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Shake, rattle and roll

EXPRESS PHOTO BY LIAM MCKINNON

The immortal songs of rock 'n' roll's patron saint Elvis Presley were performed all weekend long at Elvisfest at the Gimli Rec Centre. Pictured front row, from the left: Brayden Black, Corny Rempel (in white) and Adam T Elvis; In the back: Sylvio Fontaine, Daylin James, Dave Greene (in blue). See page 2 for story and more pictures.

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

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Now the stage is bare: Elvis tribute artists entertained Gimli fans

By Patricia Barrett

Elvis entered the Gimli Recreation Centre last Friday, Saturday and Sunday and entertained fans at the 2015 Manitoba Elvis Festival.

Eight Elvis Presley tribute artists from across Canada performed the musical icon's hits of the 50s, 60s and 70s. The Elvii, as they're collectively called, included a number of Manitoba artists.

Dressed in a trademark Elvis jumpsuit and a big chunky belt, Dave Greene, originally from Moosehorn, just north of Ashern, did more than perform. He helped organize the festival, something he's been doing for several years.

Adam T. Elvis (Adam Tarnowski) from Fraserwood and radio host Corny Rempel from Steinbach took fans through different periods of Presley's career.

Dubbed the King of Rock 'n' Roll, Presley (1935-1977) popularized rockabilly, an infusion of blues, country and rock, and outraged 50s-era conservatives when he gyrated his hips on television. During live performances, women would beg him for the sweaty towel he used to mop his neck and brow. Audiences were so enthralled by him that they refused to



Above and right, Steinbach's Corny Rempel was one of eight Elvis impersonators taking part in Gimli's Elvisfest over the weekend.

leave at the end of his shows, forcing organizers to announce that "Elvis has left the building." He would have been 80 this year.

Sunday's event featured Presley's lesser known gospel songs.

The final performance had the Elvii performing Suspicious Minds, which had the audience on their feet, clapping along.



Dave Greene formerly of Moosehorn.



EXPRESS PHOTOS BY LIAM MCKINNON
Daylin James



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Federal NDP nomination meeting set for Aug. 30

By Austin Grabish

The federal NDP have put an end to a long-awaited vote and will finally let Dippers in the local riding association choose which candidate they want to represent the party in the upcoming federal election.

A nomination meeting, where NDP members of the Selkirk-Interlake-Eastman riding will vote for one of two candidates, will take place on Aug. 30 in Selkirk.

Deborah Chief, former chief of Brokenhead Ojibway Nation, and Gimli resident Marc Gourdeau, a retired translator, are both running to represent the party.

Both candidates confirmed last week NDP officials in Ottawa had set the party's nomination meeting for Aug. 30.

Both Chief and Gourdeau had already been vetted and accepted as candidates by the party, but the nomination meeting where NDP members will vote for either Gourdeau or Chief has been delayed.

Gourdeau previously told the *Express* he wasn't sure why the nomination meeting wasn't set.

NDP officials in Ottawa are responsible for setting the date of the meeting but didn't until after the election was called.

Rozzi's Riders Biking to the Viking for MS

Annual Biking to the Viking to take place Aug. 22-23

By Jeff Ward

Hundreds of cyclists will pedal 170 kilometres from Stonewall to Gimli and then back to Stonewall in an annual event that has raised millions for research into the debilitating disease multiple sclerosis (MS).

The annual ride is in its 26th year and has raised more than \$7 million for MS research. Aside from the fundraising, it's also brought significant awareness to MS, which affects more people in Manitoba than in any other province in Canada. Biking to the Viking takes place Aug. 22-23 and raises approximately a half-million dollars each year.

"Many who ride have connections to MS, with either friends or family members having it," said Rebecca Horan marketing and communications manager for the MS Society of Canada.

"It's been one of those events that's very emotional. We have riders who have MS and who struggle through the pain to get as far as they can. Sights like that provide incredible inspiration for those riding for friends and family."

Joanne Zuk is one of those riders who pushed through the pain each year to support her friend, Stephanie Rozzi, who was diagnosed with MS almost a decade ago. Her team, Rozzi's Riders, has fundraised more than \$16,000 this year alone and more than \$100,000 over their eight years as a team.

"For [Rozzi], it's been a slow de-escalation of her body," said Zuk, who is this year's ambassador for the ride.

"Her body keeps rebelling against a mind that wants to keep going. In the beginning, it was dizziness and she was a bit unstable on her feet. Now she walks with braces on her legs. It's very tough to see because this was a girl who, 10 years ago, could kick my butt during workouts."

Rozzi has progressive MS, which

affects approximately 10 per cent of people diagnosed with MS. Symptoms of the disease are very difficult to classify, as they are unpredictable and vary greatly from person to person. The most common symptoms are extreme fatigue, lack of co-ordination, weakness, tingling, impaired

sensation, vision problems, bladder problems, cognitive impairment and mood changes.

There isn't much known about how you get it or why, and there is no cure. It can occur at any age and to anyone. MS is three times more likely to develop in women than in men.

"It's very scary to know that this invisible thing inside you can shut your body down. But that's why

we ride. The ride is symbolic for the struggles of MS because once you're halfway through the ride or riding into a headwind, you feel the pain. You feel like you can't go forward. It's hard and that's OK because it's not about finishing. It's just about being there," said Zuk.

Rider safety is very important to the organizers of the event. If you feel you can't go on, don't push yourself into injury. There are vehicles for you to rest and take you to the next rest zone. You won't be left behind and there is no shame in needing a break.

These days, Stephanie Rozzi still rides, although it is much harder for her to do. She can't finish the entire ride like she used to, but she still gets out there each and every year because it's important for her to do. Above all else, she will ride across the finish line with her team and celebrate another great effort.

The deadline to start a team or join one is Saturday, Aug. 15. You can also donate to teams directly on their website. A quick Google search of Biking to the Viking will take you there.

"IT'S VERY SCARY TO KNOW THAT THIS INVISIBLE THING INSIDE YOU CAN SHUT YOUR BODY DOWN. BUT THAT'S WHY WE RIDE."



EXPRESS PHOTO SUPPLIED BY REBECCA HORAN

Stephanie Rozzi (left) is this year's ambassador for the annual Biking to the Viking MS fundraiser Aug. 22-23.



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West Interlake presents annual financial plan

By Jeff Ward

After months of preparation and an extension by the province, the newly amalgamated RM of West Interlake presented their 2015 financial plan to the ratepayers at a meeting on July 28.

Council and staff presented the plan to approximately 100 during a two-hour meeting at the Eriksdale Recreation Centre.

Assistant to the CAO Carol Oppermann presented a balanced budget with revenues and expenditures totalling \$3,687,667.49 for 2015 with a net operating surplus/deficit of zero.

For some ratepayers, there will be a slight decrease on their tax bills while others will have a small increase.

Residents of Ward 1 will see their taxes decrease while residents of Ward 2 rural and Local Urban District (LUD) Ashern will see an increase. Based on a home valued at \$100,000, Ward 1 residents will see a decrease from their 2014 taxes of \$1240.01 to \$1236.89; Ward 2 rural ratepayers will see an increase from their 2014 taxes of \$1287 to \$1305.74 while LUD of Ashern ratepayers will see an increase from their 2014 taxes of \$1197.94 to \$1247.84.

The increase is partly for deficit recovery and to cover the rising costs of public services.

"The increase and decrease is nominal and I was able to keep the mill rate fairly consistent except for the LUD of Ashern," said Oppermann.

"Doing post-amalgamation financials like this are definitely more of



EXPRESS PHOTO BY JEFF WARD

Councillors, reeve and RM staff were all on hand to field any questions pertaining to the newly passed budget for the RM of West Interlake. Pictured left to right: Keith Lundale, Merle Day, John Wainwright, Arnthor Jonasson, John Bezemer, Carol Hull, Dale Lyle, Randy Helgason and Carol Oppermann.

a challenge. I'm not familiar with the backgrounds of the municipality so we had to work to combine the last year's budget and the actuals. There are five different areas for this new budget," said Oppermann.

The overall budget is broken down into five separate budgets: Ward 1, Ward 2 rural and LUD Ashern combined, Ward 1 separately, Ward 2 rural separately, LUD Ashern separately, and Ward 2 rural and LUD Ashern combined.

Many Ward 1 taxpayers at the meet-

ing were concerned with the deficit in Ward 2; however, they were relieved to find out they were not going to be on the hook for the outstanding debt.

For the first eight years of the amalgamation, the province is allowing for differential mill rates to allow for the RM to get their books in order. After that, the mill rate for the RM of West Interlake will have to be consistent across the entire municipality.

"They will be paying back their deficit for 2011, 2012 and 2013 over the course of the next 10 years," said CAO

Dale Lyle.

"That recovery will be only the responsibility of Ward 2 and legally can't be transferred in any portion to Eriksdale."

The annual amount going to repay the deficit is \$23,490.20 and that covers accumulated deficits for 2011-2013. The 2014 deficits are still being ironed but will also be the responsibility of Ward 2 to repay.

With the budget complete for 2015, council will now be devoting their time to finding a full-time CAO.

Manitobans asked for input on prearranged funeral services

By Jeff Ward

Early last month Manitoba Tourism, Culture, Heritage, Sport and Consumer Protection put out a call for input from Manitoba funeral home owners and managers, funeral directors, industry-related support organizations, consumer associations, and citizens to have their say on a draft regulation related to the Prearranged Funeral Services Act.

The regulations are supposed to protect Manitobans but funeral directors aren't buying it.

Many funeral directors simply don't agree that this will actually protect Manitobans as the regulations proposed are already being done by funeral homes. Things like awarding cancellations and refunds without penalty and not using pressuring sales tactics to upsell on a funeral are all good business practices.

"I'm already doing most of these things," said John Gray, director of Ar-

nason Funeral Home in Ashern.

"Apparently common sense doesn't prevail anymore. These regulations are completely useless and really only serve to make our jobs harder in the end. We make sure our families are looked after to the best of our abilities."

Gray has been in the funeral business for more than 30 years and takes great pride in his services and the way he treats his families. He believes that the situation with Harvey Giesbrecht was the catalyst in this whole call for new regulations. Back in March of this year, Giesbrecht pleaded guilty to 21 counts of fraud committed between 2003 and 2009 when

he was the owner of Russell Funeral Home in Beausejour. Giesbrecht took \$85,000 of money earmarked for prearranged funeral services and used it to pay his own personal expenses.

"What's really happening here is that the government thinks they need to add in these regulations after one bad apple ruins the whole batch," said Gray.

Some of the other regulations are requiring payments to be made directly to a trust or insurance company to ensure the money is available when needed. This is something already done commonly in the funeral business.

Another regulation is giving the Funeral Board of Manitoba inspection

and disciplinary powers as well as increasing fines for offences.

Gray isn't the only funeral director who believes that these regulations are a solution to a problem that doesn't exist. David Gilbert of Gilbert Funeral Home in Selkirk shares the same sentiment.

"They're putting into law what we already do. It's not going to make a difference. Our staff is on salary. There's no commission here so there's no sales tactics. It's just providing the service our clients need. I really don't think this will affect us at all," said Gilbert.

The proposed regulations, on paper at least, are supposed to protect people from situations like the one in Beausejour. But those situations seem few and far between.

The deadline for feedback into these regulations was Aug. 1 and it is unknown at this time if they will become official regulations.

"THEY'RE PUTTING INTO LAW WHAT WE ALREADY DO. IT'S NOT GOING TO MAKE A DIFFERENCE."

Red Apple set to open in Arborg later this month

By Patricia Barrett

It had never really closed during its makeover. Nevertheless, Arborg's Bargain Shop will be holding a grand re-opening to unveil a brighter store with a new name.

When staff cut the customary ribbon Aug. 20, the store will be called Red Apple.

"There was no square footage added," said Alice Soares, Red Apple's assistant district manager. "But we wanted to improve the customer experience."

Soares lives in Winnipeg, but she has been helping with renovations at the discount store. She spends a few hours in her car every day driving to and from Arborg.

She's also overseeing the store until the new manager arrives this week. Jona Borgford retired in July after 32 years with the company.

Soares said she's hoping Borgford will be back from holidays in time for the re-opening celebration. Custom-

ers will be treated to discounts on special items and will have a chance to win a gift card.

Soares said she enjoys working in the town. It's a little more difficult to connect with customers in a big city. You might not see the same face twice, she said. But in a small town that's not the case.

"You get to know your customers," she said, "and this is a very nice home-based community."

The discount retailer, which is open seven days a week, stocks everyday products, seasonal merchandise and brand-name items. But new products arrive every week, said Soares.

Red Apple Stores Inc. has 156 outlets across Canada that go either by the name Red Apple or the Bargain Shop. The company serves small rural communities.

In the Interlake region, there are stores in Arborg, Gimli, Teulon and Stonewall, according to the store locator.



EXPRESS PHOTO BY ALICE SOARES

Arborg's Bargain Shop is holding a grand re-opening with a ribbon cutting ceremony on Aug. 20 when the store will be renamed to the Red Apple.

Interlakers, are you prepared for a disaster?

Red Cross to host presentation Aug. 18

By Jeff Ward

Are you prepared to spend 72 hours inside your home with all essentials needed to keep yourself safe? If the answer is no, you might want to check out a disaster preparedness presentation in Eriksdale put on by the Red Cross.

The presentation, which is expected to last about 45 minutes, takes place

Tuesday, Aug. 18 at 10:30 a.m. in Eriksdale at the Friendly Villa. It covers how to plan for emergencies that might happen in your area — be it a snow or ice storm, tornado or maybe even a biological spill from a train derailment. Each of these could have you trapped in your home for a period up to 72 hours, and without the proper provisions, that length of time could be unpleasant or even dangerous.

"What I do is let people know what

to do if they can't leave their home, what to bring if they're evacuated or if they're stranded on the road," said Sarah Crowley, facilitator of the presentation for the Red Cross.

"We go over the basic information — what you need to keep for a 72-hour emergency in your home or car. The list is quite long, but what surprises most people is how affordable it all is, and most of the items are things many people already have. It's about putting them in a place you can access quickly."

The presentation is not an in-depth study on what it takes to survive, and Crowley is not the Survivorman of in-

home survival. What she is, though, is someone who will get you thinking about being prepared in case of an emergency. Where are your flashlights, radios, bottled water and so on? Being prepared is what the presentation is all about, and if an event does occur, that knowledge could make a big difference.

The presentation is free to all who wish to attend.

"WHAT I DO IS LET PEOPLE KNOW WHAT TO DO IF THEY CAN'T LEAVE THEIR HOME, WHAT TO BRING IF THEY'RE EVACUATED OR IF THEY'RE STRANDED ON THE ROAD."



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Any property owner who has not yet received a tax statement should contact the Municipal Office at 204-768-2858.

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*****CORRECTION*****

2015 property taxes are due and payable on or before October 31, 2015.

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WEEKLY NEWS



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> ARNIE WEIDL Generations of fishing enjoyed on Lake Winnipeg

Hi there. Thanks for dropping in. I met some very interesting anglers last week with stories that I hope you'll like as much as I did.

Over at Balsam Bay early in the week, it was a warm overcast morning as I stood by the boat ramp. The water was smooth as glass. Not a breath of wind. Out in the bay a solitary white boat seemed to glide over the flat silvery-grey water. The soft grating sound of a tackle box being moved in the boat came to me as though the boat was beside me. In time, the almost imperceptible murmur of the motor slowly moved the runabout into harbor and its slip.

I made my way to the couple aboard as they got out of their boat. I told them who I was as the man, Jean Lebel — a slim chap in jeans, blue plaid shirt and an old cap over grey-black hair which continued to his face ending in the fullest, longest, most magnificent beard — began clearing their gear out of the boat. Evelyn, his wife, also with a weathered cap on her graying short hair, began telling me with ease of her childhood fishing alongside her dad using a stick, string and an old hook and later as a young mother bare-foot fishing on the Red River with her children to the present now catching monster walleye with her grandchildren. As she reminisced about past years of fishing with her family, my gaze turned to Jean as he quietly covered their boat, negotiating it all with a noticeable limp, a good-natured smile and the occasional comment illustrating Evelyn's stories.

They hadn't caught anything, but Evelyn offered her recipe for "Manitoba



EXPRESS PHOTO BY ARNIE WEIDL
Gerald Henderson with his catch of a giant 36" catfish caught off the Selkirk pier.

Salmon." She said if you bake jackfish in tomato soup, vinegar and pickling salt at 350 for about six hours till the bones fall apart, you've got Manitoba Salmon.

Thank you, Evelyn, for your recipe and to both of you for a glimpse into your wonderful outdoor life. Later, at Lockport, I found Don Johnson, a commercial fisherman from Bear Island by Matheson Island, here on a "busman's holiday." He had filled his summer quota and was taking some time off to do a little angling with friends before fall fishing starts.

A few days later in Selkirk I dropped "Old Red," my truck, off at Boyd's to

get her ship-shape for this winter's running on the snow and ice of our lakes and rivers. There I met Jennifer Henderson, who told me she and her husband, Gerald, go fishing off the Selkirk pier every Friday and that something odd had happened the last time out.

I called Gerald and he described how after getting a strike, the load on his gear was almost unmanageable and it took everything he had to reel in a 36" catfish. The unusual thing about it was he had snagged an older lure that the cat had in its mouth. Gerald, sportsman that he is, cleared away the old hook and line then released the big cat back to its home.

Come the weekend, I drove to Norris Lake and ran into two guys you don't meet every day. Driving by a lot in the park, I saw them working on their boat motor. I pulled up, got out of the car and asked them if they had gotten to fish yet. They hadn't, but when I asked them where they were from, they brought me up short by responding they were from Paraguay. They said originally their Mennonite ancestors were from here but went to Paraguay and now some of the younger descendants like themselves, Winniepeggers Owevin Dueck and Alvin Schroeder, have returned.

We got to talking and the guys said that on the western side of Paraguay where they grew up, there were mostly big man-made lakes to shore fish from. Their main good-eating fish looks like a perch with a suckers' head and is called a Tarey.

Boy, it's exciting always running into extraordinary folks! Bye for now.

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Peter Bjornson resigns as MLA for Gimli

Reprinted from the Winnipeg Free Press Monday, August 10

Peter Bjornson says there's "something about the number 13" that keeps popping up in his work career.

The former education minister taught for almost 13 years and ran a music company for nearly 13 years, and now — effective today (Monday) — he's resigned as the MLA for Gimli a few months into his 13th year in the legislature.

'I'm looking forward to a less complicated life,' Peter Bjornson said this morning.

Bjornson, 51, had previously indicated that he wouldn't be seeking re-election in the provincial general election next April.

He said he was leaving to spend more time with his family — he has three teenagers — and to pursue new opportunities.

"I'm looking forward to a less complicated life," he says with a laugh.

This morning, looking relaxed wearing shorts and a Rush T-shirt as he packed up some boxes at the legislature, Bjornson said he doesn't have a new job lined up yet, but he will actively pursue opportunities in the

areas of education or administration. He received a governor general's award for excellence in teaching history in 2000.

"It's a new adventure," he says of the next chapter in his career.

Bjornson was first elected as the MLA for Gimli in 2003, and was re-elected in 2007 and 2011.

He was appointed the minister of education, citizenship and youth by then-premier Gary Doer in 2003 and reappointed after the 2007 election.

Under Greg Selinger's leadership, Bjornson has served as minister of entrepreneurship, training and trade and then as housing and community development minister.

After the resignation of five cabinet ministers last November,

Bjornson was named minister of education and advanced education in a hasty cabinet makeover. He held the post until April 29.

Bjornson asked to be relieved of his cabinet duties after severely injuring his back, which is now on the mend.

A Selinger supporter during the NDP leadership race this past winter,

"I'M LOOKING FORWARD TO A LESS COMPLICATED LIFE."



PHOTO COURTESY OF WINNIPEG FREE PRESS

NDP MLA Peter Bjornson announced Monday that he is moving forward after serving many years as the MLA for the Gimli constituency.

Bjornson said he believes the NDP can still rebound to win the next election, despite badly trailing the Progressive Conservatives in the polls.

"I was very happy that Premier Selinger was reaffirmed as leader. He's an honorable man and he didn't deserve to be treated that way," he said of the open challenge to the premier's leadership last fall.

Bjornson said he enjoyed both constituency work and his roles in cabinet. He counts a new health centre and

dialysis centre in his riding, the construction and renovation of schools and efforts to protect Lake Winnipeg among his accomplishments.

A huge music fan, who has attended more than 250 concerts, Bjornson was called the "rockin' minister" by some of his colleagues. He says he still has the ticket stubs from most of the shows he's seen.

Reprinted with permission from the Winnipeg Free Press, Aug. 10, 2015.

Manitoba Hydro outages planned near Gimli

Power outages planned for August, September and October to allow important infrastructure upgrade to proceed

News Release

On Monday, Aug. 10, Manitoba Hydro will start a major upgrade to the electrical distribution infrastructure in the areas to the immediate west and north of Gimli. Customers in the region may experience power outages lasting up to three hours throughout August, September and early October as this work proceeds.

The utility is upgrading the voltage of the primary distribution system from 8,000 volts to 25,000 volts to meet increasing customer demands for electricity in the region. Higher voltages allow more electricity to be carried on the local network. The upgrade will also provide more stable power, with less voltage fluctuation, improving the operation of machinery and electronic equipment connected to the system.

The boundary of the area where work will be taking place is North of Provincial Road 231 to Lake Forest

Road, between Lake Winnipeg and Provincial Road 222 and Road 15 E.

This region includes Pelican Beach, King's Park Estates, Camp Morton, Ukrainian Park and Camp, Lake Forest Estates, and Lochwood Estates. Not all areas will be affected at the same time as crews will work on smaller blocks throughout the affected region. These outages will be confined between the hours of 8 a.m. and 4:30 p.m., Monday to Friday.

Weather, manpower and other operational requirements make it difficult to pinpoint which precise locations within the broader area will be affected by outages each day. However, Manitoba Hydro crews will place signs notifying customers of these outages on major roads in specific areas each morning. It is anticipated a small number of customers will be affected each day as work progresses.

We appreciate our customers' patience as we perform this important

upgrade of the infrastructure in the area. Work will be complete by early October.

For more information on how to

prepare for a power outage, visit our website at www.hydro.mb.ca.

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Saturday Aug. 29th
9 a.m. to 6 p.m.

McEwen Park to receive accessibility upgrades

By Jeff Ward

Selkirk-Interlake MP James Bezan announced funding of \$28,900 from the Enabling Accessibility Fund for the construction of new washrooms and showers at McEwen Park in Eriksdale on Aug. 4.

The Enabling Accessibility Fund is a federal program that helps support the capital costs of either retrofitting existing facilities with renovations to improve accessibility for people with disabilities, or in this case, it can also be used to construct new facilities from scratch.

The McEwen Park campground is open only during the summer months and will be fully handicap accessible with railings in the showers and washroom stalls along with lowered sinks for wheelchairs. The facility will be constructed low to the ground so that ramps won't need to be poured keeping the cost of the facility down.

Construction on the new facility at McEwen Park is slated for the fall of this year.

"We want to make sure that all people in the community can use these facilities," said Bezan, who explained that there have been more than 2,200 projects funded through enabling accessibility, which has been around since 2007. "For our rural communi-

ties, they're really built around gathering places like community centres or in this case McEwen Park, so we want to make sure that no matter your disability you're going to be able to use these facilities. For plans like this, they're trying to be all-inclusive and don't want anyone to be left out. That's one of the things we look for when awarding these funds."

Bezan said he was very impressed with the application put in for the McEwen Park project and that with this being an annual program, he sees many applications come through. It can be very competitive and unfortunately not every project can be funded.

This project has been on the table for a number of years, but no one was able to give the time to help it become a reality. With Eriksdale's economic development officer Diane Bottrell putting in the work with grant applications, the facility will finally be brought to life.

"I'm very excited to see this finally get built. I think that because of this the campground will get used more and the facility will be used often during our outdoor events like Creamery Days," said Bottrell.

The deadline for applications was in January of this year and the funding



EXPRESS PHOTO SUBMITTED BY DIANE BOTTRELL

Selkirk-Interlake MP James Bezan was in Eriksdale last week to announce federal funding of \$28,900 to help the community of Eriksdale build a new fully accessible washroom and shower facility in McEwen Park. Pictured left to right: Merle Day, John Wainwright, MP James Bezan, Keith Lundale, Diane Bottrell and Derek Johnson.

was awarded in May.

"We've funded quite a few projects here in my riding and I think that has a lot to do with how well our office has communicated to these communities. We do our best to make sure every-

one is aware of these grants so we can help improve them," said Bezan.

If you'd like more information about the Enabling Accessibility Fund, you can contact Bezan's office at 204-785-6151.

An alternative flooding solution for Lake Manitoba

By Jeff Ward

With the provincial and federal governments teaming up to commit nearly \$500 million in funding to create an additional outlet for Lake Manitoba, some local residents of the area have been entertaining an idea that would be considerably cheaper and less invasive.

The plan calls for a new outlet to be constructed draining water from Lake Manitoba to Lake St. Martin and for the current emergency channel, built in 2011, to be expanded. But a new,

more economical plan forwarded by the Association of Lake Manitoba Stakeholders (ALMS) explains how a simple pumping station could not only cut the price down by two thirds the cost but also be built quickly and even make the province money.

"It sounds almost too good to be true, but the plan is very sound," explained ALMS president Jack King, who's been through both the flood of 2011 and 2014, the former of which nearly washed away his home on Twin Lakes Beach.

"We've been talking about and refining this plan since January of this year, and with the amount of science and engineering behind it, I think we've got something governments should be looking at."

The ALMS has many problems with the governments current plan. A big problem is the agreement that four First Nations communities have to sign to allow this project to happen. Pinaymootang, Little Saskatchewan, Lake St. Martin and Dauphin River all have to say "yes" to have a huge emergency flood channel dug right through the heart of their communi-

ties. Given their struggles to get back there, ALMS believe it's unlikely that the agreement will be reached.

The second problem with the plan is that this secondary channel and expansion of the first channel will only reduce the peak level of Lake Manitoba to 815.6 feet. Flood stage is 814 for the lake, and the damage of the 2011 flood was done at 815.4 feet. This just simply doesn't solve the problem.

ALMS solution is simple. Half the water from 2011 came from the Portage Diversion and the other half came from the north through Waterhen River. ALMS wants to see a pumping station that takes water north from Lake Winnipegosis crossing over Highway 60 into Cedar Lake. Flows on Lake Winnipegosis have been rising for the last 50 years, according to the research done by ALMS, but in the Cedar Lake watershed, flows are falling. Cedar Lake can handle the excess water, and it can also turn it into cash.

"Part of what I think makes this plan so exciting is that it pays for itself eventually," said King.

Just over the divide from Lake Winnipegosis to Cedar Lake is the Grand

Rapids Generating Station, which was built in 1968. It is the most under-utilized generating station in Manitoba.

According the ALMS data, for every dollar spent pumping water into Cedar Lake, the province generates \$6 in electrical power.

"I get the feeling right now that the province is fully in on their plans and are unlikely to listen to us, regardless of how good our plan is. We just want to see something that's done in the best interest for all communities, and I don't think this current plan is even close," lamented King.

From the start, ALMS has been a group that has been careful not to endorse plans that put other communities at risk. This is not a problem they want to pass on to others. They want it to go away.

The provincial government, however, doesn't feel that this plan is sound. This alternative has been reviewed as part of the Assiniboine River/Lake Manitoba basin Flood Mitigation Study, according to Rachel Morgan, press secretary for Minister of Infra-

Continued on page 11

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Second annual street festival taking over Arborg

By Stefanie Lasuik

Welcome to the town of Arborg. On Aug. 22, the home of the World's Largest Curling Rock will contain all the legs of the town-wide Amazing Race.

A new addition to the Second Annual Arborg Street Festival this year, the race promises to test participants' logical and physical abilities by posing challenges throughout 18 local businesses.

At the Arborg Bakery, teams will have to find and eat the correct doughnut, and a credit union challenge will have participants matching bank notes with their countries of origin. The race will also include memory, math solving and geography tests and will be for adults only. The starting point will be the fireman statue on River Road, where teams are asked to meet at 10:30 a.m. To register, contact Tammy at 204-376-2095.

Other new events for this year's Street Festival include a pancake breakfast and a dunk tank. The former will take place at the Arborg Legion from 8 to 10 a.m. for \$5 a plate and the latter will be a part of the Kids Fun Zone on Main Street, which will run from noon until 4 p.m.

The Street Festival will also crown Arborg's greatest chili cook by holding a cook off at 2 p.m. at the Co-op.

Those interested in registering are asked to call the Co-op office at 204-376-5271. Participants will be provided with a pound of meat, and the top three finishers will be awarded \$250, \$150 and \$100 respectively.

Over 175 hockey players took to the streets last year to square off on four separate rinks. The addition of a rink this year will allow even more participants to meet their match in four-on-four street shinny, beginning at 9:30 a.m. The tournament will be divided into age categories of eight to 10, 11 to 13, and 14 to adult, with the winners of each category receiving cash prizes and medals. The cost to partake is \$20 per person, and those interested in registering can do so by contacting Jason at 204-378-0383 or Greg at 204-641-0041.

Entertainment will also be provided in the forms of dance and song. Starting at 11 a.m., the Reechka Dancers, Irish Dancers, Rivertap Dancers and more will take over the stage. Then at 4 p.m., the country band Deuces Wild and the rock shows of Our Souls and Auto Pilots will fill the street with their harmonies.

The Crazy Jumpers dog show will go at 1 p.m., followed by Canadian Wrestling Elite wrestlers at 2 to 4 p.m. A fan favourite from last year's festival, the



EXPRESS FILE PHOTO

Over 175 hockey players took to the streets last year to square off on four separate rinks.

wrestlers will again delight all kids in attendance.

"The kids absolutely love it," said one organizer, Susan Bauemhuber.

The kids will also love a temporary skate park set up for them all day.

"It's just an all-around fun day for everybody of all ages," Bauemhuber explained, noting that the organizers began the festival a year ago as a way for business owners to say thank you

to the community. As a part of that thank you, all the events of the day will be free of charge, excluding the street hockey tournament and pancake breakfast.

If the weather holds up, the day should provide laughs and enjoyment for all.

"We get such a kick out of watching everyone having a good time," said Bauemhuber.

Moosehorn ready to celebrate community pride

Family fun weekend planned for Aug. 21-23

By Jeff Ward

The town of Moosehorn will host a huge weekend-long bash that hopes to fill the streets with residents and visitors for a celebration of community pride.

Community Pride Day has been in the works since April by a small group of dedicated residents. Movies in the park, a pancake breakfast, a parade, fireworks and activities for kids and families is set to make this celebration a "not to miss event" from Aug. 21 to 23.

"We just want to get everyone together in our community for a weekend and have a good time," said community pride chairperson Diane Price.

"I've had such great help planning this that it's been quite easy. Everyone is so excited about it that it doesn't re-

ally feel like work. We have the right people on the board and everyone is really working to make this a special celebration."

The festivities are set to begin Friday night with bonanza bingo and a movie in the park. Saturday kicks off early with a pancake breakfast put on by Moosehorn firefighters, and Price estimates the breakfast to have a big crowd.

Saturday afternoon events include a parade, bed races where contestants attach wheels to a mattress and race to the finish line, and local entertainment in the form of musical acts at the Moosehorn pavilion. There will be a multitude of kid's games, face painting and those bouncy castles that kids love.

"We try to have a little bit of every-

thing for everyone. We want families to come out and spend the day, so we've brought in as many different activities as possible," said Price.

Moosehorn Community Pride be-

gins Aug. 21 and won't cost you anything to attend. Bring a lawn chair and set up in Moosehorn Park for what will be a great weekend.

The Kiwanis Club of Gimli and District - Gimli, Winnipeg Beach & Dunnottar - would like to extend a very big THANK YOU to everyone who helped make our 5th annual "Kabaret" such a resounding success. A Special Thank You to the following who contributed towards our prizes:

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"WE WANT FAMILIES TO COME OUT AND SPEND THE DAY, SO WE'VE BROUGHT IN AS MANY DIFFERENT ACTIVITIES AS POSSIBLE."

Breaking waves: Former Gimli resident and American friend swim across Lake Winnipeg

By Patricia Barrett

Lake Winnipeg wasn't in the best of moods when former Gimli resident Brad Sawa and Michigan resident Adam Ellenstein waded in and began a gruelling 30-kilometre (18-mile) swim August 4.

But as they swam from Hillside Beach on the east side of the lake to Pelican Beach (north of Gimli) on the west, the troughs and crests began to subside and the sun made a welcome appearance.

"I love this lake," said 39-year-old Sawa, who grew up in Gimli and still has close ties to the town. "I added [this swim] to my bucket list."

Sawa lives in Calgary with his family and works as a real estate agent. He's no stranger to physical challenges. Since 2010, he has competed in various triathlons, in which athletes swim, run and bike over hundreds of kilometres. And as if that's not enough, Sawa also runs the odd marathon.

The farthest he had swum in competition was 10 kilometres, he said. That's the case for Ellenstein, too. This is the first time both men have taken on a swim of this magnitude.

"I owe Adam a lot because he pushed me out of my comfort zone," said Sawa.

The two athletes met at a 2014 Ultraman event in Florida, in which competitors had to swim six miles, bike 261 and run 52, for a total of about 320 miles over the course of three days.



PHOTO BY CLAIRE GILLIS

Sawa and Ellenstein completed a 30-kilometre swim across Lake Winnipeg on Aug. 4.

On the run portion of the event, they found themselves shoulder-to-shoulder and began swapping stories, said Sawa.

Six months later, they competed in Ultraman Canada in Penticton, B.C., and Sawa broached the subject of swimming his hometown lake.

The two friends trained for about a year — in their respective cities.

"I got 99 per cent of my training in a 25-metre pool," said Sawa. "I would swim on tired arms, 30 to 40 kilometres a week."

Ellenstein also trained in swimming pools and moved outdoors when the lakes around Detroit thawed in spring. "I tried to pick the roughest spot on the lake," said the 38-year-old triathlete.

On the morning of the swim, the two



EXPRESS PHOTO BY CHRIS ISFELD

Brad Sawa, formerly of Gimli now living in Calgary, and Adam Ellenstein of Michigan spent 13 hours in the water swimming 30 kilometres from Hillside Beach to Pelican Beach on Aug. 4. Above, the duo stop for a nutrition break.

men left Gimli by boat, crossing over to Hillside Beach. At about 6:30 a.m., they started swimming back.

Lake Winnipeg was carved out of limestone and bedrock by glaciers during the last Ice Age. The long narrow lake is subject to what is called wind setup or wind tide, in which the surface water moves in the direction of the wind. Tides greater than one metre (about three feet) above normal lake levels have hit many of the lake's southern pleasure beaches, causing flooding, erosion and property damage, according to the Canadian Encyclopedia online.

Knowing how temperamental the lake can be, the two swimmers brought along a team of water and weather experts.

"There were two experienced local fishermen accompanying them," said Sawa's wife, Sigrid Bergen, who also grew up in Gimli and met her husband in high school. She said she wasn't nervous about his safety.

Chad Isfeld, a third-generation fisher, and his son Brent helped plan the swim, monitored lake conditions over the course of the day and followed the athletes in their motorboat.

The swimmers had asked them what

size waves would be produced by 12-knot winds, as well as about temperature changes, said Bergen, who works as a public health nurse in Calgary.

The expert in charge of monitoring the weather was "Captain Larry," as Sawa's two children affectionately called him. Larry Dewar, a recreational aircraft pilot, formed part of the boat brigade, taking Sawa's father, Gordon, and sister, Rhonda, along for the ride.

All day, Sawa's family provided encouragement and support to the two men. "My sister hopped in the water for a few kilometres," said Sawa. "So did my dad."

They were kept on course by two kayakers — Ellenstein's wife, Amelia, and Sean Murre, a local para-

medic.

Amelia did a lot of cardio and weightlifting to prepare for the big event. "She is my biggest supporter," Ellenstein said. When he was training on lakes, Amelia "would come out on weekends and kayak beside me."

But at one point, Lake Winnipeg got the better of her. "When the winds were high," said Ellenstein, "she was

"I LOVE THIS LAKE. I ADDED [THIS SWIM] TO MY BUCKET LIST."



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Continued on page 11

Continued from page 10

knocked over by a four-foot wave."

At various times throughout the day, Mourre monitored the athletes' body temperature and other vital signs.

"We don't have good enough judgement to pull the plug," laughed Sawa.

And there were times when they had to leave the water.

"At the start of the day when there were big, rolling waves," said Sawa, "I got nauseous and had trouble keeping food down. Then I got the shivers." He said he had to strip off his wetsuit and drink tea.

A local resident took Bergen and the couple's children out on the lake to see their dad. "It was during a low point for Brad," she said, "and that boosted his spirits."

She also brought him pizza from Brennivins in Gimli and peanut and butter sandwiches. "He's a low maintenance athlete," she laughed.

Armed with cameras and mobiles, the team on the water kept the team on shore apprised of the swimmers' progress. They let off a flare when the men were about a mile from Pelican Beach.



SUBMITTED PHOTO
Brad Sawa shows the underarm damage from the wet suit he got while swimming.

When they climbed out of the water at about 8 p.m., Sawa said half the town of Gimli was there to greet them.

All told, they spent about 13 hours in the water, 11 of those swimming, he said.

What started out as a personal endurance test turned into a fundraiser



EXPRESS PHOTO BY CLAIRE GILLIS
Brad Sawa and Adam Ellenstein along with their support crew who all made the trek across Lake Winnipeg.

for CancerCare Manitoba.

When a number of Gimli residents found out there was no charity attached to the swim, they took it upon themselves to make pledges on the swimmers' behalf. Bergen said she's pretty confident the town raised about \$5,000.

"It fuelled our fire to get across the lake," said Sawa.

Both swimmers said their success was down to the great team they had. Sawa said the bonds forged between them was the highlight of his swim.

And Ellenstein said, "I'll take a lot

more away from the people and the friendships I made here than swimming the 30 kilometres."

As for the athletes' plan to defeat other lakes, they're tossing around the idea of Lake Manitoba, Lake St. Clair, the Great Lakes and Okanagan Lake (Kelowna).

Anyone interested in making a donation to CancerCare Manitoba on their behalf can visit www.cancer-carefdn.mb.ca/netcommunity. Please type in "Grand Beach to Gimli Swim Across Lake Winnipeg" when describing your donation.

> FLOODING SOLUTION, FROM PG. 8

structure and Transportation, Steve Ashton.

The study, to date, has identified that this alternative has technical, environmental and economic issues compared to the outlet option and was not identified as a recommended solution to better manage Lake Manitoba levels in recent open house presentations.

The spokesperson doesn't get into specifics about what a lot of their is-

sues are but did say that Manitoba Hydro was consulted about the potential hydro-electric benefits and are not in agreement with the proposal's claims.

The province will be considering the information from ALMS when putting together their final report on the Assiniboine River/Lake Manitoba Basin Flood Mitigation Study and will be releasing that report later this fall.

A splashing success



EXPRESS PHOTO SUPPLIED BY MICHELLE CHRISTIANSEN.

The fifth annual Lunder Pool Fundraising Gala took in a record-breaking \$5,000 on Saturday, Aug. 8. There wasn't an empty seat around the pool for the popular fundraising event that helps raise money for special projects and general operating funds for the pool. Last year, the fundraiser took in \$3,400.

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

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

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

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

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Your FARM



Optimism prevails at TPP discussions

No agreement made after Hawaii meeting, but global representatives expected to meet again soon

By Harry Siemens

With so much of what Canadian farmers produce going for export, trade agreements have become more and more vital to the long-term viability for those who directly make their living off the farm in all sectors.

With that in mind, Manitoba Pork chair George Matheson remains confident Canada will be a full participant in the Trans-Pacific Partnership.

Representatives of the 12 nations involved in negotiations aimed at securing a Trans-Pacific Partnership Free Trade Agreement met in Hawaii recently. They failed to finalize a deal but are expected to meet again, pos-

sibly as soon as later this month. Matheson says the stakes for Mani-

toba's pork industry are high, and given the progress they made at the last meeting, he remains in good spirits.

Matheson says they'd like to see the discussions completed but, at the same time, are fully cognizant it's more important they complete the negotiations satisfactorily, however

Continued on page 2



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A patchwork of expression coming to Gimli

By Patricia Barrett

There will be more than quilts on display at the 4th Annual Lakeside Quilters show this weekend at the Gimli Recreation Centre.

"It's art," said Janice Skene, who is co-chair of the event. "Some quilts include embroidery, some are pieces, and some have panels." Skene will be putting some of her own artistic creations on display.

The public can admire or purchase a variety of unique handcrafted items, such as wall hangings, bed quilts, table runners and pillow covers.

Lakeside Quilters is made up of members from Arborg, Gimli, Winnipeg Beach and other Interlake areas. It is a group rather than a formal guild, and it comes together to host events for quilters from far and wide who want to showcase their diverse ideas.

"Sometimes with guild shows," said Skene, "the quilts can be quite similar."

Textile vendors from across Manitoba will also be participating. Mama Bears from Ashern and Fabriculous from Swan River, to name two, will be on hand to equip quilters with fabric, notions and advice.

Sparrow Studioz, a quilting machine supplier based in Edmonton, is bringing five longarm machines to the event. Quilters who cramp from long hours at the sewing machine will be able to try them out.

"Long-arming is getting popular," said Skene, who lives in Arborg. "With a domestic machine, you have to stuff it [the material] through and pull it around."

With a longarm machine, she explained, the quilter lays the fabric on a frame and moves the machine over the material. Some people will make top pieces and take them to somebody with a longarm.

Lakeside Quilters will be donating a number of quilts to the Nova House women's shelter in Selkirk. At last year's show, quilters were invited to create male-themed quilts for teenaged boys staying with their mothers at the shelter. Made from old blue jeans, flannel shirts and other fabrics, the quilts will be put to a popular vote, and the top three quilters will receive a gift certificate from Jocelyn & Co. fabric store in Gimli.

Skene said there will be a raffle of a Lady of the Lake barn quilt and a quilt called "Illusions" by Shelly Redstone of Keepers Quilts in Winnipeg Beach.

The event used to be held in Winnipeg Beach, but organizers needed more room to accommodate the quilters and the crowds.

The show runs Saturday, Aug. 15 (10 a.m. to 6 p.m.) and Sunday, Aug. 16 (10 a.m. to 4 p.m.) at the Gimli Recreation Centre, 45 Centennial Rd. Admission is \$4. For more information, call Janice Skene at 204-376-2649.

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Lakeside Quilters Interlake on Facebook
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The Lakeside Quilters will have their art on display as well as for sale this weekend at the Gimli Recreation Centre.

Province opposes Liberals pitch to lower booze prices

By Austin Grabish

The Liberals are promising to lower the cost of booze if the party wins the provincial election next year.

Liberal leader Rana Bokhari said the cost of beer, wine, and spirits in Manitoba is too high so the party is looking at changing the provincial liquor system, and lowering the retail price consumers, and commercial cost restaurants and vendors pay.

Bokhari made the announcement during a press conference in Winnipeg last Wednesday and said consultations are in the works.

"The reality is that the system's not working so we're looking to shake it up, we're looking to change it, and we're looking for a made-in-Manitoba solution," Bokhari said.

Bokhari provided few details about the Liberals' pitch, but didn't rule out the possibility of enacting a privatized provincial liquor system similar to the one in Alberta.

The system lets private retailers sell alcohol purchased from the province, which takes a cut of warehouse sales.

"I'm a big fan of private-public relationships," she said. "We're looking at other jurisdictions. We're looking at other countries and the way they deal with their liquor system."

"We are committed to making sure the system changes."



SUBMITTED PHOTO

Manitoba Liberal leader Rana Bokhari speaks to media about a pledge by the provincial Liberals to lower the cost of alcohol at a press conference in Winnipeg last Wednesday.

The province was quick to oppose Bokhari's pitch and said the cost of alcohol is not only fair, but also helps fund health care and other services.

"Our government has helped keep liquor prices reasonable," Al Foster, press secretary to Ron Lemieux, minister responsible for Manitoba Liquor and Lotteries said via email. "Publicly-run liquor sales fund essential services for Manitobans. Those that call for privatization should come clean and admit that privatization would mean cutting nurses, doctors, teachers and other frontline workers that Manitoba families count on."

He said Manitoba's current liquor system, which sees a variety of alcoholic products sold through government-owned Liquor Marts, and beer and wine at private vendors is a "good balance" between private and public retailers.

> TPP DISCUSSIONS, FROM PG. 14

long it takes.

"In the end, really what we want, at the very least, are the same tariffs on our exports that the U.S. has," he says. "The U.S. is the world's largest pork exporter. We're number three behind the European Union, so we do not want to be in any way disadvantaged in regards to these other main exporters."

Matheson says Manitoba exported \$67 million worth of pork to seven of the 12 TPP members in 2014. He notes Canada exports close to \$1 billion worth of pork to Japan, making that country a key player in these negotiations.

Martin Rice, the executive director of the Canadian Pork Council, says he's also optimistic a suitable agreement is close at hand.

"It was disappointing to not see the agreement completed last week," he says. "Clearly the negotiators and the ministers came with the idea of bringing it to a close. It is not a case though of us being left out of a deal that others were going to join and that was something that many participants in the agri-food exporters sector were concerned about."

"Certainly they would have finished the deal in Hawaii had there not been a couple of areas of very significant challenge to finish up, and that includes autos, it includes some agri-food sectors, likely dairy, and it probably was a little bit too far a bridge to cross without certain governments going back to confirm an opportunity to negotiate further," Rice says.

Rice doesn't particularly put Canada in that category, feeling our nation was ready to bring the negotiations to a close.

"I think there were some other countries that didn't seem to have the mandate for the negotiators to finish up in some key areas," he says.

Riverton developer in final stages of providing rental housing

By Patricia Barrett

A local Riverton developer is in the final phase of completing a much-needed commercial and residential housing complex in the village.

"We are at the wiring and drywall stage," said Corey Palsson, who is president and owner of Palstein Developments. "It will be about another two-and-a-half months before people can move in."

In April of this year, Palsson broke ground on the property located at 60 Main St. The developer had spent 12 years in the mining city of Fort McMurray, Alta., building residential and commercial properties before returning home to Riverton.

He said the village is a beautiful place to live and bring up a family, but there's "a lack of rental housing." Palsson has purchased 14 lots and intends to improve the situation.

His two-storey building has four units on the ground floor for commercial and residential use. The owner of a hair salon has rented a commercial and a residential unit, said Palsson, and a local manufacturer has rented another. The second floor has one- and two-bedroom suites, which come with six appliances.

Riverton is situated about two kilometres west of Lake Winnipeg. It was established by Icelandic settlers in 1876, according to the village's website. The area's natural attractions bring visitors year round for hiking, swimming, canoeing, snowmobiling, skiing and ice fishing. Riverton's heritage sites — such as the old CPR station (circa 1920) — are also a draw.

Although tourists looking for a bed for a few nights can find accommodation, Riverton's residents are a bit pressed for permanent lodgings.

"We're in dire need of rental units," said Clif Evans, president of Riverton's Chamber of Commerce. Evans also served as MLA for the Interlake riding between 1990 and 1999.

He estimates there are about 60-plus employees working in the provincially licensed peat mines north of Riverton. The Erosion Control Blanket manufacturer, whose headquarters are located in Riverton, also has a number of employees. Additional rental housing might go some way to solving seasonal and permanent housing demands, he said.

"The apartments he [Palsson] is building will be a big, big boost to the availability of rental housing," said Evans, who used to own the Sandy Bar Hotel — the very spot on which Palsson is erecting the new development.

"It was nostalgia last year for me when they tore it down," said Evans, who had the hotel from 1987 to 1995.

The extra units will not only help attract commerce to Riverton, but they will also give permanent residents an opportunity to relocate within the village. Evans said people who are ready to move from their homes into apartments, for example, stand to benefit from the availability of rental housing.

"Riverton is very proud of Corey and appreciative of his commitment to his home community," said Evans.

In 2011, the village had 538 people, according to Statistics Canada's Census Profile. Fifty per cent of the population is made up of 15- to 19-year-olds.

Young people have left to pursue an advanced education, but some come back to work in the construction or electrical industries, said Evans.

"If they find work in the area," he said, "they want



EXPRESS PHOTO BY ROBIN CHESTNUT

The residential and commercial housing complex in Riverton is estimated to be completed in two and a half months.

to move out of their parents' homes."

A shortage of rental housing is not unique to Riverton. Evans said "it's the same theme in Arborg."

And across the Interlake in the RM of St. Laurent, there is also a high demand for rental housing.

"The RM office gets quite a few calls from people looking for rental housing," said Reeve Cheryl Smith, who has housing as one of the RM's top priorities in the recently released strategic plan.

The community of about 1,300 people — sandwiched between Lake Manitoba on its western border and the Shoal Lakes on its eastern — suffered devastating property losses in the flood of 2011.

At present, the RM has houses that could potentially be turned into rental properties. The problem is it doesn't own them. But Smith said council is in ongoing negotiations with the homeowner — Manitoba Housing.

The Crown Corporation supplied the houses as a temporary solution to residents made homeless in the aftermath of the flood. Smith said it placed the dwellings on land owned by private individuals who weren't badly affected by water damage. It pays the owners rent.

"They're all vacant now," said Smith. "The government is looking for a long-term solution."

Smith said the government tried to sell the houses

to the landowners, but the asking price was beyond what they could afford.

"If we had rental facilities, we'd have more families moving into the community," said Smith, "and it would stimulate new businesses."

Back in Riverton, the construction of the Icelandic River Lodge, which has received funding support from the provincial government, will help Riverton's low- and moderate-income seniors with rental housing geared to their income.

Riverton also faces a few challenges when it comes to drinking water, said Palsson. The village relies on wells for its potable water. They contain a high level of iron, according to tests carried out by the Water Clinic, a rural water purification company that Palsson hired.

"I'll be servicing my lots with my own water-treatment system because well water could damage the washing machines, dishwashers and hot water tanks in my residential complex," said Palsson.

As for the other land he has purchased, he said he plans to build residential housing and units for people that need maintenance-free, easy-access living.

"I see Riverton as a flower ready to bloom," Palsson said. "There are jobs around here, and baby boomers are ready to retire."

PCs call for by-election in Gimli

News Release

Progressive Conservative leader Brian Pallister is calling on the premier to immediately call a by-election to fill the Gimli seat left vacant by MLA Peter Bjornson effective Monday.

"If the premier is considering waiting until next year's general election, I would say the people of that constituency deserve an explanation as to

why he's depriving them of a voice," said Pallister.

"Anyone who puts their name forward deserves the appreciation of all Manitobans, and I'd like to add my personal best wishes to Peter Bjornson for serving the people of Gimli since 2003," Pallister said. "Now, the people of Gimli deserve the premier's best wishes, in the form of an immediate call for a by-election."

2015 federal election

Local farmer named region's Green Party candidate

By Austin Grabish

A Beausejour farmer has successfully thrown his hat in the ring to represent the Green Party in the upcoming federal election.

Wayne James, 64, was acclaimed as a candidate for the party in late July and is now the third nominated candidate fighting for the Selkirk-Interlake-Eastman MP's seat, held by Conservative MP James Bezan, who is seeking re-election.

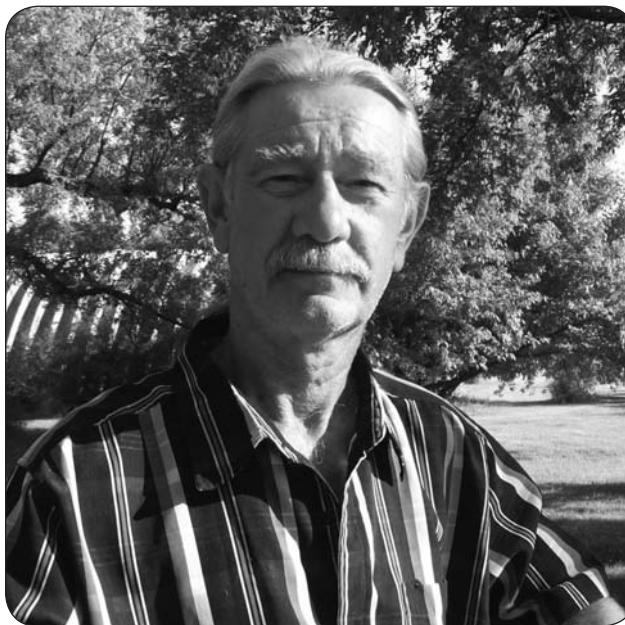
Other than a brief two-week stint as a federal NDP candidate for the Selkirk-Interlake riding 10 years ago, it's his first real shot at federal politics.

James is new to the Greens and joined the party after failing to pass the NDP's formal vetting process. He said he feels his views on things such as the environment are better represented with the Green Party.

"When I joined the Green Party, I told them there were two things I wanted to make clear, which is, one, I'm a social democrat ... the other one is that I don't see global warming as being the major threat," James told the *Express* during an interview in Beausejour last week.

The seed farmer said he feels society's obsession with the economy is the bigger threat and is what, in turn, is causing global warming.

"I see global warming as a symptom of something deeper, which is the capitalist system that we're working under," he said. "We are poisoning the



EXPRESS PHOTO SUBMITTED

Wayne James, 64, is representing the Green Party for the Selkirk-Interlake-Eastman riding in the upcoming federal election.

planet.

"We are a species that are befouling its nest in the name of economy."

James said he doesn't agree with recent policies

enacted by the Harper government including Bill C-51, the government's anti-terrorism legislation, which gives sweeping powers to Canada's spy agency and police.

The Conservatives say the legislation, brought in on the heels of last October's shootings on Ottawa's Parliament Hill and the Charlie Hebdo shooting in France, is necessary to protect Canadians from future attacks.

However, James doesn't agree.

"The way it's done, in my opinion, is something I might expect a fascist government to do."

He also opposes Canada's militarization efforts overseas and thinks the country needs to shift its focus back to peacekeeping missions.

"I'm disheartened that we've shifted our focus away from being leaders with peacekeeping," he said.

James has a background in the television and film industry and is a graduate of the University of Winnipeg's theatre department.

He said he decided to run because he wants change at the federal level and is vowing to represent the riding well if elected this fall.

"I can say that should I end up in Ottawa as a representative of Selkirk-Interlake-(Eastman) that I will try to honour the wishes of the community in terms of how we build a healthy society," he said.

Voters go to the polls on Oct. 19.

Auditor general gives home-care system a failing grade

By Austin Grabish

Manitoba's home care system is failing the thousands of people who rely on it daily and isn't ready for the province's aging population, according to auditor general Norm Ricard.

A 42-page report with 28 recommendations released last Wednesday examined the management and delivery of home-care services in the Winnipeg Regional Health Authority and Southern Health - Santé Sud.

Ricard found patients in Winnipeg have to wait as long as 37 days for personal care and household services after making a request for assistance.

Both regions also had "difficulties" implementing a provincial initiative that provides some home-care workers with guaranteed hours and set schedules.

The audit also found staff were not always given the proper amount of time to complete a task, and information regarding patient complaints was not easy for management to access.

Ricard said oversight by the province's Department of Health, Healthy Living and Seniors was "limited," and the provincial government does not ensure RHA's comply with its standards.

"Strong management processes are needed at the regions, but the department must also exercise effective oversight," he said.

Manitoba Government and General Employees' Union president Michelle Gawronsky said the audit echo's concerns members of her union have had for years.

The amount of time workers are given to complete



EXPRESS PHOTO SUBMITTED

Members of the Manitoba government and General Employees' Union protest inadequacies in Manitoba's home-care program outside a Winnipeg Regional Health Authority office in Winnipeg last Thursday.

tasks is a key issue for workers who, for example, have complained they do not have proper time to bathe a client.

"This is something our members have voiced concern about for quite some time," Gawronsky said in a release last Wednesday, a day before union members held a protest in Winnipeg. "Many aren't provided with enough time to perform the care clients need and deserve."

"Our members are also concerned about the

scheduling challenges they deal with every day. These are two important areas we think the employer can do better, and hopefully this report will help remedy those issues."

The Interlake-Eastern Regional Health Authority said it doesn't track the current wait time for new patients who require home care, but the RHA has at least 3,000 patients who use the service.

"More and more people are wanting to remain in their home," said Tara-Lee Procter, regional director of Home Care for the RHA.

Procter said staff recruitment for some parts of the Interlake is an issue for the health authority, but it does have some 600 staff members already dedicated to home care.

Ashern, Pine Falls and Lac du Bonnet have the biggest need for more care workers, she said.

Procter said the other challenge the RHA faces is an aging demographic that is continuing to rely more and more on the service.

Ricard addressed this in his report and found the province has not properly forecast a likely spike in demand for home-care services.

"Given that Manitoba's senior population is expected to grow rapidly between 2021 and 2036, this information is needed to understand how best to deal with the challenges of sustaining the program over the long term," he said.

Health Minister Sharon Blady issued a press release moments after the auditor's report was made public and said a new provincial team will address the audit.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Bantam Thunder bash Nomads in opener

By Brian Bowman

The Interlake Thunder could not have asked for a better start to their Bantam football season.

Interlake visited the Nomads in north Winnipeg on Saturday and spanked the home side 43-8 in the season opener for both teams.

"I thought all of the players played great," said Thunder assistant head coach Jayson Fredette. "We were definitely undersized versus this larger Nomads' team. But both the offence and defence came through and made a ton of big plays."

"I was very proud of all of the kids." The Thunder victory was a huge one on the Nomads' home field. The win should give the Interlake players plenty of confidence going forward.

"It was a nice way to start the season," Fredette said. "It's always nice to get that first win under your belt."

Offensively, Interlake moved the ball very well and had a nose for the end zone, finishing with six rushing touchdowns and a passing TD.

Running back Colton Nedotiafko had two rushing touchdowns and a receiving major.

Running back Justin Suitters and tight end Anthony Joynt each had a touchdown on the ground while quarterback Dominyck Fredette had a pair of rushing TDS and a passing touchdown strike.

On the defensive side, the Thunder had a fumble recovery and an interception by Connor Henry. But Interlake had many standout defensive performances in the win.



Moosehorn's Colton Meisner (30) runs the ball on a 40-yard punt return.

Fredette noted that Miguel Larabie, Isabelle McDonald, Brandyn Linklater, and Callum Montgomery made some big plays on defence while Colton Meisner had a huge 40-yard punt return.

The Thunder (1-0) are back in action this Saturday (10 a.m.) when they visit the Valour Patriots (1-0).

"It should be a strong game,"



EXPRESS PHOTOS BY LANA MEIER

Running back Colton Nedotiafko (25) of Fraserwood had two rushing touchdowns and a receiving major in the Thunder's 43-8 win over the Nomads in the season opener last Saturday.

Fredette predicted. "They're a competitive team."

The Thunder PeeWees opened their league action last weekend with a shootout loss to the Fort Garry Lions while the Interlake Atom team trounced the Transcona Nationals 60-8.

All five Thunder teams will be in action this Saturday. Besides the Ban-

tams, the Midgets will host the Sunrise Coyotes at Stonewall Collegiate (4:30 p.m.) in their first action of the season while the Atoms will play at Valour (12:30 p.m.).

The Thunder PeeWee squad will play at Transcona (12:30 p.m.) and the Interlake cruncher team will head south to play the St. Vital Mustangs (4:30 p.m.).

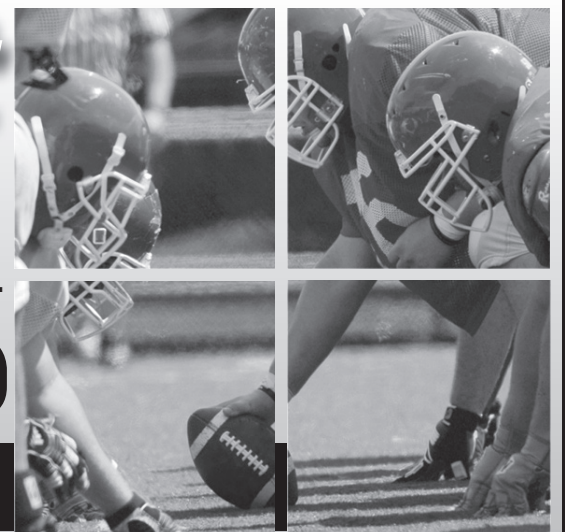
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Interlake track club off to running start

By Brian Bowman

As the construction of the new track and field stadium is underway at Arborg Collegiate Institute, a new athletics program — The Interlake Track Club — has risen from the dust.

The club started at the end of the 2015 school year with five athletes from the surrounding area. Coaches Justin Charrier and Haley Fisher, both former University of Manitoba track and field athletes and now teachers, saw their athletes Logan Sigvaldason and Keelyn Knowles from Arborg, Carley Matkowski and Jillian Henry from Gimli, and Richelande Plett from Fisher Branch get off to a running start.

At the Manitoba Age Class Championships back on June 26-27, the fledgling club put in a strong performance. Four of the five athletes competed in the Age class with Sigvaldason placing first in shot put and fourth in discus.

Knowles was tops in shot put while Plett came in third in the 100-metre and second in triple jump. Henry, meanwhile, came in 10th in the 100m and, in the pentathlon, she was second in the 80m hurdles and high jump. She also had a first-place performance in shot put.

The club set its sights on qualifying for the Tri-Province meet, a competition between Alberta, Saskatchewan, and Manitoba's provincial teams, which was held July 17-19.

All five of the local club's athletes won a spot on the Athletics Manitoba Provincial Team based on their performances at the Manitoba High Schools Athletic Association provincial championship and the Manitoba Age Class meet.

"This was an important step in their athletic development, giving the athletes in both the Midget and Youth age class exposure to high-level competition," Fisher said in a media release.

Both Henry and Knowles competed in the Midget

class (for athletes born in 2000). Henry participated in three events, achieving 20th overall in the 200m race with a time of 29.28 seconds, 13th overall in the 100m finals with a time of 13.87 seconds, and 11th overall in long jump with a leap of 4.45 metres.

Knowles competed in shot put and placed first with a throw of 14.70 metres, 1.45 metres further than the second-place thrower.

Plett, Matkowski, and Sigvaldason competed in the Youth class for athletes born in 1999. Plett took part in three events and was 13th overall in the 100m with a time of 14.01 seconds, 11th overall in long jump with a jump of 4.65 metres, and 10th in triple jump with a jump of 9.98 metres.

Matkowski, meanwhile, achieved 10th overall in the 800-metre race with a time of 2:40.08 minutes. Sigvaldason competed in two events, achieving 11th overall in discus with a throw of 30.39 metres, and fourth overall in shot put with a throw of 13.20 metres.

In order to continue to develop the Interlake Track Club, said Fisher, the track committee needs more donations to complete renovations and to purchase new equipment.

"The existing track and field facilities and equipment were established over 30 years ago by the physical education teacher at the time, Gestur Jakobson, and is in need of an overhaul in order to bring the facilities up-to-date," Fisher explained.

The new asphalt running track is set to be completed next month. So far, \$230,000 has been raised and \$30,000 is still needed to cover costs for soil, bleachers, equipment, and storage. A six-tier donation scheme has been set up to acknowledge businesses or people who donate funds to support the further upgrade of the facilities at ACI.

The donation breakdown is Bronze: \$100-\$1,000; Silver: \$1,000-\$2,500; Gold: \$2,500-\$5,000; Diamond: \$5,000-\$10,000; Platinum: \$10,000-\$25,000; and Com-



Arborg's Keelyn Knowles placed first with a throw of 14.70 metres at the Tri-Province meet July 17-19.

munity Partner: \$25,000 and up.

For more information about registering for next year, or to donate please contact Tom Chwaliboga at the Arborg Recreation Commission, or Rachele Burak at Rburak@mts.net.

Cheques can be made payable to the Evergreen Foundation.

Manitoba Youth Job Centre closing for the season

Submitted

As summer begins to slowly wind down, so does the program at the Gimli Manitoba Youth Job Centre (MYJC). The Gimli MYJC had a very successful summer with many Odd Job Squad members joining in on events including "Paint-Your-Pride" and Window Wash events, a float in the Canada Day Parade, a couple of barbecues, a strawberry pick, and a Kernels popcorn sale. A lot of fun was had during these events and they provided a great work environment for the Odd Job Squad members.

Youth engagement leader Bryna Johnson would like to thank her sponsoring committee for all of the

support she received this summer from employers and both businesses and homeowners who placed job orders with the centre this summer and the volunteers who helped out at events, and to the community members who attended events. Johnson sends a huge thank-you to all of the students and youth who registered with the centre and wishes them well in their job search.

The MYJC Offices close for the season this Friday and will re-open in May of 2016. If there are any last minute questions about the MYJC and its services, please don't hesitate to call Johnson at 204-642-6026.



Youth Engagement Leaders Bryna Johnson (left) of Gimli and Samantha Janower of Arborg participated in the Gimli Canada Day Parade together this summer.

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Saturday August 15 @ 10:00 am

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(Hay Tender)

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ESTATE OF ROSE DUDAR
Saturday August 29 @ 10:00 am

Fraserwood, MB
Jct Hwy #7 & 231

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Then 1 Mile West on Dudar Rd.
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Plan to attend the following Auctions
(both will be short sales)

Lloyd & Elaine Johnson, Chatfield, MB
Monday, August 24, 2015 at 11:00 a.m.

Sale site: From Lunder on PR #419 - 29 km East, turn right on PR #120 & go East 2 km
Or from Chatfield - 11 km West & 2 km South
(Follow signs)

Included in the sale: 2001 New Holland TS110, 16 spd, 3pt hitch, w/Q750 Quicke attach loader (7200 hrs); 2006 New Holland BR780A Baler; Case IH 8370 14ft Haybine; M.F. Model 36 side delivery rake; IH 300 16ft Diskall fertilizer & seed (no grass); : (2) Hay trailers (hold 14 bales each); 400 Bales - Alfalfa Mix, twine wrap (34 to a pile); Cattle Equipment, some household and antiques

David & Kathy Shabaga, St.Martin, MB
Sunday, August 30, 2015 at 11:00 a.m.

Sale site: From St. Martin Junction - 4 km East on PR #513 (beside Community Curling Club)

Included in this sale: '49-'50 Ford 8N Tractor, 12 v w/new clutch for tractor; J.D. #9 7ft 3pt Mower; 1977 Mercedes 280E, 155,000 miles, white interior, sun roof, (always inside); Harley Davidson gas 3 wheel golf cart; Tilt skidoo trailer; Vulcan (US Pat) sm Anvil (arm & hammer decal); (2) Patio sets - (1) oval table w/4 chairs & (1) glass top rectangular table, sm love seat & 2 chairs; Brinkman Pro4655 6 burner BBQ w/side burner; Shop & Tools; Yard & Misc; Household and Antiques

Both posters can be viewed in full along with pictures at:
www.globalauctionguide.com

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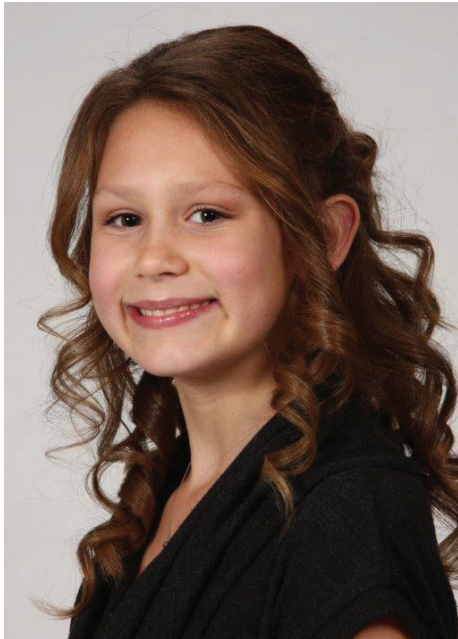
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ANNOUNCEMENTS

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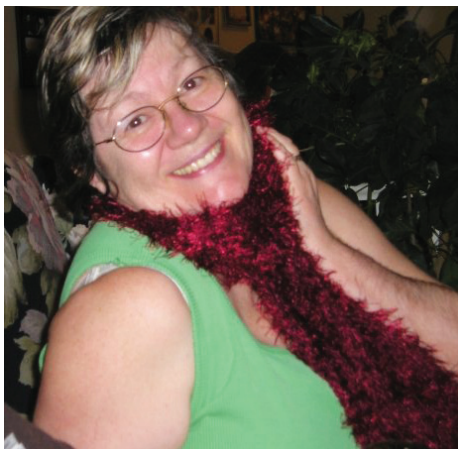


**Happy Sweet 16
Nicole Nordal
Our Friday the 13th Good Luck Charm
Happy Birthday!**

-Love from
Mom and Dad, Dayna, Scooby, Molly, Charlie,
Chocolate, Nancy, Drew, Fritz,
Mac and Midnite

ANNOUNCEMENTS

MEMORIAL GATHERING



**Judith Susanne Bergthorson
7 July 1948 - 10 January 2015
Memorial Gathering**

Relatives and friends of Judith's family are invited to a celebration of her life, on August 23, 2015. Please join us for music and refreshments at the Lunder Royal Canadian Legion, from 2:00 - 4:00 p.m. There will be an open mic for those wishing to share a story or pay a musical tribute to Judith's life.

ANNOUNCEMENTS

IN MEMORIAM



**In memory of
Ross Olafson**

One year ago on August 8th we lost our dear husband, father, brother, uncle, and friend Ross Olafson. There are no words to describe the immeasurable loss of that day. We know he would want us to be happy and we are thankful for his memory and all the fun times we shared. "I will see you again, this is not where it ends. I will carry you with me, Til I see you again" Love you and miss you every moment of every day.

-Lenore, Jon, Brett, Lauren Pat, Lora
and all of our family

OBITUARY

Peter Kapusta

It is with great sadness that the family announces the passing of Pete on August 5, 2015 at Stonewall Hospital, Stonewall, MB at the age of 74 years. He is survived by his daughters, Nicole and Laura (Mike), grandsons Aidan, Ethan and Owen Shymko, sister Natalie Kenal and special friends Fern McRae, Dean Shymko and Debbie Hueging.

Pete was predeceased by his wife Judy; parents John and Mary Kapusta; sister-in-law Joy Lillies; and brothers-in-law Jim Scott and Bob Kenal.

Pete was born July 6, 1941 in Niagra Falls, ON. He grew up in Broad Valley and Fisher Branch, and then moved to Thompson where he worked for 17 years with the Liquor Commission and in the mine. Pete and Judy met in Thompson and were married in Warren on Oct 10, 1970. In 1976 they took over the family business in Warren and operated Pete's General Store until he retired in Sept. 2012.

Pete loved to garden, fish and watch any type of sports. In 2007 Pete was inducted into the Manitoba Baseball Hall of Fame with the 1954-1959 Fisher Branch Falcons.

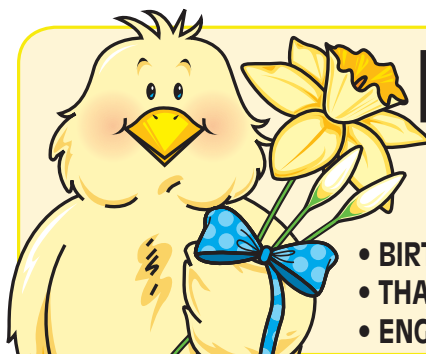
Pete will be sadly missed and lovingly remembered by his family and friends. His love for his family, friends and grandsons will be cherished. We love you Dad, Papa and friend.

We would like to thank Dr. Graham, and all the staff at the Stonewall Hospital for their outstanding care and compassion shown to Pete and his family during his time there.

As per Pete's wishes, there will be no formal service. Interment will take place at a later date.

Pete loved watching his three grandsons play all their different sports. He particularly loved watching them play hockey and rarely missed a home or away game. In lieu of flowers, donations may be made in memory of 'Papa Pete' to South Interlake Recreation Committee (SIRC), Box 468, Warren, MB R0C 3E0.

Wojcik's Funeral Chapel & Crematorium in care of arrangements.
2157 Portage Avenue 204-897-4665



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Caribbean Honey-Spiced Chicken with Mango

Ingredients

1/4 cup honey
1/4 cup fresh lemon juice
2 teaspoons freshly grated lemon peel
1 ripe mango, peeled and diced
1 small onion, peeled and quartered
2 fresh jalapeno peppers, halved and seeded
2 teaspoons paprika
2 teaspoons vegetable oil
1 1/2 teaspoons garlic salt
1/2 teaspoon ground cinnamon
1/2 teaspoon freshly ground black pepper
1/2 teaspoon ground allspice
4 boneless, skinless chicken breast halves
1 tablespoon vegetable oil

Preparation

In a small bowl, combine honey, lemon juice and lemon peel; whisk until well blended. Remove 1/4 cup of mixture to food processor container; set aside.

Add mango to honey-lemon mixture in bowl; toss to coat. Store in refrigerator.

Add onion, jalapenos, paprika, oil, garlic salt, cinnamon, pepper and allspice to honey-lemon mixture in a food processor container. Process until very finely chopped; scrape down sides when necessary.

Spread mixture evenly over both sides of chicken breasts. Spread oil in a 13 x 9-inch baking pan. Arrange chicken breasts in pan. Bake at 375°F for 25 to 30 minutes or until cooked through. Remove chicken to serving platter; top with reserved mango.

Makes 4 servings



Cajun Garlic Chicken Thighs

Ingredients

1 1/2 tbsp (22 mL) canola oil, divided
4 skinned chicken thighs with bone in, trimmed of fat
1 cup (250 mL) diced onions
12 medium garlic cloves, peeled only
2 tbsp (25 mL) all-purpose flour
1 cup (250 mL) reduced sodium chicken broth
1/2 tsp (2 mL) dried thyme leaves
1/4 tsp (1 mL) black pepper

Directions

In a large skillet heat 1 tbsp (15 mL) canola oil and heat over medium-high heat. Add chicken and brown for 3 minutes on each side. Set aside on separate plate.

Reduce heat to medium and add remaining 1/2 tbsp (7 mL) canola oil, onions and garlic and cook for 3 minutes or until onions are translucent, stirring frequently. Set aside with chicken.

Stir flour into pan residue in skillet and cook 2 minutes over medium heat or until beginning to lightly brown, stirring constantly. Stir in broth, thyme and pepper. Add chicken, onions and any accumulated juices. Bring to a boil over medium-high heat. Reduce heat to medium-low, cover and simmer for 30 minutes or until chicken is almost tender.

Place chicken to one side of skillet, add and mash garlic cloves with back of a spoon. Combine chicken and garlic and turn chicken pieces over several times or until well coated. Cover and cook 5-7 minutes or until chicken is tender.

Prep time: 10 min | Cook time: 50 min

Makes: 4 servings

www.heartandstroke.mb.cat



The Skill: Raising Nutrition-Savvy Kids Part 2



If you have the time and inclination, consider growing some fruits or vegetables in a backyard or community garden. Research from the Mayo Clinic found that when children in

fourth through sixth grades participated in garden-based activities twice a week, the vast majority (98 percent!) enjoyed taste-testing fruits and vegetables that were grown, and 91 percent liked learning about the nutritional contents of fruits and vegetables. That's a win-win proposition if ever there was one!

You could also set up a contest to motivate everyone in the family to eat more fruits and vegetables. Call it "a rainbow challenge". The goal: to consume as many different colors of fruits and veggies in a day as possible. The prize (besides good health): The winner gets to pick a special weekend activity for the whole family to do together.

The bottom line: If kids want their bodies to perform well and stay healthy, they need to fill them with good-quality fuel in the form of healthy foods in the right amounts. Explain this the right way and kids will get it. After all, they are likely to understand the concept of taking good care of a beloved pet who needs wholesome food to thrive. You might point out that it's the same approach to taking care of their bodies to make sure they continue to run well. It really is that simple.

As a parent of five children, and as an internist who takes care of adults but routinely talks to them about what goes on in their homes, I'm quite familiar with the power the little devils exert on a family's lifestyle habits. When kids just want "the snack with SpongeBob on it," it becomes especially challenging for parents to make their home a safe nutritional environment. On the other hand, when children are motivated to embrace a health-related issue, they can become powerful forces behind positive changes. Sometimes, as parents, we just need to give them a gentle nudge in the right direction. Of course, a robust body of medical literature also tells us what we already know: that moms and dads are important role models for our children. It's no coincidence that children tend to emulate the language we speak, the religion we do or don't practice, and other behaviors. Moreover, the advice to "do as I say, not as I do" rarely works. If our children respect us, they will do as we do. If they don't respect us – alas, they won't do as we say or as we do. So walk the walk, talk the talk, and eat the right foods.

Disease-Proof: "The Remarkable Truth About What Makes Us Well" by David L. Katz, MD, MPH, FACPM, FACP

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