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VOLUME 3 EDITION 34 THURSDAY, AUGUST 25, 2016

WEEKLY NEWS

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Fish market options

EXPRESS PHOTO BY PATRICIA BARRETT

The provincial government signalled its intent to opt out of the Freshwater Fish Marketing Act in order to provide commercial fishers with the option of marketing their own fish. Chief Ron Evans, left, of Norway House said his community will continue to work with Freshwater Fish Marketing Corporation and also explore other options for selling rough fish. See story pg. 8.

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

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Anarchy at Arborg's 2016 Street Festival

By Patricia Barrett

Fighting spilled into the streets of Arborg last Saturday afternoon when superstar wrestlers with Canadian Wrestling's Elite (CWE) brought their "Anarchy in Arborg" tour to the 2016 Street Festival.

For the third year running, the Winnipeg-based wrestling promotion company has taken part in the one-day street party.

Lifetime wrestling fan Marine Vermesse, who moved to Canada from France three years ago, and Madison Heilman, a CWE trainee since January, accompanied the tour to Arborg and gave the *Express* a few pointers while the lads thrashed each other.

"The drops they take are real," said Heilman, who practises once a week and hopes to fill a female wrestling void in Manitoba. "The impact is real. The rolls ... these are moves that take a lot of time to learn."

The moves may be real, but some of the reactions are staged.

"It's called selling a move," said Vermesse, who has been a fan since she was a girl. "If I give her a kick, I slap my thigh and she 'sells it.'"

Wrestlers Anderson Tyson Moore,



Caleb Loewen of the Honey Badgers hockey team gives it his all during a street hockey tournament. The team, made up of players from the Arborg area, were down in the points because their "goalie was late."

Tyler Colton (known as the Manitoba Hercules), Kevy Chevy and the masked Mentallo whipped up the crowd as they battled it out in a ring set up between Chicken Chef and the library.

Finding himself momentarily out of his league, Moore fled the ring and started to run down Main Street before Kevy Chevy caught up with him and dragged him back. They fought under the stage for a few minutes when Moore gave Chevy the slip.

Chevy later received a stern rebuke from the referee when he tried to choke Mentallo on the ropes.

Mentallo dished it out, too, giving Tyler Colton a royal beating in and out of the ring.

The red-bearded Colton showed some momentary frailty that earned him a bit of sympathy from the crowd.

Dazed by a blow to the head, Colton received some succour from a concerned woman in the crowd when he dropped to the curb and tried to regain his bearings.

In contrast to the rough and tumble of CWE wrestlers, the Partners in Time Dance Club put on a much gentler performance for the crowd. Several youngsters showcased their ballet, tap and jazz skills.

The one-day Street Festival brings people of all ages to Main Street to participate in hockey, enjoy performances by local bands and compete in Arborg's version of the Amazing Race.

Six teams, armed only with juice and a granola bar in case they flagged, set off from Arborg's mainstage and followed a trail of clues located in 16 stores along Main Street.

Freelance reporter Tammy Karatchuk and her husband Murray Simpson organize the Amazing Race,



EXPRESS PHOTOS BY PATRICIA BARRETT

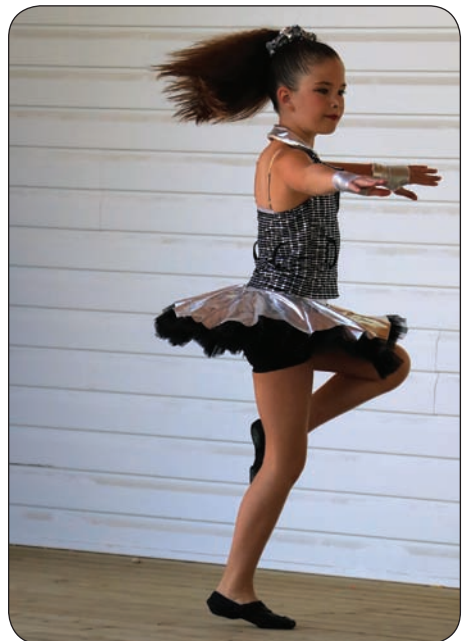
CWE Wrestler Tyler Colton, known as Manitoba's Hercules, received some succour from a kind woman in the crowd when he dropped to the curb after a nasty blow to the head.



Wrestling fan Martine Vermesse (left) and CWE trainee Madison Heilman provided a behind-the-scenes look at wrestling.



Amazing Race Team 6, made up of Sally Smith (left) and Val Martens provided a behind-the-scenes look at wrestling.



Alliana Rempel of the Partners in Time Dance Club performed a solo jazz routine.

now in its second year.

"Tammy was on the Street Festival [Committee] before I was," said Simp-



Twins Katrina (left) and Emily from Winnipeg, who were visiting their grandparents, tried their luck in the bean bag toss.

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Continued on page 4

Biking to the Viking attracts nearly 500 cyclists

Staff

Nearly 500 cyclists pedalled across the Interlake last weekend in the Biking to the Viking event to raise funds for the MS Society.

The 170-kilometre ride began in the morning on Saturday, Aug. 15 in Stonewall. From there, participants biked to Gimli, where they spent the night. The next morning, they left Gimli and headed back to Stonewall.

Each participant had to raise at least \$300 to take part, although the average fundraising total was \$813 per person. With 61 teams participating, the event raised more than \$300,000, according to the event website. A sunny success, this year's event also welcomed more than 150 new riders.

Stonewall Mayor Lockie McLean addressed the crowds, thanking the sponsors and volunteers for their help.

"We need to find a cure and we need everyone's help to insure a future free from MS," he said.

All funds raised at the event go towards multiple sclerosis research, programs and services. Canada has one of the highest rates of MS in the world, and more than 3,500 Manitobans live with MS.



Stephanie Rozzi, last year's ambassador for the annual Biking to the Viking MS fundraiser, sets off on her journey.



Over 500 cyclists took part in the 2016 Biking to the Viking event, raising over \$300,000 at this year's ride.

EXPRESS PHOTOS BY LANA MEIER

Newborn hearing screening program coming to all RHAs

Staff

A universal hearing screening program for all Manitoba newborns is being implemented in all regional health authorities as of Sept. 1.

"Early detection and diagnosis helps children with congenital hearing loss get the treatment they need as early as possible," Health, Seniors and Active Living Minister Kelvin Goertzen stated in a release last week.

"Manitoba families will benefit from a universal program with consistent screening services across the province, so children with congenital hearing loss have the opportunity to develop strong cognitive, speech-processing and learning skills."

There are between 16,000 and 17,000 births in Manitoba each year, and every year between 17 and 102 children are born with some hearing loss, according to the province.

The hearing screening program is now available at 13 health-care facilities across the province including:

- Selkirk and District General Hospital in the Interlake-Eastern Regional Health Authority;
- Health Sciences Centre Winnipeg and St. Boniface General Hospital in Winnipeg;
- Portage District General Hospital, Bethesda Hospital in Steinbach, Ste. Anne Hospital and Boundary Trails Health Centre in Morden-Winkler in the Southern Health – Santé Sud health region;

- Brandon Regional Health Centre, Dauphin Health Centre and the Neepawa Health Centre in the Prairie Mountain Health region; and

- Thompson General Hospital, St. Anthony's General Hospital in The Pas and the Flin Flon General Hospital in the Northern Regional Health Authority.

"The first two years of a child's life are the most important for language development," said Diana Dinon, regional manager, Universal Newborn Hearing Screening Program, Winnipeg Regional Health Authority. "Providing hearing screening to all babies born in Manitoba and referring those at need for early intervention will help to ensure the best outcomes as they grow."

Infants born at home or in facilities with fewer than 75 births per year will be referred to the nearest outpatient hearing centre for screening. A common database will ensure individuals born in one region and living in another will have co-ordinated care.

The Universal Newborn Hearing Screening Act was introduced in 2013 and received all-party support. Since that time, regulations, standard processes and procedures were developed and the necessary equipment was installed throughout the province to provide services, the minister noted.

The province has invested more than \$3 million in the program to date

including equipment, staff, training and operating costs.

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Erinview Campground has room for expansion

By Kaitlin Vitt

Business has been slow at the Erinview Campground, owner Joy Ogilvie said, but this could change with some possible upcoming upgrades.

Lack of power is the main factor affecting business, she said, but 24 of the 31 sites should have power by fall, if Manitoba Hydro approves.

Ogilvie and her husband, Jack, opened the campground to the public in 2013. The campsites are semi-private, and water is available at every site. There are showers and modern bathrooms, an upgrade from the previous outhouses.

There's limestone gravel at each site, which includes a picnic table, fire pit and bush. There is room to add more sites at the campgrounds, which the Ogilvies will do if business takes off, she said.

"If you like quiet, peaceful, into nature, private sites, this is the place to be," she said.

The campground is on the eastern shore of East Shoal Lake, 25 kilome-

tres west of Teulon.

The Ogilvies made a natural sand beach along the lake last year and expanded it this year.

There's a boat lunch at the campground. People can boat, swim and fish in the lake.

At this time of year, jackfish is a popular catch, she said. In winter, the lake is a major perch spot.

You can see wildlife, including "birds of every kind," along with deer and your common campground creatures, like chipmunks and squirrels.

The campground and beach is pet friendly, as long as owners clean up after them and keep them under control.

There's a volleyball net, play structures for kids and five kilometres of road near the campground to walk and bike.

Water was high this year and washed out the path in a marshy area connecting the main part of the campground to the beach, she said. There's now a wooden bridge over the marsh to con-



EXPRESS PHOTO SUBMITTED

There are 31 sites at Erinview Campground.

nect the areas.

Wild hay used to cover the area — the land was used for agriculture. Water flooded the land a few years ago, and the Ogilvies decided to turn it into a campground, she said.

There have been no flooding problems since then.

"The water cannot possibly get to where we have the campground," she

said.

The opening and closing dates depend on the weather. The campground is open by May long weekend, if not earlier, and this year will close by Thanksgiving weekend, at the latest.

To rent a site costs \$25 (GST included) per night and can be reserved by calling 204-278-3385.

Eriksdale Market Garden brings community together

By Kaitlin Vitt

The weekly Eriksdale Market Garden is about more than selling locally produced goods, the organizer and vendors say. It's an opportunity to visit with and learn about the people in the community.

Organizer Dolly Lindell started the market last year. She said she thinks it's good to have events happening in communities and that markets are a popular attraction.

There are between four and six vendors each week. Items for sale include baking, produce, preserves and hand-crafts.

"You get to buy something you know where it was grown, where it was made," Lindell said. "You're supporting local families."

This year has been off to a slow start, she said, since some people don't realize the market occurs each Saturday. She said people sometimes think the

market happens only on certain occasions, but she reminds them the market is weekly.

The market can be a place for visiting. By the end of last year's season, people sat around at the market, talking with others in the community, Lindell said.

Hannah Ives sells baked goods and crocheted items at the market. Her first time as a vendor at a market was last year in Eriksdale.

Ives and her husband heard about the market and decided to join because they wanted to be a part of the community, she said.

"It's being neighbourly. It's being friendly," Ives said. "We just really enjoy being able to help people out and chat with them and offer them a few goodies at the same time."

A market is a way to get people out of their homes to talk with others in the community, she said.

Though Ives runs her stand, her husband and children come to the market too. Her husband is a carpenter, and she said people ask about the work he does.

"I think that a market garden or a farmers market is very good in the sense that it helps people know who is in the community," she said.

Fran Savoy sells fudge and wildflower honey at the market. She moved to the area two years ago.

She sold her products for the first time at last year's market in Eriksdale because she said she likes supporting the local community.

"People are trying to get away from all the big businesses and stuff and have what's locally grown," Savoy said. Eriksdale's Market Garden runs from 10 a.m. until 2 p.m. Saturdays at the pavilion in Railway Memorial Park. The last market of the season is Sept. 24.

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> ANARCHY, FROM PG. 2

son, explaining how he became organizer. "She came home from work and told me I'm doing this."

Karatchuk, who competes in skating competitions and recently won a gold medal at the Stony on Ice competition, said the race is "not an easy thing to do."

Participants have to, for example,

find all the ingredients for a Thai chicken pizza at the Arborg Hotel and determine who ordered a particular menu item at Chicken Chef.

Karatchuk will be planning for the 2017 Amazing Race next month, hoping to entice businesses located off Main Street to get involved with the event.

Slough and fencing debated for Camp Rusalka

By Patricia Barrett

At its regular meeting on Aug. 10, Gimli council passed a resolution to impose a number of conditions on the Camp Rusalka trailer park located 10 minutes north of Gimli.

The camp, owned by the Ukrainian National Federation, sought approval to have part of the trailer park known as Parcel B rezoned as recreational use in order to correct an oversight dating back a few decades when the parcel was originally created.

Because bordering property owners objected to the camp's rezoning request, the application went before the Eastern Interlake Planning District (EIPD) board.

The board approved the rezoning request July 19.

The next step in process entailed the RM and the camp entering into a conditional use/development agreement, which sets out conditions to which the camp must adhere.

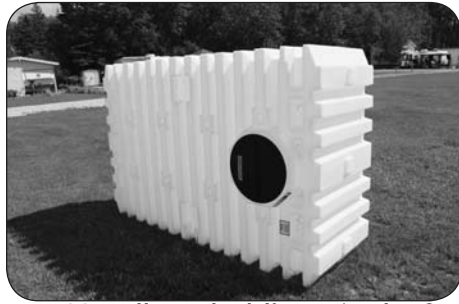
"I guess the question is for council to determine if they would like to grant the conditional use," said CAO Joann King. "The zoning now allows for it. The concerns that came forward, I ... put them in a resolution. One of the conditions was that they [the camp] enter into a development agreement. And there would be some potential conditions."

King read out the terms of the agreement (Conditional Use Order No. RMG-16-01C).

"Trailers, cabanas, outbuildings meet fire and Manitoba building code and all future buildings be permitted by the EIPD; That water and wastewater systems meet Manitoba environment regulations; That any existing encroachments on neighbouring properties be corrected; Privacy fencing be built in locations as determined by council; All drainage be corrected to the satisfaction of Manitoba Water Stewardship; That a detailed site plan is required for the new [the existing Parcel B] area; Provide council with camp rules on an annual basis and a written commitment from Camp Rusalka that all rules will be enforced in the future."

Volunteer camp manager Dave Garrity and camp committee member George Ehr, who appeared at the Aug. 10 meeting, agreed to most of the conditions, some of which they said they've already addressed or are in the process thereof (wastewater, drainage, camp rules).

At issue is privacy fencing along an open field, something the camp had previously said would entail consid-



A 500-gallon holding tank for wastewater will be installed at one of the sites in the trailer park.

erable expense.

The RM can mandate that privacy fencing be installed between structures. An open field is not considered a structure, said King.

A couple who shares a 400-foot boundary with the camp, and who have appeared in opposition at every hearing regarding Rusalka, opposed the development agreement.

The couple, who had asked that the *Express* withhold their names, reiterated their concern with what they contend are "unsightly" trailers and an alleged 130-foot long slough existing in the boundary area. They also raised a new issue with fire pits allegedly situated behind the trailers that overlook their open field.

In an attempt to address the issue of fencing — something the couple had called for at previous hearings — Deputy Mayor Peter Peiluck (sitting in for Mayor Randy Woroniuk who was on vacation) twice asked the couple whether they would be OK with a row of willows or poplars along the boundary rather than a fence that could possibly "do the wave" in future.

The man said he "would like to be able to respond to that at a later date." He insisted the removal of the slough be part of the RM's development agreement with the camp.

"That slough is like a marsh," said the man. "... What needs to happen, somebody has to come in there with a bobcat, take all that sludge and shit that's in there, take it out, put in some fill, put in some topsoil and give me back my grass. Because that's what it was. That's all we want. And the camp is saying we've dealt with it and the answer is no they have not."

Earlier this summer, the camp had installed a French drain from the couple's field to alleviate standing water from a historically low-lying spot on what used to be farmland. After Hydro installed poles to service some of the trailers, and trailer owners raised their pitches with gravel, drainage from the area was impeded.

Garrity, a contractor by trade, had



EXPRESS PHOTOS BY PATRICIA BARRETT

A French drain that Camp Rusalka installed from this low-lying spot along a shared boundary with a neighbour has removed standing water and permitted the mowing of cattails.

earlier contended that the waterlogged spot was about 50x50 square feet.

"In terms of the slough," said George Ehr, "we installed a French drain at our cost that has drained out that area. Right as of today, we can actually drive ... a regular house unit [lawn mower] over that property and cut the grass. So I don't know why he thinks it's all a slough. It's not. It's dry land."

Ehr also discounted the man's claim of fire pits behind trailers.

"In terms of fire pits being near the property line ... they're all — at minimum, minimum — 20 feet away from the property line," he said. "...they're not at the back."

Ehr expressed disappointment with the property owners' characterisation of the camp.

"I'm just hoping we're able to deal with reality as opposed to exaggeration when we're talking about what's going on with the camp," said Ehr.

With the approval of council, Peiluck agreed to meet both parties at the camp on Saturday, Aug. 13.

The *Express* visited the camp a few days after that. Water had been drained from the spot along the boundary and cattail stalks had been cut down. The ground was relatively dry (it had rained the morning of the visit). No "sludge and shit" was visible, nor were any fire pits behind trailers.

A small area of cattails, however, remains in the couple's field some distance from the boundary area.

In a follow-up call to the RM, CAO Joann King said Peiluck's visit to the

camp was considered to have been "positive."

"The camp has agreed that they will continue a French drain from its present end ... to the west ... to ensure better drainage of an area now having mature reeds and cattails."

She also said the camp will level the raised area of ground that was created by Hydro's installation of poles.

As for fencing the 400-foot boundary, King said there was discussion of installing "some kind of natural barrier ... but they have not agreed on that. It's still something that's under discussion."

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Hi folks. Glad you could join me.

One of the places in Selkirk that makes fishing a bit easier on the pocketbook is Rosalie Shantz's Big Dollar store. I was in there looking at an angler's vest sometime ago when Rosalie began talking about one of her favourite Selkirk customers, Chris Tonn, who eats, sleeps and breathes fishing. I felt I had to meet this lady, so I reached out and soon we were sitting across from each other at Roxl's at the Selkirk Hotel.

Talk about a happy bundle of energy full of fishing stories. Wearing her Manitoba Master Angler bracelets and T-shirt, she shared a story where she was boat fishing in Malachi Lake with her mom, dad and her young daughter.

Dad caught a tiny pickerel, and as he was reeling it in, a big jack came streaking in trying to steal it but lost its grip. Seeing an opportunity, he cast the pickerel out again and, sure enough, the jack clamped onto it. Dad smiled at his craftiness as he reeled in the huge fish.

In the meantime, on the other side of the boat, mom and granddaughter were dealing with the little girl's twisted-up line in her reel but the baited hook was still in the water. Suddenly, there was a terrific pull on her rig. Grandma and granddaughter both forgot about the fouled line. With their hands fumbling over each other, they grabbed the line and together landed a jack even bigger than granddad's.

Later, before we parted company, I had to do something a little different to get us a picture of Chris with a fish she had caught. She had brought a lot of them, so I selected one and she held it up while I snapped a picture. She

chuckled, remembering hanging on to that sturgeon was worse than handling an angry baby.

Finding someone fishing along the Winnipeg River last week was quite the chore, but eventually I found Joel Salalaga, an affable fellow in his 40s from Winnipeg at McArthur Falls. He shared an experience of when he came here from the Philippines and went fishing for the first time at Lockport.

He began catching fish after fish and was convinced he had found the greatest fishing spot in the world. The guys around him tried to tell him it was just a fluke but he wasn't listening. Day after day, he would come back to the same place catching only a few fish. Finally, he said it sunk in and today he still shakes his head over being naïve.

Every time I ran over to the Hnaua pier last week, the wind was kicking the waves up, keeping anglers away. Back there on Wednesday, I met a tall, grey-haired chap, Ron Schmecht from Arborg, who had a humorous habit of talking while his tongue played with a toothpick in his mouth. We casually talked fishing and he told me something interesting. I had heard lately that the perch weren't biting and Ron told me that an old Islander from Riverton told him that when the fishflies seed their eggs in the water, the perch will eat little else.

On Friday, I went back to the Hnaua pier to fish and again a cool, hard wind made restless waves. The sun was bright, though, and I met a most delightful couple, Norm and Pat Pruden from Selkirk.

As we discussed fishing, they had also heard that perch apparently do like to eat fishfly eggs. Norm remembered



EXPRESS PHOTO SUBMITTED

Chris Tonn with a photo of herself holding a sturgeon she caught in the Red off the Selkirk Park.

when he and his friend were boat fishing in Catherine Lake and they had noticed a huge eagle and its young one flying overhead all afternoon.

At the end of the day, they decided to catch one more fish and throw it to the eagles for a feed. They caught a pickerel, and Norm asked his friend Keith to back the boat up so he could toss the fish where the eagles could get it. Keith started to back the boat up but soon there was an agonizing squeal and snapping sound as the motor's prop cut the thin rope holding the men's day's catch.

In wide-eyed shock, the guys watched as their loose fish either dove for the depths or were scooped up by the eagles.

Gosh, I guess being considerate at times can be costly. Well, hope you come by next week. Bye for now.

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Annual Matlock festival transitions to yearlong events

Song writing retreat in Dunnottar Sept. 2

By Katilin Vitt

This year, people aren't limited to visiting the Matlock Festival of Music, Art and Nature only once this summer, but rather they can attend events throughout the year.

There is no single weekend for the festival this year, which had its sixth annual festival last year.

Matlock's Micah Erenberg, who will host an upcoming song-writing retreat, said the festival's board decided "they would rather do several smaller events rather than having to put so much effort into a big event once a year."

The daylong song writing retreat will be Sept. 2 on Ash Avenue in Dunnottar. Brett Nelson, a singer-songwriter from Alberta, will mentor those in attendance.

"For some people, they can write their first song," Erenberg, 23, said. "You can just sort of be part of a writing process, something you didn't have the opportunity for before."

The retreat will start with a sharing circle of songs, and Nelson will give some constructive criticism and tips to the writers, Erenberg said.

Later in the day, people at the retreat

will go into groups to collaborate and help with the writing process.

If someone feels nervous about sharing their songs, it's not required, though it is encouraged, he said.

"You might be inspired to share what you have when you see that everyone around you is."

People are welcome to take breaks from the workshop and explore the surrounding area to "be on the land and write and do whatever you need to do," Erenberg said.

Erenberg, who is also a musician, recorded some of Nelson's songs in Matlock for an upcoming album. Instead of Nelson paying Erenberg for the work, Erenberg asked him to do something for the festival. Nelson thought of hosting this retreat, Erenberg explained.

Contact Erenberg to register for the retreat at micaherenberg@gmail.com or 204-223-2313. If there's enough interest, organizers will add another day to the retreat.

Festival organizers hosted a nature walk on the retreat's land Aug. 14. People learned about wild plants in the area and their medicinal uses.

Though there aren't plans to do a



EXPRESS FILE PHOTO

A song writing retreat will be held in Dunnottar on Sept. 2.

weekend-long festival in the near future, it's not out of the question, Erenberg said.

"We're just saying we want to take a break and refocus our energy to make more use of the space than just a festival."

Erenberg said organizers will continue to host mu-

sic, art and nature-related events throughout the year at this space.

Erenberg also hosts an open mike at Gimli's Ship & Plough Sundays 8-11 p.m., where he said people can meet him or watch him play.

New intake for health-care aide course in Arborg

By Patricia Barrett

The health-care aide course that was scheduled to begin Aug. 22 at the Central Interlake Training Facility in Arborg has been pushed forward until the fall and new applicants are welcome to apply.

Due to unforeseen circumstances, the instructor that was to be teaching the course was unavailable and some of the applicants did not pass the required test for reading comprehension.

"The Interlake Eastern Regional Health Authority has indicated that there could be some issues with graduates not being able to comprehend written instructions very well," said Pat McCallum, economic development officer for the Arborg-Bifrost Community Development Corporation (ABCDC).

The ABCDC and Arborg Chamber of Commerce spearheaded the development of the training facility and worked with Red River College and Fieldstone Ventures to bring health-

care courses to Arborg.

"They've introduced a new reading comprehension test and it's very tough," said McCallum. "What has to happen is those people who want to get in the course will be given remedial training ... and they'll be administering the test again."

McCallum said the health-care aide course will likely start in October.

"We have room for more applicants," she said.

New applicants are encouraged to contact Beverly Magaway, economic development officer with the ABCDC, at 204-641-3731 for more information about the course and how to apply.

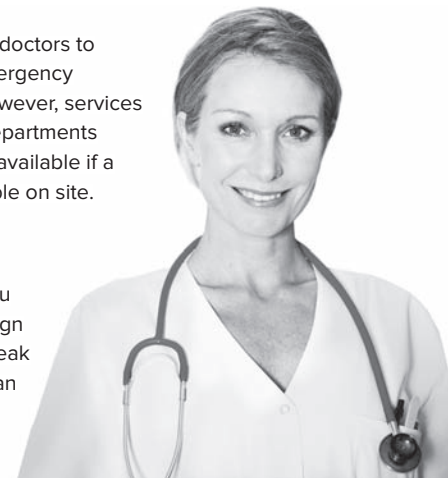
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Province's opt-out of Fish Marketing Act garners mixed reaction

By Patricia Barrett

The provincial government signalled its intent to opt out of the Freshwater Fish Marketing Act in order to provide commercial fishers with the option of marketing their own fish.

The announcement was made at a press conference Aug. 16 at Gimli Harbour.

The Freshwater Fish Marketing Corporation (FFMC), a federal Crown agency, sells prime species caught by Manitoba's commercial fishers and pays them a set price.

Giving fishers the option to compete on the open market will potentially "maximize their economic potential," according to the province.

"Our government made a commitment to pursuing choice in marketing in Manitoba's freshwater fish," said Rick Wowchuk, Swan River MLA and legislative assistant to Minister of Sustainable Development Cathy Cox. "We made this commitment because we believe there's potential to increase fishers' incomes by allowing the choice of marketing their own product to the world's seafood market."

Wowchuk said commercial fishing is an important part of the provincial economy.

"Currently, the commercial fishery generates \$21 million in direct income for fishers in Manitoba each year."

He did not provide an estimate as to how a dual-marketing system might improve that income.

Selkirk-Interlake-Eastman MP James Bezan, who attended the press conference, said the opt-out process could take about 12 months.

"Alberta, Saskatchewan and north-western Ontario have already done this," said Bezan. All it takes ... is a 12-month notice to leave. There's absolutely nothing stopping the federal Liberals from moving quicker on that."

Bezan said the provincial move will help Manitoba's fishers.

"The reality is," he said, "is that FFMC hasn't been doing the job for our fishers, and the only thing that prevented us from getting it done sooner was the huge liability the FFMC presents to

the federal government because they have so many carried-forward losses over the years."

Bezan said the opt-out process will give fishers time to look into other options for selling their fish.

"This gives us plenty of time to attract new investors and new buyers," he said. "And I know there are a lot of local entrepreneurs interested in setting up their own rural-based fish plants."

Lake Winnipegosis commercial fisher James Olson said he has no doubt that fishers will make a go at finding buyers, including those in Asia and America.

He himself was once part of a Co-op that used to sell mullets to the U.S.

"They paid us exactly twice what we got from Freshwater per kilogram," said Olson, whose great-grandfather came to Canada with the first wave of Icelandic settlers and died while fishing on Lake Winnipeg in 1885.

Olson said Schafer Fisheries in Illinois has expressed interest in Manitoba's fish and hiring locals to process it. "He told us he would love to come up here, build a plant and process the fish," said Olson, who started fishing in 1963 with his dad.

Olson said giving fishers the option to market their own fish will reduce the waste of rough or "garbage" fish, species that are hauled up in the nets with "marketable" fish but which the FFMC doesn't sell.

Olson said Schafer Fisheries is interested in purchasing rough fish such as suckers and turning them into fish fertilizer for the American market.

"There could be money in suckers," said Olson. "And nothing wasted."

Fishers on Lake Manitoba will also be likely to embrace the entrepreneurial spirit. Earlier this year, fishers in St. Laurent proposed building their own fish plant.

"I'm unbelievably excited," said RM Coldwell councillor Amanda Stevenson, who is a fisher herself and president of the WMM Fisheries Co-op, which came under fire from the province and the FFMC in 2011 for finding a rough fish buyer in the U.S. "I don't have words almost for how excited I am."

Stevenson said the provincial opt-out will allow fishers to find new markets and improve their earning potential.

"This is the most amazing economic opportunity for all of the fishers in Manitoba. There are excellent markets in very short-order," she said. "I believe that all the fishers in Manitoba will at least double their income, and in time, triple, quadruple their



EPXRESS PHOTO BY PATRICIA BARRETT

Pictured left to right, RM Coldwell Coun. Amanda Stevenson, Jim Brandson, James Olson and Frank Kenyon are happy with the province's decision to opt out of the federal corporation that markets fish on behalf of 1,700 commercial fishers in Manitoba, Saskatchewan and the Northwest Territories.

income."

Stevenson said "other people have profited from their work for far too long" and that fishers "deserve to have a good life."

In addition to Lake Manitoba and Lake Winnipeg fishers, she cited benefits to fishers on Lake St. Martin, Lake Winnipegosis, Cedar Lake and Red Deer Lake, among others.

"The world wants our fish and they're willing to pay for it," said Stevenson.

Fishers from the Grand Rapids, however, weren't sure how the opt-out could affect them.

"A lot of fisherman are going to be worried about the prices," said Kevin Ault. "And a lot of fisherman are seasonal fishermen; they work only a certain amount of time for the year and then they have to rely on Employment Insurance when there's no market for it. So if Freshwater is gone, is that going to affect the fishers?"

Norway House Chief Ron Evans, who spoke at the press conference, said his community's fishing co-op will continue to work with the FFMC, which has "provided stability and security for our fishers," but will also explore other options to sell its rough fish.

"It [the opt-out] is an important step forward for us as fishers," said Evans, who is also a commercial fisher. "... Our lakes provide us with an abundance of rough fish. We have interest by foreign investors to look at how we can work together to export fish that are not part of our current arrangement with Freshwater Marketing Corporation."

The provincial NDP expressed concern about the province's plan to

leave Freshwater, issuing a press release from MLA Rob Altemeyer the same day as the announcement.

Altemeyer said it's possible that the FFMC "may not be able to continue to exist without the participation of Manitoba" as the bulk of its product comes from the province.

He also cited the potential to disrupt the stability of the system and the stable incomes of fishers, many of whom are located in isolated communities and who don't have the resources to get their products to foreign markets.

"We are concerned that this could have the same effect on fishers in Manitoba that the Harper government's decision to end the Canadian Wheat Board single-desk model had on grain farmers," said Altemeyer, opposition critic for Environment and Green Jobs.

"Some fishers may benefit ... but many could find themselves struggling to get their fish to market without the corporation," he said.

In addition to fishers struggling to find markets, Altemeyer also expressed concern about possible job losses at FFMC's head office in Winnipeg. The FFMC's processing plant in Transcona employs about 150 people.

The Conservative MLA for Transcona was unavailable for comment and the province could not comment on his behalf.

"Blair Yakimoski is in Yellowknife until later this week," said a provincial spokesperson by email. "Unfortunately, we won't be able to provide comment on FFMC until his return."

FFMC president John Wood declined a request for comment regarding potential job losses, referring the *Express* to Fisheries and Oceans.



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Winnipeg Beach festivals combine for traditional arts weekend

By Kaitlin Vitt

Two annual festivals in Winnipeg Beach are combining to host the BeachScape Harvest Festival Weekend Sept. 10 and 11.

For the past two years, SCAPE (Stronger Communities through Arts Participation for Everyone) put on the BeachScape Traditional Music and Arts Festival. Both years events were scheduled for outside, but the weather required organizers to move festivities indoors.

This year, BeachScape is combining with the Winnipeg Beach Fall Harvest Fest for a free two-day event. The festival runs 10 a.m. to 5 p.m. Sept. 10 and 11.

BeachScape fits with Harvest Fest, since there are many harvest traditions, said Susan Hammer, the festival's artistic director.

The BeachScape Harvest Festival celebrates traditional music, dance and arts. There are more than 25 performance and arts groups participating.

"I don't know of any other festival that is specifically traditional arts," Hammer said. "These are our roots. We're going back and we're looking at our roots and exploring that."

There will be music and dance from countries including Japan, Africa and Ireland. Arts groups participating in the festival include WAVE artists and the Lake Winnipeg Writers Group.

The groups involved will put on workshops and demonstrations audience members can participate in.

Performances will be around town, including at the outdoor bandstand, the second-hand store and the legion. There will be a market on Main Street and one in the legion.

"People can sort of wander around and go to see lots of different things," she said.

If it rains, events will be in the recreation centre.

Events run from 9 a.m. until 5 p.m. Saturday and Sunday. There are kids' activities, including a petting zoo and scarecrow-building contest.

There is a pancake breakfast Sept. 10 from 9 a.m. until noon at the community centre. Adults can eat for \$5 and kids under 12 for \$3. Proceeds go toward the Age Friendly community garden project.

Visit www.scape.name for information updated regularly about the festival.

Hammer started the festival in 2014.



EXPRESS PHOTO SUBMITTED

There will be traditional music and dance performances during the BeachScape Harvest Festival Weekend.

She plays traditional music from the United Kingdom. She said she had connections to others in the traditional arts community and thought it would be a good idea to host a festival.

She is also the co-chair of SCAPE, the group partnering with Winnipeg

Beach to host the festival.

"We are a not-for-profit group that believes in building stronger communities through making arts participation available for everyone," she said.

SCAPE hosts events throughout the year, including arts and music classes.

Interlake to host WAVE Artist Studio Tours next month

By Lindsey Enns

WAVE Artist Studio Tours are inviting the public to meet Interlake artists face to face in their own creative spaces next month.

Warren Wenzel, the tour's chairperson, said the two-day event is all about giving those interested in art a

rare experience.

"Artists open their studios so people can come and see what they do for entertainment and for fun," Wenzel said. "They get to see how their work is done in some places. They get to experience all of it."

Dozens of artists inspired by the Interlake including painters, photographers, jewelry makers, sculptors and more are taking part in the tours scheduled for Sept. 3 and 4.

Studios will be open from 10 a.m. to 6 p.m. both days. For more informa-

tion, visit watchthewave.ca.

Wenzel said this will be the last tour of the season and they are hoping for larger crowds than what they saw in June.

"It's a great idea," he said. "It's a great entertainment idea for the weekend."

Ashern's Got Talent to entertain rodeo crowd

By Kaitlin Vitt

Local talent will come together Sept. 3 for the second annual Ashern's Got Talent.

The event is a talent show, filling in gaps between Ashern Rodeo events Sept. 3.

"A lot of people like to see other (performers) from the area," organizer Elise Chimienti said. "They would prefer to see someone they know or know of as opposed to someone from, you know, another province."

Chimienti has about five musical acts lined up so far and said she hopes to add more. The performers are from

Ashern and surrounding areas.

The event is free, but there is a kiddie train and face painting, costing \$1 each, and a raffle.

Proceeds go to Inland Ocean Arts Alliance, a non-profit organization that puts on arts programming, including plays and musical events, in the Interlake.

"Putting on events such as these really help us to continue with that programming and bringing arts to rural areas," Chimienti said.

The event is outdoors along Ashern's Main Street and starts at 1 p.m.



EXPRESS PHOTO SUBMITTED

Local talent will perform at Ashern's Got Talent, filling in the gaps during the Ashern Rodeo on Sept. 3.

Ashern RODEO

FRIDAY, SEPTEMBER 2, 2016

SEPTEMBER 2-4, 2016

7:00pm **Street Dance on Main**
(Hosted by Ashern Arena and Ashern Skating Club)

5:00-8:00pm **Ashern Motor Hotel & Good Times Bar and Grill's**
2nd Annual Rodeo Weekend Pig and Corn Roast – All you can eat for \$20 (25% of sales will be donated to Ashern Rodeo Committee), Featuring **LIVE entertainment from DB and the Deadbeats**

9:00 pm **Fireworks**



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8:30-10:30 am **Pancake Breakfast**
(prepared by Ashern Fire Department)

11:30 am **Parade**

1:00 pm **2nd Annual Ashern's Got Talent** (on Main Street)

2:00pm **Rodeo Grounds and Beer Garden**
Open to the public

4:00 pm **Rodeo**

8:00pm **Outdoor Cabaret**, Featuring **Rob McLane and Against the Grain** at the Rodeo Grounds. Tickets \$15.00

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Ashern RODEO

SEPTEMBER 2-4, 2016

SUNDAY, SEPTEMBER 4, 2016

Ashern hosts annual rodeo September long weekend

By Kaitlin Vitt

The 24th annual Ashern Rodeo Weekend will bring riders and spectators to the community Sept. 2 to 4.

"It's a really good rodeo," John Bezemer, the rodeo board president, said. "It's not maybe the biggest rodeo, but every cowboy I talked to say that this one is marked on their calendar, and they're coming back every year."

Rodeo events start 4 p.m. Saturday at the Ashern Rodeo Grounds. The start time is later than previous years to accommodate riders who are participating in other rodeos the same weekend.

It's a full rodeo, with events including barrel racing, tie-down roping and steer wrestling.

There will also be wild pony races, which is for riders ages eight to 14. A team of three has to catch a miniature horse, and one person has to ride it down the ring.

"It's a good way to get the crowd entertained," Bezemer said.

At the rodeo grounds, there will be two new food trucks: Smokin' Haut and The Poutine King.

After the rodeo events Saturday, there's an outdoor cabaret with Rob McLane and Against the Grain.

Rodeo finals start 2 p.m. Sunday, after a "cowboy church service" at the Rodeo Grounds at 10 a.m.

In addition to rodeo events, there's a dance along Main Street 7 p.m. Friday and a pancake breakfast at Ashern Centennial Hall 8 a.m. Saturday.

This rodeo has gone on for 24 years. The dedication of the volunteers is one reason it has lasted this long, Bezemer said.

The rodeo board is starting to discuss plans for next year's 25th rodeo, but it's still in the idea stage, he said. The board is looking into having some kind of big concert the Saturday of the rodeo weekend.

- 10:30am **Cowboy Church** at Rodeo Grounds
- 12:00 **Rodeo Grounds and Beer Garden** open to the public
- 2:00pm **Rodeo Finals** at Rodeo Grounds

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EXPRESS FILE PHOTO
 Steer wrestling, calf tie down, and bull riding will be some of the events at this year's Ashern Rodeo.

Barn quilt on display

By Kaitlin Vitt

There's a new site to see at Steep Rock Beach Park.

Brenda Wood, a seasonal camper at Steep Rock, designed and painted a wood barn quilt square for the outside of the park's café. Steep Rock is now included on the Interlake Barn Quilt Trail.

The Interlake Barn Quilt Trail started in 2014. A barn quilt is a replica of a quilt square but made of plywood, not fabric, the Interlake Barn Quilt Trail website explains. People hang them on barns in their community.

"It gets (Steep Rock) on another tourism map, which is important," Woods said.

Some people visit various communities in search of these Interlake Barn Quilts to check them off their list, she added.

Lana Iwanchuk, a manager at Steep Rock Beach Park, phoned Wood during the winter about the project. They went back and forth, sharing ideas.

Wood worked on the quilt in the park's café.

"People would come in, sit down and paint a few blocks with me. It was just a real good community effort," she said.

It took six weeks to complete the quilt. There are four coats of every colour, and painters had to wait four days between coats.

In the centre of the quilt, there's a sailboat on water, a stylized version of the Steep Rock logo. The quilt colours represent the area — green for the forests, beige for the limestone cliffs, blue for the water, yellow for the sun and red for the sunsets.

"It's a little more rewarding (than sewing quilts), I think, because it's a community thing, and it's going up for everyone to see," Wood said.

Wood has been a sewer for years and started quilting about five years ago. People from Steep Rock taught her how to quilt.

She said the response to the barn quilt has been positive, and people find their own meaning in it.

Someone said the yellow and green are like the John Greene colours. Someone else said the colours are like those on an indigenous flag.

"I would like to see more communities do this," Wood said. "It's so much fun, and it's really rewarding."

Iwanchuk said she thought people in Steep Rock would like the quilt, since there is a large community of quilters in the area.

"I think it's generated quite a bit of



EXPRESS PHOTO COURTESY OF LANA IWANCHUK

Brenda Wood (left) designed and painted the barn quilt on Steep Rock Beach Park's café. Park managers Trevor Gabbs and Lana Iwanchuk organized creating and displaying the quilt.

excitement for our area," Iwanchuk said. "It's one more thing that's really cool."

There are 24 quilts along the Inter-

lake trail. Visit interlakebarnquilts.com for locations and descriptions of the quilts.

Province reminds travellers to be wary of Zika virus

Submitted

Manitobans travelling to locations in Africa, southeast Asia, the Ocean Pacific Islands, South America, Central America, southern Florida and the Caribbean are reminded to take precautions to avoid contracting the Zika virus.

Zika virus infection is caused by a virus related to dengue and West Nile virus. It is primarily transmitted from the bite of an infected Aedes mosquito, in particular species such as Aedes aegypti and Aedes albopictus (Asian tiger mosquito) commonly found in tropical and sub-tropical regions.

While most spread is linked to the bite of an infected mosquito, less common types of spread have been reported. These include mother-to-child transmission, transmission via transfusion of infected blood and sexual transmission. Further research regarding these types of spread is still ongoing.

Common symptoms may include a

low-grade fever, rash, muscle pain, short-term joint pain, conjunctivitis (red eyes), eye pain, chills and headache. Less common non-specific symptoms may include weakness, lack of energy, sore throat, diarrhea and nausea/vomiting.

Only 20 per cent of infected individuals develop symptoms and these usually appear between three and 12 days after the bite of an infected mosquito. Symptoms are typically mild and last between two and seven days.

Preventing mosquito bites is key to limit the risk of infection with Zika virus. Travellers to regions affected by the current outbreak should use appropriate insect repellents (e.g., those containing DEET and Icaridin), wear protective clothing, use bed nets and make every effort to keep mosquitoes out of living areas by keeping doors closed, window screens in good repair and using air conditioning.

Given the association between Zika virus and the elevated risk of serious

health effects on unborn children, it is recommended that pregnant women avoid travel to areas where Zika virus is presently circulating.

Those attempting to become pregnant who cannot delay travel are encouraged to discuss their risk with their health-care provider. In situations where travel cannot be avoided or postponed, individuals are encouraged to adopt strict mosquito prevention measures.

Presently, it is unknown whether local mosquito species could play a role in Zika virus transmission. However, research is ongoing.

For a current list of countries with reported locally-acquired Zika virus, see the Public Health Agency of Canada's Zika site: healthycanadians.gc.ca/diseases-conditions-maladies-affections/disease-maladie/zika-virus/risks-countries-pays-risques-eng.php. For more information on Zika virus, visit gov.mb.ca/health/public-health/diseases/zika.html.

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Steep Rock Beach Park screens Tragically Hip's final concert

By Kaitlin Vitt

About 300 people gathered in Steep Rock Beach Park to watch the Tragically Hip's televised final concert Aug. 20.

"People love the Hip in this area, of course, and an opportunity like this doesn't come along very often," park manager Lana Iwanchuk said. "I don't think there were too many places in Manitoba that (screened the concert), so we were really honoured to participate in that."

The Hip's show was in Kingston, Ont., the band's hometown. CBC aired the concert live on TV and radio.

It reported the concert reached 11.7 million people.

Steep Rock showed the concert on a screen at the park's pavilion.

Those in Steep Rock sang, danced and applauded, just like those in Kingston, Iwanchuk said.

"People really treated the concert as if they were there," she said. "For a lot of them, it was a final farewell for them."

Gord Downie, the lead singer of the Hip, was diagnosed with terminal brain cancer in December 2015. The band released a statement in May, announcing its final tour.



EXPRESS PHOTO COURTESY OF LANA IWANCHUK

About 300 people gathered at the Steep Rock Park to watch the televised Tragically Hip final concert.

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Ride for a Child's Wish raises over \$82,000

By Jo-Anne Procter

All it takes is a little hope to make a wish come true.

Five-year-old Hope allowed people to open their hearts and their wallets to raise funds for the Children's Wish Foundation. Hope is this year's recipient of a wish sponsored by the annual Woodlands Ride for a Child's Wish.

Last Saturday, Gary and Silver Peltier and their team of volunteers hosted 103 horseback riders, eight wagons and 42 motorcycles in the 28th annual event in Woodlands.

At press time, the event had raised a total of \$82,462, which is the second highest amount raised to date. Funds were raised through pledges, with Wally Finnbogason's \$2,790 being the highest. Other contributions came from a 50/50, a variety auction that included a registered palomino colt donated by Fred West, Calvin Stanley, and Guy Dearman and several business, plus personal donations. Middleton's 7/6 Ranch & Friends Lobsterfest held in Carman also donated \$32,000 of their fundraising efforts to the ride this year.

Gary Peltier introduced Hope and her mother, Heather, who explained Hope's journey to guests as she held Peltier's hand to calm her nerves. Within minutes of her birth, Hope struggled to breathe and was immediately taken to the neonatal intensive care unit. Shortly after, she was flown to Stollery Children's Hospital in Edmonton where she had open-heart surgery to have a central shunt put in her chest. Hope was diagnosed with a serious congenital heart defect called pulmonary atresia that makes it hard for her to breathe.

"From the beginning, we were told Hope would have to undergo additional surgeries, but fortunately Hope is headstrong and stubborn and has defied those odds and hasn't needed surgery yet," her mother said.

Heather describes Hope as a very happy, funny, smart five-year-old girl who is not shy at all. She is still on medication to keep her blood thin and she continues to be followed by a pediatric cardiologist and receives great care at the Children's Variety Heart Centre.

"My family and I are so grateful that Hope has been granted a wish. Although she hasn't chosen what that wish will be, she loves to be actively involved with the Children's Wish by participating in concerts, events and activities such as the Wish Maker Walk where she held Queen Elsa's hand for the entire way."

Hope has some really fun and interesting ideas for a wish, including tak-

ing a rocket ship to the moon with queen Elsa, unicorns and minions.

"No matter what Hope chooses for her wish, I know it will become one of her fondest memories," Heather said. "Please know that the Children's Wish Foundation really does make a difference, not only in children's lives but for entire families. Hope and I are extremely grateful to the Wish Foundation and to everyone who generously donates their time and money and everyone here today, please know that you truly make a difference in our lives."

Keith, another wish recipient's father, also took to the stage to reiterate how a wish can affect a family. His son Chase was born with a terminal brain disorder and was totally disabled. In



EXPRESS PHOTOS BY JO-ANNE PROCTER

Five year old Hope, Woodland's Ride for a Child's Wish recipient, waved at her daddy from the stage as her mom Heather spoke of Hope's journey with organizer Gary Peltier standing by for support.



John Peltier, right, was first in line to be served dinner by his son Gary. The Peltiers and their team of volunteers served 650 guests their popular dinner of pork, chicken, corn on the cob, baked beans, baked potatoes, coleslaw and homemade buns.

1999, they were granted a wish to go to Disney World to visit his favourite character, Mickey Mouse.

"Whether it is \$1, \$5, \$20, every dollar helps to send these children on their wish," he said.

Chase was seven years old when his wish was granted, and it changed his life for the next two years until he passed.

"Thank you for supporting. Spread the word," he said. "You do make a difference. You made a difference in my life, in my son's life."

Twenty-eight years ago, Gary and Silver Peltier went to the Home Expressions Show in Winnipeg, and the Children's Wish had just started their chapter in Manitoba. After explaining what they would like to do, a gentleman in the military told the Peltiers, "If you give me a dime today, it is a dime I didn't have yesterday."

That first year, they had 11 riders and 26 people, Gary told the crowd, and \$750 was raised.

"We are approaching \$1.3 million



EXPRESS PHOTO BY DONNA RIDGEWAY
Andie Soroka, riding Jet, took a photograph of former wish recipient Pasley Amyott along on the 10-mile trail ride.

now and we are not quitting," he said. "There are more kids like Hope, more kids around that need us. You people are wonderful. I take my hat off to all of you for your continued support."



Miss World Hooters 2016 Megan Pugh placed her tiara on Hope's head, making her feel like a princess.



For the past two years Wally Finnbogason, left, has raised the most money in pledges as well as been the oldest rider. Organizer Silver Peltier recognized him along with their youngest rider, five-year old Jocely Calvo Krentz.

Stepping back in time at Eriksdale Creamery Days

By Rozanne Nevakshonoff

Andrea Sweetland, MC, welcomed everyone to the 12th annual Creamery Days this past Saturday.

Sweetland explained this was the third year holding the Creamery Days in conjunction with the Eriksdale Heartland Rodeo and Tractor Pull. Events started on Friday night and continued on through Sunday. What a wonderful parade it was, with over 40 entries, and year after year, they get better and better.

New to the program was the addition of something people remember from ages past, a "Home Living Section" with categories in painting/crafts and baking for ages 3-11. For ages 12 years and older, there was photography/crafts, baking and preserves.

All of the entries were on display in the museum with the first, second and third place winners receiving red, blue and white ribbons.

The museum is now hosting five of the 10 travelling trunks from the *Unlock the Stories of the Interlake* tour.

The pièce de résistance, however, was the "Event of the Year" trophy presented to the Creamery Days committee by Interlake Tourism, which will be on display for the next year.

Creamery Days is now entered in the Manitoba Event of the Year title competition. Sweetland expounded on the generosity of the sponsors with over \$12,000 being donated, including over \$5,000 in-kind donations. She encouraged everyone to support these community sponsors to ensure their viability in years to come.

Along with local sponsors, the federal government has continued to play a roll through funding for two students, Kaylee Weatherburn and Austin Nichol, who were instrumental in getting the Creamery Days ready to

go, as well as being on hand to give tours and answer any questions.

The Manitoba government continues to give to the event through a Community Places grant applied for by the museum committee each spring. As well, 270 volunteer spots are required to run this event, with many pulling double duty, but the citizens of Eriksdale come together year after year to make this event happen. Volunteers include the parade marshal, announcers, the Eaglets daycare who operate the canteen, the rodeo committee, mobile stage and sound, and more.

The community spirit in Eriksdale is outstanding. Each separate committee works together to make memories happen.

Musicians of all ages took to the stage to entertain the crowd: Neil Thornham, Ross Gumbrel, Raelene Lucier, Jeanette Rayden, Tina Brill with her daughters Ryelle and Aurelia, to name a few. The music was varied and even included a tribute song to the Tragically Hip.

Following the events at the Museum grounds, attendees wandered over to McKewen Park to watch the tractor pull while others started getting ready for the rodeo.

Roy Lucier and Leanne Kell got everyone weighed in and into their proper categories while others were getting the track ready and the skid calibrated.

Antique tractors from 1960 and older with no modifications are weighed and placed in six different weight categories. The tractor pull is becoming more and more popular and showing up at more main events. For this and many other reasons, be sure to mark down next year's Eriksdale Creamery Days as a must do.



EXPRESS PHOTOS BY ROZANNE NEVAKSHONOFF

The Home Living section was new this year at Eriksdale Creamery Days.



The Eriksdale Creamery float was all decked out with antique creamery cans, a butter churn and Holstein cows.



Antique tractors and horses were some of the 40 entries in this year's parade.



Tina Brill with her daughters Ryelle and Aurelia performed on the stage.

Nova Scotia fire department drops by for Gimli Fire Hall grand opening

By Patricia Barrett

The grand opening celebration of the new Gimli Fire Hall last Saturday drew hundreds to the facility on 2nd Avenue and saw a surprise visit by those from away.

Fire Chief Chris Spencer and firefighters Pam Spencer and Natasha Sanford from the Summerville & District Volunteer Fire Department (about an hour northwest of Halifax, N.S.) pulled up in their shiny new pumper just after the speeches wrapped up.

They brought along Lance Spencer (no relation), regional manager of Winnipeg-based Fort Garry Fire Trucks, which built the new pumper for Summerville.

"We thought we'd swing by and see your new station," said Fire Chief Spencer. "... Chief [Gary] MacGregor, he delivered our new pumper-tanker in 2007 all the way to Nova Scotia. And so we wanted to come by and see his new station."

Gimli Mayor Randy Woroniuk, CAO Joann King and Chief MacGregor greeted the out-of-town visitors, who toured the facility and let people climb aboard their new pumper.

"We're hoping that Chief MacGregor will drive it home for us," said Chief Spencer, laughing. "We haven't got his answer yet."

Fort Garry staff will likely be driving the truck — a "conventional freight-liner" as opposed to a "custom chassis" — the 3,500 kilometres to Summerville in order check its road worthiness, said Spencer.

A conventional pumper typically costs about \$500,000 and is expected to last 20 to 30 years.

Fort Garry builds trucks for fire departments across the country. Recent deliveries were made to stations in Thunder Bay and Moosonee (Ont.), Ponoka and Siksika First Nation (Alta.) and La Ronge (Sask.).

Decked out in pink T-shirts emblazoned with the fire department's logo, firefighters and members of Gimli's council and administration chatted with residents about the new hall, which is double the size of the old station and which came in on budget, according to Deputy Mayor Peter Peiluck.

Fire Chief MacGregor took to the podium early in the afternoon to thank everyone for supporting the department.

"I don't even know where to start to thank people," he said. "I guess I could start with the youngest guy in the crowd, my good friend Joe Arnason."

Former Fire Chief Joey Arnason, now 95, served with the department from 1945 to 1973. The crowd applauded Arnason for his dedication to protect-



Former Fire Chief Joey Arnason, who served with the department from 1945 to 1973, was among the celebrants at the grand opening.

ing residents and property.

MacGregor also thanked his Deputy Fire Chief Ken Arnason, Gimli MLA Jeff Wharton and council for their support. He singled out Peiluck for the countless hours he put into making the new station a reality.

The mayor, who used to fight fires when he was a resource officer for the province, thanked those who helped bring the project to fruition, which included the firefighters themselves, the contractor (Crane), municipal staff and councillors.

"This was a long project. [It] started about 10 years ago, according to Joann [King], and she has been here ever since to look after it," said Woroniuk. "... this was the effort of a lot of people; Deputy Mayor Peter Peiluck, Coun. [Thora] Palson, Coun. [Danny] Lyprypa did a lot of work so we can stand here today in a brand new building."

MacGregor invited people to climb in the trucks and take a spin with a firefighter around town if they so desired. Deputy Fire Chief Ken Arnason gave the *Express* a tour of the new hall and pointed out some of the design features.

Ringling the periphery of the five-door station are offices and equipment rooms, including a room with a compressor to fill oxygen tanks. Area fire departments will be given access to the compressor (one of three in the region) through an external door.

The Gimli fire department deals with over 125 fires a year on average, including bush fires in remote areas, said Arnason. It also attends to ve-



EXPRESS PHOTOS BY PATRICIA BARRETT

(Left to right) Summerville & District Fire Chief Chris Spencer, Gimli Fire Chief Gary MacGregor, Summerville firefighters Pam Spencer and Natasha Sanford, and Fort Garry Fire Trucks regional manager Lance Spencer (no relation to the firefighters) attended the grand opening of Gimli's new fire hall.

hicular accidents and carries out ice (Lake Winnipeg) rescues.

The station has a special floor that is easy to clean, a large kitchen and dining/meeting room, an industrial laundry machine, in which "bunker gear" (fire suits) can be decontaminated, a "pumped-air" machine for drying suits and a second-storey debriefing room where firefighters can talk about particular calls, especially those that may have been traumatic.

"You have a person that dies, or it could be somebody you know, it could be a young child," said Arnason, "so we never let a person in an incident like that just go home. ... Guys will ... sit here and [we'll] do an informal chat. It's a place to unwind and talk."

The station currently has 20 firefighters but started out with four, said Arnason. Three men who worked for the town (including Arnason's father, Joey Arnason, and grandfather Ellis Anderson), along with the town's sole RCMP officer, were part of the first department. They bought a fire truck — a machine with a hose on a cylinder — which they pulled behind a steam pumper.

The second storey of the new station has space to accommodate future growth.

Gimli MLA Jeff Wharton and his wife Marielle mingled with constituents and toured the station.

"They service a large area ...," said Wharton, referring not only to the town and RM but centres outside the RM. "Whenever there's a situation that requires additional support, that's when mutual aid kicks in and



Fire Chief Gary MacGregor (left) and Mayor Randy Woroniuk thanked firefighters and RM staff and councillors for their efforts in bringing the new hall to fruition.

the other departments stand together to support each other."

Gimli helps out towns such as Winnipeg Beach, Fraserwood, Inwood, Ashern, Arborg and Riverton.

When asked whether he was cross for having been overlooked when the pink T-shirts were doled out, Wharton said (very tongue-in-cheek) that he was "disappointed ... but I'm telling you, the chief will definitely right the wrong."

The fire department will be moving into the new station this week.

PR 234 a “slap in the face” to taxpayers: Part 2

By Patricia Barrett

Provincial Road 234 is in dire need of repair and is jeopardizing the safety of those who have to use it, according to residents living in communities in the region.

The road hugs the west side of Lake Winnipeg between Riverton and Matheson Island and sees daily convoys of semitrailers hauling peat moss from the mines clustered throughout the peninsula north of Hecla Island.

It's the only road in and out for those living in Matheson Island at the tip of the peninsula near the narrows. Communities to the south, such as Pine Dock and Calder's Dock, as well as a 100-plus cottage development near Beaver Creek, also rely on the road to access groceries, gas, banks and medical services in Riverton.

A Matheson Island resident, who also has a home in Pine Dock, said the province has neglected the road for the past 15 years and that he has made repeated requests to get it fixed.

The *Express* published Part 1 of an interview with William Mowat in a previous edition. In Part 2, Mowat discusses personal safety along the road and its effect on tourism.

People who live along 234 have limited or no access to essential services, and have no choice but to drive to Riverton or Gimli to buy food and obtain medical care.

To the best of his knowledge, Mowat said there have been seven deaths on the road because of poor maintenance.

“Everybody that travels this road has probably had a close call with ... rolling over in the ditch full of water.”

To make matters worse, Mowat said the province cuts the tall grass at the side of the road only once a year, and it, along with willows that are not being trimmed back from the road, obscures wildlife.

“The road is getting overgrown and it's a real safety issue. If you're travelling at dusk and a moose comes out, you're going to hit it,” said Mowat, who has hit two and had his vehicles

written off.

Matters of safety, especially timely access to emergency health care, also concern Matheson Island's council.

Chief Administrative Officer Joanne Flett said a local woman who injured her back a few weeks ago required an ambulance to transport her to Riverton.

Matheson has no medical service.

“The ambulance came [from Riverton] and they were actually quite disgusted with the road,” said Flett. “And they called STARS to come and take her in. STARS was going to come, but they had to go to a more urgent call.”

Flett said one of the EMS attendants indicated she was going to include in her report how bad the road is.

They had to come to “just about a complete stop” along sections of the road.

Flett said there have been at least eight deaths on the road to the best of her recollection, including a head-on collision partly caused by a semitrailer obscuring the view of the narrow road.

And if somebody was having a heart attack or was badly injured, timely access to medical care would be an issue, she said.

The road up around Matheson has been improved to a certain extent since spring, said Flett, but wet weather does affect its stability as well as the volume of truck traffic.

“Highways has been on it quite regularly trying to plug up the holes ... but there's three peat moss plants and Sunterra is one of them,” said Flett. “They have two sites and the semis [are] on [the road] five days a week.”

She wonders why the government doesn't ask the peat moss companies to consider contributing some funding to repair the road, which is used by the 103 or so residents of Matheson Island plus those from other communities.

“You have Pine Dock,” said Flett. “You have the cottage lots all along Little Deer and Beaver Creek. You have an



EXPRESS PHOTO COURTESY OF WILLIAM MOWAT

This stretch of PR 234 became a virtual mud bath during a spell of wet weather.

airport at Pine Dock that services the reserves of Bloodvein, Berens River, Poplar River, Little Grand Rapids. So it's just not us.”

Flett also cited a loss of tourism and economic development opportunities because of the bad state of the road.

“People don't really realize how bad it is for us out here. And we have a beautiful island. It's beautiful, with a wonderful beach and all this greenery, and nobody can enjoy it because nobody wants to come out here [on 234].”

When he operated the air service at Pine Dock, flying tourists across the lake for fishing on the rivers, Mowat said it was a hard go.

He recalled one group of men from the U.S. Midwest cancelling their reservation when they started driving up 234.

“They phoned me ... from Riverton and told me, ‘You can keep our money. We're never coming back because we started coming down that road and there's no way we're doing that to our vehicle just to go fishing. We will take our money and go south.’”

A spokesperson for Manitoba Infrastructure provided some information about recent and future work on PR 234.

He said the province does have “a couple [of] spot ... improvements ... at a cost of about \$100K to \$150K each planned for later this summer.”

He also said \$100,000 was allocated to spring maintenance to fix frost boils

and undertake blading and graveling, and \$235,000 was allocated for dust control, which was applied.

There will be “ongoing spot maintenance at various sites,” he said.

Information about the province's long-term plan for 234 was not provided.

Mowat said he has no idea why the province won't “fix” the road given its present economic value to peat moss mining.

“When they built the road back in the '50s, all they did was use the material that was there,” he said. “So if they were crossing a muskeg ... or if it was boggy ground, they used [that] ground to build the road. You can [now] see ... logs sticking out on the road ... you can see the mud coming out.”

Mowat said when Highways comes out to grade, it only “drags the material back and forth” across the road.

“They're not fixing anything. ... They've only come out here to shut people up.”

And the spot maintenance the province does undertake is, in his mind, a waste of public money because it doesn't solve the problem.

“We're all taxpayers here,” said Mowat. “And for the road to be in this condition is a slap in the face for all the taxpayers out here. The government has no respect for the people out here, obviously, or they would fix the road.”

Sexual assault crisis centre seeks volunteers in Selkirk

Staff

The Survivor's Hope Crisis Centre is seeking volunteers in Selkirk and area to train as sexual assault crisis intervention workers.

“We are happy to share that we are expanding the SARAH Program into the Selkirk area in 2017 through a pilot project at the Selkirk Hospital,” a release last week stated. “Women living and working near any of our support centres are invited to find out

more about volunteering as SARAH Workers.

“Our workers offer respectful support as they validate a victim's experience with sexual violence and help them navigate the many decisions that follow such a traumatic event.”

While offering emotional support, the program also helps survivors sort through their options as they gather their strength to move forward in a healthy manner.

The program is unique in rural Manitoba since it is the only rural support service specifically dedicated to supporting victims of sexual assault and have been providing support services in eastern Manitoba since 2003.

The program is established in Powerview-Pine Falls, Pinawa/Lac du Bonnet and Beausejour/Oakbank through the local hospitals, RCMP detachments and two drop-in offices. The program also supports victims

coming from many surrounding communities.

Training takes place over 40 hours in October (weekends and evenings). Interested women can contact their office at 204-753-5353 or email director@survivors-hope.ca for more information and the application package.

The application process must be completed by Sept. 18.

get inspired

> MEAL IDEAS

One Potato, Two Potato Double-Layered Mash



- 1-1/2 lbs/750 g
- 2 sweet potatoes, (about 2 lbs/1 kg)
- 3 cloves garlic
- 1 cup (250 mL) 1% milk
- 1/2 tsp (2 mL) pepper
- 1/2 cup (125 mL) non-fat plain Greek yogurt, divided
- 1/2 cup (125 mL) fresh whole wheat bread crumbs
- 1 cup (250 mL) shredded lower fat Canadian old Cheddar or Swiss cheese or 1/2 cup (125 mL) shredded regular Canadian old Cheddar or Swiss cheese
- 2 tbsp (25 mL) chopped fresh parsley
- Directions

Peel yellow and sweet potatoes and cut into chunks (keep separate). Combine yellow potatoes and garlic in one saucepan; add cold water to

cover. Repeat with sweet potatoes in another saucepan. Bring both pans to a boil over high heat. Reduce heat and boil gently for 10 to 15 minutes or until fork tender. Drain; return potatoes to pans.

Meanwhile, in a saucepan or in a microwave-safe measuring cup, combine milk and pepper. Heat over medium heat on stovetop or on Medium (50%) power in microwave until steaming, for about 3 minutes.

Lightly oil an 11 x 7-inch (28 x 18 cm) or 8-inch (20 cm) square glass baking dish.

Mash yellow potatoes and garlic while gradually adding 3/4 cup (175 mL) of the warmed milk and half of the Greek yogurt. Spread into baking dish. Mash sweet potatoes while gradually adding remaining warmed milk and remaining Greek yogurt. Spoon on top of yellow potatoes and gently spread to cover. (Can be cooled, covered and refrigerated up to 2 days).

If casserole has been refrigerated, preheat oven to 350°F (180°C). Cover baking dish with foil and bake for 45 minutes to 1 hour or until heated through.

Preheat broiler. In a bowl, combine bread crumbs, cheese and parsley; sprinkle over hot potatoes in dish. Broil for about 3 minutes or until topping is crisp and golden.

Leave Work Behind When Getting To Sleep



Having trouble sleeping? Nothing can be more frustrating than being tired and wanting to sleep, but instead being wide awake, aware that the hours are ticking away. Sometimes sleep is difficult because of health conditions, a noisy or restless partner, or a fussing baby. These things are beyond your control, and you have to make the best accommodations that you can in your situation.

Perhaps even more frustrating is the absence of external distractions, but instead an internal chatter that we just cannot seem to control. You tell yourself to just relax and get some sleep. You empty your mind, prepared to slip into dreamland. Then it starts.

Your mind starts working on problems or creating new ones. It is like a twenty-four hour movie is playing in your head. You slip out of the theater of your mind once in a while to look at the clock, becoming increasingly anxious as the available hours for sleep dwindle away.

Why does this happen? There are many reasons, including genuine worries or ongoing life difficulties,

or too much coffee during the day. Most often though, it is because we do not know how to slow down our minds. Imagine that you have just run a mile or two uphill. Your heart rate will rise, and it will take some time for it to return to its normal resting rate.

If, throughout the day, your mind is running a mile a minute, it is highly stimulated and is not going to settle down just because you lie down. Some people "unwind" in front of the television. While that may be relaxing for the body, even the most mindless program is stimulating brain cells, though not necessarily the thinking ones. The number of changing images, colors and sounds in a one hour program is a lot of sensory input.

What is helpful is to take some time for real relaxation before going to bed. This might be a nice warm bath, listening to soft music, or just sitting in quiet contemplation or even watching the stars. What is essential is that you do not think about the things you were thinking about all day, or what will be happening the next day. It can also be helpful to cultivate a quiet mind throughout the day. Take five minutes of every hour and sit still, clear your mind, and breathe deeply.

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

Sliced Steak With Crispy Polenta

- 1 1-pound lean flank steak, trimmed
- 1/2 teaspoon ancho or regular chili powder
- 1/2 teaspoon salt
- 1 16-ounce tube fat-free polenta, cut into 12 slices
- 1 1/2 cups fresh or thawed frozen corn kernels
- 1 red bell pepper, chopped
- 1/2 red onion, chopped
- 1 jalapeño pepper, seeded and minced
- 2 tablespoons chopped fresh cilantro

1. Spray ridged grill pan with nonstick spray and set over medium-high heat. Sprinkle steak with chili powder and salt. Place steak in pan and cook until an instant-read thermometer inserted into side of steak registers 145 F for medium, about 5 minutes on each side.

Transfer steak to cutting board and let stand 5 minutes. Cut on a diagonal into 16 slices.

2. Meanwhile, spray boiler rack with nonstick spray and preheat boiler. Arrange slices of polenta on rack and broil 5 inches from heat until crispy and heated through, about 2 minutes on each side.

3. Spray medium skillet with nonstick spray and set over medium heat. Add corn, bell pepper, onion, and jalapeño pepper; cook, stirring, until softened, about 5 minutes. Remove skillet from heat and stir in cilantro.

4. Place 3 slices of polenta on each of 4 plates and top each serving with 4 slices of steak. Divide corn mixture evenly among plates.

Do it faster: To neatly and quickly remove the kernels from an ear of corn, place a bowl in the sink, stand the corn on end inside the bowl, and cut off the kernels with a knife. Any fly-away kernels will end up in the sink.

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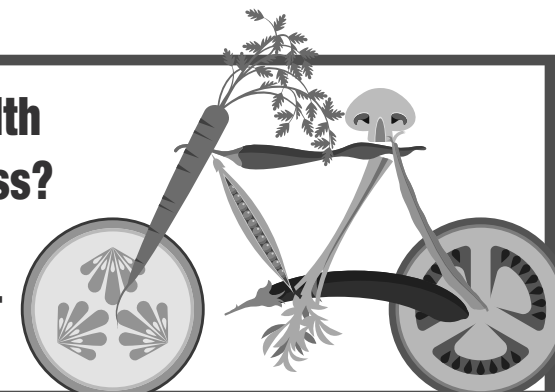
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Agriculture

First Cdn. beef industry conference a success

By Harry Siemens

The Canadian beef industry held its inaugural beef conference in Calgary earlier this month, and Langruth producer Tom Teichroeb, who serves on the executive of the Manitoba Beef Producers and the Canadian Cattlemen's Association, says it was a smashing success.

Over 600 people registered for this very important conference, giving producers a great opportunity to help move the beef industry forward.

"As far as the motivation for this, we wanted to first and foremost have much more industry recognition around our semi-annual meeting," says Teichroeb. "The idea for this summer meeting was to enhance the recognition and promote our industry a

little more."

The conference focused in part on promoting the national beef strategy, Teichroeb says, including the four pillars of demand, productivity, connectivity and competitiveness, and how Canada can stay competitive in such an aggressive global market.

Included in the event were groups such as Canada's Young Leaders and the Young Cattlemen's Council. In addition to the huge youth presence, promoting agency Canada Beef and the Beef Cattle Research Council were also in attendance.

When it comes to the issue of how the beef industry will increase the demand for the product, Teichroeb says all sectors of the industry are working toward that goal.

"We now have new government, but

under the old government we had extremely good relationship with then Ag Minister Gerry Ritz where we were able to forge into new ground globally where we have never ever gone before and even fix up relationships and foster relationships following the BSE disaster in 2003 with countries like Korea and make huge inroads into China last year," he says. "And build on that continuing now with the new Liberal government on trade connections and continuing to work on all those different options and make sure that we stay competitive, and as competitive as we possibly can."

When asked whether increasing productivity is getting the less productive producers up to speed, or can the top producers do better too, Teichroeb says, "We can all do much

better."

For example, Ontario had talked a little bit about their targets and they want to open up Northern Ontario to grow their beef industry and have also challenged southern Ontario for everybody to grow ten per cent.

"It is not just growing in numbers but it is all those other things like the good research that ties into good feeding practices, to managing our land just a little bit better from an environmental perspective to make less of a footprint," Teichroeb says. "There are so many layers to become better and to becoming more efficient but not doing so at the expense of the environment, our neighbour, or anyone else for that matter. There is so much room to grow for all of us all the time."

Home Hardware offers limited edition Canada 150 tulips

Staff

As Canada prepares to celebrate its 150th birthday next year, Home Hardware will be adding to the festive atmosphere with limited edition red and white tulips.

To celebrate the national milestone, Home Hardware Stores Limited has joined forces with the National Capital Commission, Kingdom of the Netherlands and Communities in Bloom to select and distribute the Canada 150 tulip.

These tulips bear a remarkable resemblance to the Canada flag with a white background brightened up with red flames.

Starting in early September, these tulips will be available at all Home Hardware Stores and Home Hardware Building Centres across the country, including the Arborg store at 451 Main St.

Steeped in significance, the tulip represents gratitude and a long-standing friendship between Canada and the Netherlands, noted Netherlands ambassador Cees Kole.

These flowers were first planted in Ottawa in 1945 when the Netherlands sent 100,000 tulips as a post-war thank-you gift to Canadian soldiers

for the role they played in liberating the Netherlands.

As CEO of Home Hardware Stores Limited, Terry Davis outlines the importance of the Canada 150 initiative.

"As a 100 per cent Canadian owned and operated company, we are proud to bring such a unique offering to our customers to celebrate an important milestone in Canada's history," Davis said in a press release.

"We look forward to seeing the tulip blooming in communities across Canada in 2017."

Sheri-Lee Yarema, hardware floor manager, at the Arborg location, said the local business ordered 1,850 of the Canada 150 tulips. The festive flowers come in packs of 25 for \$12.97.

The Arborg store will have a limited supply so if anyone is interested Yarema, says not to delay in purchasing them.

"We had to put in our order in months ago and weren't really sure how many we would need, as they are perishable. For anyone that is interested they will be in high demand and are limited in numbers."

The tulips should be arriving early September and shouldn't be planted until fall at the end of September.



EXPRESS PHOTO SUBMITTED

Home Hardware will be selling red and white tulips to celebrate Canada's 150th birthday.

When planting bulbs it should be 60 degrees Fahrenheit (15.5 Celsius) or colder and they should be planted about six inches deep

The mid-season bloomers will grow to about 22 inches tall. In addition to community and residential gardens, 300,000 Canada 150 tulips will be on display next year in the National Cap-

ital Commission's flowerbeds.

Since the Canada 150 tulips are expected to be in high demand, Yarema is already compiling a list of anyone interested in purchasing the flowers. To add your name to the list, contact the store at 204-376-3090 or drop by 451 Main St. in Arborg.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Impact pounds Portage in soccer action

By Brian Bowman

The Interlake Impact isn't used to losing too many games.

And they must not like losing very much, either.

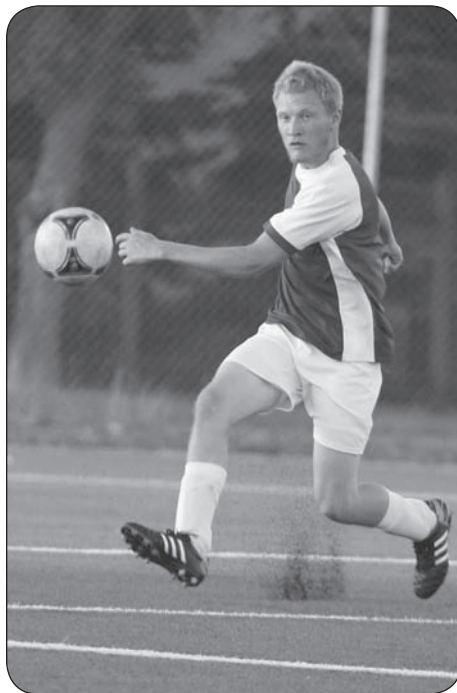
After getting upset 4-2 by Polonia FC on Aug. 16, the Impact exacted some serious revenge on the Portage Cobras just four days later with a dominating 9-1 victory.

The win over Portage was a real nice way to stop a one-game losing streak.

"We spread the field really nicely and we were able to make decisions quickly," said Impact player/coach Dean Dueck Tuesday morning. "We were able to get wide and move the ball. We were hungry to get back (into the win column) after the game before."

The loss to Polonia FC was just Interlake's second of the season. Polonia did a great job playing physical with the Impact while taking away their time and space throughout the match.

"They played a really good game," Dueck said. "They came out strong and they were in our face a lot. They played a very aggressive game and they didn't give us any time. We weren't ready for that."



EXPRESS PHOTOS BY LANA MEIER

The Interlake Impact had a rare loss on Aug. 16, losing 4-2 to Polonia FC. But the local team bounced back in a huge way with an impressive 9-1 win over the Portage Cobras last Saturday.

The teams were tied at 2-2 with about 20 minutes remaining when Polonia FC scored the eventual game winner. They later added an insurance marker.

With the split last week, Interlake remains in first place in the Division 6 standings with a 13-2 record. They have 39 points, which is 11 ahead of second-place Portage.

The Impact will play Landmark FC this Sunday (4:30 p.m.) at the Buhler Recreation Park and then wrap up their regular season with a pair of games next month.

Lawn Bowling Club hosts 'Gimli Olympics'

Submitted

The Gimli Lawn Bowling club hosted a "Gimli Olympics" on Aug. 17 when every team represented a country currently participating in the Olympics in Rio de Janeiro and was also a World Lawn Bowling Federation member.

The teams represented this year were Canada, New Zealand, Australia and Switzerland.

The Gimli tournament consisted of three round-robin games

with the overall point winner taking the prize.

The winning team represented New Zealand and consisted of lead Rick Miller, vice-skip Ken Duthie, second Emily Devlin and skip Mike Devlin.

Congratulations to the honorary New Zealanders. A great time was had by all with plenty of sunshine, delicious refreshments and lunch.

If anyone is interested in lawn bowling, a sport for all ages,

they are encouraged to come out on Tuesday and Thursday evenings (at 6:30 p.m.) to join in the fun. Lessons in the sport will be available.

The Gimli Lawn Bowling Club is located adjacent to the 55+ New Horizon clubhouse on North Colonization Road in Gimli. Those interested can also contact club president Ian Thompson (204-641-1626) or past-president Marcel Cherlet (204-642-7117).



EXPRESS PHOTO SUBMITTED

The winning team representing New Zealand included, from left to right, lead Rick Miller, vice-skip Ken Duthie, second Emily Devlin and skip Mike Devlin.

Interlake girls lead Manitoba to silver at nationals

By Brian Bowman

Team Manitoba, which featured three Interlake girls, won a silver medal at the 2016 16U Girls Invitational Baseball Championships in Vaughan, Ont. last weekend.

Manitoba earned their silver medals after losing 11-1 to Ontario in the gold-medal game on Sunday.

"They did a fantastic job," said Team Manitoba coach Marc Bissonnette from Toronto late Monday evening. "We went there with the idea of coming home with a medal and we did."

Arborg's Laura Kilbrei scored Manitoba's lone run in the top of the fourth inning. Kilbrei and Arborg's Jamie Johnson each had a hit in the five-inning game.

Johnson also pitched three innings against Ontario, allowing six hits and five earned runs.

"Jamie is the type of player that puts a lot of pressure on herself and really wants to perform at all cost," Bissonnette said. "Jamie had a fantastic tournament....and she will be one of our leaders for next year."

Garson's Brittney Langlais was 0-for-3 in the game.

"All three Interlake girls did a fantastic job," Bissonnette said. "For Brittney and Laura, it's their last year, and of the three I would have to say that Laura improved the most over the last year."

Manitoba's loss to Ontario was their only one at the nationals. Team Mani-

toba started play with a 4-3 win over Nova Scotia last Thursday as Johnson was perfect on the mound in three innings of relief (striking out four) to earn the win.

"We knew this year that we were pretty deep with pitching," Bissonnette said.

Kilbrei, meanwhile, scored twice in the win and had a pair of stolen bases.

Manitoba's bats were red-hot on Friday as they blitzed Saskatchewan 22-0. Kilbrei, Johnson, and Langlais each had three hits in the game. Langlais scored four times and had three RBI while Johnson also crossed the plate four times and had a pair of RBI.

Kilbrei, meanwhile, had a run batted in and scored once.

"We had a decent defence and the big question was if our bats would do the job and they did," Bissonnette said. "The girls were hitting the ball hard and better than I expected."

Manitoba kept on swinging the bats well as they doubled Quebec 12-6 - scoring six runs in the fifth inning - on Friday. Johnson scored three runs while Langlais was 3-for-5 with two runs scored and three RBI.

Langlais was also real good on the hill, allowing just two earned runs in seven innings of work. She also recorded seven strikeouts.

Team Manitoba then earned a spot in the gold-medal game after beating B.C. 6-5 as they scored the winning run in the bottom of the seventh in-



EXPRESS PHOTO BY JOANNE JOHNSON

Arborg's Jamie Johnson and Laura Kilbrei won a silver medal at the 2016 16U Girls Invitational Baseball Championships in Ontario last weekend.

ning on Sunday morning.

Langlais had a pair of hits in the win - including the game-winning RBI - while Johnson added a hit, scored a run, and had an RBI.

Langlais was also extremely good on the defensive end as she was selected as the top pitcher at nationals.

"Brittney, in my mind, was the best pitcher at this tournament," Bisson-

nette said proudly, noting Langlais has a great changeup. "She was the best pitcher and deserves all of the accolades that they have given her."

"I have seen her over the last four years and she is so much stronger mentally. She's matured, has gained some experience, and she was a fantastic leader all weekend."

Thunder shut out Southwest in weekend action

By Brian Bowman

For the third consecutive week to start the 2016 Midget Football League of Manitoba season, the Interlake Thunder have been involved in a game that ended in a shutout.

And, for the second straight week, the Thunder have been on the winning end of the final score.

Interlake continues to play some outstanding defensive football as it crushed the Southwest Wolves 35-0 on Saturday in Stonewall.

"We continue to play very good football on the offensive side of the ball, defensive side of the ball, and special teams," said Thunder head coach Kris Johnston.

The Thunder jumped out to a commanding 21-0 halftime lead and continued to dominate in the second half.

Thomas Dunlop had a great game

at quarterback, finishing 11-for-16 through the air for 155 yards and a pair of touchdowns. On the ground, he rushed six times for 43 yards and a TD.

"He's really growing into his role as the quarterback on our team," Johnston said. "He had an opportunity to throw the ball a little more and he made good decisions."

Southwest made a major commitment to stopping the run and they did a good job of that. But the Thunder countered nicely by exploiting the Wolves' secondary as Southwest was so focused on containing Interlake's running attack.

Thunder receiver Germain Waldner had a strong game, finishing with five catches for 86 yards and a TD. Alex France hauled in six catches for 46 yards while Mitchell Rogoza had an

18-yard TD reception.

"Waldner and France had really good games," Johnston noted.

The Thunder's special teams, meanwhile, were also real good. Austin deLaroque raced in for a touchdown from about 25 yards after recovering a fumble on a kickoff in the second half while the Thunder also blocked a punt.

On another punt attempt, Interlake had great pressure which forced the Southwest punter to fumble the ball to give the Thunder tremendous field position.

Defensively, the Thunder continues to play some outstanding football as evident by the two consecutive shutouts. Interlake's speed on defence has really been noticeable the past two games.

"They continue to play lights out,"

Johnston stressed. "Defensive-wise, they are playing fantastic football right now. But we're still growing as a defence ... and there is still room for improvement."

With last Saturday's win, the Thunder is now 2-1 and is tied for second place with the Falcons Football Club in the five-team league behind the unbeaten St. Vital Mustangs (2-0).

The Thunder has a bye this weekend and then will host St. Vital in Stonewall on Sept. 3. Kickoff is 3:30 p.m.

"The bye could potentially be a huge advantage or it could be a curse," Johnston admitted. "It's a double-edged sword coming out of a bye. The bye gives us the opportunity to have five practices leading up to the Mustangs, which is an advantage compared to our normal three."

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