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VOLUME 5 EDITION 20 THURSDAY, MAY 17, 2018

## WEEKLY NEWS

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EXPRESS PHOTO BY PATRICIA BARRETT  
Winnipeg Beach School's Beatles performed Our Teacher Sings the Beatles at the 2018 Evergreen Festival of the Arts Hi-Lites Concert May 7 at Gimli High School.

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

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# Pianist Tanner Wahl takes home Kiwanis Trophy for best overall performance

By Patricia Barrett

Pianist Tanner Wahl was speechless when festival adjudicators awarded him the Kiwanis Trophy for Best Overall Performance at the 2018 Evergreen Festival of the Arts Hi-Lites Concert May 7 at Gimli High School.

Wahl performed Muzio Clementi's Sonatina in C Major. Adjudicators recommended that he — along with pianists Braden Yablonski and Autumn Pidruchny — attend the Provincial Finals in Brandon at the end of this month.

The Hi-Lites festival featured the outstanding talents of student singers, musicians, dancers and spoken word poets attending the Evergreen School Division.

Festival president Krystal Isfeld thanked sponsors, parents and teachers for supporting both the performers and the arts.

Trophy Class finalists were Maddie Greer, Ambria Penner, Tyra Angus, Emily Friesen, Keenan Karish, Tanner Wahl, Claire Whiteway, Sage Stoyanowski, Alyssa Gard and Hannah Pierce.

All the performers earned awards from sponsors including Noventis Credit Union, Bayview Evangelical Free Church, Minerva Ladies Aid, Kiwanis Club of Gimli, Rotary Club of Gimli, Evergreen School Division, the RM of Gimli and Baker Law, as well as from individual sponsors.



Pianist Tanner Wahl took home the Kiwanis Trophy for his performance of Clementi's Sonatina in C Major.



Claire Whiteway sang When the Saints go Marching In.



Violinist Mitchell Baker performed Jig of Slurs and earned a Riverton Elks International Music Camp scholarship.



SSES vice-principal and music teacher Krystal Isfeld sang Tonight You Belong to Me with her daughter Elin, who played ukulele.



Trophy Class finalists



EXPRESS PHOTOS BY PATRICIA BARRETT

Arborg Riverton Grade 9 to 12 concert choir earned a certificate of distinction.



Braden Yablonski performed Bach's prelude in E Major.



Sigurbjorg Stefansson Early School's grades 3 and 4 students sing Something Wild.



Gimli Mayor Randy Woroniuk presents the RM of Gimli Plaque to pianist Ambria Penner, who performed Duke of York Strut.



Dr. George Johnson Middle School's grades 5 and 6 choir sings This Old Man.



# PR 224 a navigational nightmare to and from Peguis and Fisher River

By Patricia Barrett

The only provincial highway in and out of Peguis First Nation and Fisher River Cree Nation is in dangerous state of disrepair, making a journey to and from the communities and a cottage development along Lake Winnipeg a navigational nightmare.

The 35-kilometre stretch of PR 224 from the turnoff at PR 325 all the way to Fisher River is torn to shreds in countless places with frost boils, potholes the width of a car and large chunks of pavement and rocks littering the roadway.

Broken pieces of highway can damage tires and the undercarriage of vehicles, and oncoming traffic can be sprayed by stones.

Red flags and warning signs have been posted along PR 224, a narrow highway that has never-ending sharp curves, virtually no shoulders wide enough to safely accommodate a vehicle and a maximum posted speed of 90 km/h until one reaches the communities proper.

A Manitoba Infrastructure spokesperson said spring road restrictions (65 per cent of normal loads) are in place on PR 224 and other provincial roads as they're weakest in the



Warning signs and red flags extend from the boundary of Peguis First Nation at the junction of PR 325 all the way to Fisher River.

springtime. Although weight restrictions help mitigate damage to the road's surface, damage can still occur.

"Maintenance staff have been attending to this road for the last 10 days by blading the high spots and adding material to the low ones," said the spokesperson. "It is anticipated in the next week or two the roadbed will start to strengthen and at that time crews will be able to do more permanent patching."



PR 224 at the boundary of Fisher River Cree Nation was a minefield.



EXPRESS PHOTOS BY PATRICIA BARRETT

Passing can spray broken asphalt.



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# Peguis brothers' flood-mitigation invention receives \$597,000 federal grant

By Patricia Barrett

Two Peguis First Nation brothers have obtained \$597,000 in federal government funding for a pioneering plumbing system they designed to prevent homes from being damaged by flood waters.

William and Wescott Sutherland invented a diverter system that saved 30 homes in the spring of 2017 after the Fisher River spilled its banks and forced 230 people from their homes. The ingenious system prevents water and raw sewage from inundating basements and crawl spaces.

The success of the "emergency pilot project" caught the eye of the federal government, which provided funding last year for 100 diverter systems. Peguis itself provided funding from its trust for another 100. The diverters were installed in the most vulnerable flood-prone homes and in homes occupied by the elderly and the physically challenged.

After seeing the system in action, William Sutherland applied for further funding under the federal Adapt Program, which helps First Nations below the 60th parallel assess and respond to climate change impacts. Indigenous Services Canada approved the grant to cover 855 more homes.

"It's a proactive approach to an ongoing, chronic flood problem," said Sutherland, who has overseen



William Sutherland showed the *Express* diverter valves that comprise part of the pioneering house-saving plumbing system.

Peguis' Emergency Operations Centre since 2010 and does double duty as director of housing. "Our goal through this program is to get every house on Peguis installed with a diverter system, and it includes all new builds as well."

The grant will cover the cost of submersible pumps, reverse-flow valves, ABS pipes and ten local plumbers and a supervisor, who are scheduled to have the systems installed within four months.

"Minimum investment, maximum protection," said Sutherland, whose own home has been marooned by flood waters in the past.

It's not a question of whether Manitoba's largest First Nation (about 6,500 people on reserve; 4,500 off) will experience flooding every year but when. In 1908 the province relocated band members from Selkirk to their present site, which lies in a vast swampy basin. North of Fisher Branch, land elevation drops by 121 feet and only begins to rise near Fisher River Cree Nation.

Since the 1970s, Peguis has experienced regular flood events delivered via two branches of the Fisher River that flows through the reserve, and during heavy rain events. Floods cause millions in damages to homes, businesses and roads, as well as to the local business economy through the evacuation of residents, who are forced to live in hotels in neighbouring communities or the city. Severe flooding can cut off access to PR 224, the only major route in and out of the community.

"Peguis is prone to spring flooding, and now with climate change we're being hit with intermediate events in July and October, for example, where we have heavy rainfall," said Sutherland. "All of that has led to unnecessary and completely preventable damages to residential property."

Peguis experienced minor flooding this spring, said Sutherland, who took the *Express* to the Pine Cone crossing, which had to be removed because an ice jam on the river could have inundated residential property south of the ford.

"If we hadn't taken it out, it would have compromised six or seven properties along



EXPRESS PHOTOS BY PATRICIA BARRETT  
Peguis' emergency co-ordinator William Sutherland (centre) with plumbers Jordan Flett (left) and Isiah Sutherland.



Minor flooding from ice jams this spring entailed the removal and replacement of this crossing over the Fisher River near the Pine Cone Dairy Bar.

the Fisher River in this area," he said. After the threat subsided, work crews quickly rebuilt the crossing, which provides access to homes on the west side of the river. "We've been through this so many times, we've learned from our mistakes and perfected the entire [operation]."

Although the diverter system won't stop flood waters from surrounding homes, it will keep basements dry and prevent mould growth. Home are currently equipped with older model sump pumps, which have a float — much like a toilet tank float — that moves up and down with changing water levels and triggers the pump to start operating. But the pumps create a lot of torque, which can jam floats against a wall and crack pipes.

The Sutherlands' simple but ingenious design consists of a pressurized sump pump equipped with a built-in water sensor (rather than a float) that's then connected to a diverter (a pipe with two branching pipes). Each pipe has an on/off valve that homeowners can turn to send water either into a septic tank or outside the house.

The diverter part of the system was designed by Wescott Sutherland, who wasn't available last Thursday when the *Express* visited the community.

By mid-morning, two of Peguis' apprentice plumbers — Isiah Sutherland and Jordan Flett — had already installed the system in one home and were gathering parts at the Emergency Operations Centre for a second install. The parts are purchased

## Notice of Environment Act Proposal

Manitoba Sustainable Development has received a proposal pursuant to The Environment Act regarding the following operation and invites public participation in the review process:

**MANITOBA INFRASTRUCTURE – LAKE MANITOBA AND LAKE ST. MARTIN OUTLET CHANNELS – FILE: 5966.00**

A proposal has been filed by Manitoba Infrastructure for the construction and operation of two permanent flood control channels to reduce the effect of flooding on Lake Manitoba and Lake St. Martin. A new diversion channel from Watchhorn Bay on Lake Manitoba to Birch Bay at the south end of Lake St. Martin would provide additional outlet capacity for Lake Manitoba, supplementing the existing Fairford River outlet. A new diversion channel from the northeast end of Lake St. Martin to south of Willow Point on Lake Winnipeg would provide additional outlet capacity for Lake St. Martin, supplementing the existing Dauphin River outlet. Both channels would have control structures to regulate flows. Three other bridges would be constructed along the Lake Manitoba outlet channel, and a portion of Provincial Road 239 would be re-routed. An access road and power distribution line would be constructed to the Lake St. Martin outlet channel. In combination with the existing outlets, the new channels would be used to maintain the present target ranges of levels on both lakes. These ranges are 247.0 – 247.7 metres above sea level for Lake Manitoba, and 242.9 – 243.8 metres above sea level for Lake St. Martin. Construction of the channels and associated works is anticipated to occur in the period 2019 – 2023.

The proposal information includes a project description (January, 2018) and an Environmental Assessment Scoping Document (March 2018). The scoping document outlines proposed content for an environmental impact statement for the project that will be made available for review when completed.

Anyone likely to be affected by the above operation and who wishes to comment on the proposal should contact Bruce Webb, Environmental Engineer, in writing or by email at [bruce.webb@gov.mb.ca](mailto:bruce.webb@gov.mb.ca), not later than June 19, 2018. Further information is available from the Online Public Registry: [www.manitoba.ca/sd/eal/registries/index.html](http://www.manitoba.ca/sd/eal/registries/index.html)

Information submitted in response to this proposal is considered public information and will be made available to the proponent and placed on the public registry established in accordance with Section 17 of The Environment Act.

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Manitoba Sustainable Development  
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Website: [www.manitoba.ca/sd/eal](http://www.manitoba.ca/sd/eal)





# Eriksdale Creamery Museum to be painted this spring

## Annual Membership Day June 2

By Jeff Ward

The Eriksdale Creamery Museum will be getting a fresh coat of paint this spring and the board is also planning some other changes as they work to open the museum to the public later this summer.

Museum board secretary treasurer Andrea Sweetland said that their recent AGM was pretty much status quo. Board members will remain the same and they are hard at work planning their upcoming Creamery Days and Membership Day. Sweetland said there is some exciting developments at the museum this year as their new storage shed is nearly complete and members can finally begin moving museum artifacts from the Anglican Church to the shed on the grounds. The museum could introduce new displays or even have artifacts on a rotation going forward; however, those decisions haven't been made yet.

"We're also hoping to deal with signage or possibly a flag or something

at the monument," said Sweetland speaking of the stone slab just north of Eriksdale that denotes the home- stead of Eriksdale's first resident.

"We also want to do some lighting for the barn quilt we put up last year. We figured it would be neat if it was all lit up when you're driving through town."

The board will also work at updating displays and possibly having an electrician come in and do wiring work and lighting. They also want to empty a storage room and paint the interior and figure out a new use for it.

The Eriksdale Creamery Museum will open its doors on June 2 from 11 a.m. to 2 p.m. for their annual Membership Day. An annual membership costs \$10 and gets the purchaser a free barbecue lunch. The memberships mean a lot to board members who work hard to keep the museum running.

Sweetland said that last year, 83 people bought memberships, which is big



EXPRESS FILE PHOTO

The Eriksdale Creamery Museum will open its doors on June 2 from 11 a.m. to 2 p.m. for their annual Membership Day.

increase from the nearly 30 they used to get a few years ago.

"One fellow a few years ago driving a delivery truck stopped in and said he saw an article in *The Express* and said he thought it was great what we were doing and bought a membership. I didn't know him at all but he

contributed and it was so nice," said Sweetland.

The Eriksdale Creamery Museum, like many Interlake museums, is an anchor to the past and a time machine back to a world that would be hard to truly understand if it wasn't for buildings like these.

# Food handling safety workshop coming to Lundar

By Jeff Ward

A new info session on food safety will take place at the end of this month designed specifically for temporary events where food is served including community barbecues and luncheons.

The info session "A Presentation on Food Safety for Temporary Food Service Events" is being facilitated by the Interlake's Manitoba Health public health inspector Carmen Cross. The event is free to attend and will be held on May 31 at 1 p.m. at the Lundar Lutheran Church.

Cross will deliver a number of food safety tips and requirements for those hosting these events. Marnie Holm said the idea came up in conversation with Cross as they were going through the concession site for the Lundar Fair. Given the high volume

of small events where attendees are often fed, Holm said it felt like a great idea to help educate people on how to make sure food is being handled safely.

"There are literally thousands of these events all over the province," said Holm.

"Community barbecues, bake sales, farmer's markets, fairs and festivals. I think this presentation will go a long way in giving people a better understanding of what they need to do to be safe."

Holm said that Cross is looking to protect the health of patrons while maintaining the neighbouring spirit of these events. What the pair are trying to do is create a safer environment for customers while also letting the public know

that the health inspector is there as a resource for people to use.

Holm said she routinely talks with Cross about how to become compliant in the kitchen. The open dialogue is important and this info session, Holm hopes, will open the door for more communication in the future.

"If someone does get sick and files a complaint that they were at a barbecue and it's not on their records it could take twice as long to track down the source of the illness," said Holm.

Properly registering an event is important because it's not always improper food handling that gets people sick. The food could have been contaminated long before it reached the event. As a matter of public health,

the faster the problem is found, the more effective the response could be.

Holm hopes to see people attend the presentation so that the potential risk this summer for events where food will be served is lessened.

Those wanting to attend the event are asked to register as the venue has limited seating. You can register by contacting Holm at holmy72@gmail.com or by calling 431-772-0789.



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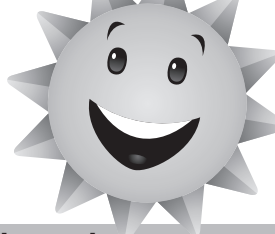
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PUBLISHER  
Lana Meier



SALES  
Brett Mitchell



REPORTER/PHOTOGRAPHER  
Patricia Barrett



SALES  
Branden Meier



REPORTER/PHOTOGRAPHER  
Jeff Ward



PRODUCTION  
Debbie Strauss



PRODUCTION  
Nicole Kapusta



SPORTS EDITOR  
Brian Bowman



ADMINISTRATION  
Corrie Sargent



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# get informed

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## Talk to your insurance provider before an accident happens

By Jeff Ward

As the risk for wildfire continues to remain high, it's important for home owners to protect themselves while reducing their risks from a fire spreading to their yard. But it's also important they protect themselves financially.

Tracey Malone, owner/operator of Inview Insurance Services in Stonewall, has nearly 20 years' experience in the insurance industry. She explained that people typically only begin to ask questions about their levels of coverage after a catastrophe has happened, either to someone they know or to someone they read about in the paper.

And while it's a good idea to stay updated in those situations, she wants people to be more aware about what their insurance truly covers. Through her business, she offers her clients regular reviews where they sit down and ask important questions to make sure their coverage is truly working for them.

"I built my business on educating my clients before the claim happens," said Malone.

"We talk about what is on your premises location and what is insured in your premises location, specifically looking at the limits of insurance. Do we know that you put an addition on your house last year? Do we know that you have five miles of fencing

that goes around your property that would not typically be insured unless we added it?"

These questions, Malone said, are important for advisors like her to understand how to properly offer insurance and protect all of your property in the event of future damage. She'll also ask questions like what is the land being used for, is it bordered by Crown land and how much things on the property are worth. Malone said in her experience most people generally under value their property and possessions, which can be a serious barrier when trying to rebuild after a loss. More important is liability insurance. Malone explained that a lot of people still carry \$1 million in liability, which might sound like a lot but when you factor in lawyer fees, interest charges and a settlement, that money gets used up fast. Malone offered the example of a homeowner burning some garbage on their acreage in the country. One spark can set a huge amount of land on fire, causing significant damage to land and homes. Given the extremely dry conditions of late, this scenario isn't unlikely either.

Insurance is all about protecting yourself financially, and Malone said that when it comes to liability, this type of accident can mean severe financial repercussions.

"I TELL MY CLIENTS IF YOU'RE NOT INSURED ENOUGH, YOU MIGHT AS WELL NOT BE INSURED."



Tracey Malone

"I tell my clients if you're not insured enough, you might as well not be insured."

Personal responsibility comes into play in these scenarios, but Malone said a good insurance advisor will always be available to answer questions in depth and will work to understand their clients property so that they can sell the appropriate amount of insurance.

"If you're a good advisor, you're going to look for those intricacies with every client, and you don't find out that information unless you build relationships," said Malone.

Malone advises everyone to speak with their advisor when they have questions and that you need to ask those questions before something happens, not after.

#### ADVERTISING OR PRINT CONTACT INFORMATION

**Branden Meier** 204-641-4104  
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Letters to the Editor: letters@expressweeklynews.ca  
Classifieds: classifieds@expressweeklynews.ca  
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Print: igraphic@mymts.net

#### OUR EDITORIAL STAFF

**Patricia Barrett** 204-914-1293  
patricia@expressweeklynews.ca

**Jeff Ward** 204-298-3381  
jeff@expressweeklynews.ca

**Brian Bowman** Sports Reporter  
sports@expressweeklynews.ca

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## >HONOURING KRISTJANSON

# Gimli's Kristjanson chosen to receive the order of Manitoba

### Submitted

Twelve Manitobans, including Gimli's Mr. Robert T. Kristjanson, whose contributions encompass a broad range of endeavors and accomplishments, will be invested into the Order of Manitoba at a special ceremony to be held at 4 p.m., Thursday, July 12 in Room 200 in the Manitoba Legislative Building.

Kristjanson is a lifelong resident of Gimli, and a commercial fisher for 70 years. Kristjanson increased public awareness of the growing algae problem on Lake Winnipeg, which inspired several initiatives to address the prob-

lem. He also led the implementation of the Canadian Code of Conduct for Responsible Fisheries, has served in the Canadian Coast Guard Auxiliary for 35 years, as well as having a distinguished record of service to a variety of community organizations.

The Order of Manitoba, the province's highest honour, was established in 1999 to recognize Manitobans who have demonstrated excellence and achievement, thereby enriching the social, cultural or economic well-being of the province and its residents.

"The accomplishments of the five women and seven men who will re-

ceive the 2018 Order of Manitoba exemplifies their passionate commitment to the community at the local, national and international levels," said Lt.-Gov. Janice C. Filmon, chancellor of the order, who will preside over the ceremony. "The impact of their leadership has made a unique mark on this province and its people with achievements that both impress and inspire."

Appointments to the order are made by the chancellor on the recommendations of an advisory council. Once invested, members are entitled to use the initials O.M. after their names for

life and will have their names placed on permanent display in the Legislative Building.

Those to be invested at the 2018 ceremony are: Dr. David Barnard, Mr. Michael P. B. Belhumeur, Ms Jacqueline Blay, Ms Barbara Bruce, Dr. Sara J. Israels, Mr. William Loewen, Ms Bernice Marmel, Mr. Robb Nash, Mr. Ken Opaleke, Dr. Grant N. Pierce, Dr. Cheryl Rockman-Greenberg.

For additional information about the Order of Manitoba and to watch a livestream of the investiture ceremony, visit [www.manitobalg.ca](http://www.manitobalg.ca).

# Practice safe boating while on the water this summer

### By Canadian Safe Boating Council

North American Safe Boating Awareness Week will take place across Canada from May 19 to May 25.

The purpose of this initiative managed by the CSBC (Canadian Safe Boating Council) and the Lifesaving Society – Manitoba Branch is to promote safe and responsible boating practices to the estimated 15 million recreational boaters in Canada.

Although boating related fatalities have trended downwards in past years, there continues to be an aver-

age of over 100 boating related deaths annually in Canadian waters.

"Manitoba has one of the highest boating fatality rates in the country," said Lifesaving Society – MB Branch acting CEO Kevin Tordiffe.

"This province has some of the best parks and beaches in the country. I'm encouraging all Manitobans to get out and enjoy these attractions safely."

The goal of the week is to ensure Canadians who head out in any type of boat have the appropriate knowledge to help them have a safe day on the

water.

The timing of the week, starting on the May long weekend is perfectly aligned with the unofficial start of summer and a time when many boating fatalities occur.

There are five key boating safety behaviours to be delivered, all directed towards the most common boating related accidents. They include wear a lifejacket, boat sober, take a boating course, be prepared — both you and your vessel, be aware of the risks of cold water immersion.

The impending legalization of cannabis along with the rise in prescription narcotic use is causing significant additional concern for boating safety advocate groups, enforcement agencies and first responders alike.

Alcohol alone has long been proven to be a contributing factor in 40 per cent of boating fatalities across Canada. The legalization of recreational cannabis has the potential to significantly increase this statistic.

# Health sector bargaining unit review act proclaimed

### Submitted

Legislation protecting the sustainability of front-line health-care services by streamlining bargaining units and simplifying labour negotiations within Manitoba's health system has been proclaimed and a commissioner appointed to oversee a fair and consistent process, Health, Seniors and Active Living Minister Kelvin Goertzen announced recently.

"With more than 180 different bargaining units and collective agreements, Manitoba's health system has long been an outlier in Canada, with dozens of labour contracts operating under different rules, creating unfair situations where employees doing similar jobs have different terms of employment. As a result, this has limited our ability to schedule staff to meet patient needs while respecting our employees' rights to reasonable schedules," said Goertzen.

"This legislation will lead to a more flexible health system, and improve the quality and consistency of patient care across Manitoba."

The Health Sector Bargaining Unit Review Act requires the establishment of up to seven bargaining units for each health region and province-wide health employer. The bargaining units will be divided as follows: nurses; physicians; medical residents; physician assistants and clinical assistants; professional/technical/paramedical; facility support; and community support.

Goertzen said the process will bring Manitoba in line with other Canadian jurisdictions with more streamlined processes for labour negotiations. The minister noted British Columbia has five bargaining units while Saskatchewan has 14.

Movement into each of the bargaining units will involve unionized employees voting by secret ballot in order to democratically establish the bargaining agent (union) that will represent each defined bargaining unit. The votes will take place at dates to be determined by a commissioner appointed to oversee the bargaining unit restructuring process.

Goertzen also announced that Robert Pruden has been appointed commissioner to oversee the implementation of this new structure. Pruden previously served as Manitoba's director of labour relations and chief negotiator for 16 years. For the past 14 years, he has worked in the private sector across Canada, specializing in labour relations.

Pruden's responsibilities include:

- determining the composition of each of the bargaining units in each of the province's regional health authorities and provincewide employers;
- conducting a secret ballot vote to determine the selection in each regional health authority and provincewide employer of the union that will act as the bargaining agent for each defined bargaining unit; and
- designating the receiving collective agreement that will form the basis for negotiation within each defined bargaining unit for a revised collective agreement.

The act also instructs the commissioner to take into account the need to

enhance operational efficiency, promote the integration of health-care service delivery, and develop consistency in terms and conditions of employment across the five regional health authorities and provincewide employers.

"Respecting the rights of employees and organized labour while simplifying the collective bargaining process presents a great opportunity to help improve Manitoba's health-care system," said Pruden. "I look forward to the challenge."

Union officials were notified of the act's proclamation during a meeting with provincial officials earlier today, Goertzen confirmed.

The Health Sector Bargaining Unit Review Act's proclamation and appointment of a commissioner to lead the process are foundational steps in the ongoing transformation of Manitoba's health system, which is designed to improve health-care delivery for Manitobans while ensuring the long-term sustainability of the system.



# getfishing

RED RIVER > CHALET BEACH > LAKE WINNIPEG

> ARNIE WEIDL

## The challenges of sturgeon fishing in a kayak

Hi folks. Welcome to the spring fishing season.

Looking along the Selkirk waterfront pier the other day, the place was full of anglers working their lines, chattering with others, eating and enjoying the fresh warm spring sun and wind.

"Have you ever seen our old Red River this low?" I asked an angler who was sitting in a folding chair beside me.

"No winter snow and no spring rain and this is what you get," he remarked.

"Hi. I'm Arnie Weidl," I introduced myself. He reached out his hand to shake mine.

"Hi. I'm Len Zema from St. Anne and this is my wife Margaret. Over there are our friends Mike and Lesley Brown from Beausejour."

The faint smell of fish and river bank mud was in the air as the rivers grey-brown water swept past us tugging at fish lines. Len was an upbeat, smiling, outgoing chap. Margaret spoke with a soft voice. Mike was a quiet, tall man, who also sported short grey hair and a goatee. Lesley was not that tall, always pacing and talking with a fine-featured face and a long brown ponytail. Even though this was the first morning of fishing, and to be sure, folks were eager for their first catch,

the gentle weather seemed to create a mood of well-being. Len and I talked fishing and eventually he began telling this story.

Last summer he and Marg were fishing off the Hnaua pier and he caught a good-sized perch, which took off with such force it tore the rod right out of his hands. He had another rig so he got that one ready and started fishing again. About 10 minutes later, a perch struck Marg's hook. She reeled in only to see her fish come up with a line wrapped around it. As she brought it up onto the pier, the line tangled around her perch had Len's rod in tow as well as the perch that taken his rod in the first place!

Later that day as they continued fishing, they both caught perch at the same time. As they reeled in, their lines became intertwined, and as they raised their catches into the air one would have sworn a solitary line was holding three perch! I teased them about how intertwined they were. As I made to leave, both Len and Marg's lines bent down, signaling a catch. I watched as they reeled in, and don't you know, when their lines came out of the water, they were twisted together with a pickerel on the end of one hook. It was impossible to tell whose

hook had the fish. To me, that seemed just about right for these two wonderful people!

When it comes to fishing, I don't have to tell you there's always something new to learn or be reminded of. On Saturday, I learned how much last winter's extreme cold carried over into spring, causing some fish to spawn late. I was on the Winnipeg River bank downstream from the Powerview Hydro Dam where easily 60 anglers stood side-by-side shore fishing and only two jacks were caught! I watched amazed as some of the guys cast baited hooks right into the writhing clusters of spawning fish at the water's edge. Nothing! The fish were not interested in eating!

Speaking of the Hnaua pier, I went there on Sunday and met Kurt Harris, a Winnipegger and local camper. He was a reminder that the bass are running. I watched as some anglers on the pier caught a bass every once in a while, but Kurt, using a small fish lure with a rattle in it, had another one as soon as his lure hit the water! I took a picture of him with a pretty good-sized one.

After a bit, Kurt took a break, which gave us a chance to trade fishing experiences and something unique



**EXPRESS PHOTO BY ARNIE WEIDL**  
Kurt Harris with one of his many Bass catches off the Hnaua pier.

come to light about how he likes to fish. He has and really likes to fish from his kayak. He told of a time when he was fishing on one of the lakes in Nopiming Park on a hazy, warm day three years ago and caught a four-foot sturgeon. His kayak didn't have a rudder that you steer with your feet, so the sturgeon swam about, taking him for a ride, turning this way and that, causing Kurt's kayak to be pulled sideways at times. He did the best he could with his oars pointing the kayak in the direction the fish wanted to go. Eventually the fish tired and he was able to bring it alongside his little narrow boat. He got the hook out, patted it on the head, and as it sank out of sight, he was overcome with a feeling of closeness to nature he only got in a kayak.

Bye for now.

## Canadian Mental Health Association BBQ raises awareness of mental health

By Patricia Barrett

Staff from the Canadian Mental Health Association's Interlake-Eastern Region held a free barbecue at Gimli Pharmasave last Friday to promote Mental Health Week (May 7-13) and to raise awareness of the programs and services available to those experiencing mental health issues.

Pharmasave donated its space for the event and its pharmacists visited with CMHA staff.

"We're currently celebrating Mental Health Week and promoting good mental health and taking care of yourself," said Tara Merlin, regional director for the Interlake Eastern CMHA, who fired up the grill in Pharmasave's parking lot. "We're here to say hi to Gimli and invite people to c'mon down and meet us, take care of yourself today and have a free lunch on us."

Mental Health is about coping with the normal stresses of life, states the CMHA Interlake-Eastern Region's

Resource Guide, which contains a plethora of information on emergency and crisis service centres across the region, self-help and support groups, types of mental illnesses and medications, addictions, food bank locations, suicide prevention advice, postpartum depression, youth and family resources and housing programs.

"Sometimes we go to other communities and hold a barbecue," said Merlin. "We've done this in Lundar and Stonewall. Every year we pick a different community and randomly have a barbecue and introduce ourselves."

Merlin and fellow CMHA staff members Cindy Campbell and Marie Cayer cooked up hotdogs, handed out free sachets of tea and spoke with visitors about mental health.

For more information about the programs and services offered by the Canadian Mental Health Association Interlake-Eastern Region, visit [www.interlakeeastern.cmha.ca](http://www.interlakeeastern.cmha.ca) or phone 204-482-9723.



**EXPRESS PHOTO BY PATRICIA BARRETT**  
Canadian Mental Health Association Interlake Eastern staff, from left, Tara Merlin, Cindy Campbell and Marie Cayer.



# Town of Arborg budget highlights; council briefs

By Patricia Barrett

The Town of Arborg council delivered a balanced budget for 2018 at its regular meeting May 9 and adopted its financial plan. Depending on new property assessments (2018 is a re-assessment year), ratepayers will either see a municipal tax increase or a decrease.

"Anybody that saw an assessment increase of five per cent or more will see a tax increase," said CAO Lorraine Bardarson. "Anything below that should see a tax decrease. Council, however, did approve a half a mill increase after everything else had been worked out."

In 2017, a residential dwelling assessed at \$200,000 paid \$2,994.30 in municipal taxes. In 2018, a dwelling assessed at \$200,000 will pay \$2,944.35, a decrease of \$49.95.

The mill rate in 2017 was 33.270. In 2018 it dropped to 32.715.

"For 2018, the assessed values of all properties were updated. Arborg's total taxable assessment increased by 5.4 per cent. As such, the town's 2018 budgeted expenditures could be met with a lower mill rate," said Bardarson.

Property taxes are calculated on 45 per cent of the assessed property value, she said. For a property assessed at \$200,000, the calculation is as follows: 90.000 (or 45 per cent) x the mill rate = property tax.

Highlights of the 2018 budget include a number of infrastructure projects. The town's water treatment plant will be upgraded, with construction set to begin on May 27.

"We're upgrading all the piping to

plastic," said Deputy Mayor Robbie Thorsteinson, "and we're putting in a new electric pump and taking out the diesel. It's about a \$400,000 project."

The town will cost share (a third) the upgrade with grants received from the provincial and federal governments.

A number of sidewalks/lanes will be re-done this year, including First Avenue from the back lane to Arnold Street (at the Chinese restaurant), Crosstown from David to Benson, Benson from River Road to Crosstown, Ingolfs street from River Road to Crosstown, and the lane north of River Road from Gislason Drive to Park Avenue.

The town will also finish paving the remainder of the Recreation Centre's parking lot.

"Last year we did the excavation and put the base on it," said Thorsteinson, "and this year we're going to put the asphalt on that section."

Council will allocate a total of \$165,177.74 to reserve funds in 2018. The PCH [personal care home] building fund reserve will receive \$50,000, an increase of \$20,100 over last year's reserve of \$29,900. Council also increased the fire equipment reserve from \$7,500 in 2017 to \$10,000 in 2018.

Other council briefs:

- Coun. Vivian Leduchowski reported that she and Coun. Larry Speiss had a meeting with Interlake MLA Derek Johnson regarding the government's decision on the proposed new personal care home. She said they're still waiting for approval.

Mayor Randy Sigurdson said he and



EXPRESS PHOTO BY PATRICIA BARRETT

Upgrades to Arborg's water treatment plant will begin this year.

the RM of Bifrost-Riverton reeve sent a letter to Johnson, urging the government to make its decision on the PCH.

"[Our consultant] Gordon Daman is very positive about this personal care home," said the mayor, "and he thought this [letter] was important and that we get a decision made on this very quickly."

Bardarson reported that five doctors will be visiting Arborg this month and that the town will be sponsoring a luncheon. Representatives from businesses, the Chamber of Commerce, the school, etc., will be invited to meet with the potential recruits.

- Coun. Susan Bauernhuber reported that the Ashern Chamber of Commerce wants to join the North Interlake Chamber of Commerce (an Arborg and Riverton amalgamation). The Fisher Branch Chamber has also expressed interest. The North Interlake Chamber budgeted \$7,500 for an administrative position.

- Bauernhuber said the Arborg Pool might have to close one day a week or close earlier if it can't find enough lifeguards to staff the outdoor pool this summer. The Gimli pool, scheduled to open this summer, is competing for lifeguards.

"You need one guard for approximately 40 people," she said.

- Riverdale Place Workshop send council a letter thanking it for a \$1,500 grant that will go towards the purchase of a new mobility van.

Council also agreed to increase Riverdale's annual recycling grant from \$3,000 to \$3,500.

- Council provided a \$750 grant to the Arborg Agriculture Society, Fair and Rodeo.

- A teacher from Morweena School asked council for permission to have its students clean up the riverbank between the town's two walking bridges.

## > FLOOD-MITIGATION, FROM PG. 4

through a number of manufacturers.

"We're getting good experience by installing these diverters," said Flett.

In addition to creating on-reserve employment, the diverter project has the potential to create external employment opportunities. Peguis plumbers can provide diverter know-how to other flood-prone First Nations or non-Indigenous communities in the region or across Canada and beyond.

"At the end of this project, they'll have the expertise to go out and install them anywhere. Every house is set up differently and they have to problem-solve. That's what they're learning and they're getting better and better at it," said Sutherland. "My vision for Peguis is to utilize the plumbers currently in-

stalling these units by having them 'Train the Trainers' in other communities."

The diverter system won't diminish the need for annual flood-mitigation efforts, which are funded through the federal government. It provided \$276,000 this spring to help with culvert steaming, brushing and other mitigation measures.

"There's always going to be that threat," said Sutherland. "Peguis currently has the equipment to flood protect the exterior of homes using rapid response flood tubes, but that doesn't amount to anything if the sump pump in the crawl space or basement is either burnt out or stuck."

The Sutherland brothers are currently in the process of having their system patented — not the parts but the blueprint on how to put them together.

"For myself, it's the protecting of homes that's important, not necessarily getting this thing patented," said Sutherland. "Let's just get our residential property protected."

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# Arborg council defends citizens' rights to access government notices

By Patricia Barrett

The Town of Arborg council voted unanimously in favour of supporting the publication of municipal and provincial government notices in local newspapers after receiving a request from the Manitoba Community Newspapers Association (MCNA).

The MCNA, which advocates for over 50 community newspapers, sent a letter to municipal councils across the province, asking them to support the public's right to access notices in newspapers. The provincial Conservative government wants to axe legislation that makes newspaper notices mandatory.

The Government Notices Modernization Act (Bill 8), introduced by Sport, Culture and Heritage Minister Cathy Cox last December, will amend 24 existing pieces of legislation and require some notices to appear in the online Manitoba Gazette.

Arborg Coun. Larry Speiss said the public would have difficulties obtaining government information under the proposed system, requiring them to constantly monitor the online Gazette for notices that might appear there.

"I think we should give them our support," said Speiss during council's regular meeting May 9, "because the province just wants to publish it in the Gazette and not everybody goes on the Gazette. Unless they know there's a change coming, you'd have no reason to be looking for a change, whereas if it's in a local paper, you catch it if it's something that pertains to you."

Coun. Vivian Leduchowski seconded the resolution.

Cox announced last month the government would be "holding back" on proclaiming "aspects" of the bill after receiving backlash from media organiza-



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fax | 204.947.1919  
email | mcna@mts.net  
website | www.mcna.com

26 April 2018

Dear Municipal Councillors;

We write to you with great concern over the provincial government's proposed legislation to remove the requirement of municipalities and provincial government bodies to publish mandatory public notices in Manitoba's community newspapers.

This government maintains this is an exercise to "enhance communication" with Manitobans. Yet Bills 8 and 19 merely propose replacing independent newspaper advertising with postings on government websites. This is clearly not an "enhancement" of communication.

While it has been officially stated that the sections of Bills 8 and 19 dealing with mandatory public notices in newspapers will not be proclaimed at this time, this remains a very concerning issue for us, as it should be for all Manitobans. The sections left unproclaimed can be enacted by government at anytime with the swipe of a pen and without notice or further public consultation.

MCNA letter.

tions concerned about government transparency and the ability of the public to access information that's vital to a functioning democracy. Using legislative rules, the NDP delayed the bill until the fall sitting of the legislature.

As it's currently written, Bill 8 includes an opt-out clause that will give governments the "option" of posting notices in the Gazette. The bill doesn't state what types of notices will be exempt.

Government notices in newspapers alert the public to issues such as environmental hearings, requests for expansions of agricultural and mining operations, proposed residential and commercial developments, upgrades to municipal infrastructure and other matters.

In its letter, the MCNA cited a lack of Internet connectivity, especially in the north, that would hinder the public's ability to find notices in the Gazette or on municipal websites. The Interlake is just one of Manitoba's rural regions beset by internet dead spots (e.g., north of Arborg, Chatfield, Poplarfield, Sandy Hook).

"Of equal concern is the assumption that providing public access to information online is the same as providing public notice. It is not," wrote the MCNA's board of directors in its letter dated April 26. "To expect Manitobans to know when and where to seek out important information that will affect their daily lives — without notifying them that information exists — is wrong."

On the NDP's caucus website, Party Leader Wab Kinew said Bill 8, along with four other government bills the NDP delayed, would move Manitoba "in the wrong direction. We need open, transparent government and ... we're going to push back against any attempts by this government to attack the freedom of the press and the public's right

to know about what their government is doing."

The MCNA also cited concerns with the Planning Amendment Act (Bill 19), introduced in March by Gimli MLA and Municipal Relations Minister Jeff Wharton. Like Cox's bill, Wharton's bill will eliminate notice requirements for appeals concerning large-scale livestock operations and aggregate quarry operations that come before the Municipal Board.

Municipal councils could possibly open themselves up to charges of suppressing vital public information should the bills be passed, states the MCNA in its letter. "We are also asking you to protect yourselves from the potential fallout from accusations of obscuring valuable information by not providing public notices in your community newspapers."

Bill 8 would also hurt the province's newspaper industry through loss of advertising revenues and possible job cuts. Many community newspapers employ local staff, who in turn contribute to their economies by shopping locally.

Community newspaper are delivered to 399,664 homes and read by 80 per cent of Manitobans living in rural communities, states the MCNA's letter, and are "relied upon" by citizens and elected officials alike. Although RMs could save advertising money by not having to issue notices in newspapers, they can currently recover some of those costs.

"Many will argue this is a matter of money, and there's no denying that is a part of this situation," wrote the board. "However, as you know, municipalities have mechanisms in place to recover some of the cost of advertising mandatory public notices. That said, what is an acceptable price to pay for a duly informed public?"

Arborg council's CAO Lorraine Bardarson said a copy of council's support letter will be forwarded to Jeff Wharton and the Association of Manitoba Municipalities.

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# Ashern Museum gearing up for Multicultural Day

By Jeff Ward

The Ashern Pioneer Museum board are hard at work getting the grounds ready for a new season and will be kicking things off with a multicultural-themed opening day in just a few weeks.

Board members are in the beginning stages of museum preparation and are working to get their field ready for seeding, which could take place this week if the weather is good.

Board member Priscilla Ebbers said that they are planning to do the seeding on Thursday, May 17 at 6 p.m. if the weather holds. Like last year, the seeding of oats will be done with the help of horses to be as historically accurate as possible.

The success of the crop will be left to Mother Nature and won't be touched until harvest in the fall. This means that the crop will only be watered by rain. Threshing Day is planned for Sept. 2 during the Ashern Rodeo Weekend and this year will be the first where the oats threshed are from the museum's field. Last year's har-

vest is in storage right now waiting for the big day at the end of summer.

"We are really looking forward to that," said board member Priscilla Ebbers about the milestone. "We hope to see people come out and support the museum this year and are looking forward to opening it up."

Opening Day will be June 3 at 11:30 a.m. The board is looking for input from the public and are still planning the details of the event. Board member June Price explained that the idea is to promote the different cultures within the community and last year's event featured traditional food of newly immigrated residents. Last year's event was a big success and the board hopes to host an equally successful event this year.

The museum board also plans to renovate the jigger that sits on the museum grounds. Years of weathering has left the artifact rusted. Organizers hope to give it new life with fresh paint and new wood where the old flooring and seats have rotted.

To get an alert for when seeding



EXPRESS PHOTO BY JEFF WARD

Rick Ebbers, left, June Price, middle, and Priscilla Ebbers plan to breathe new life into the old jigger at the Ashern Pioneer Museum this season.

will be done or to give suggestions Ebbers at 2040-768-3051 or June Price for opening day, you can call Priscilla at 204-768-2394.

# Manitoba Hydro modernizing the electrical grid

By Patricia Barrett

Manitoba Hydro is modernizing the province's electrical grid to meet international standards and to ensure that power lines near agricultural operations can safely accommodate large farm equipment.

Crews were out last Thursday installing new poles along Highway 68 near Poplarfield. The sight of workers shimmying up poles and dangling at precarious angles high above the ground while using the de-energized wires for support was positively electrifying.

Single poles carrying two separate hydro lines will replace the double poles, which were erected roughly 50 years ago in the Poplarfield area. Crews will install the singles along an eight-mile stretch of Highway 68 and the work is expected to be completed by the end of July.

Rural electrification began in 1946, said Manitoba Hydro's media relations spokesperson Bruce Owen, and the Crown corporation has thousands of old poles across the province that need upgrading.

"International standards have changed where if you've got two separate lines — a 66-kilovolt line and a 12-kilovolt line — the standards are such now that you have to have the 66 and the 12 on the same pole," said Owen.

The 66-kilovolt line is a major line that runs between Hydro substations in Poplarfield and Silver, supplying them with power, he said. The 12-kilovolt line supplies electricity to area residents, farms and businesses.

The new single poles are much taller than the older poles and will be able to accommodate large farm equipment.

"Agricultural equipment — tractors, sprayers, seeders, cultivators — have gotten a lot, lot bigger and so have farms, and ... another challenge we have is accommodating that equipment and making sure they have the clearance and turning radius so they're not hitting lines or taking out poles simply because this stuff was put in decades ago."

In addition to meeting new standards and accommodating farm equipment, the new poles will enable Hydro to make repairs much faster in the event of an outage or pole fire, said Owen. Getting a bucket truck and crews between two poles can be dicey. A single pole won't impede workers and improve response times.

The Poplarfield upgrade will entail temporary power outages, and Hydro is alerting its customers by telephone.

"We will do our utmost to let people know," said Owen. "The outages will be a couple of hours if that. Boom, we're up the pole and, boom, we're



EXPRESS PHOTO BY PATRICIA BARRETT

A Hydro worker dangles at a precarious angle, using a wire for support, while connecting wires to a new pole.

down the pole and the power goes back on."

Owen said upgrades to poles and transformers are occurring throughout a large part of southern Manitoba

and the dates and times of outages are posted on Hydro's website. Visit [www.hydro.mb.ca](http://www.hydro.mb.ca) and click on planned outages.



# Beauty, the Beast and dinner at Fisher Branch Collegiate

By Jeff Ward

Fisher Branch Collegiate (FBC) students performed the Disney Classic Beauty and the Beast dinner theatre event last week for friends and family.

Grade 9 student Yana Lumasac handled the set decoration while Grade 7 student Troy Shergold was in charge of the audio and lighting. Grade 5 student Bobbie Bale and Grade 8 student Myx Miranda played Belle and the Beast. Many other students were involved in the production and had been working on it since February.

Principal Greg Thomas said that for the most part students were in charge of the production. They had to make creative decisions about what was working in the show and what isn't while also making sure they learned their lines and choreography.

"Within the last few weeks, we've gotten to a point where we're trying to do things as a full cast," said Thomas.

"We had a temporary stage built into a very specific configuration. They rehearsed in the cougar den and we had tape set up on the floor with our stage layout."

Bale said that the tape layout helped students practise their choreography and figure out how much space they had. Stepping too far back meant they would fall off the back of the stage



Myx Miranda and Bobbie Bale played the Beast and Belle during FBC's performance of the Disney classic last week.

and Bale said Thomas always let students know when that happened.

"We acted like it was the real stage and every time we walked off the back of the stage Mr. Thomas told us we fell and broke our legs," joked Bale.

The event was catered by Broad Valley Catering who made a meal of strawberry salad, turkey cutlets, mashed potatoes and carrots with a dessert of chocolate cake.



EXPRESS PHOTOS SUBMITTED BY GREG THOMAS

The entire cast and crew for FBC's Beauty and the Beast.



Rayna Hawkins as a Plate, Olivia Mazur as Salt Shaker, Walker Lappage as Lumiere, Bobbie Bale as Belle and Keara Barrett as Mrs. Potts. Castle servants perform a can-can during "Be Our Guest."

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Shergold was the last line of defence when it came to what the audience heard when they took in the show. Multiple microphones and headsets needed to have full battery power and have the proper volume levels set before being broadcast out into the gym. Shergold said he's been doing tests the few days before their show to make sure the auditory experience was perfect.

"There's certain types of lines and cues and head movements that I have to watch for in the play in order to get the music and lights right. Even this morning I had to change mikes and lights so everyone gets good sound,"

said Shergold.

Miranda said the creative process was enjoyable as he and the rest of the cast and crew worked together to identify problem areas and what to do about them.

"When we don't like something we can change it. Everyone is always throwing out ideas, we try them, and if it doesn't work we keep working until we find something we like," said Miranda.

Thomas said that during the performances he left the show entirely in the students hands.

"I trust they know what to do," he said.










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# Gimli Pharmasave wins national Diabetes award



EXPRESS PHOTO BY PATRICIA BARRETT  
From left: Melissa Jacobs, who was promoted to store manager this month, owner Ernest Stefanson and staff pharmacist Claire Gillis.

By Patricia Barrett  
Diabetes Canada awarded Gimli Pharmasave a 2018 Volunteer of the Year Award for promoting diabetes education, counselling patients and fundraising for the organization.

The Diabetes Canada Regional Awards Committee presented the award to pharmacists Ernest Stefanson and Claire Gillis during its Volunteer Recognition Event April 14 in Winnipeg.



EXPRESS PHOTO COURTESY OF GIMLI PHARMASAVE  
Diabetes Canada presented Gimli Pharmasave with a 2018 Volunteer of the Year Award. From left: regional director Andrea Kwasnicki, regional volunteer chair Barb Chaput, pharmacists Ernest Stefanson and Claire Gillis, and community engagement coordinator Gwen Smith.

“We’ve done work for Diabetes Canada for over 12 years,” said Gillis last Friday. “Pharmasave also won the award in 2016-2017.”  
The store participates in Diabetes Canada’s Blue Circle campaign every

November during Diabetes Awareness month to help raise funds for research and has surpassed stores across western Canada.

Continued on page 19



## Five Most Common Running and Walking Injuries and How to Manage Them

Spring is finally here and we now can get out and enjoy the fresh air with a run or walk! We need to take caution though, as at the start of the season, we haven’t conditioned our bodies to take on this new load and sometimes this can lead to problems.

We may start to feel some new small aches or pains, and this is normal. However, if these aches or pains don’t go away, the best approach is

to not ignore it but to listen to your body and address these as soon as possible. We often see people in the clinic 3 months after this “ache” began which then has turned into a whole host of new problems due to compensatory movement patterns.

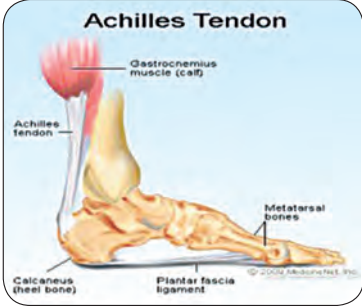
The following list is the more common injuries we see with runners (and certainly can also apply to walkers), and the ways that these can be treated.

- 1. Plantar fasciitis** - inflammation of the fascia (connective tissue from the arch of the foot to the heel), can cause sharp pain on weightbearing, sometimes can feel like stepping on a nail. Improper footwear and tight calf muscles can often be the cause.
- 2. Achilles tendonitis** - inflammation of the achilles tendon - the thick band connecting the calf muscle to the heel bone - can also lead to plantar fasciitis; usually caused by tight calf muscles and can feel swelling and pain close to the heel.

- 3. Iliotibial Band syndrome** - this is connective tissue on the outside of your knee extending to your hip. This can become inflamed from repeated hip/knee movement and can feel like a stabbing pain on the side of your knee when running or walking - especially going downhill.
  - 4. Patellofemoral pain syndrome (Runner’s knee)** - constant ache underneath the knee cap (patella). Usually worsened with increased intensity of exercise and likely due to muscle imbalance around the knee and commonly poor footwear
  - 5. Shin splints** - an umbrella term usually felt as pain along the shin area. Usually from sudden increase in intensity of training with an increase of load on the muscles of the calf. Also can be from improper footwear.
- Much of the above injuries can be treated with rest, ice, proper stretches, corrective footwear/custom fit orthotics and if all else fails seek medical treatment.

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## Build your own backyard bar this summer

Do you basically live on your patio during the summer? Then why not set up a bar area to have everything you need to prepare refreshing cocktails — and tasty snacks — close at hand? Tempted? Here are some things to consider.

First off, determine how you'll be using your bar. For instance, would you like to be able to enjoy it on rainy days or late in the season? You'll also need to think about how you'll shield the area from the sun, wind and rain (you could use an awning, for example). Furthermore, to choose the right location for your bar, consider the logistical aspect of water and electrical hook-ups.

Are you looking to build a temporary

setup (adding a counter during the summer, for example) or a permanent bar area that can weather the winter? In either case, choose materials that are resistant to weather damage and UV light. Wood (teck or cedar), braided resin, composite, stainless steel, stone and brick, are all good choices. Just make sure the materials you choose match the look of your home.

Finally, don't neglect the safety aspect. As you'll likely be using your bar during the evening, you'll need adequate lighting both for the area itself and the path leading up to it. For the rest, it's all a matter of taste: exotic or modern; chic or rustic; what does your dream backyard bar look like?

With a bar area in your yard, you'll have everything you need to whip up fun evenings in good company.



## Landscaping against wildfires

Every year in Canada, wildfires devastate an average of 2.5 million hectares of land. While the sheer destructive power of this force of nature isn't something we humans have much control over on a large scale, there are a few measures individuals can take to help protect their prop-

erty against fire. Here are a few tips for fire-resistant landscaping.

**Maintain a defensible space**

The areas closest to your home and other structures are most critical when it comes to defending against fire; this buffer zone of sorts is known as "defensible space." Depending on the size of your property, your defensible space should be between 10 and 30 metres surrounding your home.

**Keep it clean**

There should be as little plant fuel as possible within your defensible space. Get rid of any dead vegetation, including dead shrubs and trees, dried flowers and grass, and fallen leaves and needles. Move piles of firewood outside the defensible space during fire season.

**Keep it lean**

Landscaping should be minimal within your defensible space. A grass lawn with few trees and shrubs



Keep the area closest to your home clean, lean and green to help defend your property against wildfires.

is a good barrier against fire — plants that grow low to the ground are preferable. Trees should be at least three metres apart at crown level. Prune away any branches within three metres of your home or other structure.

**Keep it green**

Proper irrigation is essential for plants within the defensible space. Inspect your plants regularly and get rid of any dry or dead material. Choose fire-resistant varieties with low water needs, such as herbaceous plants (bulbs, groundcovers, annual and perennial flowers) and deciduous trees. Avoid evergreens, which are highly flammable.

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# Métis designer to present work at first-ever Indigenous Fashion Week

By Adam Peleshaty

With every piece of clothing St. Ambroise's Evan Ducharme designs, he is creating a place for himself and his Métis culture in the fashion world.

Ducharme, who now lives in Vancouver, will be one of 24 designers to present their work at the first-ever Indigenous Fashion Week in Toronto May 31 to June 3. His 2017 "Atavism" collection, inspired by traditional Métis garments and created with a minimalist theme, will be featured on opening night.

"Atavism" refers to the return of ancestral traits lost during evolutionary change. Ducharme's collection doubles as an exploration of the traditional garments worn by his ancestors and the survival tactics used by Indigenous peoples, including the Métis, to defend their own cultures.

"These garments to me are quintessential garments that I've seen through my childhood that have aided my family in participating in cultural activities," he explained. "It's an ode to all of the ancestors and all of the struggle and joy and beauty they have passed on throughout the years and giving some respect to that."

After participating in the Vancouver Indigenous Fashion Week last July, Ducharme made a mental note to only present the collection again if the event in Toronto was community-based, run by Indigenous folks, for Indigenous folks and if it were following Indigenous protocol throughout the evening.

Ducharme's grandmother was the community seamstress in St. Am-



Evan Ducharme is Métis with ancestral ties to the Cree, Ojibwe, and Saulteaux peoples, and is from the Métis community of St. Ambroise.

broise, and he took an interest in clothes at a very young age, learning to sew when he was 13 years old. While attending St. Laurent School, he was further enamoured by the arts and created a stage adaptation of Lewis Carroll's *Alice Through the Looking Glass*. Ducharme nurtured his fashion talents and featured his own collections in an annual community fashion show held inside the school's gymnasium.

"When I was in school, I started making costumes for class projects, for plays, for a number of fashion shows



The Honour Gown will be one of Ducharme's pieces on display at Indigenous Fashion Week.

I did throughout my high school career, for charities, and as I got older, I realized that was something I can actually pursue as a career. My interest was really supported by the teachers at St. Laurent School and by my family. I was very fortunate to be in such an environment that would foster that interest," Ducharme recalled.

"We always thought him as a visionary, someone with a lot of drive and creativity," said St. Laurent School drama/ELA teacher Lisa Bruce. "(The collections) were basically anything from casual wear to formal wear. For



**EXPRESS PHOTOS SUBMITTED**  
The Edna Dress is inspired by traditional Métis garments.

his graduation picture, he asked me to be in one of his pictures and he had made a ball gown. So, I'm wearing a ball gown in a picture with him."

Following graduation from St. Laurent, Ducharme moved to Vancouver in 2010 to enroll into the Vancouver School of Art and Design. Two years later, his graduate collection "Crepuscule" won the Fashion's Night Out Vancouver design competition. In 2013, his "Belladonna" collection was

Continued on page 19

# Fisher River enhances community connectivity with mobile app



**EXPRESS PHOTO COURTESY OF JEREMY NEAULT**

Fisher River's Neault Marketing Communications created a free app for mobile phones.

By Patricia Barrett

Fisher River Cree Nation launched a free mobile app last week that will enhance community connectivity and

help people stay up to date with council news, events and job opportunities.

FRCN is the first First Nation community in Manitoba to have devel-

oped a mobile app.

"The reason it's important to have this app is to maintain transparency, communication with our members and whoever else is interested in what we're doing," said FRCN's director of operations Sam Murdock.

Anyone can download the app to their mobile devices and receive a wide variety of information, as well as listen to Cree Nation Radio community news.

The app was developed by Jeremy Neault, president of Neault Marketing Communications, a First Nation-owned communications company located in Fisher River.

Neault, who manages the band's website, specializes in social media marketing strategies, web design and development, brand development and marketing materials, such as posters, brochures and business

cards.

"The app gives on- and off-reserve members the opportunity to stay informed and others another method rather than searching the Facebook page or the Cree Nation's website," says Neault on his company's website. "Push notifications will happen when new employment opportunities or news articles are posted as well as for any special guest speakers at Cree Nation Radio."

Murdock said he's downloaded the app and is trying it out.

"It's working out quite well. It's easy to download and it's free," he said. "This is community information at the palm of your hands."

To download the free Fisher River Cree Nation Community Mobile App, visit the App Store (Apple) or Google Play (Android).



# Students Against Plastic convince council to implement 'soft' plastic bag ban

By Patricia Barrett

Arborg Early Middle School students took environmental protection a step further last week by convincing Arborg council to implement a bylaw outlawing free plastic bags in local stores.

Grades 7 and 8 students descended en masse to council's regular meeting May 9, armed with statistics on the devastating effects plastic is having on the environment and wildlife, and information on cities and towns that have already enacted full-out bag bans.

Calling themselves Students Against Plastic or SAP, the students and teacher Jay Ewert put together a slide presentation outlining the numbers of bags produced each year – five trillion in 2018 – and how eight million metric tons of plastic end up in the ocean or are buried or burnt in landfills.

Based on Arborg's population, SAP and Ewert estimated that between 100,000 and 200,000 plastic bags are used in town each year. The City of Winnipeg estimates 160 bags per person, which equals about 125 million bags.

"We watched a movie called A Plastic Ocean and we got concerned. This is a big problem and larger than we comprehended," said Ewert. "We can't save the ocean, but we can start a conversation, and we know the way local politics usually works is you start small and it starts to roll."

SAP, which launched a petition on Change.org to ban plastic, wants to slowly wean Arborg consumers from single-use plastic bags by having local businesses start charging a 5-cent fee for them. That would be enforced by a town bylaw. Having to pay for bags is one way to get people thinking about the harmful effects of plastic, as well as convincing them to bring their own reusable bags whenever they go shopping.

"In Washington, there was a 60 per cent drop in plastic bags," said Ewert. "Ireland had a 94 per cent drop after adding a fee, and areas of China had a 66 per cent drop. If we were to do that, the resulting bags that we would put off would be estimated between 4,000 and 6,000."

SAP examined full plastic-bag bans in communities across Manitoba, such as Eriksdale, Snow Lake, Thompson and The Pas and found there was some public discontent. But over time, people would start to change their habits as the benefits begin to outweigh inconvenience.

"In Eriksdale we have Randy Helgason the reeve reflecting on how it has benefitted them, highlighting the improved appearance of the waste

disposal site, extending the life of their sanitation and disposal and encouraging recycling," said Ewert. "He says there is a transition: not everyone is going to jump up and be excited right at first, but it's happening over time and people seem to be adjusting."

There is no such thing as single-use plastic, said Ewert, quoting from A Plastic Ocean. It doesn't completely disintegrate but breaks down into smaller pieces that find their way into the environment and are ingested by animals, many of which we eat.

SAP's "soft" ban has the support of the North Interlake Chamber of Commerce, which represents Arborg and Riverton. Chamber chair Owen Eyolfson said he saw SAP's online call for a ban and jumped on board.

"I contacted the major bag users in the area – Co-op, Red Apple, Arborg Pharmacy – and I called the Riverton Co-op and a couple of other stores in Riverton as well," said Eyolfson, who attended the presentation. "And about six of us met at the Co-op in Arborg. It was a very productive meeting. And with Eriksdale Co-op being part of the Interlake Co-op, they already had a lot of [experience] with this and they brought up a lot of ideas that I shared with you. Everyone was in support of it at that meeting."

Revenues raised from the fee on single-use bags could be put in a trust fund overseen by the Icelandic River Community Foundation, said Ewert, who got the idea from Eyolfson. And the interest could be donated to the Riverdale Place Workshop recycling depot to be used at its discretion.

"Businesses that are taking the brunt of this on the frontlines are with us and literally standing up for our cause," said Ewert. "It will cost our taxpayers zero dollars. You can even save some sanitation costs and it raises money for our local recycling program."

To help ease the transition, Ewert said students are willing to round up plastic or cloth bags at home and donate them to local stores so that people can get a bag without having to pay the proposed fee for a new one. Eventually, they'll get into the habit of bringing their own recyclable bags.

"What the average citizen is going to do is bring that cloth bag and feel good about it," he said, "and gosh darn these environmentalists, but I'm into this and I'm changing the habit. And Arborg is going to feel good about itself buying into this."

Council pledged its support for the partial ban. Mayor Randy Sigurdson said councillors will look at bylaws implemented by other communities



EXPRESS PHOTOS BY PATRICIA BARRETT

Arborg Mayor Randy Sigurdson (seated) listens to teacher Jay Ewert and his grades 7 and 8 presentation to ban plastic bags.



Grades 7 and 8 students, along with teacher Jay Ewert and Arborg chamber of Commerce president Owen Eyolfson.



Grades 7 and 8 students came to council to propose a plastic bag soft ban.

and that it will just be a matter of time until council enacts its own.

"It has just made it that much easier for us to accept this," said Coun. Vivian Leduchowski, referring to the Chamber's support for a partial ban.

Ewert said the soft ban is "just the

beginning. We're not banning bags, we're spreading an idea, and it's ideas and buying in to them that make real change. By doing a soft ban, we can open people up to the idea and see if they could accept it. We need our citizens on board."



# Narrows West Lodge has new owners, undergoing big renovations

By Jeff Ward

A massive renovation project is taking place at the Narrows West Lodge as new owners, Irv and Sandy Koch make a big push to reopen for May long weekend.

The Kochs purchased the lodge back in March and since then have been going through a laundry list of upgrades to make a new and exciting experience for visitors. Irv said that the bar has new carpet and a new refrigeration system. The bar will also have new TVs for sports fans and Irv said he wants to create a sports bar like atmosphere there. Other renovations include new paint as well as a large cleaning effort while things are all moved around.

"We had wished we could open sooner," said Sandy.

"But the renovations became a little more than we could handle, and we've never been in this business. Just applying for applications and liquor licences was all new to us."

Irv, who was previously in metal manufacturing, said that the learning curve to this new business is ongoing. There are a lot of things to learn, like

the aforementioned licences, and the act of learning while doing the renovations has been a challenge. That challenge though hasn't been unwellcoming and Koch seems very positive about being the new owner and he is excited about turning the lodge into a place to be.

Koch owns property behind the lodge and said he has spent the better part of 50 years coming out to fish the lake and spend time in the lodge. When the place came up for sale he decided to purchase it and help revitalize the space.

Sandy said that she hopes people are excited to see the renovated lodge but wants the public to know that when it does reopen, it is still a work in progress.

"Not everything is going to be done when

we open, we still hope to redo some of the motel units. We want to open the basics to everyone as soon as possible. We are going to take it step by step and save some of the renovations to do next winter when it's slower," said Sandy.

Irv added that some of those future

**"BUT THE RENOVATIONS BECAME A LITTLE MORE THAN WE COULD HANDLE, AND WE'VE NEVER BEEN IN THIS BUSINESS."**



EXPRESS PHOTO BY JEFF WARD

Irv Koch is the new owner of the Narrows West Lodge and is looking at making some significant changes to the space to create a fun new atmosphere for visitors.

projects will be looking at reopening the gas pumps at the lodge and taking a look at the motel rooms to give them an updated feel. Those renovations though are still in the beginning planning stages and for the time being the Kochs and their team remained focused on having the essentials open for May long weekend before tackling other projects.

The Kochs are also working hard to hire local contractors to take on the renovations jobs. Sandy said it is im-

portant to them to keep their money within the community, if possible.

"I think it's important to hire locally when you can," she said.

The Kochs are hoping for a good summer and are looking forward to the community reaction when the lodge does open up in a few weeks. For now, they remain focused on making the space the best it can be, and for two former patrons who are now owners, the success of the lodge means a lot.

## > FASHION, FROM PG. 17

presented at Eco Fashion Week Vancouver.

In 2014 Ducharme unveiled two collections. "Halcyon," a challenge by Value Village to use 68 pounds of discarded textiles in a campaign against textile waste, and "Iconoclast," which was custom-made for actress Lana Parrilla of *Once Upon A Time* fame. Parrilla wore Ducharme's work on the red carpet at the television show's season premiere in Los Angeles and at the Toronto International Film Festival. Creations from his "Saudade" (2015) and "Origin" (2016) collections were worn by actresses at the Cannes International Film Festival.

Ducharme said that while Indigenous made and themed fashion is growing, misappropriation of Indigenous culture is still present in the mainstream fashion industry. In 2015, a collection by Canadian designing duo Dsquared2 used a derogatory name for an Indigenous woman in its title. They were also accused of stealing traditional designs, showing models in "red-face"

and glamourizing colonization.

"I think (the incident) really emboldened a lot of Indigenous folk and creators to come out and be louder with their work and really fight for visibility. That was definitely a catalyst for me to be louder about the Indigeneity within the context of my work," Ducharme explained.

At Indigenous Fashion Week, Ducharme will also unveil other creations from his next collection, but he said that home will always be a source of inspiration in his work.

"Home is wherever I am, especially in my work," he said. "My work is very much about the place I come from and the people that I'm descended from and the people that are responsible for me and the people I'm responsible for. I'm very much connected to my people and my family."

To see Ducharme's past and current fashion collections, visit the Evan Ducharme Studio website at [www.evanducharme.com](http://www.evanducharme.com).

## > PHARMSAVE, FROM PG. 14

"We won a diabetes community service award in 2013 called the Outstanding Partnership Award," said Gillis. "It's been very rewarding to work with them."

The awards committee sent the store a letter, notifying them of the 2018 award and thanking them for their hard work.

"On behalf of Diabetes Canada, we wish to thank you for your commitment to lead the fight against diabetes by helping those affected by diabetes live healthy live, preventing the onset and consequences of diabetes and discovering a cure."

Pharmacist and Pharmasave owner Ernest Stefanson, who has operated Pharmasave for over 49 years, said Diabetes Canada highlighted the work the pharmacy has done over the years, from breakfasts to walks to fundraising events.

He said the award also reflects the work of staff pharmacist Melissa Jacobs.

"The impetus for the award is Melissa, who is a certified diabetes educator," said Stefansson. "We've run the program to promote diabetic awareness and encourage people to come in for counselling."

In addition to the award, Pharmasave announced that Jacobs was promoted to store manager effective May 1. She started at the store as a pharmacy student in 2006, working over the summer months until her graduation in 2009. She was then hired as a permanent pharmacist and went on to earn her diabetes educator certification in 2011.

"I couldn't have had a better mentor than Ernest, and I really value all of his input and all of the times I've been able to work with him," said Jacobs. "That will be very essential for my continuing role."

Stefansson will continue to work in the store but is planning some well-deserved time off to enjoy his garden and his two grandsons in Calgary.



# Lights of the North, Chinese Lantern Festival

## Submitted

Winnipeg will play host to a luminous event this September into October, 2018. It will be the largest show of its kind ever mounted in Canada.

Lights of the North, Chinese Lantern Festival will celebrate the 30th anniversary of the sister city twinning between Winnipeg and Chengdu, China. It was the twinning of these two cities that led to the visit of two giant panda bears in 1989, an event that saved the Winnipeg Zoo at the time and brought Winnipeg international recognition. Winnipeg was the first Canadian city to host the pandas and only the second in North America to do so.

Lights of the North will also celebrate the Canada-China Year of Tourism in 2018. This special travel exchange was agreed to between Prime Minister Justin Trudeau and Premier Li Keqiang on the prime minister's visit to China in September 2016.

Lights of the North, a \$4 million venture, is being brought to Winnipeg by a group of local investors. Dorothy Dobbie, who led the original business trade mission to Chengdu in 1988, and Brian Wood, who was responsible for organizing and managing the visit of the pandas in 1989, are co-chairs of the event which will be held at Red River Exhibition Park.

Occupying about 10 acres, this giant exposition of Chinese lantern art will be much more than a static display. In addition to specially designed lantern exhibits depicting Manitoba, Canada and Chinese icons and symbols il-

luminated by millions of LED lights, there will be live performances by Chengdu acrobats and dancers. Chinese artisans will demonstrate their talents on site making heritage handcrafts to the delight of audiences and shoppers.

There will be food — both local and Chinese — and, of course, beer gardens where you can sit and watch the late night fireworks. The kids will be thrilled with Dinosaur World, which offers augmented reality experiences in Jurassic Park as well as life-size moving dinosaurs. In addition, there will be carnival rides and games. Visitors can create their own dinosaur on a giant Lite Brite screen or ride a bicycle to generate electricity to light up a central display. Set-up for the event will take place in July and August. It is expected that 75 to 100 artisans will be in Winnipeg for six to eight weeks to complete the construction, some of which will have to take place around previously scheduled events at Red River Exhibition Park.

The displays are steel construction covered by a variety of materials — fabrics in some cases, but the skin of a giant Chinese dragon is made up of thousands of china plates, cups and saucers. The polar bear fur will be ping pong balls and one of the dinosaurs will have a hide of plastic bottles.

A highlight will be a 15-metre high replica of the Canadian Museum for Human Rights. The legislature and its Golden Boy will be featured along with the polar bears of the north and a



EXPRESS PHOTO SUBMITTED

The Lights of the North, Chinese Lantern Festival will be in on display at Red River Exhibition Park during September and October 2018.

display featuring mighty bison thundering across the prairies. The bison skins will be made of thousands of tiny medicine vials.

Winnipeg will be the first Canadian City to host a light show of this magnitude. It has charmed millions in China, South Korea, Europe and the United States. It was a smash hit in Phoenix, another of Chengdu's sister cities, over the last two winters and they are already planning a third visit in 2018-2019.

This is a truly magical show that will be here to delight Winnipeggers and visitors from all around for many years to come because the exhibits

will remain with us and the show will be refreshed and remounted every second year.

More importantly, though, this is the opportunity to reignite the warm relationship that exists between Chengdu and its sister cities. Even though Chengdu is China's fifth most populous city, it still has a high regard for its "little sister," with which it shares many affinities, from connections with our aerospace industry to the geographic fact that we both straddle two important river systems. Our business and cultural sectors can only benefit from this relationship in the future.

## get inspired

> MEAL IDEAS



Servings: 4

- 3/4 cup cream cheese
- 1 cup blueberries, divided
- 4 slices sourdough bread
- 1 cup Smithfield Anytime Favorites Hickory Smoked

### Ham and Blueberry Toast

8-ounce Boneless Ham Steak, cooked and cut into cubes

- 1/4 cup pistachios
- 1/2 cup microgreens

In food processor, blend cream cheese and 1/2 cup blueberries until smooth.

Toast bread until brown. Spread with blueberry cream cheese mixture. Top with ham steak cubes, remaining blueberries, pistachios and microgreens.



### Grilled Cinnamon French Toast with Granola Crunch

1/4 cup granola, for garnish

To make sauce: In saucepan, stir together orange juice, brown sugar, butter, vanilla, strawberries and banana. Simmer over medium heat 5-6 minutes, or until flavors have combined, stirring occasionally.

To make French toast: In shallow bowl, whisk together milk, egg and cinnamon. Dip slices of bread into milk mixture and cook 2 minutes on each side over medium heat on flat griddle or grill, or until golden brown.

Serve French toast with strawberry-banana sauce and top with granola.

Recipe courtesy of Oroweat on behalf of the Grain Foods Foundation

Prep time: 20 minutes

Servings: 2

- 1/2 cup orange juice
- 1/4 cup light brown sugar
- 2 tablespoons butter
- 1 teaspoon vanilla
- 1 cup strawberries, sliced
- 1 banana, thinly sliced
- 3/4 cup milk
- 1 egg
- 1 teaspoon cinnamon
- 4 slices whole-grain nut bread



# sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

## Arborg athletes awesome at Interlake Invitational

By Brian Bowman

It's not easy to achieve provincial standard results in track and field.

But it took just one event for six Arborg Collegiate athletes to earn their spot into the MHSAA provincials.

Arborg competed very well at the Interlake Invitational in Stonewall earlier this month.

"For our first meet, it was a good surprise," said Arborg Collegiate phys-ed teacher Haley Fisher on Saturday afternoon. "We definitely have a well-rounded group and we have some others that are hoping to make standards at Selkirk's meet next week."

Arborg athletes that have already punched their ticket to the provincials include Austin Adair (junior boys' shot put), Brenna Baryliski (junior girls' high jump), Matthew Bazilewich (junior boys' discus), Natasha English (junior girls' 100m dash), Nathan Harding (senior boys' shot put), and Jessica Monkman (junior girls' discus).

Arborg had 23 athletes come out for outdoor track and field this season. That's a pretty good number especially when compared to previous years.

"(The number) is around where we were last year but the year before that it had gotten much lower," Fisher explained. "I think there was only 10 two years ago but we had 30 to 35 before that. It fluctuates from year to year."

Arborg's athletes train during lunch hour and after school twice a week. Some of the athletes also spent the



Arborg Collegiate's Nathan Harding was one of six athletes to qualify for the MHSAA provincials. Harding will be competing in the senior boys' shot put.

winter competing in indoor track and field.

This is a good group of athletes that is willing to put in the time - and hard work - in an effort to get better.

"They're definitely a good group and a lot of them are involved in (multiple) sports," Fisher noted. "They're

constantly training all year with other things and then they put in the extra time with the track and it definitely shows."

After Wednesday's Royal Rumble meet in Selkirk, Arborg will be getting ready for the Zone 5 championship, which will take place in Stonewall on



EXPRESS PHOTOS BY JO-ANNE PROCTER  
Natasha English jumped 3.93 metres in the junior girls' long jump and met the provincial standard time in the 100m dash.

May 28 (evening) and May 30 (all day).

"I think we'll have a number of athletes from our team that will make provincials by ranking in the top three at our zones," Fisher predicted.

The MHSAA track and field provincials will take place June 7-9 in Winnipeg.

## Manitoba wins bronze at national aboriginal male hockey championship

By Brian Bowman

Team Manitoba came home with bronze medals from the 2018 National Aboriginal Male Hockey Championships in Nova Scotia.

Manitoba defeated Ontario South 4-1 on Saturday in the bronze-medal game.

Bryden Sinclair and Kurtis Luke scored power-play goals for Manitoba while Preston Seymour and Nakodan Greyeyes tallied at even strength.

Manitoba was relegated to the bronze-medal game after a tough 4-3 loss to B.C.

B.C. grabbed a 2-0 first-period lead and then went ahead four goals by the 4:39 mark of the second.

Manitoba showed some life late in the second period as Preston Seymour and Hunter Halcrow scored shorthanded goals.

Jaden Pashe then made it a one-goal game midway in the third.

Manitoba finished pool play with two wins and a pair of ties for six points. That tied them for top spot with Ontario South (3-1).

After a 9-4 win over Ontario South on May 7 to start the tournament,

Manitoba played to a 4-4 draw with Ontario North the following day.

Manitoba led 4-2 midway in the third period but surrendered a pair of goals to Mathieu Dokis-Dupuis.

Pashe, Jacy Kennedy, Greyeyes and Conner Roulette scored for Team Manitoba.

Ashern's Adam Swan, who plays for the MJHL's Winnipeg Blues, made 20 saves in the game.

Manitoba won its second game of the tournament after doubling North 6-3 on May 9.

Manitoba, which held period leads

of 2-1 and 3-2, received goals from Kennedy (two), Ayden Manningway, Roulette, Nick Sharpe and Seymour.

Bryden Sinclair and Pashe each had two assists in the game.

Seth Ningeongan made 26 saves for the win.

Manitoba wrapped up pool play by playing to a 5-5 draw with Eastern Door & North last Thursday.

Pashe (two), Roulette, Shaydon Mousseau and Kurtis Luke scored for Manitoba.



# sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

## Blue Jays open MJBL season

By Brian Bowman

The Interlake Blue Jays had a real rough start to their Manitoba Junior Baseball League season.

Interlake opened action May 9 with a 17-0 home loss to the Carillon Sultans.

Carillon scored seven runs in both the first and second innings and then added three more in the fourth. The Sultans out-hit the Blue Jays 12-2.

Emerson Klimpke had both Interlake hits.

Interlake had a much better result in its next game as the Blue Jays outscored the Elmwood Giants 13-7 last Friday.

The Blue Jays trailed 3-0 after the first inning and 4-1 after two but battled back to score four runs in the third.

Interlake then added two in the fourth, and three in each of the fifth and sixth innings.

The Blue Jays out-hit the Giants 14-4. Elmwood committed four errors.

Interlake's Derek Petrasko had four of those hits, scored two runs, and added an RBI. Baily Proctor belted three hits, scored three times, and had two RBI.

Brennan Cheasley also had a strong offensive game with three hits, a run scored, and two RBI.

Jeremy Wasilewski earned the win on the mound for the Blue Jays. He gave up three hits and four earned runs while striking out three in four innings.

Jayden Allary pitched the final three innings of the game.

Interlake was then edged 4-3 by the St. Boniface Legionaires last Sunday in Winnipeg.

No box score was posted on the league website at press time.

Interlake (1-2) will take on the Marlins (2-1) in



EXPRESS PHOTOS BY ANNALIESE MEIER

Blue Jays' first baseman Baily Proctor completes an out at first base against Carillon.

Brandon on Thursday (7 p.m.) and then will host the Pembina Valley Orioles (3-1) on Friday (7:30 p.m.).

After that, the Blue Jays will hit the road for six consecutive games.



Interlake Blue Jays' right-hander Ben Anderson delivers a pitch during Manitoba Junior Baseball League action last week in Stonewall.

## Manitoba golden at national aboriginal female hockey championship

By Brian Bowman

Manitoba had a golden time at the 2018 National Aboriginal Female Hockey Championships in Membertou, N.S.

Team Manitoba won the gold medal after defeating Ontario South 5-3 in an exciting game on Saturday.

Twin sisters Keyanna and Keyara Lea scored first-period goals for Manitoba and then Carrigan Umpherville made it 3-0.

But Ontario South's Lillian George replied with a pair of goals before Umpherville and Ontario South's Ariele MacDonald traded goals as Manitoba led 4-3.

Manitoba's Kaila Powel then put the game out of reach at 19:14 of the third period with Ontario South goalie Hailee Johnson pulled for an extra attacker.

Keyanna Lea had a fantastic game, finishing with five points while Keyara Lea had three points.

Stonewall's Bianca Zak made 19 saves for the win.

Manitoba earned a spot in the gold-medal game after bashing B.C. 10-1 in a semifinal game Friday.

Team Manitoba took a 4-1 first-period lead, added another goal in the second, and then exploded for five third-period goals.

Keyara Lea, Makenzie McCallum and Carrigan Umpherville each scored twice and added an assist in the win.

Keyanna Lea had a goal and three assists while Julie Albert, Aliya Baker and Kaila Powell also tallied for the winners.

After Manitoba opened tournament action with a 5-4 win over Ontario South on May 7, they downed Ontario North 5-2.

Manitoba trailed 2-1 late in the first period but scored four unanswered goals – two coming in the third period – for the win.

Powell led Manitoba with a pair of goals while Keyanna Lea, Keyara Lea and McCallum also tallied.

Keyara Lea, McCallum, Emily Daniels and Powell each finished the game with two points.

Shayna Moore stopped 16 Ontario North shots.

The next day, Manitoba crushed Atlantic 7-0 as Moore had to make just eight saves for the shutout.

The Lea sisters both had great games. Keyanna had two goals and three assists while Keyara chipped in with a goal and three assists.

Umpherville (two), Aliya Baker and McCallum scored Manitoba's other goals.

Manitoba then improved its pool record to a perfect 4-0 after an impressive 7-0 triumph over Alberta.

Keyanna Lea (two), Powell (two), Umpherville (two) and McCallum scored for Manitoba.

Keyanna Lea and Emily Daniels each had two assists.

Zak made nine saves for the shutout.



# sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

## Eagles fly past Thunder in junior girls' football

By Brian Bowman

The Interlake Thunder junior girls' football team played a lot of exciting games last season on their way to a second consecutive league championship.

And they played another exciting game last Thursday to begin their 2018 season.

The East Side Eagles won the game 44-33 after trailing early in the contest.

"They played good but not good enough," said Thunder head coach John Montgomery. "There were a lot points scored but that's not unusual for junior girls' football."

"It was an exciting game to watch."

Interlake scored on its first three possessions of the game and also ran back the opening kickoff. The home side did a good job running the ball and setting up their blocks.

But the Thunder struggled to score, though, after that strong start.

"From there, I guess we decided that's all we had to do," Montgomery said. "And, unfortunately, football is a 60-minute game. You can't

just sit back and relax.

"The Eastside Eagles are a good football team and they came back."

The Thunder's roster features 19 players scattered from all across the Interlake. That number is up from 15 a year ago.

The league bumped up the age level a year for the junior division. That means the Thunder has the exact same team from last season with the addition of the four new players.

The Thunder is hoping that this group can win a third consecutive league title. The team is a hard-working one that is always absorbing what the coaches are telling them.

"We're always looking to win a championship," Montgomery said. "But our goal is to just play good football and make sure that the girls have fun. If we end up winning, well we end up winning, but winning's not the point."

Interlake will have another crack at Eastside this Thursday (6 p.m.) in Winnipeg.



EXPRESS PHOTO BY LANA MEIER

The Interlake Thunder's Zoe Oughton looks to dart through a hole against the Eastside Eagles in junior girls' football action last Thursday in Stonewall.

## Midget Thunder set to tackle nine-man football

By Brian Bowman

The Interlake Thunder have sacked the Midget Football League of Manitoba.

Interlake has made the decision to leave the MFLM and participate in the nine-man Rural Manitoba Football League this season.

"We were worried that the (MFLM) wasn't the best fit for a while," said Thunder head coach Mitch Obach last week. "They were low on numbers ... and we put in our application because we thought nine man was more stable."

"Last year we had good numbers in Midget but that's not always the case. Instead of needing 36 or more (players) now we need 24 to 28 players to be competitive and that's a big difference."

Obach noted that the age groups for

amateur football in Manitoba were changed this year. The Bantam league will now consist of players in Grades 9 and 10 while the Midget program would feature kids in Grades 11 and 12.

"That would cut into our recruiting pool," Obach explained. "We would have two years to pull from instead of three."

The switch in leagues is critical to the long-term sustainability to the Thunder Midget program, said Obach.

The addition of the Thunder now brings the RMFL to nine teams that will play an eight-game round-robin that starts in early September.

Interlake will join the Neepawa Tigers, Swan Valley Tigers, East Parkland Warriors, Dauphin Clippers, Virden Golden Bears, Moosomin Generals,

Park West Outlaws and Southwest Sabres.

The Thunder will definitely have more travel costs this season.

"They cover a lot of area," Obach admitted. "It's a big area to cover ... and there will be a bit more travel (compared to previous years) but we planned ahead to get to this moment."

"We're OK to absorb that extra cost."

The nine-man game is an exciting brand of football to watch and play. It gives smaller-sized players more of an opportunity to play football.

"Generally speaking, it's more of a wide open game," Obach noted. "It's a bit more of a high-scoring game and the biggest difference that I see from the two is that it's more of a speed game and less than a size game."

The Thunder has already begun reg-

istering players but wants to reach out to some potential new players.

For 2018, the Thunder are offering a discount program for new players (25 per cent off fees) and for referrals of new players by returning players (25 per cent off fees for each new registrant enlisted up to four players).

That referral offer is for Midget and all four minor age groups.

"We're always looking for new players and that goes for all of the age groups," Obach said. "If someone is athletic and interested in playing football, I've seen guys show up as 16- and 17-year-olds (for the first time) and be able to do it."

"We're always looking for new talent that is out there."



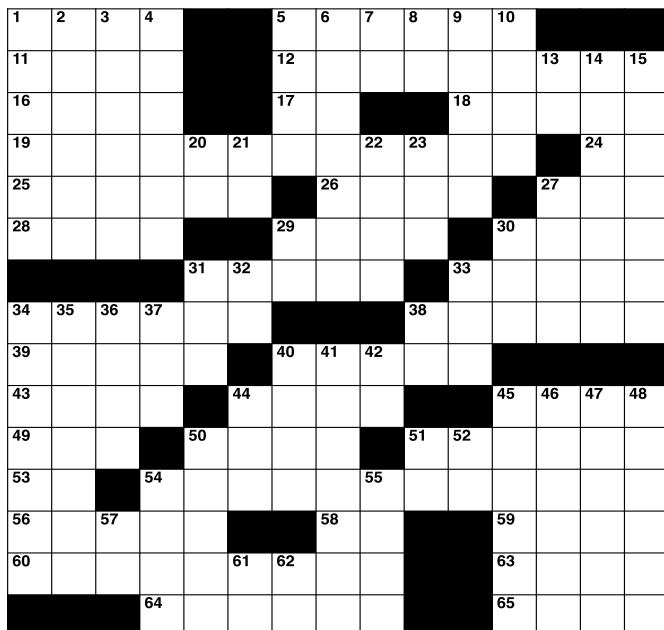
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## take a break

> GAMES



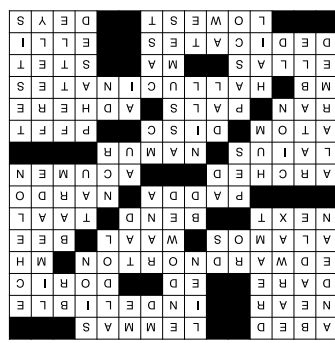
### CLUES ACROSS

1. In bed
5. Composition headings
11. Close by
12. Cannot be removed
16. Take upon oneself
17. —, denotes past
18. Denotes ancient Greek dialect
19. "American History X" actor
24. Millihenry
25. Town in Sonora, Mexico
26. Netherlands river
27. Insect associated with honey
28. Adjacent
29. Change shape
30. Pattern in Indian music
31. Genus of finches
33. Australian clover fern
34. Caused to curve
38. Ability to make good decisions
39. King of Thebes
40. Belgian city
43. Basic unit
44. Phonograph recording
45. Flew off!
49. Moved quickly
50. Chums
51. Stick fast to
53. Megabyte
54. Perceives something not present
56. Fitzgerald and Eyre are two
58. Milliampere
59. Remain as is
60. Honors
63. Norse goddess of old age
64. Minimum
65. Rulers of Tunis

### CLUES DOWN

1. About Andes
2. ESPN hostess
3. Cerumen
4. Perceived
5. A right related to property
6. Blessed with
7. Mendeleevium
8. Of I
9. Viscous liquid
10. Suffix
13. Bromine

Crossword Answer



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Phone: 204-376-5271 Fax: 204-376-5018  
Email: [grocery@interlakecoop.com](mailto:grocery@interlakecoop.com)

**Deadline for applications: Friday, May 25, 2018**

We thank all applicants for their interest, but only those candidates selected for an interview will be contacted.



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## UPCOMING EVENTS

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## UPCOMING EVENTS

Telus Manitoba Motorcycle Ride for Dad. Fighting prostate cancer Saturday, May 26 10 a.m. Official start Polo Park Shopping Centre. Register online: ridefordad.ca/manitoba

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Reporting To The Head Of Maintenance, Job Duties Include:

- Maintain, troubleshoot, repair and overhaul plant manufacturing equipment
- Perform routine preventative maintenance activities on key equipment
- Maintain complete and accurate records of all maintenance activities
- Maintain and repair the facilities and building grounds
- Support the installation and commissioning of new equipment and upgrades
- Additional maintenance duties as assigned

#### Candidates must possess the following qualifications:

- Excellent mechanical aptitude and problem solving skills
- 5+ years' experience maintaining, troubleshooting, and repairing mechanical, hydraulic, and pneumatic systems (preferable in an industrial setting)
- The ability to work independently
- A motivated self-starter with attention to detail and the ability to multi-task
- Proven track record of past attendance and punctuality
- Health & Safety conscious attitude
- Physically fit and able to lift up to 50 lbs.
- Comfortable working in an industrial plant setting and in non-ideal conditions at times (dust, heat, cold, heights, tight spaces)
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Interested applicants can apply by submitting a resume using one of the following methods (phone calls will not be accepted):

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We thank all applicants for their interest, however, only those candidates selected for interviews will be contacted.

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Faroex, located in Gimli, Manitoba, is a manufacturer of plastic and composite products for the Agriculture, Alternative Energy, and Mass Transportation markets.

### We are currently seeking to fill the following position: General Labourer & Finishing

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#### Job Qualifications:

- A Proven track record of excellent past job attendance and punctuality (we need you to arrive at work on-time and put in a full 40 hours a week on a regular basis)
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- Physically able to carry out manufacturing duties while working in an industrial plant, while being safety conscious at all times (the job will require you to walk, reach, bend, twist, grasp, and comfortably lift up to 50 lbs. on a regular basis, and we want you to do so without getting injured)
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-From your family

## OBITUARY



Marshall Gunnar Sigurdson  
December 23, 1946 – May 13, 2018  
Sadly, we announce the passing of Marshall at the Arborg Hospital with his sister Monica and brother Maurice by his side. It was a short but noble battle with cancer.  
Marshall is survived by his mother Monica Sigurdson; sister Monica Johnson and families Jocelyn (John), Norma (Rick), Ivan (Susan); sister Shirley Solmundson and families Brian (Gwen), Robert (Lara); brother Maurice (Sylvia) and families Maureen, Jeffrey, Eric (Tanya); brother Nigel (Signy) and families Clayton (Tammy) and Brandy; as well as many great nieces and nephews.  
He was predeceased by his father Gunnar in 1968.  
As per Marshall's wishes cremation will take place and no funeral will be held.

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



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## Annual General Meeting

For  
**Moosehorn Consumers  
Co-operative Limited**  
**Monday, June 4th, 2018**  
**7:30 pm**  
**Moosehorn Community Hall**

- Financial Report
- General Manager Report
- Election of Directors
- Appointment of Auditors

Door Prizes  
Refreshments



## RURAL MUNICIPALITY OF GIMLI



## NOTICE TO CONTROL WEEDS

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

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

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

**MAY 28, 2018**  
**JUNE 18, 2018**  
**JULY 9, 2018**  
**AUGUST 13, 2018**

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

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



## ASHERN AUCTION MART SALE DATES

EVERY WEDNESDAY TILL  
MAY 30, 2018

OPEN BRED COW SALE  
MAY 23, 2018  
AFTER THE FEEDERS

NO SALE - JUNE 6, 2018  
LAST SALE - JUNE 13, 2018

ANNUAL MEETING -  
MONDAY, JUNE 18, 2018

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