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THE EXPRESS

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WEEKLY NEWS

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The vikings came and the vikings went



EXPRESS PHOTO BY PATRICIA BARRETT
Viking warriors, left to right, Sorin (Winnipeg), Reid and Mike (Saskatoon), Nick and Paul (Edmonton) and Nadim (Toronto) discussed battle techniques during the four-day Icelandic Festival held in Gimli this past weekend.

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Vikings take over Gimli Harbour Park

By Patricia Barrett

Vikings from the Early Middle Ages took over Harbour Park in Gimli last week during the Icelandic Festival to give residents and visitors alike a taste of what it was like to live in a Viking settlement.

The replica village hails from the years AD 900-1100 and contains dwellings found at that time, including a blacksmith's shop, a carpenter's shop and personal residences.

Warren Cummings, coordinator of the Viking Village, was playing the village carpenter, showing visitors how the Vikings made items such as wooden plates, bowls and toys.

Working the foot treadle on the lathe, Cummings demonstrated the technique to make a bowl.

"You rough it [a piece of wood] out first with an axe," said Cummings, who teaches woodworking in Okotoks, Alta., and has served as the coordinator for 10 years. "Then you turn it on the lathe. With the hook tool, you remove the shavings as it turns and shape the bowl."

A carpenter would let the bowl dry for a month before "rasping" (smoothing) it and applying oil and wax.

Cummings said his apprentice, played by River, who also came from Alberta for the four-day Festival, would be assigned "the harder, heavier work" that older carpenters could no longer physically withstand.

The Vikings would send their children to relatives to learn essential

trades, and in four or five years they'd return home and contribute to the village community, said Cummings.

At the dwelling next door, Diane Standen-Downie and Corey Downie, along with their two children Cameron and Jaden, were demonstrating family life.

It was no different from present time: they were constantly on the watch as the boys and their friend Magnus swung wooden swords through the air and ran madly through the house.

Standen-Downie showed visitors replicas of Viking toys, including a small wooden horse and rider that was discovered just after AD 1100.

"We have actual examples of purposely built toys," said Standen-Downie. "But only the richer kids would have had them."

Lifting a shield to chin height, Magnus showed visitors how to defend themselves from attack.

The "older" warriors gave visitors a chance to handle an array of weaponry that the Vikings used to settle accounts.

Sorin Dragomir and Sheldon Dyck, who were manning the weapons, said they are exact replicas of those used by the Vikings, right down to their heft.

"You use the wing spear to pull the shield out of the way," said Dragomir, who lives in Winnipeg.

He joined a group of warriors across the green to discuss tactics for Saturday's battle.

A number of Vikings from across Canada were gearing up for the big battle, including Reid and Mike from Saskatoon, Nick and Paul from Ed-



The Vikings-Vinland demonstrated Viking fighting tactics in realistic re-enactments of battles.



Nadim from Toronto practised some Viking combat techniques in the village at Gimli Harbour



EXPRESS PHOTOS BY STEFANIE LASUIK AND PATRICIA BARRETT
Several members of the Vikings-Vinland were victims of death by sword during a multi-weapon battle on Aug. 1.

monton and Nadim from Toronto. "It's not the number of blows," said one of the stern-looking warriors, "it's the power of the blow that counts."



A young Viking warrior (Magnus) demonstrated his skill with sword and shield at the Viking Village near Gimli Harbour.



Sorin Dragomir and Sheldon Dyck manned the weapons



Village Carpenter Warren Cummings (right), and his apprentice River (left) show some of the household goods made by the Vikings



Warren Cummins turned a cup on a pole lathe in the Icelandic Village set up in Gimli's Harbour Park Hill for the Icelandic Festival.

A "good" stomach mandatory for Gimli's cadet flying school

By Patricia Barrett

Cadets from across the Prairies and Canada's north recently took part in a three-week aerospace training program at the Gimli Cadet Flying Training Centre located near the airport.

Cadets aged 13-15 took part in a Basic Aviation Technology and Aerospace (BATA) course while older cadets aged 16-18 took to the skies above Gimli, learning how to fly a glider.

Cadet Josh Lipoth said the BATA course has taught him life skills and has provided him with some discipline.

"One of my hopes is to become a pilot," said the 14-year-old cadet from Saskatoon. "The best part so far was going in a helicopter simulator in Southport [near Portage la Prairie]," he said.

The cadets take part in courses that teach them all the components of an aircraft, a hangar and air traffic control commands, get to tour aircraft facilities and build their own plane out of pop cans.

Depending on what level they're in, cadets in the glider program will first learn how to control a glider on the ground before they take to the air.

Cadet Merry He from Edmonton said she's "pretty excited" to take part in the glider course.

"It's cool to manage a glider by myself," said the 15-year-old cadet, who was receiving instruction from civilian pilot Alain Gervais in one of the centre's hangars. "I've learned gentle, medium and steep turns and I've learned stalls."

Gervais said glider training in the air is practised at a high enough altitude for safety. A typical stall can result in a loss of 100 feet of altitude. Cadets learn how to manoeuvre the aircraft through different atmospheric scenarios.

"If cadets encounter a rising current," said Gervais, "it's like jumping onto a moving elevator."

To celebrate the achievements of the 48 cadets who took part in first intake of the BATA course, cadet organizers held a graduation parade July 29 at the hangar.

It was attended by cadets' families, military personnel and municipal and federal politicians.

Selkirk-Interlake Eastman MP James Bezan, who presented cadet Marko Sweet with the Esprit De Corp award, congratulated all cadets for completing the BATA courses.

Calling the cadet program one of the most important youth programs run by the Canadian government and cadets our "future leaders," Bezan spoke of the intangible benefits of the pro-



MP James Bezan (left) and Gimli Mayor Randy Woroniuk were among those celebrating the cadets achievements at the cadet training centre



EXPRESS PHOTOS BY PATRICIA BARRETT

Cadets from across Canada take a break in the glider flying field at Gimli Airport.



Civilian pilot Alain Gervais teaches cadet Merry He from Edmonton how to operate a glider.

gram.

"There [are] so many great things that happen in our cadet program that really [do] instil upon our youth the importance of working together, the importance of service, the importance of community and, of course, love of our country," said Bezan.

Lt. Col. Brian Renaud, commanding officer of the GCFTC, encouraged the cadets to return next year to continue on with their aviation studies (which are free) and participate in the glider training program.

"We've opened the door for you to have a great future," said Lt. Col. Renaud. "You just have to now walk through that door."

Gimli Mayor Randy Woroniuk, speaking with the Express a few days after the parade, said the structured environment of cadet school taught him "discipline," which served him well later in life when he worked as a natural resource officer for the prov-

ince. It still does in his position as mayor.

"Even though it was so long ago..." said Woroniuk, "there was a whole aspect to that [discipline], and although you forget subconsciously, it does come back to you."

Woroniuk remained involved with the cadet program when his three children took part, and he also volunteered as a guide with the Duke of Edinburgh Gold Program in which cadets (at no cost) take part in a wilderness trip.

The mayor said the cadet program is good for Gimli in that it provides an economic boost to the town and is raising awareness within the military that the facility can be used for its training exercises.

During the parade, a number of cadets were singled out for exceptional achievement.

Shana Gumtang from 702 Saskatoon RCACS was awarded the Top Cobra

Flight Cadet. Hannah Meier from 755 Stony Plains RCACS was awarded Top Dragon Flight Cadet. Marko Sweet of 797 Lanigan Knights of Columbus was awarded the Esprit De Corp.

After the graduation parade, the Express was invited to take to the skies above Gimli.

Continued on page 5

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Port of Churchill a failed privatization experiment

By Patricia Barrett

MP Niki Ashton wants the federal government to intervene in the wake of the sudden closure of the privately owned Port of Churchill last week.

The port's Denver-based owner OmniTRAX, which also owns the Hudson Bay rail line, has thrown dozens of employees out of work and left Manitoba grain producers in the dark about what's going to happen to the grain currently sitting at the port waiting to be shipped.

"...we need to see clear federal leadership," said Ashton, who represents the Churchill-Keewatinook Aski riding. "It's important to recognise that we ended up in this situation because of decisions made by the federal [Liberal] government...to privatise the port in 1997."

OmniTRAX, which has owned the port for 19 years, cited operational losses this January when it put it up for sale.

Calling the closure devastating, Ashton said her main priority is to be in touch with and support the people affected by the closure.

"We're talking about laying off about 10 per cent of the community's population," she said. "This is a key employer in the community. We're talking about a community that depends on seasonal employment. The loss of these jobs is devastating for the workers, their families and the entire community."

Selkirk-Interlake Eastman MP James Bezan echoed that sentiment.

"Our thoughts are with all the families that have been affected by this," said Bezan, after a cadet graduation parade in Gimli last Friday. "There's a trickledown effect. Thirty-five individuals that worked at the port are currently laid off. That's 35 families...and that affects all the businesses."

The Conservative MP has visited Churchill many times and spoke of the diversity and beauty of the region. He also cited the need for the federal government to step in.

"I do hope the federal government intervenes," he said.

Ashton said the privatization of the

port was a failure that will affect not only the North, but also Manitoba and the Prairie provinces. And the only way to ensure a sustainable future for Churchill is for the federal government to take charge of the port.

"Given the strategic importance of Churchill, it's clear there needs to be federal leadership. And...the experiment of selling this to a private company – an American company – has obviously failed," she said. "The solution here is public control."

She said she doesn't know what's going to happen to the grain that's awaiting shipment.

Neither does Dan Mazier, President of Keystone Agricultural Producers, an organization that represents Manitoba farmers.

He said producers, to the best of his knowledge, have not yet been paid for the grain sitting at port.

"The grain that's sitting there right now today is the grain that was grown last year," said Mazier. "....they grew the crop...and stored it all this year. Meanwhile they priced it, sold it and said. 'Okay, we'll ship it out in June.' Now it has just stopped."

And if they have to ship their grain to another port, such as Thunder Bay, Mazier said producers will have to pay the freight, which would entail a greater expense.

According to the Hudson Bay Route Association, an advocacy organization, 4,535,100 tonnes of grain has been exported through the Port of Churchill between 2004 and 2012.

Like the two MPs, Mazier said the federal government needs to intervene.

"It is a federal issue even when it comes to sovereignty and running these business deals," said Mazier. "They talk about trade, and they want to create trade so we get some more economic impact in Canada. And then this [happens]."

Mazier cited the interests of all Canadians, not only Manitobans and grain producers, in keeping the port open.

"...this is the role of government to step in and at least make sure conver-



MP Niki Ashton



MP James Bezan

sations are being facilitated...because you don't want to take out a port that's been there for over a 100 years. It's like shutting down an airport."

Mazier said he doesn't blame the company from a purely business standpoint, but thinks it could have taken a different approach that would have maintained "public trust" and not "hold our Canadian economy at ransom."

"OmniTRAX has been very publicly trying to sell this operation off. And I think they have been a little bit frustrated by the speed of it," said Mazier. "So maybe there's a little bit of poker going on and they're saying, 'Okay, we're going to shut it down then.'"

Before the government sold the port in 1997, it should have put rules in place regarding closure or what steps would need to be taken before closure could be affected, he said.

"I don't think anybody has realised that we're shutting down our only northern port in Canada," he said, "a deep sea port which could potentially be, for the future of Canada, very good. And for anybody in rural Canada and in northern Canada, it's a big deal."

During a press conference at the legislature last Thursday, Premier Brian Pallister said OmniTRAX is attempting to get another infusion of public cash from the province to support its operations.

Calling the previous government's \$800,000 support of the company last year a "subsidy bailout," and OmniTRAX's layoff a "threat," Pallister said the province won't be stepping in to help.

"I want to be very, very clear that I don't respond ever to threats," Pallister said.

The Premier said the situation needs to be looked at in the "longer term," but did not say what that would entail or how the province will help those affected by the shutdown, something that doesn't sit well with Ashton.

"It's unacceptable to see the provincial government abandon the North," she said. "There's no question that the provincial government needs to be part of the solution, and simply saying they're not willing to subsidise OmniTRAX, that's...inadequate. We need a provincial government that stands up for Northern Manitoba, that stands up for the economy of our province, and that's certainly not what we're getting right now."

A spokesperson at OmniTRAX's Canadian headquarters said the company is only taking names and phone numbers of those requesting comment about the closure and would be in touch.

Ashton has posted a petition on her web site at <http://nikiashton.ndp.ca/save-the-port-of-churchill> calling for the port to re-open.

RCMP report of two youth drown at Grand Beach

Staff

An 11-year-old girl and 12-year-old boy drowned at Grand Beach Provincial Park on Monday night, RCMP confirmed on Tuesday morning.

STARS air ambulance and Selkirk RCMP were called to the scene

around 7:50 p.m. on Monday. When officers arrived on scene, Grand Beach safety officers had pulled both children from the water. Emergency crews attempted to resuscitate both children for nearly 30 minutes but were unsuccessful, a STARS spokes-

person said Tuesday morning.

"The two children were in the water together and being supervised by the parents of the 12-year-old boy when one of the parents lost track of the children due to the setting sun," RCMP said, adding both families and

children are from Winnipeg.

"The investigation is ongoing, however the incident does not appear to be suspicious in nature and no charges are expected." RCMP added the names of the deceased will not be released.

St. Laurent Arena renovation one step closer to reality

Arena receives \$30,000 during Métis Days

By Stefanie Lasuik

The St. Laurent Arena received \$30,000 from the Manitoba Metis Federation (MMF) and Métis N4 Construction on July 30. The surprise cheque presentation took place during Métis Days, shocking and delighting the hockey community.

The arena earned \$25,000 from the Kraft Hockeyville contest earlier this year, the MMF gave \$10,000 plus and additional \$10,000 in training money and the Métis N4 Construction Inc. added another \$10,000.

The money will fund work on the arena's change rooms. The three existing rooms will go through renovations, and a fourth room will be added. It is this fourth room that has the St. Laurent hockey community excited.

"You can't host anything with only three rooms. Now we can apply for provincials," said Greg Morden, the soon-to-be St. Laurent Minor Hockey president.

Morden believes the ability to hold tournaments and provincials will generate revenue for the town.

The added change room and upgrades will also help the kids have more pride in their rink, he said.

The kids don't know what they're missing until they go to Stonewall, he

said.

The St. Laurent Lake Monsters have also checked out arenas during the last two provincials they competed in.

They might soon be able to showcase their talents in provincials at home.

David Chartrand, president of the MMF, pushed to get the grant for St. Laurent after he saw the effort community members put toward winning the Kraft Hockeyville contest.

The federation has been making money through its businesses, so the board members decided to give some of it to the St. Laurent youth.

"Not to have pride, that's not a great sense to have as a young person," he said.

The work already began on Aug. 2, when Chartrand sent his contractors to look at the arena.

"It's going to be a great feeling this winter when you walk into the arena," said Chartrand. He hopes to have the work done by the start of hockey season on Oct. 1.

"We have some great hockey players here. Let's make sure champions feel like champions," he said.

The quantity of hockey players in the town is also growing. Last year, 50 kids registered in St. Laurent Minor Hockey. This year, Morden estimates there'll be 60.



TRIBUNE PHOTO BY STEFANIE LASUIK

President of the Manitoba Métis Federation David Chartrand (right) presents \$30,000 to St. Laurent Minor Hockey vice president Greg Morden on July 30 during St. Laurent's Métis Days.

> CADET FLYING SCHOOL, FROM PG. 3

A "good" stomach (or a barf bag) is a prerequisite for any passenger invited to buckle up into the four-point harness in the rear seat of the gliders' tow plane.

At about 65 miles per hour, gliders are pulled into the air by a rope attached to the tow plane, and once airborne, they exert a steady backwards pull on the plane.

Major James Lawson, a 22-year flying veteran, explained each step of the process as we pulled gliders into the air, from the dynamics of wind and hot and cold pockets of air on an aircraft during flight and takeoffs and landings to the "jerk" one will feel when a glider is released.

"When you hit a pocket of cold air," said Major Lawson through his headphones, "you'll lose some lift."

When a glider is delivered to the proper altitude – either 1,500 or 2,000 feet above ground depending on the training mission – it's released from the tow plane, which then goes into a rather steep nose dive to "cool down."

"The engine is hot after a climb," said Major Lawson, who warned the Express of the impending and slightly sickening dive towards earth after he delivered a glider over a farmer's field (the program's designated air space) south of Gimli. "You have to pull the power back and fly a circuit pattern."

On the ground, teams of cadets ran alongside each glider to keep them steady as they were pulled into the air, and ran onto the field seconds after a glider touched down to ferry them off the runway.

Accompanied by an experienced

glider pilot, cadets learn "upper air work," such as spiral dives, spins, stalls and steep dives, said the mechanics who check the oil and engine of each tow plane after a run and fuel up the four gas tanks located in the wings.

When the weather is fine, cadets will participate in about six flights each. A

day's flying can see an average of 100 flights.

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Caught just in the nick of time

Hi neighbours, glad you could join me.

Even in the late morning last Wednesday the heat was becoming oppressive as I stood on the pier at Lockport. The sun beat down on the muddy river water as it poured over the locks becoming roaring rapids downstream of the dam. Seagulls screeched in the air and huge dark fish periodically sprang from the waves in the middle of the Red. Anglers sat quietly in lawn chairs, their rods' baited lines far out in the swirling water waiting for a trophy catfish to strike. Close beside me Rob Klumper with son Chris from Stonewall was an outgoing chap who remembered an odd happening.

He was fishing off the Selkirk pier and when bringing in a fish a young seagull tried to steal it but got wrapped up in the line. As Rob landed the fish and the terrified seagull, he and a gathering crowd saw the strangest thing. Dozens of seagulls began grouping just overhead dipping down crying out to the distressed bird. Fortunately somehow the little bird twisted free and took to the air with the concerned flock right after it.

I didn't think seagulls were that social.

Not far from Rob and Chris a young chap Evan Little sat fishing with his mom Melanie. I walked over and leaning on the pier railing casually talked with them of fishing.

Evan with his line out set his rod down and went to his tackle box for something. No sooner had he turned his back than his rod started bouncing and rattling over the concrete toward the guardrail. He spun around and making a mad dash for his rod caught it just as it was about to disappear over the rail. Then the slow battle began. Evan would bring in some line and a huge catfish, now showing itself, would take it back. In time, when Evan felt the fish was tiring, he netted and landed it. I took pictures as he released it.

Some time ago you might remember I wrote of a gal, Tati-ana Malovanna, who caught a giant carp in Pruden Creek. Before writing that story I went to Libau and dropped into the Sasco First Nation Trucking Company where I thought some of the guys might know more about Pruden Creek. There I met local boy Quentin Anderson who grew up on the creek and gave a story when he and his uncle were fishing he caught a monster carp.

The thing was so big his uncle wound up being dragged



EXPRESS PHOTO BY ARNIE WEIDL

Evan Little with a master angler sized catfish he caught at Lockport

into the water. He landed it though. Last Friday I stopped by Sasco to say hi to Quentin but he was away on his honeymoon so I thought I would run up to the South Beach Casino for lunch.

Not long after I got back onto Hwy. 59 I saw a bright yellow sign saying "Smoked goldeye for sale" with a truck parked off the roadside. I pulled over and I'll be darned if I didn't see Brian Isfeld from Gimli getting out of the truck to meet me. Brian's an exuberant, fit fellow who after a bit said he has been coming to this spot for years to make extra money selling goldeye. He said the cottagers going up to Grand or Victoria Beaches will buy everything he has in an hour. Good for you buddy.

On Saturday I ran over to north Shoal Lake to see if anyone was fishing on the "big white curve". No one was there so I stopped back at Rosie's Café in Inwood for lunch. Sit-

Continued on page 7

Stonewall Teulon
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Provincial crop burning authorizations began Aug. 1

Submitted

Manitoba Agriculture reminds producers who choose to burn crop residue that authorization is required beginning Aug. 1 until Nov. 15. Daily authorizations are issued by 11 a.m. based on weather and smoke dispersion conditions. Night burning continues to be banned year-round.

The daily authorization will indicate if burning is permitted or not, and the start and end times allowed for that day. These depend on weather conditions and can change. Depending on

conditions, burning may not be authorized for the entire province.

In addition, a burning permit is required at all times in the rural municipalities of Rosser, Headingley, St. François Xavier, Cartier, Macdonald, Ritchot, Taché, Springfield, East St. Paul and West St. Paul. The City of Winnipeg is responsible for issuing permits to farms located within its boundaries. Farmers must follow all other provincial and local regulations when burning crop residue.

Burning permit applications and

more information are available from the toll-free information line at 1-800-265-1233, online at www.gov.mb.ca/agriculture/ or from Manitoba Agriculture offices.

Manitoba's controlled burning program was introduced to protect public health and safety while allowing farmers to deal with difficult straw management problems. Farmers must ensure they burn crop residue safely. The regulation is enforced by environment officers and the RCMP, and penalties for failing to comply can

result in fines of up to \$50,000.

Many producers use alternative methods of dealing with crop residue, such as chopping and spreading the straw or listing straw they have for sale on the Manitoba Hay Listing Service. More information on these practices is available by calling 204-745-5646 or on the Manitoba Agriculture's website at www.gov.mb.ca/agriculture/crops/crop-residue-burning-program/index.html.

Local bystander assists RCMP with suspect's apprehension



EXPRESS PHOTO SUBMITTED

On Sunday, July 17 at about 2:20 p.m., a man entered the Teulon Coop store and stole an undisclosed amount of cash, according to RCMP.

Staff

On July 17, a male suspect stole a sum of cash from the Teulon Coop gas station. RCMP released the suspect's photo to local media, which assisted the public in identifying him.

On July 29, at approximately 7 p.m., two Teulon residents reported a sighting of the male to the RCMP. The suspect was loitering around the Esso gas station in Teulon. He crossed the highway and went to the Farmer's Market after being questioned by an employee's friend. He then tried to flee in a white Chevrolet Cruze.

Police arrived on scene to find that the suspect had been apprehended by the bystander who

had questioned him previously. The bystander said that the suspect had tried to run away, and that he had tackled the suspect to the ground and held him until police arrived.

Brian Emil Bolduc, 45, of no fixed address, has been charged with several counts, including theft under \$5000, and fail to comply with a probation order.

Bolduc is also wanted in several other Canadian jurisdictions, including Vancouver, BC, Halton, Ont., Hamilton, Ont., and Calgary, Alta.

Bolduc was remanded into custody, and is scheduled to appear in Winnipeg court on Aug. 2, 2016.

> GET FISHING, FROM PG. 6

ting beside me on the row tables was, Rick Sherred, who lives just down the road and had a story.

Rick, a muscular man with a short brown beard and hair under an obviously old and favored cap said he and seven friends went fishing by Snow Lake. Everyone was catching pickerel like crazy except one unfortunate fellow. After a while the other guys feeling sorry for him started trading fishing rods with him thinking that might change his luck. Nope, no matter what rod he had; nothing. Finally, surrendering to whatever bad luck was hanging over this poor soul's head, the rest of the gang chipped in a fish so he would have something to take home.

Till next week my friends, see you.

The Bra Lady Is Coming To Size You Up

Are you tired of feeling saggy, lumpy, pinched or strained? Well you're not alone. As you've probably seen on Oprah or read in women's magazines, over 80 per cent of all women wear the wrong size bra.

Here's where Barb Chapman, the Bra Lady, comes in.

Due to the overwhelming response to the previous clinic, Chapman is coming to **GIMLI ON THURSDAY, AUGUST 11** to outfit you with the best possible bra for your body. Chapman said she will be seeing clients on a one-on-one basis, explaining the benefits of good bras and measuring their bodies properly.

"Most women just want to find a good-fitting bra that's not uncomfortable," Chapman says. "What they don't realize is that a good support bra is also important for blood circulation and enhanced lymph drainage."

Chapman has over 200 bra sizes available for ordering, ranging from 30AA to 52KK. It's likely that you'll fit somewhere between those sizes.

She offers these questions for women to ask themselves:

- Do you have a drawer full of bras but none that fit comfortably?
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- Do you overflow the cup of your bra?
- Do your bra straps dig into your shoulders leaving red and painful marks?
- Does your bra ride up in the back because you tighten the straps to give you added support?
- Have you ever begun an exercise class only to drop out because your breasts ached from lack of support while jumping or running?

If you answer yes to any of these you are in need of a new bra, and a custom one could be the way to go.

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She doesn't come into town very often so she advises booking as soon as possible. Although Chapman enjoys coming to this area, she is on the look-out for someone to train for the business.

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Hecla's lighthouses designated heritage sites

By Patricia Barrett

Two lighthouses at Gull Harbour on Hecla Island have been designated as heritage structures under federal legislation, which will ensure their maintenance and preservation.

Selkirk-Interlake Eastman MP James Bezan made the announcement July 22 in a press release.

"I think it is important to designate these very unique buildings throughout Canada because a lot of people just think of lighthouses as being on the coast," said Bezan last Friday after he paid tribute to a graduating class of cadets at the Gimli Cadet Flying Training Centre. "But they're [located] throughout the Great Lakes and right here on Lake Winnipeg."

The lighthouses were constructed in 1898 and 1926 respectively, and one is still in use, said Bezan.

In 2008 the federal Conservative government under Stephen Harper passed the Heritage Lighthouse Protection Act (S.C. 2008 c.16) to conserve and protect lighthouses deemed as heritage structures.

The Act provides for the selection and designation of lighthouses, prevents their alteration or destruction,

ensures they are maintained, and facilitates the sale or transfer of lighthouses to ensure their public purpose.

"...lighthouses form an integral part of Canada's identity, culture and heritage and are of historic and aesthetic interest and significance to our communities and our nation," according to the act.

Under the legislation, a petition with more than 25 signatures can be submitted to the government asking it to consider a particular lighthouse for protection.

Bezan said the local community at Gull Harbour and the two harbour authorities in the area were behind the request to have the lighthouses formally protected under federal legislation.

To the best of his knowledge, Bezan said the lighthouses were not in any danger of being destroyed.

"They just wanted to make sure they received protection."

The cost of maintaining the lighthouses is up to the community, but grant money is available from the federal government.

"Often it's done [repairs and maintenance work] by the local organisa-



EXPRESS PHOTO BY Ted Sali

The Gull Harbour Lighthouse at Hecla Island constructed in 1898 was recently designated as a heritage structure under federal legislation.

tions and communities that help with fundraising," said Bezan. "But as a national historic site – if there's major renovations that are required – there is an application process that allows them to apply for federal grants to help maintain it."

There are very few national historic sites that are funded by the government, Bezan said.

"Lower Fort Garry is the one we're probably most familiar with," he said. "But outside of that...most of the fundraising comes from first and foremost from the local organizations and proprietors of those facilities."

Hecla is 6.5 km wide and 26.5 km long and includes Black Island, Deer Island, Goose Island, Punk Island and

Little Punk Island. Hecla/Grindstone Provincial Park was established in 1969 and opened to the public in 1975, according to the Hecla Tourism Association.

Icelandic settlers landed on Hecla in 1876 and supported themselves primarily through fishing.

In his press release, Bezan said the lighthouses "helped protect the lives of countless commercial fishers, lake freighters, ferry operators and passengers, as well as...pleasure craft." They also "helped expand fishing and the lumber trade in the area."

For a complete list of Canada's heritage lighthouses, visit the Parks Canada web site at www.pc.gc.ca

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RCMP investigate two more fatal collisions on Manitoba roads this weekend

Submitted

On July 31 around 9:30 a.m., RCMP were called to a property off 105 Road North in the RM of Gimli, where a male was reported missing after he failed to return from an Off Road Vehicle (ORV) ride the previous night.

The 51-year-old male from Winnipeg was discovered at a land location in the RM of Gimli, under the overturned ORV approximately 150 metres away from the property in a gully. He was pronounced deceased at the scene. Local rescue agencies assisted in the search.

The same day at approximately 6 p.m., Lac du Bonnet RCMP responded to a medical distress on Sunlee Road in the RM of Alexander.

Officers attended the location and learned that a pickup truck was travelling from one residence to another, when two adult males who were sitting on the side of the box, fell off the vehicle.

A 29-year-old male from the RM of Springfield was pronounced deceased at the scene. The other male, 27 from Winnipeg, was transported to hospital with non-life threatening injuries.

The driver, a 26-year-old female from Winnipeg, is being investigated for impaired driving.

Alcohol is believed to be a factor in both cases. The investigations continue with the assistance of traffic and collision analysts.

Bifrost-Riverton calls for province to pave PR 326

By Patricia Barrett

The RM Bifrost-Riverton wants the provincial government to pave a gravel road in an industrial area near Vidir, northwest of Arborg, and build a new bridge across the Icelandic River.

RM councillors broached the issue of the bridge and the paving of a three-mile stretch of PR 326 (also known as the Jacob Line) with Interlake MLA Derek Johnson, who was a delegate at council's regular meeting July 13.

"...we know you're [provincial government] not going to get it done this year or probably next year," said Reeve Harold Foster, who presented Johnson with a number of concerns with various roads in the municipality.

The paving of the Jacob Line has been discussed with successive provincial governments. At stake right now is the possibility of the RM losing out on additional tax revenues if one of the two companies in the Vidir area expands outside the RM.

According to council, Vidir Storage Solutions (also called Vidir Machine) plans to expand its operations either in its present location or in Teulon, something of which Johnson is aware.

Johnson asked council about Vidir's plans for Teulon.

"They're proposing to expand next year," said Reeve Foster. "They haven't determined where yet. They said it would not be at the industrial park here [south of Arborg]. It would either be out there [Vidir] or Teulon."

"It all depends on your road," added Coun. Richard Chomokovski.

Johnson implied that Vidir's expansion plans posed a bit of uncertainty with regard to paving the Jacob Line.

"Well...it would be a shame to make an investment in this," said Johnson, "and then slowly see after the investment...the business move elsewhere in the [Interlake] riding."

Council said dust from the Jacob Line has affected the company's reputation to a certain extent. A buyer in Tennessee allegedly complained to Vidir about mud on its transport truck and a shipment that was covered with dust.

Coun. Chomokovski said Vidir might have lost out on future sales.

"The product was covered with dust," said Chomokovski. "They said, 'This is the first time we've dealt with you: Get it clean.' They [Vidir] got somebody to clean the product, but they said no more."

Reeve Foster said Vidir Machine builds "quality" products that are good for everybody in Canada.

Another concern council had is how



Semitrailers make their way down Arborg's Main Street during a recent parade. The RM would like to divert heavy truck traffic away from Arborg via a proposed bridge from PR 326.

EXPRESS PHOTO BY PATRICIA BARRETT

a business expansion outside the RM might affect employment.

Coun. Warren Ostertag estimated that there are about 100 employees at Vidir Machine, and Foster said there are about 30-40 employees at Diemo, the other company in the area.

The paving of the three-mile stretch of PR 326 has been a pre-election issue for years. It came up again March 23 during an Interlake riding candidates' debate at the Arborg Hall.

When asked how each candidate would address the Jacob Line, Johnson, who was squaring off against NDP MLA incumbent Tom Nevakshonoff and Liberal candidate Jamal Abas, said the PC government would invest \$1 billion per year in strategic infrastructure projects and that the Jacob Line was on the list.

"We have committed to upgrading that road," Johnson had said during the debate. "The PC party is committed to upgrading that road out to that area."

During the debate, Nevakshonoff had said the minimum standard for road improvements is 400 vehicles a day. "This road does not meet that standard."

Reeve Foster said the area sees high traffic volumes.

"There are thousands of trucks that come down that road every year..." he said.

A source who did not want to be

identified was contacted after the RM's meeting. He said traffic counts in the Vidir area have steadily declined and that the required threshold for paving has not been met.

The province conducts AADT counts (annual average daily traffic) on a regular basis, usually every two years. Over a 12-year period, traffic flow north of PR 329 on the Jacob Line (to and from Vidir Machine and Diemo) has decreased from 490 vehicles in 2004 to 320 vehicles in 2015, according to the province's annual publication Traffic Report available online.

In the 2000s, the province, in partnership with the municipality, carried out some upgrades to the three-mile stretch, including widening it, said the source.

"The cost of paving it would be about \$6-plus million in total," said the source, referring to 2013 cost estimates.

Although Johnson said "there's nothing this year" in provincial coffers for paving the Jacob Line, he asked council how it envisioned the project proceeding.

Foster said it would have to be carried out in

steps over the course of three years. And in addition to paving, the RM would also like a bridge built in the area near the Arborg Fire Hall at the junction of PR 326 and River Road in order to divert heavy vehicle traffic from using downtown Arborg.

Trucks from the north use Main Street to cross the existing bridge over the Icelandic River in order to access highways 68 and 7.

The proposed bridge would span the river and provide direct access to Highway 68. A road would also have to be built from the bridge to the highway.

No cost estimates were provided.

"There's enough product that comes out of there [the Vidir area] that's good for Canada, good for Manitoba," said Foster.

He asked that Johnson keep the Jacob Line "on the radar."

<p>Nashville, Branson, Pigeon Forge October 23-November 5 A special tour for music lovers that journeys through the musical heartland of America</p> <p>Branson and the Ozarks November 3-11 A fun filled tour with fabulous shows and unique sightseeing</p> <p>EMBASSY TOURS 757-9383 www.embassytours.ca 1-800-723-8051</p>	<p>Splendors of Niagara Falls September 11-19 <i>"One of the Seven Natural Wonders of the World"</i></p> <p>Fly & Stay Vacations The Heart of Hawaii Jan 24-Feb 7 <i>Home to World Famous Waikiki Beach</i> Beautiful Victoria, BC. Mar 1-15 <i>"The City of Gardens"</i></p> <p>Deadwood the Black Hills & Badlands October 2-7 <i>Walk in the footsteps of legends like Wild Bill Hickok, Calamity Jane & Seth Bullock.</i></p>
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Arborg Recreation Commission hosting talent show and car show

Submitted

The Arborg Bifrost Parks and Recreation Commission will be hosting a talent show Friday, August 12 from 5:00 to 8:00 p.m. on the pool deck at the Noventis Aquatic Centre in Arborg.

The event will be broadcast live on CJ107 and its sister stations across the province.

The proceeds of the talent show will go towards the soccer field and track project at Arborg Collegiate. It will also assist with the purchase of sports equipment, such as goal posts, nets and javelins.

Track chairperson Judy Nichol said, "This project has been ongoing for the past 5 years, and it will be nice to see it finished in the near future."

If you have talent and would like to show it off, please contact Tom Chwaliboga at 204-376-5576 or tom.abprc@

mymts.net.

Everyone is invited to come out and watch. There is no admission for the evening.

Car Show

The Arborg Bifrost Parks and Recreation Commission will be hosting its first ever Car Show on Sunday, Aug. 14 from 12-4 p.m. in the parking lot of the Noventis Aquatic Centre.

"We are hoping for a good turn-out as we know there are lots of people in Arborg, the Interlake and Manitoba that have beautiful cars," said Chwaliboga, "and we hope they will consider coming to Arborg to show them off."

If you have a vintage car/truck, please contact Tom Chwaliboga at 204-376-5576 or tom.abprc@mymts.net for more information.



EXPRESS PHOTO SUBMITTED

The Arborg Bifrost Park and Recreation Commission will be hosting its first ever Car Show on Sunday, Aug. 14.

Premiers take step towards internal trade

By Kaitlin Vitt

Premier Brian Pallister said Manitoba is committed to making internal trade a reality.

Internal trade is the "free movement of persons, goods, services and investments within Canada," according to the province.

Canada's premiers met at a conference in Whitehorse July 20 to 22. They reached an agreement in principle on the Canadian Free Trade Agreement, a news release from the conference says. CFTA would replace the current Agreement on Internal Trade.

This agreement has been developing over the past two decades, Pallister said during a news conference last Thursday. He didn't give a deadline

for the agreement but said he expects it will take "months, not years."

"It's natural to be sceptical, because there's been talk about advances before, and it hasn't happened," Pallister said. "But I tell you, the spirit in the room among Canadian leaders was very, very real."

Pallister said officials are negotiating and working to reduce the number of exceptions Manitoba has in the agreement. Currently, the province has 10 to 12, Pallister said.

He said he wants a deal that's best for Manitoba, but also one that's fair to other provinces. He said this could be achieved if provinces have a similar number of exceptions.

The Arborg Ag Society wishes to send an *ENORMOUS THANK-YOU* to *ALL* who helped with the Arborg Fair, Rodeo & Tractor Pull! We can not tell you how much we appreciate all the volunteers! The Fair could not be possible without you! Thank you to all the Sponsors, you are the financial backbone allowing us to grow making improvements for hosting community events! The smiles on all the spectators is our reward!

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Chad Brownlee
Bring a blanket or lawn chair and join us on the hill. (Rain? Join us inside the arena)

Gimli celebrates 127th Islendingadagurinn

Staff

The annual Icelandic Festival had a lot of fun and activities for all ages throughout the weekend. Vikings young and old could be seen throughout Viking Village, on the midway and in the parade.

The festival's midway rides gave fun and a thrill to all.



Sam Pauls, 15 months, had the chance to wield a sword like a true viking in the Viking Village in Gimli on Aug. 1.



Cienna Harris and her brother, Jacob Harris of the United Steppers brought their national-level stepping to Gimli's Main Street on Aug. 1.



Kylee Moran, 5, had a blast in the three-legged race with her dad, Jason Moran, on Aug. 1 at Gimli Park.



Skylynn Sigurdson from Gimli rode Arlene's Quest through the Icelandic Festival parade on Aug. 1.



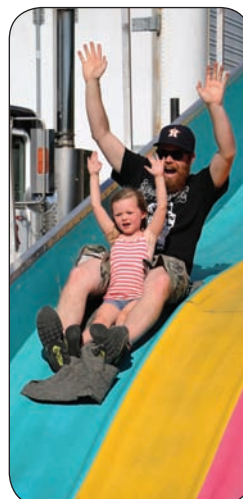
Lakyn Merrifield (3), enjoyed riding her favourite animal, a monkey, on the merry-go-round at the Icelandic Festival.



EXPRESS PHOTOS BY PATRICIA BARRETT AND STEAFNIE LASUIK
Members of the Knights of Columbus filled the street with the colours of their flags and capes during the Icelandic Festival parade.



The Icelandic Choir sang in the streets before singing on the main stage on Aug. 1. The Choir is celebrating its 50th anniversary this year.



Madeleine and her uncle Gavin take on the big slide at Gimli Park



Pictured left to right, Tanisha, Sidney, Alexis and Ashley enjoy one of the rides at the midway.

RM of Grahamdale produces tourism maps

By Kaitlin Vitt

People will have an easier time navigating the RM of Grahamdale thanks to new maps of the area.

The RM's Community Development Corporation created the maps. The CDC works "to encourage economic growth and development within the municipality," including developing tourism and helping businesses grow, explained Sandhal Bauch, the economic development officer.

On one side of the publication, there's a map of the entire RM, and on the other side, there's a map of Steep Rock, which Bauch said is Grahamdale's big tourist attraction.

The maps highlight "points of interest" in the area. Points of interest include the limestone cliffs in Steep Rock, boat launches, swimming areas and historical landmarks, like cemeteries.

Some people had difficulty finding some of these attractions, Bauch said. For example, though Steep Rock is a small community, she said the winding roads make navigation difficult for some people.

"People were just actually having a hard time finding their way around between the town, the cottages, the beach part," she said.

This is the first map of its kind for the area. There's a property ownership map, but it doesn't highlight points of interest, Bauch said.

It took between six and eight months to create the maps, and Bauch said the CDC is thrilled with how they turned out.

The maps are available for free at the RM office, Steep

Rock Beach Park and Steep Rock Kayak & Canoe. Bauch said the CDC ordered weatherproof holders to display the maps outdoors at the points of interest.

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EXPRESS PHOTO SUBMITTED

The map of Steep Rock identifies points of interest including the limestone cliffs, boat launches, swimming areas and historical landmarks.

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Gimli MLA helping out



EXPRESS PHOTO COURTESY OF DEBBIE KASHUBA

Volunteers rolled up their sleeves last Thursday to help a low-income family in need of affordable housing. Gimli MLA Jeff Wharton took part in a Habitat for Humanity build at 155 5th Ave. in Gimli.

Supporting community

PHOTO SUBMITTED

Gimli's Sacred Heart of Jesus Ukrainian Catholic Church recently donated \$750 to the Fort McMurray evacuees. Several members of the congregation have family living in northern Alberta.

The ladies make perogies monthly to raise money to assist the church in different ways including sponsoring a child in the Ukraine and helping the community when requested.



Back Ruth Kostuk Wytshyn- Daviette Noga - Bonnie Pawluk- Jeannette Kubrakovich
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Tips for Preowned Vehicle Buyers in the Interlake

The impression of used cars and trucks has changed dramatically in recent years. Now widely referred to as "preowned vehicles," such automobiles are now the first choice of many buyers who want reliable vehicles without having to pay full sticker price.

While buying preowned vehicles is less risky today than it might have been two decades ago, there is still some risk for buyers who purchase cars that are not brand new. The following tips can help Interlake motorists find preowned vehicles that suit their needs and budgets.

- Do your homework. Drivers rarely buy brand new vehicles without first researching the makes and models they are considering. Whether they are checking a vehicle's safety ratings, gas mileage or warranty terms, buyers know that such research is essential to making the most informed decisions. Preowned vehicle buyers should be just as diligent as new car buyers, researching the vehicle's initial assessments and ordering a vehicle history report to determine if a vehicle they're considering has been in any accidents and how many drivers have previously owned the car. Buyers also should research manufacturer warranty terms to determine whether the original warranty is still in place or if they will need to purchase a new one.

- Develop a realistic budget. Budgets are important whether buyers are purchasing brand new or preowned vehicles. But while new car buyers can reasonably expect their maintenance costs to remain low for a few years, preowned vehicle buyers, especially those purchasing cars without warranties, should expect to deal with repairs sooner than they would if they were buying brand new cars. Leave some room in your budget for repairs and then look for vehicles that fit your budget. Maxing out your budget could prove disastrous if your car needs repairs sooner than expected, and if repairs are a long way off, you are still saving money.

- Make sure you are getting the best price. Preowned vehicle prices may be more flexible than the prices of brand new cars, but it's still up to buyers to ensure they're getting the best price. Resources such as Kelley Blue Book (www.kbb.com) and the Edmunds.com True Market Value (TMV)® pricing tool can help buyers make the best buying decisions. Using such resources is quick and easy and can help buyers quell any concerns they might have about overpaying for preowned cars or trucks.

- Insist on a pre-purchase inspection for vehicles not designated as certified preowned vehicles. Before making an offer on a preowned vehicle, buyers should insist on a pre-purchase inspection performed by their own Auto Service Professional. If private sellers or dealers selling uncertified preowned vehicles resist your efforts to get a pre-purchase inspection, walk away and continue your search elsewhere.

Preowned vehicles no longer carry the stigma they once did, and savvy buyers can find great deals on reliable preowned automobiles.

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Success didn't come over night. Lucien Smith, aka Smitty, started out small, selling appliances and lawn and garden equipment on St. Phillips Drive.

As the business grew "Smitty's" soon moved into the current Ria Foods location on Main Street. By 1990, Lucien's sons, Don and Dave, bought the business, moved back the to St. Phillips location, sold off the lawn and garden equipment, and began focusing on quality furniture as well as appliances.

Don and Dave, proved to be a good team, growing the business to the point where they needed a larger location. In 1995 they took over the old Viking Motors location on Main street (across from the car wash), a building they still use to this day for their warehouse, overstock, and discount merchandise.

In 2000, the brothers built a new store, their current location, giving them a total of 20,000 feet of showroom and warehouse space. Customers are sure to find the perfect furniture for any room in their home at the best price.

When asked to what they attribute their success, the short answer is, "our customers." But probe a little deeper, and you gain more insight. They belong to a nationwide buying group allowing them to guarantee the lowest purchase price. They retain excellent staff. They provide great delivery and installation service. And they stock the best brands, Palliser, Serta, Frigidaire, Ashley, DeFehr, Decor-rest to name a few.

Their hard work has resulted in a reversal of traffic flow; now city folk make the trip to shop for furniture at Smitty's, knowing they'll get the best service and the best price.



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> MEAL IDEAS

Cinnamon Multigrain & Yogurt Pancakes



- 1 cup (250 mL) quick-cooking rolled oats
- 1/2 cup (125 mL) multigrain hot cereal (uncooked)
- 1-2/3 cups (400 mL) 1% milk
- 3/4 cup (175 mL) whole wheat flour
- 2 tsp (10 mL) baking powder
- 2 tsp (10 mL) ground cinnamon
- 1/4 tsp (1 mL) baking soda
- 1 egg
- 1/2 cup (125 mL) 1% plain yogurt
- 1-1/2 tbsp (22 mL) vegetable oil, divided
- 1 tbsp (15 mL) maple syrup or liquid honey
- 1 tsp (5 mL) vanilla extract
- Cinnamon Yogurt
- 1/8 tsp (0.5 mL) ground cinnamon
- 1/2 cup (125 mL) 1% plain yogurt
- 1 tbsp (15 mL) maple syrup or honey
- 1/4 tsp (1 mL) vanilla extract

1/2 cup (125 mL) fresh fruit, or to taste
Directions

In a medium bowl, combine multigrain cereal, oats and milk; let soak for 15 minutes.

In a large bowl, whisk together flour, baking powder, cinnamon and baking soda.

Whisk egg, yogurt, 1 tbsp (15 mL) of the oil, syrup and vanilla into cereal mixture. Pour over flour mixture and stir just until combined. Set aside for about 5 minutes while preparing yogurt.

For the Cinnamon Yogurt, combine cinnamon, yogurt, syrup and vanilla. Set aside.

Heat a large non-stick skillet over medium heat. Brush with a thin layer of remaining oil. Ladle about 1/4 cup (50 mL) batter per pancake into skillet. Cook for 1 to 2 minutes or until bottoms are golden and edges look dry; flip over and cook for 1 to 2 minutes longer or until golden and puffed. Repeat with remaining batter, brushing skillet with oil and adjusting heat as necessary between batches.

Serve pancakes with Cinnamon Yogurt and fresh fruit.

Defensiveness Blocks Open Communication

One of the primary blocks to communication is defensiveness. Sometimes we want to tell another how we feel, but they are just not open to hearing.

One of the principles we hear about, often, is that we should not blame others. Some people use this as a defense, refusing to listen to anything they think sounds like blaming.

The problem then is that issues never get resolved. If she tells him she thinks he's not spending enough time with the kids, what is the point of him getting mad and telling her she's blaming him? A blaming statement would be if she said that the low report card marks were because he was not spending time with them. Even if she stated this as a worry, concern or possibility, such a statement deserves some consideration.

If they get into arguing and defending, the issue of the children gets left behind. If he tells her that she's always hassling him, and she gets mad because he's blaming her for behavior that he causes (she believes), then they just argue in circles.

Defensiveness generally arises when there is some truth to what is being said, and we do not want to hear it. Perhaps we are in denial, and do not want attention drawn to aspects of our own behavior of which we are not proud.

I am reminded of the story of Rumpelstiltskin. He did not expect that the heroine would ever guess his name, and when she did, he became so angry that he stomped his feet hard enough that he fell right through the floor, and was never heard from again.

Something like this often happens when someone hits the nail right on the head regarding some aspect of our

behavior. If there was no truth in their comment, it would not bother us so much.

Amazing transformations can happen when people begin to consider that there may be a grain of truth even if we feel we are being blamed. It is for each of us to look into our hearts when we receive feedback, especially from loved ones.

Most people would not make comments that were outrageously off base, unless there were intentionally trying to hurt. If a conversation reaches that point, its time to end it anyway.

If our intention is to be honest, clear and open, and to work for the highest good in our relationships, then we need to be open to feedback. We need to be able to share our observations in relationship, and to lovingly assist each other on the path to wholeness.

It is important to focus more on our own behavior than on criticizing others, but sometimes an issue comes up that we really need to talk about. Concerns need not be presented in an attacking way.

If you have a hard time dealing with issues even when they are presented gently, there may be some unresolved anger relating to your parents that you are projecting on to your partner.

If we are working together as a team, then discussing better strategies makes sense. If there is a lot of defensive (or offensive) behavior going on, its time to check the jerseys to see if we are still playing for the same team.

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

Inside-Out BLTs

- 8 strips premium bacon, sliced crosswise into 1/8-inch strips
- 8 firm Roma tomatoes or green (unripe) tomatoes, cut into 1/4-inch-thick slices
- 1 cup flour
- 3 eggs, beaten
- 2 cups bread crumbs or panko
- 3 or more tablespoons olive oil
- Salt
- Freshly ground black pepper
- 1 4-ounce log goat cheese, approximately 1 1/2 inches in diameter, sliced 1/8-inch-thick
- 24 arugula leaves, lower stems discarded



Cook bacon over medium heat until crispy. Drain on a paper towel.

Select the 24 most uniform tomato slices and save the rest for tomorrow's lunch. Dredge slices in flour, then in eggs, then pat down in bread crumbs. Reserve on plates, but do not stack.

In a sauté pan over medium-high heat, add 3 tablespoons oil. When oil is hot, add as many breaded tomato slices as the pan can accommodate without them touching. Fry for approximately 2 minutes per side, or until browned and crispy. Remove from pan and drain on paper towels. Add more oil if necessary for subsequent batches.

To assemble, line up 12 fried tomato slices. Season with salt and pepper, then top each with 1 cheese slice, a mound of bacon shrapnel and 2 arugula leaves. Cover with a second fried tomato slice. Secure with a toothpick. Let cool for a minute before serving. (Tomatoes have a surprising ability to hold the heat.)

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Ashern business gives tires a second life

By Stefanie Lasuik

Ashern's Peter Schroedter has been saving thousands of tires from landfills and making a business out of it in the process. And it was all because an Albertan farmer unexpectedly handed him a key to the tire recycling industry.

In the mid 1990s, Schroedter was ranching sheep and cattle when Allan Brown from Lloydminster sold him some water troughs made from recycled industrial tires. The troughs were huge but Schroedter would need more for his ranch. So Brown showed him how to make them himself.

"It flabbergasted me because I couldn't understand why anybody would give away their secret sauce," said Schroedter.

Brown then said he couldn't keep up with the demand in Manitoba, effectively handing Schroedter a product and a market.

Schroedter partnered up with Erwin Gibson from Faulkner to create

OTR (Off the Road) Recycling in the mid 1990s. In their first year, they sold about 40 troughs.

"We were blown away," said Schroedter.

The men got the tires from the mining industry in northern Manitoba. With cement, they'd shape the tires into troughs in their facility near Ashern. They later used recycled plastic and tires, but the specific construction process is confidential.

"That remains a secret," said Schroedter.

But Schroedter's success didn't come entirely from a borrowed secret. When mad cow disease and drought hit Manitoba in 2003, Schroedter had the foresight to redirect his business into tire-derived aggregate. He created rubber snowplough blades.

This move proved profitable until oil prices dropped. Companies could easily make snow plough blades, so Schroedter again had to make a smart business move. He did so by getting into rubber buffing and rubber mulch. He sells the products across Canada and the United States. The tire-derived aggregate can be used for frost boil prevention and repair.

Schroedter still sells water troughs in Manitoba, Wisconsin, and Minnesota, but the majority of business comes from rubber buffing and mulch.

What hasn't changed since Schroedter's ranching days is his love for the environment. The land was how he made a living when he ranched. Now he's in a business that's helping save the land.

Schroedter has now sold 49 per cent of his company to Recycled Rubber



EXPRESS PHOTO SUBMITTED

Peter Schroedter (centre) now lives in Winnipeg but continues to call Ashern home. He regularly travels Hwy. 6 to visit his operation and workers. He gives a lot of credit for his success to his employees, like Philip Sanford, left, and Joel Telerman.

Corp, the second largest tire recycling capacity in Canada. He's working his way toward retirement, but his positive impact on the environment will remain. His company has the machinery and know-how to turn the big-

gest industrial tires into useful products. Canada's largest tire recycling company, Reliable Tire Recycling, doesn't have the same abilities, said Schroedter.

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RCMP urge ATV riders to wear a helmet

Submitted

For all-terrain vehicle (ATV) enthusiasts, summer only means one thing—the opportunity to get out and enjoy a ride.

While riding an ATV is a fun activity, it comes with rules and responsibilities set to promote the safety of riders and passengers alike.

Since May of this year, four people have died and dozens of others have been seriously injured as a result of collisions involving ATVs in Manitoba.

One of the riders injured was actually a 6-year-old boy. While the contributing factors to these fatalities vary from case to case, the unsafe decisions made by some of the riders remain

constant in the vast majority of collisions.

Contributing factors in these deaths included alcohol use, failure to wear a helmet and speed — all factors that could easily be avoided.

Here are some basic rules to keep in mind when heading out on an ATV:

- The law requires that you always wear an approved helmet.

- ATVs are not to be operated on roadways, shoulders or sidewalks unless circumstances fall under other provisions laid out in the Off Road Vehicles Act.

- Like any other mode of transportation, only operate an ATV when sober and alert.

- Anyone under the age of 14 must

be accompanied by a parent or guardian who is a minimum of 18 years old.

- Young persons over the age of 14 can ride without parent accompaniment, however cannot cross a roadway until they obtain a valid driver's licence.

Never underestimate the power of these machines, and how quickly a ride can turn deadly. There is more to riding an ATV than just getting on the machine and turning the key. Before heading out to enjoy the ride, remember to be prepared and obey the laws. Don't let poor judgement make you a statistic.

And, no matter what your mode of transportation is, travel safe!

Public sweat lodges aim to educate Manitobans

By Kaitlin Vitt

Lower Fort Garry (LFG) has offered sweat lodge ceremonies to schools and organizations for four years, but this is the first year they are open to the public.

A sweat lodge ceremony is for purification and healing, explained Allen Sutherland, the treaty project officer at LFG. There was a ceremony in July, and there will be another in August and September. There is no cost to attend.

Sutherland, who is Anishinaabe Saulteaux, is a traditional knowledge keeper in the Indigenous community and teaches about history and culture. One of his mentors is Jules Lavallee, the elder who conducted the historic site's first public sweat lodge ceremony in July.

Before LFG offered the ceremonies, Lavallee had told Sutherland it was time he had his own sweat lodge.

"They say if you want to be a service to the people, this is one of the ways to do it," Sutherland said.

Since Sutherland worked at LFG, he said he thought he would build one there.

Parks Canada consulted with traditional knowledge keepers while creating the sweat lodge.

These ceremonies are a way of educating Canadians about Indigenous culture, Sutherland said.

Historically, people built sweat lodges on the grounds of LFG away from the public, Sutherland explained. But the one there today is close to the stone fort, so it could be a part of public education.

There was a time sweat lodges and other Indigenous activities were against the law in Canada. This was to remove Indigenous culture from its people, Sutherland said.

"The ceremonies, the songs, the



EXPRESS PHOTO BY KAITLIN VITT

This is the first year Lower Fort Garry offers sweat lodge ceremonies open to the public. Prayer ties representing directions bless and protect the sweat lodge. The sweat lodge is covered with a tarp to keep heat in during ceremonies.

drums, the sacred pipe, the sacred bundles were prohibited because if you made it against the law, that's the only way you can wipe that off the face of Canadian soil."

This law was rescinded in 1951.

"It comes from a time of an era where Indigenous people were considered savages, uncivilized, pagans. And it was a time of ignorance, but that element still remains in society, where 99 per cent of Canadians ... don't understand or know about Indigenous culture or its history," Sutherland said.

"For Parks Canada, the role we play is to bridge those understandings, so that we appreciate our common Canadian history, and that includes the culture, that includes the history of Indigenous people."

During the ceremony people learn teachings and history of Indigenous culture.

"We do a lot of preparing for it, and so if there's any anxiety, I let (participants) know what they're going to expect," Sutherland said.

Fourteen people participated in July's ceremony, and 11 of them had never done one before, Sutherland said.

The sweat lodge is a wooden structure, which is covered with a tarp for the ceremony. In the centre hang coloured cloths, otherwise known as prayer ties, representing north, south, east, west, up and down. These ties bless the sweat lodge and offer protection.

Before going into the sweat lodge, there is smudging and people offer tobacco to the fire.

There's wood in the lodge that sits atop stones and is on fire. Someone adds stones to the fire throughout the ceremony. There are four rounds of

the sweat lodge, with seven additional stones each round.

People enter the sweat lodge by crawling in clockwise, following the direction of the sun. Once inside, the sweat lodge conductor will perform a pipe ceremony, including a Pipe Song, which people can participate in by singing or playing instruments. This helps them to focus.

Someone pours water over the stones, the steam going up to the ceiling and down the walls. People will sweat out toxins, Sutherland said. There's medicine in the water, which replenishes people. This is the purification part of the ceremony.

The third round feels the hottest and is the most difficult, Sutherland said. It's the healing round.

"It is the time to ask for spirit helpers, like the bear helper who represents healing, to come to the lodge and go inside and provide healing to who needs healing, who prayed for healing," he said. "Who asked for it will be healed."

After the four rounds, people are welcome to share their experiences or ask advice from the elder.

Depending on who conducts the sweat lodge, the ceremony can differ between leaders, Sutherland said.

People can take breaks during the ceremony. The entire ceremony is about two and a half hours long.

Some people bring family or friends who wait outside the lodge.

The next ceremonies are being held on Aug. 20 and Sept. 17 at 10:30 a.m. People can register by emailing lfg.info@pc.gc.ca.

A maximum of 15 can attend, and the spots are starting to fill.

Sutherland said LFG will be reviewing this year's program to see if its something it will offer in the future.

Campaign encourages teens to get out, explore Manitoba

By Kaitlin Vitt

Some teens may stick to the same routine during the summer, without knowing about festivals and events across Manitoba but that's exactly what Get Out of the Basement (GOOTB) wants to change.

GOOTB is a social media campaign by Winnipeg's McKim Communications Group.

"Our role is to express to teenagers what there is to do in and around Winnipeg and rural Manitoba and how they can spend time outside of their basement," said 18-year-old Jil-

lian Long.

Long and others from GOOTB post about their experiences on Twitter, Instagram, Facebook and their website.

This summer, they've gone to various rural festivals, including the St-Pierre-Jolys Frog Follies and Agricultural Fair and Carman Country Fair.

Last Wednesday, the team went fishing along the Red River in Selkirk. They caught about 15 catfish, including one that was 39 inches long.

For lunch, they went to Lockport,



EXPRESS PHOTO BY KAITLIN VITT

The Get Out of the Basement team encourages teens to get out and explore Manitoba this summer.

Continued on page 18

Icelandic film Rams wins Best of the Fest at Gimli Film Festival

By Patricia Barrett

Rams, an Icelandic film released in 2015, was named the Best of the Fest at the 16th Annual Gimli Film Festival's awards ceremony a few weeks ago.

The 2015 film made headlines at the Cannes Film Festival last year when it won the series Un Certain Regard, the most important award given to an Icelandic film.

The screening of the film in Gimli's Lutheran Church July 21 drew about 200 people, including Senator Janis Johnson, founder and chair of the festival.

Seasonal resident Donald Gislason, who volunteers with the Film Festival, provided a witty behind-the-scenes look at its making.

Set in a windswept mountain valley, the film required lots of sheep, something Gislason said are in abundance in Iceland.

"But having a limitless supply doesn't necessarily mean that sheep with on-screen charisma are easy to find," said Gislason. "The director of this film, Grímur Hákonarson, actually held three days of auditions for the sheep...."

Gislason said the director required sheep that would "take direction well" rather than "run away."

"And he wanted sheep that had an unusual look because the plot revolves around a breed that wins prizes in local competitions," he said.

Rehearsals with the sheep were a smashing success.

"...while his actors often took several takes to get a scene right, the sheep, by contrast, were right on the money," said Gislason. "These were 'one-take' sheep."

Express reporter

Patricia Barrett's review

Sheep are the first thing we see when the film opens. They are "loving" sheep, shown running towards their approaching master. But we learn that they, like humans, are fallible, and in the end, they run away from their master. It is one sheep in particular that proves to be an unwitting Judas.

The plot revolves around two middle-aged bachelor brothers who haven't spoken to each other for a biblical 40 years. They live side-by-side in a landscape of epic emptiness.

Gummi, the protagonist (played by Sigurður Sigurjónsson) discovers scrapie, a contagious disease similar to mad cow disease, in his brother Kiddi's (played by Theodór Júlíusson) prized ram, which eventually leads to the downfall of the valley's farmers.

Forced to subsist on meagre government assistance, many farmers leave the only way of life they've ever known.

Veterinarians and animal health inspectors make their way through the valley, supervising the slaughter of every sheep, the burning of bedding and feed and the cleansing



EXPRESS PHOTO BY PATRICIA BARRETT
Seasonal resident Donald Gislason provided a witty introduction to the film.

of barns.

Kiddi makes it more than clear that the author of the valley's devastation (which truly belongs to him and his ram, Sproti) must pay for his wrongdoing. Kiddi open fires on Gummi's bedroom window and attempts on two occasions to die by a combination of alcohol and frigid temperatures.

Gummi, however, appears unmoved by the guilt-inducing attempts. We suspect he has recovered – at least emotionally – from having to slaughter his sheep, something he carried out himself before the vets arrived.

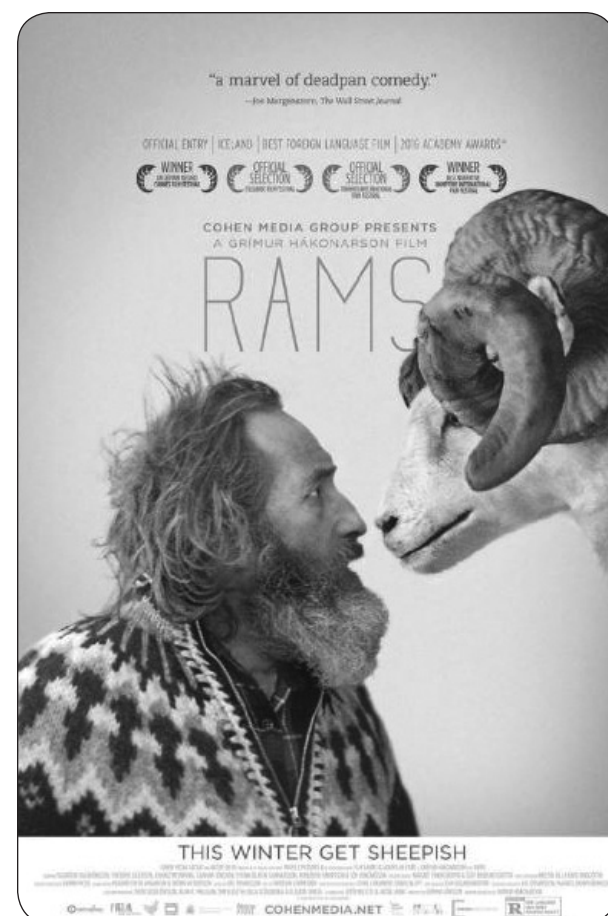
Bit by bit, we learn why the brothers resent each other. Dad had played favourites when it came to the boys' inheritance. He favoured Gummi over Kiddi to take ownership of the farm, perhaps because of Kiddi's chronic drinking problem and perhaps because he isn't the shepherd he ought to be.

Playing the guilt card, Gummi's mom made him promise to provide a livelihood for Kiddi. He provides a farmhouse, land and livelihood for Kiddi. Hate and a narrow road are the only things separating the brothers. Common love for their sheep is what eventually reunites them.

The sparing use of dialogue gives the film a broody feel and allows the viewer time to digest the gravity of the devastation as well as ponder the meaning of some seemingly mysterious scenes.

We know, for instance, that Gummi is up to something when he's shown squirrelling away sacks of straw after being told by the veterinary health authorities to burn it all. And we soon learn why he seemed to recover so quickly after his flock's destruction.

Gummi hid his most prodigious ram, Garpur, and six or seven ewes in the basement of his farmhouse, an attempt to



EXPRESS PHOTO BY PATRICIA BARRETT
Seasonal resident Donald Gislason provided a witty introduction to the film.

save the unique bloodline of the flock, if not a testament to his deep affection for his animals.

Kiddi suspicions are aroused by his brother's lack of emotion. He breaks into Gummi's house and discovers the sheep in the basement. Although furious, he keeps silent, the sheep more important to him than the desire to do his brother down.

It's not so much scrapie that hastens the brothers' ultimate demise, but the ram, Garpur, intent on tugging the ewes in the neighbouring stall and thereby betraying his master's secret.

A veterinarian assistant who stopped by Gummi's farmhouse to use the washroom hears the commotion coming from below and alerts the authorities.

In a scene lifted from Shakespeare's King Lear, the brothers find them themselves in a raging storm in the wilderness after making a rash decision to save the prized flock by driving them by ATV high into the mountains.

The sheep run away from the shepherds in the storm, and Kiddi comes to realise the folly of their 40-year feud. Although fated to die in the blizzard, the brothers are reunited, finding salvation in their common bond.

> GET OUT OF THE BASEMENT, FROM PG. 17

testing which local business has the better hotdog — Half Moon or Skinners.

Half Moon's hotdog had a good "balance" of flavours, while Skinners' had a "buttery" taste. After contemplation, the GOOTB team voted Half Moon the winner by a slim margin.

Adam Steel, also from GOOTB, said this summer he's done activities he didn't know existed but hopes other teens now know about.

"I just thought it would be a great experience and just to be more connected and in the community, and to not just do it by myself, but to

inspire kids all around our province to do the same," 16-year-old Steel said.

To check out what the team is up to, visit getoutofthebasement.com or #GOOTB on Twitter, Instagram, and Facebook.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Orioles hang with the best at Bantam 'AAA' provincials

By Brian Bowman

The Interlake Orioles did not look out of place one bit at the Bantam "AAA" provincials last weekend in Altona.

Interlake finished with a 1-3 record but was very close to squeezing into the playoff portion of the provincials.

"It was a good experience for the boys," said Orioles' head coach Ryan Fines. "They saw the best and they stuck right with them."

Interlake started the provincials with a great 10-0 victory Friday over Parkland as Thomas Waldner threw a no-hitter.

The Orioles then were doubled 8-4 by the North Winnipeg Pirates later in the day.

"We were right there with those guys," Fines said of the game against the Pirates. "We made a couple of defensive errors that led to some of their runs and they got a couple of lucky bounces."

The Orioles hit the ball well against the Pirates, said Fines, but failed to get that crucial hit with runners on base.

On Sunday, Interlake was outscored 11-5 by South Central and then the Orioles were blanked 2-0 by the St. James A's. Hunter Olson pitched real well for the Orioles as South Central scored several unearned runs on their way to building a 7-0 lead.

To the Orioles' credit, however, they didn't quit and managed to close the gap to 7-5 before South Central added some late runs.

In the St. James' loss, the A's threw their best pitcher at the Orioles in what was a great defensive game

played by both sides.

"We did a lot of good things in that last game," Fines said. "We threw really well but our bats went silent."

Interlake's pitching was fantastic all weekend, said Fines.

"The four kids that started threw very, very well," he stressed.

The Orioles also had some great offensive performances from Connor Bindle (who also caught the entire weekend), Olson, and Chris Fines.

Despite the 1-3 record, the Orioles have to be very pleased with how they played against the top Bantam "AAA" teams in the province.

"Everybody is surprised that we have only one older kid and the rest are all younger," Fines said. "We had 10 kids, no tryout or anything, with kids that said, 'Yeah, we'd like to play.'"

"But it was disappointing that two teams that, in my opinion, we should have beat if we had a hit here or a defensive play there, ended up meeting in the finals and they're going to continue on."

Fines felt that the Orioles deserved a better fate at provincials.

"You can look at it as we hung around with the best and did OK," he said. "The kids thought they played well and they did play well. You can't ask for much more than what they did, for sure."

"It shows us what we have to work on and we'll be going after it hard next year."

South Central won the Bantam "AAA" provincial championship after edging the North Winnipeg Pirates 4-3 in the championship game Sun-



TRIBUNE PHOTO BY LANA MEIER

Interlake Orioles' pitcher Hunter Olson had a great game against South Central during the Bantam "AAA" provincials in Altona last weekend.

day evening. With that win, South Central earned a berth into the nationals, which will be played later this month in Summerside, P.E.I.

Both Bonivital and North Winnipeg,

meanwhile, advanced to the Western Canada Championships, which will be played Aug. 12-14 in Spruce Grove, Alta.

PeeWee Orioles play really well at provincials

Staff

The Interlake Orioles played some really good baseball – finishing with a 2-2 record – at the PeeWee "AAA" provincials in Hamiota last weekend.

"They really picked it up and jelled this weekend," said Orioles' assistant coach Scott Fisher. "We didn't expect them to win two games and they went 2-2. They exceeded our expectations."

Interlake started the tournament with a solid 5-2 win over St. James on

Friday morning but then lost 19-7 to the talent-laden North Winnipeg Pirates later in the day.

"(North Winnipeg) is probably the best in the province," Fisher said. "We had one bad inning with errors that cost us that game."

On Saturday, the Orioles nipped Midwest 8-7 before losing 5-3 to South Central. A win over South Central would have advanced the Orioles to the playoff portion of the provincials.

"We didn't expect to have that close of a game with (South Central), to be honest with you," Fisher admitted. "But they jelled as a team and really put it together. I think they realized that they're a good baseball club and they can compete with anyone on the diamond."

With the exception of the North Winnipeg loss, Interlake gave up just 14 runs in three games. That's pretty good at the PeeWee level.

"We had some really good pitching over the weekend," Fisher noted. "The kids pitched really well."

South Central went on to win the PeeWee "AAA" championship after edging North Winnipeg 10-9 in the final on Sunday. North Winnipeg and South Central will now attend the Western Canada 13U Championship in Saskatoon from Aug. 12-14.

Midget Thunder ready to roll against Greendell

By Brian Bowman

A new season will begin for the Interlake Thunder this Saturday – and they hope it will be a successful one.

Interlake begins its Midget Football League of Manitoba regular season with a 3 p.m. road clash with the Greendell Falcons.

“I think we’ll be ready,” said Thunder head coach Kris Johnston. “We’ve had eight practices and a scrimmage under our belts, so our preparation timetable is moving quite nicely. And we have three more practices to get ready for Greendell.”

The Falcons will be a tough first test for the Thunder. Greendell defeated Interlake twice last season.

“We have a lot of respect for Greendell,” Johnston said. “We respect the fact that they are a very good football team. From what we understand, they have a lot of offensive weapons returning.”

Johnston has been very impressed with the Thunder’s play on defence and special teams so far in training camp. He especially likes what he has seen so far from the first and second units on defence.

That defence boasts many very good players.

Kevin Lister, a safety from St. Andrews, and Winnipeg’s Tanner McCallen have stood out so far in the Thunder camp.

Austin deLaroque of Warren will quarterback the defence from the linebacker position while Stonewall’s Tristan Kisilowsky has shown to be very versatile at the outside linebacker and defensive line positions.

Stonewall linebacker Cordell Holder

brings a plethora of speed to the field and has caught the attention of many coaches in training camp.

Johnston has also been very pleased with what he has seen at the running back position. Colton Nedotiafko of Fraserwood, is a stout, powerful runner who has the ability to break many tackles and shows good speed in open space.

Kisilowsky and Selkirk’s Rory Doak have also shown well in the backfield from the fullback position. Stonewall’s Mitch Rogoza, meanwhile, made a great one-handed catch on a 20-yard bootleg play last week that caught the attention of Johnston.

As well, Stonewall’s Thomas Dunlop will probably get some plays at the running back position, Johnston said. Dunlop is a standout defensive player for the Thunder.

Each of those players is expected to get their hands on the ball quite a bit this season.

But despite that talent in the backfield, Johnston admitted he has some concerns with his club’s offence and ability to move the football. The Thunder currently have two players – Brandon Porteous of Fraserwood and Dominyck Fredette of East Selkirk – battling for the No. 1 quarterback position.

“I’m not going to lie, there are some things that we need to work on,” he said. (In the scrimmage), we ran the ball well early and we had some receivers make some nice catches and they made some really nice plays after the catch.

“There are definitely a lot of bright spots there.”



EXPRESS PHOTO BY JO-ANNE PROCTER

The Interlake Thunder’s Brandon Porteous of Fraserwood carries the ball during last week’s controlled scrimmage.

Last Thursday, the Thunder had a controlled scrimmage against the Sunrise Coyotes in Stonewall. Each team was able to run 30 offensive plays.

“I definitely saw some things that I liked,” Johnston said. “I was very, very pleased, overall, with our team’s athleticism. I was also very pleased with our team’s depth. We had an opportu-

nity to get everyone in and playing in their respective positions.

“It was definitely an opportunity to evaluate guys in live action.”

After the Greendell game, the Thunder will host their first home game of the season on Aug. 13 when they battle Sunrise at the Selkirk Rec Complex. Kickoff is set for 3:30 p.m.

Midget Thunder attracting players from all across the Interlake

By Brian Bowman

When you look at the Interlake Thunder Midget football team’s roster this season, a couple of things quickly come to mind.

The first thing is the number of players on this year’s roster. The Thunder already have 39 players and we’re expecting at least two more to sign up before their regular-season opener this Saturday at Greendell.

“We’re really excited from a Midget standpoint that our numbers are up from what they have been in the past,” said Thunder head coach Kris Johnston last week. “I also want

to say our coaching staff has gone through a transition. We have gone from a core of five guys last year, with two of them being part-time coaches, to now having 12 coaches.”

In past seasons, the Thunder, at times, were struggling to field enough players on a game-by-game basis. The bench would often just have a few players on the sidelines with many of them playing both sides of the ball.

That sideline, however, will be a lot more crowded this season.

Another thing that one notices when looking at the Thunder’s ros-

ter is where the players reside. This squad has truly become the Interlake’s team as players are joining the program from many communities in the north Interlake all the way down to Selkirk and Stonewall.

“The players are coming from all over,” Johnston said. “If you sort through the roster by community you’ll see that Stonewall is very strong, and then you take in account St. Andrews and Lockport, they still draw a decent amount of kids.

“And we definitely have a strong presence from the northern Interlake. This year, we have kids coming

from as far as St. Martin and Moosehorn and Fisher Branch.”

Johnston loves the fact that players are representing many communities throughout the Interlake.

“It’s a very diverse group,” he said. “They are coming from all over and that’s what I have always thought what makes this program quite special is the fact that we can provide guys who live all over the Interlake, and live in communities that wouldn’t be able to support a program themselves, a chance to play at a high level in the Midget football league.”

sports&recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Collings places second at senior men's provincials

Staff

Breezy Bend's Garth Collings finished at 8-over 224 to place second at Golf Manitoba's Men's Senior Championship at Glendale Golf & Country Club last week.

Collings, a Matlock native, fired rounds of 75, 75, and 74. That left him five strokes behind St. Boniface's Mike Walker. Walker finished at 3-over 219 after solid rounds of 72, 72, and 75.

Niakwa's Ken Warwick (75-79-74)

and Pine Ridge's Brad Moore (81-71-76) tied for third while Transcona's Dave Klowak (77-79-75) finished fifth.

Selkirk Golf & Country Club's Kevin Tyndall placed 37th after carding rounds of 87, 88, and 86.

Collings, Walker and Moore have now qualified for the Manitoba team that will compete at the 2016 Canadian Men's Senior Championship at Grand Niagara Golf Club in Niagara Falls, Ont. from Sep 6-9.



EXPRESS PHOTO COURTESY GOLF MANITOBA

Matlock's Garth Collings, left, placed second at the Manitoba Senior Men's Golf Championship.

take a break

> GAMES

SUDOKU

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

Fun By The Numbers

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

Level: Intermediate

Here's How It Works:

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

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

Sudoku Answer

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

Crossword Answer



CROSSWORD

CLUES ACROSS

1. Greenwich Time
4. English sailor missionary
9. Type of wheat
14. Wreath
15. Hesitate
16. Hollyhocks
17. Not even
18. Former talk show host
20. Rugged mountain range
22. Greek muse
23. Ancient Greek comedy
24. Jeopardizes
28. Singer DiFranco
29. Calcium
30. Employee stock ownership plan
31. Gemstones
33. Got the job
37. Tantalum
38. Red deer
39. Not a pro
41. Coffee alternative
42. Aluminum
43. Northern Italian language
44. Smart __: Wiseacre
46. Sanskrit rulers (pl.)
49. __ hoc
50. Mousse
51. Closures
55. Russian lake
58. Small lunar crater
59. Appear with
60. Beginning
64. Type of Chinese language
65. Jewish composer
66. Sensation of flavor
67. Payment (abbr.)
68. High-class
69. Clocked
70. Midway between east and southeast

CLUES DOWN

1. Shine
2. They spread the news

1	2	3		4	5	6	7	8		9	10	11	12	13
14				15						16				
17				18					19					
20			21				22							
23					24	25						26	27	
		28			29				30					
31	32				33		34	35	36			37		
38				39	40						41			
42				43					44	45				
46		47	48				49		50					
51				52	53	54			55			56	57	
		58						59						
60	61						62	63				64		
65					66							67		
68					69							70		

3. Indicates water limits
4. Determines value
5. Capital of Okinawa
6. Chinese river
7. Sign language
8. Passover feast and ceremony
9. Yemen capital
10. A tributary of the Missouri River
11. Sounds
12. Andorra-La Seu d'Urgell Airport
13. Korean name
19. A metal-bearing mineral valuable enough to be mined
21. Outer layer
24. African nation (Fr.)
25. From Haiti
26. Polish river
27. Paul Henri __, Belgian statesman
31. Retailer
32. Supreme being
34. Tears into pieces
35. European Union
36. Coerced
40. She ran the Barker gang
41. Send wire
45. Optical device
47. __ Bond, civil rights leader
48. Cigar
52. Spiritual being
53. Possess
54. Thomas __, English poet
56. Dials
57. Sharp mountain ridge
59. Pigeon shelter
60. Month
61. Letter of the Greek alphabet
62. A citizen of Thailand
63. Suffix

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Saturday Aug 6th 10:00 am

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AUCTION SALE FOR

Norm & Sherry Cavers, Moosehorn, MB
Saturday, August 13, 2016, at 11:00 a.m.

Sale site: 1 mi. North of Moosehorn on Hwy #6. Turn west on Township line for 1/4 mi. South side of road.

Tractors & Equipment: Case 400 diesel Tractor, dual hyd, pulley (ser #8068099); New Holland 56 Side rake; Case 130 bu Manure spreader w/wood sides & floors; Int. 100 7ft Mower; Ford 505 Mower w/3pth for parts; Allied bale elevator; Vers. Grain auger & motor; Pencil auger; Grain crusher & belt; Robin 12ft Deep tiller; 13 1/2 ft Cultivator & harrows; Allied 15 section harrows; 6ft Disc; F10 Framhand & grapple **Vehicles & Offroad:** 2003 Alero, 193,000 km (safetied); 1995 Arctic Cat Pantera w/reverse & hand warmers; 1975 Ford F500 Dump Truck w/ 12ft box & hoist, Jayco 14ft Trailer, new canvas; **Yard & Miscellaneous:** Yardworks 17.5hp Riding mower w/42" cut; Poulin Pro 6.25 hp Riding mower w/20" cut; Elec wood splitter; 23" 5hp Track snow blower; Tex-Tan 15" Roping saddle; Power Ease 2" water pump w/hoses & suction; (5) 12 panels; (2) HyQual 10ft gates; **Tools & Shop:** Carpentry Tools from various companies - Mastercraft, Makita, Craftsman, Teco Master, Shop Fox, Delta, Jet, Rockwell, Industrial Air, Busy Bee, Poulan to numerous to mention **Antiques:** Old wash stand w/pitcher, bowl and pot; 3 drawer wooden Dresser w/beveled mirror; "What-not" Corner Unit (150 yrs old); Gate leg table; Oil lamp & shade; Grey chrome table & chair set; Barn lantern; (3) Steamer trunks (one w/round top) **Some Household**

Lorne (Buddy) Bergner, Auctioneer

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FARM AUCTION SALE

Terry Kostelnik, St. Martin, MB

Saturday, August 6, 2016 at 11:00 a.m.

Sale site: From St.Martin on Hwy #6 - 3.9 km East on PR #513, turn South for 1.5 km on St.Martin Drive, then 5.8 m East of St.Martin Town Site, 1/2 mi. North on Kostelnik Road

Tractors & Equipment: White 5542 Combine; Cockshutt 246 14ft Deep tiller w/Herman harrows; 3130 J.D. Tractor w/3pt & dual hyd; 2755 J.D. FWA Tractor w/ 245 loader, bucket & grapple, 3pt, dual hyd; 3010 J.D. Tractor w/pto, hyd; 2090 Case Tractor w/cab, duals, hyd; 451 New Holland 9ft Mower w/3pt; 1150 Int. Mixmill; Cockshutt 10ft Chisel plow; Melroe 5 bottom plow; (2) Ajax stack movers (rough); Int. 19 1/2ft Vibra shank w/mulchers; 276 N.H. Square baler; McKee Baler; 1590 Case IH 14ft swing Haybine; 3650 Case IH Baler; 486 New Idea Baler; 6 & 9 wheel rake; 2092 Melroe 28run seeder w/rubber packers; J.D. Cab (missing glass); 3pth Bale unraveller; (3) Bale forks w/3pt; 12 bale steel mover - mounts on truck; Robin wooden manure spreader w/pto; 506 J.D. 3pth Brush mower w/5ft deck; Sunovik 36ft x8" Auger, w/pto; Rome 10ft disc; Bale fork; Allied 36ft harrows; (2) Pencil augers; Antique seed cleaner; Homemade 4 wheel wagon w/(2) 40 bu. MH hoppers attached **Vehicles & ATV's:** Gooseneck trailer, triple axle w/metal deck & ramps; 14ft Gooseneck cattle trailer (needs work); 1996 Polaris Indy Trail, 399 cc w/elec start; **Cattle & Fencing Equipment:** Bridgeview Mfg Squeeze chute; 8, 10 & 12 ft; Round bale feeders; Calf pullers; Elec. fences; (2) 10ft metal bunk feeders; Trailer-type post pounder; Misc farm **Fishing Equipment & Hunting:** Approx. 40 nets; 10 tubs; Ice Augers (motor & hand); 4 large Goose decoys; **Yard & Miscellaneous:** Yardworks Roto-tiller w/24v battery; Mastercraft 4.5 hp Riding mower w/20" cut; Craftsman 19.5 hp Riding mower w/42" cut; Simplicity Riding mower w/44" cut; Husqvarna 325R Weed Eater; Homelite Chainsaw; Husqvarna 257 Chainsaw; 30 bundles shingles (new); s (wooden & aluminum); Sm Fertilizer spreader - 1000 lbs; Old tow-behind sprayer; (1) 500 & (1) 300 gal. metal tanks; (2) Westeel/Roscoe slip tanks; Heavy duty wood splitter; **Tools & Shop Equipment**

Auctioneer's Note: Everything must go. For more info: Call Tom at: (204) 864-2035 For full listing check out website

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Email: tom.abprc@mymts.net
Phone: 204-376-5576



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PUBLIC NOTICE

Proposed NetSet 250 ft. Guyed Telecommunications Tower



SUBJECT:

NetSet File – FRA#1716 - 150

250ft guyed telecommunication tower

This proposed site will provide enhanced wireless voice and data services to the Town of Fraserwood and the surrounding area.

There are no suitable co-locate opportunities within the vicinity of the proposed location

Location: SW 35-18-1 W
Coordinates:
N 50° 35' 15"
W 97° 30' 17"
Site is zoned as agricultural

The facility will include a locked equipment cabinet within a fenced compound within the 3 acre leased area.

All necessary Transport Canada and NAV Canada approvals will be obtained and provided upon request to any members of the community.

NetSet hereby attests to protect the general public in compliance with Health Canada's Safety Code 6 including all combine effects within the local radio environment at all times as well as the installation of the tower will respect good engineering practices including structural adequacy.

With respect to this matter, the public is invited to provide written comments by

September 4, 2016

To the contact information shown below.
Please include a return address.

NetSet Communications
c/o Hannah Colvin
942 Douglas Street
Brandon, MB R7A 7B2
Tel: 1-877-638-7381
Fax: 1-204-725-2721
Email: logistics@netset1.ca

If you have any questions regarding the policy and installation of telecommunication facilities, please contact:

Spectrum Management and Telecommunications
Manitoba District Office
400 St. Mary Avenue, 4th Floor
Winnipeg, MB R3C 4K5
Tel: 1-800-665-3421
Fax: 204-984-6045
Email: spectrum.winnipeg.district@ic.gc.ca
(By Appointment Only)

If you have any questions regarding the local land use requirements, please contact:

Rural Municipality of Armstrong
Box 69, Inwood, MB R0C 1P0
Tel: (204) 278-3377
Fax: (204) 278-3437

PUBLIC NOTICE

Proposed NetSet 250 ft. Guyed Telecommunications Tower



SUBJECT:

NetSet File – RVTN#1752 - 150

250ft guyed telecommunication tower

This proposed site will provide enhanced wireless voice and data services to the Town of Riverton and the surrounding area.

There are no suitable co-locate opportunities within the vicinity of the proposed location

Location: RL 1W-23-4 E
Coordinates:
N 51° 00' 57"
W 96° 59' 58"
Site is zoned as agricultural

The facility will include a locked equipment cabinet within a fenced compound within the 3 acre leased area.

All necessary Transport Canada and NAV Canada approvals will be obtained and provided upon request to any members of the community.

NetSet hereby attests to protect the general public in compliance with Health Canada's Safety Code 6 including all combine effects within the local radio environment at all times as well as the installation of the tower will respect good engineering practices including structural adequacy.

With respect to this matter, the public is invited to provide written comments by

September 4, 2016

To the contact information shown below.
Please include a return address.

NetSet Communications
c/o Hannah Colvin
942 Douglas Street
Brandon, MB R7A 7B2
Tel: 1-877-638-7381
Fax: 1-204-725-2721
Email: logistics@netset1.ca

If you have any questions regarding the policy and installation of telecommunication facilities, please contact:

Spectrum Management and Telecommunications
Manitoba District Office
400 St. Mary Avenue, 4th Floor
Winnipeg, MB R3C 4K5
Tel: 1-800-665-3421
Fax: 204-984-6045
Email: spectrum.winnipeg.district@ic.gc.ca
(By Appointment Only)

If you have any questions regarding the local land use requirements, please contact:

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Arborg MB R0C 0A0
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