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VOLUME 4 EDITION 19 THURSDAY, MAY 11, 2017

## WEEKLY NEWS

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### RCMP for a day



EXPRESS PHOTO SUBMITTED BY LETISHA SHERRY

Fisher Branch RCMP Const. Aayesha Dean and Kiana Lafreniere are all smiles after locking away a would-be thief last Friday. Lafreniere won the RCMP for a Day contest last month and her reward was a mock crime scenario that had her hunt down and arrest a suspect after a robbery at the RM office.

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

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# Fisher Branch RCMP stage mock crime scene for contest winner

By Jeff Ward

An investigation of a brazen daylight theft of cash from the RM of Fisher Branch Office had eight-year-old RCMP officer Kiana Lafreniere on the case last Friday.

Lafreniere won the RCMP for a Day contest last month after her letter was

chosen from a pool of 70 other students across Manitoba. Lafreniere wrote to the RCMP saying that she would be a good choice for the contest because she wants to become an officer herself when she grows up. Lafreniere said she is always looking to do kind things in her everyday life and that those qualities would make her a great officer.

The RCMP communications team agreed

and selected Lafreniere to be the first RCMP for a Day winner. She got to live out that reward last Friday. Lafreniere received a backpack, police vest, T-shirt, hat, badge and notebook as an RCMP starter kit.

Fisher Branch RCMP Sgt. Darryl Robak said that Lafreniere's afternoon was busy after the local RM office

called in a theft shortly after RCMP Const. Aayesha Dean picked her up from school. The partners interviewed witnesses to the crime at the office, got a description of the suspect and of the vehicle he was driving.

Lafreniere said that after leaving the office, she and her partner investigated a suspicious silver car that had been abandoned. They collected fingerprints and searched the vehicle for any evidence.

"We had to go look for a silver car and try to figure out where the bad guy was," said Lafreniere.

The suspect, played by RCMP communications director Robert Cyrenne, was caught shortly thereafter and cuffed by the new re-

cruit before he was taken back to the station for processing.

"He says, 'What did I do?' and I told him that he stole a box of money worth over \$1,000. He had to come with us because we knew that he did it and he had no choice, so I cuffed him and we put him in Jail Cell 4," said Lafreniere.

With the case solved and the money

"I'M JUST KEEPING MY EYES OPEN AND LOOKING FOR EVIDENCE OF THE BAD GUY."



EXPRESS PHOTO SUBMITTED BY LETISHA SHERRY

Kiana Lafreniere and Const. Dean examine evidence in a suspicious silver car that was abandoned following the mock theft at the RM of Fisher Branch office.

returned, Lafreniere was treated to a well-deserved ice cream. The incident was documented and shared on the RCMP Twitter page. Lafreniere's mother, Hillary, said that even her stepdad followed along during his business trip to China.

"It was such a great day for her and I was so happy that the RCMP went all out the way they did," said Hillary Lafreniere.

"And since she was on the front page of [*The Express Weekly News*], we've gotten so many calls and letters of support. I can't thank the community enough for supporting her through this amazing experience."

Even before this experience, Lafreniere said she wanted to be an RCMP officer and this has only made that desire stronger for her. Lafreniere said that she's using her newfound knowledge to keep a watchful eye over her own neighbourhood. And her mother said that Lafreniere has been wearing her hat and walking around the block taking notes.

"I'm just keeping my eyes open and looking for evidence of the bad guys," said Lafreniere.

Fisher Branch residents can sleep safe knowing their community is being watched over by local RCMP and their newest recruit, Kiana Lafreniere.

## Scrapbooking event raises money for Eriksdale Museum

By Jeff Ward

Thirty participants diligently working on their scrapbooks and paper crafts helped raise over \$1,000 for the Eriksdale Museum a few weeks ago during an annual fundraiser.

The Eriksdale Museum Scrapbooking and Card Making Fun Day held its fourth annual event at the Eriksdale Recreation Centre on April 29. The event had attendees rent tables in the centre for \$40 each and had a little pop-up shop, the Scrap Bucket from Selkirk, that sells the supplies if needed. A silent auction added to the fundraising effort with a variety of donated prizes.

Event organizer Andrea Sweetland explained that the event has been a great fundraiser over the years and consistently brings in \$1,000 a year. This year, the money is going towards painting the siding that got put on the museum last year and also towards building a storage shed behind the museum to store artifacts.

"It's nice that the fundraiser does so well because the museum always needs something," said Sweetland.

"It's nice to just sit down and enjoy working on our projects for the day. Your food is provided and you just get to socialize and work on your crafts. It's lots of laughter and lots of fun."

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# Fisher Branch student creates reusable shopping bags



EXPRESS PHOTO SUBMITTED BY EMILY MAZUR

Grade 9 student Emily Mazur is crocheting her own reusable shopping bags from old plastic single bags for a school project at Fisher Branch Collegiate.

By Jeff Ward

A Grade 9 Fisher Branch Collegiate (FBC) student is recycling plastic shopping bags and turning them into reusable shopping bags as part of a sustainability project she is working on.

The project is part of a course called Sustainable Wilderness Out-Tripping (SWOT) and tasks students with creating a project that demonstrates sustainable living and the environmental impact a person has. Donald Nikkel, who expanded the program from Lundar to include both FBC and Ashern Central School this year, teaches the course. It culminates in an eight-day canoe trip through Lake of the Woods near Kenora.

For her project, Emily Mazur from FBC decided to take plastic shopping bags cut them into ribbons and crochet them together to create a new reusable bag. Mazur has been selling them for \$7 for a small bag and \$10 for a large bag to help fund her trip fee of \$150. Mazur said that she has had to stop taking orders because she simply can't keep up with the demand.

"It kind of took off and I even have my mom and grandma helping me," said Mazur.

"It's always been on my mind to do something with shopping bags because they're so easy to come by. I de-

Continued on page 10

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# CLCF provides funding to several organizations: education, church, library

## Lundar Library receives \$4,000 for renovations

By Jeff Ward

A \$4,000 grant to the Pauline Johnson Library in Lundar from the Coldwell Lundar Community Foundation (CLCF) will cover the costs to give the interior of the building a fresh coat of paint this summer.

The CLCF gave out a total of \$7,444.47 to a number of organizations on April 2 at the Lundar Lutheran Church. Along with the \$4,000 to the library, \$1,759 was given from the Myrtle Smith Memorial Fund to benefit the Eriksdale Memorial Church, \$223 for the Lundar Heritage Park and two \$500 bursaries for graduating students this June.

Irene Runolfson, treasurer for the CLCF, said that she is always so happy to be able to provide grants that benefit the community. She said that the project of repainting the library, which hasn't been painted in 20 years, would breathe fresh new life into a building that serves so many purposes.

"The library was a great choice for funding because

they provide a lot of services for the whole community and it's an important building for a community, so we're very proud to help them accomplish their project," said Runolfson.

Head librarian Laurie Arnason said that the board was thrilled to be chosen as the grant recipient this year and this project simply couldn't be accomplished without funding of some sort. Arnason said the board would work on deciding what colours will be used. When work does begin, it will be a big job to move bookshelves and cases away from the walls.

"We'll likely to the painting in sections so that it doesn't interrupt people too much when they come in. Our summer months are our high-traffic times so I think a lot of the cottagers will enjoy the new look when the drop by," said Arnason.

The library is a place where visitors can access the Internet, get photocopying done, hold meetings and, of course, read and rent books. Arnason said the building is an important part of the community and she's very excited to see the place brightened up this year.

**"THE LIBRARY WAS A GREAT CHOICE FOR FUNDING BECAUSE THEY PROVIDE A LOT OF SERVICES FOR THE WHOLE COMMUNITY."**



EXPRESS PHOTO SUBMITTED BY IRENE RUNOLFSON  
CLCF chairperson Greg Brown presents Pauline Johnson Library board member Maureen Johnson with a \$4,000 grant to paint the interior of the library.

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# Arborg Fire Department to host hordes of youngsters

By Patricia Barrett

He's accustomed to running into burning houses and stopping wildfires from jumping highways, but Arborg's deputy fire chief sounds downright worried about taking charge of 300 or so kids from the Early Middle school.

Andy Baryliski, who's in charge of the department's upcoming Open House, said it's going to be pretty tricky harnessing all that raw energy and trying to be in half a dozen places at once.

"Hopefully, I can pull it off," he said. "I just need enough bodies (live firefighters)."

Baryliski is also hoping to put some of the Ice Dawgs hockey players in "high-vis" jackets to help keep an eye on the kids.

The students will get to explore the department's Burn House, which simulates conditions in a house fire, and learn how to crawl to safety in dense smoke (a harmless water vapour).

They'll also get hands-on training with a fire extinguisher and learn how the pumper/tanker operates.

"If there's enough guys, we'll have a little demonstration of the fire trucks spraying some water," said Baryliski. "We'll fire up the Kubota so they can go out and demonstrate how to fight a grass fire."

When they need to replenish their energy, the "little munchkins" will be served hotdogs and lemonade.

Staff from the fire commissioner's office in Brandon, mascot Sparky, the RCMP, paramedics and STARS air ambulance crews will be visiting, said Baryliski. And the "Muskeg Mounties" (an affectionate term for natural resource officers) will also be on hand.

Resuscitation tables may be set up where students can watch paramedics work on an unconscious victim and, if it's possible on the day, a STARS helicopter may drop in for a visit.

The department is encouraging drivers that may be in the vicinity of the fire hall on May 19 to proceed with caution between the hours of 11 a.m. and 3 p.m. as kids can dash here and there without paying attention to their surroundings.

Although the Open House is geared specifically to youngsters, the general public is welcome to drop by.

The department is also encouraging ratepayers to participate in an important survey about its services and operations.

The survey can be accessed from a link on the fire department's website under "Forms" or by typing in <https://www.surveymonkey.com/r/ABFES>.

For more information about the



EXPRESS FILE PHOTO BY PATRICIA BARRETT

Deputy Fire Chief Andy Baryliski will have his hands full May 19 when 300 kids descend on the fire hall for the department's annual Open House from 11 a.m. 3 p.m.

survey, contact the fire department at 204-376-FIRE or by email [chief@arborgfire.com](mailto:chief@arborgfire.com).

# Land purchased in St. Laurent for site of new fish plant

By Jeff Ward

St. Laurent has drawn the interest of another new company looking to set up and operate a fish processing plant to sell Lake Manitoba fish on the world market, and this group has already purchased the land.

Wildnorth Fishery Limited is a new company looking to make a name for themselves internationally by processing and selling fish caught in Lake Manitoba. Once the province moves away from the Freshwater Fish Marketing Corporation monopoly, now slated for Dec. 1 of this year, companies like Wildnorth Fishery Limited hope to begin production right away.

Director and shareholder Eva Luk said that St. Laurent is a great place to set up their facility because it has all the pieces they need to make the plant work. She said skilled labour and a long history of commercial fishing are big attractors to the area and that a blue-sky scenario would have them operational at the plant by December.

Luk said that fish like mullet, pike and tullibee, among others, are the ones her team is looking to establish

a market for and that the plant would process 10 to 15 containers a month.

"Realistically, we want to start moving on this plan ASAP," said Luk.

"The planning itself takes time and we're in that stage right now. The other things that take time is our application for conditional use and then getting our land properly zoned. We want to start small, find our footing and then expand."

Luk is a lawyer by trade and also is the founder of the water filtration company Tré Pure based out of Steinbach. She said that she has been waiting 10 years to explore this industry. In that time, she has spoken with dozens of fishers about what their needs are. Her strategy for this plant takes into consideration all of those opinions so that she and her team can build something fishers and the community of St. Laurent will want

to be a part of.

Wildnorth Fishery Limited is the second company to be interested in St. Laurent as a location for a fish processing plant. Community Development First (CDF) has been working on a similar strategy for the last few years but at a much bigger scale. Luk said that there is a great opportunity for multiple companies, including her own, to work together and maximize the market potential of Lake Manitoba fish.

"In my view, the more people who get into the industry the better it will be for everyone. It'll force us to make things very efficient and it will give

the best experience to the fishers," said Luk.

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# getfishing

RED RIVER > CHALET BEACH > LAKE WINNIPEG

## > ARNIE WEIDL Getting caught up in open water

Welcome, friends.

On one of the last days of winter fishing, I met three Americans checking their loaded equipment as they were about to head home after spending a weekend fishing on south Lake Winnipeg off Matlock.

Mike was a young, robust, pleasing chap. Shorter Scott, with grey hair, showed remarkable energy as he dashed about checking their gear as we talked. Matt was a tall, well-conditioned guy with piercing eyes, chiselled features and a short brown pointed beard.

During our brief hurried time together, the boys expressed anxiety about getting into trouble on our great Lake Winnipeg, so I gave them my card and told them they were "never alone here." I revealed, as I have with so many other out-of-towners, that if something difficult arises, call and we MIFA guys will try to help. That seemed to put them at ease as Matt remembered a fishing story about getting caught in open water during a summer rain storm.

It seems our three new friends were boat fishing years ago on Mille Lacs Lake in central Minnesota when a sudden powerful rain storm came upon them. They decided to hightail it back to shore and the comfort of the lodge where they were staying. Their little motor pushed their aluminum skiff along at an agonizing snail's pace as torrential rain began pounding down on them. White-yellow shafts of lightning ripped across the sky. Cracking thunder from the dark blue-grey boiling clouds made them duck involuntarily.



EXPRESS PHOTO SUBMITTED

Gail Strauman of Selkirk with a sturgeon she caught at Lake Nutimik.

Finally, in the midst of this soaking chaos, the drenched men made shore and ran for the lodge's bar. The lodge owner, a huge slow walking, slow talking guy (let's call him Bert), oblivious to the wet carnage, plodded down to their boat to bail it out before it swamped.

A couple of years later, the boys were at the fishing show in Minneapolis and ran into Bert. Matt asked him if he remembered them. The owner looked at them and slowly said, "You were the swamped guys!"

They laughed as the lodge owner held up a big hand and, with a half-smile, continued, "A funny thing happened in that boat while I was bailing

it out. I bent down to get more water with my pail and was stunned to see fish swimming around my legs. I stood up wondering how this could be until I saw your old cooler with a foam top that you had used as a live well. The top had floated off, releasing your fish, and I wound up with some unusual company as I saved your boat!" I wonder what ever happened to those fish.

Normally, getting your income taxes done isn't necessarily a pleasant experience; however, in my case, this year, it was. I was finished and about to leave H&R Block's office in Selkirk

Continued on page 8

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## ESD board gives approval to Habitat for Humanity trip to El Salvador

By Patricia Barrett

Riverton teacher Rob Jantz, who wants to accompany Evergreen School Division students on a Habitat for Humanity trip to El Salvador next year, received approval in principle from the board.

A government travel advisory for the Central American country, which fronts the Pacific Ocean, is currently in effect, and the board wants to ensure Jantz informs parents about all the risks.

Previous ESD trips to El Salvador followed strict safety protocols.

"This would be our fourth time to El Salvador," said Jantz, who asked for the board's approval during its regular meeting May 3. "It doesn't need to be a trip to El Salvador, although I'm going to be recommending that we go back there for a number of reasons."

He cited the development of an altruistic attitude and a sense of community responsibility as some of the benefits of past trips.

"You can write things down on paper," said Jantz, who showed the board photos of the students working with Habitat in the country, "but ... you see kids come back from a trip and you take a look at their perspectives and their experiences coming out of the trip and what they're able to contribute when they get home."

Another Habitat project would allow students who've not yet participated to see first-hand how people in the Global South live.

"It may be their one and only exposure to life in the developing world — I don't think there's a substitute for that," said Jantz.

He acknowledged the risks of traveling to the country, saying there's tension between rival gangs.

The Government of Canada's travel advisory page urges travellers to "exercise a high degree of caution due to a high rate of violent crime."

"Parents should know that up front," said Jantz, "that there's an inherent risk travelling to developing countries."

However, there are "layers of support" for students, he said, citing planning procedures, safety protocols at the work site, security at the hotel and a predictable way of moving around the country.

"Habitat keeps a feel for where the hotspots are," said Jantz.

Grade 12 student Carley Matkowski, who sits on the ESD board as a student representative, participated in a Habitat trip to El Salvador three years ago.

"I felt safer there than I did in Winnipeg," she said, "because people are so dedicated to keeping you safe."



Carley Matkowski

In the past, students primarily from Gimli High School took part in Habitat trips, said Jantz, but the experience is open to students from all the division's high schools.

Depending on air fare, a trip could cost each student between \$2,600 and \$3,000 for 10 days.

Matkowski said she fundraised the entire cost of her trip.

Trustee Brent Johnson expressed concern that the cost may prohibit some students from participating.

"One of things that I think is very important for us to be promoting is that as many students as possible will have an opportunity to participate in a trip like this," said Johnson. "Especially for those students where affordability might be an issue. ... How can we help under-privileged kids from here participate?"

Jantz acknowledged that some students haven't been able to afford it.

"I can think of a number of students for whom it was very challenging to get the money together," he said, "... but we've always made it work so everyone who wanted to go could. But it's true, there's been people who said I'd love to go, but I can't afford it."

Supt. Roza Gray said the division does help students participate in Habitat trips through encouraging and supporting individual and group fundraising activities, finding the most inexpensive means of travel and selecting countries that are reasonably priced.

The board approved the request in principle. The division will have to enter into an agreement with Habitat for Humanity Global Village, which will entail [the division] taking full responsibility for the students.

"I think Rob did a good job acknowledging there is risk," said Gray, "and that he shares this information with parents so they can make the decision



EXPRESS PHOTOS BY PATRICIA BARRETT  
Rob Jantz

with informed consent as to whether or not they want their child to go."

Assistant Supt. Scott Hill said Habitat trips are of much benefit to students.

"To me, when I think about activities in our schools that exemplify [our] mission and vision, I ... think the experiential learning our kids get immersing themselves in the developing world, and gaining the habit and practice of giving back to both global and local communities, is invaluable."

## Correction



Staff

In the story Stellar performances at Northern Lights Festival of the Arts' Highlights concert in the May 4 edition of the *Express*, we misspelled the name of a guitarist featured in a photo. Horatio Chudy (not Chudd) performed *Amazing Grace*, for which he won an award. The *Express* apologizes for the misspelling.



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# Miss Interlake Pageant looking for contestants

## The Lundar Fair will be held June 9 and 10

By Jeff Ward

With the 2017 Lundar Agricultural Fair fast approaching, the search is on for contestants to represent their community in the 2017 Miss Interlake Pageant.

Organizers of the Miss Interlake Pageant are once again searching for Interlake girls to be a part of the 50th anniversary to represent their community.

Tara Law, one of the organizers, said that the pageant is a fun character-building event that gives these girls the opportunity to show the Interlake who they are. Law said that the feedback from previous contestants has always been positive and that the pageant tends to bring out the best in the contestants as they make their way through the day.

Contestants must perform a talent at the showcase, ride on the Miss Interlake float during the parade, attend a luncheon at the Lundar Legion Hall, be interviewed by the judges and perform an impromptu speech at the

grandstand.

The deadline for registration is May 30, and the Lundar Agricultural Fair takes place June 9 and 10.

"It's the kind of event that is going to be important to people for many different reasons," said Law.

"For us, it's really been a labour of love to organize this every year. This is 50 years of history here and I don't think I've met anyone who wasn't proud of representing Miss Interlake."

Currently, Law has five communities already on board: St. Laurent, Lake Francis, Eriksdale, Lundar and Teulon. Contestants must be between 16 and 21 years old.

Law said that potential contestants shouldn't be worried about not having a talent or lacking in any one specific area because the judging is done as an overall representation of the person, not of any one skill.

"I'd encourage them to talk to last year's contestants because it is such a rewarding experience. Ask them what they got out of the day and how

it shaped them," said Law.

For anyone interested in taking part in this year's pageant, they can visit the Lundar Agricultural Society

website, <http://www.lundaragsociety.com>, for more information or they can contact Law directly at [missinterlake@outlook.com](mailto:missinterlake@outlook.com).

## > GET FISHING, FROM PG. 6

when I asked the lady at the front desk if she had a fishing story. Her eyes softened knowingly and, with a hushed voice, gave us this delightful story.

She, Gail Strauman, and her husband, Larry, of Selkirk were boat fishing last summer on Nutimik Lake on a beautiful, quiet, sunny day when she caught a sturgeon.

"Honey, I think I got something!" she exclaimed to Larry, who hadn't yet had a chance to get his line in the water. His body came alert as he stopped preparing his rig to gape at a sleek white-grey, five-foot-long sturgeon breaking the water's surface. It rolled on its side and then, tail high, dove for the bottom. To Gail, it felt like a rock as she tried to pull up and reel in. It tore

to the right with frightening force for a couple of boat lengths. Then it would stop, rest and then take off to the left, always getting a little closer to the boat.

After 30 minutes of hard, careful work, Gail saw the fish's head pop up alongside the boat. Her arms, now aching, slowly heaved up on her rig as the fish calmly surfaced right by her. Larry, without hesitation, got down on his knees and reached his arms over the side and under the fish, cradling it carefully into the boat. The fish surprisingly didn't move, so they switched places and took this lovely picture for us to enjoy. Well, next week I hope to see you out there fishing. For my part, I can't wait!

Till then, so-long.

# Ardal Geysir Lutheran Church to mark 500th Anniversary of the Reformation

By Patricia Barrett

The Ardal Geysir Lutheran Church in Arborg will be marking the 500th Anniversary of the start of the Protestant Reformation with a number of events planned for Friday evening and is welcoming all to attend.

The Reformation was a religious revolution and eventual split from the Roman Catholic Church during the Renaissance period. German monk and university professor Martin Luther initiated the idea of church reform in 1517 with the publication of the Ninety-Five Theses, in which he criticized Catholic Church dogma and encouraged theological debate.

Recognizing Luther's contribution

to their faith is important to the members of Arborg's Lutheran church.

"We feel it's important to mark this anniversary of 500 years that we have lived and worked and lived out our faith as the Lutheran Church," said church member Lillian Skulason. "Our congregation has been here in Arborg since 1902."

The congregation from the community of Geysir, east of Arborg, joined the Ardal church after a fire destroyed their own church.

The congregation is taking up one of the challenges suggested by the Evangelical Lutheran Church in Canada in order to commemorate the anniversary.

The ELCIC is encouraging its members to sponsor 500 refugees to Canada. According to its website, 536 refugees have already been sponsored.

"As we are celebrating the 500 years, we were looking at what the national church and the Lutheran Federation were suggesting — joining the Reformation Challenge," said Skulason. "And we decided to help with the sponsoring of a refugee family because that's very current in our community."

Skulason said the church is helping fundraise for a local organization that intends to bring to Arborg family members of a Syrian refugee family that had arrived last year.

"Some of our members have been working with the Jarkas family," said Skulason. "All the proceeds [from the evening] will go to the Interlake Refugee Support Network."

The church has invited a guest speaker from the network and will be accepting donations to help reunite the family.

The evening will include a light lunch, fellowship, musicians, vocalists and a dance performance. Luther himself will drop by for a chat.

"He's travelling on his time machine as we speak," laughed Skulason. "He'll be providing some short glimpses into his life. It will be interspersed with the music."

The church choir will also be performing one of Luther's hymns.

Skulason said the church has renewed Pastor Gary Schenk's term for another year.

"We do have a full-time pastor at this time working in the community," she said.

The celebration will take place on Friday, May 12 at 7 p.m. at the Ardal Geysir Lutheran Church. The church is located at 301 River Rd. Everybody in the community is welcome.

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**ASHERN PIONEER MUSEUM UPDATE**

The museum is going to be open this year from Tuesday to Saturday from 9:00am to 5:00pm.

- The Multicultural Day (Food) will be at the Museum grounds again for our **Opening Day on Friday, June 16.** We would like anyone who would like to participate in creating a dish to contact **Gwen Thorlacius @ 204-768-3255.**
- This year our **25th Annual Threshing Day** will be held on **Sunday Sept. 3,** the long weekend from **10:00am to 3:00pm** in conjunction with the Ashern Rodeo's 25th Annual weekend.

# Manitoba Hydro files general rate application with PUB

## Utility requests 7.9 per cent increase in each of the next two years

### Submitted

Manitoba Hydro today filed a Letter of Application for its 2017-18 General Rate Application (GRA) with the Public Utilities Board (PUB). The rate application includes a request to:

- confirm the previous 3.36 per cent rate increase approved by the PUB on an interim basis in 2016;
- an interim 7.9 per cent rate increase effective Aug. 1, 2017;
- and an additional 7.9 per cent increase effective April 1, 2018.

The utility's long-term financial plan includes a total of five years of 7.9 per cent rate increases starting in 2017 after which it projects much lower increases of two per cent annually.

For the average residential consumer using 1,000 kilowatt-hours per month, the 7.9 per cent increase in 2017 will result in a monthly increase of \$6.88 in their electricity bill. The 7.9 per cent in 2018 will result a further increase of \$7.43 per month for the same customer.

Kelvin Shepherd, president and

CEO of Manitoba Hydro, said the rate increases are absolutely necessary to protect the financial sustainability of Manitoba Hydro. Specifically, the rate increases will help address the corporation's large debt and cash flow issues during this critical period of major capital project investment.

"Without question, developing two major projects, the Keeyask Generating Station and Bipole III transmission line at the same time, has resulted in Manitoba Hydro taking on a significant amount of debt to finance the construction of those projects," Shepherd said. "The rates we are proposing today will help ensure that Manitoba Hydro's debt will continue to be self-supporting. This is critical as it protects both Manitoba Hydro and the province from the risk of higher borrowing costs and reduced access to capital.

"In addition, the best way to protect customers from even higher rates is to ensure we are financially strong enough to weather known risks such

as a severe drought, rising interest rates or other scenarios that could have a major impact on our operations and our financial stability," Shepherd said.

The proposed rate increases, coupled with an enhanced and accelerated cost-reduction program, form the core of a 10-year plan to restore Manitoba Hydro to a minimum level of financial strength, Shepherd added.

In its complete filing of supporting documents on May 12, the utility will explain how its business outlook has deteriorated since the last GRA in January 2015. In addition to the impact of developing two major projects concurrently, Manitoba Hydro has seen both projects increase in cost. As well, the utility is experiencing lower growth in Manitoba's demand for electricity and continued lower prices on the export market.

Without any rate increases, the utility will have negative cash flows in its core operations, which is unsustainable, Shepherd said.

"As part of our balanced approach to restore the financial health of the company and to protect our customers from more significant rate increases in the future, Manitoba Hydro

is also accelerating cost-containment measures, including reducing our staffing by 900 and looking for additional efficiencies in our operations, such as improved asset management measures and new ways to streamline processes," Shepherd said.

"Our plan to become a leaner, more customer-focused organization is underway and forms an integral part of our efforts to address Manitoba Hydro's finances."

Shepherd said that the PUB will ultimately determine the final level of rate increase Manitoba Hydro customers will see. The PUB is an independent tribunal that has broad oversight in balancing various stakeholder perspectives to determine rates for Manitoba Hydro customers.

"When you consider Manitoba has amongst the lowest electricity rates in Canada — as well as potential rate increases that other jurisdictions will have to meet the needs of their customers, renew their infrastructure and move away from carbon-based generation — Manitoba Hydro will continue to offer excellent value for our customers' energy dollar by providing renewable, safe and reliable electricity for years to come," he said.

# Local nurse urges students to apply for IERHA bursary

By Maggie Wysocki

With summer holidays right around the corner, most post-secondary students are dreaming of sleeping in and staying up late. But for others, summer also means finding a way to pay off student loans.

Post-secondary education students in Manitoba take on an average of \$8,000 in debt per year, which can add up to \$27,000 for a student who borrows for all four years of a degree, according to the Canadian Student Loans Program.

Clandeboye resident Melissa Skrumeda understands the financial struggle.

Now a registered nurse at the Selkirk and District General Hospital, Skrumeda says she worried about paying off her loans when she was a nursing student at the University of Manitoba from 2012 to 2015.

"Obviously schooling is expensive and when I found this bursary I immediately submitted my application," the 26-year-old said.

The bursary that freed Skrumeda from financial debt was the Interlake-Eastern Regional Health Authority's (IERHA) Grow Your Own bursary.



EXPRESS PHOTO BY MAGGIE WYSOCKI

Melissa Skrumeda, a registered nurse at the Selkirk and District General Hospital, says applying for the Grow Your Own bursary helped her pursue her dreams without the stress of paying off student loans.

Intended to support health care students within the Interlake region, the bursary covers up to \$2,550 per academic school year to full-time students.

"We currently have 26 students fulfilling their return of service agree-

ments with us," says Brianna Demchuk, the IERHA's human resources manager.

Applying for the bursary in both her third and fourth year in nursing school, Skrumeda says it allowed her to graduate debt-free and to see the

potential she had as an RN.

"It's about growing as a person, finishing school and getting a career that will lead you somewhere," she says, regarding the bursary's title, Grow Your Own.

The bursary comes with the agreement that the recipient gives one year of service to the IERHA.

A two-time recipient, Skrumeda had to dedicate her first two years after graduation to Selkirk, but she says it worked out for the best.

"I started out thinking I'd want to work at a hospital in the city but now I'm glad I stayed close to home," she said, adding that she sees herself being a "lifer" at the Selkirk and District General Hospital.

Sticking around Selkirk also means that Skrumeda gets to work at the bigger and better new hospital set to open in June, which she says is "just beautiful."

This year's Grow Your Own bursary deadline application is June 30, and Skrumeda encourages other nursing students to fill-out the "quick and easy" online application.

For more information and application forms, visit [ierha.ca](http://ierha.ca).

# Gimli Ford gets behind the wheel for high school graduates

## The Ford Drive 4 UR School Grad Fundraiser & BBQ planned for May 13

By Patricia Barrett

Gimli Ford is set to give Grade 12 students at Gimli High School a fundraising boost that will help them with the high cost of graduation.

The Ford Drive 4 UR School Grad Fundraiser & BBQ, which will be held at the school this Saturday, is offering the public a chance to take a spin in one of the dealership's vehicles.

For each test drive, Ford will donate \$20 (up to a maximum of \$6,000) to the 2017 graduating committee.

The Ford Drive 4 UR School initiative began in 2007 as a way to give back to communities across the country, according to the parent company's website.

This is the first year Gimli Ford has participated in the initiative and is hoping to make it a yearly event, said Karen Raemer, who's organizing it and teaching students how to staff it.

"We are very excited to work with the Gimli High School graduates," said Raemer. "We know how much work is put into fundraising events, and we want to do our part to help the Gimli High School graduating class."

"Most of us at Gimli Auto are previous grads of Gimli High School, and we are excited this program will help the graduating class of 2017 pay for such items as decorations, food, music and other items needed for the dinner and dance."

Raising money to graduate is no easy feat for the graduating head committee, made up of Alexis Bahuaud, Emma Zdebiak, Carley Matkowski and Bee Erenberg.

"Grad, generally, costs about



Gimli Ford's Karen Raemer is organizing the Drive 4 UR School fundraiser.

\$55,000," said Bahuaud. "That's just for decorating, food, liquor, entertainment. When we tell people that, they're, like, 'No.'"

The dinner and liquor costs will be borne by students, but the committee has to fundraise between \$12,000 and \$13,000 for entertainment, decorating and snacks, she said.

"We have raised quite a bit," said Bahuaud. "We're doing this Ford fundraiser and this will be the last thing we do. We're trying to lower our dinner ticket cost — that's why we're trying to fundraise extra this year."

Non-stop fundraising and regular meetings with parents and graduates has been quite time-consuming for the grad heads.

"It does add to your school life," said Bahuaud. "It puts more work on you."

At the beginning of the year, the committee launched a Cash Calendar fundraiser.

"We also did a bake sale, called



EXPRESS PHOTOS BY PATRICIA BARRETT

Grade 12 students at Gimli High School are in the process of wrapping up a year of fundraising activities to pay for their graduation. From left: Dawson Greene, Lenni Finnbogason, Brianna Sahaidak, Emma Zdebiak (on grad committee), Alexis Bahuaud (on grad committee), Willow Josephson and Deborah Ruzic.

Mom's Pantry, for students to raise their own grad fees because students still have fees," said Zdebiak.

The graduation fees are \$150, according to the high school's website.

Zdebiak said the committee undertook a number of fundraising initiatives, including a meat draw, which is still in progress, gift card wreaths for Valentine's Day, quiz nights, paint nights and garbage pick-up.

"We have an amazing group of parents," said Zdebiak. "Our parents, they've helped us so much. I couldn't imagine planning all these fundraisers by ourselves."

"They're so on top of things," added Bahuaud. "Our decorating committee works every single Wednesday at 6:30, and they work so hard. We would not be where we are without those people."

Graduation day will include the customary photo shoot on Gimli Beach, a parade, a grad ceremony at the Recre-

ation Centre and a dinner.

"Then we have our Safe Grad after that," said Bahuaud, referring to a program that tries to prevent accidents and deaths after graduation parties. The program requires the grads to purchase a liquor licence and insurance, and entails a number of safety precautions.

The Ford fundraiser gets underway at 11 a.m. on Saturday. It will run until 4 p.m. To reach the \$6,000 maximum, 300 people would have to take a spin.

"You should come test drive a Ford!" said Bahuaud, getting into the sales spirit.

Raemer is also hoping to see as many people as possible come out.

"All you need is a valid driver's licence," she said. "Test drives are approximately five minutes. There will also be a barbecue set up, so bring your appetite."

## > SHOPPING BAGS, FROM PG. 3

decided to try this idea and it was pretty easy for me to do. It's just time-consuming. I've made about 15 so far and I'm halfway through three more."

Mazur said that it takes between four to six hours to crochet a small bag and upwards of eight hours for a large. Each small bag has between 25 and 40 shopping bags in it, so not only is Mazur creating something that can be used multiple times, but she's helping reduce the amount of waste in her community.

Nikkel said that Mazur's project perfectly encapsulates the idea the course is built upon.

"She is taking what is basically a waste product and turning it into something people want to use, and they're paying her for it," said Nikkel.

Mazur said that she is looking forward to the canoe trip, scheduled for the end of June, and she wants to expand the operation of bag making once school is finished.

"If I have more time, I'd like to teach

people how to make these or even do a community event where we all learn together. I have a lot of fun crocheting,

and I think once people start making things, they will too," said Mazur.

"SHE IS TAKING WHAT IS BASICALLY A WASTE PRODUCT AND TURNING IT INTO SOMETHING PEOPLE WANT TO USE, AND THEY'RE PAYING HER FOR IT."

# Lundar woman thanks veterinarian in person after she gets her dog back

By Jeff Ward

Lundar resident Lela Harris met with the Winnipeg veterinarian who spent \$1,000 of his own money to get her beloved Maverick home following an emotional month looking for her missing dog.

Harris's dog Maverick, a two-year-old German shepherd-Rottweiler cross, went missing on March 24 and ended up being adopted by another family.

Harris posted on Facebook that her dog was missing and was alerted by another Facebook user about a similar looking dog being adopted out by Animal Services in Winnipeg. Harris made the trip the following day to the city where Maverick was being held for adoption to get him back, only to find out he had been adopted the day before.

When the new owners refused to give up the dog, Winnipeg veterinarian Dr. David Scammell stepped in and offered \$1,000 to the family to part ways with the dog they'd only known for one day. Harris was reunited with her dog on April 26. On May 2, Harris met Dr. Scammell in person and thanked him for all he had done. Harris presented Dr. Scammell with a handmade quilt she purchased from an elder in Lake St. Martin as a token of her gratitude.

"It was hard to put it into words how much gratitude my family had for what he did for us, so all I could say was a simple thank you," said Harris.

"It was an incredible act of kindness and it meant everything to our family to have Mavi back. He understands that this isn't just a pet; this is a member of our family. It was just in his heart to do this."

Dr. Scammell said that he was frustrated to hear that the adoptive family was refusing to give up the dog and he wanted to do something to help. He said that in the grand scheme of things, \$1,000 wasn't a lot of money and the reward was giving a little girl, Harris's daughter, her dog back.

"I just wanted her to get her dog back and it seemed like something that was kind of ridiculous that this family refused to give him back," said Scammell.

"It was spur of the moment and it seemed like the best way to solve the problem. I figured, well, let's see if money will make them reconsider, and it did."

Scammell said that it was a nice moment to meet with Harris and discuss the chain of events that brought

the two strangers together. He said he felt good that Harris's family has their dog back and that it really wasn't much effort to help out on his part.

Harris said that Mavi has adjusted quickly to being back home and that his favourite thing to do is wake the kids up every morning. Since returning home, Harris said that Mavi has been very clingy, "but we do not mind at all."

**"IT WAS AN INCREDIBLE ACT OF KINDNESS AND IT MEANT EVERYTHING TO OUR FAMILY TO HAVE MAVI BACK."**



**EXPRESS PHOTO SUBMITTED BY LELA HARRIS**  
Dr. David Scammell, left, received a handmade quilt from Lela Harris as a thank you for his help in getting Harris's dog Maverick back last month.

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3rd prize - Darlene Manasterski - Inwood - Serta Queen Bed Value \$899  
4th prize - Robyn Bird - Koostatak - DeFehr Pine Desk Value \$789  
5th prize - Julie Bocek - Fisher Branch - Ashley 5 pce. Dining Set Value \$719

**Free Draw (No purchase necessary)**  
1st prize - Roz Nevakshonoff - Poplarfield - Dream Star Queen Bed Value \$899  
2nd prize - Lianne Gibson - Gimli - Ashley Rocker Recliner Value \$499  
3rd prize - Julia Bocek - Fisher Branch - Picture Depot Picture Value \$149  
4th prize - Elizabeth Masiak - Arborg - Queen Size Bed Sheet Set Value \$39

Thanks to those that came out and helped us celebrate our Sale of our life and to those that have supported us throughout the past 41 years! See you soon!

# Fisher Branch students build escape rooms to challenge the brain

By Jeff Ward

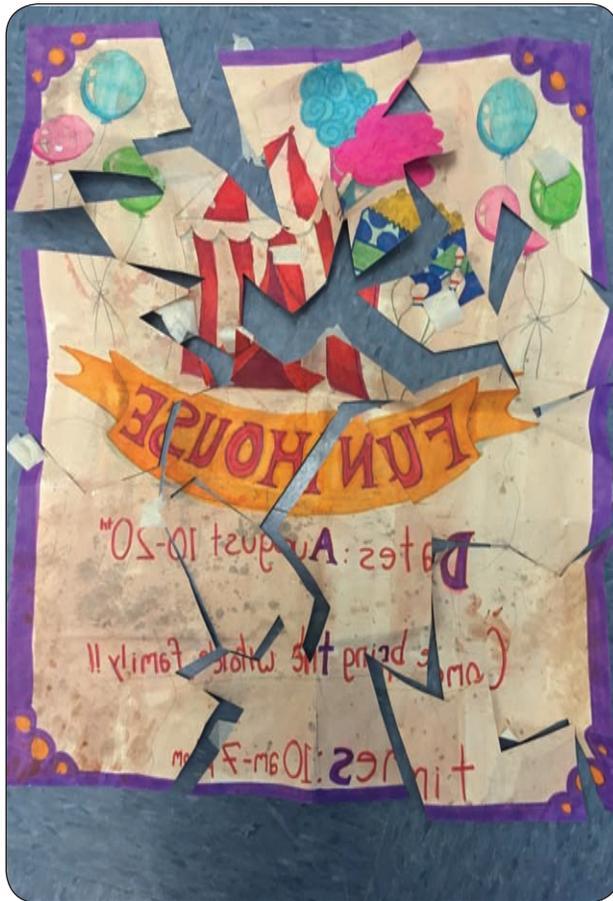
You're trapped in a locked room with nothing but your wits and critical thinking skills. The door is locked and the only way out is to solve multiple puzzles designed to test your mind. Can you escape?

This is the premise behind one of the hottest growing entertainment trends, the escape room. Last month Fisher Branch Collegiate Grade 7 and 8 students took on the task of building four escape rooms to challenge their peers and their parents. The rooms had four themes: Hell's Kitchen, The Funhouse, The Hospital and The Butcher Shop. Students designed the story behind the room, all the puzzles involved and even play tested and critiqued each other's rooms to find and iron out trouble areas.

The project was led by teachers Amanda Bouchard and Amanda Garton, who took the students to The Real Escape in Winnipeg last December so that they could start the process of figuring out their own rooms. The Real Escape has many escape rooms designed to challenge the mind and force participants to work together to solve puzzles and to think outside the box to escape the room in 60 minutes.

Students ran their escape rooms for their classmates and their parents the week before spring break in March.

Bouchard said that the process of creating these rooms covers all of the seven mathematical processes being taught in their curriculum and that it gives students the opportunity to be creative at the



One of the puzzles required escapees to find all the pieces of this hand-drawn poster, assemble them and use a mirror to get a code that would unlock a padlock to get one step closer to escaping the room.



**EXPRESS PHOTOS SUBMITTED**  
Fisher Branch Collegiate Grade 7 and 8 students spent days crafting unique puzzles for their themed escape rooms that tested their classmates' puzzle-solving skills. Pictured from left to right: Howard Beaudette, Paul Emms, Alayna Kochan, Keanna Walashek-Neault, Keara Barrett and Taylor Klimchuk.

Continued on page 17

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# Producing luscious gardens with the help of straw

By **Natasha Tersigni**

An economic and eco-friendly new trend has sprouted in the world of gardening and can now be seen growing in the Interlake.

Instead of using expensive pots or spending hours rototilling soil beds, gardeners are now opting for wheat straw bales to grow their vegetables and flowers.

To kick off South Interlake Regional Library's (SIRL) gardening series last Wednesday, Jen Beirnes hosted a Straw Bale Gardening workshop. On her family farm just outside of Stony Mountain, Beirnes has been using wheat straw bales for the past few years with tremendous success and was sharing her knowledge with those in attendance.

There are many positive factors including minimal weeds, moisture retention, and the fact that pots will never flood and they drain naturally. With wheat straw, there is lots of space for roots to grow, and at the end of the season, the bales are easy to compost.

"Instead of building a raised garden with wood and filling it with soil, you just need to use the bales and it is the container and soil in one. One of the major positives of straw bale gardening is that since you are using a small amount of potting soil for seeds, there is little to no weed growth. The time it takes to condition the bale far outweighs having to weed your garden all summer," explained Beirnes, who added that bale gardens grow vegetables, root crops, vine crops, herbs and flowers in their bales and the best plants are annuals.

Using straw bales is a lot cheaper than building a raised garden and hauling in soil. A small rectangular wheat straw bale can cost \$2 to \$8 and can be used on pavement or gravel, said Beirnes.

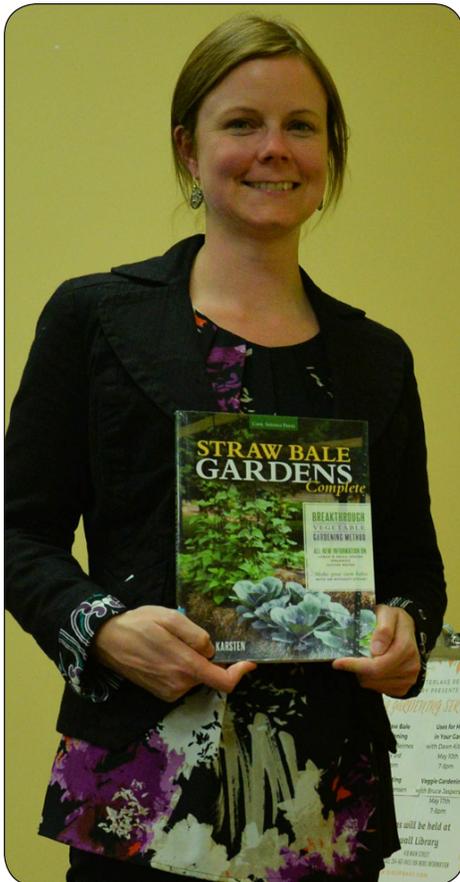
Bales can be purchased from either a greenhouse or local farmer and must be conditioned before they are ready for planting. It is recommended to use wheat straw bales because the straw will absorb the water, stay wet and break down better than other types of straw. This simple process of conditioning the bale includes placing lawn fertilizer on the bale, soaking with water and letting the bale sit for 10 days.

"Once your bale is conditioned, you then put about an inch or two of potting soil on top of the bale and you can plant your seeds. If you have seedlings, you can transplant them

directly into the bale," added Beirnes.

If you missed Beirnes' first presentation, she will be holding another Straw Bale Gardening workshop at the Teulon library on May 24 at 6:30 p.m. Other gardening workshops being held this month in Teulon include Beekeeping with Dave Weselak at 7 p.m. on May 10; Gardening with Kids at 11 a.m. on May 30; and Fantastic Forest Forage at 6:30 p.m. on May 30. All workshops are free to attend and open to the public.

The SIRL branch in Stonewall will also be hosting a series of free gardening workshops from 7 to 8 p.m. in May including Uses for Herbs from Your Garden on May 10; Composting with Lloyd Jensen on May 11; and Veggie Gardening with Bruce Jaspersen on May 17.



**EXPRESS PHOTO BY NATASHA TERSIGNI**

Stony Mountain resident Jen Beirnes hosted a gardening workshop at the South Interlake Regional Library in Stonewall last Wednesday to introduce fellow gardeners to the new trend of straw bale gardening. Those that missed the workshop in Stonewall can catch Beirnes' presentation at the Teulon branch at 6:30 p.m. on May 24.

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# How to choose the right landscaping specialist

A beautiful exterior designed by a professional landscaper is a sure way to enhance your home's curb appeal and increase its market value. Here's how to find a landscaping expert that will know how to interpret your preferences and respond to your needs accordingly.

First, determine what it is that you want — an intimate, Zen-inspired terrace? A garden bursting with colour, or perhaps a functional yard for entertaining guests? The choice is yours! For inspiration, tour your neighbourhood, search the web or flip through landscaping design magazines. Next, find out which businesses offer landscaping services in your area. Ask to see a portfolio of their past creations to figure out if their style matches what you have in mind. A professional landscaping artist that values their clientele will

take the time to answer all of your questions.

Ideally, you want to get a price estimate from at least three different companies. Each estimate should include the landscaping design plan, estimated duration of the project and, of course, total cost (including materials, warranties and labour).

No matter which company you end up choosing, a written contract for your review should be made available before any work commences. Make sure to read each line attentively before signing away! Lastly, ensure the company will supply you with all of the pertinent information regarding the proper care of your new plants. Better yet, ask if they offer maintenance services so that you can enjoy your beautiful new yard without having to lift a finger!

## The art of lighting your property and landscape

Embellishing your deck, yard or garden with lighting involves more than simply lining your pathways and flowerbeds with light fixtures. Indeed, there are certain rules you should follow for your landscape lighting to effectively show off your property come sunset.

First, let's focus on safety. Your steps and pathways need to be clearly visible so that you can walk around with ease while staying out of harm's way. Wall-mounted sconces and embedded ground lights are extremely useful for lighting dark areas with style. Next, think about which elements of your landscape you would like to show-

case. A beautiful plant that you're particularly fond of? The entrance gate? The fountain? The statue? To add a bit of magic, play with the lighting and install your fixtures (lights, lanterns, projectors, etc.) at random. All it takes is a well-focused beam of light to create an illusion of depth and volume in any yard, big or small.

Above all, it's important to note that it isn't necessary to illuminate the entire garden to create a warm atmosphere. An attractive yard that you'll enjoy admiring from your patio or upstairs bedroom window is the result of a careful blend of shadow and light.

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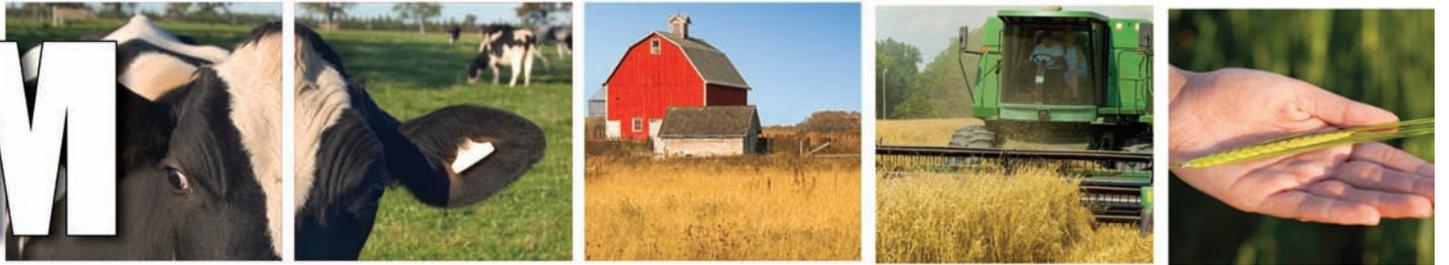
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# Your FARM



## Manitoba company launches prebiotics

By Harry Siemens

MSPrebiotics Inc., a privately-held natural health product company in Manitoba, recently announced results from their clinical trial that will shake up the emerging field of prebiotics.

Results from the trial, published in the *Clinical Nutrition* journal, demonstrate the potato-derived digestion-resistant starch supplement MSPrebiotic meets prebiotic criteria.

"Specifically, the publication shows patent-pending MSPrebiotic significantly increased the abundance of several species of healthy Bifidobacteria, which are known to promote numerous health benefits," said vice president Derek McLaren. "Elderly people taking MSPrebiotic also saw reduced constipation and an increase in the relative abundance of butyrate, a type of short-chain fatty acid that is the main source of energy for cells in

the colon".

Dr. Michelle Alfa at the St. Boniface Albrechtsen Research Centre led the collaborative study that evaluated daily consumption of MSPrebiotic versus a digestible cornstarch placebo over the course of the twelve-week trial in middle-aged and elderly individuals.

Other data from the trial, currently still under review, may show the most valuable benefits of MSPrebiotic: Elderly individuals taking the product saw significant and meaningful decreases in blood glucose levels and insulin resistance. Increased blood glucose and insulin resistance are both parameters associated with the development of type two diabetes.

"We are delighted to have a clinically-backed prebiotic that will assist people struggling to find a solution to their gut health issues," said

Earl McLaren, president, and CEO of MSPrebiotics. "The role our gut health and microbiome play in our overall wellness has become one of the hottest topics in health care."

MSPrebiotics Inc. is becoming a global leader in the research, development, and commercialization of prebiotic supplements.

The product MSPrebiotic is a digestion-resistant starch prebiotic derived from *Solanum tuberosum* tuber extract and is manufactured in a Natural Health Products site license approved facility near Carberry,

The supplement stimulates the growth of healthy bacteria and probiotics, and is fermented in the gut to serve as a glucose-independent source of energy.

"The key benefit is that, what you're doing is feeding your own organisms, like bifidobacteria, and those are the

good ones, and when you feed them and they increase, your gut health is much, much better," said Dr. Alfa. "One of the things it looks after is if you have constipation it reduces the risk of that. It also ensures that your gut will stay healthy for a longer period of time, so you don't start having inflammatory issues related to it.

"I was really excited to see that the bifidobacteria increase because this is scientifically solid," Alfa said. "We had a placebo control there, to see that change means it is really due to the MSPrebiotic. And so I'm excited because it's solid science, behind something that will improve the health of elderly, and now that I'm in that age group I'm really happy to be part of coming up with the information for others."



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# Fiddler sweeps the field at the Evergreen Festival of the Arts Hi-Lites Concert

By Patricia Barrett

Gord Anderson, president of the Gimli Kiwanis Club, presented the Kiwanis Trophy to Mitchell Baker for best overall performance during the Evergreen Festival of the Arts Hi-Lites concert May 8.

By Patricia Barrett

A Gimli violinist took home the Kiwanis Trophy for the best overall performance during the Evergreen Festival of the Arts Hi-Lites Concert May 8.

Mitchell Baker, a confident and expressive violinist, waltzed his way into the judges' hearts with his rendition of the Tennessee Waltz, which also earned him an award from CIBC.

The Hi-Lites concert showcased the talents of singers, dancers, musicians and speech artists, who earned a number of awards from businesses and community organisations.

The performers from Ar-

borg, Riverton, Gimli and Winnipeg Beach turned out well polished performances, entertaining a crowd of over 400 at Gimli High School.

"We are extremely fortunate to have the support, talent, education and freedom that our communities provide. That is evident as I look at the amazing attendance here tonight," said Krystal Isfeld, president of the Festival and teacher at Gimli's Sigurbjorg Stefansson Early School.

Isfeld thanked the Festival's committee, executive and volunteers who donated their time to the Festival, which took place from April 12-25.

Jasmine Henry (vocalist), Kylie Skaritko (speech arts), Ive Dalman (oboe) and pianists Tanner Wahl, Taylor Kornelson, May Lin Howelko, Alyssa Gard and Braden Yablonski were singled out to perform at the Provincial Finals in Winnipeg, May 25-28.



EXPRESS PHOTOS BY PATRICIA BARRETT  
Festival president Krystal Isfeld led the Sigurbjorg Stefansson grades 3 & 4 choir in a charming performance of Oye.



Mitchell Baker performance of the Tennessee Waltz earned him an award from CIBC



Gimli Mayor Randy Woroniuk presented pianist Ty Plett with an RM Gimli award.



Braden Yablonski gave a stunning performance of J. S. Bach's Invention 8 in F Major.



Gord Anderson presented the Kiwanis Trophy to Mitchell Baker for the best overall performance at the 2017 Evergreen Festival of the Arts.



Riverton Early Middle school grades 3-5 choir gave a powerful performance of Best Day of My Life.



Pianist Taylor Kornelson, playing Somersault King, has been selected to perform at the Provincial Finals.



Winnipeg Beach School grades 5-7 dancers rocked the stage with Rock A Bye Baby.



Armand Bélanger presents Kylie Skaritko with an Arborg 4-H award for spoken poetry. She'll perform at the Provincial Finals.

## > ESCAPE ROOM, FROM PG. 12

same time.

"We knew early on the students' level of engagement would be high because they had so much fun at The Real Escape," said Bouchard.

"Even the students that struggled with some of the puzzles had a blast because this is the kind of activity that you really don't get to do often. It's fun and very unique, and as soon as we left, they were already talking about the puzzles they wanted to create."

Students had to create everything on their own to dress the rooms and their puzzles but were provided with combination locks that acted as milestones of the room. For every puzzle solved, there was a code that opened a lock that provided a clue for another puzzle. The catch, Bouchard said, is that the clue doesn't tell you what puzzle it's for, so critical thinking and trial and error are required to interpret the clue.

Bouchard said that the puzzles ranged from easy to complex, and some were downright incredible.

"One puzzle used empty pill bottles. This was in The Hospital escape room, and you needed to find the code underneath each cap. Once you had all the caps, you had to unscramble the code to progress," said Bouchard.

Another puzzle had a student draw a poster in a mirror image of itself. The poster was then cut up into pieces and scattered around the room. So escapees had to find all the pieces, put them together and then use a mirror to see the code printed on the poster. Locks could be directional, numeric or letter-based, and no clue could be used more than

once.

Bouchard said that students also placed red herrings in the room to throw would-be escapees off the trail.

"They had to be critical evaluators of each other's rooms as well. Go through and point out things that made sense or didn't make sense. It's important for them to understand where people get stuck and how to give them the right amount of challenge," said Bouchard.

Students would place one person from their team in the room as a silent observer, and when escapees got stuck, a clue was handed out to them to help tackle the next puzzle or to get them back on the right track. Not everyone escaped, but Bouchard said everyone had fun.

Bouchard said that she and Garton are working out running a similar project next month.

**"WE KNEW EARLY ON THE STUDENTS' LEVEL OF ENGAGEMENT WOULD BE HIGH BECAUSE THEY HAD SO MUCH FUN AT THE REAL ESCAPE."**

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Most people under 40 have never driven a car or truck without power steering. Most vehicles today have a hydraulic power steering pump that provides boost to help you steer. The pump is usually driven by the serpentine belt, but some newer vehicles have an electric pump. Some vehicles even have an electric motor that directly powers the steering.

The important thing to keep in mind is that these pumps and motors will eventually wear out and the hoses will start to leak. You can postpone that day by having a power steering service from time to time. We will drain the old fluid and replace it with fresh fluid. This removes water and contaminants that can corrode power steering parts. Ask your service advisor for the recommended change interval.

What about the mechanical steering parts? Is there anything you can do to maintain them? Yes. If any of the steering parts can be lubed, your technician will take care of that with a lube, oil and filter service. Other than that, just watch for signs that parts are wearing out. Things like loose steering and uneven tire wear.

Worn parts can be replaced to get you back on the road. Now, sometimes parts can be bent or damaged from hitting potholes, curbs or rocks. It's important to take care of these problems early on. If you neglect them, the damaged parts stress other attached components which starts a chain reaction of damage.

Steering maintenance is pretty straight forward: Replace power steering fluid as recommended and fix worn or damaged parts right away. That'll save you money in the long run.

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# Winnipeg couple looks to reel in catfish, cash for ALS

By Scott Billeck

They have yet to cast their first line, but if husband and wife duo Dan and Eileen Coates are to reach their goals, they might just be sick of rods, bait and the smell of fish by the time they cross the finish line.

That proverbial line should take them into October, but what will be there at the end of the rainbow? Hopefully around \$100,000, some 10,000 pounds of fish caught and released on the Red River, and the satisfaction that a passing joke with their son has turned into a lot of money in support of ALS, also known as Lou Gehrig's Disease, something the family knows all too well.

Catfish Buy the Pound will attempt to catch five tonnes of fish this year, with Dan estimating somewhere in the region of 450 to 500 fish needed to hit the milestone. The couple lives in St. Norbert but plans to fish primarily in St. Andrews and Selkirk.

Dan's day job has him working for Valley Fashions in Winnipeg. It might not sound angling-related, but his company designs and supplies fishing jerseys and market display products for boat companies and he travels North America to all the big fishing shows.

"I decided I needed something to



**EXPRESS PHOTO SUBMITTED**  
Dan and Eileen Coates hold up Eileen's first-ever catfish catch in Lake Conroe, north of Houston, Texas, this past March. The St. Norbert couple is hoping to raise \$100,000 while catching 10,000 tonnes of catfish as part of their Catfish Buy the Pound fundraiser for ALS.

exploit our local fisheries," Dan said. "I was coming upstairs one day and told my youngest son Iain, for kicks and giggles, I'm going to catch 5,000 pounds of catfish next year, just so when I'm standing at the shows next

to these guys and they ask how the season was, I can tell them I caught 5,000 pounds of catfish."

Iain eventually said Dan should do it for a cause. ALS was a no-brainer after the disease had taken the life of Eileen's father. Eileen, who hadn't caught catfish in her life, was hooked.

"She said that if I'm going to catch 5,000 pounds of catfish, then she's going to catch 5,000 pounds of catfish," Dan said.

A quick call to the ALS Society of Manitoba got them on board and Catfish Buy the Pound was born.

"It's really that simple — \$10,000 seemed liked too little and \$1 million seemed like too big a stretch, so we settled on \$100,000," Dan said. "Four

zeroes is not enough and six zeroes is too many, so we went with five. There's no magical formula. It doesn't get any easier."

The couple won't cast their first line until the end of May, but they've already caught the attention of several sponsors.

"The industry thinks is the craziest thing that's ever been done," Dan said. "Everyone in the industry has been talking about it."

And the industry is acting on it. Dan and Eileen have a nice new boat to use for the season courtesy of MirroCraft, a truck to drive it around, thanks to Chudd's in Gimli (that a couple purchased for themselves) and a motor to get it up and down the Red from Suzuki. Olympic Building Centre is covering their fuel for the season.

"People are asking to be a part of this thing," Dan said.

Dan and Eileen expect to be on the water for 100 days this season and they expect to catch and release up to 500 fish. It's going to be a busy summer.

"It's not a gimmick," Dan said. "We're not guides; we're not professional fisherman. We're two people raising money for ALS."

Dan and Eileen plan to be at the Manitoba Boat Show, the Winnipeg Goldeyes game on June 2, likely Canada Day at The Forks in Winnipeg and the Icelandic Festival in Gimli.

"We're trying to get to as many social events as we can," Dan said. "The fishing is secondary, that will be the fun part."

"But it's really getting out there and getting awareness."

For more info visit:  
<https://www.facebook.com/catfish-btp/>

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**FACT #3:** In the UK, Jaguar recently announced it was scaling back on its digital advertising after it was discovered that a programmatic ad campaign accidentally placed an ad on a site sponsoring terrorism.

Meanwhile in print, ads still share the page with town council news and local sports photos.

## RETHINK INK

A message from the members of the Provincial Community Newspapers Associations of Manitoba and Saskatchewan and AdWest.



\* Source: <https://www.marketingweek.com/2017/02/14/brands-pulling-digital-ad-spend-terror-funding-claims/>

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# National Hospice Palliative Care week celebrates 'Top Five While I'm Alive'

## Submitted

National Hospice Palliative Care Week is May 7-13. This year's national theme Top Five While I'm Alive incorporates the philosophy that hospice palliative care is about living your life and living it well, right to the end. Resources found at <http://www.chpca.net/week> will help you work through a bucket list of your "Top Five While I'm Alive". As I was reading through the resources, I considered my own top five while I'm alive list as well as the top five items I am thankful for when I think of the Interlake-Eastern RHA's palliative care program. I can proudly say my top five thankful items (not in any particular order) are 1) our community volunteers, 2) our social workers, 3) our volunteer coordinator, 4) our nurses and 5) our physician support; all of these people work together to make our program what it is today.

Palliative care is the provision of skilled, compassionate interdisciplinary professional and volunteer care for people whose illness is not responding to treatment. The goal is the best possible quality of life for clients and their families. We all work together to make this statement a reality.

Interlake-Eastern RHA invests approximately \$5 million annually to care for palliative care patients in hospitals, long-term care facilities and at people's homes in the region. The palliative care program functions under the umbrella of home care services which is funded through Manitoba Health. Palliative care uses services offered through home care such as nurses, home care attendants and occupational therapy. Interlake-Eastern RHA's palliative care program has two full-time and one half-time nurses, who provide specialized support to our clients. The program also has the support of a community physician

who is available for consults in pain and symptom management and available to the region's physicians, nurse practitioners and the palliative care nurses. Outside of the available time of this physician, we encourage physicians to utilize the 24 hour consult services offered through Winnipeg Regional Health Authority.

Bereavement support is offered to all clients and families who are involved with the program. Two social workers, one full-time and one half-time, provide this specialized service to our clients and families. We have partnered with Palliative Manitoba that has created an education document to help community members provide support to people who are grieving. I encourage community members to connect with our program if they would like a copy.

Our volunteer coordinator educates and supports the various volunteers who work with us. She also does the work and organizes volunteer resources required for us to host Camp Stepping Stones for a weekend every year. Camp attendees are children aged seven to 17 who have experienced the death of someone significant in their life during the previous year. Volunteers who donate their time are a blessing to the program as they sit at clients' bedsides in hospitals or their homes and they help us with various program related needs and support the philosophy of palliative care. The coordinator also acknowledges, with letters of thanks, those who donate to palliative care. Funds donated to palliative care help us provide end of life education to communities, families and volunteers and they are used for extras that enhance how we can help such as the purchase of specialized equipment like mattresses that are more comfortable for clients who remain in bed most of the day. This equipment may

not be available otherwise.

I encourage you to make your top five while you're alive list and connect with me if you'd like more information about the palliative care program, Camp Stepping Stones or volunteer opportunities: 204-467-3361, [TRogowski@ierha.ca](mailto:TRogowski@ierha.ca).

Visit [www.chpca.net/week](http://www.chpca.net/week) for your downloadable bucket list.

## Bucket List Guidelines

1. Print the "bucket list" template (or create your own) and fill out your Top 5 While I'm Alive list.
2. Take a 'selfie' or photo of your

list, or of you holding your list.

3. Post your photo to your social media accounts (Facebook, Twitter, Instagram, etc.) using the hashtag #Top5WhileImAlive and tag the Canadian Hospice Palliative Care Association

4. Encourage your social media contacts/friends/family to create and share their own list on their social media accounts.

*Submitted by Tammie-Lee Rogowski RN CHPCN(C)® CCHN(C)®, Clinical Team Manager, Interlake-Eastern Regional Health Authority Palliative Care Program*

## Great Canadian Song Stage call for submissions

### Submitted

The Canada 150 Gimli committee is organizing a number of events to mark Canada 150.

One event is a Great Canadian Song Stage to celebrate the history of outstanding Canadian singer-songwriters. The committee welcomes submissions from high-energy bands in all genres to interpret songs from classic Canadian artists. Bands are wanted to preserve the original spirit of the work while presenting it with a new energy. Artists will be compensated for their performance.

Engagements from all regions of Manitoba are welcome for the 2017 Canada 150 Day in Gimli. Two Manitoba bands will be selected with preference being given to at least one band from Gimli and surrounding area.

The winning band will perform two one-hour performances in the evening at the Gimli Harbour Stage on Saturday, July 1 (rain date Sunday, July 2).

Bands will perform their artist interpretation of great Canadian songs plus two original songs. Suc-

cessful candidates will finalize the song list with the Canada 150 Gimli Committee. The band must be a member in good standing with Manitoba Music. Performances must be family -friendly in language and content.

The call for submissions is open until May 15.

Submissions must include the artist's name, email address, link to Manitoba Music profile page, a short bio noting recent exciting/notable career developments, and rationale explaining why you should be chosen for this opportunity including a list of Canadian songs you would consider in your performance.

Email your submission to [Canada150Gimli@gmail.com](mailto:Canada150Gimli@gmail.com) with subject line "Music Stage."

Manitoba is rich with incredibly talented musicians. We are thrilled to be presenting two Manitoba bands on the Great Canadian Song stage in Gimli on Saturday, July 1.

Be sure to join us for the entire day as we unfold an exciting lineup of interactive activities to celebrate Canada's Sesquicentennial.

# Programming to help children get better prepared for preschool

## By Jeff Ward

A program that takes place twice a week in both Ashern in Moosehorn is giving three-year-olds the opportunity to prepare for preschool.

Program co-ordinator Shanley Kippen said the premise is to help children get used to a classroom setting and to socializing with other kids the same age. The program lasts 90 minutes and takes place every Tuesday and Thursday at 10 a.m. in Moosehorn at Alf Cuthbert School and at 2:30 p.m. at Ashern Early Years School.

Kippen said that it might be the first

real interaction with similar-aged children, outside of their own family members, for many of them. Kippen explained that this is a way to ease a child into the idea of a formalized classroom setting.

Concepts like following instructions, playing with other kids, learning to be sensitive to others and just learning how to socialize with new people are all part of the benefits.

"It also gives parents a nice play date out with the children," said Kippen.

"There is a four-year-old program, too, and this is really for parents to

come and experience it with their child together. A good amount of these kids really only know how to act with their own families, so it's important to get them exposed to meeting others and easing them into a setting they'll be in in a few years."

Kippen said that she's already seen a change in some of the participants and how they interact. Kids quickly form bonds with one another and become more aware of the differences between families. Not all families are the same, and the dynamics of one household don't translate 1:1 to

another. Kippen explained that this concept is actually a big revelation to a young child who doesn't know any different.

"Different families raise their kids different ways and at a young age it can be a shock to see a different dynamic than the one you know. So before they go into a classroom, we want to help prepare them for that," said Kippen. Anyone interested in attending the program can email Kippen at [shanley.kippen@gmail.com](mailto:shanley.kippen@gmail.com) for more information. There is no cost to take part and registration isn't required.

# Relay for Life and Kiwanis team up for pancake breakfast



EXPRESS PHOTOS BY PATRICIA BARRETT

Members of the Interlake Relay for Life committee and the Kiwanis Club of Gimli held a pancake breakfast last Saturday to raise funds for the Canadian Cancer Society.

By Patricia Barrett

Committee members with the Interlake Relay for Life teamed up with the Kiwanis Club of Gimli & District last Saturday to raise funds for the Canadian Cancer Society.

They hosted a pancake breakfast at the Gimli Legion to not only raise funds for the society but also to raise awareness of cancer and the upcoming relay.

The society's annual Relay for Life is a 12-hour community event (usually held at night) that remembers family members and friends who've lost their battle with the disease and celebrates and supports cancer survivors.

Sharon Mulder, the Interlake regional representative for the society, said she was grateful for Kiwanis' support. "Kiwanis did our breakfast," she said. "They cooked it for us."

Mulder visits various communities, providing workshops on sun safety, radon awareness and general cancer prevention techniques, and helps the society with fundraising initiatives.

She also works with the Interlake-Eastern Regional Health Authority's wellness team.

"I always go out with the Regional Health Authority as part of their mobile wellness team," said Mulder. "They go to events when asked by a community. They'll do blood pressure and blood sugar checks. Whenever they get an invitation, I get one as well."

Mulder will be helping with a smoking cessation program called Run to Quit that will be launched in the fall in partnership with the Running Room.

Joining Mulder was her husband Bill Martin, who survived prostate cancer and wrote a book about his experi-

ence.

"What we're so happy about today is that we've had a good turnout from Gimli," said Martin, who is part of Pine Dock's relay team called the Road Warriors.

Martin described how his participation in a Winnipeg Relay for Life contributed to a sense of comradery among those who've experienced cancer.

"It was really moving," he said, "first to be a survivor and to be acknowledged. When you get to be in the relay, and put on the yellow shirt and go out with a whole bunch of other survivors, all of a sudden you're not odd. If you have cancer ... you join this club."

In addition to raising money for patient services and cancer research, Martin said the relay helps facilitate conversations about cancer between those battling it, or those who've survived it, and those who haven't experienced it.

The importance of acknowledging those with cancer or those who've succumbed to it can't be understated, he said. Supporters can cheer on the teams and purchase a luminary, which is a battery-operated candle that lights up the route along which participants walk or jog.

"The wonderful thing is the luminaries," said Martin. "People buy these in memory of their dear friend or loved one. It's so lovely to do that. The survivors start out on a walk, and the teams ... have somebody to remember and celebrate."

Martin said the Noventis Credit Union has been a big supporter of the relay.

Employees Crystal Johnson, Sue Steinmetz and Darlene Praznik, who



Noventis Credit Union's Cancer Crusaders relay team sold a variety of chocolate bars at the pancake breakfast. From left: Darlene Praznik, Crystal Johnson and Sue Steinmetz.

were selling a variety of chocolate bars at the breakfast, formed the Cancer Crusaders team and have been fundraising non-stop.

"We had a silent auction previously," said Johnson, the team's captain. "Now we're selling chocolate bars. We'll have something else on the [relay] day."

The team has already raised over \$1,300 through these two initiatives, said Johnson.

"We're going to keep on with these as long as we can and then we'll be doing a 50/50 or something like that on the day," said teammate Sue Steinmetz, who is also on the executive of the Barvinok Ukrainian Dance club.

Praznik, who works in the Winnipeg Beach branch, said the branches are selling paper daffodils, which also

help raise money for the society.

Another big supporter of the relay is the Breast Cancer Warriors team. Members Karen Sveinson and Shelly Goodman were on hand selling raffle tickets for a silent auction.

A number of businesses and individuals, including Ace Hardware, A & W (Selkirk), CIBC (Selkirk), Tergeesen's (Gimli), Ann and Richard Bezdietny, Bonnie Gauthier and Sophie Bristow, donated gift baskets to help the cause. The draw will take place on the day of the run.

The relay will be held in Winnipeg Beach on Saturday, June 17. Contact Betty Loewen at 204-389-5835 or betloe@mymts.net for more information about times and how to register.

# sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

## Players having a ball at Lakers' alumni tournament

By Brian Bowman

The basketball played at the Gimli Lakers' alumni tournament last weekend was of real good calibre.

And the stories that were told throughout the weekend were pretty good, too.

The tournament, which included a three-point competition and lunch, was held at the Gimli High School.

Eight teams – which included 65 players – took part in the two-day event.

"It went really good," said Ian Tarnowski, who organized the event along with Janelle Hiebert. "We had a full weekend of ball with 16 games in total. Everything went really well."

Team Sauerborn has the tournament's bragging rights for this season after defeating Team Sokil in the final. There was plenty of good action throughout the tournament, said Tarnowski.

"For being an older guys' tournament, even though we range from the youngest guy at 14 to the oldest guy being 60-plus, the level of play was pretty good," he said. "It starts off slow because guys are just getting back to it but once the intensity picks up in the playoff rounds, guys get back to where they were in high school."

The alumni tournament is now in its second year after taking a lengthy hiatus. Tarnowski, who played his final high school season in 2001, fully expects to host the event again next year.

"It's going to be an annual event as long as guys are interested," he said,



Jon Bjornson (centre) boxes out Gimli High School gym teacher Chad Heminger (left) and Jordan MacVicar.

noting the previous Gimli alumni tournament was held in 2000.

Cost to play in the tournament is \$30, which includes all games, a T-shirt and lunch. The remainder of the fee covers the cost for officials.

"The reason why me and my wife (Janelle) do it is to bring a lot of the old faces back to town," Tarnowski explained, adding he wanted to thank Jennifer Samborski for donating a beautiful cake.

"You don't see a lot of the guys anymore because they have moved on to different places and they're just not involved with basketball anymore.

"You get a chance to reacquire those relationships that you had in high school."

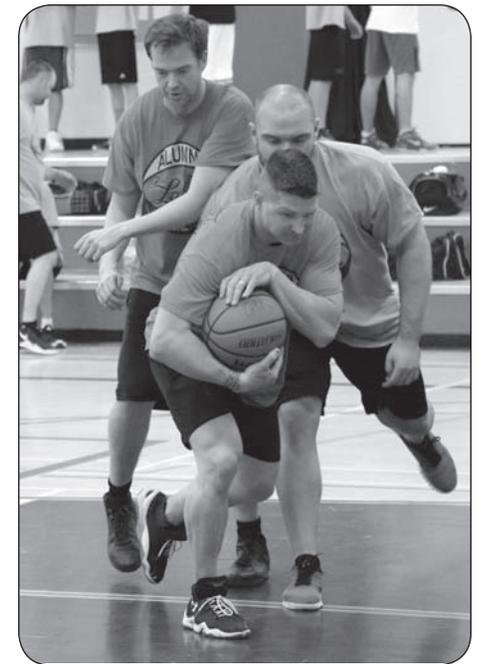


EXPRESS PHOTO SUBMITTED

Team Sauerborn was the winner, pictured left to right, Tim Franz, Jordan Favell, Jordan Welch, Chad Hemmenger, Mish "shooter" Bunn, Kali Einarson, Jordan MacVicar, Joel Kostiuik and Chad Sauerborn (player/coach).



EXPRESS PHOTOS BY PATRICIA BARRETT  
Ian Tarnowski attempts a basket.



Matt Spulnick holds the ball tight while Mike Zelenitsky guards him.

## Kodiaks win pair of Zone 5 baseball games

By Brian Bowman

The Lundar Kodiaks played in two totally different types of games last Friday.

Lundar destroyed Charles Sinclair 18-1 and then needed its final at-bat – scoring four runs – in a hard-fought 4-3 win over the Gimli Lakers in Zone 5 baseball action.

"The first game we hit the ball real well and played some good defence," said Lundar coach Rory Tycoles.

Jonathan Campeau pitched a gem

on the hill for Lundar against Charles Sinclair, earning the complete-game win.

Against Gimli, Lundar trailed 3-0 throughout much of the game as the Kodiaks had trouble with Gimli's starting pitcher. But Rylan Magnusson belted a two-out, two RBI game-winning single in the bottom of the fifth.

The Kodiaks pulled off a rare, late-inning comeback.

"It's something that we haven't re-

ally done in the past," Tycoles admitted. "We would often be a team that would give up when we were down. But their confidence is getting better and better – they stuck with it and put up a four spot to win it."

Tycoles said the Lundar players are beginning to really see their improvement on the diamond compared to just a couple of seasons ago.

The other Zone 5 game played on Friday saw Gimli edge Charles Sinclair 11-10.

Zone 5 play resumed this past Tuesday but no scores were available at press time. Lundar battle Gimli in an exhibition game this Friday and then will host Stonewall and Warren next Thursday with three Zone 5 games to be played that day.

The Kodiaks will battle the Wildcats at 11 a.m. and then the Rams at 3 p.m. The other game that day will see Warren play Stonewall at 1 p.m.

# Interlake curlers get final crack at Olympic qualifier



Kerri Einarson



Vanessa Foster



Colton Lott



Jared Kolomaya

## Staff

Gimli's Kerri Einarson, Arborg's Vanessa Foster, Stonewall's Jared Kolomaya and Winnipeg Beach's Colton Lott are among the local curlers still with a chance to represent Canada at the 2018 Winter Olympics in South Korea in February.

Last week, six Manitoba teams were invited to participate in the 2017 Road

to the Roar Pre-Trials in Summerside, P.E.I. in early November. It will be a last chance to qualify for the Canadian Olympic Curling Trials the following month in Ottawa.

The field will include 12 men's and 12 women's teams.

Along with Einarson's rink, the other Manitoba teams feature Darcy Robertson, Briane Meilleur, Jason Gunn-

laugson, Pat Simmons and William Lyburn.

Meilleur's spot is not guaranteed, however. She finished tied with Kamloops' Karla Thompson for the 12th and final invitation based on results of the Canadian Team Ranking System over the last two seasons.

If no team ahead of the pair declines

an invitation, Meilleur and Thompson will play a tiebreaker for the berth.

Four Winnipeg teams have already earned their way to the Canadian trials in Ottawa from Dec. 2-10. Nine men's and nine women's teams will compete in Ottawa for a chance to represent Canada at the Olympics.

# Volleyball Manitoba concludes provincial play

## Submitted by Volleyball Manitoba

The third and final weekend of the 2017 Volleyball Manitoba provincial championships took place last weekend with four championships being held for 77 teams in Brandon, Winnipeg and Steinbach.

In total, 190 teams competed in 13 categories over three provincial championship weekends.

Here are the final placings and all-star/MVP selections from May 6-7:

### 15U Boys Provincials

First – 204 Gold, second – WinMan Storm, third – Jr Pilots, fourth – WinMan Warriors, fifth – BVC Gold, sixth – Aztecs Gold, seventh – Warriors, eighth –

BVC White, ninth – Tsunami, 10th – WinMan Spartans, 11th – WinMan Raiders, 12th – Pirates, 13th – BVC Blue, 14th – Summit, and 15th – 204 Cardinal.

All-stars: Miko Creer (WinMan Warriors), Parker Rempel (Jr Pilots), James Duerksen (WinMan Storm), Benjamin Szewczyk (WinMan Storm), Justin Cross (204 Gold) and Nick Mayor (204 Gold). The MVP was Jon Lockie (204 Gold).

### 15U Girls Provincials

First – Dynamo Red, second – Jr Bison Gold, third – WinMan Force, fourth – Selkirk Royals, fifth – Prairie Fire Black, sixth – Cats Gold, seventh – Dynamo Grey, eighth – Jr Pilots, ninth – Club West Rage, 10th – Rink Rats, 11th – Parkland Vipers, 12th – Jr Bison Brown, 13th – Cats Blue, 14th – Fury Green, 15th – Pirates Black, 16th – Prairie Fire Orange, 17th – Jr Bison Black, 18th – RCV, 19th – Fury Blue, 20th – Big Sand Red, 21st – Dryden Whiskey Jacks, 22nd – Alliance, 23rd – Joust, 24th – Pirates Blue, and 25th – Killarney Raiders.

All-Stars: Makenna Wryha (Selkirk Royals), Jessica Pretula (WinMan Force), Keziah Hoepfner (Jr Bison Gold), Deluca Klatt (Jr Bison Gold), Sabrina Frick (Dynamo Red) and Christine Kolbuck (Dynamo Red). The MVP was Erika Andjelic (Dynamo Red).

### 16U Boys Provincials

First – Jr Wesmen, second – Jr Pilots, third – WinMan Warriors, fourth – United, fifth – Selkirk Royals, sixth – 204 Gold, seventh

– WinMan Wolves, eighth – BVC, ninth – 204 Cardinal, 10th – Pirates, 11th – Lakers, 12th – Parkland Raiders, and 13th – Wolfpack.

All-stars: Joshua Limpricht (United), Ethan Harder (WinMan Warriors), Samuel Jackman (Jr Pilots), Trae Peters (Jr Pilots), Mitchell Holland (Jr Wesmen) and Isaiah Olfert (Jr Wesmen).

The MVP was Ben Traa (Jr Wesmen).

### 16U Girls Provincials

First – Jr Bison Gold, second – Dynamo Red, third – Shock, fourth – Cats Gold, fifth – WinMan Thunder, sixth – Westman Wild, seventh – Storm Blue, eighth – Warren Wildcats, ninth – Jr Pilots, 10th – Big Sand Heat, 11th – Fury, 12th – Red River Wave, 13th – Dynamo Grey, 14th – Mavericks, 15th – Big Sand White, 16th – Jr Bison Brown, 17th – RCV, 18th – Fuzion, 19th – Lightning Elite, 20th – Ace VC, 21st – Big Bear, 22nd – Fort Frances, 23rd – Alliance and 24th – Parkland Vipers

All-stars: Brooke Schoonbaert (Cats Gold), Alexa Wiczorkiewicz (Shock), Jenna Campbell (Dynamo Red), Asha Gurney (Dynamo Red), Katreana Bentley (Jr Bison Gold) and Light Uchechukwu (Jr Bison Gold). The MVP was Anna Maidment (Jr Bison Gold).

One hundred and seven Manitoba teams will now proceed to compete in a respective Volleyball Canada western or national championship taking place later this month.

## Gimli Minor Hockey

### ANNUAL GENERAL MEETING

May 16, 2017

7:00pm

Gimli Rec Centre



# Interlake athletes on track in Stonewall



EXPRESS PHOTOS BY JO-ANNE PROCTER

The Interlake Invitational track and field meet in Stonewall last Thursday was a huge success with over 500 athletes taking part. Far left photo, Gimli's Carley Matkowski competed in the pentathlon event. Second from left, Fisher Branch's Christian Leons jumped 4.49 metres in the junior men's triple jump while second from right, Arborg 's Jillian Sigurdson threw 6.98m in senior women's shot put. Far right photo, Arborg's Brett Huta threw 9.87m in junior men's javelin.

## take a break > GAMES

### SUDOKU

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

Fun By The Numbers

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

Level: Intermediate

**Here's How It Works:**

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

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

Sudoku Answer

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

Crossword Answer

## CROSSWORD

**CLUES ACROSS**

- 1. Member of Jamaican religion
  - 6. Explodes
  - 12. "Walter White" produced this
  - 16. Promo
  - 17. In a harmful way
  - 18. Aluminium
  - 19. Cerium
  - 20. Female title
  - 21. Singer DiFranco
  - 22. Beloved alien
  - 23. Free agent
  - 24. Tax
  - 26. Change
  - 28. Heaviness
  - 30. Third note of the solfège
  - 31. Printing speed measurement
  - 32. Pouch
  - 34. Brew
  - 35. Female of a horse
  - 37. Platforms
  - 39. Type of hemline
  - 40. "Traffic" actor Guzman
  - 41. Counts on
  - 43. Inhabitant of Media
  - 44. Pitcher's statistic
  - 45. Beloved dish \_\_\_ and cheese
  - 47. An association of criminals
  - 48. Samarium
  - 50. Describes an action
  - 52. About oviduct
  - 54. Holy fire
  - 56. Audio frequency
  - 57. Stephen King novel
  - 59. Rocky peak
  - 60. South Dakota
  - 61. Gallium
  - 62. Larry and Curly's buddy
  - 63. One-dimensionality
  - 66. Soldier
  - 67. Act of foretelling future events
  - 70. Envisaged
  - 71. Establish by law
- CLUES DOWN**
- 1. Regain possession of

	1	2	3	4	5		6	7	8	9	10	11	
12						13	14						15
16			17									18	
19			20		21			22				23	
24		25			26			27		28	29		
	30			31			32		33		34		
		35	36					37		38			
	39								40				
41					42			43					
44				45	46		47				48	49	
50			51		52		53				54		55
56			57	58		59				60			61
62			63		64				65				66
67		68										69	
	70									71			

- 2. Indicates position
- 3. Con games
- 4. Checks
- 5. Atomic mass unit
- 6. Large groups
- 7. Utah athlete
- 8. Abnormal sound
- 9. Scandal vocalist Patty
- 10. Atlanta rapper
- 11. Takes without permission
- 12. Apple computers
- 13. Hymn
- 14. Clue
- 15. Makes happy
- 25. Close to
- 26. Mimic
- 27. Cool!
- 29. Simplest
- 31. Preface
- 33. Represents the Tribe of Judah
- 36. Boxing great
- 38. Birth control means
- 39. English cathedral city
- 41. Refurbish
- 42. Test for high schoolers
- 43. "Boardwalk Empire" actress Gretchen
- 46. Most adorable
- 47. Large Pakistani tribe
- 49. Enemy to grass
- 51. Along the outer surface of a hull
- 53. Travels on water
- 54. Innermost Greek temple sanctuaries
- 55. Fire and \_\_\_
- 58. Singer Turner
- 60. "\_\_\_ the Man" Musial
- 64. \_\_\_ de plume
- 65. Frozen water
- 68. An alternative
- 69. Intensive care

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General garbage cleanup and related light maintenance.  
Assisting with other duties as required.  
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Fax: 204-372-8470 Email: [fishercao@mymts.net](mailto:fishercao@mymts.net)  
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[cnieckarz@ierha.ca](mailto:cnieckarz@ierha.ca) (204) 642-5556 ext 22355

**NOTICE OF HEARING**  
**UNDER THE HIGHWAYS PROTECTION ACT**  
**THE HIGHWAY TRAFFIC BOARD**  
Notice is hereby given that a hearing of the Highway Traffic Board will be held on Tuesday, May 23, 2017 at 10:00 a.m. in Room 204-301 Weston Street, Winnipeg MB R3E 3H4 Phone: (204) 945-8912.  
**PERMITS - PART I - SECTION 9 H.P.A. AND PART III - SECTION 17 H.P.A.**  
**2/009/055/B/17 - GARAGE MASTERS**  
**O/B/O JERRY PAPPIN**  
Application for Garage (Residential) adjacent to P.T.H. No. 9, Lots 4 & 5, Block 28, Plan 1759, E.1/2 16-18-4E, R.M. of Gimli (Sandy Hook).  
The Highway Traffic Board will be prepared to consider all submissions, written or oral, on the above applications by contacting the Secretary prior to or at the hearing.  
200 - 301 Weston Street Michelle Slotin, A/Secretary  
Winnipeg, MB R3E 3H4 THE HIGHWAY  
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## MORTGAGE SALE

The building and land known as **Part NE 1/4 32-25-1 WPM R.M. of Fisher - Village of Hodgson, Manitoba**, as described in Certificate of Title No. 2118990/1 will be sold at auction by a licensed Auctioneer on Tuesday, the 30th day of May, 2017 at 11:00 A.M. at the mortgage property in Hodgson, Manitoba. Instructions to reach mortgage property are to travel north from Fisher Branch on Hwy 17 to Provincial Road 325, turn right (east) on PR 325 continue along PR 325 to the Home Hardware Store. Mortgage property is approx. 100 yards past the Home Hardware Store, property is the second house on the south side, address marker on the front driveway indicates #7. Home has white wood exterior with dark roof.

To the best of the vendor's knowledge, there is situated on the mortgage property an older 1,120 sq. ft. single family bungalow with 3 bedrooms, 1 bathroom, partial basement on 1.88 acres. Property is abandoned and in need of substantial repair.

Property taxes are paid in full to December 31, 2016. The property is sold subject to taxes and penalties accruing after that date.

TERMS: Deposit of \$5,000.00 in cash, certified cheque or bank draft payable to MLT Aikins LLP and the balance according to conditions to be announced at the sale.

Sale is subject to Reserve Bid which will be announced at the auction. If the highest bid does not meet the Reserve Bid then there is no sale.

Further information may be obtained from:

MLT AIKINS LLP  
Barristers & Solicitors  
30th Floor, 360 Main Street, Winnipeg, MB R3C 4G1

Attn: Jacqueline Ingrilli (204) 957-4779



## NOTICE TO CONTROL WEEDS

**ATTENTION: all property owners in Blocks 1, 2, and 3, Plan 29103 and Block 1, Plan 27513**

Under the terms of the Noxious Weeds Act of Manitoba and the Development Agreement for the Pelican Beach property owners, notice is hereby given by the Interlake Weed Control Board and the RM of Gimli, that it is the property owner, agent, or occupant's responsibility to destroy all noxious weeds growing on the land and control the growth of long grass as often as necessary to prevent the growth, ripening, and scattering of weeds or weed seeds and maintain the property in accordance with the standards set out in the Development Agreement.

In order to control the weeds and grass, the property owner must perform regular mowing. A representative of the Weed Control Board will make an inspection of these properties on the following dates:

**MAY 29, 2017  
JUNE 19, 2017  
JULY 10, 2017  
AUGUST 14, 2017**

**LOTS MUST BE MOWED PRIOR TO THESE INSPECTION DATES.** It is recommended that cutting occur as close to the inspection date as possible to ensure a favourable inspection report. A representative of the Weed Board will begin mowing offending lots immediately after each inspection. The cost of mowing, in addition to a \$40 administration fee, will be charged to the landowner. The administration fee will only be charged to offending lots once per season, regardless of how many mowing operations are performed by the Weed District. Failure to pay the bill will result in the costs being added to the owner's tax bill.

For more information contact the Weed Supervisor, Fred Paulson, at 204 376 3313.

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

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## Call For Board of Directors

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

There are two (2) 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 17, 2017 to:

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

## INTERLAKE Now Hiring for Evenings & Weekends

Interlake Co-op is currently looking to hire at our Gas Bar Location

Drop of applications:

At the Gas Bar or Admin Office  
OR

Email to: gasbar@interlakecoop.com  
OR

Fax to: 204-376-5018

## Now Hiring Produce Clerk Permanent Part-Time

in Arborg in our Produce Dept

Drop off application:

At produce or Admin Dept  
OR

Email to: produce@interlakecoop.com  
OR

Fax to: 204-376-5018

Deadline May 20, 2017



You're at home here.

### Student Incentive:

Interlake Co-op pays \$0.50 per hour worked back to students when they graduate from high school to go towards your secondary education.

### Benefits:

Flexible Scheduling  
5% Employee Rebate on purchases with membership

Bonus Incentive

Tuition Reimbursement, if you are looking to take courses to further a career within the co-op retailing system.

There is opportunity for advancement within the co-op. Co-op offers a number of programs to provide employees with the skills and knowledge they need to succeed.

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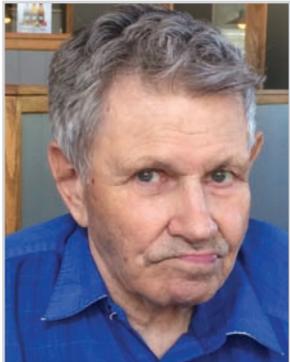
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## OBITUARY



**Paul Victor Golas**  
March 6, 1932 – May 1, 2017

On May 1, 2017, Paul Golas aged 85 years of Arborg, went home to be with Jesus. Paul is survived by his loving wife of 61 years, Pauline Golas; children Bernard (Donna Rae), Donna (Glen), Joanne (Lance) and David (Patty); grandchildren Brett, Kassandra, Berea, Brenton, Angelo, Kye, Anthony, and Ethan; numerous nieces and nephews.

Dad, D is for the many days you would wake up early to get us off to school; pull our noses, feed us breakfast and send us out the door and then drive to catch up to the school bus if we forgot our lunches. A is for the affection you showed us in your own caring way; sometimes wrestling with us, playful punches to the arm, a kick in the pants, a smile or just plain silence which is golden. D is for the discipline you attempted to instill in us; getting after us to do

dishes, helping with laundry, working in the garden or field, doing the barn chores or cutting the grass. And yes we attempted to ride the pigs and cows sometimes ending up in the pig pen mud! Little did you know what we were up to.

Dad and Mom lived on the farm until 2014 when they then moved to the Lodge in Arborg. Dad was full of life, friendly and always had a sense of humour until his passing.

Many thanks to the Arborg Personal Care Home staff for the great care given to our Dad. A private Family Service was held.

We will miss you, Dad! See you in Heaven!

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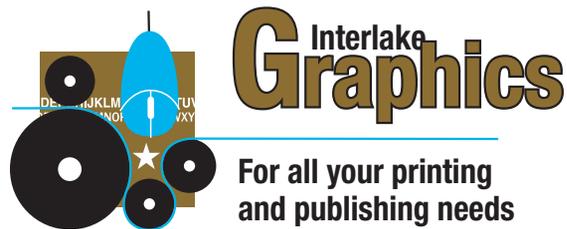
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