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## Canine companion

EXPRESS PHOTO BY HEIDI HELSTROM

Nine-year-old Bryce Helstrom with siblings Cade and Vilena and his eight-week-old husky puppy, Slushy. Bryce has been undergoing intensive therapy for advanced stage 4 T-cell lymphoblastic lymphoma and continues to make weekly cancer treatments trips to Winnipeg. See story pg. 4.

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

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# Injured woman says she was refused care at Arborg ER

By Austin Grabish

An investigation has been launched after staff in a hospital under nurse-managed care refused to treat a woman who had just been mauled by a dog.

Penny-Anne Wainwright showed up to the Arborg emergency room badly wounded after being viciously attacked by a dog on a farm near Arborg last Monday.

But instead of getting care from a nurse at the hospital, the 54-year-old said she was told the nurse would have to wait for phone instructions from a doctor in Selkirk before she could help her.

Gruesome photos provided to the Express by Wainwright, an Eriksdale resident, show deep bite marks in both her thigh and fingers and show jeans soaked in blood.

"I was in a lot of pain bleeding from my thigh and my hand," Wainwright said. "My hand was swelling up. I had no feeling in my fingers and I was quite worried — the dog has no inoculation, no rabies shots, no nothing."

Wainwright said she was told there were no physicians available in Gimli, Ashern or Eriksdale to help her and instructions from a Selkirk doctor

could take a few hours to come.

But Wainwright phoned her family doctor in Lundar and was told she would be seen if she went to Ashern.

She said the nurse told her if she left the hospital and went to Ashern she would not be cared for, but her boss drove her to the Ashern ER anyway. There, she said she got "fantastic" care from ER staff.

"This isn't even hallway medicine. It's highway medicine," Wainwright said. "Like, literally, you go up and down the highway until you find a spot. In the city, at least you can go to a hospital. Here, we don't have that option because we don't have doctors."

Interlake-Eastern Regional Health Authority CEO Ron Van Denakker said an investigation into the matter has been launched and he has apologized to Wainwright.

"Clearly, we failed Penny," Van Denakker said.

He added Selkirk's hospital was busy due to doctorless ERs in Gimli, Arborg and Eriksdale so no physician was free to give instructions to the nurse in Arborg.

"Selkirk was absolutely going nuts," he said.

Van Denakker couldn't say why the



EXPRESS PHOTO SUBMITTED

A farm dog mauled Penny-Anne Wainwright, 54, near Arborg last Monday, puncturing the Eriksdale woman's hands and thighs. When Wainwright went to get help at Arborg's ER, she said she was refused care. The hospital is one of several in the Interlake that are currently under nurse-managed care.

nurse in Arborg couldn't help Wainwright nor did he know if nurses are allowed to treat a patient bitten by a dog.

But Van Denakker said ER nurses in the Interlake are highly trained "which is why this is a bit perplexing to me."

Wainwright said she felt a nurse should have been able to clean up her wounds.

She said while she's happy the RHA is investigating, she's not confident the level of care the region is able to provide will change.

"They've been saying this for years

and they've been stringing these poor nurses along forever."

Wainwright said she's thankful her injuries weren't worse.

"What if I couldn't speak? What if the dog grabbed my throat and I couldn't talk? How long would I have to lay there?"

She said despite her ordeal, she wants to thank the medical staff in Ashern as well as Eriksdale, who have been taking care of her since the incident.

Wainwright said the dog that bit her is being quarantined and was to be destroyed in the coming days.

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# RWB dance students set to take the stage at annual recital

By Jeff Ward

The time has come once again for the annual Royal Winnipeg Ballet (RWB) satellite program dance recital in Eriksdale.

The 17th annual recital is set to take the stage this weekend, Saturday, May 7 in the Eriksdale School at 7:30 p.m. This year's recital will have a Hollywood movie theme while students dance to choreographed numbers in costumes inspired by movies like *The Lion King*.

Program organizer Dolly Lindell said that Kaylee Weatherburn and Taylor Gabriel would be graduating from the program this year and will both be performing in their final recital. Lindell said that the occasion would be bittersweet.

"It's always nice to see them grow up with the program and see how far they've come each year," said Lindell, who organized the program as a way to create more activities for kids in the area. "The recital is always fun for everyone who attends, and we really try to transform the gym in the school into something you've never seen be-

fore. Set dressing, music, costumes and lights all make the show come together. And, really, the focal point is on the students who work so hard to memorize their routines."

Lindell said that many students are memorizing three or four different routines, and getting all the moves and timing down is an accomplishment in itself, paired with the pressure of performing in front of 300 people. Lindell believes that the students deserve some serious credit.

She said that the RWB would also be performing a small piece as well, which, like last year, will be a nice treat for guests. It's a bit of a thrill for students to be able to dance in the same evening as the career performers from the RWB, said Lindell.

"Even after this long, we still find that each recital is an exciting time. It's great for the parents and grandparents to see their kids perform and take pictures. It will be a lot of fun."

There will be a silent auction during the recital with all proceeds supporting the dance program. Tickets are sold out for the recital.



EXPRESS PHOTO BY JEFF WARD

RWB dancers of the Eriksdale satellite program are set to take the stage this Saturday for their annual dance recital. Last year's Jazz class performed a Where's Waldo routine to the delight of more than 300 guests.

## Lobsterfest coming to Lundar

Staff

The 8th annual Lundar Lobsterfest Dinner and Dance Fundraiser is fast approaching, and organizers are warning anyone who is thinking about attending to act quickly since tickets sell out fast.

Lobsterfest is one of the most popular summertime events in the Interlake, bringing people from all over the province to sample the freshest Atlantic lobster money can buy. The lobster will be 48 hours fresh out of the water, weighing in at a whopping 1 3/4 pounds each, caught off the coast of Nova Scotia.

The annual event serves as one of the largest fundraisers for the Lundar Grettir Coop Inc., with proceeds going towards a new arena complex. Last year, 500 tickets were sold to the dinner.

During the fundraiser, there will be a silent auction, fully stocked bar and live music with The 2Man Band featuring Luke & Noel. Each ticket holder has the opportunity to win the door prize of \$1,200.

Lobsterfest will take place on June 30 at the Lundar Arena. Tickets are \$55 each or \$65 if you'd like a steak and lobster. There will be a tropical theme this year and organizers encourage everyone to dress up.

For more information or to purchase a ticket, you can call Michele Sigfusson at 204-762-5399.

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# Helstrom's cancer battle will be a long affair

By Patricia Barrett

A nine-year-old boy who was diagnosed with cancer in March is back at school after undergoing intensive therapy but faces weekly cancer treatments for another seven months then monthly treatments for two to three years after that.

Bryce Helstrom, who lives near Winnipeg Beach, was diagnosed with advanced Stage 4 T-cell lymphoblastic lymphoma that caused enormous pressure on his heart, almost causing it to fail.

"It is an aggressive cancer," said his mom Heidi Helstrom, who, with her husband Garth, operates Helstrom's Performance Horses training and boarding stable. "But there is an 85 to 90 per cent success rate."

A mid-April visit by the *Express* to the Helstroms' stable found Bryce in pretty good spirits.

When he first started feeling ill, his mom and dad thought he had come down with the flu. But as the days wore on, he started to develop swelling in his face and neck and began eating less and sleeping more.

Heidi took him to a local emergency room where they were told he had acquired a "bad bug." The hospital prescribed a 10-day course of amoxicillin.

But the following day, Bryce started to experience difficulty breathing and the swelling in his face and neck had grown worse. He also had swelling in his chest.

Heidi drove to the Children's Hospital emergency room in Winnipeg, not caring if they thought she was being an over-reactive parent.

"I just needed that piece of mind that it wasn't anything more as my gut was telling me there was," she later wrote in a post to her friends.

The triage nurse admitted him immediately as he was not breathing well and his colour was a bit on the bluish side.

An ultrasound showed fluid buildup around his heart, fluid in his lungs and a tumour pressing severely on his heart. Cardiologists operated right away to take the fluid off his heart and inserted a catheter to drain the fluid.

"He was having great difficulty lying down to sleep for the first couple nights due to the pressure on his heart and lungs, so he would sleep sitting up," wrote Heidi in her post.

Bryce spent four nights in pediatric intensive care and was seen by oncologists, who determined the fluid buildup around his heart and lungs was likely being caused by a lymphoma-type tumour.

Bryce, who has performed in numer-



EXPRESS PHOTO BY HEIDI HELSTROM

The Helstroms roasted hotdogs on a fire in their backyard to welcome Bryce home after he had his appendix removed.

ous horse shows with his older brother Cade and younger sister Vilena, recently returned to school after two months of intensive cancer treatment. He underwent chemotherapy four days a week in a span of two weeks.

His mom said he didn't seem to "skip a beat" as far as falling behind in his school work.

"School is a great distraction," said Heidi. "He's not thinking about it."

Sigurbjorg Stefansson Early School has been wonderfully supportive and accommodating when Bryce experiences periods of tiredness.

"He can lie down at school," said Heidi. "They put a day bed in his class, and he can eat when he wants to and wear a hat."

"He has nine months of intensive chemotherapy," she said, "and two years of maintenance chemotherapy."

A day or two after he receives the thrice-weekly treatments, Bryce can feel a little nauseous.

"He only got sick a few times," said Bryce's dad, Garth.

Bryce's brother Cade said the news of his brother's illness is well known at Dr. George Johnson School where he attends class.

"Almost everyone I know knows about this," said Cade.

On the day the *Express* visited, the family was preparing to head down to North Dakota to meet up with horse friends who found Bryce a husky puppy.

"Bryce has always liked huskies," said Heidi. "They found the exact one he wanted."



EXPRESS PHOTO BY PATRICIA BARRETT

Bryce Helstrom (centre) snuggles on the family sofa with his sister Vilena and his brother Cade. He was diagnosed with T-cell lymphoblastic lymphoma a few months ago.

She said their wide circle of friends on the horse show circuit has been very supportive and came together to get the female pup as a gift for Bryce. Three different families got together to purchase her from a breeder. A veterinarian in Fargo covered the fees to help out with the family's expenses, said Heidi.

The husky, whom Bryce named Slushy, is now home with the family.

In addition to a new puppy, the Children's Wish Foundation designated Bryce their wish child.

"They give you six months to figure out what to do after you apply," said Heidi.

"I want to go to Disney World," said Bryce, "and Legoland."

Heidi said with nine months of treatment to undergo before they have to finalise their wish, they are playing it by ear.

A recent CT scan showed good progress.

"We have high expectations for a positive outcome," said Heidi.

But as if the youngster had not experienced enough, he developed a high fever a few weeks ago and had to be rushed to the Children's Hospital in Winnipeg.

He was suffering a lot of pain in his abdomen. An ultrasound revealed his appendix was inflamed.

"They operated the next morning and removed his appendix," said Heidi. "Luckily, the appendix didn't rupture yet but it was inflamed, which can be very serious when you have no immune system."

After an eight-day stay in hospital, Bryce was allowed to return home last week but had to have an intravenous

antibiotic administered twice a day.

Heidi said two nurses from Gimli Hospital volunteered to help out on the weekends, days they usually have off.

"This was so special for us as we were separated from the other children, which was the hardest part," said Heidi. "We haven't been away from the other two kids for more than a night or two."

Both nurses, it turned out, are known to the family.

Heidi had curled with one nurse, Julie, and lives a few miles away from the other nurse, Tanis.

"We were so grateful that they were willing to make such an effort to help us. It sure means a lot to our family to be able to be together right now," she said.

Heidi said Bryce was happy to return home once again and see Slushy and a new foal that was born on Monday. The family celebrated his return with a hotdog roast in the backyard.

The constant stress the family will have to endure over the course of the next few years has been tempered somewhat by the kindness they have received from all quarters — health-care workers, friends and family.

"The most incredible thing we have learned from all of this is the gift of kindness from others," said Heidi. "It's amazing how people can come together when ... you need them. And we are forever thankful and amazed at the overwhelming responses of kindness and well wishes we have received. ... It is very humbling and just simply amazing."



# Wharton intends to keep on talking after his election win

By Patricia Barrett

On his second crack for MLA of the Gimli riding, former Winnipeg Beach councillor and deputy mayor Jeff Wharton swayed voters towards the Progressive Conservative camp, taking a riding that has been in NDP hands since 2003.

And the former businessman has no plans to disappear into the big blue chamber at the legislative building and be heard no more in the riding; he'll be frequently touching base with voters and municipal councillors alike over the course of his four-year term.

"I had been meeting with RMs over the course of several years already," said Wharton. "Councils told me they'd get to a certain point [on projects] then get hung up. There was never a timely response from government."

When he served as councillor for Winnipeg Beach starting in 1998, he said he experienced "challenges" communicating with government departments and trying to move various projects forward.

"I was councillor during the last year Filmon was in power and two years after that with the NDP," said Wharton, who has served on various local boards such as Evergreen Basic Needs and the Gimli Seniors Residence. "There was not a lot we could get done."

But Wharton intends to change that. Having run a successful moving company for decades with his wife Marielle, Wharton said communication is vital to business.

"If we don't communicate," he said, "we won't get things done."

He said he's looking forward to "being the ears of councils" and working with his government to resolve their issues.

Wharton's perseverance and non-stop campaigning since his first go-around for the MLA seat paid off in spades on election night.

Sixty-six per cent of the riding's eligible voters turned out to cast a ballot, giving Wharton 5,614 votes and leaving his main contender Armand Bélanger (NDP) with 2,579, according to Elections Manitoba official results.

Besides Wharton's determination to improve communication between the government and its electorate, he'll be working to resolve the issues residents broached while he was on the

campaign trail.

"The No. 1 issue I heard at the door was the lack of doctors in Gimli's emergency room and having a doctor available after 5 p.m. and on weekends," he said.

He'll also be working with the government to provide more personal care home beds, which he said is a major concern in the northern part of the riding.

In the southern half of the riding, he said overland flooding and proper drainage is a going concern.

"With respect to flooding, councils told me work never got accomplished," he said. "Red tape is an issue. We'll create a single window [for RM drainage requests] ... and move projects forward."

The need to get permits from both Conservation and Water Stewardship and Infrastructure and Transportation has led to delays in drainage work being carried out, according to many local councils.

And the sewer line project that's underway in the RM St. Andrews is another

concern Wharton said he heard at the door.

"There's still a lot of information that needs to be communicated to residents," he said.

In a matter of weeks, Wharton will take the oath of office. In the meantime, he'll be out and about in the riding, speaking with residents.

Since election night, he has attended a caucus meeting and taken part in local events, such as the Evergreen Foundation's Hall of Fame awards

**"THE NO. 1 ISSUE I HEARD AT THE DOOR WAS THE LACK OF DOCTORS IN GIMLI'S EMERGENCY ROOM AND HAVING A DOCTOR AVAILABLE AFTER 5 P.M. AND ON WEEKENDS."**



EXPRESS PHOTO COURTESY OF JEFF WHARTON

Marielle and Jeff Wharton celebrated his election victory during a volunteer appreciation lunch they hosted at the Lakeview Resort a few weeks ago.

night. He even hosted his own appreciation event.

"We had our PC volunteer apprecia-

tion [a few weeks ago] at the Lakeview. It was a wonderful turnout. The riding's united again."

The new government is scheduled to sit May 16.

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# getfishing

RED RIVER > CHALET BEACH > LAKE WINNIPEG

## > ARNIE WEIDL Fishing promise broken but not forgotten

Again, thanks so much for dropping by.

There have been times when a fellow fishing enthusiast has shared a story with us and then asked if I could send them a souvenir copy of our paper when it comes out. Needless to say, I have been more than happy to do it, but since I am an imperfect soul, I must confess I have slipped in my promises once or twice.

I made one such promise to Tom Spicers of Pinawa last fall when I met him trout fishing at the "The Ponds" north of Lac du Bonnet. If you remember, he gave us that great little tale where his gang got caught in a boat in a squall. They sought shelter ashore under a huge spruce only to be chased back out onto the water by a hungry bear.

Tom, brother angler, I'm sorry for breaking my promise; I will get my only copy to you in the mail. Hold on now, friends. We owe Tom further gratitude because his story is not finished. You see, I met Tom again along with his longtime buddy, fellow Pinawanian Denis Verrier, in Tom's shack on the ice by Balsam Bay about six weeks ago. They hadn't caught anything when I was with them but it didn't matter because it was so funny being with these guys. Both men, with graying tousled hair, were of average stature yet energetic in action and conversation.

That's the humorous part. Tom has a thick English accent and Denis has an even thicker French-Canadian accent. They both constantly kidded each other about how they talked. I couldn't stop chuckling as Tom described a story (with Denis correcting his every sentence) about



EXPRESS PHOTO BY ARNIE WEIDL  
Winnipegger Cathie Brown with her first opening season catch last spring on the Red River by Lockport.

how when he was fishing at Pine Falls, he caught a giant catfish that took it into its head to go tearing around the boat in circles. There was Denis giving him all kinds of instructions on how to land the monster because, as Denis put it, the only time Tom had ever caught anything was when he, "the Frenchman," was with him.

How those two carried on. I could still hear them laughing and "trash-ing" each other as I left them and climbed into Old Red a good distance from their shack.

A few days later in the middle of the south basin of Lake Winnipeg, I met Pete Tafteland from Hythe, Alta., when I was wandering about visiting anglers wherever I found them.

Pete, a young, thin, brown-haired fellow with a nervous nature and a

piercing voice, comes all the way here to ice fish for a couple of weeks each year. With all the equipment anyone could possibly need for a stay on the ice, he was totally immersed in his sport. We sat in his camp while he told of a time last year when he and Bob Izumi were fishing together, hoping to catch something to fry for lunch. Pete was a little luckier than Bob and caught some pickerel but did not miss the chance to rib the great fisherman himself for coming up short.

After goodbyes, I rolled further north on the ice somewhere past Hanusa and met a group of guys fishing. It had become warm in an overcast day and I stopped by a relaxed-looking chap sitting in a chair, his legs crossed out in front of him.

Our new angler brother turned out to be Dan Granger from Warren. When I asked him if he had ever had an interesting fishing experience he could share with us, he thought for a moment and then brightened up and said, "Well, I caught a tricycle wheel once."

Apparently, he was open-water boat fishing at Grand Rapids last year and hooked something he felt was big. With the heavy current there, he took his time bringing it in only to be surprised and disappointed when a blackened twisted trike wheel broke the surface.

Now, let me introduce you to Winnipegger Cathie Brown who loves to fish the Red River. Here is a picture of Cathie with her first catch last spring as a teaser to us for what we're about to be enjoying in a few short weeks. Like me, I'm sure you can hardly wait. Till next week. So long, friends.

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# RHA avoids doctors' strike over nurse-managed care

## Interlake doctors have agreed to stay on the job until Sept. while talks continue

By Austin Grabish

A group of Interlake doctors wanting to put an end to nurse-managed care has let up on their threat to walk off the job, at least for now.

Interlake-Eastern Regional Health Authority CEO Ron Van Denakker said the doctors have agreed to stay on the job until the September long weekend.

"They believe (in) discussions with them, and in good faith, they've removed the May 1 deadline," Van Denakker said. "The hope is that we'll be able to buy ourselves some time throughout the summer and that nurse-managed care wouldn't be removed until after the September long weekend. That's the hope."

As previously reported in the *Express*, the doctors threatened to walk off the job on May 1 if the RHA didn't put an end to nurse-managed care, which most Interlake hospitals are currently under.

The practice sees nurses triage patients through phone consultation with doctors who are at another facility in the region, like the Selkirk and District General Hospital, for example.

Meant only to be temporary, the practice has become commonplace as a paucity of doctors has grown over the last four years.

The RHA says it needs at least 25 more doctors, but Van Denakker said more physician resignations are expected, so that number could climb to 45.

Van Denakker said three more doctors will join the region in May and August, but the RHA will still be "significantly short."

The doctors that threatened to quit have suggested the RHA shuffle around staffing resources so at least some hospitals would be fully staffed. But the move would see some closed.

"I think from a logical standpoint, it makes perfect sense if you happen to be somebody who happens to live in the site where the doctors are going to come together," Van Denakker said.

But Van Denakker said the problem with that is "if you're living in the other site, maybe not so much."

Sandi Mowat, president of the Manitoba Nurses Union, said nurse-managed care in the Interlake hasn't been running smoothly.

"Do the nurses like it? Not so much," Mowat said. "There's been some issues where sometimes the nurses can't get a hold of the physician at the other site or there's no way to transfer a patient to that site because that site's over capacity."

Mowat said in order for nurse-managed care to work properly, nurses need immediate access to doctors via phone.

She said nurses are frustrated and want the RHA to do a better job communicating what nurse-managed care is to the community.

"The nurses are telling me that they're doing the best they can and some of the people in the community don't really understand the process."

Michelle Gawronsky, president of the Manitoba Government and General Employees' Union, said paramedics in the region have been seeing an increase in call volumes and 911 calls are taking longer due to patient transfers from ER to ER.

"We're going to be meeting with the new government and IERHA to discuss ways to improve patient care and

the delivery of emergency medicine in rural Manitoba," Gawronsky said via email.

Neither outgoing Health Minister Sharon Blady or Progressive Conservative health critic Myrna Driedger were available for comment last week.

The College of Physicians and Surgeons of Manitoba also didn't return a request for comment.



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# Pallister and his team officially sworn in as the new government

By Austin Grabish

There's a sea of blue at the Manitoba legislature.

Premier Brian Pallister and his 12 new cabinet ministers were officially sworn into office Tuesday morning during a ceremony at the Canadian Museum for Human Rights in Winnipeg.

"It's a wonderful day with a blue sky," said Pallister following the just under hour-long ceremony, which started by acknowledging the museum's location on Treaty 1 land.

Lieutenant Governor Janice Filmon greeted each minister before officially swearing the minister into office.

Pallister's cabinet appointments surprised some and saw both rookie and veteran MLA's rewarded with a spot.

Newly elected MLAs Alan Lagimodiere (Selkirk) and Jeff Wharton (Gimli) were at the ceremony, but neither got a spot in cabinet.

At press deadline, the new ministers were speaking with the media.

Pallister did not speak to reporters but was scheduled to during a 2

p.m. press conference at the legislature.

The new cabinet ministers are as follows:

Pallister – Minister of intergovernmental affairs and international relations

Heather Stefanson – Minister of justice and attorney general, deputy premier

Cameron Friesen – Minister of finance

Kelvin Goertzen – Minister of health, seniors and active living

Ian Wishart – Minister of education and training

Scott Fielding – minister of families

Blaine Pedersen – Minister of infrastructure

Eileen Clarke – Minister of Indigenous and municipal relations

Cathy Cox – Minister of sustainable development

Cliff Cullen – Minister of growth, enterprise and trade

Ralph Eichler – Minister of agriculture

Rochelle Squires – Minister of sport,



EXPRESS PHOTO BY AUSTIN GRABISH

Lakeside MLA Ralph Eichler is sworn in as Manitoba's new Agriculture Minister at a ceremony at the Canadian Museum for Human Rights Tuesday morning

culture, and heritage and minister responsible for francophone affairs and status of women

Ron Schuler -- Minister of Crown services.

# RM Gimli rewards thrift in its 2016 budget

By Patricia Barrett

Gimli council held a public hearing April 28 to outline its financial plan for 2016 that will minimise the impact of taxation and refrain from borrowing money for projects and purchases but still address growth in the RM.

Mayor Randy Woroniuk called the proposed expenditures a "realistic target" of what can be done without having to borrow money and without having a "huge impact on taxpayers. And it recognizes the fact that Gimli is growing."

It costs the RM about \$1.2 million a year to service its debt of about \$9.7 million. CAO Joann King said debt is standard and that the RM actually has a debt capacity of about \$31 million.

Nevertheless, the RM is committed to delivering services in the "most efficient and cost-effective manner."

One way it has gone about that is by eschewing the "use it or lose it" philosophy with regard to budget money, something that's practised by government and educational institutions.

For about two years, the RM has been encouraging its municipal departments to look for ways to reduce costs and practice thrift. Departments with demonstrable efficiencies have then been "rewarded" with unused budget monies.

"We reward our managers and departments when they do well," said King, who presented the budget. "If

they save money, and at the end of the year ... here is money left over, [it] is moved to a reserve. And they are then able to bring forward larger projects within their budget or within their department."

By way of example, King said the extra money could go towards equipment purchases or road work.

Because of the province's reassessment of property values, taxpayers will see an increase in the mill rate.

"The assessment does have an impact on mill rates," said King. "And you'll see we do have a change in our mill rate of plus .469. It's just under half a mill and it's reflective of the budget we're presenting today."

For a rural property, that will amount to \$17.06 on a \$100,000 assessment. For a town property, it will be \$14.53, said Deputy Mayor Peter Peiluck.

The RM derives its revenue from a number of sources such as taxes, government and corporate grants, development fees and the Gimli Recreation Centre. It also charges fees for using the waste disposal ground and for sewer and water connections.

"The federal gas tax funding ... has gone up slightly this year," said King. "... And then you see that the Gimli Recreation Centre generates income for us at ... just under half a million dollars."

The RM expects new revenues from a growth in residential development.



EXPRESS PHOTO BY PATRICIA BARRETT

Assistant CAO Kristin Strachan and CAO Joann King were thanked by the mayor and council for their work on the 2016 budget.

The residential sector makes up 88 per cent of the tax base. The commercial and agriculture sectors account for nine and three per cent respectively.

The RM's total revenue for 2016 is estimated to be about \$10.5 million. Basic expenditures are estimated to be about \$10.4 million.

Some of the major projects the RM wants to take on this fiscal year are road paving, the completion of engineering plans for flood management

and water system renewal.

King said if the RM doesn't get the grants it needs for road projects, the RM won't move forward with them or may do only a section of road.

"We're not going to taxation to fund those things," she said.

As for Gimli's challenged water lines, the RM will be able to replace lines on a few streets.



# Noventis Credit Union plays dirty for the Gimli Art Club

By Patricia Barrett

Noventis Credit Union got its hands dirty for the Gimli Art Club a few weeks ago when it made a sizable donation towards its pottery program.

Nic Munday, manager of the Gimli branch, presented GAC with a cheque for \$3,500 so that it could make equipment enhancements to its workshop.

"Thanks to their generosity, the pottery program not only has a new wheel, they also have a new kiln and a slab roller complete with table," said Lavona Clarke, who sits on the GAC executive.

Munday rolled up his sleeves and tried out the new pottery wheel.

The equipment will help the potters in their artistic endeavours. The club's members, which include painters and sculptors, display and sell their work at the club, located at 3 Centre St. near Gimli Harbour.

Many of its members have received awards in juried art shows across the province and have sold their work across North America.

"The 20-plus potters ... are all extremely happy — and grateful — for Noventis' support of their art program," said Clarke.

And the 50 or so children who have taken pottery lessons at the club will also be able to use the new equipment.

Clarke said the children are "benefitting greatly from Noventis' investment in their artistic future."

Noventis is a rural financial institution whose core values are to support those it serves. It has nine branches across the Interlake and two south of



Nic Munday takes GAC's new pottery wheel for a spin.

Winnipeg. The credit union felt the GAC's request for equipment renewal was a worthy cause.

"We're committed to making our communities strong," said Noventis' CEO Kevin McKnight. "We want to make sure we're donating to local groups who are part of the lifeblood of their communities."

It funds a range of local groups through its Community Connections Program, McKnight said, providing one-time funding for projects.

Projects vary from year to year, de-



EXPRESS PHOTOS COURTESY OF NOVENTIS CREDIT UNION

Nic Munday, manager of Noventis Credit Union's Gimli branch, presented a cheque for \$3,500 to the Gimli Art Club for new equipment for its pottery workshop. Noventis funded the project through its Community Connections Program.

pending on the needs of a community at that point in time.

The program gives preference to projects that entail community renewal, co-operative development, environmental sustainability, family and social connections, health and well-being, and youth and education.

Noventis has funded sports equipment, new playgrounds, 13 school breakfast programs, Moosehorn's community club, a new roof for the Ashern arena and programming at the Riverton Friendship Centre.

The credit union is also a generous sponsor of community events such as the Icelandic Festival and the Gimli Ice Festival, among others.

"It's part of who we are," said McKnight.

There are three submission deadlines to Noventis' Community Connections Program: Sept. 30, Jan. 31 and May 31.

For more information about the program, visit [noventis.ca/cc](http://noventis.ca/cc).

## > RM OF GIMLI, FROM PG. 8

"The Manitoba Water Services Board [a Crown corporation] is not able to fully fund the project for us," said King. "We'll probably be able to get the water plant done to a certain extent and get the pipeline in place for this year ... and we would probably be able to do ... maybe one and a half streets with the money we have available."

Water lines from First to Seventh avenues need replacing. It would cost about \$2 million to replace lines on one and a half streets. Council said it needs about \$12 million or so to complete the project. It received \$2.5 million from the WSB.

"We have not been able to create enough of a reserve because we're constantly chasing the breaks and it's very expensive," said King.

The RM has a number of reserve funds for areas such as drainage, road

reconstruction and fire services.

"The funding for our reserves is ongoing. We actually levy for these with the exception of the federal gas tax [reserve]. So we levy to put \$90,000 a year into the general fund. We put \$50,000 into road maintenance [and] \$105,000 a year into the equipment replacement reserve," said King.

There is an exhaustive list of RM fiscal responsibilities including fire and police services, ditches and road drainage, street cleaning, beaches, recreational facilities, insurance and employee wages and benefits.

The province provides funding for a number of specific programs such as Dutch elm and West Nile management and for community renewal projects. Including the federal gas tax reserve funding of \$350,000, the RM should receive about \$613,000 for 2016.

The RM plans to spend about \$3.5 million on a number of items. Those include a new garbage truck (est. \$225,000), a landfill scale for the nuisance ground (est. \$60,000), a landfill packer (est. \$250,000) in the event the current one fails, a recycling and storage building (est. \$50,000) if it's deemed necessary, a new tractor truck (est. \$53,000), a skid steer (est. \$105,000), and a ripper and thumb (est. \$20,000), which is an attachment that fits onto a backhoe, something the RM has needed "for some years."

King said the public works department is "excited" about the proposed budget.

Also on the list are a public washroom for the south end of Gimli beach (est. \$150,000); a sports park picnic shelter (est. \$32,000), which is subject to the availability of a grant; moveable mobi mats (est. \$10,000), which will help those with physical challenges access the beach; search and rescue

equipment (est. \$31,500); and an outdoor aquatic centre (est. \$1,500,000).

Funding for the aquatic centre will come from the federal gas tax reserve fund. It is expected to open July 1, 2016. The mayor said revenue generated from the pool will help the RM raise money for its proposed Wellness Centre.

"The beach washroom is a project we tried for a couple of years to get moving," said King. "We're certainly hoping that the Province of Manitoba's Community Places [program] is going to come through with a grant for us this year. We were unsuccessful last year, and it's something that's badly needed on the main beach in Gimli."

The RM has also set aside funds to fix the heating and ventilation system in the municipal building at an estimated cost of \$460,000. The municipal offices are housed in a former school built in 1915, now a heritage building.



# Steep Rock resident warns travellers of treacherous highway

By Jeff Ward

Anyone travelling west into Steep Rock on PR 239 should do so with caution since a number of frost boils have made the highway extremely dangerous when travelling at normal speeds.

According to Steep Rock resident Adrienne Baker, the frost boil issue is an annual one. Baker said that the issue is common in the springtime when the frost thaws through the road, causing large patches of broken asphalt and gravel. PR 239 is littered with these, and before an accident happens, Baker wants drivers to know these surface breaks are out there. She posted photos and a warning on the Hwy. 6 Road Conditions Facebook page last week, alerting people of the issues in an effort to keep travellers safe.

"That's why I took the pictures with my car in them. Some of these breaks are huge and bigger than a few car lengths," said Baker.

"You can see them up ahead on the road and they're marked with signs and flags, but until you're right on top of them, you don't really know what it means. I drive the road twice a day

and I still have trouble remembering how big they are, and new ones pop up every day."

Baker said that reducing your speed is a good idea and she suggests going as slow as 50 kilometres per hour in some stretches.

All of the RM of Grahamdale councillors are aware of the issue and all said that it's been an issue on that road for close to a decade. Ward 3 Coun. Dan Meisner said that the province repairs the road every year with patchwork, but he'd like to see the entire road rebuilt. Reeve Clifford Halaburda echoed that sentiment.

"The patches just aren't doing enough. That entire stretch of road needs to be rebuilt," said Halaburda.

To make matters worse, many heavy-duty trucks from the Graymont mine in Faulkner frequent the road. Baker doesn't lay blame for the issues at the feet of the province or of the mine but rather just wants people to know the road conditions to help prevent an accident.

"At night is when it can get really

**"THE PATCHES JUST AREN'T DOING ENOUGH. THAT ENTIRE STRETCH OF ROAD NEEDS TO BE REBUILT."**



EXPRESS PHOTO BY ADRIENNE BAKER

Frost boils along PR 239 travelling into Steep Rock are large enough to swallow Adrienne Baker's car. She wants travellers to slow down on the road to avoid any accidents.

bad because you have much less time to react. When people start to travel up here with their campers, they need to be aware of the road because it could be very dangerous," said Baker.

Even with the awful condition the

road is in now, Baker said she's actually seen it much worse in years previous. She said that this year is "nothing compared to some other years."

## Brandon University researchers visit Interlake schools

By Jeff Ward

A pair of researchers from Brandon University made a trip to the Lakeshore School Division last week to get updates and feedback on several projects that the university is currently funding in the division.

Brandon University associate professors Jaqueline Kirk and Mike Nantais spent April 19-21 visiting schools and the division office in Eriksdale, getting updates and feedback from staff and students. Projects like iPads in the classroom, literacy initiatives and even new courses like Lundar School's hockey course were all discussed at length. Both Kirk and Nantais said they were extremely encouraged by the enthusiasm that staff and students had about the projects. Kirk said that the visit was two-fold, with half being about taking a tour of the schools and the other half interacting with teachers and students involved in the programs.

"We've had lots of information to work with in Lakeshore," said Kirk.

"Our involvement started about three years ago and we've done many

exciting projects in that time — the iPads, the new kinds of furniture and new instructional strategies. We've done more than 30 projects in that time and we've worked with more than half the division."

Both Kirk and Nantais said that their favourite part of the visit was seeing how the schools have changed over the last three years. They both said that the feeling they each got in the schools was incredible and the relationships between students and teachers seem to be really positive. Nantais said that while their feelings are of an intangible nature, they are still an important piece of data to collect. He explained that those feelings contribute to the overall healthy environment for students to learn in and that atmosphere can go a long way in creating successful students.

Nantais said that the experience at Lakeshore has been a personally rewarding one — a feeling that Kirk echoed — because he's been able to see how the funding has improved the division.

"I think Lakeshore is a great exam-

ple for many other divisions for how that kind of change can happen on a large scale," said Nantais.

"Long-term data will come in over time, but right now, we're already seeing changes in attendance, student engagement and graduation rates. And speaking with the students about how they feel also opens up a lot of encouraging feedback as well."

The projects will continue until January 2017, and while there are no plans to pursue a continuation of their funding right now, both Nantais and Kirk said they will be keeping in touch with the Lakeshore School Division for updates.

"I'm not sure what the relationship will be, but I know we'll be working with at least a few teachers after it's

all over. One of our goals was to build capacity within the division for them to be able to utilize data for their own growth. And they're doing that on their own already, and it'll continue to be driven by them," said Kirk.

Kirk added that she believes the ultimate success of their partnership comes down to division staff and teachers who bought into the projects. She said they adapted quickly and brought their own ideas to the table.

"We've been really impressed with the amount of participation that the school division has gotten from teachers. The schools are filled with teachers who are well-trained professionals and they know a lot about education. Their future is very bright," said Kirk.

**"I THINK LAKESHORE IS A GREAT EXAMPLE FOR MANY OTHER DIVISIONS FOR HOW THAT KIND OF CHANGE CAN HAPPEN ON A LARGE SCALE."**



# A Living Fairytale makes dreams come true

Interlake entrepreneur dresses as well-known characters for birthdays and more

By Jennifer McFee

Once upon a time, an Interlake entrepreneur dreamed of a business opportunity fit for a princess.

Four years ago, Charlyn Azure's dreams came true when she launched her children's entertainment business, A Living Fairytale.

Since then, the bustling business has continued to grow as Azure and her team are in demand for birthday parties, special events and corporate outings. Dressed in ball gowns as beautiful princesses and other convincing characters, Azure and her employees create an unforgettable impression on children and adults alike.

Azure, an Argyle resident formerly of Grosse Isle, combines all the characteristics needed to make her enchanting business a success. Her love for children is bolstered by hands-on experience as an early childhood educator with a diploma from Red River College. She slips seamlessly into the roles of well-known characters such as Elsa from *Frozen*, thanks to her acting and modelling experience.

The business bloomed from humble beginnings when Azure had only one gown plus an optimistic attitude. After she paid off the first dress, she bought another and another. The business began to boom, leading to today's well-stocked supply of costumes for about 20 characters, including several superheroes.

"It's come such a long way and I'm so proud of it," Azure said. "I believed in it and I knew it was going to be big. It's worked out really well."

To become more business savvy, Azure pursued entrepreneurial classes for women. She also received a youth grant for people under 30, which provided her with additional training as well as funds to buy more costumes.

"I've had a lot of support," said Azure, a mother of two. "I'm so grateful."

In an ongoing display of gratitude, Azure donates time for charitable causes that help children, such as the Ronald McDonald House, the Teddy Bear's Picnic for Children's Hospital and the upcoming Inwood Charity Ride for Wishes.

With the focus of a true family business, Azure's real-life prince charming dresses up in superhero costumes for birthday parties and other events. Her mother, Glennis Schmidtke, is also part of the team. Known as the



"fairy godmother," Schmidtke acts as a hairdresser, expertly creating bouffant hairdos. She also provides studio space plus a talented touch for fixing up costumes.

"I couldn't do it without her," Azure said.

As she gets busier and busier with bookings, Azure continues to gain energy from her interactions with kids.

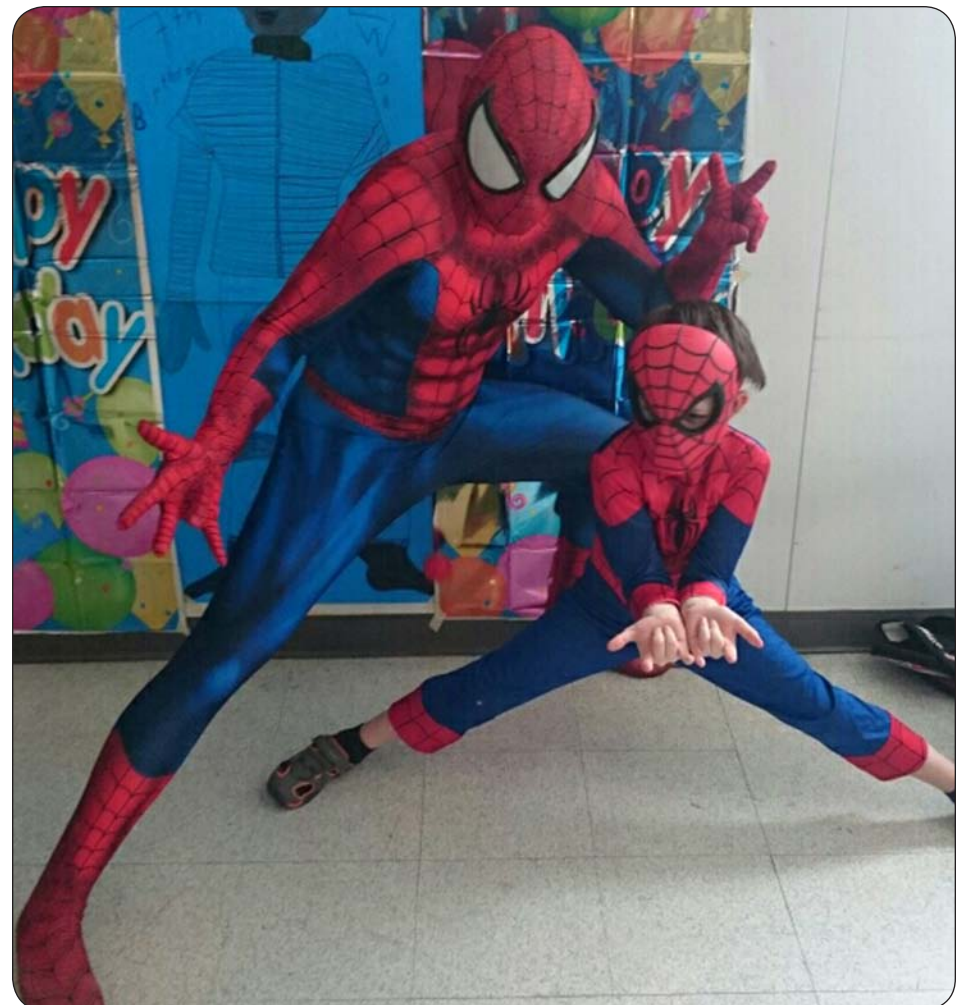
"I can't explain how much I love being around kids. As soon as I pull up in my bright pink car with music playing from *Frozen* or whatever is the theme, the little boys and girls are looking out the window, so excited and screaming at the top of their lungs," she said.

"You just get a huge adrenaline rush because you're making their dreams come true."



EXPRESS PHOTO BY TERI HOFFORD

Charlyn Azure dresses as Elsa from *Frozen* as one of her most popular costume options.



EXPRESS PHOTO SUBMITTED

Spiderman and other superheroes are also available to make an appearance.



# Culinary prowess tested at Fisher Branch Collegiate

By Jeff Ward

Fisher Branch Collegiate Grade 10 students had their culinary knowledge tested in the kitchen last week as they battled to find out whose cuisine reigned supreme.

The school's Master Chef competition took place last Friday and had all 12 home economics students create a dish from scratch in 90 minutes for judges. Principal Shaun Lindal, Lakeshore School Division Supt. Janet Martell and Assistant Supt. Leanne Peters had the honours to taste and provide feedback on each of the dishes.

Students were not limited to the ingredients they could use but needed to include mandatory ingredients like pork tenderloin, coconut milk, rice, vegetables and fresh herbs, to name a few to create their dishes.

Home economics teacher Anita Gregory was inspired by the television show *MasterChef* and decided that this would be a great way for students to use their creativity in the kitchen. The competition began last year and is done once a semester.

The winning dish was sliced pork tenderloin on a bed of asparagus and rice cooked with coconut milk with a vegetable stir-fry on the side.

"It went really well and the kids were amazing in coming up with their creations," said Gregory.

"I was looking for many components in the final presentation: how it looked — we taste with our eyes first



Grade 10 students Shyanne Munroe (left) and Hailey Dmyterko were the winners of their Home Economics Master Chef competition at Fisher Branch Collegiate last week. The pair cooked an amazing pork tenderloin with asparagus and mixed greens with coconut milk flavoured rice.



EXPRESS PHOTOS SUBMITTED

— the taste, the use of ingredients and their creativity. It's also a time management thing, as well as watching to see that each team is being organized. They have 90 minutes to pull something together for the judges, so the pressure is on."

**"ALL THE DISHES WERE VERY APPEALING AND IT WAS INCREDIBLE WHAT THEY CAME UP WITH."**

Gregory said that the students were able to use the Internet to search for ways to use ingredients they'd never seen before. The uses for ingredients like ginger and coconut milk were common searches, and Gregory added that the students came up with very creative and different dishes.

Gregory said that the fridge and cupboards within the classroom were all fair game, and students were given free rein to utilize those extra ingredients in any way they saw fit.

"All the dishes were very appealing and it was incredible what they came up with. It wasn't so much about winning the competition as it was putting

them in a situation where they were able to dictate what they made and how," said Gregory.

Gregory said that she plans to continue the competition each year because the students seem to enjoy the challenge and it gets them excited about coming to class.

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# Lundar teachers excited by parental support

By Jeff Ward

An estimated 200 parents of Lundar School students toured the halls of the school on April 21 during Parent Night to learn about the school and what their kids are doing day to day and to give feedback to staff.

The support was overwhelming and many of the staff was blown away by this year's parental attendance, according to vice-principal Ryan Wallack. He said that the support was unlike anything he had seen before and it has energized the staff. Wallack said that seeing the parents' smiles as they toured the school while speaking with staff and hearing all of the positive things they had to say was very encouraging and has done a lot to reinforce the staff and their current path.

"Honestly, this is sometimes a very thankless job and that's fine. We're OK with it. But when we have so many parents coming up to us and saying we're doing a great job, you feel nothing but love," said Wallack.

"The staff here work very hard and

love teaching, and I think a lot of parents are starting to see that love firsthand. Students are more engaged and attendance is up. Things have changed here and we're on a great track."

Wallack said that he saw many parents pointing out their own graduation pictures on the wall to their kids and sharing stories about when they were students. He said that stories like that are what schools thrive on and that they help to create a family-style atmosphere in the halls.

School principal Jane Dupre said that the goal is to build relationships with students and make everyone feel like one big family. She added that Lundar School is a place where everyone feels accepted and loved for who they are.

"It's really exciting to see so many parents come out and share in that positivity. It helps us build the school up in the eyes of the community, and at the end of the day, it's all about making a positive impact on the students' lives," said Wallack.



EXPRESS PHOTO BY AMY TYCOLES

Hundreds of parents filled Lundar School during its Parent Night a few weeks ago, providing some extremely positive feedback to staff.

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# Local reporters recognized at annual award's banquet

By Lindsey Enns

Interlake Graphics, which publishes the *Stonewall Teulon Tribune*, the *Selkirk Record*, the *Winkler Morden Voice* and the *Express Weekly News* took home 15 awards during this year's 97th Annual Manitoba Community Newspaper Association's Better Newspapers Competition.

The *Selkirk Record* was named the Best All Around Newspaper for

2015 and took home a total of five awards during the awards banquet at the Delta Hotel in Winnipeg last Saturday night.

In the 10,000 and over circulation category, the *Record* received Best in Class, Best Layout and Design, and Best Front Page.

*Record* reporter and photographer Austin Grabish also earned third place for Best News Story for 'Man dead af-

ter police-involved shooting in East Selkirk,' a story which ran in the Sept. 24, 2015 edition of the *Record*.

Judges recognized Grabish for his ability to supplement comments from officials with witness statements and his own observations as well as his "effective old-school reporting."

The *Stonewall Teulon Tribune* competes in the circulation class of 3,600-9,999 category and received three awards. Sports reporter Brian Bowman won second place for his story about the passing of SCI teacher/coach Charlie Cooke.

The judges recognized Bowman's "strong profile" for being "an excellent tribute to the man and his connection with his students, athletes and the community."

Jennifer McFee received second place in the Better Communities category for her sweetly told story, 'Hot chocolate for a good cause' about kids learning the true meaning of Christmas and reminding the adults watching them. Patricia Barrett picked up third place for Best Habitat Conservation Story.

The *Express's* sister newspaper, the *Winkler Morden Voice* in the circulation of 10,000 and over category won

first place for Best Advertisement, first place for Best Columnist, Peter Canteleon, second place for Best Layout and Design, Best in Class, Best In-House Ad by Tara Gionet, third place for Best Feature Photo, Rick Hiebert as well as third place for Best Health Story by Ashleigh Viveiros.

"The last six years has been incredible for our independently owned and operated newspapers," publisher and Interlake Graphics owner Lana Meier said. "Since being eligible for the MCNA Better Newspaper Community Awards we have been awarded the Best All Around Newspaper every year for four years along with numerous premier awards for writing, photography and advertising."

Meier said winning these awards "is a huge honour for our staff."

"I am so proud of our staff. They are dedicated and committed to bringing our readers the most up to date, accurate, compelling and relevant news," she said. "We strive to be No. 1, to bring readership to our papers and results to our advertisers."

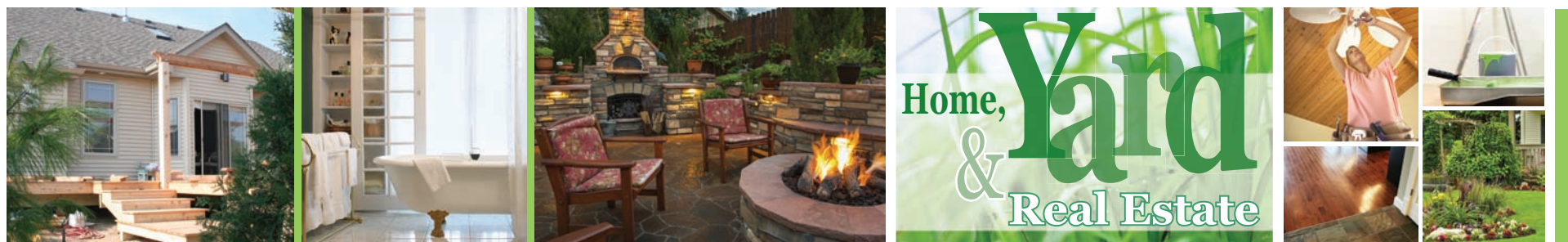
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# Westshore Community Foundation names new president

**Submitted**

Tristin Tergesen of Gimli is the new president of the Westshore Community Foundation.

The gavel was passed by previous resident Connie Magnusson Schimnowski at the recent annual general meeting. She had held the position for three years.

Tergesen has been on the Westshore board of directors for five years and has worked on several committees including granting, marketing and scholarships. She has also volunteered at the annual golf tournament and donor appreciation events.

Tergesen is happy to see the continued growth of the foundation through new philanthropic developments in the scholarship and endowment funds.

"These generous donations are what make our community so vibrant and I am proud to be on the Westshore Community Foundation board of directors and to live in the Interlake," added Tergesen.

Tergesen assumes the presidency at an exciting time for Westshore. They are currently in a period where donations are matched on a 50 per cent basis by the Thomas Sill Foundation.

"It is a great opportunity to stretch your support to Westshore and to the



Tristin Tergesen

quality of life that we are so fortunate to enjoy in our community. A \$100 donation is stretched to \$150." This initiative ends in November.

Tergesen also mentions that the Westshore Community Foundation is partnering with the Community Foundations of Canada and the Government of Canada in an exciting national program to celebrate Canada's 150th birthday. More details on this initiative will be announced shortly.

Tergesen adds that sponsor support

and fundraising events are designed to cover administrative costs, thereby ensuring that all donations are directed to the scholarship/endowment funds.

"The Lakeview Resort and Conference Centre Annual Benefit Golf Tournament is our major fundraiser, with all proceeds going to support Westshore. Lakeview Resort Gimli continues to be a steadfast friend of our foundation."

This year's tournament will be held on Monday, Aug. 22 at Links at the Lake. Tim Arnason, vice-president of Westshore Community Foundation, is the contact for the tournament.

The Westshore Community Foundation, Inc., — which encompasses the communities along the west shore of Lake Winnipeg from Dunnottar

in the south, Highway 7 in the west and Riverton in the north — is an enduring charitable organization created to build a permanent fund, which supports non-profit groups in the areas of the environment, heritage and culture, sports and recreation, community services, health and welfare and education.

The foundation also provides scholarships, which provide support and encouragement to students from the Westshore area.

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# Young musicians pick up musical tips at festival

By Patricia Barrett

Young musicians from across the Interlake delighted music lovers, teachers and parents during a Festival of the Arts instrumental performance last Wednesday afternoon at the Waterfront Centre.

Not only did the students entertain the crowd, but they also received valuable musical advice from adjudicator Kevin Doell, who has a Bachelor of Music and Education, plays a number of instruments and has taught band for 20 years.

"A lot of ... people walked away [much] richer for the experience," said MC May Peiluck.

With perfect tempo, flautists Kylie Skaritko, Brittany Rogoski and Leah McPherson-Chambers from Winnipeg Beach performed Ode to Joy from Beethoven's Symphony No. 9. The girls picked up the instrument in September.

Doell had them play a section again, instructing them to blend a series of notes between breaths for a smoother sound.

"I love working with students, especially in the area of music," said Doell. "I'm a strong believer in music education and what it does for character and what it does for respect and responsibility."

Dieppe Skogan from Arborg and Alexis Podaima from Fisher Branch performed guitar solos.

"I admire your skill. It's really, really nice," said Doell to Skogan. "It was very musical."

He pointed out a few spots in which she slowed down, and he asked her to "stretch out" those pauses for greater dramatic effect.

Podaima has played guitar for about five years. It takes "lots" of practice she said in response to Doell's question about how often she plays.

"I can tell," he said, "because you have a lot of things going for you."

He said a few tiny mistakes were barely noticeable because of her "amazing concentration" and overall performance demeanour.

Fiddler Scott Barrett from Fisher Branch performed two traditional Celtic folk songs, the Red-Haired Girl of Tulloch and Val's Dream.

Doell admired his hand positioning, telling him he has "great sound" and a "locked-in" tempo.

"You didn't speed up and you didn't slow down," he said. "That's so cool. ... We have to make sure the note sounds exactly the way it should sound, that it's not too high or that it's not too low."

Mitchell Baker from Gimli performed Wild Mountain Thyme on

the fiddle, accompanied by his music teacher Paul Hammer on guitar.

Baker spoke at length about how he took up the fiddle three years ago after he heard Hammer playing.

"It thought that would be very, very neat to learn how to play that," said Baker.

"I'm glad you picked up the fiddle," said Doell. "You also speak very well in front of people because this isn't easy to do in front of all these people."

Doell called his playing "remarkable" for being 10 years old.

"It's hard to get a good sound on the violin or fiddle," said Doell. "It takes a lot of work."

Doell asked him to continue working on adding "depth" to his sound and making his notes sharper.

Baker spoke again at length about his musical struggles but said he doesn't give up.

"If you talk too much more, they're not going to pay you," said Doell, causing the audience to laugh.

Ukulele soloists Jersey Sundseth from Matlock and Lukas Hamm from Riverton were praised for taking up an instrument that's just becoming popular again.

Doell told Sundseth it's a tricky instrument to play but that he did a wonderful job. He told Hamm he did some pretty neat things that the audience hadn't yet heard.

"I think what struck me most was your approach to this particular piece," said Doell. "It was haunting in a way, but it was really beautiful."

At the close of the session, Doell praised all the work that went into the students' performances.

Former Gimli High School student Leila Kristjanson, who's now enrolled in the Faculty of Music at Brandon University where she's majoring in



**EXPRESS PHOTOS BY PATRICIA BARRETT**  
Winnipeg Beach flautists Kylie Skaritko, Brittany Rogoski and Leah McPherson-Chambers performed Beethoven's Ode to Joy.



Dieppe Skogan from Arborg played Prelude to a Misty Morning.



Adjudicator Kevin Doell gives Alexis Podaima from Fisher Branch feedback on her performance.

trumpet, was one the volunteers for the afternoon.



Mitchell Baker from Gimli played Wild Mountain Thyme accompanied by his music teacher Paul Hammer.



Scott Barrett from Fisher Branch performed the Red-haired Girl from Tulloch and Val's Dream.



Jersey Sundseth from Matlock performed Amazing Grace on the ukulele.



# get inspired

> MEAL IDEAS

## Sweet potato bean and rice boat



**Ingredients**  
 2 sweet potatoes, scrubbed  
 1/4 cup (50 mL) brown basmati rice  
 2 tsp (10 mL) chili powder  
 1 1/4 cups (300 mL) low sodium vegetable broth  
 1 cup (250 mL) no salt added beans, drained and rinsed  
 Half a red bell pepper, chopped  
 1 clove garlic, minced  
 2 tbsp (25 mL) chopped cilantro

**Directions**  
 With the tines of a fork, poke some holes into sweet potatoes. Place in 400 F (200 C) oven for about 50 minutes or until tender. Set aside to cool.  
 Meanwhile, in a saucepan, bring rice, broth, garlic, red pepper and chili powder to a boil. Cover and simmer for 25 minutes or until rice is tender. Stir in beans and cilantro and simmer for 5 minutes or until beans are heated through. Remove from heat.

Cut sweet potatoes in half lengthwise and scoop out some of the filling. Stir it into the rice mixture with cilantro. Spoon mixture into sweet potato halves.

**Tip:** Pack the filling mixture into a thermos for lunches or pack the sweet potato boat into a container to reheat. This is a spin on chili and stuffed potatoes that will make lunch a little different from the ordinary.

## Asparagus Tart



**Ingredients**  
 1 sheet frozen puff pastry, thawed  
 2 cups Jarlsberg cheese, shredded  
 1 pound asparagus  
 1 tablespoon olive oil  
 1 tablespoon fresh thyme leaves salt and pepper  
 Heat oven to 400 F. Prepare baking

sheet with parchment paper.  
 Roll out puff pastry into 16-by-10-inch rectangle, trimming uneven edges. Place on baking sheet. With knife, lightly score pastry dough 1 inch from edges to mark rectangle. Using fork, pierce dough inside markings at 1/2-inch intervals. Bake until golden, about 15 minutes.

Remove pastry shell from oven and sprinkle with shredded cheese. Trim asparagus spears to fit crosswise inside pastry shell. Arrange in single layer over cheese, alternating ends and tips. Brush with oil, sprinkle thyme leaves and season with salt and pepper. Bake until spears are tender, about 20 minutes.

## Tomato Gratin



**Ingredients**  
 8 medium ripe tomatoes  
 1/4 cup balsamic vinegar  
 1/2 cup extra-virgin olive oil  
 4 garlic cloves, sliced  
 4 sprigs fresh thyme  
 (or 4 basil leaves, chopped)

salt and pepper, to taste  
 2 ounces toasted pine (pignoli) nuts  
 1/2 pound (8 ounces) grated Jarlsberg cheese  
 Heat oven to 350 F.  
 Cut tomatoes in half.  
 In bowl, whisk together vinegar, olive oil, garlic, thyme, salt and pepper; gently mix in tomatoes. Transfer to ovenproof dish, turning tomatoes cut side up before baking 15 minutes.  
 When tomatoes are cool enough, remove skins before returning to baking dish. Sprinkle tomatoes with nuts and cheese. Return to oven and bake about 10 minutes, or until cheese turns golden and bubbly.  
 Serve as bruschetta on sliced, toasted Italian bread or as a side dish to fish and meat.

## Law of Attraction and Power of Intention

ALL THE SO-CALLED "SECRETS OF SUCCESS" WILL NOT WORK UNLESS YOU DO.  
 ~AUTHOR UNKNOWN

There has been much talk and writing about the power of attraction, and setting intentions. These are powerful concepts to be sure.

The definition of the Law of Attraction is attracting to your life whatever you give your attention, focus and energy to, whether wanted or unwanted. Our thoughts are like magnets, and will draw into our lives more of what we are thinking about, positive or negative.

The definition for intention is: "to have in mind a purpose or plan, to direct the mind, to aim." Having no intention is like driving your car with no destination in mind. It is said that with intention, all the forces of the universe can align to make even the most impossible, possible.

Sometimes people read or watch DVDs on these topics and get very excited. They get to work focusing on what they want to draw into their lives. They think a lot about it, and even create very clear intentions. Then they wait, to see what is going to happen.

Much of the time what happens is more of what was already happening in their lives. They have not succeeded in manifesting their new

reality. There are several reasons for this. The first is that it is not enough to just think the right thoughts, say the right words or write out the right statements. There has to be real change in beliefs. Often negative or limiting beliefs are buried at a subconscious level, and tend to cancel out our best efforts to change. Hypnosis and guided meditation can be helpful in shifting these blockages (see [www.gwen.ca](http://www.gwen.ca) for CD titles).

A second reason desired change may not come is because there is not enough action being taken towards the goal. The universe does provide, but we do have to do our part. Concepts like attraction and intention are not magic wands, but rather more like compasses, making clear the direction in which we want to go.

A third reason for lack of progress may be giving up too soon. Change and manifestation can happen in an instant, but often it takes time. You have to hold firm in your beliefs, keep on working towards your goals and never give up. It is not about the universe handing you what you want on a silver platter. It is about using your energy to co-create with the universe.

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

## Cheesy Mashed Potatoes



**Ingredients**  
 4 large baking potatoes, peeled and cut  
 1 cup Jarlsberg cheese

1 cup milk  
 1 container sour cream  
 1/2 cup butter  
 1 teaspoon salt  
 1 teaspoon ground black pepper  
 Heat oven to 350 F.

Place potatoes in large pot of salted water and bring to a boil. Reduce heat to medium-low, cover and simmer until tender. Drain and bring potatoes to food processor.

In food processor, add cheese, milk, sour cream, butter, salt and pepper. Process all ingredients with potatoes until smooth. Pour mixture into baking pan and cover with tin foil.

Bake 30 minutes. Uncover potatoes during last 10 minutes to allow browning.

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May 8, 2016

# Mother's Day

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## A day to make Grandma happy

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Whether or not you can organize a family get-together, take advantage of Mother's Day to share quality time with your grandmother. Have a meal at your house or at a restaurant, or picnic together at a park. Take a walk or an outing in the car; visit a museum or go to a concert. These are all activities that your grandmother will remember for years to come.

Is your grandmother house-bound? Bring her a small cake or other dessert she really likes and take a moment to enjoy it with her. Make her laugh, and

talk about things that are close to her heart. Ask for her advice, and make sure she knows that you love and care for her.



A photo can be another way to please your grandmother. Give her a recent photo of yourself or the whole family or a souvenir photo that will remind her of a wonderful time. If it's framed, offer to help her hang it on a wall.

Other great gift ideas are a soft cashmere shawl to keep her warm, a personalized mug that she can use to enjoy her favourite drink or a nice cushion to support her back. Above all, don't miss this opportunity to visit her; on Mother's Day, your presence will be her most beautiful gift.

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# 'Support the Girls' looking for extra support

By Jeff Ward

It's only been six weeks since the Support the Girls fundraising initiative kicked off in the Interlake, and the attention and support has already been overwhelming for organizer Lana Iwanchuk.

In March, Steep Rock Beach Park partnered with the Lakeshore Women's Resource Centre in Ashern on the initiative to collect bras and feminine hygiene products for homeless or impoverished women. Donations are being collected all over the Interlake with bins at the park, Moosehorn Co-Op, Blue Raven Design in Ashern, Healing in Style in Eriksdale, Fisher Branch PCH and Stonewall Florist.

Iwanchuk said that since beginning the collection, she's seen nearly 300 bras donated and that the support has been incredible.

"We have such good, generous people here, so this success shouldn't surprise me," said Iwanchuk.

"People have gone above and beyond when donating. Not only have there been so many more bras donated than we thought, but people are washing them for us and some are even individually packaging them — it's been fantastic."

The idea originated in Washington D.C., from Dana Marlowe, who created the Support the Girls campaign in July of last year. Iwanchuk contacted her to ask about creating a similar operation in Manitoba, and ever since then, the feedback and support have been overwhelming.

Iwanchuk said that the program would run the entire camping season but the need has shifted from bras to hygiene products. She said that monetary donations have also started to come in even though she hasn't asked for them.

"I know a lot of ladies want to give back but don't have any bras to give away so they're writing cheques and I know some are going out and buying bras to give away. I find that all you have to do in these communities is put the idea out there and

**"I FIND THAT ALL YOU HAVE TO DO IN THESE COMMUNITIES IS PUT THE IDEA OUT THERE AND PEOPLE RESPOND SO FAVOURABLY."**

people respond so favourably," said Iwanchuk.

Iwanchuk is already thinking of ideas on how to expand the initiative and said that she is constantly thinking of new ways to give back in the future. She said that if donations of bras keep coming in, eventually the Lakeshore Women's Resource Centre will have too many and she'll be donating



EXPRESS PHOTO SUBMITTED

Lana Iwanchuk has been blown away by the donations of bras that will help benefit homeless and impoverished women in Manitoba.

them to Siloam Mission.

Anyone wishing to make a donation can do so by visiting any of the dropoff

locations. For more information, call Lana Iwanchuk at 204-461-1309.

## Dry spring conditions and wildfire fears half burn permits

News Release

Wildfire fears have prompted the province to stop issuing burn permits, while the number of rural municipalities with burn bans in place continues to grow.

Provincial officials said Monday no new burning permits would be issued for central and eastern parts of Manitoba, as well as some areas in western Manitoba.

Dry conditions, increasing winds and above average temperatures are pushing up the risk of wildfires, officials said.

Campfires in enclosed pits are still allowed for now, but from the United States border to Gypsumville and Berens River in the north and the Ontario border in the east, no new permits

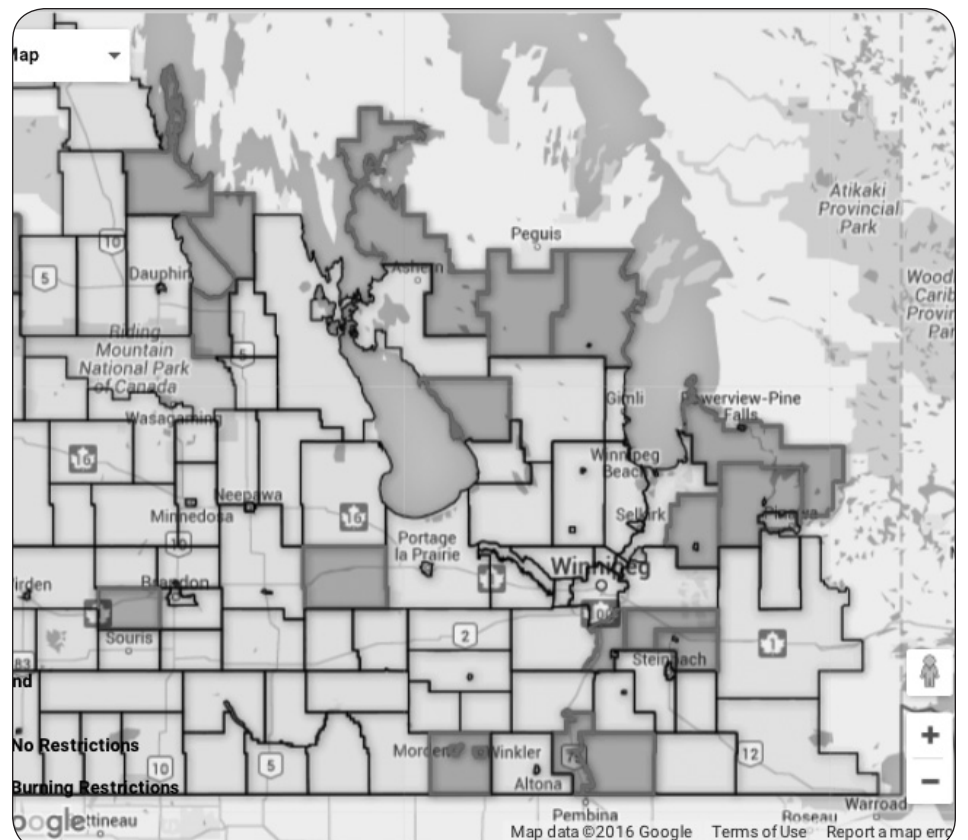
for fires will be issued.

Meanwhile, the RM of Brokenhead, which includes Tyndall, Garson and Henryville, is dealing with extremely dry conditions and joined the list of areas with a complete ban on fires on Monday.

People are prohibited from setting fires within the municipal boundary until further notice, and RM officials are asking people to be careful when using machinery, ATVs or power tools.

Anyone with questions can contact the RM office at 204-268-6700.

Burn bans are also in place in the RMs of Bifrost-Riverton, Grahamdale, Fisher, Coldwell, Ritchot, Tache, Montcalm, Stanley and Oak Lake.





# Camp Rusalka's waste pitching up on neighbouring property

By Patricia Barrett

An application to have a parcel of land on Camp Rusalka formally designated recreational use led to a protracted discussion of the camp's waste management practices during a regular meeting of Gimli council April 27.

Representatives from the trailer park located near Dnister Road and PR 222 and the owners of a property bordering it presented their sides of the story during a public hearing.

CAO Joann King said council had received a number of letters from area residents opposing the application and possible expansion of the camp. Residents also cited concerns about increased traffic flow, the use of public areas and the handling of human waste.

Somewhat reminiscent of a scene from the Canadian television series *Trailer Park Boys*, two property owners bordering the camp said they've had to contend with human feces pitching up on their property, waste running into a slough that trickles onto their land, and the destruction of their shrubbery when part of the camp known as Parcel B was modified to install water lines for 10 additional trailer sites.

"We have a slough," said the property owner who asked that the *Express* withhold their names. "We have a mess at the end of our property. We have human feces. God knows what is being discharged by the trailers. We have picked up ... buckets full of human shit, five-gallon buckets. We picked up last weekend another bag of human excrement. And it just seems to me that people think they're in the country and they can do whatever they want."

The property owners had submitted to council a photo of "human feces" behind one of the trailers at the edge of their property and other photos detailing the destruction of their land.

The man said grey water from hoses attached to trailers — and, in some cases, black water (from toilets) — drains onto their property.

His wife said they would like their property restored to what it was before the present owner, Dave Garrity, dug the water lines three years ago and created a slough.

"We would like to properly maintain our area on the boundary line as we had before [it] was dug," she said. "We were cutting the grass there ... we were looking after our trees — we can't do that anymore. We have a slough."

Mayor Randy Woroniuk said he had examined the affected areas of the couple's property.

"Camp Rusalka has some work to do," he said. "... now with the new environment regulations, the fine is \$1,200 a day ... [if] those [waste] tanks are not put in."

The property owners said they had contacted Conservation and Water Stewardship last November and an environmental officer working for the department in Selkirk but have found the process "lacking."

"I know she hasn't been out here," said the man, referring to the officer. "I spoke with her supervisor today. He hasn't been out here. ... It's going to continue as long as those trailers have grey water hoses."

"What is your answer to that?" said the mayor to Rusalka's operators with reference to the discharge. "Because that should have been shut down a year ago."

"We've been working with the province for the past year to bring our camp up to compliance," said camp operations committee member George Ehr. "We realize there have been inefficiencies in the past year, and I apologise to the [property owners] for any activity that has happened."

Garrity, who became the camp's owner last year, said he's in the process of rectifying the waste situation.

"We'd like to put a dumping station in the middle of Parcel B ...," he said. "I've been in contact with ... Conservation in regards to holding tanks and dumping with the dumping station we have in, plus information for all campers regarding 250- and 500-gallon poly tanks, which would fit under their trailer. And we have prices for them to go in-ground."

Garrity said he has been encouraging trailer owners over the past year to comply with new provincial guidelines for waste management.

He said he plans to hold a meeting with all the owners next month to ensure they understand that they're not to put their waste in sand pits or discharge it onto the land through hoses attached to trailers.

And he's included clauses in tenants' yearly leases saying they must comply with provincial regulations. He also said he has evicted trailer owners in violation of proper waste disposal.

"So, in essence, you guys have recognised that there are issues in your camp," said the mayor.

"Absolutely," said Garrity. "There's been decades when the place has very much been run as an Old Boys Club and, unfortunately, it didn't work."

As for the property owners' perception that the camp "can put in as many trailers as they want" if Parcel B were granted recreational status, King said



Camp Rusalka's operations committee member George Ehr (foreground) and owner Dave Garrity outlined their plans for proper waste management.



EXPRESS PHOTOS BY PATRICIA BARRETT

Trailer owners at Camp Rusalka have been discarding human waste and discharging grey water onto a residential property bordering the camp.

that wouldn't happen.

Designating the site "conditional use" would actually work in their favour because council could impose restrictions with regard to the numbers of trailers or ask that fences or buffer zones be installed.

Garrity and Ehr had submitted an application to council to have Parcel B rezoned to account for a previous lapse in the 1980s — when it was purchased — to register it as recreational land. They said they are in favour of having the site designated conditional use.

In response to Coun. Richard Petrowski's question about possible expansion plans, Garrity said there are 31 units on Parcel B and he has no plans to expand the site. The camp as

a whole has 63 units.

"We progressed as if it had been properly zoned back in the '80s," said Garrity, "but we found it hadn't."

As far as the damages sustained to the property owners' land, Garrity promised to clean it up.

"For two and a half years, we've been asking Mr. Garrity to fix it," said the property owner. "It has not happened. It is still in the state it was when the water line was dug."

Coun. Danny Luprypa asked why the camp has not moved on that front.

"As for cleanup of the mud, some people have been cleaning it up bit by bit," said Garrity. "I've only been in power for a year with my committee. I am trying. ... We will clean up the mud."



# sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

## Lundar sees first game action of the baseball season

By Brian Bowman

For the first time this season, Lundar Collegiate had an opportunity to play some baseball against other schools.

And that competition was pretty good.

Lundar finished with an 0-3 record at the six-team 2016 Lord Selkirk Diamond Challenge last Friday and Saturday in Selkirk.

Lundar started the tournament with a 14-0 loss to the host Selkirk Royals Friday morning and then were defeated 12-1 by a very good Portage Collegiate Institute Trojans team later that afternoon.

Shayne Desjarlais, a right-hander, pitched well for Lundar in the loss.

On Saturday, Lundar was outscored 13-11 by the Westwood Collegiate Warriors from Winnipeg.

"Westwood was more our calibre," said Lundar head coach Rory Tycoles. "Portage and Selkirk are high-level schools — they're 'AAA', 'AAAA' schools."

Defensively, Lundar struggled last weekend and their pitchers gave up too many walks. But their bats improved throughout the course of the tournament.

"It was a little bit of a learning curve just getting out of the gym," said Tycoles, noting Lundar has just one senior — Dakota Holden — on its 14-player roster.

"Our swings did get better throughout the weekend. I would say our at bats were a positive throughout the weekend. We took pitches and worked the count."

Lundar is back in action today when it hosts Warren Collegiate (11 a.m.) and Stonewall Collegiate (3 p.m.) in a one-day mini tournament.

"It's going to be nice to play a home game," Tycoles said. "It seems like every time we have a home game, we get snow or rain, in the past few years. The kids are really excited to play at home."

Lundar will then host an alumni marathon game on May 13. The idea of the event is to raise funds for



EXPRESS PHOTO BY LANA MEIER

Rylan Magnusson delivers a pitch against the Selkirk Royals at the 2016 Lord Selkirk Diamond Challenge last Friday morning.

the Lundar baseball program to help offset travel costs.

Last year's event raised \$1,150.

"We get people and businesses to pledge money for every inning that we play," Tycoles explained.

"We go out and play at 11 a.m. to 6 p.m. and try to play as many innings as possible.

"This year, we're going to mix in some soft-toss games to speed it up."

## McPherson, Cvar invited to POE Top-40 Camps

Staff

Hockey Manitoba announced the Under-16 and Under-18 rosters for the Program of Excellence TOP-40 Camp to be held May 12-15 in Portage la Prairie.

The POE TOP-40 camp is the second major phase of the Program of Excellence, which is the selection process for the 2016 U-16 (male) and U-18 (female) Team Manitoba rosters.

Peguis forward Keenan McPherson (Interlake Lightning) has been invited to the U-16 camp while Gimli forward Olivia Cvar (Shaftesbury Titans) was selected to participate in the U-18 camp.

The TOP-40 camp rosters were finalized following the U-16 and U-18 POE spring tournaments held

from April 8 to 10 at the MTS Iceplex, Seven Oaks Arena, Gateway Recreation Centre and Southdale Community Centre in Winnipeg.

Forty-four players have been invited to the U-16 camp, comprised of four goalies, 12 defencemen, and 28 forwards.

Following a competitive POE spring tournament, which featured 102 of the province's best 2001 born (male) players, the coaches and evaluation staff had the duty of making many tough decisions to cut down to the 40-player range, said a release on the Hockey Manitoba website.

The U-18 coaches and evaluation staff, meanwhile, also had to make some tough decisions following their spring tournament, which featured 101 of the

best female players in the province.

The U-18 program has 41 players invited to the POE TOP-40 Camp comprised of five goalies, 12 defencemen, and 24 forwards.

The POE TOP-40 Camp is an integral piece in determining the short list of talent for Team Manitoba while a significant importance is placed on team building, off-ice behaviour, and estimating individual character and leadership qualities.

U-16 Team Manitoba will compete at the Western Canada U-16 Challenge Cup in Calgary this upcoming October, followed by U-18 Team Manitoba competing at the National U-18 Women's Championships in Regina from Nov. 9 to 13.



# Fraserwood youth earns black belt in karate

By Natasha Tersigni

It has been four years since the Teulon Meibukan Gojyu Karate Club was established, and last week, the club hit a major milestone when one of its original members earned his black belt.

When Tyler Burke first came to the karate club in 2012, the Fraserwood youth was just 10 years old and looking to try out a new activity being offered in the area.

"I wasn't really that into sports, but I wanted to try something different so I came to karate," said Burke.

Over the next four years, Burke remained dedicated to his training at the club and often practised new skills and techniques at home. By being able to learn and develop the necessary skills quickly, undertaking a leadership role by teaching the younger members and moving through the belt-ranking system at an advanced pace, Burke was able to earn his black belt in just four years — well ahead of the time it usually takes.

"It usually takes a younger person five years or more to earn their black belt. My classes are small and therefore students can get more one-on-one attention and progress faster than in larger classes. Tyler is very dedicated to karate. He will research different techniques on his own and always keeps up with his homework assignments," said the club's founder and instructor Sensei Shona McCormick.

At his class on April 26, Burke was put through the ringer by Sensei McCormick and passed his first of two black belt tests that are required. The next and final step in being awarded his black belt is for him to go to Winnipeg and for his final confirmation be tested by McCormick's own sensei.



Tyler Burke, an original member of the four-year-old Teulon Meibukan Gojyu Karate Club, earned his black belt with the local club last week.

At his first testing, Burke proved to his instructor and himself that he is ready for that final test. McCormick had Burke complete several complex patterns that feature kicking, punching and blocking along with partner work, including throwing and take-



EXPRESS PHOTO BY NATASHA TERSIGNI

As part of earning his black belt, Burke had to demonstrate his leadership skills and has been instructing younger students for over a year with the club.

downs. A major factor of being able to earn a black belt is being able to instruct others.

"Part of their black belt testing is that they need to demonstrate their leadership skills. For the last year, Tyler has been coming to the younger age class and helping with the students. Our style is very old and traditional so many of the practices we do are going back to ethics and morals," said McCormick. At her school in Teulon, karate technique is important, but it is the life skills that she hopes her students take away from their classes.

"The No. 1 thing that we stress here is respect — respect for yourself, your family and for other people in your lives. When the students go to get tested for their next belt, I always tell

them it is not just about your karate. You can have the best karate in the world, but if you cannot behave yourself and be respectful, you will not earn that belt."

The club runs every Tuesday and Thursday from September to June out of the Rockwood Centennial Hall. There are two classes, one for younger children from 6-7 p.m. and one for adults and youth that have advanced belts from 7-8 p.m. McCormick suggests that children start karate at seven years old, although some can start as young as five years old.

For more information on the club, visit their Facebook page by searching "Teulon Meibukan Gojyu Karate" or e-mail Shona McCormick at shonasensei@live.com.

# Badminton bashing takes place in Stonewall

By Brian Bowman

Stonewall Collegiate was home to some major birdie bashing last week as it hosted the Zone 5 varsity badminton championships.

In boys' singles action, Stonewall's Chris Wiebe placed first, ahead of Teulon's Mark Shinnie, Gimli's Jack Einarson, Inwood's Adam Doerksen, Warren's Martin Knutson, Arborg's Logan Sigvaldason, Fisher Branch's Nikey Dillion, and Arborg's Connor Yarema.

The girls' singles division saw Teulon's Katrina Carter finish first while Stonewall's Brielle Cara was second. The Rams' Bobbi-Jo Warkentin was

third and Teulon's Kailen Ledochowski was fourth, followed by Stonewall's Alycia Palmer, Arborg's Morgan Melnychuk, Ashern's Kataryna Pereira, and Warren's Sydney Hildebrandt.

Teulon's Austin Spulnick and Everett Morin took top spot in men's doubles play, beating out Stonewall's Curtis Beck and Carson Ouellette.

Rounding out the top eight were Stonewall's Thomas Dunlop and Foster Bytheway, Gimli's Devun Groot and Tanner Schroder, Stonewall's Shane Andries and Driano Silvani, Teulon's Jayden Emms and Jesse Hancock, Fisher Branch's David Kon and Tristan Martin, and Inwood's Bryce

McMahon and Keenan McMahon.

In women's doubles action, Stonewall's duo of Krista Dupras and Malory Harvey finished atop of the division, edging out the Rams' pairing of Sarah Fines and Loren Proven.

Teulon's Brittany Hill and Ale Mejicanos were third, followed by Gimli's Carley Matkowsky and Jayda Campbell, Warren's Alex Chester and Grace Goodman, Inwood's Shae Burzuik and Julia Metcalf-Dziedzic, Stonewall's Alex Melsted and Katie Shier, and Arborg's Brittney Gallichon and Jill Sigurdson.

The mixed doubles division saw Teulon's talented pairing of Jake Led-

ochowski and Kyra Wiebe continue their dominance this season with another first-place finish.

Rounding out the top eight placings were Stonewall's Eryn Stewart and Liam Brown, Warren's Austin Holod and Kaitlyn Holod, Stonewall's Veronica Carroll and Brett Lawrence, Riverton Collegiate's Bryden Johnson and Halley Einarson, Stonewall's Keri Everitt and Zach Kendel, Warren's David Aisicovich and Halle Chester, and Warren's Brendon Burnett and Chantal Boonstra.

The MHSAA provincial badminton championships will take place this Friday and Saturday in Winkler.







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**COMING EVENTS**

Manitoba Motorcycle Ride for Dad - Fighting Prostate Cancer. Saturday, May 28, 2016, 10 a.m. Official start Polo Park Shopping Centre. Register online: [ridefordad.ca/Manitoba](http://ridefordad.ca/Manitoba).

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**DUST CONTROL PROGRAM**

The Municipality is now accepting requests from residents for the application of Dust Control in front of home or business sites. The 2016 rate for a single application is \$250. Forms and additional information are available from the Municipal Offices. The deadline for completed forms with payment is **May 20, 2016**; late applications will not be accepted.

Cindy Stansell, C.A.O.  
Box 70, 329 River Road  
Arborg, MB ROC OAO  
[bifrostriverton@mymts.net](mailto:bifrostriverton@mymts.net)

**Fisheries and Oceans Canada / Pêches et Océans Canada**

**Notice of Proposed Work**  
Marginal Wharf, Gimli Harbour

Fisheries and Oceans Canada is proposing to undertake work on the Marginal Wharf in Gimli Harbour during the summer of 2016, pending a successful tender process.

The construction is planned to occur from May 30, to October 14, 2016, with the Marginal Wharf resurfacing scheduled during July and August 2016. The timelines are subject to water level fluctuations and the results of the tender process.

During July and August, the wharf will be closed to the general public. Relocation of vessels during this time will be managed by the Gimli Harbour Authority.

Temporary access for boaters will be provided to the float wharves along the south side of the Marginal Wharf; however, power and water will not be available at both the Marginal and Main Wharves for portions of the project.

The project includes constructing a new concrete surface on the Marginal Wharf; installing a new steel sheet piling wall, with a wheel guard, adjacent to the north side of the Marginal Wharf; and, new asphalt surfacing.

For inquiries, please contact:  
Fisheries and Oceans Canada  
Small Craft Harbours  
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Good Bulls . . . . .	100-127.50	D3 & D5 Cows. . . . .	73-79
<b>STEER PRICES</b>		<b>HEIFER PRICES</b>	
400-500 . . . . .	177-222.50	400-500 . . . . .	184-211
500-600 . . . . .	170-220	500-600 . . . . .	170-193
600-700 . . . . .	165-212.50	600-700 . . . . .	160-179.50
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## Call For Board of Directors

The Interlake Consumers Co-operative Ltd. invites nominations for the position of Director

There are three (3) Director positions available

Nominees must meet the qualifications and requirements specified in the Co-op's Bylaws. Details on the qualifications and requirements can be picked up at the Administration Office in Arborg & at the Eriksdale Food Store location.

Nominations must be submitted in writing, no later than 5 pm on May 11, 2016 to:

The Nominating Committee  
Interlake Co-op  
Box 40, Arborg, MB, R0C 0A0



## INTERLAKE

# NOTICE OF ANNUAL MEETING

**When: Wednesday, May 25, 2016**

**Meeting: 7:00pm**

**Where: Arborg Community Hall  
409 Recreation Centre**

### Agenda Items to include:

- Minutes from the 2015 Annual Meeting
- Audit/Financial Report
- FCL Delegate Report
- General Managers Report
- Board Report
- Appointment of Auditors for 2016
- Board Elections

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## ANNOUNCEMENTS

### CARD OF THANKS

Jesse Perry and Tiffany Hruda and their families would like to thank everyone that planned, attended and contributed to the wedding shower for Tiffany on April, 17th. The generosity from family and friends and the very supportive community of Arborg was awe inspiring and greatly appreciated.

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## OBITUARY

### Herbert Kenneth (Ken) Rutherford September 16, 1927 to March 6, 2016



It is with great sadness we announce the passing, after a lengthy illness, of Herbert Kenneth (Ken) Rutherford; husband, brother, father, grandfather, great-grandfather.

Ken leaves to mourn his wife Doreen; his brother Robert (Valerie); his children, Maureen, Earl, Neil (Debbie) and Miles (Mavis); his grandchildren, Riqui (Rick), Jamie, Karyn, Darren (Mel), Raelene, Jennifer (Corey), Brittney (Nahom), and Julie (Rob) and his great-grandchildren, Connor, Savannah, Diego, Brianna, Liam, Marlea, Leighton and Layla.

Ken was predeceased by his mother Ettie May (Maisie) Rutherford and father Herbert (Bert) Rutherford.

Ken was born and raised in Eriksdale, Manitoba. After attending Angus Business School in Winnipeg, he returned to Eriksdale and married the love of his life Doreen Breckman on May 1, 1949. He worked as the Secretary Treasurer of the municipality, a job he held for 45 years. His job grew to include being a magistrate, dispensing drivers' licences, selling insurance and other duties as assigned. He loved his job which gave him the opportunity to meet with the people of the community and keep up with changes. He could always be counted on for a lively conversation or an animated story. Ken was an avid hunter and fisherman proud of his trophies and master angler awards. He shared those adventures and misadventures with everyone. He also spent many a day enjoying the outdoors with his children and grandchildren, instilling in them a love of the nature. His grandchildren and great grandchildren were very important to him and he had the ability to make them all feel special. He had a unique sense of humor and perspective on life which we all grew to appreciate. He will be deeply missed.

We would like to thank the staff of the E.M. Crowe Memorial Hospital for the care and kindness shown to him during his lengthy stay. You helped him find his way when he was travelling down the "highways" of the hospital and were there for the final "trip home".

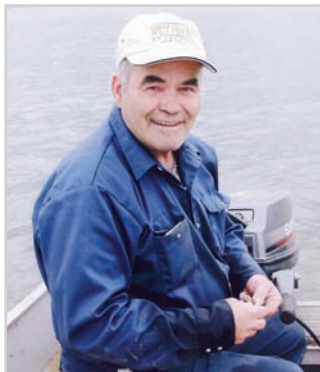
In lieu of flowers donations can be made to the E.M. Crowe Memorial Hospital Guild, 'For use in the Palliative Care Unit', c/o Irene Sigurdson, Box 474, Eriksdale, MB, R0C 0W0, or to the Eriksdale Personal Care Home, c/o Sharon Thorngilsson, Box 130, Eriksdale, MB R0C 0W0.

A celebration of Ken's life will be held at 12:00 p.m. on May 7, 2016 at Eriksdale Recreation Centre with Shirley Russell officiating.

Arrangements by:  
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## OBITUARY

### Stefan (Stebbi) William Bjornson



It is with heavy hearts that we announce the passing of Stefan, on April 27, 2016, at the Arborg and District Health Centre. Stefan will be dearly missed by his son, Jeff (Liz); daughters, Tammy (Danny) Einarson and Serena Bjornson; grandchildren, Hogan, Hannah (Ryan) and Amber Bjornson, Tanner and Halley Einarson; sister, brothers, and in laws, Peggy (Barry) Gudmundson, Buddy (Dorothy) Bjornson, Irvin (Shelly) Bjornson, Kathy Bjornson and Connie Bardarson, and numerous nieces and nephews whom he adored and special pal, Lucky. He was predeceased by his wife, Dolores; mother and father, Anna and Halli Bjornson; brother Halli; sister Sylvia; niece Beverley; brother-in-law, Gordon Bardarson; and parents-in-law, Nellie and Edgar Bardarson.

Dad was born on March 12, 1941, on the family homestead of Skalholt. He grew up and graduated high school in Riverton, and took numerous courses at college in Winnipeg. In 1965, he married the love of his life, Dolores, and they raised their family west of Riverton. Dad worked in many industries such as mining in Thompson, heavy duty mechanics with Riverton Boat Works, Erickson Construction in Riverton and ATA Construction in Norman Wells and Hay River. He also co-owned B&B Service garage in Riverton. He started farming in the 70's, and together with Mom, grew the farm considerably until retiring in the 2000's. Dad didn't know how to retire. He helped out other farmers, continued to fix and rebuild lawnmowers, and even when wintering in Mission, Texas, kept busy fixing golf carts, computers, and helping out friends in the park. Dad was known for his soft spot for animals, funny jokes, pranks, tireless work ethic, strong and helpful hands, kind demeanor, love of fishing and superior intelligence. He showed us what true love is all about and we took comfort knowing he was going to join Mom after being apart for over ten months.

The family would like to thank Shelly for her tireless support, Les Robinson for his continued friendship, as well as all friends and family who visited, brought food, treats, and coffee over to show support.

A service was held on Tuesday, May 3, 2016 at 2:30 pm at the Riverton Community Hall. A private family interment will take place at a later date.

Donations can be made in lieu of flowers to the Cancer Care Manitoba Foundation.

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