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Students learn bike safety

Students in Grade 1 to 4 at Sigurbjorg Stefansson Early School in Gimli learned how to have fun on their bikes while staying safe during a bike safety presentation last week with Gimli RCMP. Const. Hardy went over the importance of always wearing a helmet and how to properly wear one. The students also learned about the importance of riding on the sidewalk, looking both ways before crossing a street and various hand signals to use while riding your bike around town. Pictured (left to right): Zak Melsted, Ava Vermette, Const. Hardy and Slade Greenberg.

EXPRESS PHOTO BY MARNEY BLUNT

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

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A WAVE of art coming through the Interlake

Interlake WAVE
Artists' Studio Tour
June 13 and 14

By Marney Blunt

Clay, glass, stone, paint, fabric, wood, paper, leather, photographs and more; amazing artwork comes in all different shapes, sizes, colours and textures. There will be a variety of top-notch local artwork in each one of those mediums on display during the 2015 Interlake WAVE Artists' Studio Tour, scheduled for Saturday, June 13 and Sunday, June 14 throughout the



Amanda Onchulenko

Interlake.

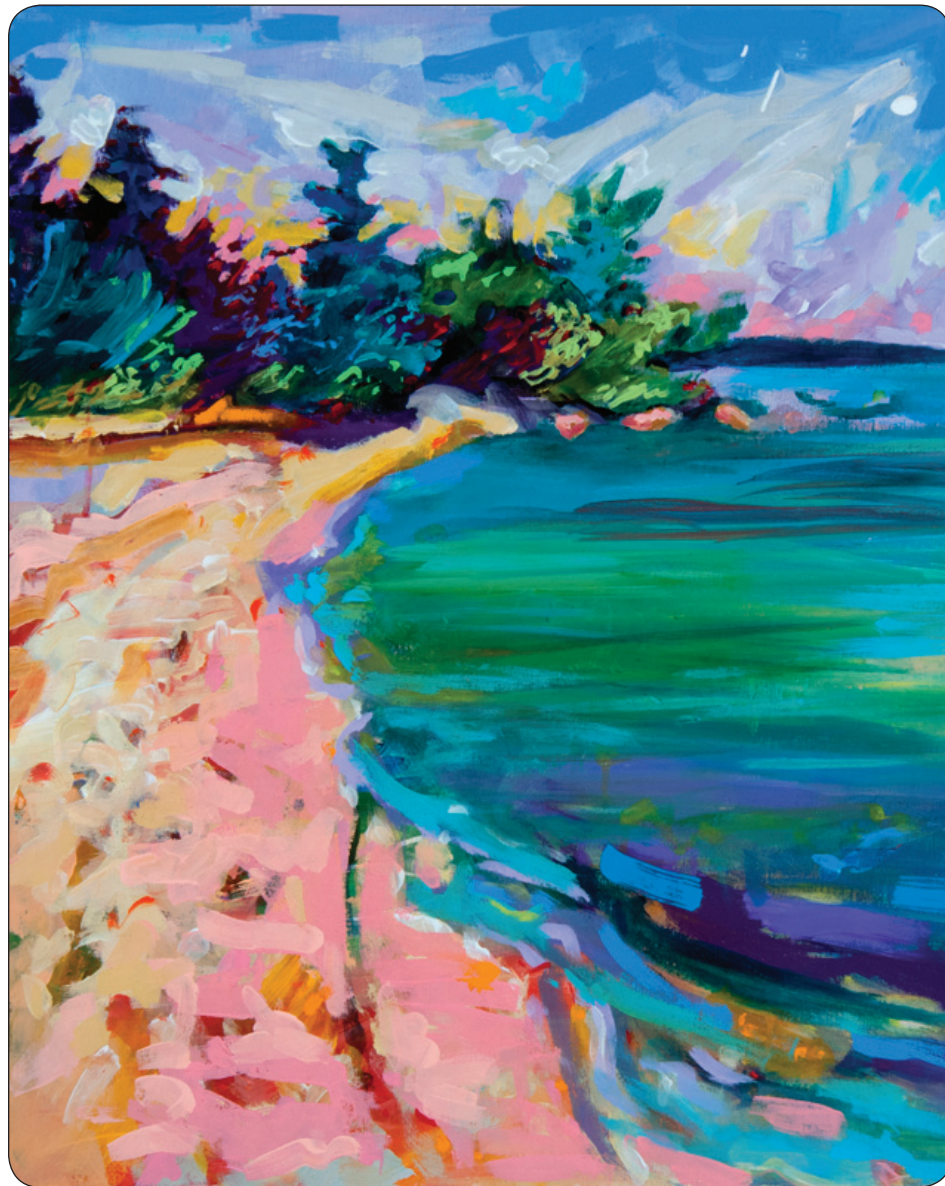
Painting and quilting artist Amanda Onchulenko will be participating in the tour for the first time ever this year.

Onchulenko moved to Canada from Australia 25 years ago and brought her artistic talents along with her.

"I went to art school in Australia and I taught in three countries, so I've always done my own work on the side," said Onchulenko. "And then when my kids were babies, I stopped teaching and just started working as an artist."

Onchulenko has had an art studio in the Exchange District in Winnipeg for the past 15 years. Recently, she has brought her artwork to the Interlake.

"I bought a cottage three years ago at Ponemah and I wanted to build myself a summer studio at the cottage so that enabled me to be a part of the Interlake Artists' Studio Tour," she said, adding that



EXPRESS PHOTOS SUBMITTED

One of Onchulenko's paintings, Love Letters in the Sand, a 24" x 24" acrylic on panel.

she's excited to be a first-timer with the studio tour. "So I'm excited as to what it's going to be."

Onchulenko's summer studio is called Mandart North. The studio is open by appointment as well as twice a year for the Interlake WAVE Artists' Studio Tour.

"Colour is kind of significant to my artwork, and on the WAVE tour I will be showing some of my new work, which is more quilted landscapes that are framed, as well as some paintings. I'll have some quilts that I'll show

Continued on page 4

JOANNE LEVY
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Riding for those you love

By Marney Blunt

Hundreds of motorcycles will be rolling through Stonewall and Winnipeg Beach this weekend to raise money for something that has impacted thousands of Manitobans.

The 14th annual Breast Cancer Pledge Ride will be taking place on Sunday, June 7 this year. Registration begins at 8:30 a.m. at the Assiniboine Downs. Each rider that raises more than \$100 will receive a free breakfast.

From there, riders will be headed through Stonewall and onto Winnipeg Beach.

"Winnipeg Beach is our main stop," said Georgette Jhass, one of the co-chairs of the Breast Cancer Pledge Ride.

"Everybody goes there for lunch, socializes and listens to live music for a couple hours."

The Town of Winnipeg Beach will be blocking off Main Street for the event, so riders can park their bikes and enjoy music on the bandstand by Beg, Borrow & Steel. The band will begin playing around noon.

"We're very lucky the town treats us so nice and they're able to close down Main Street for us and put all the motorcycles there," said Jhass.

Jhass says so far 64 riders are registered, although the majority of riders register on the morning of the event. Organizers expect to have approximately 650 riders this year, weather

dependent.

"If it's sunny and warmer, we'll have an upwards of 650 riders or more," said Jhass. "Our average is around the 500 or 600 mark, but if we have a super hot day with not a cloud in the sky, the numbers can go way up."

Jhass noted that one rider to look out for this year is Diva Amy Skaling from Arizona, who has her motorcycle decked out in hundreds of crystals.

Last year's ride raised \$104,400 through entry fees and pledges. All funds raised go directly back to the CancerCare Manitoba Foundation.

"We're very lucky that we get to pick the projects that we fund. CancerCare gives us a wish list and then we pick from it," said Jhass.

Although they aren't 100 per cent sure which project they'll be funding this year, Jhass says it will most likely involve mobile mammography.

"So a mobile mammography unit that will travel to different cities and towns throughout the province, that's what we're looking at," she said.

In the last 13 years, the Breast Cancer Pledge Ride has raised \$750,000. This year, organizers are expecting to surpass \$800,000.

If you're interested in making a donation to the 14th annual Breast Cancer Pledge Ride or to find out more information, visit breastcancerpledgeride.com.



EXPRESS PHOTO SUBMITTED

Over 600 riders will be cruising to Winnipeg Beach for the 14th annual Breast Cancer Pledge Ride this weekend.

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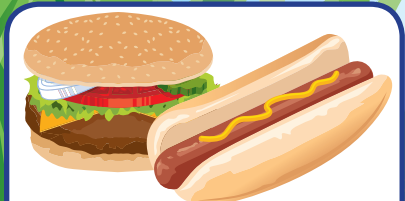
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Province readying to unseal adoption records next month

By Lachlan Ross

As a five-year-old, Darcy Truthwaite introduced herself to kids at campgrounds with, "Hi, my name is Darcy and I'm adopted." Her mother and father never hid the truth; they even bought a pair of picture books — one for her and one for them — discussing adoption.

"I knew I was different," she says. "I told everybody because I was searching. I was always searching for some type of resemblance in somebody else."

Her father, a Winnipeg police officer, and her mother, a real estate agent, were kind and she loved them, but Truthwaite felt empty.

"As a teenager, at one point I wanted to kill myself," she says. "Unless you live it, you don't know the pain of being adopted."

On May 22, Family Services Minister Kerri Irvin-Ross announced new provincial legislation making it easier for adoptees to find their birth families. Beginning June 15, the Adoption Act amendments will allow adoptees 18 years or older and born in Manitoba or adopted into Manitoba to request pre-adoption birth registration information. It will also allow birth parents to request the child's substituted birth registration once the adoptee is an adult, without including the adoptive parents' names.

"All of us want to know our heritage and where our families came from," said Irvin-Ross in a Government of Manitoba news release. "By making birth records more accessible, this may open the door for adult adoptees to form a deeper understanding about their birth families and rebuild a connection with their home communities."

Now a 52-year-old nurse living in Fisher Branch, Truthwaite is thrilled her 24 years of lobbying for policy change has paid off. Under the previous laws of the Adoption Act, she

spent seven excruciating years in her early 20s searching for her own biological family.

Truthwaite's hunt started at 19, rummaging through her parents' filing cabinet. She took her records to Child and Family Services and placed her name on the passive registry list, meaning if her birth mother also came looking for her, they would be matched.

"Every time a letter came in, I would wonder if it was finally from them," she says. "It was a long wait."

During her nursing degree at Red River Community College, every ailment Truthwaite studied had a hereditary basis. Then as part of the curriculum, she took a class on loss and grief.

"I realized at that point that I had been grieving all my life," she says, having never related grief as a part of adoption. Most people don't.

All she knew was her birth mother's last name and that her grandfather was a butcher with five daughters and a son. She found an adoption support group, and on her first visit, a Genealogical Society spokesperson taught her how to search using the limited information she had. Truthwaite searched old library newspapers, the Genealogical Society's filing cabinet with a list of every Manitoba headstone, and 26 years of information in the Henderson's Directories. Finally, a deceased butcher's obituary contained a family phone number.

Truthwaite feared rejection from both her birth and adopted parents for pursuing her past but dialed the number.

"Because you never talk about things, your fears are worse than the reality," she says. "All this secrecy has just instilled a whole pile of fears. You fear the unknown; you fear what you might find."

The number belonged to her biological uncle, who helped her contact her

birth mother.

"I felt like I won a lottery," said Truthwaite.

Of the 50,000 adoptees and birth parents in Manitoba, only 60 people have vetoed the right to have their information presented to their biological parents or children.

WHAT YOU NEED TO KNOW

If you want your birth record...

Apply now to beat the rush. The forms are on the Manitoba government's website, or you can call 1-855-837-5542 for help. Depending on where you were born, you can get your pre-adoption birth registration, your adoption order or a summary of birth information, all of which will likely show your name at birth, the name of your parents, where they lived and other identifying information. Be warned: In some cases, parents have filed disclosure vetoes that prevent the release of the records. Or, they have asked for a contact veto, allowing the records to be released but asking no contact be made by the adoptee. Failing to comply with a contact veto can result in a \$50,000 fine.

If you want your child's record...

If your child is now an adult, you can apply for access to the birth and adoption records. This will show the adoptee's name, but not the names of his or her adoptive parents.

If you want to veto...

If you are an adoptee or a birth parent, you can ask that no documents be released at all or ask for no contact from your family member. You can apply any time. If you ask for a disclosure or contact veto, there is an option to provide your family medical history that can be passed on to the adoptee and a written statement, perhaps explaining why you don't wish to be contacted. You can also change your mind and cancel your veto in the future.

Your adoption story

Are you an adoptee searching for your birth parents? Did you place a child for adoption and now hope to be reunited? The Winnipeg Free Press wants to hear your story for a feature series we're planning. Please email maryagnes.welch@free-press.mb.ca.

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> WAVE, FROM PG. 2

too," said Onchulenko.

Onchulenko also says her themes are often based on where she is in her life.

"It's kind of about where I am. I love to garden and gardening is a recurring theme, the poppy is a recurring theme and the same with landscape and prairie," she said.

Onchulenko is one of 31 artists participating in the 2015 Interlake WAVE Artists' Tour.

Other artists participating in the 2015 WAVE tour include:

- Raye Anderson (painter) - Whig-maleerie Art Projects
- Suzanne Barrow (painter/potter) - Barrow House Studio
- Steina Bessason (painter) - Steina's Studio
- Lorraine Bohn (painter)
- Brenda Booke (beaded jewelry) - Breeze Designs
- Janet Cruse-Thompson (wood carver) - ODTAA
- Yvonne Dominik (painter/photographer)
- Claude and Carol Hebert (stain glass) - Cat'ch Yer Eye Stained Glass
- Kirk Creed (potter) - Steel Wheel Studio
- Ainslie Davis (painter, sculptor, photographer, carver, digital media)
- Dianne Fitzmaurice (fibre artist/feltmaker) - Creature Comforts Cottage
- Milli Flaig-Hooper (paper artist) -

The Paper Fibrildi

- Gimli Art Club
- Veronica Green (painter) - Studio V
- JoAnne Gullachsen (painter)
- Gayle Halliwell (painter) - Studio 410
- Gwen Harp (painter, photographer, fibre arts, clay, jewelry) - Blue Door Studio
- Heidi Hunter (photographer, painter, print artist) - Runs With Scissors
- Bernadette Koroscil (hand drum artist)
- Alan Lacovetsky (potter)
- Norm Magnusson (mirror art) - Mirror Images
- Rosemary Miguez (sand & gesso) - Butterfly Womyn Production
- Raven Photography - Linda Dorian
- Ev Richter (clay) - What? Clay Art & Curios
- Melaney Robins (painter)
- Helma Rogge Rehders (painter, potter, ceramic decoration, batik, glassware, glass jewelry) - H.RogueRaiders Gallery
- Cathy Sutton (jewelry) - Nepenthe Studio
- Stephanie Sutton (photographer)
- CJ (Celeana) Tennant (photographer)
- Marlene VanHelden (painter, photographer, fibre arts, jewelry and hand-built clay) - Blue Door Studio
- Warren Wenzel (wood & stone sculptor)



Thank you!

Our sincere thanks to all involved in making the Interlake Juried Art Show a successful event

The Gimli Art Club and the Interlake Juried Art Show Committee wish to acknowledge the countless hours given by the volunteers from the Gimli Art Club, Gwen Fox Gallery, Family & Friends. We also wish to thank the local business sponsors for their support.

The Interlake Juried Art Show Committee acknowledges the financial assistance from the Manitoba Arts Council, Province of Manitoba, and the RM of Gimli.

Interlake Cattlemen's Co-op Assoc. Ltd.

ANNUAL GENERAL MEETING

The Interlake Cattlemen's Co-op Assoc. Ltd. will hold its **AGM** on **Monday June 15, 2015 at 8 pm** at the **Ashern Auction Mart.**

There are 4 directors' terms that will expire this year. Plan to come out and hear the audited Financial Statement and see what the auction mart has been doing this year. This is your opportunity to have your opinions heard.

FMI contacts: Kirk 204-768-0019 or Buddy 204-768-0018

Dainties and coffee will be served. Hope to see you there!

Equestrian vaulting combines gymnastics, dance and horses

Local riding stable offers vaulting lessons to young riders

By Marney Blunt

If you used to take horseback riding lessons, you probably remember your first time riding without a lead line. As a young horseback rider, that's when a true sense of confidence washes over you as you take the reins and control your horse for the first time, building a relationship of trust and confidence between the horse and rider.

But did you ever try standing up on the horse's back or balancing on one knee?

That's something that Beatrix Strebel, the owner and operator of Classical Equitation in Fraserwood, offers to young horseback riders.

Equestrian vaulting is often described as the performance of gymnastics and dance on horseback, and Strebel will be offering a Horse Care 101 this Saturday, June 6 at the DIY Homesteader Festival in Fraserwood.

Equestrian vaulting is a safe and fun way to introduce people to horseback riding. The horse is controlled by a lunger who sends him in a circle around them on the end of a lunge line. Vaulters begin working in at a standstill and then progress, with training, to be able to execute fantastic freestyle performances in the canter.

Strebel, who has lived in Fraserwood since 2008, learned professional vaulting back home in Switzerland a few years after she started basic riding lessons.

"I had to come up with a profession. It's very common in Europe that you choose your own profession and then you learn for three or four years, so that's how I started to get into the professional riding," explained Strebel.

When Strebel was just 16 years old she earned a three-year education as a professional horseback rider, trainer and instructor, which included vaulting.

Now, as a professional instructor, Strebel finds that vaulting is a great way to start off her young students.

"I found that it was an awesome start for kids to start off with riding," said Strebel.



EXPRESS PHOTO SUBMITTED
Above, Strebel with her vaulting students performing at the Silver Rodeo and during the 2014 open house at Classical Equitation.

"Just because it makes you so strong, it makes your body strong and it's about balance and confidence and everything. So we can learn a lot about the horse before you even start actual riding or before you're old enough to actually manage the horse."

Strebel offers vaulting lessons four times a week. Her students for vaulting are usually between seven and 10 years old, although the youngest she has taught was just four years old.

"It's huge confidence building," said Strebel. "The vaulting just offers a whole different world for them. They can just sit there. They don't have to worry about the horse. They don't have to handle the horse. They just worry about balance and strength and to do actual exercises, so it's a good combination of everything."

"THE VAULTING JUST OFFERS A WHOLE DIFFERENT WORLD FOR THEM."



EXPRESS PHOTO BY MARNEY BLUNT

Beatrix Strebel, owner and operator of Classical Equitation, with two of her horses, Gracie and Midnight. Midnight, on right, is tacked up for vaulting.

Students usually start vaulting with the horse at a standstill and then move forward to a walk.

"If they see the other ones doing it and they can handle it, then it goes really fast. They climb up there on their knees and do their exercises," said Strebel, adding that her vaulting lessons include a bit of groundwork such as grooming and tacking.

"It's nice to see how they get stronger and stronger and more confident on the horse."

In addition to hosting Horse Care 101 at the DIY Homesteader Festival this Saturday, Strebel will also be hosting an

open house at Classical Equitation on Sunday, June 28 from 1 to 4 p.m. to let parents and young riders know about everything she offers. At the open house, Strebel will give dressage demonstrations, riding lesson demonstrations and vaulting demonstrations. There will also be opportunities for kids to go on pony rides and meet the horses, as well as a door prize draw.

For more information on Classical Equitation, contact Beatrix Strebel at 204-643-5185, email her at trix@classicalequitation.ca or check out their website www.classicalequitation.ca.

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WEEKLY NEWS



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This week on the water

Hi, my angling friends.

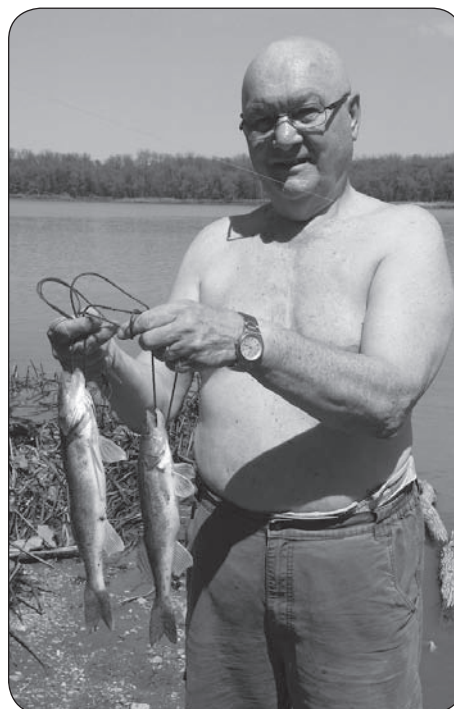
About a week and a half ago, I felt it was time to go up to Breezy Point to visit with anglers, and while it may seem a little late to be talking about it now, I apologize but there were things I wanted to get in last week's column, so now let me tell you what happened on my way over to Breezy.

The weather was pleasant enough, sunny, warm and calm as I started up the 320 road. There was a sign saying that the road was closed as it usually does in the spring. So naturally I, along with many of my adventurous if not foolhardy fellow anglers, ignored the sign and forged ahead.

The fairly even gravel road quickly gave way to long cavernous pot holes with mud oozing up in the middle of the wheel trails. In an effort to avoid the pools of water and mud piles, the wheel trails began wildly swinging from one side of the road to the other. Soon driftwood log pileups began presenting themselves, almost blocking the road. So it went all the way to the end of the Point. That poor old road sure took a hammering this spring.

Yet all along wherever there was an opening to the riverbank, anglers were settled on lawn chairs, fishing rods in-hand, smiling and waving to me as though nothing was out of the ordinary as I jostled by them like a small boat in a violent storm. However, hopefully our friends, who shall remain nameless, will fix 320 up for us as soon as it dries up a bit just like they did last year.

On the way back to Selkirk, I noticed this one couple enjoying the day by the riverbank so I pulled into their



EXPRESS PHOTO BY ARNIE WEIDL
Wilf Betker of Winnipeg with some of his catch by Breezy Point.

"monkey trail" and stopped for a visit. Our new friends Wilf and Mildred Betker who were from Winnipeg said they loved fishing here and at Lac du Bonnet then gave us a little tip, saying they had heard the walleye fishing at Manigotagon is unbelievable right now. Thanks, guys!

Last weekend, I stopped at fishing spots along the east side of Lake Winnipeg, but it was immediately obvious that once again the wind-driven high waves had forced our anglers to look elsewhere for a place to fish. So I drove along the Winnipeg River on No. 11 until I saw an angler sitting cross-legged on a wooden pier over a small lake just north of Lac du

Bonnet. I pulled into the tiny parking lot by the pier and as I closed the car door, the heavily dressed fisher rose as I called out explaining who I was. A tall, thin gal with a strongly featured face greeted me. She said she was here for the trout that had just been seeded in this land-locked lake. You could tell our new friend Ilene Grumwald of Winnipeg was at home in the outdoors with her naturally tanned face and hands. A little tuft of her light brown hair had escaped her old grey cap.

She said she had three Master Angler catches to her credit but she was kind of proud of latest catch, a giant plastic drink cup. She caught me off guard for a second as she stuck that into our conversation. I shot an inquiring glance at her then realized she was being sarcastic and disappointed with whoever had left that cup in the water. We had a great talk about good housekeeping in the wilderness and finally I had to be on my way.

A few days later found me on the Hecla Village pier where folks were lined up shoulder to shoulder and not catching a darn thing. The sun was brilliant but tempered by a whisper of an icy north wind. I went up and down the pier, passing the time with folks, and eventually met John and Elizabeth Hiebert from Emerson who had driven all the way up here just for an afternoon of fishing. They said this was their favourite place and would not fish anywhere else. It's nice to have a firm point of view on some things, isn't it?

That'll do it for this week my friends. Till next time. Bye.

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Zebra mussels found lurking in Red River

Officials say the invasive species was recently found underneath a dock near Selkirk Park

By Austin Grabish

The province appears to be on the losing end of the war it started with zebra mussels last year and has now lost its fight to keep the invasive species from entering the Red River.

The mussels were recently found underneath a dock near Selkirk Park, meaning the species is now in the Red River — something the province vowed it would fight to stop from happening after mussels were found at several Lake Winnipeg docks in 2014.

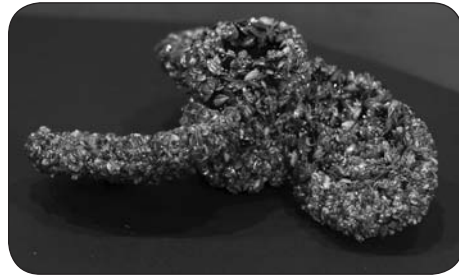
Conservation and Water Stewardship Minister Tom Nevakshonoff made the announcement in Winnipeg last Friday.

He said the mussels were found on the float underneath a dock and appeared to be dead. Officials believe they were likely from last year, but one was still “firmly” attached to the dock’s float.

The announcement took Selkirk Mayor Larry Johannson by surprise.

“It’s just sad that they’re here,” Johannson said. “We’re very, very concerned.”

The mayor said the City of Selkirk will do whatever it can to deal with the problem, but Johannson wasn’t oblivious to the fact the muscles spawn at extremely rapid rates and are nearly impossible to eradicate once they’ve



EXPRESS PHOTOS BY AUSTIN GRABISH
ABOVE: Zebra mussels, seen in this file photo, can grow up to five centimetres long and attach themselves to solid objects.

RIGHT: Provincial officials say zebra mussels were found at an unidentified dock near Selkirk Park similar to this one.



entered a waterway.

“We have to look at a way to eradicate them all together,” Johannson said. “They’re like a bad weed. If you leave it untreated, it just multiplies, and I think the bigger problem is trying to get the muscles out of the Red River and the lakes.”

Zebra mussels can grow up to five centimetres long, attach themselves to solid objects, plug drains, affect fish and other aquatic life, and even sink buoys.

“Fighting the expansion of this highly invasive species takes a concerted

effort by everyone who enjoys our lakes and rivers,” Nevakshonoff said.

A handful of decontamination units have already been set up throughout the province, and conservation officers will continue to check boats the invasive species may have clung onto, the press release stated last Friday.

Conservation officials also plan on using a specially trained dog to sniff out the mussels at different boat launches across the province.

Last year, Manitoba proposed legislation aimed at preventing the spread of zebra mussels.

The legislation would prohibit the possession, transportation and release of the mussels, and require trailered watercrafts to stop for inspections.

Johannson said the city plans to support remediation efforts at Selkirk Park again this year.

The process sees boats washed and dried when they leave the water, but Johannson ultimately wants to find a solution to what is now a very big problem.

“We want to do our part,” he said.

Financial plan at the top of the agenda for West Interlake

By Jeff Ward

It was their first regular council meeting since hiring their interim CAO, and the council of the RM of West Interlake had a lot to cover.

One of the biggest issues currently facing the council is the impending deadline for their 2015 financial plan. The plan needs to be completed, looked over by RM residents and approved by the end of June.

“It’s first and foremost on our list because we have to have that complete on time,” said Reeve Randy Helgason.

“Both him [CAO Dale Lyle] and Carol are going hard at getting that set up. It looks favourable, and I’m optimistic that we’ll be completed in time.”

Helgason explains that if their financial plan is not finished in time that he’ll need to contact Municipal Affairs and ask for an extension. Given their current situation and recent troubles, Helgason feels it’s reasonable that an extension will be granted if necessary. He said that in his estimation that extension likely won’t be needed.

The topic of CAO recruitment also came up, and current CAO Dale Lyle told council that he’s

continuing to work on a plan to get a full-time CAO in as soon as possible.

“That’s part of their [Way to Go Consulting] contract, and they’re working on that right now. Salary range, job description and the process for getting candidates is all being worked on. There’s nothing new in that process at this time,” said Helgason.

D’Arcy & Deacon were officially hired by the RM council to represent them as well during the meeting. Orvel Currie has been representing the RM throughout these past few tumultuous months and previous to that was the lawyer for the RM of Siglunes. Until this meeting, which took place Tuesday, May 26, there had been no resolution giving Currie the power to represent council.

There was no registered vote, but the resolution to hire Currie passed.

Helgason said that he’s happy council is back working for the community and that council is now holding two regular meetings a month to catch up on lost time.

The next regular meeting of council will take place on Tuesday, June 9 at 9 a.m. in Ashern.

Annual General Meeting

For

**Moosehorn Consumers
Co-operative Limited**

Monday, June 8th, 2015

7:30 p.m.

Moosehorn Community Hall

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

*Door Prizes
Refreshments*



Misty Courts after-care facility falls through the cracks

Gimli council defeats motion to permit Aurora Recovery Centre to the conditional use of Misty Courts as an after-care facility

By Marney Blunt

Misty Courts seems to have somehow slipped through an original conditional use agreement with the Aurora Recovery Centre and Gimli council.

The Aurora Recovery Centre purchased Misty Courts, a smaller 17-unit apartment building located in the Gimli industrial park, as a package with Misty Lake Lodge.

Last fall, council approved the conditional use of the Misty Lake Lodge as an addictions treatment facility for the Aurora Recovery Centre. But somehow, one important detail, being Misty Courts, fell through the cracks. Council says the original conditional use application did not include Misty Courts.

"Our intention would be to use Misty Courts as an after-care facility for the most part," said Marni Larkin of the Aurora Recovery Centre. Larkin and Joe Leuzzi were at a planning hearing regarding the issue during the regular council meeting on Wednesday, May 27.

Larkin also said that the plan was to use Misty Courts as the treatment centre while the main lodge is being completed. After the main lodge is complete, Misty Courts will then be used as the after-care program, which would be expected to happen around mid-July or early August.

"We'd like to start some programming and some counselling there if we could so that clients that we have currently waiting on a list don't have to wait any longer," said Larkin, adding that Misty Courts wouldn't be used for the medical detox portion of the program. "It would simply be counselling-based, and that would be for the life of Misty Courts, from our perspective."

Larkin explained that the after-care program is an important part of the Aurora Recovery Centre.

"Some people will come initially for 35 or 40 days and then they'll want to continue the program but they don't need full-time (treatment). They needed a bit of independence to get back to their day-to-day regular lives,"

said Larkin.

Deputy Mayor Peter Peiluck voiced a few concerns on the issue.

"How did we not know about this? How did this slip through the cracks? This is pretty big," said Peiluck.

"Originally the package when the purchase was made by Aurora, it was only the main lodge. At some point, Misty Courts got added in, and we're required to take Misty Courts if we're getting the lodge," explained Larkin, who also said that Misty Courts were originally going to remain as an apartment building, but based on the demand, it was realized that Misty Courts would be needed to provide clients with longer programming and longer stays at the Aurora Recovery Centre.

Peiluck and Coun. Thora Palson also questioned the security of the facility. The main lodge of the Aurora Recovery Centre is going to be a fenced and gated centre with a high level of security.

Larkin said Misty Courts will also have entrance and exit security, but less risk will be associated with the after-care program.

"These are people who have been through their treatment or recovery program, so these are people who have committed to the ongoing lifestyle of sobriety," she said.

"There's less risk associated with it. The reason we have a fence and a gate is to protect our clients more than anything."

There are also currently residents living at Misty Courts.

"The hope is to keep those people on one particular floor while we're doing this," added Larkin.

Council defeated the motion to permit the Aurora Recovery Centre to the conditional use of Misty Courts as an after-care facility in a split vote. Mayor Randy Woroniuk, who was phoning in to the hearing, and Palson voted in favour. Peiluck and Coun. Richard Petrowski voted in opposition. Coun. Danny Luprypa was absent from the meeting.

"I'm just somewhat troubled by how this slipped through and we weren't at least made aware of it. It seems odd," said Peiluck.

"There was no mention of it (Misty Courts) being part of Misty Lake Lodge or of the Aurora Recovery Centre. I didn't know anything about this until it showed up on my agenda. It wasn't on the conditional use. There was no mention of it anywhere."

The Aurora Recovery Centre will have to reapply for the conditional use of Misty Courts.

letters

Letters to the Editor: letters@expressweeklynews.ca

Summer Bible camp is a great option for kids

Dear Editor,

Every year Winnipeg's inner-city kids and youth are caught up in the temptations that come with the territory. Two solid months of free time without school days to structure the day most of the time means trouble. Gangs will welcome them in and introduce them to drugs, theft and even murder. To alleviate some of these pressures, I urge parents, teachers and church leaders to consider sending their children to Bible Camp.

Firstly, camp provides a safe environment for kids to learn about God from the caring camp counsellors during daily devotions in the cabins, in chapel and in team-building ac-

tivities. Secondly, camp also teaches different skills such as building camp fires, canoeing, kayaking and making pine tea. Roasting marshmallows and swimming are just two of the time-honoured activities at camp that bring about the best kind of summer memories. And lastly, the outdoor exposure is another aspect of life that camp offers; learning and exploring this world God created is an opportunity that should not be missed.

Bible camp provides the chance to change a life for the better. It also gives the chance for friendship to be made with others and with Our Creator.

Sincerely,
Jordan Kaminski
Age 17
Gimli Bible Camp Crew
Winnipeg, Man.

Lack of support for Gimli dialysis unit frustrates patients

I am writing in support of Mr. Chudd's letter regarding the dialysis unit at the Gimli hospital. I understand his frustration, as my wife and I travel to Winnipeg three times a week for her treatments. We have been commuting since December 2014. She is currently on the waiting list for dialysis at the Gimli hospital.

Mr. Stevenson stated that it would take time to train nurses and obtain funding, although I have had the opportunity to speak to several nurses who feel otherwise. Many nurses unfortunately were not able to stay due to the lack of funding. These nurses were forced to find work elsewhere and would prefer to return to the lo-

cal hospital, as some own property here. If Mr. Stevenson would get the funding and post the positions, I am confident that they would be filled immediately. Furthermore, I find the lack of funding to be an excuse on Mr. Stevenson's part, since the government reimburses all patients' mileage, meals and parking, to attend treatments outside of the community. Ultimately, these tax dollars could be put towards an increase in staffing.

Gordon Hatt
Gimli, Man.

Letter policy

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

Please email:
letters@expressweeklynews.ca or

write to:
Box 39, Stonewall, MB R0C 2Z0

Young philanthropists connecting with local seniors in Arborg



EXPRESS PHOTOS SUBMITTED BY WANDA SPARKES

The Young Philanthropist Club at Arborg Early Middle School received a \$200 grant from the Evergreen Teacher's Association to carry out a local action that would promote equality and social justice. The group chose to host an afternoon tea for the Seniors at the Mary Thorarinson Assisted Living building in Arborg. Sixteen students in Grade 7/8 and a group from Grade 1/2 entertained for the afternoon under the direction of Mrs. Sparkes and Mrs. Ladovski. During the week, the students cooked and prepared the food and planned an entertainment show. At the event, they served the food, performed the show and did a meet and greet with the seniors. The Grade 1/2 students also made a craft to give each senior. The event was very well received, and the seniors are eager to have the students visit again. The students went away with a positive feeling that they had contributed to the well-being of members in our community.

Taking stock: Manitoba teen rules the pen

By Patricia Barrett

It may look as though they're having a lark, chasing sheep around a sandy enclosure, turning them this way and that while trying to beat the clock, but border collies take their jobs very seriously, according to their trainers.

Rebecca Van Hulle and her three-year-old dog, Kip, competed in the intermediate class of the stock dog trials held last Sunday in Eriksdale.

"There are not many people that know about this," said the soft-spoken 15-year-old dog handler, who lives on a farm near Marquette. She said she's the youngest person in Manitoba — and probably Canada — involved in training and competition.

In stock dog trials, dogs obey commands to move sheep or heifers (young cows) around a set obstacle course, earning points as they go.

Van Hulle, who's won competitions,

said her friends think it's cool. They also think it's easy. But there's more to training a herding dog than one might imagine.

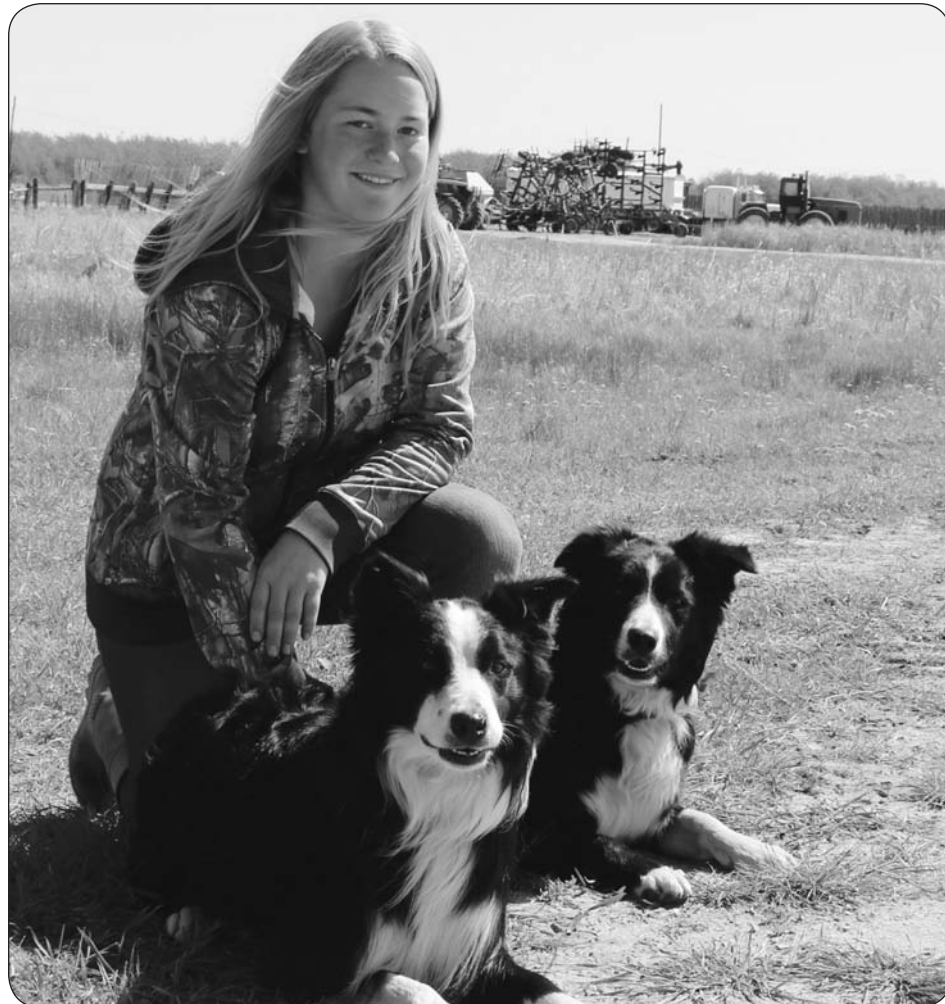
From the drove roads of 19-century Scotland to the plains of modern-day Manitoba, border collies have been an integral part of livestock farming.

Using dogs makes handling her family's sheep and cattle so much easier, said Van Hulle, who sets to work as soon as she comes home from school. Kip helps her move stock from pasture to barn or shifts them out of the way so that she can fill their troughs.

"If you're way out in a big field, your dog can bring them back," she said.

The breed has captured the imagination and admiration of artists down the centuries. Painter Sir Edwin Landseer depicted their steadfast devotion.

Continued on page 11



EXPRESS PHOTOS BY LANA MEIER

Fifteen-year-old Rebecca Van Hulle with her border collie dogs Kip and Earl.

Gimli Chamber of Commerce kicks off with mixer and membership drive

Chamber hosting business mixer and membership drive June 10

By Marney Blunt

The businesses of the Rural Municipality of Gimli are once again coming together as one strong voice with forming the Gimli Chamber of Commerce.

The resurrected Gimli Chamber of Commerce has been in the making for approximately the past six months now, and the steering committee is ready to kick things off with a business mixer and membership drive event on Wednesday, June 10 at the Lakeview Resort at 7 p.m.

The steering committee for the chamber is currently in the process of finalizing documentation for the chamber and hopes to start accepting memberships at the June 10 event.

"That's the starting point. We're hoping to get 50 memberships and then expand from there," said Nic Munday, president of the new Gimli Chamber of Commerce. Munday is also the branch manager of Noventis Credit Union for Gimli and Winnipeg Beach.

Any businesses within the Rural Municipality of Gimli are able to be-

come members of the Gimli Chamber of Commerce, which will also be a part of the Manitoba Chambers of Commerce.

Munday says Gimli Mayor Randy Woroniuk played a big part in getting the ball rolling again.

"That was part of his vision as he was running his campaign, and once he was elected, he held a meeting of interested folks as a general call out there to businesses that might be interested in resurrecting the chamber," said Munday. "So it started with that meeting, probably about 35 businesses at that meeting that showed enough interest, and we're just taking it from there."

Gimli has been without a chamber for approximately a decade now.

"In Gimli, the business landscape certainly has changed a lot in the last 10 years, and a lot of new businesses have come to the area and there's just more interest because of that," said Munday.

Becoming a member of the Gimli Chamber of Commerce can provide a variety of benefits to local business-

es, including networking with other business owners and having a voice or a lobby with the different levels of government. Munday says all the businesses coming together can make for a much stronger voice than just one individual business.

"The mayor is obviously a big supporter of chamber ideas, so we feel it's very valuable to have that voice," added Munday.

The Gimli Chamber of Commerce can also help with tourism initiatives. The chamber has already formed a tourism committee that's headed by

former Gimli mayor and current executive director of the New Iceland Heritage Museum, Tammy Axelsson.

Munday also noted specific benefits that chamber members can receive through the Manitoba Chambers of Commerce, including group health plans, payroll plans, point of sale discounts, gas discounts and more.

More information on the Gimli Chamber of Commerce will be discussed during their business mixer and membership drive on Wednesday, June 10 at the Lakeview Resort at 7 p.m.

Lightning damaged arrestor causes power outage in Gimli

By Marney Blunt

Two-thirds of Gimli had the power knocked out for one hour and 35 minutes on Wednesday, May 27.

An arrestor on a hydro pole caused the outage, which lasted from 12:35 to 2:10 p.m., according to a spokesperson from Manitoba Hydro. An arrestor protects a transformer from lightning

as it acts as a surge protector.

Manitoba Hydro says this arrestor may previously have been hit by lightning and shorted out with added moisture.

Power went out at Sigubjorg Stefansson Early School and the Gimli High School.

> TAKING STOCK, FROM PG. 10

Author Beatrix Potter of Peter Rabbit fame paid homage to the dogs for their ability to “sort out” their master’s property from other’s sheep. She even made them characters in some of her books. Poet Robbie Burns immortalized his dog Luath in The Twa Dogs. Even villages want a piece of them. Cambo in Northumberland, U.K., wants to be known as the ancestral birthplace of the breed.

Van Hulle owns another border collie, Earl, 10 months. He’s still finding his feet on the farm, but he’s eager to learn.

“If Kip is not doing it fast enough for Earl’s liking,” said Van Hulle, referring to Kip’s handling of the family cattle, “Earl will get in there.”

Van Hulle began training Kip when he turned one. She said it’s possible to wreck a novice dog if you pair it with unsuitable sheep. Sheep that aren’t accustomed to herding dogs, for instance, can react in ways that can confuse or frighten the trainee.

“If the sheep are too flighty,” said Van Hulle, by way of example, “they’ll run as fast as they can away from the dog. If they’re tough, they’ll bunt him.”

Teaching dogs to respect stock is a major focus of training. Dogs that herd too quickly — making livestock run and tiring them out — or that circle too tightly so that stock can’t move freely are not showing respect, Van Hulle said. And those flaws will be difficult to fix if left unattended. Playing ball with them can alter their focus from work to play.

Even your mood can affect how well they respond to training. They can easily gauge their master’s emotional state in the field.

“If you get frustrated,” said Van Hulle, “they won’t listen as well as they normally would.” But teaching the dogs to recognize different whistle commands is one way to get around our own foibles. “You can’t put emotion into a whistle,” she said.

When you see border collies herding sheep, you probably think the balance is tipped in their favour. But the expert eye sees canine and ovine species engaged in a strategic battle of wits, each trying to best the other in the working or competing field. The ovine occasionally triumphs.

The phrase “gentle as a lamb” flies straight through the farm gate after Van Hulle dishes up the cold, hard facts of life in the pen. The truth is

sheep are smart, and if pushed too far, they’ll either toy with the dog or behave wickedly.

“The sheep catch on,” said Van Hulle, referring to herding dogs that display timidity in the field. “Then the sheep won’t respond.”

At times they just won’t budge. Then the dog will have to nip lightly at their heels, circle them or throw its weight against them.

When she first put Kip to work with the family’s sheep, she said they turned on him a lot and tried to fight him. “But I was going to Campbell,” said Van Hulle, “and I managed to get Kip used to that.”

By Campbell, Van Hulle means Campbell Forsyth, an Eriksdale farmer from whom she bought Kip.

It was in St. Laurent that Van Hulle said she crossed paths with Forsyth’s daughter Kaelene, an accomplished stock dog trainer and 2013 world champion, and learned about the benefits of training border collies to work on farms.

Van Hulle takes Kip to Campbell Forsyth’s farm for training. “I classify it as my second home,” she said.

“I stopped by her farm one day and found her trimming the feet of her sheep all by herself,” said Forsyth, who is vice-president of the Manitoba Stock Dog Association and has about 12 border collies

working on his mixed farm.

He’s been competing for years and appreciates Van Hulle’s interest in the sport.

He said some sheep make it difficult to train dogs. “They’ll stamp their feet and run at them,” said Forsyth, who took home a \$10,000 cash prize in the Sheep Dog category at the 2013 Continental Stock Dog Competition at the Red River Exhibition.

In June, he’s headed to Steamboat Springs, Colo., to compete in the National Cattledog Association’s Finals.

Van Hulle said she wants to move up the competition ladder to compete in the expert category once she and Kip hone their routine. In the meantime, she’s volunteering at the Red River Exhibition next month, preparing the sheep for competitors in the third annual Continental Stock Dog Championship.

For more information on herding dogs, visit the Manitoba Stock Dog Association website at www.manitobastockdog.ca.



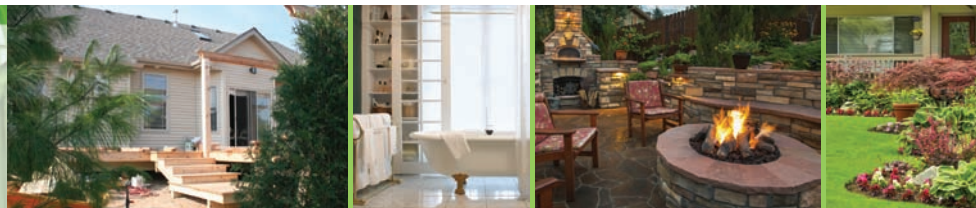
Kip moves five heifers through a timed obstacle course with commands from Van Hulle.



Van Hulle and her three-year-old dog, Kip, competed in the intermediate class of the stock dog trials held last Sunday in Eriksdale, finishing with 15 points in under the 12-minute time limit.

“IF KIP IS NOT DOING IT FAST ENOUGH FOR EARL’S LIKING, EARL WILL GET IN THERE.”

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Are you familiar with organic gardening methods?

If you're committed to protecting the environment, then you're probably doing everything you can to reduce pollution, waste and garbage. You may already be carpooling, taking quick showers and choosing reusable shopping bags, too. But have you thought about applying this philosophy in your yard? Some gardening practices encourage waste, while others are harmful to the environment. Here are some tips to help you to garden in an environmentally friendly way.

BETTER WATER MANAGEMENT

Did you know that more than half of the water used for watering lawns and gardens is either lost as runoff from overwatering or through evaporation? To avoid such waste, ensure that you only give your lawn the amount of water it needs, and be sure to water early in the morning to avoid evaporation loss. Collect rainwater and select plants that don't need much watering. Cover the soil with a layer of organic mulch to retain moisture longer.

ENRICH THE SOIL

Avoid using pesticides and chemical fertilizers, as they are harmful to the environment and to the health of humans and animals. Use compost and organic fertilizers to enrich the soil.

Organic gardening also means banning decorative rocks and geotextile membranes, which compromise the ex-

change of gasses between the air and the soil. Switch off any lights that light up your yard unnecessarily at night, and leave grass clippings on the lawn rather than sending them to the landfill with your garbage.

So, is your garden green?



Protac Roofing and Renovations New Owner, New Name

Protac Roofing and Renovations has been serving the Interlake since 1995, specializing in roofing, siding, soffits, fascia, and continuous eavestroughs. The head office is in Gimli, but they also do a thriving business in Winnipeg.

Born in Russia, raised in Germany, and finally immigrating to Canada, Dmitrij Klassen has gained some worldly experience. He is a prime example of what vision and hard work will get you. He learned his business acumen in a very successful family business in Germany, but the youngest of 5, he wanted to prove to himself that he could make it on his own. In 2008, he followed his wife back to her home in the Interlake and with no money started with Protac Roofing and Renovations. He was soon managing the company and in late 2014, he bought out the former owners.

He attributes his success to a solid work ethic and a commitment to serving his customers in a prompt and professional manner. In 2015, you'll see the company continue to grow under the new moniker, **Protac Roofing Interlake**, working with you until you're satisfied.

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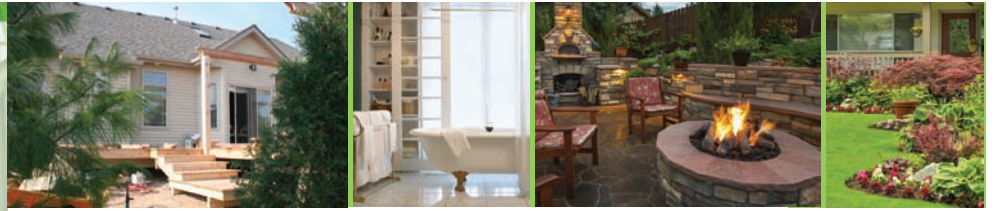
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CERTIFIED ROOFERS

Home, Yard & Real Estate



Fun flower pots to make yourself

Potted plants and flowers make it easy to enhance an outdoor area at very little cost. Before buying traditional flower pots, why not think about reusing objects you already own? Here are some ideas for making some fun, ecological garden decorations.

Got an old pair of rain boots that are collecting dust in a closet? Give them new life by planting colourful flowers in them. You love the vintage look? Worn out construction boots will give a nostalgic touch to your arrangement. Or recycle baby shoes by planting them with tiny flowers or herbs. So cute!

The kitchen is a great source of potential pots. For example, a rusty old strainer could become the perfect hanging planter, with the help of some paint and a small chain. Tin cans also have great potential, and your kids will love decorating them in their own unique ways. Even yogurt containers can be used as improvised planters.

Look around the garage or shed. Has your metal watering can just about given up the ghost? Give it a

flowery retirement at the end of its useful life. You can do the same thing with a wheelbarrow or a toolbox — the possibilities are endless. Just let your imagination run wild.

You're sure to find all sorts of potential flower pots just by wandering around your home. Recycling has never been such fun!



Eco-friendly lunches

Helping to protect the environment also means thinking about what goes into your lunch box. That's right; you can make eco-friendly lunches that will enable you to reduce the amount of garbage you produce.

ALWAYS OPT FOR REUSABLE ITEMS

An eco-friendly lunch starts with a reusable lunch box — no more paper or plastic bags that just end up in the recycling bin or garbage can every day. This rule also applies to dishes and all the other contents of the lunch box. In other words, plastic dishes, metal utensils, a reusable coffee cup and a cloth napkin should become part of your everyday life.

MAKE THE RIGHT CHOICES AT THE GROCERY STORE

Try to avoid products sold in individual portions, such as small yogurts and juices, because they produce more garbage. Instead, opt for bulk foods and large formats. That way you can prepare portions that are perfect for your appetite and store them in reusable containers. Buying local foods and seasonal fruits and vegetables also helps protect the environment by reducing greenhouse gas emissions generated by transporting food over long distances.

PUT YOUR GARBAGE CAN ON A DIET

To be truly eco-friendly, your lunch should only generate a tiny amount of garbage. Assess your needs in order to avoid wasting food, and recycle and compost whenever possible. Be sure to take back returnable containers as well.

Do you make eco-friendly lunches? You can help the environment even more by encouraging others to do the same.

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376-5204

Lundar Agricultural Society presents.....

LUNDAR AGRICULTURAL FAIR**Friday, June 12****Saturday, June 13****Antique
Modified
Tractor**

8:00 am Breakfast Special at Concession Booth
 9:45 4-H Activities (Arena) Beef Clubs Lundar, Lakeside, Dolly Bay, Fisher Branch 4-H Beef Achievement Day
 9:00 Horse Show - Halter Classes, Showmanship, Jackpot (Horse ring)
 4-H Horse Classes, Saddle classes, Novelty classes, speed Events, costume classes, trail stakes (Horse Ring), Mini driving, Mini Speed
 1:00 Opening Ceremonies of Lundar Agr-Ed Center
 4:00 Beef Cattle Sales (Arena)
 5:00 Home Living Exhibits open if Judging Completed (Closes 9:30)
 Commercial Displays in Curling Rink
 5:00 Antique Tractor Pull
 7:00 Freestage Entertainemnt - Mr Ken Professional Show (Music, magic, comedy)
 8:00 Freestage - Quinn Greene (actor, singer, karaoke with audience)
 Dusk FIREWORKS!!!!!!

SATURN SHOWS FRIDAY & SATURDAY

7:00-9:00 am Pancake Breakfast in Arena Rotunda (Sponsored by B.P.O Elks)
 9:00 sharp Horse show - Draft halter classes
 9:00 Home Living Exhibits Open in Curling Rink
 Commercial Displays Open in Curling Rink
 Baby Contest - Lundar Catholic Church
 9:30 Miss Interlake (talent judging) at Lundar Legion Hall
 \$1000 Jackpot Heifer Show (Arena) Sponsored by TBA
 Registered Beef Show - starting with females
 10:00 Manitoba Hereford MOE show
 Public Judging of Pen of Three (10-4) SW Corner
 11:30 Parade - starting at school grounds
 1:00 BBQ dinner (under big tent)
 1:15 pm O'Canada - Opening Remarks - Grandstand (M.C.)
 Volunteer Award presentation
 Free Stage Entertainment - sound provided by Dave Greene
 Performance by Cindy Desjarlais, Neil Thornham

Horse show resumes with Hitch Classes
Open Pee Wee Showmanship (Agri-Ed Center)

Meet & Greet session with Janine Stephens (Rowing, 2012 Olympic Silver Medalist)....under the big tent

1:30 Registered Beef Classes Resume
 CKDM Exotic Animal Display Opens till
 4pm Face Painting
 2:00 Antique Tractor Pull
 3:00 Miss Interlake (sportswear/formal wear; impromptu interviews at grandstand)
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Raising awareness on elder abuse

By Marney Blunt

The Gimli Seniors Resource Council is raising awareness for an issue that should never happen: Elder abuse.

This year, Monday, June 15 marks World Elder Abuse Awareness Day, a day designated by the United Nations General Assembly to encourage people to speak out against elder abuse. Manitoba has celebrated World Elder

Abuse Awareness Day since 2006.

The Gimli Seniors Resource Council will be doing their part in helping raise awareness on the issue and helping with various programming and services.

"We hand out fact sheets for safety for seniors and things you can do to keep yourself safe," said Valerie Swanson, a resource co-ordinator for the



EXPRESS PHOTO BY MARNEY BLUNT

Resource co-ordinators (left to right) Marjorie Marks, Valerie Swanson and Terry Dahl are raising awareness and education on elder abuse for World Elder Abuse Awareness Day.

Gimli Seniors Resource Council.

The council will also be wearing purple and educating seniors at the lodges on what elder abuse is.

Elder abuse can be physical, social, financial, psychological or sexual and can include mistreatment or neglect. Swanson says elder abuse is becoming a more common problem.

"We're finding there's more and more abuse with our seniors, so I think if we educate them, that'll help them to make an informed decision on whether this is a form of abuse or not," said Swanson.

"It can be through telemarketers. It can be just as easy as thinking you are giving someone your debit card to go and do something. It's those kinds of things."

Swanson also says that financial abuse is probably the most common type of elder abuse.

"We've had a scam going around

where someone is calling seniors saying they were their grandson and they needed money and could you send money or give me your credit card information," said Swanson. "Sometimes they catch people when they're just waking up or something and they're giving out their credit card information, their date of birth, all the very particulars, which is identity theft."

If a senior feels they are being abused or mistreated, or if they know someone else who might be, they can make a completely confidential phone call to the Gimli Seniors Resource Council.

"Then we can get ahold of the people and go in and do some intervention or whatever needs to be done and it's all on a confidential basis," said Swanson.

For more information on World Elder Abuse Awareness Day, visit weaadmanitoba.ca.

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Avian flu looming, local poultry producers taking extra caution

With major outbreaks south of the border, local producers are heightening biosecurity

By Marney Blunt

The avian flu, or the H5N2 virus, has now impacted more than 40 million poultry birds during the recent outbreak in the United States. While some outbreaks have edged quite close to the Manitoba border, no outbreaks have been found yet in Manitoba.

However, with the virus looming nearby, local producers have been taking extra precautionary measures and stepping up biosecurity protocols to ensure local Manitoban farms won't be affected.

"We have been on very high alert since the first outbreak that occurred in Ontario earlier this spring and earlier in British Columbia, and then the outbreaks moved to the United States in Minnesota, Iowa and Wisconsin areas earlier in April," said Bill Uruski, chairman of the Manitoba Turkey Producers. Uruski also owns a turkey farm between Arborg and Fisher Branch.

Producers have taken different protocols to lessen the risk of having their farms contract the virus or spreading it between farms. Uruski says some of these measures include wearing different clothing and footwear in the barn than what is worn in the yard, disinfecting trucks that enter the farm premises and ensuring that no one

other than those working on the poultry farm enter the premises.

The strain of the current virus is one that is known as high-path, Uruski says.

"That's one (strain) that affects the birds very seriously," said Uruski. "In fact, there have been reports that if the farm has contracted the virus, the death rate is up to 90 per cent within three days. So it's a very relentless strain of the H5 disease."

Manitoba has fortunately not had an outbreak of the disease, and Uruski says part of that can be attributed to producers and industry players working together using extreme caution with biosecurity.

"We've cancelled meetings that we normally would have at this time of year; we've postponed meetings so that even the contact between producers is lessened. Those are the kinds of things that we have been doing, trying to minimize the exposure to the risks that may be out there," said Uruski.

"We as an industry are very appreciative of the work that the producers across the province are doing, on both the chicken side and the turkey side, in keeping their biosecurity measures at the highest level."

Wayne Hiltz, the executive director of Manitoba Chicken Producers, says that the outbreak of the avian flu



EXPRESS PHOTO SUPPLIED BY MANITOBA TURKEY PRODUCERS

Interlake turkey producers are taking extra precautions to lessen the risk of having their farms contract avian flu or the H5N2 virus.

in the U.S. and parts of Ontario have made for an "amber-alert stage."

"We always run a good biosecurity program, and right now we're at the amber stage, which is our third of four levels," said Hiltz.

While the Canada-U.S. border remains open to shipping poultry birds, biosecurity has been heightened there also. Trucks must be washed in the U.S. and Canada to ensure no one is bringing the disease over the border.

"Zones have been created around outbreak farms so that traffic is limited," explained Uruski. "If there is an area where an outbreak has occurred,

then alternate routes have to be taken to bypass all those areas."

Hiltz says that this has caused some logistical issues with transportation for poultry breeders due to having to change or take longer routes.

Both Uruski and Hiltz noted that the avian flu is not a food safety issue and does not impact humans.

"It's not contactable. It's not spreadable (to humans), and if poultry product is cooked in the normal and proper way, there is no health hazards at all from the disease," said Uruski. "It is basically a bird health issue, not a human health issue."

Grahamdale CDC looking to improve the RM

By Jeff Ward

The Grahamdale Community Development Corporation (CDC) is holding its annual general meeting (AGM) in just a few weeks, and they want to know how you'd like to see them improve your community.

The CDC of Grahamdale has been involved in many projects for the RM over the past few years, and with their AGM upcoming, it's the perfect time to petition the community for new ideas.

"We want people to come by and give us ideas for what we should accomplish next," said Brad Stabner, CDC chairman.

"We'll be showing off our strategic plan for what we believe are the next projects, but we want that feedback as well. This is their opportunity to have

their ideas heard."

The CDC has been a part of many great projects over the last few years. They've been helping develop the Steep Rock area, building benches near the cliffs and setting up blockages so it's foot traffic only. And they plan on doing more for that area this year as well, like making improvements to the public reserve areas and advertising the lot sales for their new subdivisions.

It can't be all about Steep Rock, however, and Stabner and his board

members have ideas for Moosehorn as well.

"We want to upgrade the park in Moosehorn. That's a big priority for us this year. We'd love to build some new public washrooms there and maybe even bring in an RV park with water and sewer hook-up so people can spend the night."

The RM of Grahamdale is a big place and Stabner wants input from every corner of it. He believes it's important to take in as many ideas as

possible so that the CDC can build up the entire community and not just part of it.

"We started this [the CDC] from nothing and we don't want to ruin this opportunity. There's a lot of potential here in our RM, and we just need the right makeup of ideas. I want to be bring people back to the area. It's got cheap land and the best air money can buy," explained Stabner.

If you're interested in attending the AGM, it's being held at the Moosehorn Hall on June 17 at 6:30 p.m. Everyone is encourage to participate and share their ideas for a better community.

There will also be an election held if you're interested in becoming a part of the board.

"I WANT TO BE BRING PEOPLE BACK TO THE AREA. IT'S GOT CHEAP LAND AND THE BEST AIR MONEY CAN BUY."

Maple Leaf Foods Community Walk/Run a success

By Marney Blunt

The Maple Leaf Food Community Walk/Run on May 22 was a complete success, raising in excess of \$10,000 for the new asphalt track and soccer pitch at the Arborg Collegiate Institute.

The event kicked off during the day on May 22 with students and staff from both Arborg Early Middle

School, Arborg Collegiate and even some from Riverton Collegiate. The high school students ran relay races with different challenging events, and the early middle years students walked the track and got to soak their principals with water guns and hoses.

In the evening, 12 teams and 30 individuals came to participate in the

fundraiser with walking or running around the old track. Children and parents also enjoyed a family fun zone with face painting, kids' games, a silent auction and a barbecue.

Judy Nichol, a member of the Arborg track renewal committee, said they were very pleased with the turnout of the first-ever community walk/run

event. Nichol also extended a thank you to everyone who donated money towards the track project.

The new asphalt track is to be built this summer. The committee has budgeted approximately \$250,000 for the project, and prior to the community walk/run, the committee had raised just over \$210,000.



EXPRESS PHOTOS BY JUDY NICHOL

Students from Arborg Collegiate, Arborg Early Middle School and Riverton Collegiate participated in several relay races during the day of the Maple Leaf Foods Community Walk/Run.

A contingent of students from Riverton Collegiate presented the Arborg track renewal committee with a cheque of \$100 for the track and soccer pitch project.

A team of women ages 65-plus showed some spirit during the evening event of the Maple Leaf Foods Community Walk/Run.

Large crowd comes to hear affordable housing options

By Marney Blunt

Sandy white beaches, beautiful landscape, a big open lake with great fishing and a quaint Icelandic community; it's no wonder *The Globe and Mail* listed Gimli as one of the top places in Canada to retire this past winter.

If you can find an affordable place to live, that is.

With the majority of the population in Gimli being seniors, finding affordable seniors housing is in crisis mode. However, a few different options to find more affordable seniors' housing are floating around, and some of those ideas were discussed during a public consultation meeting with Manitoba Housing hosted by the Gimli Seniors Residence Inc. at the New Horizons for Seniors Centre in Gimli last week.

With well over 100 members of the public in attendance, the public consultation discussed the asset management updates of Manitoba Housing's current facilities in Gimli as well as opportunities and options for a new seniors housing project in Gimli.

Manitoba Housing currently has three seniors' facilities in Gimli, including New Haven Lodge, New Harbour Lodge and Vesturland Villa. New Haven Lodge and New Harbour Lodge are both 18-unit motel-style apartments, with 16 studio or bachelor units and two one-bedroom units. Vesturland Villa has 12 motel-style units, all one bedroom.

"We've currently got three seniors' housing complexes in Gimli that require major upgrades, to say the least, and Manitoba Housing is considering the potential demolition of one building and building a new one and looking at the possibility of refreshing the remaining two buildings in Gimli," said Dwayne Rewniak, the executive director for housing delivery with Manitoba Housing.

Manitoba Housing is reviewing the possibility of demolishing New Haven Lodge and renovating New Harbour Lodge and Vesturland Villa.

"What we do with those two buildings (New Harbour and Vesturland Villa) really depends on how we move forward with New Haven," said Rewniak, adding that New Haven is in the most desperate need of repair out of the three complexes.

New Haven Lodge, which was constructed in 1973, is a low-level building in comparison to the other buildings surrounding it, Rewniak said. As a result, the building has major drainage and flooding issues. Manitoba Housing currently has a consultant doing a review of the building.

Another option discussed at the meeting included the potential of rebuilding on a parcel on land owned by the RM, right beside the New Horizons for Seniors Centre off North Colonization Road.

Rewniak said they are also looking



EXPRESS PHOTO BY MARNEY BLUNT

Dwayne Rewniak, the executive director of housing delivery with Manitoba Housing, along with other representatives from Manitoba Housing, hosted a public consultation meeting at the New Horizons for Seniors Centre in Gimli last week.

at the possibility of expanding the residence from 18 units to 40 units, although that number is not yet finalized. These units would be a combination of one- and two-bedroom suites.

At the meeting, members of the public voiced concerns about proximity to downtown Gimli, parking spaces and more. There would also be an issue with rehousing the current residents of New Haven Lodge while the building is being demolished.

Rewniak says Manitoba Housing would be looking to partner with a non-profit organization or sponsor to

take over management of the building.

Lina Allegro, president of the Gimli Seniors Residence Inc., took a vote on how many people at the meeting wanted to see the new complex rebuilt at the original New Haven site, and how many wanted to see it built on the RM's property beside the New Horizons for Seniors Centre. Approximately 80 per cent of the crowd voted in favour of having the new building located on the RM property at the New Horizons site.

Westshore Singers harmonizing in the Interlake

Choir hosted spring concert series last weekend

By Marney Blunt

The Westshore Singers tuned up their vocal chords last week and sang together in harmony for their bi-annual concert series.

Now in their 14th year, the Westshore Singers have been performing in the communities of Gimli, Arborg and Riverton for their spring and Christmas concert series.

The group performed last weekend with two concerts at the Gimli Lutheran Church and one at the Riverton-Hnausa Lutheran Church, which included an assortment of music.

"We are performing a variety of Canadian folk music as well as music from World War II," said Muriel Smith, the director of the Westshore Singers.

When the Westshore Singers first started up in the fall of 2001, they had 15 singers in their group. Now, the Westshore Singers usually have between 40 and 50 singers in the group. The group has attracted singers from all over the Interlake, including the communities of Gimli, Winnipeg Beach, Sandy Hook, Arborg, Riverton, Hnausa, Arnes, Matlock, Ponemah,

Whyteford, Petersfield, Selkirk and even Lunder.

For Smith, who just became the director of the Westshore Singers last fall, joining the Westshore group was a great way to get involved in the community when she moved to the Interlake two years ago.

"For me personally, as the director, being associated with the choir provided an instant connection to the community when I moved to Gimli two years ago," said Smith. "I really

enjoy sharing my musical knowledge with the group and watching them develop new skills as individual choristers and overall as a choir."

Smith also pointed out that concert proceeds benefit the Gimli area, as the Westshore Singers make an annual donation to Evergreen Basic Needs. The group also rehearses their concert series at the Betel Personal Care Home and will perform on request in Selkirk, Gimli, Arnes, Fraserwood, Teulon and Stonewall.

If you're interested in joining the Westshore Singers, contact Rita Avison at 204-378-2444.



Local music legend Roy Gudmundson performing at the Riverton-Hnausa Lutheran Church for the Westshore Singers spring concert series.



EXPRESS PHOTOS SUBMITTED

The Westshore Singers performing during their spring concert series last week.

Community Development grant deadline closing in

June 12 deadline for \$10,000 grant application

By Jeff Ward

The deadline for the Community Futures — Community Development Support Initiative Grant — is fast approaching, so now is your opportunity to have your project considered for up to \$10,000.

The grant is to be used for any additional development for a community or to create a permanent capital development or lead to permanent capital development.

"Our only hope is that they're able to get the project up and running. It must be completed by March 2016," said Lana Cowling-Mason, the gen-

eral manager and community development co-ordinator for Community Futures West Interlake.

"The goal is that your project is ready to go when you receive the grant money. Of course, there are delays and sometimes they're not expected and we can always work around those, but with this being an annual grant, we want to make sure that these projects get finished."

Last year's projects were the Steep Rock Campground Pavilion, which was built in November of 2014 and is having the finishing touches put on it now, and the Woodlands Children's Centre, which helped develop their outdoor play area. Both projects received the maximum of \$10,000.

Community Futures has a total of \$20,000 to give away, and that money can be portioned out to any number of projects. Whether its four \$5,000 projects or 20 \$1,000 projects, Community Futures can only give up to their maximum of \$20,000. If you're wanting to apply, Cowling-Mason has some tips for having the best shot at the grant.

"Each group needs to be organized in their plan. What does your project look like? How does it work? We need to make sure there is a strong group of people behind the project that is committed to making it work. We can also help groups in planning their projects as well."

Last year, there were 13 applications

for the grant, and Cowling-Mason has already heard from some of those who applied last year about improving their applications. There is lots of competition for this money, but it shouldn't deter people from applying.

These grants remain an important part of capital development in the Interlake, and each year more success stories and community improvements stem from the procurement of the money.

The deadline for applications is next Friday, June 12 at 4 p.m. If you and your group want to apply for a grant, you can contact Community Futures West Interlake toll-free at 1-888-496-8932 for more information.

High School Rodeo Finals kick off Friday

Staff

Dust off your favourite pair of jeans and grab your cowboy boots, the Manitoba High School Rodeo Association finals are riding into Selkirk.

Hosted by the St. Andrews and St. Clements Agricultural Society, the three-day event kicks off at 11 a.m. on Friday, June 5 through to Sunday, June 7 at the Selkirk Park rodeo grounds. Timed roping, racing and rough-stock rodeo competitions for Manitoba's junior and high school students will be held throughout the event, which begins at 11 a.m. all three days.

The finals will bring together roughly 90 competitors from across Manitoba along with hundreds of their family members and friends.

High School and Junior High rodeo action begins at 11 a.m. both Friday and Saturday with High School action only on Sunday beginning at 10 a.m.

Rodeo events will include bareback, saddle bronc, goat tying, tie down, ribbon roping, breakaway roping, steer wrestling, chutedogging, goat tying, barrel racing, pole bending, team roping and the crowd favourite bull riding.

For more information, visit mhsra.ca.



EXPRESS FILE PHOTO

Teulon's Aubrie Park makes her way around the barrels at last year's High School Rodeo Finals in Selkirk. This year's three-day event kicks off at 11 a.m. June 5.

Highway 6 to see new pavement, passing lanes

By Stefanie Lasuik

It's not the road that the government receives the most complaints about, it's not necessarily the highway that has seen the most fatalities, it's not solely determined by the government and it certainly is not a random process.

The roads that are selected for summer construction projects are the lucky winners of a process that weighs traffic volumes and the condition of the existing pavement. And this year, like last, Highway 6 held the matching number.

The pavement-lying project on the 28-kilometre stretch from northern Woodlands to north of Grosse Isle will be a two-month affair, which aims at replacing old pavement, widening shoulders and adding passing lanes. The passing lanes will serve both sides of the highway and will be implemented in two locations: one just south of Warren and one north.

Some drivers might say that Highway 6 didn't pull the lucky number, but, rather, summoned a curse. When sitting in what seems like 15-minute delays, it is difficult to argue with that opinion. It is, however, possible. Executive director of Manitoba In-

frastructure and Transportation Ron Weatherburn said that No. 6's pavement is old enough to be past its useful life and that the road is growing to a higher traffic volume.

It is also a highway that is forbidding to many travellers from Winnipeg and even those from surrounding communities. A little rain, snow or fog rapidly worsens driving conditions on a highway that has, for the most part, gravel shoulders that give way to threatening ditch.

The dangerous driving conditions on Highway 6 are often discussed as an inconvenience. The route now sees about 3,500 vehicles a day, which creates diversity in travelling speeds. Law-abiding drivers can hold up a convoy of vehicles on Highway 6, who, for an abundance of oncoming traffic, can't seem to pass.

This leads to risky passing, where motorists in the oncoming lane are forced to slam on their brakes because passing drivers do not always allow themselves enough time or space to get back into their own lane.

The \$18-million construction project forefronts safety, but it will also make the highway a smoother drive for travellers.



EXPRESS PHOTO BY STEFANIE LASUIK

Highway 6 will be receiving upgrade construction this summer.

7th annual Ride for Dad raises over \$261K

Hundreds join ride from Winnipeg to Gimli for prostate cancer research

By Austin Grabish

The sounds of engines throttling echoed throughout much of the Interlake and Selkirk on Saturday as more than 1,200 bikers made their way from Winnipeg to Gimli for the seventh annual Ride for Dad.

"We're ecstatic. The ride today went off today without a hitch," spokesman Ed Johner said Saturday.

Although numbers weren't finalized, as of Saturday evening more than \$261,000 had been raised during the ride for prostate cancer research.

That means Ride for Dad has now raised more than \$1 million since it began seven years ago, Johner said.

He added a few bikers went out of their way this year collecting pledges, noting two men raised more than \$20,000 each, while many more individuals also collected thousands in donations by themselves.

"It's just phenomenal how it's grown over the years," Johner said.

Participants paid a \$30 registration fee to take part in the daylong ride that kicked off at Polo Park in Winnipeg.

Riders made stops in Selkirk and other towns while on their way to Gimli.

"We're big on the Interlake," Johner said. "Really, the ride virtually spends the whole day between Winnipeg and the Interlake."

In Gimli, the town's main drag was



EXPRESS PHOTO BY AUSTIN GRABISH

Cool temperatures – 6C at 10:00 AM – did not deter motorcycle enthusiasts as the 7th annual Manitoba Motorcycle Ride for Dad that attracted over 1,250 registered riders raising more than \$260,000 in the fight against prostate cancer. This brings the seven-year fundraising total to over \$1M. Proceeds stay in Manitoba for prostate cancer research and education.

shut down completely to allow for motorcycle-only parking.

"It looked like a mini Sturgis. It was absolutely incredible," Johner said.

Morris resident Jack Courtemanche made the trek to Gimli and stopped in Selkirk around lunchtime for a quick break.

It was his first time taking part in the ride, and he said he would definitely be taking part again next year.

"It's a good cause. I like it," Courtemanche said.

Johner also made sure to stress the importance of early cancer detection.

In 2007 at the age of 49, he was diagnosed with prostate cancer, and it came as a shock to Johner who showed no cancer symptoms.

"So for me, early detection was critical, and I mean here I am eight years later enjoying life and here to talk

about it," Johner said.

His story is similar to many other men across the country.

"1.2 million men in Canada have prostate cancer and 960,000 of them don't realize they have it," Johner said, adding it's important men have conversations with their doctors about prostate cancer.

Province introduces electronic cigarettes legislation

News Release

The Manitoba government has introduced new legislation that would prohibit the sale of electronic cigarettes (e-cigarettes) to minors, place restrictions on advertising and promoting, and prohibit their use in most indoor public places, Healthy Living and Seniors Minister Deanne Crothers announced Monday.

"There are many unanswered questions surrounding the safety of e-cigarettes and their total impact on smoking rates," said Minister Crothers. "Our goal is to find a balance that minimizes possible health risks to

children and other bystanders, while acknowledging that some individuals use these products to help them quit smoking."

The proposed amendments prohibiting sale to minors and restricting advertising, display and promotion are the same as current regulations that apply to tobacco products, the minister said. The new rules would also prohibit e-cigarette use in most indoor public places where smoking is currently prohibited, such as schools, libraries, hospitals, malls, restaurants, indoor workplaces and vehicles where children under the age of 16

are present.

"We are pleased to see the Manitoba government taking action to regulate e-cigarettes," said Murray Gibson, executive director, Manitoba Tobacco Reduction Alliance. "These new measures would protect youth from nicotine addiction and the possible dangers of e-cigarette vapour and would curb the growing use of e-cigarettes by non-smokers."

The proposed legislation is similar to laws proposed in other jurisdictions, Minister Crothers said. However, the rules proposed for Manitoba would allow customers to test products at

specialty shops where vapour products are the predominant product sold and the proposed amendments would also allow for consideration of further exemptions to the indoor use ban for adult-only establishments, such as bars and casinos, the minister added.

She noted the proposed amendments would establish rules for products that are not currently controlled in Manitoba.

"This is an important initial step in addressing this complex, emerging issue," said Minister Crothers. "It's a true Manitoba-made approach."

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Impact lead MMSL 7th Division

By Brian Bowman

The Interlake Impact are making it look easy in the Manitoba Major Soccer League's 7th Division.

Interlake improved its record to a perfect 4-0 on the young season with an impressive 7-1 win over Azzurri at the Vince Leah Community Centre on May 27.

The Impact have wins over Les Bleus (8-2), Landmark FC (2-1), and the

Gunners (3-0). Interlake has a three-point lead over the second-place North Winnipeg United (3-0).

Interlake has outscored its opponents 20-4 this season.

The first-place Impact will be looking to keep their perfect record intact this Saturday when they battle Arnott Financial Selects (1-2-1) at the Winnipeg Soccer Complex. Game time is 2 p.m.

Provincial bound



EXPRESS PHOTOS BY JO-ANNE PROCTER

Lundar Collegiate's Jerrica Forsyth (left) won the varsity girls' 100-metre race with a time of 13.50 while Warren Collegiate's Sydney Hildebrandt (right) finished second. Warren's Mekaela Fisher finished third at the Zone 5 finals.

PeeWee action



EXPRESS PHOTO BY LANA MEIER

Lundar Brewers' first baseman Kaden Sigfusson gets the out against the Stonewall Blue Jays' Davis Fenske at Fines Field Saturday.



Fisher Branch's Richelande Plett jumped 9.68-m in the junior varsity triple jump to qualify for the MHSAA Track and Field Provincials to be held at the U of M.



Fisher Branch's Danae DesJardins qualified for provincials after throwing 8.78-m in varsity girls' shot put at the Zone 5 Track and Field Championships in Stonewall May 26.

get inspired

MEAL IDEAS



Cheddar-Parmesan Poutine with Gravy

Preparation
Soak cut potatoes in cold water overnight. Before deep-frying, remove potatoes from water and pat dry.

Using deep-fryer, heat canola oil to 375°F. Deep-fry for 8 to 10 minutes or until lightly golden. Remove fries from deep-fryer and drain on paper towels.

If necessary, in saucepan, reheat 2 cups poutine gravy and set aside.

Return fries to deep-fryer and fry for additional 3 to 5 minutes or until golden brown. Remove from deep-fryer to stainless steel bowl. Add gravy, cheese and herbs. Stir gently to combine. Season with salt and pepper. Serve.

Yield 4 servings / Serving size 1 1/2 cups poutine

Ingredients

- 4 Russet potatoes, peeled and sliced into uniform sticks
- 5 cups canola oil
- 2 cups poutine gravy (see recipe)
- 1 cup sharp cheddar cheese, grated
- 1 cup Parmesan or Grana Padano cheese, grated
- 3 tablespoons chopped fresh dill
- 3 tablespoons chopped fresh flat leaf parsley
- 3 tablespoons chopped fresh sage
- 1/4 teaspoon salt
- 1/4 teaspoon pepper

Poutine Gravy

Ingredients

- 3/4 cup diced yellow onion
- 2 tablespoons diced carrot
- 2 tablespoons diced celery
- 2/3 cup canola oil
- 1 tablespoon chopped sage
- 1/2 teaspoon tomato paste
- 1/3 cup all-purpose flour
- 4 cups beef stock
- 1 tablespoon Worcestershire sauce
- 1 teaspoon chopped garlic
- 1 tablespoon chopped rosemary
- 1 teaspoon salt
- 1/2 teaspoon pepper

Preparation

In large saucepan, sweat onion, carrot and celery in canola oil over medium heat until slightly caramelized. Stir frequently. Add sage and tomato paste and sauté for 1 to 2 minutes.

Sprinkle vegetable mixture with flour and combine to form roux. Heat for about 30 seconds. Add stock, Worcestershire sauce and garlic. Simmer for 35 minutes.

Season with rosemary, salt and pepper. Simmer for additional 10 minutes. Using immersion blender, purée gravy. Leftover gravy can be frozen for future use.

Yield 5 cups / Serving size 1/2 cup

Indian-Style Burger



Ingredients

- 1 1/3 lb (600 g) extra-lean Canadian ground beef
- 1/4 cup (50 mL) tomato paste
- 1 tbsp (15 mL) curry powder
- 1 egg
- 1/2 cup (125 mL) breadcrumbs
- 1/3 cup (75 mL) lower fat Canadian Feta, crumbled or 1/4 cup (50 mL) regular Canadian Feta, crumbled
- Freshly ground pepper, to taste
- 8 multi-grain burger buns

Spiced Coffee

Ingredients

- 2/3 cup ground Sumatra coffee
- 4 cinnamon sticks, crushed or broken into small pieces
- 6 cups water
- 1/2 teaspoon ground cardamom
- 2/3 cup honey
- Half-and-half or milk

Preparation

Mix together coffee and cinnamon sticks. Using coffee-cinnamon mixture and water, brew coffee by customary method.

Add cardamom and honey to hot coffee and stir until honey dissolves.

Serve warm. Pour about 2/3 cup coffee into each cup. Pass half- and-half or milk. Serves 8

Toppings:

- 1/4 cup (50 mL) 1% plain yogurt
- 1/4 cup (50 mL) light mayonnaise
- 1 tbsp (15 mL) honey
- 2 tbsp (25 mL) fresh cilantro, coarsely chopped
- 4 to 6 lettuce leaves

Directions

Preheat grill to medium heat or oven to 425°F (220°C).

In a bowl, mix all the ingredients together except the buns and toppings. Season to taste.

Divide mixture and shape into 8 patties.

Place on grill or on a parchment-covered baking sheet on centre rack of oven. Cook burgers 12 to 15 minutes, turning them over just once.

Heat the buns.

Mix yogurt, mayonnaise, honey and cilantro, and season to taste. Spread onto buns.

Fill buns with patties and garnish with lettuce.

Prep time: 20 min | Cook time: 15 min

Makes: 8 servings

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It is important to go home regularly, or we lose touch with who we are. For some, this may seem like a strange concept, for there are many who have been operating on automatic for so long, that it feels weird to be alone with self. However, as the pace of life continues to speed up, it is more important than ever for each of us to be centered and balanced within ourselves.

The peaceful energy that flows from that state affects the whole. If there is a long lineup at the express checkout and the cashier is slow, you can feel the tension building. But if there is one person in the lineup who is really at peace, that can change the energy of the whole group. Sometimes you can even calm a fussy baby in such a lineup by simply centering yourself, and sending love to that child.

Try giving yourself some silent time before the children come home, or as you drive home from work, and notice the difference that can make in the way that you respond to family members. Take some silent time at noon, and notice what a difference it makes in your afternoon at work or school. If you do some deep breathing while you are appreciating the silence, you will enhance the effects of this practice. And if you make this a regular part of your life, you will be nurturing both body and soul.

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

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Car for sale - 2000 Neon LE, \$2500, solar battery charger, plus assorted tools included. Call Paul (204) 376-5122 Arborg.

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6 new 16 x 80, 3 bed, 2 bath. starting at \$83,000; 1 new 16 x 68, 2 bed, 1 bath, starting at \$72,000. Altona Mobile Homes, 1-800-582-4036, 1-204-324-6776 Email amhl@mymts.net



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GARAGE SALE

Aspen Park in Gimli is having their Annual Yard Sale on Sat. June 6 from 9:00 to 1:00 p.m. (Rain date June 13 if needed). Drinks & hot dogs available for purchase.

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1/2 Mile on Millbrook Rd.
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Tenders to be received by **June 24, 2015 (4 pm)**
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Saturday June 13 @ 10:00 am

Teulon, MB

Jct 229 & Hwy #7, South on 7, 1 1/4 Miles
Contact: Viewing by Appointment
(204) 886-3936

Tractors Ford NH S 110 MFWA Cab FEL 8249 Hrs. * Deutz Dx110 Cab 540/1000 Dual hyd 5872 hrs * Int 384 dsl 3PH Dual hyd 540 PTO w/ Buhler / Allied 395 FEL 1298 hrs, Exc Cond * Farmall A Gas PTO Pulley * Livestock Equip NH 675 Tandem Manure Spreader * 6) 25' Self Standing Panels * 6) 25 Self Standing w/ Windbreak * 25) 10' Corral Panels * 6) RD Bale Feeders * 4) Metal Bunk Feeders * Cattle Oilers * Cattle Head Gate * Medi Equip * Burdizzors * Haying Equip Hesston 1265 hyd Swing Mower Cond* Hesston 565 T RD Baler * Highline 1400 Auto Bale Wagon *Vers 20' P Type Swather * Citrix MX12 V Rake * Vicon 6 Wheel Hay Rake * NH Side Delivery Rake * NH 270 Square Baler * Vers 580 Sprayer * 4 Wheel 200 bus Hopper Trailer * Westfield 7" 26' Auger * 2) Fertilizer Tandem Spreaders * Allied Manual Bale Stoker * 3PH Equipment & Yard 7' Cult * 350 Gal Poly Tank * Simplicity Z Turn Frt Mt 23 HP R Mower * Honda 200 m 3 Wheeler * GUNS Savage, 340, BA, Cal 223 Rem *Cooey, Model 84, 16 ga, Cooey, Model 39, 22, * Browning BA, 270 Win * Various Ammo *Vehicles & Campers Polaris 500 Sportmans Quad * 02 Dodge 2500 dsl 4x4 Ext Cab 315,000 km, Sft * 08 GMC Sierra 4x4 Z71 Quad Cab 288,000 km, Sft * 00 Dodge 3500 Leisure Travel Van A/C, Fully Loaded, 197,000 km, Sft, Subject to Owners Approval * 93 GMC 1500 Ext Cab w/ * 88 Lincoln 4D * Tools Lincoln 225 Welder * Booster / Charger * Power Tools * Hand Tools * Shop Supply * Tool Cabinet * Misc 24) Alalfa Square Bales * Fuel Slip Tanks * Sec Scaffolding * Treated Fence Posts * Barb Wire * Farm Misc * Lumber * Binder Twine * Antiques: Gorgeous Restored Wood Heater * Dressers * High Chair * Treadle Sewing Machine * Trunk * Carpenter Bench * Plant JR Seeder * Cream Cans * Galv Tubs * Hand Water Pump * Hse Scraper * Some Household

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Sunday June 14, 10:00 am

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Employment Opportunity Parts Technician

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The Parts Technician is responsible for ordering parts and supplies for the job sites as well as the Lundar Operations. Duties also include shipping and receiving, inventory, driving the parts truck when required, and other duties as assigned. This position will report to the Purchasing Supervisor.

Qualifications:

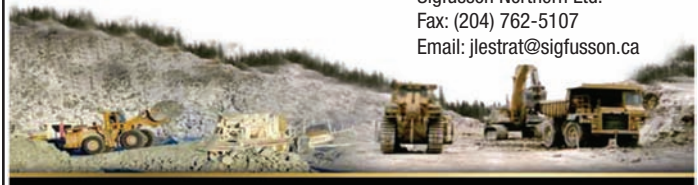
- Knowledge of Microsoft Office programs, email, Internet, & data entry
- Excellent communication skills
- Ability to meet goals and deadlines within a performance driven environment
- Mechanical, Heavy Construction, or purchasing knowledge is an asset
- Quality communication and customer service skills are required

We offer:

- RRSP/DPSP Program
- Merit Benefit Plan including Dental
- Wages dependant on qualifications

If you would like to apply for this position and join our team please send your resume to:

Attn: Jackie Le Strat
Human Resource Coordinator
Sigfusson Northern Ltd.
Fax: (204) 762-5107
Email: jlestrat@sigfusson.ca



Employment Opportunity For HDET Journeyman Mechanics or 4TH Year Apprentices and Mechanic Supervisors

Sigfusson Northern is a Manitoba owned and operated heavy construction firm that provides clients with high quality service and personnel. We are currently accepting applications for the above positions. The successful candidates will be posted in Northern Manitoba working a 3 week on/1 week off rotation or working out of the Lundar Shop.

Qualifications:

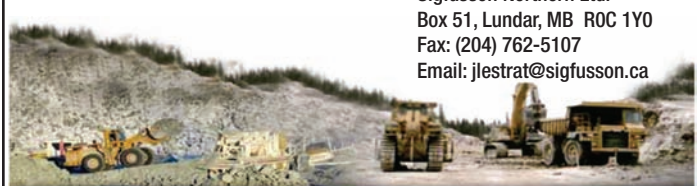
- Journeyman, or 4th level apprentice
- Demonstrated experience with Heavy Equipment repairs and modifications
- Ability to multitask without compromise to quality or productivity
- Ability to identify and solve problems using available resources
- Highly self motivated with the ability to work independently as an effective team member
- If applying for the Mechanic Supervisor position – applicant must have prior supervisory experience as well as the above listed qualifications.

We offer:

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- Competitive wages
- Merit Benefit Plan with Dental
- RRSP/DPSP Program

If you would like to apply for this position and join our team, please send your resume to:

Jackie Le Strat
Human Resource Coordinator
Sigfusson Northern Ltd.
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Fax: (204) 762-5107
Email: jlestrat@sigfusson.ca



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

Executive Director

The Icelandic Festival of Manitoba (IFM) is seeking an enthusiastic and outgoing individual for the position of Executive Director. Flexible part- to full-time hours required, depending upon the qualifications of the successful candidate. The successful candidate will be expected to work from the festival office during the summer months and maintain a weekly presence there during the off-season. The Executive Director is responsible for the day-to-day operations of the IFM including managing staff, promoting the Festival, fundraising and stewarding donors. The Executive Director will represent the organization externally as required by the IFM Board of Directors. He/she is the main liaison for the board, members and staff, and will work collaboratively with these groups and other stakeholders to implement and evaluate all IFM activities and events.

The chosen candidate will demonstrate the following competencies:

- * Excellent verbal and written communication skills
- * Experience with fundraising and sponsor relationship management
- * Strong time management and organizational abilities
- * Proficient in various computer applications on both Mac and PC platforms, including, but not limited to, MS Office, Outlook and QuickBooks
- * Able to delegate tasks appropriately
- * Self-starter who is able to meet demanding deadlines
- * Maintain professional confidentiality

Please email or mail your cover letter, resume and references by June 12th, 2015 to:

icefest@mts.net
Icelandic Festival of MB
107 94 First Ave.
Gimli, MB R0C 1B1

Administrative Assistant & Volunteer Coordinator

The Icelandic Festival of Manitoba, with offices in Gimli, MB, is seeking applications for the part-time position of Administrative Assistant & Volunteer Coordinator.

Working under the direction of the Executive Director, the successful candidate will provide administrative and clerical services for the Icelandic Festival of Manitoba office. He/she will be responsible for recruiting and monitoring volunteers for the four-day festival on an annual basis. Hours requirements will vary seasonally, requiring up to full time hours in the summer months.

The chosen candidate will demonstrate the following competencies:

- * Excellent verbal and written communication skills
- * Strong time management and organizational abilities
- * Proficient in various computer applications on both Mac and PC platforms, including, but not limited to, MS Office, Outlook and QuickBooks
- * Able to take both written and verbal direction
- * Work with minimal supervision to meet demanding deadlines
- * Enthusiastic and outgoing with strong interpersonal skills
- * Maintain professional confidentiality

Please email or mail your cover letter, resume and references by June 12th, 2015 to:

icefest@mts.net
Icelandic Festival of MB
107 94 First Ave.
Gimli, MB R0C 1B1

The Aboriginal Business Service Network will be facilitating a

BUSINESS PLANNING WORKSHOP

June 17 & 18, 2015 - 9:30 am to 3:30 pm
Ashern Event Centre, Ashern, Mb.

This workshop will provide information to assist entrepreneurs in planning to start a business within the province of Manitoba or on a First Nation's community.

Registration Deadline: Tuesday, June 9, 2015

To Register or for more information call:
Community Futures at 1-888-496-8932

For more information contact:
Deborah Smith @ 1-888-303-2232



STARTING YOUR OWN BUSINESS IS AN OPTION

The Self-Employment (SE) Program assists past and current Employment Insurance (EI) recipients wanting to start a non-competing business in the region.

The Self-Employment Program is a provincially funded program sponsored by Jobs and The Economy, Training and Employment Services.

The SE Program provides financial assistance and training support for individuals who want to start their own business.

For more information call
Community Futures West Interlake
1-888-496-8932



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

TRACTOR FOR SALE

190 Allis Chambers diesel, heated CAB tractor with heavy front end loader. \$7,000. Text Rick 1-204-481-0843.



ANNOUNCEMENTS

CARD OF THANKS

We would like to thank everyone who supported our Spring Tea. Thanks to all the businesses and members who donated towards the silent auction and to all who helped make the tea a success.

-Arborg Legion Ladies Auxiliary



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The applicant must also own their own tools.

Contact: Warren Lahaie
Service Manager
Gimli Auto Ltd.
Ph: 1-204-642-5137
Fax: 1-204-642-9890



Okno Manufacturing Inc./ Swivel Storage Solutions

Seeking an experienced, full time Machinist and C&C Programmer/Operator. Lathe and Rolling experience an asset. Must have a strong work ethic, capable of working with limited supervision and excellent communication skills. Must be willing to work overtime.

We offer a competitive wage and benefit program.

Send or drop off your resume to:
Okno Manufacturing,
281 Ardal Street
Arborg, MB R0C 0A0
or email to norm@oknomfg.com.

Deadline is June 12, 2015.



Only those selected for interviews will be contacted.

www.swivelstoragesolutions.com

FARM AUCTION SALE

For Mike Rawluk
Moosehorn, MB

Saturday, June 20th, 2015 at 11:00 a.m.

Sale to be held at Allen Rawluk's residence
- 3.2 km North of Moosehorn
on West side of Hwy #6 (watch for signs)

Tractors & Equipment: JD 2120 Tractor std shift, 4130hrs, new hyd system 2014; JD 2130 Tractor std shift, 3190hrs w/Leon loader & grapple bucket; Ford 8N Tractor w/saw mandrel attach; Int. 4 Bottom plow (no cylinder); JD 14.9-26 tire and rim (good cond); Ford F350 1974 3ton Grain truck w/hoist & metal box;

Shop & Tools: Metal anvil on wood block stand; Elec. bench grinder; Pressure washer; Metal lathe; Welder; Air compressor;

Yard & Miscellaneous: 8'x8' calf shelter (built in 2015); 15 1/2" Western saddle; J.D. Lx188 Lawnmower, 48" cut; J.D. Pull behind Lawn sweep - very good cond; Snow blower; Lawn Tractor - needs work; Husqvarna #51 chainsaw - needs work; 6'6" Pickup truck box off 2011 GMC Sierra, white, no tail gate, damaged; Various sets of tires; Doors & frames; Asst lumber & fence posts; Oak trim some new; Pine trim-sold as bundles; Hydro poles asst; Hardball Backcatcher Baseball equipment (for teenager); Sprinter Grand touring Bicycle w/carrier;

Antiques: Restored single driving buggy w/rubber tires, spoked wheels, metal sheaves; Santa single sheave Sleigh cutter; Table top Electric Cream separator (Vega Brand); Cream cans; Crocks; Wall beam scale; Table top beam scale; Lge assortment of antique tools carpentry;

Household: 55" Big Screen TV (Box Style); Hunting clothing; Table & 6 chairs Asst. Tables; TV entertainment unit; Many house hold items; Pine bedroom set w/ bed, dresser, end tables & side dresser; Microwave's - one like new; Asst. dressers; 2 office chairs; Picture & art prints (no frames);

Auctioneer's Note:

This will be a quick auction so come on time.

Lorne (Buddy) Bergner, Auctioneer
Box 721, Ashern, MB R0C 0E0
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www.bergnerauction.com
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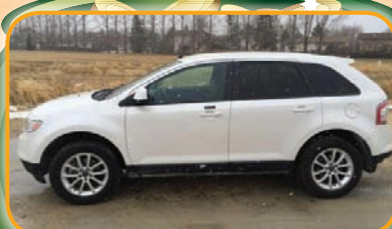
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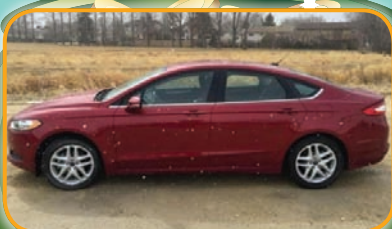
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