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## Start spreading the news

Dr. George Johnson School band perform New York New York. See story pg. 4.

EXPRESS PHOTOS BY PATRICIA BARRETT

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# Maple Leaf Foods has Arborg dancing in the rain

By Patricia Barrett

The pelting rain couldn't keep Arborg and area residents from dancing last Friday night during the 2nd Annual Maple Leaf Foods Community Walk/Run to raise money for Arborg Collegiate's track.

Fitness instructor Desiree Bilinski from Riverton had about 40 people Zumba dancing on the paved oval behind the school before the event got underway.

One dancer lost her sandal but didn't skip a beat.

Evergreen School Division trustee Gladys Kohler was part of a nine-member family team called the Walkamolie Ramblers, who did more than ramble around the track.

Her granddaughters took off at blistering speed when the walk began and then broke into spontaneous one-handed handstands and cartwheels at various points along the track.

"This track is for all the schools in the division and the community," said Kohler, who took part in the Zumba dance before she completed her laps around the track.

Maple Leaf Foods sponsored the fundraiser, which will enable the school to complete landscaping work around the new asphalt track that was built last summer. The new track is 400 metres and has six lanes. Part of the proceeds will go towards the school's soccer program.

The community of Arborg raised about \$250,000 for the project. The former gravel track had been subject to flooding in wet weather, particularly around the infield area where students play soccer.

"There's drainage on the inside of the track," said track fundraising committee member Tom Chwaliboga, who is also recreation manager with the Arborg-Bifrost Parks and Recreation Commission.

His wife Cheryl, who teaches grades 3 and 4 at Arborg Early Middle School, and his daughter Kiera, who dances with Arborg's Reechka Dance Club, took part in the event.

Several teachers, students and community supporters walked or ran around the banked track. Others,

such as tap dancer Olivia Orbanski, donned rollerblades, completing several laps in record time.

Arlene Perry, Arborg Collegiate's principal from 2006-2014, helped staff the silent auction while principal Randy Semenek completed his laps.

Although youth outnumbered adults by a wide margin, they were likely no match for Arborg residents Kristin Kristjanson and Norma Smolinski, who took part in last year's event with the Trekking Grandma's team.

"We won it last year," said Kristjanson. "We raised the most money."

Results have yet to be tallied.



The walkers set off after their Zumba dance warmup; Kiera Chwaliboga (centre in pink jacket) takes part in the Zumba; members of the Walkamolie Ramblers team groove to the Zumba; Desiree Bilinski from Riverton led participants through the Zumba; left to right: Albert Friderici, Peder Jensen and Leonard Kohler walked the track with their grandchildren; Kristin Kristjanson, left, and Norma Smolinski from Arborg raised the most money at last year's event; and a young rollerblader cuts up the track..

EXPRESS PHOTOS BY PATRICIA BARRETT



# Relay for Life close to Gimli residents' hearts

## Interlake Relay for Life June 18 in Winnipeg Beach

By Stefanie Lasuik

This year's Interlake Relay for Life is going to be different for Gimli residents Judy and Brian Bailey and their team. For the first time since Bailey's niece, Darci Instance, died from cancer, the team will be running without her.

Darci's Crew, led by Instance's mom, Connie, hopes to raise over \$5,000 so others don't have to experience what Instance did.

Instance was diagnosed with cancer when she was 17, although doctors believed the 11-pound tumour had been there for years before it was detected. Instance battled through the cancer and chemotherapy for 10 years before passing away on Nov. 21, 2015. In that time, the elite hockey player coached the Western Predators junior women's team to a provincial title, studied education at university and organized a golf tournament for kids in the cancer ward at Children's Hospital.

On Nov. 14, seven days before her death, Instance married Ashton Liskie, whom she had met three years prior. Liskie and Instance had enjoyed two and a half years of cancer-free time together before the disease returned.

This will be the team's fourth year walking in the Relay for Life, a tradition Instance herself started.



EXPRESS PHOTO SUBMITTED

Darci Instance was 27 when she passed away from cancer. In addition to her involvement in the hockey community, Instance worked closely with children who had cancer and ran fundraisers for them.

"This year's going to be real tough," said Judy Bailey. Instance was like a daughter to her, Bailey explained.

"It just means everything, like just anything to help cure cancer. It's so important," said Bailey.

The Interlake Relay for Life takes place on June 18 at the Winnipeg Beach Bandstand. To pledge Darci's Crew, search "Relay for Life 2016 in Interlake" online and click on "Darci's



EXPRESS PHOTO SUBMITTED

Judy and Brian Bailey and their team will be running in the Interlake Relay for Life without their niece Darci Instance, third from left, for the first time on June 18 since Instance passed away Nov. 21, 2015.

Crew."

Those interested in participating in the relay can register as teams or individuals. The event will run from noon until midnight, allowing participants to walk or run as far as they choose. Participants can also switch off with teammates.

"The idea is that there's somebody from each team on the track at any time throughout the event," said Jill Somers of Canadian Cancer Society.

At 7 p.m., the celebrate ceremony will see cancer survivors take a victory lap.

"That's really inspiring to see," said Somers.

At sundown, the luminary ceremony will light up the track with candles in

decorative bags in honour of those who've fought cancer.

Last year, the event raised over \$32,000. Somers hopes the event can raise even more for cancer research and support services this year.

## Correction

In the June 2 edition of the *Express Weekly News* on page 21, we said a tribute would be paid to Rosemary Goodman, a peer who had passed on when in fact we should have said Goodman is organizing a memorial tree in memory of classmates who have passed on.

The *Express* regrets the error.

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# Evergreen students strike up the band

By Patricia Barrett

Band students in grades 6-8 at Winnipeg Beach School and Dr. George Johnson Middle School showed how practise and perseverance paid off during their spring concert last Thursday evening at Gimli High School.

And they did more than demonstrate their technical and musical abilities in a number of genres that included popular, jazz and classical.

Grade 7 band students from Dr. George Johnson took the 300-plus audience through an amusing musical journey, highlighting their progression over the course of the school year.

"The first time we picked up an instrument, it sounded like this," said band director Rob Chrol, who threw up his arms to shield his body when the band played off-key.

Part of musical training entails proper sitting posture, said Chrol, as students hunkered down in their seats, slouched and stretched out their legs, making the audience laugh.

Chrol familiarised the audience with the "band family," having individual students play a C to demonstrate their respective instrument's pitch.

"Then we get a gorgeous band thing going on," said Chrol as the students played in unison.

Before the band launched into favourites such as *When the Saints Go Marching In* and *Cowboy Cattle Drive*, Chrol had them compete in an "Enduro-challenge" to see who could hold a note the longest.

Clarinetist Tommy Pitman won the challenge, almost collapsing as fellow band students cheered him on.

Flautists Kylie Skaritko, Brittany Rogoski and Leah McPherson-Chambers from Winnipeg Beach School performed a wonderful rendition of Beethoven's *Ode to Joy* just before students were presented with certificates and scholarships.

Seven students received scholarships to attend band camp this summer: Malia Berthaudin (Dr. George), Audun Nadon (WBS), Signy Goodman (Dr. George), Johannah Thordason (Dr. George), Emma Gray (Dr. George), Indiana Humniski (Dr. George) and Shayne Sveinson (Dr. George).

Eight students were recognised for their performance at the 2nd Annual Eastman/Interlake Honour Band that was held April 22-23 in Oakbank: Johl Becker (Dr. George), Oliver De Meyer (Dr. George), Autumn Erlich (WBS), Tyson Groot (Dr. George), Sam Kornelson (WBS), Ashton LaRoque (WBS), Maggie Michaluk (Dr. George) and Connor Spulnick (Dr. George).

For the finale, both bands played the theme from *New York, New York*.

They played it again for Chrol and Dr. George Johnson band director Heather Clarke, who took to the mike to sing farewell to Winnipeg Beach School



Pictured clockwise from top: The first time Dr. George Johnson School band students picked up an instrument, it sounded like this, said band director Rob Chrol; trustee Dianna Auer thanked the three band directors for their hard work and dedication; band director Janice Arnason enjoys fellow band directors Heather Clarke and Rob Chrol's rendition of *New York, New York* to bid her farewell; trombonists from Dr. George Johnson School play *Cowboy Cattle Drive*; clarinetists play *New York New York*; band directors Heather Clarke, Janice Arnason, Rob Chrol; Grade 7 student Tommy Pitman from Dr. George Johnson Middle School won the Enduro-challenge.

band director Janice Arnason, who's retiring this year.

"She has been an amazing part of our band community and the Evergreen Festival of the Arts," said Evergreen School Division trustee Dianna Auer. "We hope she'll stay part of our community."

Arnason said she's not "clicking her heels in relief" in anticipation of retirement, but her "poor husband is waiting to travel."

Arnason thanked her students, the band boosters, parents and Supt. Roza Gray, who attended the performance.

"My life has been so full because of them," she said.



EXPRESS PHOTOS BY PATRICIA BARRETT



# Gimli supports year-round speed reduction through Sandy Hook

By Patricia Barrett

Gimli council passed a resolution at its regular meeting May 25 to support Sandy Hook residents who want the province to reduce the maximum speed limit along Highway 9 where it passes through the community.

Council will be asking the provincial Highway Traffic Board to consider implementing a year-round 60-kilometre-per-hour speed limit to replace the current 90 kilometres per hour in the winter and 50 kilometres per hour in the summer.

The resolution applies to the stretch of Highway 9 between Camp Massad, where the RM's southern boundary lies, and the northern access of Kencaron Crescent.

Although Kencaron Crescent is located north of Sandy Hook, CAO Joann King said "it is in the Sandy Hook catchment area but is also definitely a road that services the school buses in the area in the winter months."

In 2015, a Sandy Hook resident went door to door to gather support for a speed limit reduction through the community after residents raised concerns about safety. A group of residents had also appeared before council to outline the community's concerns.

Out of 237 households visited, 221 (93 per cent) signed a petition in favour of having the speed limit reduced year-round.

Of the 16 households not in favour of a speed reduction, the majority cited the "inconvenience" of a longer commute.

Reducing the maximum speed from 90 to 60 increases a commute by less than four minutes.

According to the RM's resolution that is available online, the Sandy Hook area has seen a "significant shift" from summer cottage development to permanent residences over the past 20 years. It is zoned as a residential area, receiving a number of municipal services such as garbage and recycling pickup, road grading, snow removal and school bus service. Other communities in the region — Gimli, Winnipeg Beach, Petersfield and Clandeboye — have reduced speed limits.

Among the dangers cited along the two-mile stretch of road that has a number of sharp curves with minimal sightlines are driver impatience (drivers pass — at high speed — others obeying the speed limit), 191 direct accesses to Highway 9 (either driveways or intersections) that make approaches onto and exits from the highway dangerous, a lack of barricades or ditches that prevent vehicles from accessing the shoulder where



School buses and traffic on Highway 9 near Sandy Hook where the speed limit is 90 kilometres per hour in the winter.

pedestrians are forced to travel, and vehicles spinning off the road during inclement weather.

Deputy Mayor Peter Peiluck said safety is a concern, and that the area has "witnessed accident fatalities."

In order to effect a speed change, the Highway Traffic Board has to first monitor the flow of traffic in the area.

"What the secretary advised me," said King, "was because we were proposing to change speed on a provincial truck highway, a traffic study is required."

In its bid to find a solution to residents' safety concerns and to simplify the rezoning process, the RM had also approached the Town of Winnipeg Beach to discuss the possibility of entering into a joint resolution that would see the proposed reduction extended a little farther south of the RM's boundary near Camp Massad.

"We had asked the Town of Winnipeg Beach to participate in the request," said King, "because they are part of the actual description."

The RM had proposed reducing the winter speed limit of 90 kilometres per hour that starts at Pine Avenue in Winnipeg Beach northwards to their shared boundary near Camp Massad.

Winnipeg Beach council decided not to join the resolution.

When asked by a reporter why the process would have been easier had Winnipeg Beach come "on board," King said, "the area where the speed zone currently exists is an area that crosses two municipalities. So we'd have to ask the Traffic Board to re-designate a section of highway as a speed zone, where this would have just



EXPRESS PHOTOS BY PATRICIA BARRETT

The speed limit at Pine Avenue in Winnipeg Beach, heading north to Sandy Hook, increases from 50 kilometres per hour in the summer to 90 kilometres per hour in the winter. The RM Gimli and the Town of Winnipeg Beach had entered into a discussion for a reduced year-round speed limit.

asked them to amend it. We have to create a new speed area for ourselves and separate it from them [Winnipeg Beach]."

Winnipeg Beach Mayor Tony Pimentel, who has lived in the area for 20 years, said he and his councillors had discussed the RM's proposal and were in favour of a year-round maximum speed of 70 from Pine Avenue rather than the 60 favoured by Sandy Hook residents.

"Ninety to 60 is quite a drop," said Pimentel. "We suggested they [Gimli council] keep it at 70 all the way through Sandy Hook ... year round."

He said Winnipeg Beach and Sandy Hook residents experience many of the same issues: walking along the highway and trying to cross it to get down to the beach.

Even if the speed limit was reduced, Pimentel said he felt speeding would still be an issue along Highway 9.

"We normally find that people — as soon as the speed changes — are driving it above the speed limit," he said.

In light of Winnipeg Beach council's suggestion, Coun. Danny Luprypa asked whether Sandy Hook residents would "consider 70 rather than 60."

King said they prefer 60.

Coun. Richard Petrowski said, "I think we'd have a much better chance of getting to 70."

King said it would ultimately be up to the Traffic Board to decide the speed limit, but that it might hold a public hearing because of residents'

overwhelming support for a reduced speed.

"I think if you were to take it forward, as the people have proposed ... the Highway Traffic Board would have their hearing," said King. "The people from Sandy Hook can go and make their case to the Traffic Board, and if the municipality feels it is too slow or wants to wait to hear the results of the traffic study, then you can attend that hearing and put forward that position."

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# getfishing

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## > ARNIE WEIDL All grown up and sharing fish tales

Hi fellow fishers and anglers.

Quite by chance a few days ago, I met a wonderful lady angler by the name of Tetiana Malovanna from East Selkirk who had an unusual fishing story for us. I was struck by her outgoing character and charming European accent as she went on about fishing in Pruden Creek north of Libau. She said she had decided to reel in her line to check her bait when she felt a heavy load. She gripped her rod hard and reeled in with determination until a great golden carp broke the surface of the water coming to her sideways. Instantly, she realized she had snagged it on its dorsal fin, but the minute she loosened her line, it took off for deeper water.

This she could not have because, you see, she had a very good way of preparing carp in a pressure cooker. She cried out to her friend Ed to help and together they dragged it onto shore. Later that night, Tetiana worked her magic, making a stew with the fish and vegetables in her pressure cooker.

I wasn't sure if I was going to find anyone fishing at Riverton's Sandy Bar last Saturday. Rain slapped Old Red's windshield as I drove along the wide, high, curving gravel road through the unending marsh fields east of town, but the minute I reached the beach landing, the wind became still with not a rain drop to be had.

I stopped short of the beach sand where to my left a water break of large boulders reached out into the Lake Winnipeg bay. A retired couple sat on the beach, while out in deep water, a young lad atop a boulder in a wide stance made ready to cast his



EXPRESS PHOTO SUBMITTED

Owen Stockton with a lake trout he caught in Peerlees Lake.

baited line into the motionless glass-like water. The weighted line made a plopping sound as it sank and almost immediately the boy's rod end began to quiver. He jerked it high, revealing a nice hooked bass as he came to shore jumping from one big stone to another.

Our junior angler here was Gracyn Melsted and the folks watching him were his grandparents Donna and Victor Potoski. Young Gracyn, who was as high as my shoulders and built like a football player, had a story.

About a week ago, he and his father, Brad, were driving to Hecla and noticed a grey flash in the causeway

ditch beside the road. They stopped, and stepping cautiously to the rough edge of the wide ditch, they saw a metre-long jackfish lazily swimming around. They shook up the water but it just kept on swimming below the surface so they got their fishing rigs and tried to catch it. The fish mocked them, staying just out of reach and ignoring their baited hooks.

Father and son were totally perplexed. Finally they jumped in the truck, went home and got their big fishing net. Sure enough, when they got back to the spot where they had

Continued on page 13

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# PCs plan to cut ambulance fees by nominal 5% this year

By Austin Grabish

Taking a ride in an ambulance won't be getting much cheaper this year.

Health Minister Kelvin Goertzen said last Tuesday the province is facing difficult economic times and can only lower the cost of riding in an ambulance by about five per cent this year.

That's despite a promise by the Progressive Conservatives, who vowed to cut the cost of taking an ambulance in half by the end of their first term in office while out on the provincial campaign trail.

Friesen said the PCs still plan on keeping that promise but can't make any drastic cuts to ambulance fees just yet.

"As much as I'm sure we'd like to do it all in one year, it's not fiscally responsible. We still have to make sure

that we're keeping our front-line services in place," Friesen said.

Finance Minister Cameron Friesen said Manitoba has the highest ambulance fees in Canada.

"It's not sustainable," he said. "I spoke to an elderly woman less than six weeks ago from my area who talked about this exact issue, saying that her husband was ill. She waited. She was afraid of the cost, and at 3 a.m. she bundled him up took him to the car and drove him to the hospital.

"That's the kind of story that we've heard far too often."

In the Interlake, the cost of taking an ambulance is currently set at \$330 plus \$3.30 per kilometre travelled for patients that are out of town or city limits.

If an ambulance is called but a patient is treated on-scene and does not

want to be transported, the fee is lowered to \$100.

A spokesperson for the Interlake-Eastern Regional Health Authority said the RHA is committed to reducing ambulance fees.

"This needs to be done in a way to ensure reductions are fair to all Manitobans and does not negatively affect services," the spokesperson said via email Monday.

The Opposition didn't offer comment on ambulance fee reductions, but NDP interim leader Flor Marcelino said she has other concerns following the release of last week's budget.

"This is just the tip of an iceberg, and there's a hidden agenda of cuts, huge cuts, underneath," she said. "We know Mr. Pallister. ... His Conservative ideas are akin to the Harper-style cuts."



**EXPRESS PHOTO BY AUSTIN GRABISH**  
Manitoba Health Minister Kelvin Goertzen says ambulance fees will be reduced only by about five per cent this year. The new Tory government ran on a promise to cut the fees in half by the end of their first term in office.

## Lake Run goes the distance

By Patricia Barrett

The newly formed Gimli Lake Run fitness club had its inaugural launch last Sunday morning at Gimli's bandstand. Fifteen walkers, runners and strollers participated in the event that took them on a 2.5-kilometre lakeside course.

"Everyone finished the walk/run at their own pace and feeling fabulous," said Robin's Donuts owner Cheryl Buhler, who sits on the Lake Run committee and took part in the event. "There were High Fives and congratulations all around as each member crossed the finish line."

Before they headed off, Myles Willis of Quarry Physiotherapy hosted an injury prevention workshop, in which

he reviewed different types of footwear and showed club members how to properly stretch and avoid common injuries.

A post-stretching session was led by Kelsey Lambert of the Gimli Recreation Centre and Saveja Ellison, who will be on hand every Sunday to take fitness buffs along the route.

The club will be holding events three times a week: Sundays (9 a.m.), Tuesdays (7 p.m.) and Wednesdays (9 a.m.).

New members can join at any time over the summer. Cost is \$20. Registration forms are available at the Gimli Recreation Centre or Robin's Donuts.



**EXPRESS PHOTO COURTESY OF CHERYL BUHLER**  
The Gimli Lake Run fitness club held their first Sunday morning run this past week. The club will be holding events on Sundays, Tuesdays and Wednesday.

## Interlake artists jump on board with 15th annual WAVE tour

Submitted

In 2002, Interlake artist Helma Rogge Rehders and a group of local artists dreamed of an art tour where artists would open their doors wide for visitors to the beautiful Interlake.

Local artists could invite visitors in to their home studios, find out how their art is created and what inspires them, and perhaps find a special treasure to take home. And that's how the Interlake WAVE Artists' Studio Tour was born.

Over the last 15 years, the WAVE tour moved continued to strengthen and grow. This year, 33 artists' homes

will be open on two exciting, arts-laden weekends — Saturday, June 11 and Sunday, June 12 and Sept. 3 and 4 from 10 a.m. to 6 p.m. — to welcome the many arts-interested people who flock to the area along the west shore of Lake Winnipeg as they explore the highways and byways of this special area of Manitoba.

What makes this artist tour such a success? It is in a constant state of renewal, largely due to an ever-growing pool of artists who choose to make their homes in the wonderful Interlake landscape. There are always old favourites on the WAVE,

but every year there are new additions to visit and discover. This year there is a bumper crop: eight new artists have joined the 2016 WAVE tour.

New artists include three photographers — Alex Reinhardt, Michael Long and Dave Moulden— each with his own special view of the world around him.

Heather Dawson and Glenda Knoll both work with glass but in very different ways.

Heather creates a wide variety of glass art in jewelry, window pieces and fused glassware.

Glenda offers whimsical art and words painted on repurposed windows and doors.

Dot Harapiak also uses recycled materials to create her funky, mysterious and utterly unique yard art. She is joined at her studio this year by artist Linda Goodman, who creates original jewelry in refined and rustic styles. Finally, Ryan Guest brings stone carving, learned from traditional practitioners while he lived in Canada's north, to the family of WAVE artists.

For more information, visit [thewave.ca](http://thewave.ca).



# New training centre opening in Arborg next year

## Student recruitment underway for placement in Arborg's proposed personal care home

### Submitted

Student recruitment has recently begun at Arborg's newly established Central Interlake Training Facility in preparation for positions that will be opening up at Arborg's proposed new 80-bed personal care home, scheduled to be completed sometime in 2019.

"We will need health care aides and LPNs, along with administrative and other support staff," said Owen Eyolfson, president of the Arborg & District Chamber of Commerce, which is partnering with the Arborg Bifrost Community Development Corporation (ABCDC) to launch and manage the new training centre.

Eyolfson estimates that at least 130 to 150 new staff will be required once the new personal care home opens. Approximately 70 per cent of these will be health care aide positions, and 15 per cent each will be for registered and licensed practical nurses, he explained.

The health care aide course is a five-month course offered by Red River

College at the Arborg Facility, with classes beginning this summer, and a second course, which is slated to begin early in 2017.

A two-year LPN course, to be put on by Assiniboine Community College at the centre, is also planned to start in early 2017.

Pat McCallum, economic development officer with ABCDC, stressed the importance of recruiting local people, who will train here and stay in their home communities to work, rather than being lured to urban settings.

The Central Interlake Training Facility is also hoping to hire locally-based instructors. At least three full-time nursing instructors are needed.

The training centre, which is being modelled after the Ashern-based Fieldstone Ventures Education & Training Centre, will officially open this summer. Other courses, including computer courses and a range of community-driven courses, as well as employment assistance services, will be offered.



EXPRESS PHOTO BY PATRICIA BARRETT

Arborg Chamber of Commerce president Owen Eyolfson stands in the fully functional kitchen of the former Age Friendly Building that will form part of the Central Interlake Training Facility.

# Province signs agreement to battle invasive species

### Staff

The province has joined forces with Saskatchewan, Alberta, British Columbia and Yukon to mark Canadian Environment Week and announces the signing of an interprovincial-ter-

ritorial agreement for a co-ordinated regional defence against invasive species.

"Manitoba is the gateway to the West and an important battleground in the fight against the spread of aquatic invasive species, such as zebra mussels," Sustainable Development Minister Cathy Cox said in a release on Monday. "Working with our neighbours to the west allows us to make the most of our efforts to limit the further spread of invasive species."

Aquatic invasive species (AIS), specifically zebra and quagga mussels, pose a major threat to the health of Western Canada's aquatic ecosystems and,

if established, have the potential to severely impact aquatic habitats, recreational and commercial fisheries, valuable recreational resources and water-related infrastructure.

Manitoba has worked with Alberta, British Columbia, Yukon and Saskatchewan to reach an agreement on a co-ordinated regional defense against invasive species. The initial scope of this agreement will focus on aquatic invasive species.

The agreement enables increased co-ordination between jurisdictions in Western Canada to share resources and co-ordinate planning related to both prevention and response to aquatic invasive species such as:

- pre-planning of watercraft inspection stations to maximize efforts on shared highway crossings; and
- increased ability to connect with resources from other provinces (e.g. people and expertise) to assist in a rapid response in the event of any mussel detections.

The province would like to remind Manitobans that it is illegal to possess or transport zebra mussels in Manitoba. Zebra mussels have been found

in Lake Winnipeg, the Manitoba portion of the Red River and Cedar Lake north of Lake Winnipegosis.

Everyone is required to do their part and:

- inspect watercraft and water-related equipment for AIS;
- clean and remove any visible aquatic plants, AIS or mud from the watercraft, trailer and all water-related equipment;
- drain all water from watercrafts including motor, bilge, bait buckets and any compartments;
- completely dry all water-related equipment and any hard-to-drain compartments that have contacted the water before it is used in any other body of water;
- dispose of unused bait and worms in the trash; and
- ensure all drain plugs and valves used to drain water are removed or left open when transporting watercrafts.

To find out more about Manitoba's AIS laws or to report a zebra mussel or any other AIS, visit [www.manitoba.ca/stopais](http://www.manitoba.ca/stopais) or call 1-877-STOP AIS-0 (1-877-867-2470).

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# New classes give Ashern students leadership

By Stefanie Lasuik

Ashern Central School has added two student-directed classes to its list this year.

What began as a "We Act" class has transitioned into a local community outreach program. The Grade 6 to 8 We Act class focused on international movements, and thus asking for donations to send away became commonplace.

"We wanted to just get the kids to understand it's not always about money. We have other talents and other things that we can spend our time doing," said teacher Shannon Kosolowski.

Kosolowski began by asking the students what they wanted to do in the community. They decided to organize a sports afternoon for the early years students, to plant flowers around Ashern, and to share their talents with seniors in three local manors.

Some painted nails, some played shuffleboard, and some taught guitar, said Kosolowski.

The class has become the active democratic citizenship that social studies classes teach about, said Kosolowski.

The middle years teachers have also implemented genius hour, a growing trend across schools. Every Monday,

the Grade 5 to 8 students get two periods of research time.

They can use the time to become experts on any topic they're passionate about, said Kosolowski.

"They are way more successful and engaged in it," Kosolowski said.

They come up with a driving question to guide their research and then they work independently to create PowerPoints, iMovies or models.

"They love it. They are just so excited to have all the extra freedom and the choice and the hands-on work," said Kosolowski. The students have spent five weeks creating one project and are now finishing up their seven-week topic.

"It always seems kind of new to them because they get to choose any topic they want," said Kosolowski.

After they've created their project, the students have to film themselves presenting it.

"It's not as scary as standing up in front of all your middle school peers," said Kosolowski.

The teachers upload the videos onto a YouTube channel where the students, teachers and parents can access them with a password.

It's nice for parents, who wouldn't ordinarily get to see their child's school presentations, said Kosolowski.



EXPRESS PHOTO SUBMITTED

Ashern students Chelsea, Lily, and Clay planted flowers in the community on June 3.

## Charity golf tournament tees off on June 17

Staff

It's nearly time to tee off for the 12<sup>th</sup> Annual Ralph Eichler Charity Golf Tournament, set for Friday, June 17.

Initially launched by Lakeside MLA Ralph Eichler, the annual fundraiser is not a political event but instead raises funds to benefit The Interlake Community Foundation and South West District Palliative Care.

The Texas Scramble-style event will tee-off at 1 p.m. at Teulon Golf and Country Club, although it has also broadened its scope to be held at the South Interlake Golf Course in previous years.

Event co-chair Jim Penner said the event reached an all-time high last year with participation from 96 golfers.

"We have some excellent prizes to give away to the top golfers and, of course, to lots of others as well. We would encourage everybody who is interested in supporting things like this in the community to give us a try," said Penner, who is also the vice-chair of the Interlake Community Foundation board.

"And you don't have to be a good golfer. It's not about winning. It's about spending some time outside in the great weather at a very nice, scenic course. There's a good dinner afterwards with lots of socializing, so we certainly encourage people to come out."

The Interlake Community Foundation began in 1994, and today it has nearly \$1 million in its endowment. Over the last several years, it has provided \$381,000 in grants and scholarships.

South West District Palliative Care started in 1997 and is funded entirely by fundraising events such as this golf tournament.

For more information about the event, contact Penner at 204-322-5491 or jgpenner@live.ca or co-chair George Willis of SWDPC at 204-461-0060 or willisgm@hotmail.com. You can also contact Interlake Community Foundation at 204-467-5634 or info@interlakefoundation.ca. Registration can be completed online at [www.interlakefoundation.ca](http://www.interlakefoundation.ca).

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# Eriksdale's principal wins literacy award

By Stefanie Lasuik

Literacy has been a focus in Alison Marttila's life, and now the Eriksdale School principal has won an award for it. Marttila received the Manitoba Reading Association Crocus Literacy Award for Administrators on May 26 at Viscount Gort Hotel in Winnipeg.

The award went to a Manitoba administrator who promotes effective school literacy plans and strengthens parent partnerships.

"Alison has found ways to value and include all partners in learning including teachers, educational assistants and parents in developing their understandings, skills and attitudes toward literacy learning," said Angie Burdett, vice-president of the Manitoba Reading Association.

In her 18 years at Eriksdale, Marttila has been a part of numerous literacy-focused education programs. When she taught Grade 2, she worked those who needed extra literacy help through the Lakeshore Early Intervention Program. The school now does Reading Recovery, which helps Grade 1 students improve their reading skills.

Last year, Marttila helped the school rearrange its timetable so the students work on literacy from 9 to 11 in the morning.

"Research says that it's best to have 120 minutes a day for literacy instruction," said Marttila.

During this time, the students take part in balanced literacy exercises appropriate to their literacy levels. They do guided readings, independent reading and writing.

"Literacy opens the world for people so I want to do that for my kids," said Marttila.

Marttila was also a part of the parent nights the



EXPRESS PHOTO SUBMITTED

Grade 2 student Lexi Anderson, left, and Grade 4 student Cage Kinkead have significantly improved their reading this year under the supervision of Eriksdale School principal Alison Marttila.

school held to get parents involved and aware of their children's literacy education.

"We want parents to be involved in their child's education. We have to be partners," said Marttila.

When Marttila received her award on May 26, she felt grateful to Lakeshore School Division, which

she said has been supportive of her work in literacy. She also felt grateful to the teachers in her school.

"I was named on this award, but this is not mine. This is my staff. ... It's the teachers in the classroom every day doing this fabulous work," said Marttila.

## Hogs roll into Gimli on an ice cream run

By Patricia Barrett

There was no mistaking the sound of Hogs rolling through Gimli Saturday afternoon.

The heads of locals and tourists alike swung when members of the Southern Manitoba Hog Chapter rumbled down Centre Street to First Avenue where they got down to some serious club business.

"We made an ice cream run all the way from Morden," laughed a female member of the club.

About nine members of the chapter, dressed in leather chaps and Harley Davidson headbands, jack-ets and kerchiefs, formed a well-or-

dered queue in front of the Country Boy Restaurant's takeout window.

The affable group's members came from Morden, Altona and Gretna, as well as from Winnipeg.

The chapter organizes weekly rides to towns and restaurants in the south and holds extended ride events. They drove from Morden to Elkhorn and up through Lake Manitoba Narrows on their way to Gimli.

They did more than contribute to Gimli's local economy: they brought some much-needed sunshine, which preceded their entry into town.



EXPRESS PHOTO BY PATRICIA BARRETT

Members of the Southern Manitoba Harley Owners Group drove from Morden to Gimli for some serious club business.



# Gimli student describes his experience on the Hill

By Patricia Barrett

Gimli High School student Cameron Lozinski provided the Evergreen School Division Board with an overview of his February visit to Parliament during its regular board meeting June 1.

Lozinski spent a week in Ottawa with the Forum for Young Canadians to learn how the federal government works and how its decisions affect citizens' daily lives.

Lozinski said he and his fellow students spent time in the Senate, where they chatted with Senator David P. Smith.

"The Senate is actually the sober second thought of Parliament," said Lozinski. "Whatever bill is passed in Parliament has to go to the Senate, and they re-think it..., edit it and send it back to Parliament."

Lozinski said he "challenged" himself by asking a lot of questions in French, which he just started learning at school.

Forum participants also visited the House of Commons where they got to sit in their respective MPs' seats. Lozinski got to sit in James Bezan's seat.

Later they had an "MP dinner."

"We got to meet all our MPs," said Lozinski.

Bezan bought a toque from Lozinski, who runs a local toque-making business to raise funds for trips to the Global South, where he participates in Habitat for Humanity projects.

"It was very nice to meet him," said Lozinski. "We talked about the PCs' view on what the Liberal government is doing."

Students also listened to the Speaker of the House and learnt how the Commons debates issues and passes legislation.

During the visit the House, students experienced three consecutive fire alarms and had to go through security each time before they could re-enter.

"MPs rushed out," said Lozinski. "Thomas Mulcair, leader of the NDP, rushed out."

Part of tour included a visit to the Library of Parliament, which Lozinski said has a book on birds worth \$6 million. "It's never been taken out."

At the end of the week, students met Prime Minister Justin Trudeau.

"That was pretty awesome," said Lozinski. "He told us we're not the leaders of tomorrow but the leaders of today."

Lozinski said the experience gave him an opportunity to meet 120 people with different political perspectives.

"I got to share my perspective, and we all got to teach each other during the week."

When trustee Jim Mosher asked him how he knew there were 338 MPs in the House, Lozinski said, "The 338 I knew because my goal was to sell a toque to each MP!"

Assistant Supt. Scott Hill asked Lozinski what motivated him to attend the forum.

"I watch the news all the time," said Lozinski. "I think the world's issues are important."

Other division news:

Secretary-treasurer Charlie Grieve updated the board on operations.

A water pooling issue around three huts behind Dr. George Johnson Middle School continues. The spouts on top of the gym have been fixed and there's a "larger plan to alleviate water around the huts," said Grieve.

Three of the four huts at Dr. George Johnson Middle School sustained water damage last year, which led to some mould growth. And heavy rain draining from the gym's roof had pooled under the buildings.

As part of the water management plan, the installation of French drains, swales and re-paving will occur in July and August. The division will be putting out a tender.

Duct cleaning in division schools will be completed over a four-year period. Grieve said two schools a year will be done.

Trustee Gladys Kohler asked whether frost boils on RM roads have disrupted school bus timetables.

Grieve said he not aware of buses running late.

The division noted that RMs are reporting "the worst road conditions in 25 years."

Many buses are unable to get to designated pickup and dropoff points, resulting in families having to take their children to spots where buses can safely travel.

Buses are "pushing gravel with their axles." The division's head mechanic and his team are examining undercarriages to ensure they've not been compromised.

The board approved a Shared Services Agreement between Evergreen School Division and Morweena Christian School for the 2016/2017 school year.

The agreement will provide clinician services to Morweena. Those services



**EXPRESS PHOTOS BY PATRICIA BARRETT**  
Student Services co-ordinator Fay Cassidy said the division has developed exemplary services and solutions to meet a wide range of student learning needs.

will be supported by a grant from the province. Last year's grant was \$12,928. The agreement will be forwarded to the Schools Finance Board for ministerial approval.

The division will share a speech language pathologist and an educational psychologist with Morweena.

Student Services co-ordinator Fay Cassidy, who will be leaving the division this year, provided the board with an overview of a report on student services.

Manitoba Education and Advanced Learning visits schools every three years to observe select students and examine how schools support those experiencing learning challenges.

The report was based on a discussion between school division staff, student observations, individual education plans and a review of policies and procedures.

Cassidy said two students from Riverton Collegiate, Arborg Early Middle School, Gimli High School and Winnipeg Beach School were part of the study.

"We have an exemplary model of interagency connection and co-operation," said Cassidy. "ESD has developed many exemplary services and solutions to meet a wide range of



Grade 11 Gimli High School student Cameron Lozinski prepared a presentation of his visit to Parliament, which included a meeting with Selkirk Interlake Eastman MP James Bezan.

student needs."

Cassidy said the division involves parents as much as possible in meeting the educational needs of students. "If that support isn't there, we do what we can without that piece," she said.

By way of example, she said if reading is not practised at home, time is set aside at school to develop the skill.

The report recommended the division share its expertise, review, update and develop its student services policies, and consolidate policies and procedures on one page of its website.

"We're halfway through updating that process," said Cassidy. "We want to put together a student handbook."

The board reviewed a Borrowing By-law for the 2016/2017 fiscal year in the amount of \$4,500,000.

Three students received an Evergreen Foundation Scholarship worth \$750 each. The division had received 15 applications. Taylor Stanowski, Madison Senkow and Tiffany Sheppard were the recipients.

*Don't forget to send your special wishes to your friends and family.*

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# Lundar students build ready-to-move home

## Hands-on learning to be showcased at June 13 RTM auction

By Austin Grabish

Some students learn about math and English in high school, but in Lundar, students learn how to build a home and from start to finish.

And students will display proof of that June 13th at 5 p.m. when they auction off a ready-to-move home, built entirely by them.

Lundar School's industrial arts teacher Donald Nikkel said the home is better than anything on the market.

"We really go above and beyond industry standard," Nikkel said.

"We've done all the finishing work, so we've done the flooring, we've done the trim, we've done all of the finished plumbing fixtures are in."

Students in grades 9 – 12 have been working on the project for two years and have already built and auctioned off one home that paid for a student trip to Guatemala earlier this year.

Dakota Holden is a Grade 12 student, who worked on both homes. He said the experience was a huge learning curve that paid off in the end.

"It feels good knowing that I helped with quite a bit of it," Holden said.

Grade 10 student Cauly Kinkead said working with precision was the hard-

est part of the project.

"Making sure we did everything to the best of our abilities so that the house was top-quality even though we were just learning how to do it as we were building it," he said.

The 1056 square-foot home, which has three bedrooms and two full bathrooms, was almost ready to move last week with only cabinets being finished, Nikkel said.

"Basically, if somebody gets a foundation built they pick this house up and drop it down on the foundation and they're ready to move in."

Nikkel said proceeds from the home will be routed back into the school's carpentry program.

If you're interested in bidding on the home, Nikkel said you should call 204-726-5610 to get a pre-bidding package.

The opening bid will start at \$84,000 because that's how much materials have been put into the home, but the school hopes to raise much more than that.

"We really don't know what it will go for that's the beauty of an auction I guess," Nikkel said.



EXPRESS PHOTO SUBMITTED

Lundar School's industrial arts teacher Donald Nikkel, left, and Grade 10 student Cauly Kinkead, right, stand in front of a three-bedroom ready-to-move home that will be auctioned off on June 13 at 5 p.m.

## Winnipeg Beach to host pop-up gallery, market this weekend

By Dave Baxter

A "pop-up" gallery will bring handmade art and other creations to the Interlake this weekend.

Local fibre artist Heidi Hunter, who runs the Runs with Scissors art studio west of Winnipeg Beach, has gathered 12 other Manitoba artists to hold the first ever "Proutopia — A Pop Up Art Market."

The event will take place on Saturday, June 11 and Sunday, June 12 on both days from 10 a.m. until 6 p.m. at 3044 Prout Rd. 17 E. in the RM of St. Andrews. Hunter said there will be signs on Highways 8 and 9 directing people to the pop-up gallery once they pass Winnipeg Beach.

"It's going to be a pop-up gallery and market," Hunter said.

She added her studio will be open to the public on both days, and the 12 other artists involved will have their work displayed in a temporary pop-up gallery in the same location.

"It's going to be all different kinds of art," she said. "There are painters,

fabric designers and artists, pottery, a jeweler, and even handmade soaps and homemade butter tarts."

She added there will be buskers performing during the pop-up gallery.

"I think this is for anyone that wants to support the arts and appreciates handmade goods and wants to shop locally," she said. "It's quality professional artists bringing one-of-a-kind top-quality work together, and it's a group of artists I really respect."

The market is a good way to show off the talents of Manitoba artists, Hunter said.

"Manitoba and the Interlake in particular has a wonderful collection of talented artists, and all of these artists have their own following, so it's exciting to bring them all together in one place," she said.

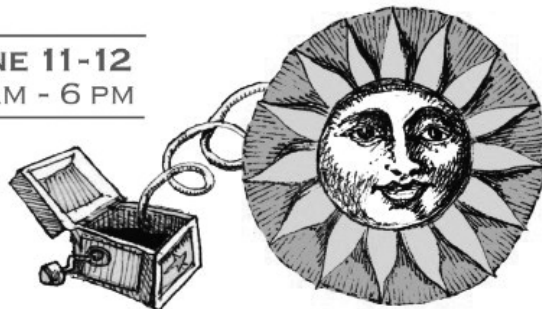
Hunter said they are already planning a second pop-up event on the Labour Day weekend because so many local artists have already shown interest in the idea.

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# Brush it on

Lake Winnipeg Foundation hopes signature brush art will make people love their lake

By Staff

A Manitoba artist has unleashed her creative spirit to help raise awareness about Lake Winnipeg.

Kal Barteski has collaborated with the Lake Winnipeg Foundation to offer signature brush script art, and you won't find it anywhere else.

"It came about through a shared passion for Manitoba's natural landscapes and our lakes," said the foundation's executive director Alexis Kanu.

"Kal is a passionate artist who uses her art to do good with her art, and we absolutely love her work, so it was a perfect fit for us."

Barteski has donated a limited batch of four separately designed brush art pieces that can hang on walls or be displayed on a mantle or bookshelf.

But Kanu said the initiative isn't just about Lake Winnipeg.

"The message here is that yes love Lake Winnipeg. We're the Lake Winnipeg Foundation, and we care deeply about that lake, but Lake Winnipeg

is connected to all the other lakes in Manitoba.

"And no matter where you go in the summer. No matter what lake is close to your heart, our waters are all connected, and so we need to be looking out for all of Manitoba's lakes."

And love for Lake Winnipeg is still desperately needed, said Kanu.

In 2013, the Global Nature Fund gave the lake the ignominious title of being the most threatened lake in the world for the year.

Kanu said the work the endangered lake needs never goes away, hence why her foundation exists.

"In fact, we won't ever be finished. We'll always need to manage Lake Winnipeg and take into account new potential challenges," she said.

The art pieces range in price from \$15 to \$60 and are being sold online by the foundation and at community events it puts on throughout the summer.

Visit [lakewinnipegfoundation.org](http://lakewinnipegfoundation.org) for more information.



EXPRESS PHOTO SUBMITTED

A piece of art by Manitoba artist Kal Barteski that the Lake Winnipeg Foundation is selling this summer.

## > GET FISHING, FROM PG. 6

seen the fish, there it was still swimming about. With one try, Brad netted it, and at supper that night, they enjoyed that lazy jack just fine, thank you very much.

Getting down to the Red River bank by the Selkirk "steam plant" without four-wheel drive right now is risky at best. I was tossed up and down in the truck getting there a few days ago, but it was worth it because I met former Selkirk father and son James and Owen Stockton, who live in Alberta and are back for a family gathering.

Jim wanted to tell the story when Owen was just a little guy. Open water fishing with him, he caught a small sauger with his kid's rod. Dad told him it was too small and had to be thrown back. Owen was angered, crying and totally smitten. Jim comforted the boy and sent his rebaited hook back out whereupon it was immediately taken by a large jackfish, so big in fact that it snapped Owen's line. Poor Owen. He looked up at his dad not knowing what to make of it all.

Well, Owen's a big grown man now, and as pictured with the lake trout he caught in Lake Peerless, fish don't get away from him anymore.

Until next week, my friends. Bye for now.

## Member Appreciation Days

Come on out & say *Hi!*

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|  |
|--|
| Arborg, Fisher Branch, Riverton & Winnipeg Beach |
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| Gimli, Headingley and Selkirk                    |
| Wednesday, June 22 11am - 11pm                   |



# Gimli needs your vote in Coors Banquet One Horse Town contest

## Online voting opens June 6 to July 4

### Submitted

The Rural Municipality of Gimli has been selected as a finalist for the Coors Banquet One Horse Town contest. The grand prize winner will earn a free outdoor concert.

The contest is comprised of two parts: a nomination phase and a voting phase. The passionate residents of Gimli earned the nomination by uploading pictures of Gimli onto the One Horse Town website. Gimli will

now fight for the grand prize which is a free outdoor concert hosted by Coors Banquet featuring Dean Brody, Chad Brownlee and River Town Saints.

Gimli competes as one of six finalists that have been chosen from different regions throughout Canada, with Gimli representing the Manitoba/Saskatchewan region. The grand prize winner will be determined by online voting, which opens June 6 and closes

on July 4. Everyone is allowed to vote once per day per IP address at coorsbanquet.ca.

In addition to the concert, Coors Banquet will make a short documentary about Gimli, its residents and the concert itself. The exposure would be fantastic for the RM of Gimli and for Manitoba.

The other nominees include Truro, NS; Kenora, Ont.; Saint Jean-Port-Joli, Que.; Vermilion, Alta., and Kimberley, B.C. Gimli has the smallest population out of the six finalists by far. Let's make Gimli 'the little town that could.'

We need to keep our energy and enthusiasm high throughout the voting process to make sure Gimli wins the One Horse Town Contest. If Gimli wins, the concert will take place on the scenic shores of Lake Winnipeg in September, making for a truly unique event.

For more information please visit coorsbanquet.ca or call 204-642-6697.

<http://coorsbanquet.ca/en/oht>

We are the smallest population so we need to VOTE VOTE VOTE! And check out Gimli's Facebook for your chance to win great prizes for voting.

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## Air Conditioning Maintenance; What you Need to Know about Temperature Control

Most vehicle owners don't service their air conditioning until after it fails, which can be an expensive proposition. Maintaining your air conditioning system means that you always have enough refrigerant to properly do the job. Small leaks in the air conditioning system allow the refrigerant - a gas in the system, to escape and the system can't cool the air as well, leaving you in the hot seat with your spouse, literally.

Along with the refrigerant, a special oil circulates in the system. The oil lubricates air conditioning components, and keeps the seals resilient. Low refrigerant and lubricating oil means that the air conditioning parts will wear out prematurely, and we all know that air conditioning repairs can be costly.

Air conditioning service at your local auto service provider in the Interlake starts with a visual inspection of the components for signs of damage or leaks. In fact, in some jurisdictions the law requires an inspection before adding refrigerant. Some provinces do not allow topping off a leaking system. Not only is it bad for your vehicle, it's bad for the environment.

The A/C compressor is driven by a belt from the engine, most often the serpentine belt, so it's inspected for cracks or wear. A worn serpentine belt leads to belt slippage which puts additional strain on the compressor. Replacing your serpentine belt and belt tensioner on schedule will extend the life of your A/C compressor and other belt driven accessories.

The air conditioning compressor and other components are checked for proper operation by your service advisor. Then comes the leak test. If a leak is detected, often in a hose or connection, it's repaired and the vehicle system is retested. Your local service technician will also perform a temperature drop test, another revealing diagnostic test.

A potential problem for Interlake auto owners is contamination. Over time the inside of the rubber hoses can deteriorate and little bits of rubber can clog up various filters and other parts of the vehicle A/C system, preventing proper circulation of the refrigerant. And a component could also be worn or broken.

If needed, the old refrigerant is evacuated and the system is recharged with clean, fresh refrigerant. A final test insures that the air conditioner is working, and you're on your way.

How often this should be done at your local service provider varies from vehicle to vehicle. Your vehicle owner's manual will have the manufacturer's recommendation and, of course, your friendly and knowledgeable Interlake service advisor can tell you. It's typically every two years.

Give your local independent service provider a call. We also can and will advocate for your warranty and point out other items that should be replaced under warranty should it apply. We'll steer you right. Our reputation depends on it!

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# Gimli students help to prevent water-borne illnesses

By Patricia Barrett

Two Sigurbjorg Stefansson Early School students set up shop on the curb in front of Gimli's Noventis Credit Union last Saturday afternoon to help raise funds for a clean water project in the Democratic Republic of Congo.

Grade 3 students Alethea and Norah set up a float stand to collect funds for a Calgary-based charitable organization called Samaritan's Purse Canada, which builds reservoirs and wells in African and Latin American countries and supplies community water filters to prevent water-borne diseases and skin infections.

The two girls explained how biosand water filters capture organic materials, viruses, parasites and micro-organisms and deliver clean water.

"You put dirty water in the diffuser plate in the top," said Alethea, "and it goes through the layers."

Norah said the filter cleans the water as it makes its way down through various layers of sediment.

"It goes through the sand and into the little gravel ... and it comes out as clean as this," she said, holding up two bottles of water, one dirty and one clear.

Each filter can produce 40 litres of clean water per hour and last for decades because no power supply is required, according to the organiza-

tion's brochure. About 800 million people around the world drink, cook and clean with polluted water, which can lead to intestinal diseases and skin infections.

The girls organized a lemonade stand in front of Sobey's on Friday to raise money for the charity. And their Noventis location was buzzing with locals and tourists who donated funds to the project. In return, the girls provided complimentary orange, root beer, cream soda and mocha floats.

"They initiated it," said Alethea's dad Elmer, who was on hand to help the two girls with their fundraiser. "Norah had seen a Samaritan's Purse brochure in the mail and it really grabbed her."

Elmer said the girls' goal is to raise enough money for 10 filters, which cost \$150 each.

"After yesterday's fundraiser, we're close already," he said.

Norah's mom, Julie, said the girls provided an overview of their fundraising project to their classmates at Sigurbjorg Stefansson.

"You can also donate online," she said.

To help Alethea and Norah raise funds, visit <https://sponsorme.samaritan.ca/sponsor/NorahandAlethea>.

For more information about Samaritan's Purse, visit [SamaritansPurse.ca](http://SamaritansPurse.ca).



EXPRESS PHOTOS BY PATRICIA BARRETT

Gimli's Sigurbjorg Stefansson Early School Grade 3 student Alethea and Norah, right, were in front of Noventis Credit Union last Saturday raising funds for biosand filters to help countries in the Global South obtain clean water. They explained their project to a passerby, who donated to the cause.

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# Your Wedding



## An outdoor wedding? Be prepared

Are you dreaming of a wedding in the sunshine and a reception under the stars? For your big day to be as magical as you'd hoped, you're going to have to think of everything beforehand.

### The layout of the site

Choose an easily accessible area that is as flat as possible to avoid wobbly tables or runoff if it rains. Also, be sure to notify any neighbours of your plans so they can be respectful of your need for a peaceful ambiance.

### The weather

Don't bury your head in the sand; the weather could thwart your plans in lots of different ways. Choose heavy decorations that will stay in place if it gets windy. A warm, sunny day would be fantastic, but a heatwave could make your guests feel really uncomfortable. For a summer wedding,

make sure you have some shady corners, parasols and cold refreshments.

In case of rain, a marquis tent or other shelter is essential for guests, musicians and caterers. Be sure to organize a supply of umbrellas at the entrance, as well as mats and towels. The evening could be cool, so providing shawls or blankets for your guests is also a good idea. And don't forget that mosquitoes could turn up at the party uninvited; it's another thing to think about and prepare for.

### The facilities

Toilets, water and electricity: do you have everything you need? The cater-

ers may need to rent a refrigerated truck, so be sure to let them know which facilities will be at their disposal. Set up a sturdy dance floor as well for all those ladies in stiletto heels.

Next comes some ambient lighting: strings of fairy lights, candles with covers for the flames and lanterns will set the mood. And don't forget to light the paths to the toilets and parking area.

Make sure you plan enough time and helping hands to set everything up. Transforming a backyard into an idyllic reception area isn't something that can be done overnight.



## Compiling the guest list

Drawing up a guest list for your wedding can be very stressful, especially when you start thinking about your extended family and your limited budget. What's the best way to tackle this difficult job? Two options are available to you.

First of all, you can list the names of all the people you would like to be present at your wedding and adapt the reception or your budget accordingly. Obviously, the longer the list, the more costly it will be. Or, if you

feel that the presence of all the people on your list is essential, there are ways of inviting everyone without breaking the bank. You could opt for a more affordable menu or a no-frills reception or a cash bar, for instance.

You can also do the reverse. Choose the reception hall and determine your budget, then adjusting your guest list accordingly. You'd love to get married in a specific place that can only accommodate 80 people? Compile your list according to your priorities until

you reach the maximum number of guests. Start with family and close friends, then add extended family and friends, and end with acquaintances and colleagues if there is room. Don't forget the spouses (and the children, if invited) of all these people.

Whichever option you choose, keep in mind that it is your big day; don't succumb to the pressure of inviting people you don't really want to see. Instead, surround yourself with people who are important to you.

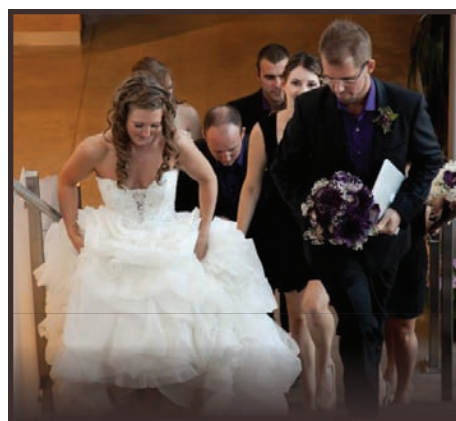


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## Guide to replacing home siding

Finding a qualified contractor is an important component to any siding project.

Few home improvements can transform a home more than the installation of new siding. Replacing siding can be a costly venture, but the right siding will maintain its appeal for years to come.

Updated siding can improve a home's energy value by enabling owners to save on heating and cooling costs. A new design and colour also can improve a home's property value and set it apart from neighbouring properties. According to the Professional Builder's Home Exteriors Survey, exterior design and materials used are a top priority for new home buyers.

Project costs depend on the size of the home as well as which siding material homeowners choose. Considering new siding is a major renovation, it pays to get the job done right.

### Choose a qualified contractor

It is important for consumers to do their research when it comes to siding materials and contractors. A contractor who takes shortcuts or improperly installs the siding may void a manufacturer's warranty. Always ask family members and friends for recommendations before choosing a contractor, and check out each prospective contractor's work for yourself. Interview more than one contractor and compare both their costs and what they offer. Ask plenty of questions of the contractors, and

avoid those who try hard-sell methods. Questionable contractors may try strategies like a promise of a considerable discount if you "act now" or scare tactics that your home is unsafe in its present condition.

Be sure the contractor carries general liability insurance as well as workers' compensation insurance for their subcontractors. Ask for a licence number as well and verify its accuracy.

### Select a durable material

Siding comes in all types of materials — from wood to plastic to fibre cement — but metal is among the most popular due to cost, availability and durability. Research how well particular brands of siding stand up to conditions and which are the least likely to crack, warp or discolour. Find this information from online reviews or through consumer advocacy groups. Vinyl and other synthetic materials have improved and can now mimic the look of many other materials for a fraction of the cost.

### Calculate how much you need

Before you price out siding with contractors, estimate how much you will need for your house. Consumer Reports suggests multiplying the height times the width of each rectangular section of your house in feet, going by what you can measure from



the ground, to determine their areas. Multiply the approximate height and width of gables and other triangular surfaces and divide each total by two. Then add all the totals. To allow for waste, don't subtract for doors, windows or other areas that won't be covered. Finally, divide the total square footage by 100 to estimate how many squares of siding you will need.

A square represents 100 square feet. Knowing how much you need can save you money.

Metal siding can completely transform the look of a home and make it more energy efficient — not to mention it's a great option for your roof as well. Consumers who do their homework will get the best value for their investments.

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# Traditional healing through natural medicine is coming back

By Austin Grabish

The air is thick, and the smell is strong.

It's hard to describe in words, but the smell here can be likened to that of sweet tea leaves.

There are dozens of jars filled with herbs and other natural medicines in a closet. Leaves are drying over a dehumidifier and healing creams are being put away in a mini fridge.

"It's coming back," says Kathy Bird, a community health nurse and natural healer in Peguis.

Bird is preparing an order of medicine for a woman from Lake Manitoba who is suffering from edema and congestive heart failure.

Bird says asking for traditional medicine is becoming more common in Peguis and its neighbouring First Nations communities.

"More and more of our people in different communities are beginning to pick it up again," she says.

The *Express* tagged along with Bird last week in Matootoo Lake where natural healing happens in Peguis.

Many band members on this First Nation are living with diabetes and are heavily medicated, and it's the heavy medication that has some looking for a natural alternative.

"One thing I've realized in my nursing career is that our people are overmedicated," Bird says.

"Sometimes people are on, like, 26 pills a day. Can you imagine taking 26 pills a day?" she says, looking out on the lake where she gathers lily-root and mint.

The traditional medicines here are turning into a hot commodity, but you can't buy them from Bird.

There's only one way to get them, and it's by making an offering to Creator and giving a gift of tobacco.

An offering could be almost anything including a small monetary donation, buying a meal for someone or bringing a blanket from one's home.

"One day a woman showed up with a microwave oven," Bird says.

"At one time, our people didn't have money so they gave what they could and that's what we ask."

Bird smiles when she's asked if these natural medicines could treat someone with cancer.

"The thing that people need to understand is that I don't heal people," she says.

"Everything we do is based on Creator, the grandmothers, the grandfathers and the four sacred directions. And when someone comes here and they bring tobacco and they bring an offering, they're not giving that to me. I'm accepting it on behalf of Cre-



EXPRESS PHOTOS BY AUSTIN GRABISH

Kathy Bird is a community health nurse and natural healer in Peguis. Bird says the demand for traditional medicines on the Interlake reserve is starting to increase.

ator and the helpers in the four sacred directions."

Bird says tobacco is used to communicate with the Creator and shouldn't be mistaken for smoking.

The medicine here isn't an alternative to medication given out by regular doctors.

Bird says it's only an addition to it and reiterated it's the Creator that will help heal a person.

She said many are starting to embrace natural medicines, but some in the community are still fearful.

She says it wasn't that long ago that Aboriginal people were threatened with jail time for practising traditional medicine and their way of life.

"When I first started learning about medicines, people were very reluctant to talk about medicines because of imprisonment and things like that," she says.

"John A. Macdonald's goal was to eradicate us from the face of the Earth. We sure fooled him, didn't we?"



Bird's medicine closet at her home and healing clinic on Matootoo Lake in Peguis.

## Interlake-Eastern RHA awarding tuition bursaries to health care students

Submitted

The application deadline for Interlake-Eastern RHA's Grow Your Own bursary is June 30. Designed to assist in the recruitment and retention of health care professionals, the RHA will cover to a maximum \$2,550 per academic year to full time students who are pursuing a career in a health care profession.

Applicants must be enrolled in an accredited education program leading to a degree, diploma or certificate in a health care.

It's a program that has benefitted both students and the RHA according to Brianna Demchuk, human resources manager for Interlake-Eastern RHA.

"We currently have 25 students fulfilling their return of service agreements with us. Of five who have recently completed their return of service, four are still working for us. We call this bursary Grow Your Own because it helps us identify and support students who are ultimately seeking to secure a position as a health care professional within our region," Demchuk said.

Nursing students typically represent the majority of bursaries awarded but other health care professionals in training, such as pharmacists and physiotherapists, are encouraged to apply as well.

In order to apply for bursary funding, the applicant must have completed two years of a program

that is four or more years long. Applicants must be interested in working for Interlake-Eastern RHA after graduation as the provision of a bursary is conditional upon a return of service agreement with employment based in Interlake-Eastern RHA. Students may apply for the bursary a maximum of two times.

More information and an application form are available at [www.ierha.ca](http://www.ierha.ca) under "Careers" and "Education Funding".

Questions can be directed towards Kerri Simcoe, human resources generalist, at [ksimcoe@ierha.ca](mailto:ksimcoe@ierha.ca) or 204.753.3119



# Your FARM



## Never a dull moment raising food



By Harry Siemens

Right on the heels of the first case this go-around late last month, the province now has another case of PEDv in the same area.

On June 2, Manitoba's Office of the Chief Veterinarian (CVO) confirmed that a second case of porcine epidemic diarrhea (PED) had been found in a finisher barn in southeastern Manitoba, in addition to the one found in a batch-farrow sow barn a week ago.

Control measures are in place and testing is ongoing, the CVO says.

I remember all too well the announcement of the first Canadian

case, this one in Ontario, while attending the boar pit session at the Banff Pork Seminar in January of 2013, and topic being exactly this: what happens when, not if, PEDv hits Canada?

Eventually, Ontario got over 50 cases. Quebec had a few, too. Manitoba saw five, and there were none in the other western provinces.

It didn't take that long before the CVO declared Manitoba PEDv-free after stringent biosecurity and cleaning up the messes caused by those five.

While totally devastating to the owners of those infected barns — removing dead piglets, working at eradicating the disease and remaining disease-free — it also affected those who never got it, mostly emotionally.

I remember talking to several pig producers that never got the disease in their barns but would go and turn

on the lights every morning to see if baby pigs were sniffing, a sure sign of the disease starting to take its toll.

This time around, I was in a hog barn near St. Malo when I heard the news of yet another case in Manitoba.

The least cost is a producer losing the production for six months, meaning one batch of pigs won't go to market but to be disposed of as dead stock.

This crazy virus moves around, carried by almost anything, and it's very difficult to determine where it actually came from.

With so many trucks hauling pigs back and forth to the United States and with PEDv still active there, the emotions run high on this one.

Here's hoping anyone related to the pig business will take a double-dose of willpower to strengthen their biosecurity protocol, as that is the only line of defence there is.

Driving to Winnipeg and back last week Saturday, several things caught my attention.

On the way down, two winter wheat fields, one on either side of Highway 3, were looking absolutely wonderful but lodging a little on the way down — and on the way back about eight hours later, lodging even more. The significant part of this is, first, to see a wheat field so far advanced in the beginning of June, and to see it so thick, meaning such a good stand that it is already lodging, also is amazing.

The other thing I saw was the amount of water on the fields between Carman and Winnipeg. Only a mere few weeks back, dryness was a hot topic that kept farmers from finishing their seeding. Then frost hit the canola, and now too much water is laying around. Indeed, there is never a dull moment for a farmer.

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Randy's Tire was almost Randy's Construction. Some in the area may remember C&H Construction, a family business that Randy was a bit too young to take over at the time his family was ready to sell. A year or two later, in 1981 with the encouragement of Randy's Uncle, and with help from Super Six Community Futures (now West Interlake Community Futures) Randy started doing tires and automotive repair out of the C&H building. They were the first to have a Tire Service truck in the area doing house calls.

By 1985, Randy made an agreement at 16% interest which at the time was a good deal and got into Polaris all terrain vehicles (ATV's), and snowmobiles.

A record year of snowmobiles in '96 led to the new shop being built on Hwy 6 in 1997, completed in May of 1998.

He employs four full time (and up to 6 at times) employees. They were one of the first to carry Polaris' Ranger side by sides and now sell a wide variety of Polaris models.

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Unfortunately, they've had to install all manner of security cameras and even a night watchman to deter theft.

In 2012, they added a towing service. So coming up on 36 years of business Randy's Tire and Sport is still going strong and delivering more than just tires.

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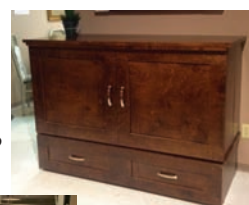


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## Chicken kabobs with peach salsa

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5 mL (1 tsp) sugar  
5 mL (1 tsp) olive oil  
1 large yellow or orange pepper, diced

Directions  
Soak skewers in water (this prevents burning). Set aside.

Mix all ingredients for the salsa in a bowl and set aside. This can be done a day in advance. Store in the fridge.

Preheat the barbeque to medium heat.

Place the chicken chunks, vinegar, sugar and oil in a bowl and toss to coat.

Alternate spearing chicken chunks and pepper with the skewer. Make 4 skewers.

Cook on the barbecue for 10 to 15 minutes, turning once, or until chicken is no longer pink inside.

Serve with 125 mL (1/2 cup) salsa.

Makes 4 servings

Ingredients

4 long wooden skewers

Salsa

4 medium peaches, chopped small

125 mL (1/2 cup) cucumber, diced

3 mint leaves, finely chopped

2 mL (1/2 tsp) raspberry vinegar

5 mL (1 tsp) finely chopped red onion

(optional)

Kabob

3 boneless, skinless chicken breasts (300 g/10 oz), cut into large chunks to fit on skewer



## Citrus Recado Chicken Breasts

Ingredients

Serves 4

2 garlic cloves, crushed

1 teaspoon chili powder

1/2 teaspoon dried oregano

1/2 teaspoon dried thyme

1/2 teaspoon ground cumin

1/2 teaspoon ground coriander

1/2 teaspoon black pepper

1/4 teaspoon ground cinnamon

1 tablespoon dark brown sugar

2 tablespoons canola oil

2 tablespoons fresh lime juice

1/4 cup orange juice

4 boneless chicken breast halves, slashed (see below)

Salt

1 recipe Avocado Mango Salsa (optional)

Combine garlic, chili powder, oregano, thyme, cumin, coriander, pepper, cinnamon, sugar, oil, lime juice, and orange juice. Add chicken and toss to coat evenly. Cover and refrigerate for 30 minutes, turning once. Grill according to instructions below. Sprinkle with salt. Serve hot with avocado mango salsa if you prefer.

Outdoor grill: Grill skin-side down over medium-hot coals until skin is crisp, 7 minutes. Turn and continue grilling until chicken is opaque with no trace of pink, another 5 minutes.

Indoor grill: Preheat broiler. Broil skin-side up until skin is crisp, 7 minutes. Turn and continue cooking until chicken is opaque with no trace of pink, another 5 minutes.

To slash the chicken breasts: With a sharp knife, cut 3 parallel slashes through the skin, about 1/4-inch deep.

Marinate chicken up to 2 hours in advance. Cover and refrigerate, turning several times in marinade.

Avocado Mango Salsa

Makes 12/3 cups

1 mango, finely diced

1 avocado, peeled, halved, pitted, and finely diced

1/2 red onion, finely chopped

1 red chile, seeded and finely chopped

## Problems Come When Reacting to Stress

"OUR PSYCHOLOGICAL RESOURCES ARE MORE IMPORTANT THAN OUR STRESSORS."

I came upon this statement recently while I was doing some research, and it struck me as quite profound. On one level it seems simple and obvious. Sometimes that which is simple and obvious is most profound, but easily missed when we are expecting, or looking for complexity.

Naturally a big part of my work involves assisting clients in dealing with stress. I am often amazed at how much stress some individuals are facing on a daily basis. We often see articles and books dealing with ways to reduce stress. This information is helpful. However, we may develop the attitude that stress is a bad thing, and feel stressed about the fact that we have stress! We may become anxious about stressors beyond our control, such as the illness of a loved one, downsizing of a company, or even severe weather.

Life does, and will continue to have its stresses. What we can control, or develop, is our inner strength. Think of stressors as psychological 'flu viruses'. Consider psychological resources as our 'immune system'. Just as the best way to prepare for flu season is to strengthen your physical immune system, the way to prepare for the stresses of life is to strengthen your psychological resource system.

The components of this resource system might include attitude, problem-solving skills and solution orientation, self-esteem, personal empowerment, people you can

talk to who offer positive support as opposed to reinforcing negative attitudes (friends, family or professionals), good physical health and self-care, a willingness to learn and grow, a spiritual connection to something larger than oneself, a sense of humor, and a belief that you have something valuable to contribute in this lifetime.

What you will notice about this list is that every item is something we must take responsibility for ourselves. We cannot get them from someone else, (though we can learn from others) nor can we blame anyone if we do not have them. No matter what our circumstances, we can develop every one of the above mentioned components. We may have to read, take a class, join a group or work with a professional, but everyone can develop a strong psychological resource system.

Stress may never disappear from our lives. Stress itself is not the problem anyway: the problem is our reaction to stress. If we see it as a challenge, dealing with it as best we can, we remain healthy. If we do not have sufficient resources, external stress becomes internal distress. This is when physical and emotional health is compromised. We are well aware of the importance of keeping our bodies in shape. Equally important is developing our psychological 'muscles', keeping them fit, toned and ready to handle whatever challenges come our way.

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

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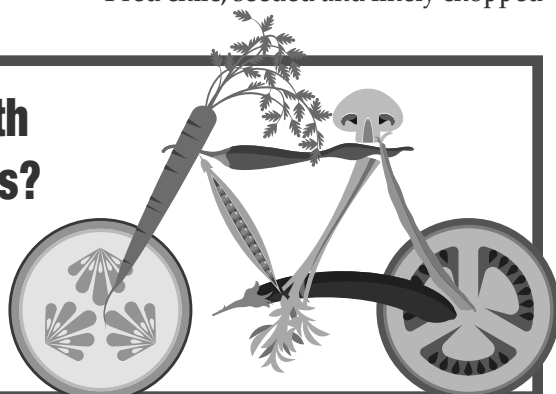
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# Trudeau pledges municipalities' input when it comes to federal spending

By Natasha Tersigni

Keeping to a promise he made a year ago — that if elected the country's leader, he would once again speak at the Federation of Canadian Municipalities (FCM) annual convention — Prime Minister Justin Trudeau took the stage for the keynote address at the 2016 convention held in Winnipeg last week.

Expounding upon his government's plan of spending \$120 billion over the next 10 years in public infrastructure targeted at green, social and public transit projects, Trudeau told the hundreds of municipal officials in attendance how the Liberal's "ambitious" and "pragmatic" infrastructure spending will grow communities.

"Building reliable, modern, sustainable infrastructure is about growing our communities. It is about making our cities and towns healthier places to live," said Trudeau.

"We spent years listening to people like you in communities across the country and this is what you told us you needed."

Trudeau stated that an overarching aspect of his government's infrastructure plan is focused on allowing municipalities to choose their own projects while keeping to the federal government's set objectives of revitalizing and growing the economy, protecting the municipalities from impacts of climate change and supporting social integration and the inclusion of all of our community members.

"You know what your communities need. We shouldn't tell you if you need light rail or subways, better bridges or climate-resilient infrastructure. That is your job as municipal leaders to tell us what you need and how the federal government can help. What we will do is set objectives for investments," said Trudeau.

"With your important input, we have laid out the vision for the kind of Canada we want to build and

we are leaving the project selection to the experts: you."

Municipalities having greater control of where they can spend federal money is welcome news for the RM of Woodlands Reeve Trevor King.

"The biggest part of his address that will affect most of us is the fact that the federal government will listen to us in how the money will be dispersed. At the end of the day, as long as he follows through with what he said, it is up to us to choose the projects," said King, who attended the national FCM conference for the first time last week.

"That is huge, and it seems they are listening to the grassroots people and allowing for our input."

With the project selection now left up to municipalities, King is hoping that the province will now allow municipalities to receive both provincial and federal money for the same project.

"For our lagoon expansion project, we have accessed money through the Manitoba Water Stewardship board but their criteria is that you cannot piggyback with other funding. With the feds saying they will pay 50 per cent, it is up to the province to allow for that cost-sharing, but we are limited by the province's criteria," explained King.

Phase 1 of the federal infrastructure spending plan, which was included in this year's federal budget released in March, includes over \$11 billion focused on modernizing and upgrading public transit systems, improving water and waste systems, expanding affordable housing and protecting infrastructure from the effects of climate change. Already a portion of that money has been earmarked for the Interlake, with the government's commitment of \$248 million for the Lake Manitoba and Lake St. Martin outlets channel project.

"This will allow the Government of Manitoba to regulate lake levels, and in doing so, protect indi-



EXPRESS PHOTO BY NATASHA TERSIGNI

Prime Minister Justin Trudeau told delegates at the Federation of Canadian Municipalities (FCM) annual convention held in Winnipeg last week that when it comes to federal spending for infrastructure projects, municipalities will be able to have control of project selection.

viduals, businesses and communities from flood damage," said Trudeau.

"This is something the people of Manitoba told us they needed. It will greatly reduce the fear of reoccurring floods, which we saw in 2011 have the capacity to cause serious destruction. Making Phase 1 investments like this will make our cities and towns safer, more resilient and more livable."

## Poverty advocate calls no minimum wage increase 'disappointing'

By Austin Grabish

The Pallister government is holding the line on a minimum wage hike this year for the first time since 1999.

Finance Minister Cameron Friesen said he would not commit to raising the minimum wage from its current \$11 per hour rate this October while speaking to reporters about the Progressive Conservatives' first budget last Tuesday.

Friesen said a hike to the minimum wage is only "one side of a coin."

"We're focused right now on what we believe is the most important change that we can make to help affordability for families for income earners," he said.

Under the previous NDP government, minimum wage had gone up every year since the party rose to power in 1999.

During the recent provincial campaign, former premier Greg Selinger vowed to keep raising the province's minimum wage by at least 50 cents per year if the NDP were re-elected.

The Canadian Centre for Policy Alternatives' Manitoba office lambasted the PCs' move last week, calling it "very disappointing."

The centre's director Molly McCracken said while Manitoba's welfare rates have remained stagnant, the cost of living has continued to rise.

"We calculate that a single parent working full-time would have to earn \$15.53 to be at the poverty line," McCracken said. "Our minimum wage is \$11 an hour."

McCracken said Manitoba's minimum wage should have risen to \$11.20 this year to keep up with the rate of inflation.

McCracken said last week's budget is very much "status quo."

"It doesn't really do very much to address income inequality and poverty in any substantial ways," she said.

Friesen said income tax brackets will be indexed with the rate of inflation so low-income earners will be able to earn more without paying taxes.

But McCracken said raising the basic



EXPRESS PHOTO BY AUSTIN GRABISH

Finance Minister Cameron Friesen speaks to reporters about the first PC budget at the Manitoba legislature last Tuesday.

personal exemption amount would only result in about \$16 more in the pockets of low-income people.

"You know \$16 dollars doesn't really go very far," she said. "The Conservatives said they'd put more money on the kitchen table."

"This actually takes money off of the kitchen table."

Friesen did not say when his government would consider raising minimum wage again.



# Going promotant-free

## Fisher Branch farmers tap into new market

By Stefanie Lasuik

Farmers near Fisher Branch are raising half of their cattle without growth promotants. Robert and Betty Green, who own a 600 cow-calf operation with a back grounding feedlot, have gone promotant-free with their heifers for four years.

Growth promotants help cattle convert feed into lean muscle more quickly than they normally would, but current trends have more consumers asking for meat without added hormones.

The World Health Organization has demonstrated that growth promotants for cattle are safe, but Betty Green said their practices are not an issue of health.

"The science shows that its safe, but if the consumer is asking for animals that have not had growth promotants, then that's an option we can provide that for them," said Green.

The Greens wanted to see if there would be any opportunities in going promotant-free.

So far, they've seen more interest in their heifers as replacement heifers, but they have yet to sell directly to a company interested in the promotant-free cattle.

They are, however, close to a deal with one they've been in contact with over the past few months.

"These things just don't happen overnight. You sometimes have to promote that for a while," said Green.

Over the past four years, they've also sold at auctions, but there's not yet a premium for cattle that are promotant-free.

They have, however, seen an advantage in the conception rates of their heifers.

"Sometimes the growth promotant can delay development in the female," said Green.



EXPRESS PHOTO SUBMITTED

Robert and Betty Green are raising promotant-free heifers on their Fisher Branch cow-calf operation.

The Greens organize their operation by tagging heifers with coloured tags after birth and steers with white tags. When they're ready to go out to pasture, the ones that need implants are easily recognized.

"It's not hard. It's very organized

and there's no chance of mistakes," said Green.

The Greens plan to continue implanting their steers but not their heifers and working to hit the hormone-free market.

# PCs slice school tax rebate for high-earning seniors

By Austin Grabish

Manitoba's PC government is doing away with a school tax rebate for high-earning seniors that the Selinger government initiated in 2014.

The rebate, which gave up to \$470 back to seniors, is now only available to those aged 65 and older who earn less than \$63,500 a year.

Seniors who earn \$40,000 to \$63,500 will also see a tax hike of about \$100 per year.

Finance Minister Cameron Friesen said any policy surrounding taxes must be based on principle, and the seniors' tax rebate was far from it.

"A government that in its last gasp takes the desperate move of trying to buy seniors with their own money when they're running a billion-dollar deficit, we would say that's not a principle approach," Friesen said.

Premier Brian Pallister told reporters the NDP only initiated the program as a vote-buying scheme.

"It was an irresponsible promise by a previous government that was total-



EXPRESS PHOTO BY AUSTIN GRABISH

Manitoba Premier Brian Pallister says the PCs are doing away with a tax rebate program for high- and middle-income earning seniors because it was a vote-buying scheme by the former NDP government.

ly desperate to buy votes with money taken from children and grandchildren that shouldn't have to pay the price," Pallister said.

The PCs are also changing how the program is administered in a bid to cut costs, they say.

Friesen said the Canada Revenue

Agency program will now administer the program so the rebate can be earned at tax time. Currently, seniors must apply directly to the province for the rebate after receiving their property tax bill.

"Our predecessors set up a separate office where they licked stamps and fixed labels and sent notices out to Manitobans indicating that they'd be eligible for a rebate," Friesen said.

Friesen said the change to the way the program's being run will save up to \$900,000 per year in costs.

"Those seniors who actually need the support will continue to receive it," he said. "That's something we should all feel good about."

The Canadian Centre For Policy Alternatives said the decision is a move in the right direction.

"Moderate income seniors and high-income seniors don't need a tax credit on education taxes everybody benefits from education taxes," said the centre's Manitoba director Molly McCracken.



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# Miss Interlake to be crowned this weekend

By Staff

This coming weekend at the 64th annual Lunder Ag Fair seven young ladies will compete for the title of Miss Interlake. The winner will be crowned Saturday at 5:15 at the freestage.



Miss Eriksdale - Carrie Godfrey; 17 year old Grade 11 student at Lunder High School and daughter of Joanne and Cameron Godfrey. After graduation Carrie plans to enroll at Red River College to pursue a career in nursing. She enjoys figure skating, hunting, fishing and spending her summers in Steep Rock. She has received multiple figure skating awards and a high school enrichment program award. Carrie has volunteered many hours during community events and helped coach in the Lunder Skating Club for five years and coached soccer for two years. She will be representing the Eriksdale Ladies Legion Auxiliary.



Miss Fisher Branch - Taylor Raelees Caldwell; 16 year old Grade 10 student at Fisher Branch Collegiate and daughter of Nicole Caldwell. Taylor works part time at the Fisher Branch Ukrainian Farmers Co-op. After graduation she plans to attend university to become a mechanical engineer and retire in the country with a hobby farm. Taylor enjoys mechanics and engineering, hunting, fishing, dirt biking and mudding. She is an active member of the Social Justice Committee, she volunteers at events in her community and at the local personal

care home. Taylor has raised money at bake sales for the Red Cross and has volunteered at Siloam Mission in Winnipeg. She enjoys public speaking and has received academic awards for overall average of 90 per cent, received an Evergreen Music Award for piano as well as sports awards.



Miss Meadow Lea - Rebecca Paige Van Hulle; Grade 10 student at Warren Collegiate and daughter of Ken and Sandra Van Hulle. After graduation Rebecca plans to go to Red River College to become a Registered Nurse and then further her education at U of M to become a Nurse Practitioner. She enjoys hunting, fishing, camping, canoeing and farming with her family but her main passion is stock dog trials. Rebecca participates in dog trials throughout the Manitoba and Saskatchewan. She has received awards in Novice Sheep, Cattle and All Around Champion at the "Duck Mountain Working Dog Classic" in 2014. In 2015 she won two Intermediate Champion plaques, one Intermediate Reserve Champion plaque and as well won her first buckle in the National Cattle Dog Association Canadian Regional Finals - Intermediate Champion 2015.

She has volunteered at Meadow Lea Hall for community functions, she assists her dad with Hunter Safety Courses and the Canadian Firearms Course and volunteered at the Winnipeg Red River Exhibition for the Continental Stock Dog Championship in 2015. She has timed and judged at several different stock dog trials and swimming competitions and hosted "Woody Ridge Stock Dog Trial" at her family's pasture in 2015. She plans to keep training stock dogs and possibly start breeding her own line of dogs.

Miss Lunder - Jordhan Lynch is a Grade 12 student at Lunder High School. She will be attending the University of Manitoba this fall and is registered in University 1 and plans to take psychology. Jordhan has been waitressing for five years and loves



being around people and working in a social environment. She played hockey for five years and has been refereeing for two years. She loves to read, travel, listen to records with classic rock being her favorite genre, do henna, enjoys nature and has recently started horseback riding. She ran for Carnival Queen two years ago and loved being part of something in her community and has been looking forward to running for Miss Interlake since she was a little girl. She always loved watching the girls in the parade and watching what they were doing for their talent.



Miss Mulvihill - Taylor Kinkead; is a 17 year old Grade 11 student at Lunder High School and daughter to Patti and J.R Billekop from Eriksdale. Taylor plans to become an equine chiropractor and a physiotherapist after graduation. She enjoys horseback riding, soccer, hunting and hockey. Taylor has volunteered as a 4-H leader for the Eriksdale Midnight Riders, coached soccer and skating volunteered at Eriksdale and Ashern rinks at many community events such as carnival, Eriksdale Creamery Days, she volunteered at the Eriksdale public library, at many school activities and she helps put on MBRA's every second week in Eriksdale. She is a flag carrier for parades and rodeos. Taylor gives horseback riding lessons, was MRRA finals champion along with MBRA finals champion and was the Eriksdale Carnival Queen. Taylor is sponsored by the Eriksdale Community Club.



Miss Narcisse - Emily Caumartin; 19 year old daughter of Terence and Tina Caumartin. Emily currently works at the Gimli Children's Center as a childcare worker and plans to work at the center for two years and join the Work Place Program at Red River to take the Early Childhood Educator II degree. She then plans to take the level III degree and specialize in special needs. Emily enjoys long walks with her two dogs down quiet back roads. She enjoys working on performing new tricks with Kiba, a Husky cross that she recently adopted. She loves riding her horses with her sisters and at rodeos. She loves spending time with her family, reading and she makes horseshoe dreamcatchers in her spare time. During school she volunteered coached younger students and volunteered at the Gimli Vet Clinic for the winter of 2014/2015.



Miss Woodlands - Selena Peixoto; 17 year old Grade 11 student at Warren Collegiate and daughter of Liz and Arthur Peixoto. After graduation she plans to go to the University Of Manitoba to take nursing. Selena babysits for families around the community and works at Anderson's Hitch n' Post Ranch. She enjoys art, basketball, shopping and volunteering at Siloam Mission. She is proud of some of her art pieces that she has created throughout the school year. Selena is sponsored by Woodlands Community Hall.



# sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

## Interlake athletes perform well at zone championships



EXPRESS PHOTOS BY STEFANIE LASUIK

Pictured clockwise from top left, Fisher Branch Collegiate won the MHSAA 'A' banner at the Zone 5 track and field championships in Stonewall on June 1; Richelande Plett, right, of Fisher Branch won the varsity girls' 100 metre race with a time of 14.57. Inwood's Hanna Postlewaite placed second with 15.03; Gimli High School's Mark Cameron took home a red ribbon in the varsity boys' javelin with a throw of 42.62-m.

## Pair of Peguis' players selected in MJHL Bantam draft

Staff

Keenan McPherson of Peguis First Nation was selected in the second round, 13th overall of the Manitoba Junior Hockey League Bantam draft in Selkirk last Sunday.

McPherson, a forward, was selected by the Waywayseecappo Wolverines. Last season, McPherson led the Interlake Lightning in goals (14) and points

(26) in 34 regular-season games.

Bryden Sinclair, also from Peguis, was picked by the OCN Blizzard in the fifth round, 61st overall. Sinclair scored five goals and added six assists in 31 games with the Lightning this past season.

The annual MJHL Bantam Draft of 15 year old players was open to players born in 2001.

By Brian Bowman

Hockey Manitoba released the 2016 U-16 and U-18 Program of Excellence Development rosters on June 1.

The female U-18 POE Development roster features 27 players, which includes four goalies, nine defencemen, and 14 forwards.

One of those forwards selected was Olivia Cvar. She played for the Shaftesbury Titans' prep team last season.

The U-16 POE Development male roster, meanwhile, included three goalies, eight defencemen and 16 forwards.

Both the U-16 and U-18 programs will host a prep camp in July, followed by a final camp in August for U-16

and the Bisons' Exhibition Series for U-18 in September.

Here are the locations and dates for 2016 POE development camps:

U-16 POE Prep Camp - July 11-13 - Riding Mountain National Park

U-18 POE Prep Camp - July 19-21 - Winnipeg (Seven Oaks Arena)

U-16 POE Final Camp - August 11-14 - Winnipeg

U-18 POE Bison's Exhibition Series - September 2016 - Winnipeg

U-16 Team Manitoba will compete at the Western Canada Challenge Cup set for Oct. 18-23 in Calgary. The U-18 Team Manitoba squad, meanwhile, will compete at the National Women's Championships Nov. 9-13 in Regina.

## POE hockey rosters announced



# sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

## Steelers pleased with MJHL Bantam draft picks

By Brian Bowman

The Selkirk Steelers didn't have to travel very far for this year's Manitoba Junior Hockey League Bantam draft.

In fact, it was held right in their own backyard at the Selkirk Rec Complex.

Selkirk hosted the annual draft on Sunday and Steelers' general manager/director of hockey operations Ken Petrash was very pleased with their selections.

"It is extremely rare that you are able to pick your top-ranked players in each round," said Petrash on the team's website. "This year, we were able to draft the player that we had rated the highest every round."

"We are very pleased to welcome this year's draftees to the Selkirk

Steeler organization, in this our 50th-anniversary season."

In the first round, fourth overall, Selkirk selected defenceman Colby Jaquet, who played last season with the Winnipeg Warriors.

The second round (15th overall) saw the Steelers snag Winnipeg Hawks' blueliner Chad Smithson.

Selkirk continued to think defence in the third round (26th overall) as it picked Ste. Anne rearguard Blair McGowan. McGowan played this past season for the Eastman Selects.

In the fourth round, Selkirk picked Warriors' forward Reece Vitelli, who was followed up by Winnipeg Sharks' forward Josiah Vanderhooft in the sixth round.

The Steelers did not have a fifth-round pick as a result of a previous trade.

The first overall pick in this year's MJHL Bantam Draft was defenceman Parker Malchuk of Birtle. He was selected by the Neepawa Natives.

In addition to the drafted players, the Steelers were allowed to "Auto Protect" two local players. Selkirk elected to protect Lockport defenceman Andrew Hopko and East Selkirk forward Ben Kelly.

Both played last season with the Winnipeg Hawks.

Local players selected at the draft included defenceman Matthew Boonstra of Garson, who was picked in the third round, 32nd overall, by the

Steinbach Pistons.

East St. Paul blueliner Evan Michaels was taken in the fourth round (36th overall) by the Dauphin Kings while West St. Paul forward Brody Lubkey was picked by the Winnipeg Blues with the seventh pick in the fifth round.

On the trade front, the Steelers acquired the MJHL list rights of 19-year-old defenseman Dayne Finnson from Neepawa on June 2 for future considerations.

Finnson, an Arborg native, played the last two seasons with Salisbury High School in Connecticut. In 2013-14, he played 10 regular-season games in Neepawa.

## Interlake making an impact on the soccer pitch

By Brian Bowman

The Interlake Impact may be in a higher division this season, but one thing has stayed the same.

They keep on winning.

Interlake improved its record to a perfect 4-0 after a hard-fought 2-1 victory over North Winnipeg on Monday evening.

"We've played North Winnipeg the last few years and they have given us a good run," Impact player/coach Dean Dueck said days before the game. "They were a really solid team

the first year and they beat us in the semifinals. Last year, we were 1-0-1 against them."

Benny Wiens and Eric Harder scored for the winners, who haven't skipped a beat moving up a division.

"We made the move to Division 6 but, interestingly enough, it seems like half the division has followed us up," Dueck said. "That was kind of disappointing because we were looking forward to playing new teams."

Interlake excelled on the field last season by playing stellar team de-

fence on their way to a second consecutive semifinal appearance. They have been equally as good on the defensive side so far this year as the Impact has allowed just four goals in the club's first four games.

"We've done very well defensively," said Dueck, noting their club is well conditioned, which often helps them in the second half of games. "Last year, we averaged just over a goal a game (allowed) – that was the lowest in the league."

"We're a very defensively-minded

team and we have a good goaltender, who apparently earned his wage in the (2-1 win over) Landmark."

Interlake has five new players on its roster this season. The Impact would like to add a few more bodies as injuries – some of them serious – are already starting to pile up.

Interlake is back on the pitch Friday when it plays Azzum at Shaughnessy Park Turf Field. Game time is a late one at 9 p.m.

## Arborg to host 2017 Keystone Cup

By Brian Bowman

The Keystone Junior Hockey League announced June 1 that the Arborg Ice Dawgs will be the host team for the 2017 Western Canadian Junior "B" Keystone Cup Championship.

Ice Dawgs' general manager Ivan Gulay confirmed in an email that Arborg will, in fact, be hosting the long-standing tournament. He said they are currently in the process of forming a western committee and estimated that "about 60 to 70" volunteers would be needed to ensure the success of the event.

"We're so excited," said Gulay Friday afternoon. "We've been in the league nine years now and next year will be our 10th anniversary year. We're really excited."

The tournament, which will take place in April, will include teams from B.C., Alberta, Saskatchewan, Manitoba and northwestern Ontario. Past players at the Keystone Cup have been former Western Hockey League and Junior "A" players.

The level of hockey will be outstanding for fans in Arborg and the surrounding area to watch.

"The level of hockey is like Junior "A" hockey here (in Manitoba)," Gulay noted. "It's high-end hockey, but at the end of the day, if we work hard, then we can also do well."

As hosts of the tournament, the Ice Dawgs will receive an automatic berth and be joined by the playoff winner of the KJHL. Gulay said the Ice Dawgs will, without question, be a competitive team next season.

"We'll ice a team that is strong and competitive," he stressed. "We are going to be very competitive and we'll have a strong team. We'll have local

players and we will look for others to have a strong team — absolutely."

The Peguis Juniors represented the KJHL at this past year's Keystone Cup, which was won by the 100 Mile House Wranglers, in Regina.

Manitoba last hosted the Keystone Cup in 2013 when the St. Malo Warriors were the host squad. Before that, the prestigious event was played in Selkirk in 2008.

"All of the Manitoba teams are going to be competitive," Gulay said confidently, noting the Ice Dawgs' training camp will begin Sept. 10.

"We're all going to be working hard. But I'll say one thing, 'Arborg is going to be building a strong team.'"



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Steel building sale ... "Super savings-additional 10% off now!" 20X21 \$5,794; 25X25 \$6,584; 30X31 \$9,600; 32X35 \$10,798; 42X51 \$16,496. One end wall included. Pioneer Steel 1-800-668-5422 [www.pioneersteel.ca](http://www.pioneersteel.ca)

## PROPERTY FOR SALE

PrairieSky Royalty Ltd. is a publicly-traded company in Calgary that acquires oil & gas fee title and royalty interests at fair market value. To receive a cash offer, call 587-293-4055 or visit [www.prairiesky.com/Selling-Your-Royalties](http://www.prairiesky.com/Selling-Your-Royalties).

## APARTMENT FOR RENT

2 bdrm. apt. in Arborg. Ph 204-641-5902.

## HELP WANTED

**Registered Massage Therapist needed in Selkirk, Mb. Full or part time, established clientele, ASAP. Contact 204-482-4464 or email [djenkie@gmail.com](mailto:djenkie@gmail.com)**

Medical Transcription! In-demand career! Employers have work-at-home positions available. Get online training you need from an employer-trusted program. Visit: [CareerStep.ca/MT](http://CareerStep.ca/MT) or 1-855-768-3362 to start training for your work-at-home career today!

Live in caregiver/housekeeper. Drivers licence required. Dream job for the right person. For more info call 1-800-665-1992 or after 6 p.m. 204-997-4629.

Rosburn Municipality needs a permanent full-time Operator/Labourer. Salary based on qualifications and experience. Applications accepted until 4:30 p.m., June 10, 2016 by mail or email. Rosburn Municipality, Box 100, Rosburn, MB. R0J 1V0. Phone 204-859-2779. Fax 204-859-2959. [municipaloffice@rosburn.ca](mailto:municipaloffice@rosburn.ca).

## CAREER TRAINING

By employer request, CanScribe is training to fill 400 Medical Transcription positions. Train with the only accredited and AHDI approved online Canadian school. 1-866-305-1165. [www.canscribe.ca](http://www.canscribe.ca).

## MISCELLANEOUS

Batteries for everything. Automotive, farm, construction, ATV, marine, motorcycle, golf carts, phones, tools, radios, computers etc. Reconditioned, obsolete and hard-to-find batteries. Solar equipment. The Battery Man. Winnipeg. 1-877-775-8271 [www.batteryman.ca](http://www.batteryman.ca)

Sawmills from only \$4,397 - make money & save money with your own bandmill - cut lumber any dimension. In stock ready to ship. Free info & DVD: [www.NorwoodSawmills.com/400OT](http://www.NorwoodSawmills.com/400OT) 1-800-566-6899 Ext:400OT.

Trailers for sale. Car & Equipment Haulers, Dumpbox, Cargo, Utility, Gooseneck Flat-deck, Cargo, Aluminum Livestock, CM Truckbeds. Parts & full service. Kaldeck Truck & Trailer, MacGregor, MB. 1-888-685-3127.

## BUSINESS OPPORTUNITY

Restaurant for sale by tender, closing on June 17, 2016. Highest or any tender not necessarily accepted. Seating capacity for 100. Fully equipped with grill, deep fryer, coolers, freezers, walk in cooler, chairs, tables, pots, pans, dishes, glasses, flatware, etc. Located on three lots on the corner of Highway 3 and 24, Saskatchewan. Contact Ron Radke at 306-883-4321, by email at [ron.radke@spiritwood.cu.sk.ca](mailto:ron.radke@spiritwood.cu.sk.ca) or Lola Lapesky at 306-883-4322 or by email at [lola.lapesky@spiritwood.cu.sk.ca](mailto:lola.lapesky@spiritwood.cu.sk.ca) for further information.

## WANTED

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

## HEALTH

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

## POTATOES FOR SALE

Potatoes - Red, Yellow & Russet. Onions, cabbage, beets, turnips, parsnips & honey. Deer feed, \$9; black oil sunflower seeds, \$21. Interlake Potato Farm, phone 204-886-2676. 1 mile N. of Teulon on #7 & 1 mile E. on Rd. 95N.

## Generating bright futures

### Power Line Technician Training Program

We have opportunities in our Power Line Technician Training Program. Power Line Technicians construct, maintain and repair electrical power transmission and distribution systems. You will participate in a four year apprenticeship program that includes on-the-job training and 10 weeks of competency-based trade schools.

To be considered, you will be a high school graduate with the following credits: Mathematics 40S (Applied or Pre-Calculus), Physics 30S and English 40.

### Aboriginal Line Trades Pre-Placement Training Program

Aboriginal candidates who do not currently meet all the above qualifications may be interested in our six month Aboriginal Line Trades Pre-Placement Training Program. Selected candidates will receive on-the-job training and academic upgrading to meet the minimum requirements to compete for a position in the Power Line Technician Training Program.

To be considered, you will be a high school graduate with at least **one** of the following credits: Mathematics 40S (Applied or Pre-Calculus), Physics 30S or English 40. Proof of Aboriginal Ancestry is also required.

Applications for both the Power Line Technician and Aboriginal Line Trades Pre-Placement Programs **must** include a personal résumé and a complete transcript of marks (high school and any post secondary). **Only complete applications will be considered.**

Visit our website at [www.hydro.mb.ca/careers](http://www.hydro.mb.ca/careers) to apply online. If you are unable to access a computer, please call our Employment Line at 1-204-360-7282 or 1-800-565-5200.

The deadline for applications is **June 21, 2016**. We thank you for your interest and will contact you if you are selected for an interview.

Manitoba Hydro offers a competitive salary and benefits package and working conditions that provide for a balanced approach to work, family life and community, including a nine day work cycle.

Manitoba Hydro is proud to have been selected as one of Canada's Best Diversity Employers for 2016. We are an equal opportunity employer and value the background, experience, perspective, and talents of each individual and we are encouraging applications from all qualified candidates including Aboriginal Peoples, Women, Visible Minorities and Persons with Disabilities.



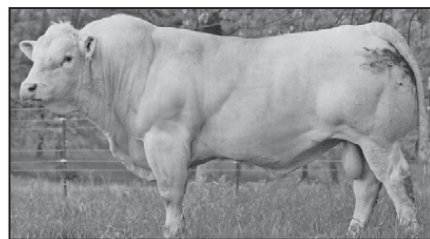
**Don't forget to send your special wishes to your friends and family.**

204-467-5836

[classifieds@expressweeklynews.ca](mailto:classifieds@expressweeklynews.ca)

THE EXPRESS  
WEEKLY NEWS

## McKAY CHAROLAIS



**Semen  
Tested Bulls  
For Sale**

Yearling and 2 y/o

**Lyle McKay & Family**  
204-352-4343 204-476-6982



**INTERLAKE WOMEN'S  
RESOURCE CENTRE**  
Box 1991, 87-5th Avenue Gimli, Manitoba  
(204)642-8264 [iwrc@mymts.net](mailto:iwrc@mymts.net)

### .5 EFT Women's Counselor

#### Responsibilities:

Provide crisis intervention, single & group counseling, programs and supports are available to abused women residing within the service area.

#### Qualifications:

Social work degree and/or equivalent training and experience

#### Additional qualifications:

- Good understanding of the complex nature of family violence
- Good organizational skills
- Good written/verbal communication skills
- Good interpersonal skills and ability to work within a multidisciplinary team setting
- Good employment record
- Current and clear: criminal/vulnerable sector record check; child abuse registry check; adult abuse registry check
- Provide own vehicle and possess a valid driver's license

**APPLICATION DEADLINE: Friday June 24, 2016**

Please submit resume to the Interlake Women's Resource Centre. We thank all applicants for their interest but only those considered for an interview will be contacted.

## ARBORG HOTEL KITCHEN HELP NEEDED

Experience an asset.  
Part time and full time  
positions available.

Apply to:  
[pam@arborghotel.com](mailto:pam@arborghotel.com)  
or call 204-641-4028



# Classifieds



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Rural Municipality of  
**GRAHAMDALE**  
[www.Grahamdale.ca](http://www.Grahamdale.ca)

## Cottage Lots for Sale by SEALED Offers

The R.M. of Grahamdale invites SEALED offers for the purchase of municipally owned cottage lots identified below. The lots are not occupied and the assessed values are indicated below. Offers marked "COTTAGE OFFER" are to be submitted in person, or by mail, on or before **4:30 p.m. Friday, July 8, 2016** to the address noted below.

| Legal Description | Civic Address             | Location                                   | Assessed Value |
|-------------------|---------------------------|--|----------------|
| 8-1-49585         | 8 Little Steep Rock Road  | Lake Front - Subdivision 3, Steep Rock, MB | \$63,600       |
| 15-1-49585        | 15 Little Steep Rock Road | Subdivision 3, Steep Rock, MB              | \$34,400       |

The sale of property is subject to the following terms and conditions:

- New RTM vacation home installed or to have a vacation home substantially constructed on the lot within three years of the date of Purchase. Minimum main floor area shall be 1000 square feet. Substantially constructed means all of the following must be completed or installed: exterior walls, windows, doors, roof fully closed in, fresh water supply and minimum 1000 gallon CFA approved septic holding tank;
- Highest or any offer received may not necessarily be accepted;
- That possession and closing date shall be 10 days following acceptance by a resolution of Council of an offer;
- The cottage lots are sold "AS IS" and the "Municipality gives no warranty or representation concerning the presence or absence of contaminants, ground water, soil or subsurface type or condition, or as to the fitness of the land for any particular use or purpose";
- only "Unconditional offers" will be considered;
- The purchaser is responsible for payment of GST which amount shall be calculated upon the amount of the offer to purchase;
- The purchaser shall be responsible for the current years property taxes as of the effective date of the sale;
- The purchaser is responsible for all costs associated with the transfer of the land, including but not limited to legal.

**Deadline for SEALED offers will be Friday, July 8, 2016 at 4:30 p.m. Offers will be accepted in person, or by mail.**

For further information or clarification of the above, please contact the following:

Shelly Schwitek, CAO  
Rural Municipality of Grahamdale  
23 Government Rd, PO Box 160, Moosehorn, MB R0C 2E0  
[rm606@tcmsnet.com](mailto:rm606@tcmsnet.com)  
Phone: (204) 768-2858 Fax: (204) 768-3374

## EMPLOYMENT OPPORTUNITY

### Full Time Class 1 Driver

*With experience operating large equipment. Self-motivated with good communication skills an asset.*

Submit resume to [office@otr-recycling.com](mailto:office@otr-recycling.com)  
or OTR Recycling,  
Box 660, Ashern, MB R0C 0E0

## HELP WANTED

**Person to work in a busy auto, industrial and ag parts business.**

Mechanical and farm experience, good organizational skills an asset.

You will be trained on the job.

Duties to include serving customers, looking up parts, ordering parts, finding parts, making hydraulic hoses, making air conditioning hoses, etc.

Must be able to work in a fast paced environment.

Hours in the winter will be 9:30 to 6 Monday to Friday with a half hour lunch.

Hours in the summer will be 9:30 to 6 Monday, Tuesday off, 9:30 to 6:00 Wednesday, Thursday, Friday, 9:30-3:00 Saturdays. Sunday Off.

Wages to be discussed before hiring.

Full benefit package included, plus quarterly profit sharing bonus.

You can drop off an application, or mail, or email to [iauto@mymts.net](mailto:iauto@mymts.net)

### Interlake Auto & Tractor Parts

161 Sunset Blvd, Box 249, Arborg, MB, R0C 0A0  
**(204) 376-2667**

## Little Joe's Auctions

**Saturday, June 18th, 2016**

**Auction Starts at 11:00 am**

**For Ted and Paulette Switzer**

**From Fisher Branch: Hwy 17 and 233 go West 7 miles to Rd 13W, then 5 Miles North to Rd 146 WATCH FOR SIGNS!!**

**Mr. and Mrs. Switzer are moving south. Everything goes to the highest bidder!**

John Deere AMT 622 Five wheeler with Dump; JD 112 Riding Tractor with Rototiller; Guitars: Gibson 1960 electric w/case, Yamaki Custom acoustic w/pickup and case, Applause By Ovation, acoustic w/pickup, equalizer and case; Firearms: 308 Win. Model H5000 w/scope, 30/30 Win. Model 94, 22 Cooney model 64 w/scope, 22: Win. model 77, 243 Win. Ruger M77 3x9 scope, Stevens 12 gauge 2 3/4 double barrel, 303 British Redfield 6x scope; Coca-Cola Deep Cooler, 2 doors; Lawnmowers; Walk Behind Rototiller; Mercury Boat Motor; BBQ; picnic tables; Old Fashioned Stereo/Turntable; CB radios; Band Saw; Table Saw; Scroll Saw; Circular Saw; Bench Grinder; Sander; Hedge Trimmers; Gas Powered & Electric Weed Wackers; Power Mac Chain Saw; Power G Chain Saw; Air Compressor; Gem Mate Generator; Push Garden Seeder; Garden Tools; Wheelbarrows; Lawn Chairs & Tables; Garage Tools; Hunting Knives; Fishing Rods & Tackle Boxes! Sports Equipment; Foldable Bike; Glass Dinning Room Table & Chairs; Entertainment Centre; House Furniture; Kitchen Goods; Gooderham's Little Brown Jug; Webb's Stubby Bottles; 2 Old Clocks; Quilts; Blankets; Scrap Metal Pile; 1974 JDX 6 and Polaris Colt SS Snowmobiles for parts; Used 12 V batteries & Much, Much More!

**Always more then listed! Food served! See you there!**

**For pictures and full listing go to**

**> [www.littlejoesauctions.com](http://www.littlejoesauctions.com)**

**For more info or to book your auction call**

**Joe Storgin Cell 204-642-2448 OR Home 204-664-5272**

## FARM MACHINERY

2011 Clark 48 ft. tandem All Steel A/R, drop deck, winches & removable stake sides, asking \$22,000; 1977 J.D. 4630 2 WD, 7100 hrs., Boss FE loader, 3 pt., \$15,500. Ph 204-962-2376.

John Deere M tractor with No. 8 Siskle bar mower & M cultivator. Runs well. \$3500 firm. Call 204-771-6710 or 204-467-4525.

## LIVESTOCK

For sale - red & black yearling and 2 year old Angus bulls. Will semen test. Delivery available. Call Wayne 204-383-5802 or 204-383-0100.

Charolais yearling bulls for sale, Red Factor or White. Also 1 Red Factor 2 year old. Good prices. Good birth weights. Call John at 204-383-0308.

## BOOK YOUR ANNOUNCEMENT TODAY



Call  
**467-5836**

# take a break

> GAMES

## CLUES ACROSS

1. Marvin \_\_, journalist
5. Man
9. A fast gait of a horse
11. Streamlined
13. Rope fastener
15. They get you places
16. Ma
17. Filling sandwich
19. Move away from land
21. Sounds of boredom
22. Tax collector
23. Days (Spanish)
25. Predatory reptile (abbr.)
26. Hengyang Nanyue Airport
27. AJA camera
29. A computer language
31. Blare
33. Prevent from seeing
34. Long-haired dog
36. Turfs
38. Villain
39. At the peak
41. Macadamias are some

## 43. Chum

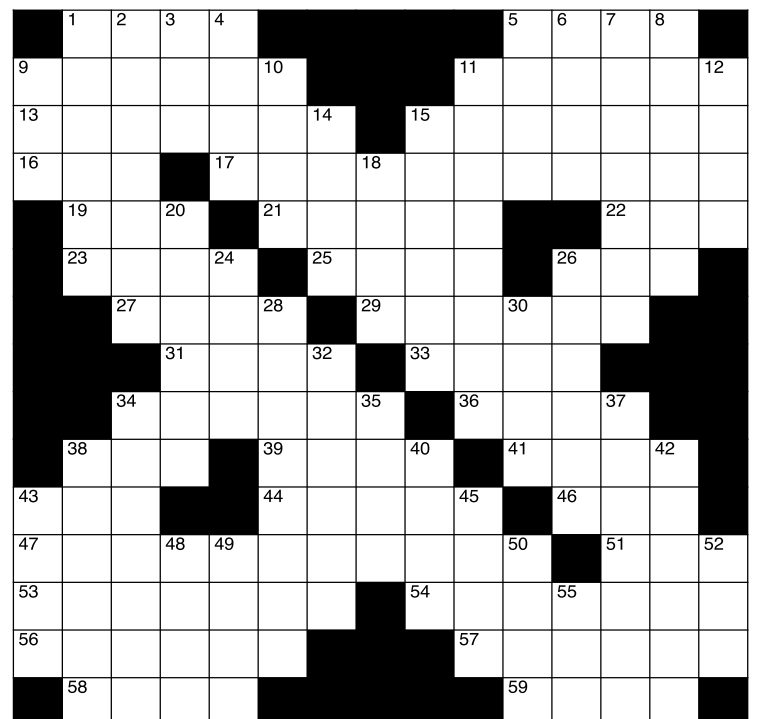
44. Not slender
46. Fido is one
47. Acidify with this
51. Before
53. Guided
54. Extended
56. Units of weight
57. Bedding
58. Greek portico

## CLUES DOWN

1. Knocked out
2. Vessel that purifies
3. Bachelor of Laws
4. Loud noise
5. \_\_ Sagan, astronomer
6. Mound
7. Coming to light
8. Extreme poverty
9. Jewel
10. Commoner
11. Disasters
12. Adult females

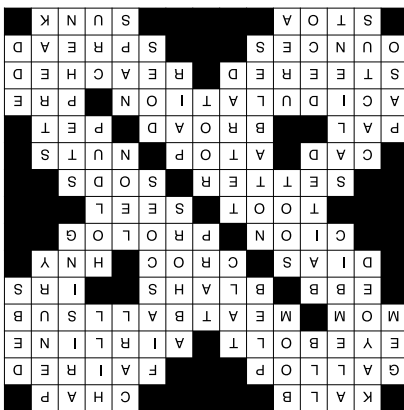
## 14. Mineral

15. Regards with disgust
18. Waterproofed canvas
20. Teased
24. Carbon particles
26. Delay
28. Luminaries
30. Boxing champ Spinks
32. A set of four
34. Most noticeable
35. He played Milton Waddams
37. \_\_ Foster, composer
38. Succulent plant
40. Two
42. Run naked
43. El \_\_, Texas town
45. Female deer (pl.)
48. Art \_\_, around 1920
49. Compound
50. Breaks to sleep
52. Doctor of Education
55. Group of vineyards





**McSherry Auction Service Ltd**  
**ESTATE & MOVING SALE**  
**Wed June 15th @ 4:00 pm**  
**Stonewall, MB**  
\* Yard Items \* Tools \* Vehicles  
\* Antiques \* Household \*  
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**[www.mcsherryauction.com](http://www.mcsherryauction.com)**



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Problems walking or getting dressed?  
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Apply anytime of the year. Lowest rate in the industry.

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**Golden Willow Farm AUCTION**  
**Marielle Casngne**  
**and the late Bertrand**  
**Saturday, June 18 • 10 AM**  
St. Agathe MB. Cross bridge to east and follow signs.  
Nice large Grain Farm Auction. No smalls. Please be on time



**Check [www.billklassen.com](http://www.billklassen.com) for more info.**

**Bill Klassen Auctions Ltd.** Ph: (204) 325-4433  
Cell: (204) 325-6230  
Fax: (204) 325-4484

**McSherry Auction Service Ltd**  
**WALTER & ROXY WAZNY**  
**Sunday June 12th 10:00 am**

\*Vers 756 4WD 7010 hrs \* MMU \* MF 860  
Hyd Combine 2700 hrs\* JD 340 14' Offset  
Disc\* JD 1600 24' Deep Tiller\* JD 336  
Square Baler\* NH 850 RD Baler\* More  
Tillage\* Haying\* Auger\* Seed Cleaning \*  
Farm Misc Tools\* Antiques\* JD 340 Cylcone  
Snowmobile\* Go To Web\*

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**[www.mcsherryauction.com](http://www.mcsherryauction.com)**

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ANNOUNCEMENT  
TODAY**

**THE EXPRESS**  
WEEKLY NEWS

**Call 467-5836**

**McSherry Auction Service Ltd**  
**CONSIGNMENT SALE**  
**Saturday June 11@ 10:00 am**

**Tractors & Equip** MF 65 Dsl 3 PH w FEL \* Universal 530 Dsl 3PH w FEL \* Case IH 8575 3 x 3 Square Baler \*Re Con 300 Dual Drive Hay Conditioner \* Flexi Coil #62 95' Sprayer \* JD 3800 Forage Harvester \* NH 114 Haybine \* H & S 7' Hay Tedder \* Hesston 560 Rd Baler \* Bale King Vortex 4100 Bale Processor \*NH 851 Rd Baler \* NH 688 RD Baler \* JD 37 \* JD 450 9' \* Int'l 1100 9' Sickle Mower \*Tubulater Bale Wrapper \* MacDon 16'Haybine \* Int'l 45 18.5' Cult \* Hoe 18' Cultivator \* **Livestock Equipment** Hesston BP 25 Bale Processor \* New Idea 364 Dual Manure Spreader \* 250 Bushel Portable Creep Feeder \* 18) New 24' Metal Self Standing Corral Panels \* Lewis Cattle Oilers \* Rd Bale Feeders \* Maternity Pen \* Silencer Hyd Squeeze Chute\* 20' Silage Bunk Feeders \* 2) Squeeze Chute System Complet w Palp, 2 Alley, Divider & Tub \* New Metal Gate \* Elec Fencer \* Ritchie Auto Waterer \* Corral Panels \* Metal Loading Chute \* 20,000 Lb Livestock Scale \* Com Meat Saw \* Com Meat Grinder \* Compressor Cooler \* **Trailers & Vehicles** 97 Norberts 40' Livestock Trailer \*45' Hay Trailer w Converter \* W.W. BH Stock Trailer \* 91 Jeep 4 x4 \* **Loader Attach** Root/Rock Fork Quick Attach \* 8' Bucket \* Bale Forks \* Forks & Grapple \* Pallet Forks \*Miller 300 Amp Welder \* Upright Air Compressor \* Metal Band Saw \* Rotary 2 Post 9000 Lb Car Hoist \* Drill Press \* Table Saw \* Large Amount Good Mechanical & Carpentry Tools \* **Recreation** Edson Commander 16' Boat w 125 HP \* 04 Polaris 700 Eliite Sea Doo & Trailer \*11 Honda TRX 420 \* Consignments Arriving Daily ! Always More Than Listed!

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**McSherry Auction Service Ltd**  
**AUCTION SALE**  
**ANDY & MARIE FONTAINE**

**Stead, MB**  
**Jct Stead RD & 304 East 7 Miles on 304**  
**Then 2 Miles South on Rd 51E #97045**  
**Contact: (204) 635 - 2644**

04 Dodge 2500 Dsl 4x4 Crew Cab 130,000  
Km Sft \* 01 B.H. 16' Tandem Flat Deck \*  
Utility Trailer \* **Tractor & Equip** \*MF Ind. 9  
A Ind 3PH \* 3PH 7' Disc \* 3PH Post Auger  
\* 3PH 2B Plow \* 3PH 6' Cult \* Trump Girette  
Gas 11' Man Cherry Lift \* M.F. 880 6B Plow \*  
Recreation & Yard \*99 Triple E Topaz 27 1/  
2' 5th Wheel Camper 13' Slide Out A/C \*  
00 Honda 450 4x4 Quad \* Honda HT 3813  
R Mower \* J.D. LT 133 R. Mower \* 10 HP  
Snow Blower \* Honda FR 700 Rear Tine Tiller  
\* 50 Plus Yard Ornaments \* **Guns** Winchester  
100, 308 \* CIL, 12GA, PA \* Stevens22  
SA \* **Misc** Large Amount of Carpentry &  
Mechanical Tools \* Acreage Misc \* Some  
Antiques & Household \*

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**McSherry Auction Service Ltd**  
**RETIREMENT FARM AUCTION**  
**HANK & ERNA FRIESEN**

**Beausejour, MB**  
**North 14 Miles on Hwy 12 Then**  
**East 5 Miles on Hwy 317 Then South 2 Miles**  
**on Rd 47 Then East 1/4 Mile**  
**Well Kept Equip Low Acreage Farm !**  
**Contact: (204) 266-1251**

**Semi & Grain Trailer 05 Freightliner Day Cab**  
**Mercedes-Benz 450, 13 Spd Fuller Air Ride,**  
**SFT, 578,000 Km \* 08 Timpette 53' Al Tandem**  
**Hopper Grain Trailer, SFT \* Tractors\*Vers 800**  
**Series I, 4WD, 18.4-38 Gd 90%, 8400 Hrs**  
**\* MF 2675 Cab A/C P Shift, 540/1000 Dual**  
**Hyd, 18.4-38 Duals, 7162 Hrs. \* MF 65 3PH,**  
**\* MF Super 90 w FEL \* Int W 4 \*Combine,**  
**Swather & Headers \*Vers 4750 Swather Dsl,**  
**A/C, w Vers 4025 Double Drive w U-2 P/U**  
**Reel 2765 Hrs \* 2) 83 MF 860 Combines 1)**  
**Hydr 550 Hrs 1) Std 3365 Hrs \* MF 760 3865**  
**Hrs \* 2) MF 24' Straight Cut Header \* Case**  
**IH 5600 37' Deep Tiller \* Morris 70' Diamond**  
**Harrows \* Ford 241 13' Tandem Disc \* Int 45**  
**18'Cult \* Coop 16' Deep Tiller \*Westfield MK**  
**10" 61' PTO Auger \* 2) Westfield 8" 41' Auger**  
**\* 14 Wheat Heart Gas 10" Transfer Auger \***   
**Ford 3 PH 6' Finishing Mower \* Ashland 8**  
**Yard Hyd. Scraper \* 9' Hyd Box Scraper \***   
**NH 56 Side Del Rake \* Hyd. Wood Splitter**  
**\* 75 GMC 6500, w 17' B & H \* 49 Fargo 2**  
**Ton Dually w 12' B & H \* Along with More**  
**Medium Size Grain & Haying Equipment Plus**  
**Farm Misc & Tools\***

**Stuart McSherry (204) 467-1858 or (204) 886-7027**  
**Stonewall, Manitoba**  
**[www.mcsherryauction.com](http://www.mcsherryauction.com)**





## ANNOUNCEMENTS

### CARD OF THANKS

The Stoyanowski family would like to thank everyone for their condolences, cards, flowers, etc. for the loss of our father Joseph Stoyanowski. We would also like to thank everyone involved in the care he received at the House of Hope, Arborg Personal Care Home, and Arborg Hospital. We want to thank Father Bandico of St Philips for his sermon and the choir for their songs. We wish to thank Kenny and his staff for the lunch, the Legion for their contribution, and MacKenzie Funeral Home for the arrangements. We also want to thank the pallbearers, all those who attended, and all those who donated to the new Arborg Personal Care Home.

# Announcements

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## ANNOUNCEMENTS

### CARD OF THANKS

**Floyd, Ronald** - We would like to thank our family, friends, and community for your thoughts, prayers, kindness, and support shown to us during Ron's illness and his passing. It meant a lot to all of us.

-Lorne, Lorna, Stewart,  
Charla, Braeden, Kylie, Kalan

## OBITUARY

### Esther Kozyra (nee Gooley)



It is with heavy hearts we announce the passing of our Mom, Baba and Great-Baba. On Tuesday, May 31st, 2016 Esther passed away peacefully at her home at the age of 84 years.

Esther will be deeply missed by her daughter, Debbie Kozyra; daughters-in-law Joyce and Valerie Kozyra; Baba will be greatly missed by her grandchildren, Krystyna Kozyra and Danielle Fleury; David (Krista), Lynn, Aaron (Erin-Brie), and Michelle (Demetri) Kozyra; great-grandchildren Sidney, Annabelle, Nolan, Ashton, Jordyn, and Finley Kozyra; sisters Pat (Peter) Yablonski, Ruth (Stan) Wityshyn; brother Art (Joan) Gooley; and numerous nieces, nephews, cousins, friends and family members.

Esther was predeceased by her husband, Stanley Kozyra; her sons David and Leonard; her parents Ed and Helen Gooley; and her father-in-law and mother-in-law Joseph and Minnie Kozyra.

Esther was born on April 8th, 1932 in Foley, MB. She was born and raised in Foley and was swept off her feet at Crabby Steve's barn dance by Stanley Kozyra, who became her husband of 50 plus years. She was a soft spoken, gentle, peace-loving soul. She was an exceptional mother, grandmother, great-grandmother, sister, wife, aunt, and friend. Esther was the perfect role model and she proved that hard work and love pays off. Her favourite pastimes included playing cards, seeing her grandchildren and great-grandchildren, listening to music and laughing. Baba taught us all the true meaning of kindness and generosity and also to love unconditionally with intensity. The most important thing in her life was her family.

She gave them unconditional love and her door was always open to each and every one of us.

Mass of Christian Burial was celebrated on Monday, June 6th in St. John Vianney Roman Catholic Church. Interment followed at Windsor Cemetery.

Pallbearers were Glenn Marmonier, John Kostiuk, Robert Kostiuk, Brian Yablonski, Ronny Spakowski, and Ken Guttormson. Honorary pallbearers were Baba's six grandchildren, Krystyna, Danielle, Lynn, David, Aaron, and Michelle; and her six great-grandchildren, Sidney, Annabelle, Nolan, Ashton, Jordyn and Finley.

In lieu of flowers, if friends and family so desire, donations may be made in Esther's memory to the Rockwood Festival of the Arts, online at [www.rfota.ca](http://www.rfota.ca), or mailed to RFOTA at P.O. Box 76 Teulon, MB R0C 3B0.

"Your bright light will always shine in the memory of everyone you touched.  
We love you and we will miss you."

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## OBITUARY

### Edith Goolden Deverill March 13, 1933 - May 31, 2016

Edith Goolden Deverill of Wetaskiwin, passed away on Tuesday, May 31, 2016 at the age of 83.

She is survived by her good friend, Daniel; daughters, Diane (Dwayne), Joe, Glenda (Ernie); son, Brent (Judy); as well as numerous grandchildren and great-grandchildren. She is predeceased by her husband, John; children, Arlene and Steven.

A Funeral Service was held.

Memorial donations are gratefully accepted to a charity of one's choice.

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## OBITUARY

### Moyra Joan Benediktson



It is with heavy hearts that we announce the passing of Moyra Joan Benediktson.

She passed away peacefully on June 4, with family at her side, from lung cancer. She was 80.

She was predeceased by parents Sigga and Arnthor; her brother Johann; her daughter Susan; and friend Ruth Scott.

She is lovingly remembered by sisters Sheila and Connie (Ralph); daughter Connie (Bert); sons Bruce and Jeff; grandchildren Michelle and Trevor, Tessa and Jesse, and David and Sean; many adoring nieces and nephews (and grand-nieces and nephews); and wonderful friends like Olan and Helen.

Moyra grew up on a farm in Minerva and though she travelled and lived in many other places, Gimli was home.

Doing her part at the Minerva Ladies' Aid was one of the many ways she gave back after her return: keeping the community knit together, near the site of her former school.

She spent as much time as she could at the farm, especially with the strawberry fields group — picking weeds and having a

wonderful time doing it.

To her last days the farm was her favourite place to be. She delighted in watching another generation take over, and got to return for one last visit.

Winters were spent at the curling rink — very often in the winner's circle — and days weren't complete until the crossword was.

Unfortunately she grew up in an era before swimming lessons, because she loved Lake Winnipeg and spent as much time as possible on its shores — looking for lucky stones on the west side beaches and Willow Island wiener roasts in particular.

She loved feeding her family, but when they grew up she enjoyed feeding the orioles just as much.

We'd like to extend special thanks to Dr. Roma, the nursing staff at Gimli Hospital and the culinary team there as well — the food, especially the borscht and rhubarb, was a source of much happiness.

Please join us for a cup of coffee to celebrate Moyra's life on Saturday, June 11, 2 p.m. at Minerva Hall (109N and Hwy. 9).

In lieu of flowers, donations to Minerva Ladies' Aid or Husavik Cemetery would be warmly appreciated.

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