- 16. Geological times
- 17. Radioactivity unit
- 21. 1/100 of a tala
- 23. Winglike parts
- 26. S S S
- 27. "Ghost" actress Demi
- 28. Package or bale (abbr.)
- 29. More mentally healthy
- 30. Siskel and \_\_, critics
- 34. Pith helmet
- 35. \_\_ Jima, WW II battlefield
- 36. Learned person or scholar
- 37. East Colorado Native Americans
- 38. No longer here
- 39. 1995 Brad Pitt movie
- 41. Gambling town
- 42. An earnest attempt
- 43. Odd-toed ungulates
- 44. Profoundly wise persons
- 46. Sunrise to sunset
- 49. Poor boys
- 52. Chinese cabbage, \_\_ choy
- 53. Point that is one point S of due E
- 54. Tibetan gazelle
- 55. \_\_ Lilly, drug company
- 56. Hamilton appears on it
- 58. Egyptian sun god

# Classifieds



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### AUTOS

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### PROPERTY FOR SALE

Rural property, 150 acres 3 mi. east of Ashern, 1,450 sq. ft., finished basement. 4 bedrooms, 3 full bathrooms, laundry upstairs, Central air, HRV, electric furnace plus exterior wood boiler system, 12 x 26 two tier deck, tri-pane windows and doors, new shingles and garden doors in 2014. Appliances included. 26 x 32 - 2 vehicle garage, 32 x 36 shop. Ph 1-204-302-1251.

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Steel buildings... "Spring sales with hot savings!" All steel building models and sizes are now on sale. Get your building deal while it's hot. Pioneer Steel 1-800-668-5422 [www.pioneersteel.ca](http://www.pioneersteel.ca)

### GARAGE SALE

Multi-family garage sales Sat. May 30 from 9-3pm In and around Morweena.

### HELP WANTED

Eddie's Gravel Supply Ltd of Winnipeg Beach is accepting applications for Asphalt Laborers. The applicants must have a valid drivers licence, work well with others and be in good physical shape. Local work 204-389-2023.

### HELP WANTED

Part-time House-keeping Staff required. Call Sheri at Rockwood Motor Inn at 204-467-2354.

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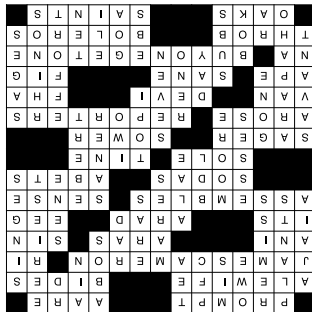
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take a break > GAMES



Crossword Answer

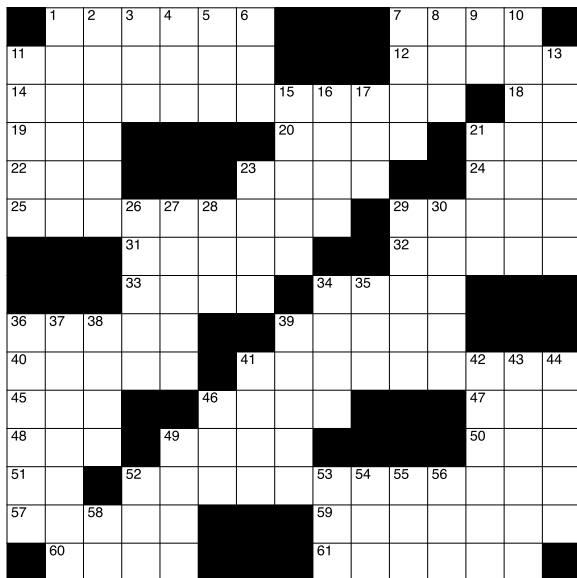
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49. Poor boys
52. Chinese cabbage, \_\_ choy
53. Point that is one point S of due E
54. Tibetan gazelle
55. \_\_ Lilly, drug company
56. Hamilton appears on it
58. Egyptian sun god

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**Experienced Labourers, Carpenters & Concrete Workers**  
 Full time Labourers, Carpenters & Concrete Workers needed  
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**REQUIREMENTS:**  
 Minimum 3 years experience with a valid drivers licence, as the candidate will have to travel to various work sites in Manitoba.

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 E-mail: [toomey@mymts.net](mailto:toomey@mymts.net)

**McSherry Auction Service Ltd**

**AUCTION SALE**  
**ESTATE OF JOE LAPKA**  
**Sunday May 31st at 11:00 am**

**Inwood, MB**  
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**VINTAGE VEHICLE PLUS AL THOMPON**  
**Saturday May 30 @ 11:00 am**

**Winnipeg, MB**  
**Perimeter 100 & Jct Trans #1 Hwy East**  
**5 Minutes Continue East 3/4 Mile Past Jct 207**  
**Then Northeast 1 1/4 Mile o Settler Rd #25089**  
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Vintage Vehicles: 80 MGB 2D Convertible \* 60 Pontiac Perisianne \* 51 Chev 4 D Sedan \* 2) 51 Chev Deluxe \* 2) 49 Fargo 3/4 Ton w 9  
 Vintage Farm Equip: 43 McCormick Deering WO Hyd \* HART / Avery Threshing Machine \* Int Hse Sickle Mower Yard & Recreation: 85 Olypia Hockey Arena Ice Scraper \* Kubota B600 Dsl 3PH w Kubota 42" Roto Vator \* Starcraft AI 15' Boat 50 HP & Trailer \* 48" Wick Sprayer \* Some Tools \* To Be Moved House: Approx 600 Sq Ft Older House on Needs Roof Repair \*

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**STORE FIXTURE PLUS AUCTION SALE**  
**Thursday May 28 10:00 am**

**349 Dupuy St., Winnipeg, MB**  
**Auction Note: Kloos Demo Contracted Removal of Fixtures from 3 Winnipeg Target Stores.**  
**Contact: (204) 955-1188**

Trucks: 08 Ford F750 Cummins Dsl. w 16' Frt Box w Power Tailgate 78,000 Km Sft Equipment: Quick Kart Battery Cart Pusher \* Tennant U WD 16B Floor Polisher \* Power Floor Scrapers \* Nester Flex 376 Expandable 30' Conveyor \* Store Fixtures: 9) Display Cabinets 6' L \* Port Warehouse Carts \* Folding Warehouse Bins \* Metal Cabinets \* Shelving Racks \* 40) Shopping Carts \* 40) Restaurant Chairs \* Tools: Honda 2500 Watt Generator \* 4000 Watt Generator \* Air Comp \* Pressure Washer \* Drywall Lift \* Chainsaws \* Power Tools \* Misc: Com. Ext. Doors \* Scaffolding \* Ladders \* 50) Plywood \* 500) Sheets Pegboard \* Light Fixtures \* Various Hardware \* Yard: Snowblower \* Mowers \* Wheel Barrel \*

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# Classifieds Announcements



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### WANTED

Buying older firearms. Single pieces or collections. Also western relics or dug-ups. Contact Stan 204-426-5272 Cell 204-326-7038 Email: [sbarta4440@gmail.com](mailto:sbarta4440@gmail.com).

### UPCOMING EVENTS

Arborg Legion Ladies Spring Tea & Fashion Show at the Arborg Legion on May 21 at 7 p.m. Fashions by Johnsons. Silent auction, raffle & lunch served afterwards.

Join the fight against Prostate Cancer. The 7th annual Manitoba Motorcycle Ride for Dad happens Saturday, May 30, 10 a.m., Earl's Polo Park Shopping Centre. You can register or make a pledge by visiting [www.ridefordad.ca/manitoba](http://www.ridefordad.ca/manitoba) Proceeds stay in Manitoba for Prostate Cancer research and education.

### HEALTH

Are you suffering from joint or arthritic pain? If so, you owe it to yourself to try elk velvet antler capsules. Hundreds have found relief. Benefits humans and pets. EVA is composed of proteins, amino acids, minerals, lipids and water. Key compounds that work to stimulate red blood cell production & cartilage cell regeneration & development. Stonewall Elk Products Ltd., 204-467-8428 or e-mail [stonewoodelk@hotmail.com](mailto:stonewoodelk@hotmail.com)

### POTATOES FOR SALE

Red, Yellow & Russett potatoes for sale. Sunflower seeds, wild bird seed & deer feed. Call 204-886-2676 Interlake Potato Farm.

### POTATOES FOR SALE

Red potatoes for sale. 50 lb. bag large potatoes -\$15; 50 lb. bag small potatoes - \$12. Call 204-757-2155.

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### TRACTOR FOR SALE

1962 Gravely L8 walk behind. Attachments: mower, blower, tiller, sulkies & parts. Asking \$2950. 204-642-9585 Jim, afternoons.

### ANNOUNCEMENTS

#### BIRTHDAY



Happy 100th Birthday Daniel Holm!  
-Love your family and friends



### ANNOUNCEMENTS

#### MEMORIAL SERVICE



**Josephine Joyce Gruza**  
Service of remembrance for Josephine Joyce Gruza, mother of Lorraine (Robert) Kozub and Ed (Joan) Klamot, will be held Saturday, May 30, 2015 at Ledwyn Cemetery at 11 a.m. If you will be more comfortable, please bring a lawnchair. Rain location is Arborg Legion at 11:30 a.m.

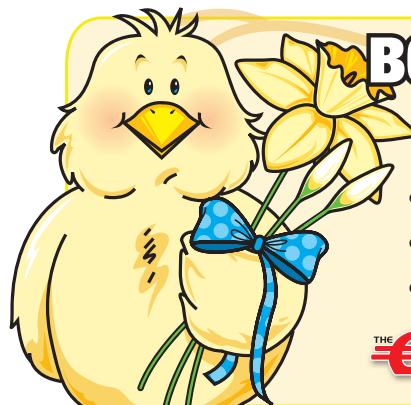
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Send or drop off your resume to Okno Manufacturing, 281 Ardal Street, Arborg, MB ROC OAO or email to [norm@oknomfg.com](mailto:norm@oknomfg.com). **Deadline is May 29, 2015.** Only those selected for interviews will be contacted.

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204-389-5826  
Roofing-Scaling Painting-Drywall

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Wild Rice Berry Bar  
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**Bill Klassen Auctions Ltd.**  
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**BOOK YOUR AUCTION!**  
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# get inspired

> MEAL IDEAS

THE Marketplace  
AT STONEWALL 467-8469



## Stuffed Spinning Tomato Tops

**Ingredients**  
5 Italian tomatoes (plum)  
1/2 English cucumber  
1/2 mango  
5 fresh sweet basil leaves  
60 mL (1/4 cup) 1% plain yogurt  
Pinch of pepper

**Directions**  
Cut tomatoes in two lengthwise, scoop out halves (using a spoon, remove centre part where seeds are).  
Slice cucumber into rounds

approximately 1/2 cm (1/4 in) thick.  
Peel mango, then cut in two. Take one of the mango halves and cut in strips.  
Cut cucumber and mango slices into small cubes. Put these in a bowl.  
Using scissors or fingers, cut or tear sweet basil into small pieces. Add this to mixture.  
Pour yogurt into bowl and add a pinch of pepper. Mix all ingredients.  
Stuff tomato halves with mixture and serve.  
Prep time: 20min | Servings: 5  
www.heartandstroke.mb.ca

## Easy Scallop Appetizer Cups

**Ingredients**  
1/3 cup finely chopped pitted ripe olives, drained on paper towels  
3 tablespoons garlic and herbs spreadable cheese  
15 prebaked phyllo shells (1 9-ounce package)  
1 tablespoon olive oil  
1 clove garlic, slivered  
3 to 4 ounces bay scallops, thawed and patted dry  
1/4 teaspoon dried tarragon leaves, optional

**Preparation**  
Combine olives and spreadable cheese in small bowl; mix well. Spoon evenly into shells (filling 2/3 to 3/4 full); set aside.

Heat olive oil in medium skillet over medium-high heat until very hot but not smoking. Add garlic slivers; cook and stir 10 to 15 seconds until fragrant. Remove and discard garlic.  
Reduce heat to medium; add scallops. Cook and stir 2 to 4 minutes or until scallops are thoroughly cooked. Remove scallops with slotted spoon.  
Place 2 to 3 scallops in each shell, pressing lightly. Serve immediately.  
Preparation Time: 15 minutes  
Makes 15 appetizers



## Café Annie Agua de Melon

**Ingredients**  
1 cantaloupe, cubed  
1 cup granulated sugar  
3 cups water  
Juice of 1 lime  
Raspberries to garnish  
Mint sprigs to garnish

**Preparation**  
Combine cantaloupe, sugar, water and lime juice in blender. Blend until smooth, passing liquid through sieve to remove any unblended pieces. Chill. Garnish with raspberries and mint sprigs.  
Yield: 6 servings

## Parmigiano Reggiano-Spinach Puffs

**Ingredients**  
4 cups baby spinach (6 ounces), cooked, cooled  
3/4 cup flour  
1/2 teaspoon salt  
1/8 teaspoon cayenne pepper  
3/4 cup milk  
5 tablespoons butter  
3 large eggs, at room temperature  
1 1/2 cups (6 ounces) coarsely grated Parmigiano Reggiano

**Preparation**  
Preheat oven to 400°F.  
Line 2 baking sheets with parchment paper.  
Wrap spinach in a towel, squeeze until dry; chop fine.  
In small bowl, mix flour, salt and cayenne.  
In medium saucepan, bring milk and butter to a boil. Remove from heat and add

flour mixture; with wooden spoon, beat until it thickens and pulls away from sides, about 1 minute.

Add eggs 1 at a time, beating well until incorporated. Stir in spinach and cheese.  
Drop rounded spoonfuls onto prepared baking sheets, spacing 1 inch apart. Bake until golden, 20 to 25 minutes.  
Serve warm. (Puffs can be held at room temperature up to 1 day or frozen; reheat in 400°F oven, 3 to 5 minutes.)

Yield about 3 dozen



LIVE LIFE TO THE PLUS  
with Dr. David Phillips, M.D.



Dr. Phillips graduated from Harvard University in 1984 where he earned academic honors and was an All-American swimmer. He received his medical degree from Wright State University School of Medicine where he was elected to the prestigious national academic Alpha Omega Alpha Medical Honor Society. After practicing as a Board Certified Emergency Physician, he has now shifted his focus to the field of Preventative Medicine. In addition to writing articles on sports injuries and nutrition, Dr. Phillips is a frequent lecturer to athletes and coaches on the benefits of nutrition and athletic performance. Having competed in triathlons on a national and world level including the Ford Ironman World Championships (which consists of a 2.4 mile swim followed by a 112 mile bike ride and finishing up with a 26.2 mile marathon) and as a member of Team USA representing the United States at the ITU World Championships, Dr. Phillips has first hand knowledge of the important role of nutrition in the athletic arena. Dr. Phillips continues to work with athletes and compete in triathlons with his wife Heidi. He also has three very athletic sons currently attending college.

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*Richard Wojcik of Wojcik's Funeral Chapels and Crematorium is extremely pleased to announce Licensed Funeral Directors & Embalmers Kenny Loehmer of Balmoral, Manitoba and Stefan Campbell of Winnipeg, Manitoba have joined our firm after a combined 38 years of serving Manitoba's Interlake families from MacKenzie's Funeral Service of Stonewall, Teulon and Arborg.*

*We are proud to have Kenny & Stefan join us at our Family Owned Funeral Chapels, bringing with them a combined 35 years of experience. We are confident that they will maintain our tradition of providing old fashioned and personalized Funeral Service working with us at Wojcik's Funeral Chapels and Crematorium Inc.*

*Wojcik's has two Winnipeg Funeral Chapels located at 2157 Portage Avenue @ Sharp Boulevard and 1020 Main Street @ Manitoba Avenue, as well as our newly constructed Privately Owned Crematorium located at 51 Nicola Drive, Headingley, Manitoba across from the Manitoba Justice Women's Correctional Centre.*

*Besides at the immediate time of a death, Wojcik's Funeral Chapels also pre-arranges Funeral Services with Purple Shield/FamilySide. Kenny & Stefan are able to make arrangements in the comfort and convenience of your own home and look forward to continuing to serve families in the Interlake areas in any place of worship, community hall or venue comfortable for you and your family.*

*If you have any further questions or require our services please feel free calling Kenny or Stefan at 204 - 897 - 4664 or Toll Free 1 - 866 - 424 - 6271.*

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**&**

**1020 Main Street**

4 blocks south of the Redwood Bridge

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