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VOLUME 3 EDITION 19 THURSDAY, MAY 12, 2016

WEEKLY NEWS

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EXPRESS PHOTO BY PATRICIA BARRETT

Riverton Early Middle School kindergarten students, left to right, Daggur Mowatt, Jacob Collins and Callan Hokanson sang the The Little Brown Tulip Bulb during the Evergreen Festival of the Arts Highlights Concert May 2.

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Johnson appointed legislative assistant to infrastructure minister

By Patricia Barrett

Derek Johnson, PC MLA designate for the Interlake riding, was appointed legislative assistant to Infrastructure Minister Blaine Pedersen last week.

Johnson said the appointment is "very exciting."

"I told the premier it would take two weeks of plastic surgery to get the smile off my face," he said.

Working with Pedersen will enable Johnson to put past infrastructure and flooding experience to good use, not only in the Interlake but also across the province.

Johnson said he expects to be involved with projects such as the Lake St. Martin drain and any projects involving the government's Emergency Measures Organization.

"I am quite familiar with that portfolio from my time as councillor with the RM St. Laurent," said Johnson, referring to the EMO and flooding on Lake Manitoba, "and I'm on a first-name basis with many of the staff."

Johnson said Pedersen is a calm, level-headed man and that he will learn

a lot from him.

"He is one of the best mentors I could possibly get," he said.

Johnson won't be jumping in straightaway since the ministers "need to get familiar with their portfolios and get their feet under them" before they start delegating work to their assistants.

Six legislative assistants were appointed by Premier Brian Pallister to work with his new cabinet ministers.

"These six members of the legislative assembly will offer important counsel and support to our team's new cabinet ministers," said Pallister in a May 4 news release. "Their experience will inform many of the decisions made by our government."

Johnson will be sworn in May 11. The legislative assembly is scheduled to sit May 16.



EXPRESS PHOTO COURTESY OF DEREK JOHNSON
Progressive Conservative MLA Interlake Derek Johnson.

Correction

In last week's edition of the *Express Weekly News*, the article "RM Gimli rewards thrift in its 2016 budget" incorrectly stated that the aquatic centre is expected to open July 1, 2016. In actual fact, it should have said the aquatic centre is expected to open July 1, 2017.

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EXPRESS
WEEKLY NEWS

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Home Owners helping homeowners

Grand opening of Eriksdale card lock attracts hundreds

By Jeff Ward

Hundreds of Interlake residents flocked to Eriksdale recently to celebrate the grand opening of Interlake Co-op's new card lock gas station.

The grand opening on April 26, according to Interlake Co-op general manager Holly Lingel, had more than 300 people at the celebration.

CFRY did a live radio hit from the card lock location, located on the west side of the Highway 6 and Highway 68 junction, for their Truck & Trailer tour. Lingel said that she was pleasantly surprised to see so many people come out to the grand opening and was very excited to be able to offer such a great service to this side of the Interlake. The location officially opened back in January, but the grand opening was held over until better weather could be taken advantage of.

"I think for Co-op members, this will really be fantastic," said Lingel, who added that the card lock is open to all Co-

op members.

"A card lock is all about easy access. It's open 24-7 and all you have to do is walk up, swipe your card, the pump unlocks and you fill up your tank. Your bill is sent to you at the end of the month and must be paid within 30 days."

Lingel said that this system is preferable to many truck drivers and people who spend a long time on the highway. Having a completely separate breakdown of how much money is going toward fuel each month, which can also be used when submitting expenses during tax season, is a great benefit, Lingel said.

Lingel added that there is a speed pump for big-rig drivers and that they will receive discounted pricing depending on the quantity they buy.

"It's exciting to continue to be able to expand the operation, and I think members will really enjoy the convenience of the whole system," said Lingel.



EXPRESS PHOTO FROM LYNETTE OLIVER

More than 300 people came out to the grand opening of the Interlake Co-op's new card lock gas station in Eriksdale.

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Tribune

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

Lundar woman collecting necessities, money for Fort McMurray fire victims

By Jeff Ward

Lundar's Nicole Halldorson is leading a collection effort to bring much-needed hygiene supplies, clothing and children's toys to victims of the devastating Fort McMurray fire in Alberta.

The wildfire in Fort McMurray has raged for days and forced more than 80,000 people from their homes while flames turned their possessions into ashes.

Halldorson's five-year-old daughter Harley thought of the idea after a family discussion last week, offering her own clothes and toys.

Halldorson said the gesture brought forth by her young daughter touched her heart.

The selfless act of her daughter donating her own new clothes and toys spurred her into action.

Even with so much distance between her family and those in northern Alberta, Halldorson knew that there is something they could do.

"She [Harley] actually went into her bedroom after we talked about the fires and came back with some new toys that she'd won as prizes and some new clothes that still had price tags on them and said she wanted to donate them," said Halldorson.

Word spread quickly of the collection opportunity, and donation locations were set up in Ashern, Eriksdale and Lundar within 48 hours.

Donations of clothing, kids' toys and

hygiene products started to roll in overnight.

"Since then, the word has spread quickly and the support has been fantastic. I even got a call from someone south of Winnipeg who wanted to donate. Right now, we're focused on hygiene products and things that are the necessities."

"RIGHT NOW, WE'RE FOCUSED ON HYGIENE PRODUCTS AND THINGS THAT ARE THE NECESSITIES."

Melanie Barness has offered to deliver the donated items to Alberta, with the first truck of items going out this week and a second truckload leaving by week's end.

Halldorson said that by the time this article comes out, the need will have likely shifted to monetary donations. With the entire country watching and giving what they can, she said there will likely be more than enough of these dona-

tions and that donations of money can be much more flexible. She said she is working with the Red Cross to connect donations to them.

Halldorson doesn't have any family in the area affected by the wildfire, but her boyfriend and Harley's father Gary Sherbeth routinely visit the area for work, so the family does have a connection. She said that it's a horrifying reality to watch unfold but she's trying to do what she can to make life for the victims just a little bit easier.

Halldorson said that she welcomes anyone from another community who



EXPRESS PHOTO FROM NICOLE HALLDORSON

Nicole Halldorson and her daughter Harley have started collecting hygiene products and toys for the victims of the destructive wildfire in Fort McMurray, Alta.

wants to set up a donation site and connect it to this current pipeline.

Anyone interested in doing so is

asked to call Nicole Halldorson at 204-739-6510.

Throne speech, budget top priorities for Eichler

By Natasha Tersigni

It has been just over a week since Lakeside MLA Ralph Eichler has been officially sworn in as the new Minister of Agriculture, Food and Rural Development. Having already taken several meetings with industry groups, the new minister is busy preparing for a critical throne speech to be delivered May 16.

With having eight years of experience as the Progressive Critic for Agriculture and countless more working and operating his own family farm, Eichler is excited about his new role in the legislature and looking forward to growing and supporting the provincial agriculture sector.

Eichler's first order of business in his new cabinet post will be reviewing the past government's Growing For-

ward 2 plan, a five-year agricultural policy framework agreement among federal-provincial-territorial government.

"We are going forward with consultations regarding Growing Forward to ensure we get it right. Agriculture was not on the front burner for the previous government and I am proud to say it is for us," said Eichler, who has also been given a position on the Treasury Board and is working on the upcoming budget that will be tabled shortly after spring session begins on May 16.

"It won't be the ideal budget because of the timing; if the (NDP) government had tabled a budget it would have been a different story. Right now there is no certainty regarding provincial spending so will be delivering a budget, it just won't (meet) our

mandate on our first budget. It takes about six months to prepare a budget properly, so will we be starting in August to prepare our 2017-18 budget."

As for his role as MLA for Lakeside, Eichler said he is committed to the people that have elected him and is aware of the issues in the constituency.

"Health care in our region is our No. 1 issue that we have to address and we are going to move forward on that," added Eichler.

After the spring session of the legislature ends, Eichler said he will be meeting with local councils to start preparing for the fall session and to make sure the local municipal issues can be addressed at the provincial level.

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> ARNIE WEIDL **Should biodegradable fishing gear be made mandatory?**

Hi. Thanks for coming by.

As I stood with other folks at the Co-op gas bar in Selkirk waiting to fuel up last week, once again the shameful harming of our waterfowl by submerged broken-off sections of fishing gear at the Lockport "locks" became the main topic of conversation.

My journalist brothers and sisters will probably be laying before you the many particulars of this embarrassing tragedy this week, but for me, I see a solution that should have come about years ago.

Biodegradable fish hooks, line, baits, weights and couplings that fall apart in days or weeks, not in 600 years, are being manufactured right now, yet the many stores I have checked with don't stock them. It's very sad. Maybe the provincial government should look at making biodegradable fishing gear mandatory like they have with barbless hooks.

Well, few things change overnight, so onto some humorous situations we find ourselves in when fishing, or "turtling."

I came across a young Winnipeg gang — Christy Cremond, Brent Stoktokely, Justin Forfar, Karen Arnyld and Joel Arnel — fishing well out on the ice between Belair and Balsam Bay about seven weeks ago. It was a fine, sunny, warm afternoon as we stood around cracking jokes. Eventually, after asking them if they had a story for us, Joel piped up and said, "Let's tell about the snapping turtle."

It seems they were fishing last summer on the La Salle River and caught a large snapping turtle. None of them



EXPRESS PHOTO SUBMITTED

Erick Cooley from Winnipeg soothing a nervous turtle before releasing it which he caught in Netley Creek

were experienced in handling these beasts, so, gingerly, they proceeded to try and get the hook out of the turtle's mouth.

Turtles may be slow when walking, but when it comes to biting, they're real quick. The awkward, angry reptile tossed his head about trying to clamp its beak onto the closest hands. Eventually, they were able to release the irritated fellow with their fingers intact.

That story reminds me of another turtle tale told to me by Mike Karpenko and Erick Cooley of Winnipeg about when they were fishing on Netley Creek in Goldeye Bay a couple of years ago. They were doing quite well, having brought in and strung some goldeye when a jackfish came along side the boat and decided those fish

Continued on page 7

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E.M. Crowe Memorial Hospital to get emergency room doctor

By Jeff Ward

The citizen-formed committee tasked with lobbying for significant changes to the health-care system and to fix the doctor shortage for Interlake communities is getting one step closer to emergency room stability in the region.

Committee member Keith Lundale said that while things aren't going to change overnight, the conversations he has had with the Interlake-Eastern RHA have been productive. He said the committee has been actively recruiting doctors with the blessing of the Interlake-Eastern RHA and that they're close to having a doctor stationed in the E.M. Crowe Memorial Hospital ER for two weekends a month.

He added that that confirmation could come as soon as a few weeks and while this won't fix the dire situation, it will go a long way to stabilize things just a bit for Interlake residents. To date, there are no Interlake emergency rooms that are closed; however, only Ashern Hospital has a doctor on call. Hospitals in Eriksdale and Arborg are on nurse-managed care, which has left many residents worried about their safety in emergency situations.

"We've had some very positive results so far in our

search," said Lundale, who said that it's important to update residents on committee progress as often as possible.

"The health authority has helped a bit but we've done this mostly on our own. I believe that [Interlake-Eastern RHA CEO Ron Van Denakker] is sincere in trying to fix the issue, but it is a systemic problem and he has a huge area to cover. I honestly think that Manitoba Health should be in the spotlight more because it's those bureaucrats sending the directives down to the Interlake-Eastern RHA."

Lundale said that he and the rest of the committee are working hard to talk with anyone who will listen and get the word out about the plight of Interlake hospitals. Premier Brian Pallister said many times during his campaign

that health care and frontline services will be improved under his government and Lundale hopes to see those promises kept.

Interlake MLA Derek Johnson also campaigned around an improved health-care system in the Interlake, and Lundale is hoping to see Johnson come through for the community in the coming months.

"I think over the next little while the relationship will really define itself. Now that he has been elected, we get to see what Derek is really made of. I'm hoping he'll be able to get the door open to the minister's office," said Lundale.

Lundale said that the committee will continue to advocate for all communities until a more effective and sustainable health-care model is created.

> GET FISHING, FROM PG. 6

were his. Mike saw the jack making a play for one of his catch and, as it clamped onto the goldeye, Mike grabbed the string and a tug-of-war ensued. There was a great splashing of water as the jack and our brother angler did their best to assert ownership of that fish. Then with a powerful whipping action of its tail, the jack tore his prize as well as the metal clip from the string and swam away.

In anger, Mike cast curses upon that jack as it swam away. He didn't have long to reflect on his loss, though, because his buddy Erick Cooley cried out that he had something very heavy on his line. It was sluggish, which gave Erick the notion that it might be a big catfish. Soon, from the brown depths, a huge tub of a snapping turtle parted the water and began to thrash its head from side to side, trying to rid itself of the offending fishhook. In an air of excitement, Erick told Mike not to worry because he had pet turtles and knew how to handle this situation. It struck Mike that Erick didn't mention anything about the size of turtles he was used to.

Erick netted the beast, which actually made it more upset. He hauled it in and, with a show of confidence, grasped the two-foot shell and raised it into the boat. Then the turtle really got mad. Its feet and head began twisting and flailing around, which scared the heck out of Mike. He stumbled toward the bow of the boat to get as far away from Erick and that quivering flesh as he could, but then Erick did something brilliant. He began stroking the turtle and it became quiet. In time, he released it with Mike looking on in admiration.

Well, happy fishing come May 14. Bye for now.

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Teulon resident inspires others to donate to Walk for ALS

Upcoming Walk for ALS, set for Saturday, June 18

By Jennifer McFee

Perhaps it's true that the eyes are the windows to the soul.

For Brian Larson, his blue eyes shine brightly to share sentiments that words can no longer express.

The 56-year-old Teulon resident was diagnosed with ALS in November 2014 after experiencing symptoms that began with slurred speech and fatigue.

Nearly a year and a half after his diagnosis, Brian has lost his ability to speak but he steadfastly retains his will to communicate. He uses an iPad to type his thoughts, which are then given voice through a computerized system.

Using technology to talk, he tells about a hockey pool set up to raise funds for the upcoming Walk for ALS slated for Saturday, June 18 in Winnipeg. For the second straight year, Brian's family and friends will participate as a team.

"Hockey pool was my brother Bill's idea. He suggested half the winnings to the ALS Walk. I like to support the walk because the ALS Society is so good to me. They run a lean organization

and cover the whole province with a few people. The hockey pool was supported well by the family. We received 30 entries. It will be a \$300 donation," Brian said via the iPad resting on his lap as he sat in a power chair in his living room.

"The Larson Team for the walk is well supported by friends and family. We tried to raise as much money as we can. Last year, we raised close to \$8,500 and this year (hope to) raise more. I encourage all to donate to this important cause. There is currently no cure and hopefully one will be found in the near future."

For Brian's wife Barb, the debilitating effects of ALS come as no surprise. She watched her father battle with the disease 24 years ago. More recently, the couple witnessed Brian's aunt succumb to the affliction.

The terminal neuromuscular disease causes nerve cells to degenerate, cutting off connections between the brain and muscles. The lifespan after diagnosis is between two and five years, impacting the ability to move, speak,

eat and breathe. There is no known cause, no cure and currently no way to slow the progress of the disease.

"There are very hard days but we try to stay positive and enjoy the most we can. We're squeezing our retirement into what we have left now," Barb said.

"Since we got the devastating news, we've been trying to do our travelling together."

On Jan. 1, 2015, the couple journeyed to Mexico followed by cross-Canada jaunts to Victoria and Prince Edward Island. This year, they went on a Caribbean cruise with stops in Jamaica and Haiti. Next on their agenda is a trip to New Jersey at the end of July for the PGA championship.

Brian and Barb give credit to the ALS societies, which help them to arrange equipment for travel. As well, the Manitoba ALS Society has provided them with costly supplies as well as invaluable support.

Every three months, they meet with a team of ALS experts, including a neurologist and respirologist, at Deer Lodge Centre in Winnipeg. A dietician helps them determine the right amount of formula

for Brian's feeding tubes, since he recently lost his ability to eat.

"The ALS Society is so good. If it weren't for them, I don't know where we would be. We saved a lot of money because they give you all the equipment," Barb said. "They raise the funds is to assist the families with walkers, poles, the feeding bags for the feeding tube. It all adds up."

Currently, the health of Brian's lungs remains a pressing concern, especially since he is already afflicted with asthma.

"It's a tough situation. Eventually, he will need a breathing machine," Barb said. "The heartbreaking thing is that there isn't anything they can do to slow it down. You just try your best and you've got to keep making memories."

Brian, who is well known for his role as a hockey coach, is determined to do everything he can to maintain a positive attitude. He treasures every moment with his three grown children and his four-year-old granddaughter.

When the time comes, he plans to

"I TRY TO CONCENTRATE ON WHAT I CAN DO, NOT WHAT I CANNOT DO."



EXPRESS PHOTO BY JENNIFER MCFEE

On June 18, Brian Larson and his wife Barb will participate in the Walk for ALS, along with family and friends, to bring awareness to the terminal neuromuscular disease. Brian was diagnosed with ALS in November 2014.

extend his life as long as possible by getting a tract to help with breathing.

"I have email contact with Steven Wells, who is the longest-surviving ALS patient in North America," he said. "He is a remarkable man — very positive and very inspiring."

Both Brian and Barb express gratitude for the ongoing support from family and friends.

"Our children have been our biggest supporters and are always right there with us. And our close friends have been a tremendous support with visits and helping around our place, Brian's family are always coming to visit, to help us and to travel with us," Barb said.

"Our sons, Brian's brothers and our friends built the ramp that we needed last summer when the steps into the

house were too difficult to manage. We are so thankful for our children, family and friends — we don't know how we would face each day without them."

And through his expressive eyes, with a little help from technological tools, Brian communicates a simple insight that serves as a source of strength.

"I try to concentrate on what I can do, not what I cannot do," he says with a smile, nodding as the computerized voice articulates his meaningful message.

To make a donation to the Walk for ALS, visit www.walkforals.ca and search for Larson Team, which is always open to accepting more participants.

Making memories at Smitty's 40th Anniversary Sale

By Patricia Barrett

Not only were great purchases made during Smitty's Furniture & Appliances 40th Anniversary sale that kicked off May 5 but also great memories.

Near the showroom display detailing the history of Arborg's preeminent furniture and appliance store, the name of the best Ukrainian restaurant in the world, according to this reporter, anyway, cut through the din.

After snagging a "very good deal" on a mattress, Donna, who lives in Sandy Hook with her husband Cliff, took a breather in the sofa section where she had a chance encounter with Wayde, a Serta representative who was helping out with the anniversary sale.

The two strangers discovered they had grown up streets apart in the heart of Winnipeg's North End. Amid the bustle of upwards of 100 people milling about Smitty's luxurious showroom mid-morning, they fondly reminisced about North End restaurants that had left a lasting mark on their palates. Among those mentioned were the White Spot Drive In (later named White Top), Kelekis, and Alycia's.

Wayde, who attended St. John's High School, and Donna, who went to Tec Voc (technically not the North End, but Wayde said we'll make allowances for that), praised Alycia's, an iconic Ukrainian eatery (1977-2011) at the corner of McGregor and Cathedral, with its sloping floors, vinyl tablecloths and perogies touched by the Hand of God.

It was a small slice of heaven where patrons were oftentimes hustled out the door the moment the last mouthful of coleslaw went down the hatch so that the multitudes in the ever-present queue could feast on owner Marion Staff's gustatory delights before the restaurant closed for the evening.

The queues into the big white tent that Smitty's owners Don and Susan Smith set up at the corner of Arborg's Main Street and Second Avenue were reminiscent of Alycia's queues.

The Smiths had rolled a red carpet from the main showroom down Main Street to the tent, where several members of Arborg's Fire Department and the Arborg Ag Society were on hand to dish up hot pork on a bun and coleslaw for the 1,200 exclusive invitees.

A woman streamed into the tent clutching a piece of artwork, obviously intent on fuelling up for another round of spectacular deals and prize draws totalling \$11,000.

The Smiths barely had a second to chat when the doors flew open at 9



Approximately 3,000 people attended Smitty's 40th anniversary sale on May 5.

a.m. Salesperson Kathy Melsted was trapped behind her desk until late afternoon, ringing up the purchases of customer after customer after customer.

"We had no choice," said Don, referring to the long queues that snaked through the store. "They had to wait in line."

Unlike city folk, who may grumble a bit when faced with long lineups, Smitty's customers didn't mind. They chatted with strangers and shared personal stories.

"I told our Palliser rep that if we put this lineup in any city store, they'd be cranky," said Don by telephone after the three-day sale ended.

Opening day saw a total of 3,000 people drop by. The Smiths stamped the invitations they had sent out so that they could gauge customer response. People came from across the Interlake and the city.

"We were cleaned out of our super-hot deals," Don said. "We had a sofa and matching loveseat on for \$599."

He said people didn't come only for the deals and freebies: there were also "quality buyers spending serious money."

He put that down to the competitive prices the store offers year-round.

"We don't inflate prices to give people a bigger discount. It's the bottom line that counts."

Don said he spoke with a couple from East Selkirk who had no ties to Arborg and no cottage nearby. They said they had started shopping at Smitty's some time back because of the relaxed atmosphere and the good prices. They brought their daughter and son-in-law to the sale.

"We had new customers come by word-of-mouth," said Don. "The win-



EXPRESS PHOTOS BY PATRICIA BARRETT

Pictured left to right: Arborg Fire Chief George Chyzy; Robyn Bjornson from the Ag Society; Don Smith, co-owner of Smitty's; Monique Smith from the Ag Society; David Smith, co-owner of Smitty's; Christine Hjørleifson from the Ag Society; and firefighter Andy Barylski. They served the hungry masses in Smitty's big white tent on opening day.



A Smitty's patron enters the lottery draw to help the Ag Society raise funds for its rodeo and tractor pull.



Wayde and Donna, two North Enders from Winnipeg, met by chance in the sofa section at Smitty's 40th Anniversary Sale May 5.



The big white tent May 5.

ner of the appliance package (a three-piece kitchen) didn't buy anything, but she brought a friend who bought a bed."

The sale didn't wipe out Smitty's stock, but it did significantly reduce it. "It'd be pretty tough to top this sale," said Don. "We tripled the population of Arborg on Thursday."

He said he has not yet had an opportunity to sit back and relax. On Sun-

day, he was pounding in fence posts for one of his kids, and on Monday, seeding his hobby farm.

"I'm supposed to have a rum on the deck," he laughed. "That hasn't happened yet."

Smitty's holds three big sales events a year. Visit the store's web site at smittysfurniture.net for more information.

Getting to know the Gimli Lakeview neighbours

By Patricia Barrett

The owner of Gimli's Robin's Donuts brought together all the businesses sharing space in the Lakeview Resort for a meet-and-greet and to forge closer business partnerships.

Cheryl Buhler hosted a Welcome to the Neighbourhood event last Friday evening in the popular coffee and sandwich shop to bring new business owners up to speed on the benefits of joining the 42-member Gimli Chamber of Commerce and to discuss ideas on how to market their businesses.

"The more, the merrier," said Buhler, who is a member of the Chamber and has operated Robin's since last July. "We'll have more input from the community and have a stronger voice."

Buhler said when she moved to Gimli and opened her business, she found the community very welcoming.

"I wanted to extend that welcome to you as new neighbours," she said.

Michael Lazer, who has managed the Lakeview Resort for seven years and became president of the Chamber this year, said the Chamber's monthly meetings are open to all members and that they are welcome to express their ideas, opinions, needs and desires.

"Its basic tenet is to foster and grow business," he said.

Lazer said the advantages of membership include eligibility for programs offered by the Chamber, networking opportunities and "the ability to pull one or two of the partners aside and say, 'Look, this is what's going on — how can we work together to make it better?'"

The existing owners welcomed three new store owners to the Lakeview: Leidsla, Hour Glass Escape and Sugar Beach.

"Like Kristine, I believe this is the



Robin's Donuts owner Cheryl Buhler chaired a Welcome to the Neighbourhood meeting last Friday.

right time to open a business in this community," said Leidsla owner Louise Kahler, who opened her store in April. "I believe all the economic indicators are pointing in the right direction."

Kahler sells wool, antiques, Scandinavian imports, and art and jewelry made by Interlake artists.

The owners of Hour Glass Escape, which opened in March, offer a stimulating and perhaps anxious hour of sleuthing in their escape room, where people have to work their way through a series of clues to escape.

"We wanted to bring more activities to Gimli," said Joachim, one of the escape room's owners who moved from the city. "We lock you up!"

Co-owner Ashley, who has offered massage therapy in the Gimli area for seven years, said the response to



EXPRESS PHOTOS BY PATRICIA BARRETT

Front row, left to right: Heather Hillier (Sugar Beach), Ashley (Hour Glass Escape) Kristine Sigurdson (Sandstone Gift). Back row: Louise Kahler (Leidsla), Michael Lazer (Lakeview Resort), Idris (Hour Glass Escape), Joachim (Hour Glass Escape) and Cheryl Buhler (Robin's Donuts).

Hour Glass has been good.

"The people we have had come through have had a good time," she said. "We just had a group of 12-year-olds in there and it was fun."

Sugar Beach owner Heather Hillier, who opened her store on Tuesday, moved to Gimli from the city. She will be stocking candy, popcorn, cotton candy and Slurpees.

"People seem really excited about the store," she said.

The group tossed around a number of ideas to stimulate business, such as sidewalk sales, back-to-school sales and perhaps a directory listing created by the Lakeview.

Kristine Sigurdson, owner of Sandstone Gift Essentials since 1996 and, at

one point, director of the Gimli Film Festival for seven years, said a Christmas event "will get locals to the stores one more time before they hibernate."

There are now seven businesses renting space in the Lakeview: Robin's Donuts, Leidsla, Head Over Heels, Hour Glass Escape, Sugar Beach, Sandstone Gift Essentials and Diamond Beach.

"We need to remind people there are new businesses in the Lakeview," said Kahler, who grew up in Gimli and moved away for a spell.

With the low Canadian dollar and instability in Europe, Kahler thinks people will not just "re-discover" Gimli, but they'll also come back and perhaps stay.

Diageo plant back at full steam

By Patricia Barrett

Workers at the Diageo plant in Gimli ended their strike last month, agreeing to have their concerns handled by an arbitrator.

Fifty-six per cent of UFCW Local 832 members voted in favour of ending the strike at the whiskey distillery north of Gimli.

"Outstanding issues still to be de-

ecided by an arbitrator are wages, pension, vacation, benefits and sick time," according to a news release issued April 23 on the Local's web site.

An arbitrator will hear submissions from the workers and the plant's owners within 30 days. Once that ruling is in, UFCW will release details about the agreement.



EXPRESS PHOTO BY PATRICIA BARRETT

Workers at the Diageo plant in Gimli, which produces Crown Royal whiskey voted in favour of ending their two-month strike.

Adjusting their sights: Canada's cadets compete at Marksmanship competition

By Patricia Barrett

Cadets from every province and territory across Canada steadied their aim during the National Cadet Marksmanship Championship competition held May 2-7 in Gimli.

Gimli Mayor Randy Woroniuk, who in his youth served with the Crusader Corps at naval reserve HMCS Chippawa in Winnipeg, welcomed the cadets to Gimli.

"You are the future of this country," said the mayor to about 125 army, navy and air cadets in the Gimli Recreation Centre after the flags from each region were presented.

Using air rifles loaded with rubber pellets, cadets trained their sights on a tiny black dot 30 metres (about 100 feet) away in the standing competition, and from 10 metres (about 30 feet) away in the prone (lying down) competition. Each cadet shot 10 rounds in the standing and 20 in the prone.

By no means is it an easy feat.

Retired Gen. Ray Romses, who has served as Colonel Commandant of the Army Cadets nationwide for the past three years, said it takes "a lot of precision and self-discipline," although the cadets "make it look easy."

Not only do cadets require good eyesight, they also have to "correct" the weight of their guns.

"They have to control their breathing," said Romses, who has led troops in Bosnia, Ethiopia, Eritrea and Cyprus. "As you breathe, the gun moves with your inhalations and exhalations in an upwards and downwards motion: you have to find the centre."

Manitoba cadet Sgt. Ocadchy, who trains at the Freight House Community Centre in Winnipeg, demonstrated the technique during the standing competition, bringing her gun down to chest level and biding her time before pressing the trigger.

From 30 metres, she shot a 10.9, the equivalent of dead centre or "perfect."

The black dot itself is divided into gradients, sort of like a dart board. Each shot is displayed on the SIUS electronic targeting system, a small computer set up at each shooter's station. After the cadet fires, a white dot appears in the black circle to indicate the precise location that was struck and an accompanying score is generated.

Capt. Kerry Walker of the Regional Cadet Support Unit at CFB Winnipeg was instrumental in explaining the technical aspects of shooting.

Cadets have to reload for each shot and let the gun's chamber fill with air for a set number of seconds before snapping it closed.

"If they close it [the gun] right away,"



Melissa Clark from 2837 Army Cadet Corps in Yellowknife, NWT, was the Top Army Cadet Shot. She also won the Vamplew Trophy, awarded annually to a cadet in the Open Individual Rifle Champion competition.



Gimli Mayor Randy Woroniuk, who was a cadet with naval reserve HMCS Chippawa in Winnipeg, welcomed Canada's cadets to the National Cadet Marksmanship Championship.



Manitoba cadet Sgt. Ocadchy earned a perfect score of 10.9 during the standing competition. She hit dead centre from 30 metres (100 feet) away.



MP James Bezan presented the Silver Medal for Top Open Standing cadet Alexandria Haripal of the 856 Air Cadet Squadron in Pickering, Ont.

he said, "it's possible you won't get the full charge of air."

Capt. Walker said many of the cadets have been trained in Olympic-style shooting, in which they thrust the forward hip out and lock the leg in place. Transferring their weight to the front leg helps keep the gun steady.

Another technique that helps cadets hone their shooting is the use of blinds such as eye patches, cap flaps or flags attached to rifles that block sight in one eye.

"It helps you become a better marksman," said Walker, "because your vision is concentrated on the target."

Cadet Tatonya Autut, a member of the team from Rankin Inlet, Nunavut, and who trains under Commanding

Officer Dorothy Tootoo of the 3019 RCACC squadron, demonstrated the Olympic stance during the standing competition, earning high scores over the course of the competition.

"You have all reached your personal best," said Tootoo to her team of remarkably polite cadets, who chatted with the *Express* just before they entered the arena.

"You don't see the lines," said cadet Obadiah Sanguin. "You just aim at the black circle."

Tootoo, who is the aunt of hockey player Jordin Tootoo, said three of her cadets competed in a biathlon (skiing and shooting) in Whitehorse. And some of her cadets, who train four days a week, were chosen for this

competition because of the outstanding commitment they show to training rather than shooting ability.

Manitoba's cadet team, who train twice a week under Capt. Stephanie Aastrom, also stopped to chat before they headed into competition.

Ocadchy said "the nervousness tapers off once you start shooting."

Aastrom said the cadets have to adjust their sights between the standing and prone competitions.

"Once we see where their sights are shooting, we make adjustments on the gun," she said.

Mcpl. Klassen earned impressive 10.6 and 10.3 scores during the prone match.

Scores of cadets, along with the com-

Dissolution hearing disappoints and frustrates West Interlake citizens

By Jeff Ward

The hearing to discuss the petition to dissolve the RM of West Interlake turned into just another meeting for those hoping for a resolution to the issues the forced amalgamation has caused.

The hearing was supposed to play a big part in deciding the fate of the RM of West Interlake but instead was a cacophony of confusion and frustrations with the Municipal Board deciding to adjourn the hearing until more consultations could be undertaken. The board set a date of Sept. 30 for a second hearing.

The two parties in the hearing were the West Interlake Citizens Group (WICG), led by spokesperson Andrea Sweetland, and the council of the RM of West Interlake, led by CAO Larissa Love and Reeve Randy Helgason. The hearing took place May 3 at the Eriksdale Recreation Centre with more than 350 people from both Ward 1 (Eriksdale) and Ward 2 (Siglunes) in attendance.

The Municipal Board included Marie Elliot, Gordon Daman and Lori Lavoie who chaired the hearing. Lavoie said that the hearing is a quasi-judicial one that followed a very strict set of rules. She said there would be no back-and-forth arguing and no interruptions from either the crowd or the other presenters. She added that the hearing would only serve as a way to collect and present the information to the government and advise on what the appropriate actions could be.

Sweetland was given the first opportunity to present and said that she and the 755 residents who signed their petition are still very concerned about the financials in Ward 2. She also raised concerns that taxpayers don't feel protected by the Municipal Act in anyway and want Eriksdale to become a Local Government District (LGD) or a non-conforming municipi-



Andrea Sweetland gives her presentation detailing her concerns with the council and her reasons for wanting dissolution.



EXPRESS PHOTOS BY JEFF WARD

Councillors from the RM of West Interlake wait to make their presentation to the Municipal Board during last week's hearing.

ality.

"Our concerns are just as relevant today as they were a year ago when this all started," said Sweetland during her presentation.

Lavoie then gave the floor to West Interlake Love, with her presentation quickly going off the rails.

"We don't need to know the history that brought us here today — this information is just not relevant for this hearing," said Lavoie to Love, cutting her presentation off almost immediately.

Helgason believes that this information was relevant and said he's disappointed that the board decided not to hear the presentation. He said that given the fact that this entire event is new to everyone, some more guidance on what was expected of them would have been appreciated. Love's presentation was left behind entirely after being told it wasn't relevant, causing council to have two separate meetings to discuss how to proceed.

Sweetland calls it a perfect microcosm of how RM business is being conducted.

There were 12 other people on the list of presenters during the hearing; however, none were given the opportunity to speak due to the hearings adjournment. Both Helgason and Sweetland said they felt bad that those people weren't given the chance to speak their mind after waiting so long. Helgason said that he's even heard rumblings of a Ward 2 concerned citizens group beginning to organize as well so that their concerns can be heard.

"I would expect that when there is another hearing, those people will be given the opportunity to speak again," said Sweetland.

Helgason said that he's happy to be given the extra time to work out the finer details of how to go about splitting up the RM. It's clear to him and the rest of council that this amalgamation isn't working, which is why

they passed a resolution asking for an amicable split several months ago.

"One of the things we have to keep in mind is that although there are 755 people who signed their petition, that leaves 1,400 or so that didn't sign it. And we have to keep their best interest in mind as well," said Helgason.

Sweetland said that while she isn't thrilled about having to wait longer to get things resolved, she does think the extra time will be beneficial for her and the WICG. She said that she will be pushing for the meeting to happen at a quicker rate and has already been in contact with the new provincial minister of indigenous and municipal relations, Eileen Clarke.

"Who knows, it may even be that the new government will say that they see it's not working and split us up on their own. I'm very sure that we are not going to quit until we get a separation. That's what the WICG wants," said Sweetland.

Health Awareness Fair connects seniors to support systems

By Jeff Ward

Last Thursday the Ashern Centennial Hall played host to the first-ever Health Awareness Fair put on by Living Independence for Elders in an effort to connect seniors with helpful resources to enrich their lives.

Living Independence for Elders (LIFE) senior resource co-ordinator Sandra McDougall said that while she would have liked to see more people

come out to the May 5 event, the fair was met with positive feedback.

McDougall said that approximately 50 people showed up to the event and toured the 13 booths. Representatives from the Interlake-Eastern RHA's Wellness Team, Seniors Support in Group Living, Home Equipped, the Alzheimer's Society of Manitoba and the Canadian Cancer Society among others were set up at the fair to pro-

vide guidance while offering support solutions for anyone interested.

"This is the first time we've done something like this and we just wanted to promote our programs and the other programs in the area," said McDougall.

"I know that Home Equipped said they were interested in coming back next year because they were able to get a lot of valuable information as

to what people need up here. I had a gentleman who is 95 ask about Life-line and how it was important for him to have something like that now that he lives alone."

McDougall said she is happy that the fair provided benefit for people and that she is interested in making this fair an annual thing and is looking to expand and host more booths as well.

Ashern's Jermey wins Lakeshore Proficiency Award

By Jeff Ward

Ashern Central School Grade 12 student Chris Jermey won \$500 and wowed a panel of Lakeshore School Board trustees last week with his passionate speech about the benefits of GMOs, Genetically Modified Organisms, which refers to any food product that has been altered at the gene level and growth hormones in livestock.

The 39th annual Lakeshore Proficiency Awards competition pits one student from each of the four high schools in the division against each other to prove who is the best all-around student. Assistant Supt. Leanne

Peters said that students are judged on academic performance, school and community involvement, impromptu answers of five questions and a speech component. The competition took place on May 3 at Ashern Central School.

Emily Malcovich represented Fisher Branch Collegiate; Tristan Burziuk, Inwood School; and Jordhan Lynch, Lunder School. Peters said that they all did a great job, but in the end, only one student could win the award.

"These are the

most well-rounded students the division has to offer, and I thought that this was one of the best years I've seen," said Peters.

"This year, we made a change to the format in that students are now able to pick the topic they would like to deliver a speech on. In previous years, the topic was chosen for them, but I think this opens up the format."

Jermej said that he was a little nervous when doing his speech portion but said that he's had many years of public speaking practice in 4-H to get him prepared. He was confident in his speech because GMOs are something that he's very passionate about — and he believes it showed during his speech.

"Growing up on a farm, the myths of agricultural and food production have always been important to me. I get upset when I hear people talking about how GMOs are dangerous

"GROWING UP ON A FARM, THE MYTHS OF AGRICULTURAL AND FOOD PRODUCTION HAVE ALWAYS BEEN IMPORTANT TO ME."



EXPRESS PHOTO FROM CHRIS JERMEY

Four well-rounded students from the Lakeshore School Division battled it out during the 39th Annual Lakeshore Proficiency Awards last week, with Ashern Central School Grade 12 student Chris Jermej taking home \$500. Pictured from left to right: Lakeshore School Board president Jim Cooper, Tristan Burziuk, Emily Malcovich, Chris Jermej, Jordhan Lynch and Lakeshore School Division Supt. Janet Martel.

when they don't know the science behind it. I don't think I presented my argument as well as I could have but I know I got my point across and connected with the people in the audience," said Jermej.

Jermej said that his \$500 prize will go towards his university fund and

that he plans to pursue an agricultural degree with plans of becoming a veterinarian.

The other three students received \$400 each, which will be handed out during graduation ceremonies in June.

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MANITOBA LIQUOR & LOTTERIES

Dance recital in Eriksdale brings popular films to the stage

By Jeff Ward

The 17th annual Royal Winnipeg Ballet (RWB) satellite program recital was once again a hugely popular event with more than 300 people packing into the Eriksdale School gymnasium to take in a night of dancing.

Students took the audience through a swath of popular movies like *The Lion King*, *James Bond*, *The Great Gatsby* and more during their 90-minute performance last Saturday. The dancers performed complex routines and delighted the crowd with spins, jumps and group choreography.

Program organizer, Dolly Lindell said that some students are involved

in more than one routine and need to memorize dozens of moves, do a costume change and then perform in front of a massive audience. Two of the students, Kaylee Weatherburn and Taylor Gabriel, were honoured for their work as both will be graduating this year.

"I really liked this year's recital and the dances we did were a lot of fun," said Weatherburn, who's been in the program for 11 years.

Both Weatherburn and Gabriel said that they would miss dancing in the program but were happy to have had the opportunity to be apart of the troupe.



EXPRESS PHOTOS BY JEFF WARD

> MARKSMANSHIP, FROM PG. 11

petition's top shooters, were recognized during the closing ceremonies, which was attended by Mayor Woroniuk, Selkirk-Interlake-Eastman MP James Bezan and MLA designate for the Gimli riding Jeff Wharton.

Before the medals and trophies were

presented, the Asham Stompers, a Métis square dancing group, had the cadets clapping and tapping along to the Red River Jig.

Melissa Clark from 2837 Army Cadet Corps in Yellowknife, NWT, was the Top Army Cadet Shot. She also won

the Vamplew Trophy, awarded annually to a cadet in the Open Individual Rifle Champion competition.

Francois Grenier from 622 Air Cadet Squadron in Montreal was the Top Air Cadet Shot.

Mikaeyla Schmidt from 22 Sea Cadet Corps in Calgary was awarded the Top Sea Cadet Shot.

Walker said cadets are "impressive" to watch.

"You get to see youth challenge themselves," he said. "You see them develop into respectful citizens and ... all the opportunities it brings them."

New beach washroom in the works for Gimli

By Patricia Barrett

At its regular meeting April 27, Gimli council awarded a tender for a new public washroom to be built at the south end of the beach.

Gimli-based Toomey Construction will build an eight-stall washroom that will be wheelchair accessible and include one family washroom.

Last year, council had applied for a grant from the province's Community Places program to build the washroom but was not successful. Council applied again and is hoping the grant comes through.

"Under the Community Places grant," said assistant CAO Kristin Strachan, "we are eligible for an amount of up to \$50,000."

The washroom will cost \$148,185 plus GST.

Council hopes to have it completed before July 1.

Other council briefs:

- Council entered into an agreement with the owner of an ice cream cart that will be roving around town May 1 to Sept. 30.

Barb Wakshinski will not be permitted to operate her hand-pushed cart in the business district of Centre Street and First Avenue or near any store or restaurant beyond the business district, said Stachan.

- Residents who live in Siglavik, Miklavik, Odin Green and Husavik, as well as those who have infill properties along Highway 9, have until November 2017 to hook up to the low-pressure sewer system the RM installed in 2015.

Coun. Thora Palson recommended



Gimli Mayor Randy Woroniuk

extending the deadline by one year, from November 2016 to November 2017. Council endorsed the new deadline.

Residents will be responsible for the cost of the hook-up, which will vary from property to property.

"The price to connect from the property line to their homes varies based on contractor, distance, open trench versus pushing the line (no trench) [and] whether their holding tank is compatible with low pressure sewer..." said Strachan. "The homeowner is responsible to hire a private contractor to complete the work from the property line to the house."

Strachan said the cost per property to have the system installed "up to the property line" is \$9,000.

- Council approved payroll for the period ending April 9 in the amount of \$51,322.33, council indem-



EXPRESS PHOTO BY PATRICIA BARRETT

Gimli council awarded a tender in the amount of \$148,185 for a new public washroom to be constructed at the south end of the beach.

nities and expenses for the period ending March 31 in the amount of \$13,068.67, and general payables in the amount of \$253,851.99.

- Council awarded a scrap metal tender to Interlake Salvage at \$108 per ton.

- Council agreed to gravel the parking lot at Gimli Dental, which is owned by the RM.

"There are no dedicated parking spots at Gimli Dental," said CAO Joann King.

Coun. Danny Luprypa said creating more parking is crucial.

- Council appointed Fred Paulson, weed district supervisor for the Interlake Weed Control District, as advisor to the RM.



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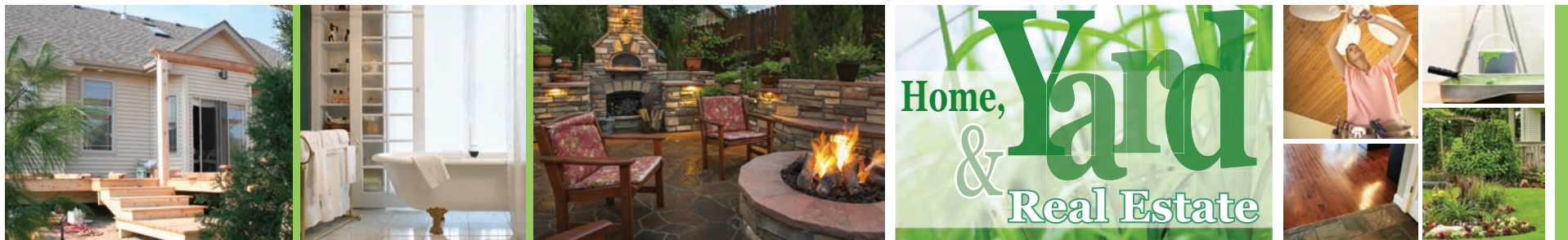
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For more information
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204-467-9991
email: bg9991@mymts.net
porac.art@gmail.com



Designing your dream deck

A well-designed deck should combine comfort, intimacy, and functionality while looking as inviting as possible. If it's well organized, it will be an indispensable place for relaxing and entertaining friends.

If you're feeling creative and are good with your hands, you can create your own deck. Be organized: establish a budget and make a list of the different steps involved in the project, including the purchase of building materials and plants and flowers. You might consider hiring a landscape architect or a landscape gardener to do the design or planting work for you. These specialists will know how to design and bring to life your dream deck!

Think about how you want to use the space. For relaxation, choose a banquette with big cushions, attractive

chairs, a hammock, or a hanging seat. A small table will add functionality to this space. If you're more interested in creating a dining area, choose a versatile table and opt for long benches rather than chairs. You'll maximize the available space and be able to entertain more people.

For a deck with a country look, choose traditional materials, such as wrought iron, wood, or bamboo, combined with accessories in soft, natural colours. For a more contemporary decor, choose furnishings in teak or composite and be daring with colours, opting for dark tones such as black or brown accompanied by brightly coloured accessories.

For the finishing touch, place hanging plants, potted plants, or even climbing plants in strategic positions. You could even grow fresh herbs as

well as flowers in colours that harmonize with your decor.

The design of any deck should combine comfort, intimacy, and functionality.



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Solariums give extra comfort and lots of light

A solarium is a room filled with windows that acts as a buffer between the inside and outside of your home. In addition to offering a stunning view of your yard, extra living space and privileged access to lots of natural light, a solarium offers other benefits, too. If you've been thinking about adding a solarium to your home, be sure to keep reading.

THERMAL COMFORT

Are you one of those people who suffer terribly during summer heat waves? If so, adding a solarium to your home could really improve your comfort. Here's how.

During the day, all ventilation outlets and openings between your house and the solarium should be kept closed, with the goal of preventing heat from coming indoors. However, the outside windows of the solarium should be left open, allowing the hot air to escape.

At night, a solarium allows you to evacuate the hot air that settles naturally in the upper portion of your home. So, once the sun sets, all doors and vents between your solarium and the inside of your home should be opened. The non-insulated wall collects the cool air and redistributes it.

This is why a solarium can actually help you reduce your air conditioning costs. And during the winter it has the opposite effect — it acts as a buffer and reduces your heating costs. In other words, as well as being practical and attractive, a solarium is a money-saving investment.



Interlake Juried Art Show comes to Stonewall

Interlake artists to showcase their work this weekend

By Jennifer McFee

The Interlake Juried Art Show 2016 will draw droves of art lovers to Stonewall for the anticipated annual event.

Slated for May 14 and 15 at the Quarry Park Heritage Arts Centre, the art show will showcase the works of 94 Interlake artists with 271 pieces on display, including 43 youth contributions.

Art lovers can peruse a range of styles including stone carving, metal work, experimental art and photography. Other pieces will feature mixed media, drawing, photography and painting in acrylics, oils and watercolours. Many of the pieces will be available for sale to the public.

All entrants will receive a critique from the four jurors: Ala Lacovetsky, Julie Harris, Anthony Steffes and Stonewall's own Carmen Matthews. Local contributors include Stonewall artist Ralph Tanchak, plus artists from clubs in Stonewall and Teulon.

Bev Galbraith, chair of the art show

committee, said it's been 15 years since Stonewall hosted the event, which has been going on in Interlake communities for more than three decades. Prairie Oak Regional Arts Council puts on the event with grant money from the Manitoba Arts Council.

"The town has been super helpful and supportive in putting this on because there are costs involved," said Galbraith, who is also president of the Prairie Oak Regional Arts Council.

"We have to depend on the support of sponsors and the town to get it put together. They've been wonderful that way, and we're excited to show off the Heritage Art Centre with art in it."

The art show is open to the public on Saturday, May 14 from 11 a.m. to 5 p.m. and Sunday, May 15 from 10 a.m. to 3 p.m.

Winners will receive ribbons and certificates on Sunday during an awards ceremony from 2 to 3 p.m., which will also include entertainment by local musicians.



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EXPRESS PHOTO BY JO-ANNE PROCTER

From left: Bev Galbraith (Stonewall), Paul Wilt (Stonewall), Pearl Bainbridge (Teulon) and Brenda Hedberg (Teulon) were busy preparing the Quarry Park Heritage Arts Centre for the upcoming show this weekend.

Your FARM



Kohler hopes Tories do right by BiPole III

By Harry Siemens

Sometime in 2015, then opposition leader Brian Pallister said if he became premier he wouldn't rule out shutting down construction of the \$4.6 billion BiPole III transmission line and relocating the massive project to the east side of Lake Winnipeg.

Now that Pallister has been sworn in as Manitoba's new premier, Manitoba BiPole Landowner Committee chair Jurgen Kohler is looking for the new Conservative government to keep their promises.

"We expect the new government to put BiPole III on hold and have Public Utilities Board to do a proper review," he says. "While this review is being done we want the new government to extend the Land Values Appraisal Commission deadline by at least one to two years.

"If the result of review is that BiPole III keeps going ahead, then we expect government to direct Manitoba Hydro to negotiate in good faith with us through Canadian Association of Energy and Pipeline Landowner Associations."

So far on this project, Manitoba Hydro has not been respecting the property rights of landowners (moving equipment between fields without properly cleaning it and running the risk of spreading disease), says Kohler, nor have they recognized CAEPLA and their chosen collective representatives.

Instead, they and the former NDP government used "police state tactics to bully and intimidate landowners" whenever they met opposition, Kohler says.

He hopes that will all change under

Pallister's leadership.

Regarding his own feelings on BiPole III, the new premier was quite emphatic during a rural media conference call immediately after the election.

Pallister called the project one of the most poorly considered projects in the history of any government, anywhere, and said he hopes that after getting the best information they can still stop it from happening.

Pallister recently took a first step in righting the situation by firing the entire Manitoba Hydro board of direc-

tors.

The provincial government appointed a new chair, vice-chair, and directors for Manitoba Hydro last Wednesday.

"We are proud to assemble a versatile and experienced group of executives who will bring valuable input to the direction of Manitoba Hydro," said Pallister. "It is a tremendous responsibility serving on this

board as Manitoba Hydro endeavors to enhance energy service for the province and evaluates opportunities to employ renewable energy strategies."

"WE EXPECT THE NEW GOVERNMENT TO PUT BIPOLE III ON HOLD AND ... DO A PROPER REVIEW."

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Evergreen Festival of the Arts Highlights Concert

By Patricia Barrett

The Evergreen Festival of the Arts Highlights Concert May 2 at Gimli High School showcased the talents of student dancers, singers and poets and musicians from across the Evergreen School Division.

Students were presented with a number of scholarships. Noventis Credit Union provided \$1,000 worth of scholarship money.

Gordon Anderson, president of the Gimli Kiwanis Club, presented pianist Jillian Henry with the Kiwanis trophy and a \$200 cash award. Henry also won a Town of Winnipeg Beach Trophy and a Lilja Martin Scholarship. She played Waltz in B Minor.

Henry and a number of students were recommended to the Provincial Finals that will be held at Brandon University May 27-29.



Alyssa Gard performed River City Blues. She won the Johannes Palsen Memorial Scholarship.

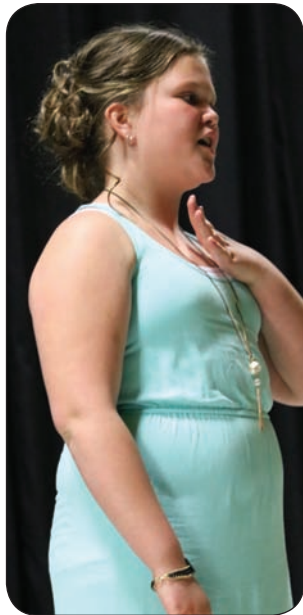


EXPRESS PHOTOS BY PATRICIA BARRETT

Gordon Anderson presented Jillian Henry with the Kiwanis Trophy and a \$200 cash award for her performance of Waltz in B Minor.



Kylie Skaritko performed a spoken poem called Haunted. Armand Bélanger presented her with the Arborg 4-H Rockers Trophy.



Camry Kornelsen sang a song from the Aristocrats. She received the Westshore Singers Trophy.



Hannah Pearce performed Memory from the musical Cats. She won three awards including the Crystal Kohler Memorial International Music Camp Scholarship.



Olivia Orbanski and Sage Stoyanowski performed Honey I'm Good.



School Trustee Penny Helgason presents SSES Grades 3-4 students with an Evergreen School Division Trophy.



Arborg Dance Club performed the Circle of Life Remix.



Maddie Greer performed a poem called Grungy Grace.



Riverton Arborg Jazz Choir sang Moon Glow.

Local youth honoured during Women of Distinction gala

By Natasha Tersigni

Tracie Léost was chosen as the recipient of the Gerrie Hammond Award of Promise for her outstanding athletic achievements and continued advocacy to bring awareness for the missing and murdered indigenous women of Canada.

Léost received the award at the YMCA-YWCA Winnipeg's Women of Distinction gala on May 4 in Winnipeg.

The annual award is presented to a young woman in Grade 12 who is enrolled in a school within the Winnipeg

city limits. The recipient must have made a significant contribution to her school and community, demonstrated scholastic achievement and shown promise of becoming a Woman of Distinction.

This past summer, Léost made headlines across the country for her 115 kilometres down Highway 6 from Oak Point to Winnipeg. Her Journey of Hope was to raise awareness for missing and murdered indigenous women. The Métis competitive runner chose to start her run in the Interlake since she has spent most summers in Oak Point with her grandparents.

Along with continuing to lobby the federal government to call a national inquiry into missing and murdered women, the Grade 12 Garden City Collegiate student has excelled in sports. In 2014, Léost attended the North American Indigenous Games in Regina, where she brought home three bronze medals she earned in athletics.

Léost continues to be a role model in her school and community by being a leader for Youth Against Mental Illness Stigma and the Aboriginal Student Leadership Group at her high school.



EXPRESS PHOTO SUBMITTED
Tracie Léost received the Gerrie Hammond Award of Promise award at the YMCA-YWCA of Winnipeg's Women of Distinction gala on May 4.

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Thanks to those that came out and helped us celebrate our Sale of our life and to those that have supported throughout the past 40 years! See you soon!

Fisher Branch gym teacher to colour his hair pink

Students raise \$1,025 for Jump Rope for Heart

By Jeff Ward

A month-long fundraising effort for the Heart and Stroke Foundation ended with more than \$1,000 being collected in pledges by Fisher Branch Collegiate students for Jump Rope for Heart.

This is the first time that the Jump Rope for Heart fundraiser took place at the school, according to phys-ed teacher Justin Charrier. He said that he was looking for a new way to keep students active and felt that this fundraiser would not only be a good way to increase the cardiovascular health of students but that it would be nice to support such a great cause.

Charrier put up his own hair as a challenge for students to raise at least \$1,000. If the lofty goal was met, he would dye his hair pink. The approximately 70 middle years students collectively raised \$1,025, forcing Charrier to consult with a hairdresser about his colouring options. And during the

afternoon on April 29, students took part in a half-dozen skipping-related activities before the day finished.

"It was nice to see that even after the fundraiser event, students are still skipping quite a bit during their free time," said Charrier.

"I'm definitely proud of the students for going out and getting so many pledges. It was great to see them working hard for such a good cause. I think based off of the success of this year, this could be an annual fundraiser, for sure."

Charrier said that prizes will be given out from the Heart and Stroke Foundation to students who raised pledge milestones.

When it comes to changing his hair colour to pink, Charrier said that he's always willing to take the bullet when it comes to promoting something so positive. He said that he doesn't have a date yet for the dye job but believes that in the next few weeks, he'll be



EXPRESS PHOTO BY JUSTIN CHARRIER

Fisher Branch Collegiate students participated in Jump Rope for Heart while raising \$1,025 for the Heart and Stroke Foundation. Students spent the afternoon on April 29 doing skipping-related activities, which is great for cardiovascular health. Pictured from left to right: Jaypee Javier, Aaron Plett, Kassidy Gauthier, Lauren LeTexier and Shai-Lynn LeVasseur.

sporting a much more noticeable hair colour.

"I don't want it to be too permanent,

but I don't want it to just last one night as well. Right now, I'm discussing my options with a hairdresser."

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May 12th, 2016

Interlake Service Advisor Tech Question:

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Interlake Service Advisor Answer:

Dan's problem — premature tire wear — is very common for Interlake residents. Here are several ways to lengthen the life of your tires:

First, tires lose air pressure over time, so check them at least once a month and fill them up as necessary. A sticker on the driver's side door jamb has the recommended pressure.

Winter Tires are a key safety component for Interlake drivers. Snow tires have more sipes than summer tires, increasing traction on snow and ice. Tires designed for winter conditions are optimized to drive at temperatures below 7 °C (45 °F), and because of their softer rubber wear out quickly in temperatures above 7 °C (45 °F). It's time to get them off to preserve their life.

Ask your local service provider if they provide winter tire storage.

In the United States and Canada, a "3PMSF ("Three Peak Mountain Snow Flake")" symbol

means that the tire has exceeded the industry requirement from a reference (non-snow) tire.

In Manitoba there are no requirements for snow tires. Studded tires may be used from October 1 to April 30.

Beginning the fall of 2014, Manitoba Public Insurance offers a Winter Tire Financing Program for policy holders. This plan covers the purchase of new winter tires, rims, balancing, tpms sensor installation, wheel alignments, etc... for up to a maximum of \$2,000.00, financed anywhere from one to a maximum of four years. Also All Weather Tires are part of the program and can be used throughout the whole year. As of the Fall of 2014, although a Winter Tire financing program is available by MPIC, winter tires are not yet mandatory. See your local Independent Service Provider for details.

Tire rotation is also important to increase tire life. Your front tires take the brunt of stopping and steering forces so they wear faster than the rear tires. They should be rotated regularly so that all four tires wear more evenly. Talk to your Local Service advisor.

Out of balance wheels can also cause a tire to wear too fast. Interlake drivers who feel a vibration in their seat or steering wheel may have a wheel out of balance.

Finally, bad wheel alignment and worn or damaged suspension can chew through a tire very quickly. It is important to have your wheel alignment inspected

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to ensure your front end parts are in good condition. Have your tires inspected for signs of premature wear. Your advisor will be able to pinpoint the cause and get it taken care of.

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Selkirk mayor calls on PCs to expand Betel Home

By Dave Baxter

Selkirk's mayor hopes the area's new MLA will stick to his word when it comes to getting more personal care home beds into Selkirk.

Mayor Larry Johannson said the city is hoping to work with Selkirk's Betel Home Foundation on a proposed expansion project that would add more personal care home beds in Selkirk.

Before the April 19 provincial election, Johannson had been working with former MLA Greg Dewar to make the expansion a reality, and he now hopes to be able to work with Lagimodiere on the project.

"He (Lagimodiere) has told me he wants to hit the ground running on that, so we need to sit down and go over a list of priorities," Johannson said. "It would be good for the PCs to get a big project going, and getting the Betel Home project going would show they are serious about their commitment in Selkirk."

"That is a project that is dear to everybody's heart because of our aging population."

As previously reported in the *Record*, newly elected Selkirk MLA Alan Lagimodiere said the new PC government wants to "fast track" the addition of 1,200 personal care beds into the province.

He added the addition of personal care beds in Manitoba would take



EXPRESS PHOTO BY BRETT MITCHELL

Selkirk Mayor Larry Johannson hopes Selkirk's new MLA Alan Lagimodiere and the new PC government will get involved with a possible expansion of Selkirk's Betel Home Foundation.

strain off of Manitoba emergency rooms, which currently have some of the longest wait times in Canada.

With the PCs making promises throughout the election campaign to increase the number of personal care beds in Manitoba, Johannson said it only makes sense to increase those numbers in Selkirk.

"If we do an expansion at Betel, it would be good for the whole Interlake," he said. "You don't want people

in our hospital using up beds while they are waiting for a bed in a care home."

During an election forum in Selkirk in early April, Lagimodiere said the Interlake region has a waiting list of 218 and a 26-week waiting time for personal care home beds, calling those numbers "unacceptable."

Last week, Lagimodiere said he has already had "informal discussions"

with Johannson and they both agree they need to increase the number of care homes beds in Selkirk.

"It's still in the discussion stages, but Larry has certainly brought the Betel Home proposal forward," Lagimodiere said.

Lagimodiere said it is too early for him to give specifics on how he will increase care home beds in Selkirk, or if the province would get behind a Betel Home expansion, but said "care home beds are at the top of my list of priority list."

"It is certainly going to be something that I am going to push forward," Lagimodiere said. "With the issue of care home beds throughout the Interlake, we need to sit down and start discussing and come up with a plan as quickly as we can."

Lagimodiere said the PC government needs to put together a concrete plan for expanding care home beds in Manitoba as quickly as possible, and said that could involve an expansion at Betel House.

"We understand it involves a lot more than just saying we want to do it. We need to get a plan in place as to how we are going to do it and where it is going to happen."

Lagimodiere added that, moving forward, he plans to have formal discussions with Johannson regarding a possible Betel Home expansion.

Tangled up in trash

By Dave Baxter

Cindy Kovach is on a mission to save pelicans in Lockport, one fishing line at a time.

"I'm doing this because of the birds," Kovach said. "I love the pelicans."

Since the snow melted in the Lockport area, the Selkirk woman and her sister Shary Cormier have spent many days along the banks of the Red River picking up fishing line and hooks that fishers have been left behind.

Two pelicans that got snagged by fishing line died last week along the Red River in Lockport.

"Knowing they didn't make it was heartbreaking," Kovach said, while choking back tears. "And it feels like nobody cares."

She said fishing lines on the banks can end up in the water, and lines snagged in the water can lead to pelicans and other animals getting stuck while hunting for food.

On Sunday morning, Kovach was out by the St. Andrews Lock and Dam

picking up lines and hooks, as dozens of pelicans could be seen fishing for food in the river.

"There are just tons of clusters of them in the water and when they fish they put their heads down and go with the current and there are so many snags," she said.

In only an hour she had filled one plastic bag with twine and hooks, and said she can easily fill more than five bags in a day.

Kovach said she knows some snags are unavoidable, but she doesn't want fishers leaving lines, hooks and other garbage on the shores of the river.

"Please clean up for the sake of the birds and all the animals," she said. "Take your lines and take your garbage when you are fishing."

Kovach said she doesn't mind spending hours picking up lines and hooks, but she could use some help.

"It's a lot of work," she said. "It keeps me in shape, but if anyone would like to come down and help, I'd like to get



EXPRESS PHOTOS BY DAVE BAXTER

Pelicans could be seen fishing for food along the Red River in Lockport on Sunday morning.

more people together."

Local fishermen and the *Express's* fishing columnist Arnie Wiedl said snags are unavoidable when fishing, but there is new equipment that could help save a lot of animals in the river.

Weidl said biodegradable fishing equipment is being produced and if it gets stuck in water it will dissolve in about 90 days.

But he said major retailers aren't getting on board with biodegradable products.

"The big box stores just won't put it on the shelves," Wiedl said. "And because of that most people don't know anything about it."

Fishers can search for and buy biodegradable equipment online and Weidl hopes more fishers start to see it as an option.

"It would help because in many spots it's just a sea of fishing lines in the water," he said. "Strangely most fishers I know don't know about it, but it's really a no-brainer."

'It really felt like my head was exploding'

Local woman with Lyme disease warns others to watch for deer ticks

By Dave Baxter

One Manitoba woman wants to remind residents to watch out for deer ticks this summer because she doesn't want anyone to go through what she has gone through.

"I had been so active and suddenly I was falling apart," Jan Cmela, who lives near Birds Hill Park said. "It really felt like my head was exploding."

The 51-year-old said the area around her home and much of the Interlake is home to a large number of black-legged ticks, which are commonly referred to as deer ticks and can spread Lyme disease.

Cmela contracted Lyme disease about three years ago, despite the fact she did not know that a tick had bitten her. Her the symptoms started slowly and she didn't know what was happening at first.

She originally dealt with pressure and pain in her head, extreme exhaustion and bladder problems.

She said she is now far less active than she was before getting the disease and may deal with the symptoms for the rest of her life.

Lyme disease symptoms can start about three days to one month after a tick bite, and an expanding rash is typically one of the first symptoms.

Early symptoms can also include headache, stiff neck, muscle aches, fa-

tigue, fever, chills and swollen lymph nodes.

Many people don't realize they have the disease at first because there is such a wide range and severity of symptoms, Cmela said.

"So they might think they have the flu, and they don't go to the doctor," she said.

Cmela said that if people don't get medication right away after contracting the disease, it becomes harder to cure.

"It's very hard to get rid of the disease if you've had it for years," she said. "If anyone experiences symptoms they think might be Lyme disease, they should go to a doctor immediately."

One of most common symptoms of Lyme disease is flu-like symptoms, so if people suddenly get the flu in the spring or summer, they should consider that it could be Lyme disease, Cmela said.

Because Lyme disease symptoms vary, Cmela said doctors often struggle to diagnose the disease, and if a doctor rules out Lyme disease in the beginning, residents should consider getting a second opinion.

"Unless you ask, it's very rare that a doctor will suggest it could be Lyme disease."

Cmela ended up going to the U.S. to



SUBMITTED PHOTOS

Jan Cmela, pictured right, was active and spent a lot of time outdoors before contracting Lyme disease about three years ago. The 51-year-old is now warning Interlake residents to watch for blacklegged ticks, also referred to as deer ticks, pictured above.

finally get her diagnosis many months after she first started feeling sick.

She is now warning others to watch out for deer ticks when they are outside and check for them on their bodies if they have been outside.

"The deer tick can be very small. It is much smaller than the typical wood tick. It can be the size of a poppy seed, so people have to be aware of the size," she said.

Adult female deer ticks are about as big as a sesame seed and have red-

dish hind bodies with black dorsal markings.

Males are slightly smaller than females and are solid dark brown.

"I try to not scare people out of the woods, but people need to be aware and do tick checks when they get back home," Cmela said.

People who think they may have contracted Lyme disease can contact Health Links at 204-788-8200 or toll-free at 1-888-315-9257.

Bezan re-introduces bill to keep violent offenders behind bars

By Austin Grabish

Sadistic killers, kidnappers and rapists shouldn't be eligible for parole for at least four decades. That's the gist of a private member's bill re-introduced in Parliament last week by Conservative Selkirk-Interlake-Eastman MP James Bezan.

The Respecting Families of Murdered and Brutalized Persons Act would allow judges to sentence prisoners to 40 years without parole instead of the 25 years under current law, which Bezan said has allowed killers to re-victimize families.

Bezan said killers and rapists who are eligible to apply for parole after serving 25 years behind bars use the process to re-victimize families, and they do it every two years after first becoming eligible for parole.

He pointed to Clifford Olson, one of Canada's most notorious serial killers

who was vocal about his crimes at parole board hearings.

"He would graphically detail how he had abducted, tortured, sexually assaulted, and slaughtered the children of these parents," Bezan said.

Bezan said, if passed, the bill wouldn't become a mandatory minimum and the courts would still have the authority on how long to sentence someone to prison.

But the John Howard Society of Canada is opposed to the proposed legislation.

"It's entirely unnecessary in terms of public safety," said John Hutton, executive director of the organization's Manitoba chapter.

Hutton said offenders applying for parole have to prove they're not a threat to society to leave jail and taking away their right to apply to leave could do more harm than good.

"If you tell someone you're not coming out for 40 years, that's essentially telling someone 'you're not coming out,' and then where is the incentive for that individual to take programs, not to get into trouble, keep their nose clean?"

Hutton said "lifers" coming out of jail pose the least amount of risk compared to other prisoners primarily because they can't get parole if they haven't been rehabilitated.

He added once released from prison they are still supervised for the rest of their life.

"It never ends that's why it's called a life sentence."

Bezan said his bill would only apply to about 40 offenders currently in Canadian jails, prisoners who have committed the most heinous crimes imaginable.

"To commit the crimes you're de-

mented to start with, and the facts are these people under the current system don't receive parole."

The bill is Bezan's third attempt at getting the proposed legislation to become law.

He first tabled a private member's bill three years ago, but it became null and void when former prime minister Stephen Harper appointed him as parliamentary secretary to the minister of national defence.

Parliamentary secretaries and cabinet ministers are prohibited from tabling private member's bills.

Okanagan—Shuswap MP Colin Mayes then re-introduced the bill, but when last fall's election was called it died along with all other proposed legislation in the country.

Bezan said the Liberals have supported the bill in the past and he remains hopeful it will pass.

get inspired

> MEAL IDEAS

Smoked salmon eggs Benedict with creamy dill caper sauce



Ingredients

- 1/2 cup (125 mL) nonfat plain yogurt
 - 1 tbsp (15 mL) canola oil
 - 1 tsp (5 mL) fresh lemon juice
 - 1 tbsp (15 mL) chopped fresh dill, plus sprigs for garnish
 - 1 tbsp (15 mL) capers, drained
 - 1/2 tsp (2 mL) finely grated lemon zest
 - 2 whole-grain English muffins
 - 3 oz (90 g) thinly sliced smoked salmon
 - 4 medium eggs
 - 3 tbsp (45 mL) white wine vinegar
- Directions

To make sauce: In medium bowl, whisk yogurt and canola oil until blended. Whisk in lemon juice, then stir in chopped dill, capers and lemon zest. Let sauce sit at room temperature while preparing the rest of the dish.

Toast English muffins. Place slice or two of salmon on top of each English muffin half.

To poach eggs: Fill large, deep skillet about 3/4-inch (2 cm) to top with water and bring to boil over high heat. Add vinegar, and then reduce heat to medium-low. Crack egg into small bowl, and then gently add it to boiling water. Repeat with remaining eggs until all four eggs are in skillet. Cook until whites of eggs are set but yolks are still slightly runny, about 3 minutes. Use slotted spoon to transfer eggs to paper towel to drain. (Alternatively, cook eggs over-easy in nonstick skillet.)

Presentation: Transfer each egg to salmon-topped English muffin half. Pour 2 tbsp (25 mL) of sauce on top of each muffin half and garnish each with sprig of dill.

Pan-Fried Eggs and Mixed Mushroom Saute on Toasted Sourdough Slices



Ingredients

- Serves 4
- Mushroom Saute
- 1 1/4 ounces mixed dried mushrooms
- 1 1/2 cups boiling water
- 3 tablespoons olive oil
- 8 ounces sliced brown mushrooms
- 2 teaspoons minced garlic
- 1 teaspoon dried crushed rosemary
- Kosher salt
- Freshly ground black pepper

Toast and Eggs

- 4 1/2-inch-thick sourdough slices, halved if the slices are extra large
- 2 tablespoons unsalted butter
- 4 eggs
- Olive oil

Kosher salt

- Freshly ground black pepper
- Rosemary sprigs for garnish (optional)

1. For the Mushroom Saute: Place the dried mushrooms in a medium bowl and cover with the boiling water. Let stand until softened, 20 minutes. Strain in a sieve lined with a double thickness of paper towels and reserve the soaking liquid. Coarsely chop the mushrooms.

2. Heat the olive oil in a medium, heavy frying pan set over medium heat. When hot, add the brown mushrooms and saute, stirring often, for 6 minutes. Add the reserved mushrooms, garlic, rosemary, and 1/2 teaspoon salt; stir for 1 minute. Add the mushroom liquid and cook, stirring until it has evaporated, 4 to 7 minutes. Season with salt and several grinds of pepper. Remove the frying pan from the heat and cover with foil to keep warm. (The mushrooms can be prepared 1 day ahead; cool, cover and refrigerate. Reheat, stirring, over medium heat.)

3. For the toast and eggs: Brush both sides of the bread slices generously with olive oil. Set a 10- to 11-inch by 25- to 28-centimeter nonstick frying pan over medium-high heat and, when hot, add the bread and cook until lightly browned, about 2 minutes per side. Remove the toast and cover loosely with foil. When the pan is cool enough to handle, wipe it out with clean paper

It's the Stuff of Life, Being a Mother

How one feels about Mother's Day really depends on your perspective. Perhaps your Mother is no longer alive, and this day brings a lot of sadness. You may be estranged from your Mother, or have a family that does not truly appreciate you.

It is probably a good time to reflect on the fact that how others may feel about us should not determine how we feel about ourselves. We must learn to trust ourselves and to validate ourselves, rather than wanting validation from others. Of course it is lovely if you are showered with affection and appreciation, but if you are not, it does not mean that you are less of a mother than those who are.

The path of motherhood is liberally sprinkled with joy and sorrow, hope and discouragement, laughter and tears, it is undoubtedly the biggest challenge that a woman can undertake. It is a lifetime job from which you can never really take a vacation; you must be on call 24 hours a day, there is no formal job description, so anything and everything can end up in your lap. Once the children are past the age of twelve (earlier if they're precocious) you may be subject to daily performance evaluations.

Often you have to make tough decisions, where you have to balance the long term wellbeing of your child, against his or her immediate demands. If you've always dreamed of being the perfect mother whom

your children simply adore, this is where you begin to lose it. It is the quintessential no win situation, unless you have a highly unusual species of offspring who says, "Thank you so much for caring about me enough to set a reasonable curfew, I am so grateful that you don't let me stay out as late as all of my friends....." (Not!)

And being human, we will also make mistakes. We have bad days like everyone else, and sometimes vent frustrations on the kids. (If this gets out of hand, then it is important to get help.) The point is that we are doing a very difficult job, and most of the time we are doing the best that we can.

So we must celebrate ourselves on Mother's day, whether or not anyone else does. We may be sad about some things, but there are many others for which we can give ourselves a big pat on the back. No one else can ever know exactly what it has been like for us, or the true nature of our particular journey of motherhood.

So sit back and reflect on the joys and the pain. It may not be, or have been, a storybook journey, but I'll bet it was real. It's the stuff of life, being a mother. So give yourself credit, not despite the differences, but especially because of them.

Gwen Randall-Young is an author and award-winning Psychotherapist. For permission to reprint this article, or to obtain books or cds, visit www.gwen.ca

towels.

4. Add the butter to the frying pan and set it over medium heat. When the butter starts to foam, break an egg into a saucer, being careful to remove any shell fragments, and gently slide it into the frying pan. Repeat with the remaining eggs. Immediately reduce the heat to low and cook, basting the eggs with some of the butter in the pan frequently, until the whites are firm and the yolks are still soft and runny, 3 minutes.

5. While the eggs are cooking, arrange a toasted bread slice on each of four plates. Mound the mushrooms evenly over the toast.

6. Remove each egg with a spatula and arrange on top of the mushrooms. Season with salt and pepper and, if desired, garnish each serving with a rosemary sprig. Serve immediately.

Cooking note: If you can't find dried crushed rosemary, crush regular dried rosemary in an electric spice mill, or place it in a self-sealing plastic bag and roll over it with a rolling pin.

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INSIDE > OUTSIDE > UPSIDE DOWN

Burns inducted into Manitoba Ringette Association Hall of Fame

By Brian Bowman

Mother's Day weekend is always a time of celebration.

But for Lindsay Burns, her celebration started very early in the weekend.

Burns, along with close friend, Amy Clarkson, of St. Andrews, was inducted into the Manitoba Ringette Hall of Fame last Friday.

"It was exciting," said Burns, who lives in Winnipeg Beach, Sunday afternoon. "Amy and I were at the same table, so it was great. I didn't realize until I got (to the banquet) that she was also getting inducted."

"It made it all more special getting inducted along with a teammate and a friend."

Burns, 31, grew up in Starbuck, Man., and played ringette there until she was 14 before she started playing "AA" in Winnipeg. She suited up for a very good Fort Richmond Sixers' squad that competed at both westerns and nationals.

"We won back-to-back gold medals in 2001 and 2002 at the nationals," Burns recalled fondly.

Burns later went on to play with Prairie Fire of the National Ringette League and, in 2010, her ringette career really took off as she was selected to Canada's senior women's national team.

That year, she participated at the world ringette championships in Finland. She also represented Canada in 2013 at the worlds (in North Bay, Ont.) and was chosen as an assistant team captain.

Canada won silver medals at both of those major tournaments.

"(Representing Canada) is what every ringette player dreams about," said Burns proudly. "With ringette not being in the Olympics, (playing at the worlds) is the highest level that you can play. To be a young girl and have that as a dream – and do it a couple of times – was unbelievable."

Burns was a very talented defenceman, considered by many to be an ex-

ceptional skater with the penchant to rush up into the play to create offence. She also had a tenacious style to her game.

Burns said the sport of ringette is still strong in Manitoba, particularly in the Interlake. She said Manitoba is very competitive with the other provinces across the country.

"Ringette is growing, especially here in Manitoba," she said, noting the national ringette team is now based in Winnipeg. "We've had higher numbers going up through the grassroots."

Like many great athletes, Burns continues to be involved in ringette as a coach. She guided the Interlake Ignite 14Us to a city title this past season.

Burns really enjoys teaching young girls the necessary skills to excel in ringette.

"I started coaching when I was going to university for a couple of years," she explained. "But when I started teaching, I had to put ringette aside because I was teaching school sports."

"But this year, because I wasn't playing ringette competitively, I had a little bit more time so I decided to coach in the Interlake. I think I was just as excited as the parents and the athletes to coach."

"The parents recognized that I had a lot of experience as a player and they were excited for me to share that experience with their daughters. And I really lucked out with a great group of girls, they were like sponges. They took what I said and they tried it and did their best."

Meanwhile, the Manitoba Ringette Association also announced its 2016 award winners last Friday.

The 2016 Volunteer of the Year was Mark Ratz (Lorette) while the 2016 Coach of the Year was awarded to Dan Saltel (head coach Dakota U16 A) and Spiros Kavvadas (head coach Bonivital Angels U14 AA).

Coaches of the Month awards went to Curtis Vezina (Heritage Victoria U14 B), Raeanne Wysocki (Dakota U16



EXPRESS PHOTO SUBMITTED

Winnipeg Beach's Lindsay Burns, left, was inducted into the Manitoba Ringette Hall of Fame last Friday. She is pictured here with Manitoba Ringette executive director Laralie Higginson.

A), Laura Simons (Dakota U16 A) and Sam Renooy (Wild U14 AA).

The MRA also offers different programs to assist with post-secondary education. The MRA Bursary program offered \$500 to two athletes in the "AA" category and one in the "A" loop this year.

This year's recipients in the "AA" category were Felicia Daeninck (Bonivital) and Sarah Lazaruk (Transcona). Sam Green (Fort Garry) was the lone recipient in the "A" category.

The MRA, in partnership with High

Five Inc., also offered two scholarships, one to a rural athlete and one to an urban athlete, playing at any level. This year's recipients were Morgan Van Deynze (Portage) and Cami Daeninck (Bonivital).

The Manitoba Ringette Association also honoured three inductees into the builder category of the Hall of Fame this season. Those inductees were Joan Lachance (Transcona), Don Kozun (Bonivital) and Jackie Bohemier (Lorette).



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Top 10 finish at provincials Bombers donate equipment



EXPRESS PHOTO SUBMITTED

The Gimli Lakers' duo of Carley Matkowski, left, and Jayda Campbell competed at the MHSAA Badminton Provincials in Winkler last weekend. The pair played extremely well, qualifying for the playoffs and later finishing in the Top 10 in the province for ladies' doubles.



EXPRESS PHOTO BY JOEL MCDONALD

Winnipeg Blue Bombers' representative Riley Coates delivered a new blocking sled and bags for the Interlake Thunder program last Friday. The equipment, valued at approximately \$3,000 USD, is part of the 103 Grey Cup Legacy Equipment Program purchased for the Grey Cup fan experience and now donated to minor football clubs. Members of the Interlake Thunder girls' team, standing left to right: Grace McDonald, Paige Kenny, Riley Coates, Franny Coutu, Isabelle McDonald, Maddy Siwicki; kneeling: Raine Welburn and Ashley Deveril.

Local players represent Interlake at Director's Cup



EXPRESS PHOTOS BY LANA MEIER

Major Bantam hockey players representing the Interlake participated in the Hockey Manitoba Director's Cup Prospects tournament held May 6-8 at the MTS Iceplex. The tournament marked the closing of a six-week development curriculum that focused on key concepts and skills applicable to the "Train to Train" athlete development stage. The prospects program focuses on off-ice skills and off-ice training by emphasizing quality instruction and age-appropriate instruction. The program serves as an important precursor to the U-16 Program of Excellence and junior draft year (MJHL, WHL) while building a strong foundation for Midget, Junior and into National team programs. Some of the Interlake participants, from left to right, Easton Hazelton, Soren Josephson, Lyle Murdock and Nicholas Finsson.

Manitoba wins pair of bronze medals at NAHC

By Brian Bowman

Team Manitoba won a pair of bronze medals at the 2016 National Aboriginal Hockey Championships in Missis-sauga last weekend.

The males won their bronze after blasting Ontario 6-1 on Saturday.

"It was a real good effort," said Manitoba head coach Kevin Monkman Monday afternoon. "I was telling the guys that if I was Ontario, I would be scared (to play us). Our guys were focused and ready and we went out there and showed them."

Manitoba was relegated to the bronze-medal match after a really tough 3-2 overtime loss to B.C.

B.C. took the early lead courtesy of their power play but Manitoba battled back and had several quality scoring opportunities in the second and third periods.

"Two of our defencemen got hurt and one skate was messed up, so we were pretty much going with three

guys (on the blueline)," Monkman explained.

Manitoba posted a 4-1 record at nationals, opening action with a 6-5 win over Eastern Door & the North and then doubling Saskatchewan 6-3. After getting defeated 7-3 by Ontario, Manitoba battled back to beat Alberta (5-1).

Manitoba's roster included goaltender Adam Swan of Ashern and Keevan Daniels-Webb of Gunton/Peguis First Nation. Mike Spence of Peguis served as an assistant coach while Cal Asham, also from Peguis, was the team's trainer.

Monkman said his team gelled together nicely at nationals.

"These guys have all played against each other at one time or another, so they know each other," he explained. "And they were all buddies by the end of (Sunday)."

On the women's side, Manitoba earned its bronze after an exciting 2-1

overtime win over B.C. Mariah Gardner scored the game winner.

"They were sure happy about (the win)," said Manitoba head coach Dale Bear of Peguis. "The game was close but I thought we had better chances, for sure. They're goalie played (well), but our goalie played better."

Manitoba was 2-1 in its round robin and then won in the quarterfinals before losing 3-2 in overtime to Ontario in the semis. Ontario won the game after a shot redirected over Team Manitoba's goaltender's shoulder.

It was a tough loss for a Manitoba team that deserved a much better fate.

"We were all over them," Bear recalled. "Pretty much the whole game we were dominating them, but we just couldn't get the right shot to the net. It was back-and-forth but I felt we had the upper hand on them the whole game."

Team Manitoba's roster included Peguis forward Renee Stevenson and

twin sister forwards Keyanna and Keyara Lea (formerly of Riverton). Jacinta Bear of Fisher River was the team's manager.

Manitoba's roster featured a bevy of talented female players from all across the province. Dale Bear said the entire team really enjoyed the experience of the nationals.

"I asked all of the girls individually if they liked (the nationals) and they all said it was their favourite tournament all year. I don't know if they were pulling my leg or what," he joked.

"But it was good to hear. They sure enjoyed themselves and the tournament was something that they hadn't experienced before.

"It was a lot more than just hockey. All of the regions came together and it wasn't all just hockey. It was a celebration – and not just a competition."

Track and field athletes heading to provincials



EXPRESS PHOTO BY JO-ANNE PROCTER

At the 2016 Interlake Invitational track meet held in Stonewall May 5, Fisher Branch's Laine Vandersteen (left photo) threw the discus 24.78 metres beating the junior women's standard of 23.79m qualifying her for the 2016 Manitoba High School Athletics Association provincial championships in June. Teammate Brayden Grouette threw 12.26m in senior men's shot qualifying him for the provincials as well.

Other Fisher Branch athletes that made standard and will compete at the provincials include River Garson-Abas who threw 33.91m in senior men's discus beating the standard of 32.98, Taigen Novak who threw 39.90m in junior men's javelin beating the standard throw of 35.15 and Tristan Martin who ran the senior men's 100m Dash in 11.68 seconds beating the standard of 11.83.

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ANNOUNCEMENTS

BABY SHOWER



Leah Karen Bobbee

Travis Bobbee and Sheena Gill are thrilled to announce the arrival of their daughter, Leah Karen Bobbee. Please join us for a come and go baby shower at the Arborg Heritage Village Hall on Friday, May 27th between 6:00 - 9:00 pm.

- Proud Grandparents
Wendy and David Bobbee
Corrine and Tommi Einarsson

Great-Grandparents
Karen and Arthur Gislason

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Wed May 18th @ 4:00 pm

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ANNOUNCEMENTS

BIRTHDAY



Happy 3rd Birthday
Jase!

-Love Mom and Dad

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Fax 1-204-376-5584

Email riverdalew@mymts.net

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JOHN & LINDA BERG**

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Then 1 1/2 Miles South

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17 Yrd Garbage Box w Hyd Packer * 73 Ford
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* 78 Ford 150 4 x 4 351 * 58 Ford F800 Big
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INTERLAKE

NOTICE OF ANNUAL MEETING

When: Wednesday, May 25, 2016

Meeting: 7:00pm

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

Agenda Items to include:

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

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Wed, May 18 @ 4:00 pm

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Wed, May 25 @ 4:00 pm

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Municipality of Bifrost-Riverton



NOTICE OF PUBLIC HEARING BY THE MUNICIPAL BOARD OF MANITOBA

RE: MUNICIPALITY OF BIFROST-RIVERTON BY-LAW NO. 21-2015
(MUNICIPAL BOARD FILE NO. 16E8-0006)

PUBLIC NOTICE is hereby given, under the provisions of *The Municipal Act*, S.M. 1996, c.58 and *The Municipal Board Act*, R.S.M. 1987, c. M240, that The Municipal Board will hold a public hearing for the purpose of hearing any presentations in objections to or in support of the proposed By-law. The public hearing will take place on Tuesday, June 7, 2016 at 7:00 pm at the Arborg & District Heritage Village, St. Nicholas Parish Hall, 10135 PTH 68, Arborg, Manitoba.

The By-law proposes to authorize the undertaking of a comprehensive water management project at an estimated cost of \$5,002,052.00. The Municipality has secured funding from the Growing Forward 2 Agreement in the amount of \$1,002,052.00, and the balance of \$4,000,000.00 is to be borrowed.

A copy of the By-law is available for review at the Municipal Office and at The Municipal Board.

The Board requires that any party who intends to submit as evidence at the hearing any written material or other documents, shall file four (4) copies of that material with the Board and one (1) copy with the Municipality for public review, at least 10 working days prior to the hearing.

If a party wishes to have service in French, or requires assistance because of a disability, they must notify this office 15 days prior to the hearing.

Dated at Arborg, in Manitoba, this 20th day of April, 2016.

Rose Gibbons, Secretary

The Municipal Board, 1144-363 Broadway, Winnipeg MB R3C 3N9, 204-945-4014

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

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

Sudoku Answer

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

Crossword Answer

X CROSSWORD

CLUES ACROSS

- Chinese mountain range
- Adjust
- Mad Men's Don
- Mali capital
- One who restores
- ___ & J
- Defunct PlayStation game
- ___ King Cole, musician
- Rock fragments
- Breeze through
- Languishes
- German courtesy title
- Bunko game
- War film "___ Boot"
- Title of respect
- He "sang" with Rob
- Abba ___, Israeli politician
- Erase
- It's a wrap
- Has required courage
- Spoke
- Monetary unit
- Scatter
- Pouch
- Have already done
- They ring receipts
- Fixed charges
- Hell
- Pay this before leaving
- Alternating turns on the roads
- Pick up
- Wrath
- Northeast
- She launched "Just Say No"
- Cigar
- Frozen spike
- Unusual
- Type of number

CLUES DOWN

- David Alan Grier
- Someone who copies

			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						

- the words or behavior of another
- Franklin is one
- Where rockers play
- Reduces
- Datong Yungang Airport
- Andy's partner
- A way to dry
- Taka
- Large constellation
- Regrow
- What a surgeon does
- Cool!
- Indigenous people of N. Africa
- Goes great with cheese
- Contains allusions
- A supporter
- ___ Caesar, comedian
- Some are great
- Interpreted
- Hits a pitch
- Local area network
- Soaking
- Stimulates
- Dash
- Female sibling
- Annul
- Scattered fragments
- Chili con ___
- Relative biological effectiveness (abbr.)
- Adult male
- Not night
- Starch
- Zero
- French coins
- Ventilate
- Greatest common divisor
- Touchdown

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