

THE EXPRESS

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WEEKLY NEWS

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Arborg and Riverton students earn ribbons at the Interlake Juried Art Show

By Patricia Barrett

Students at Arborg Collegiate and Riverton Collegiate were recognized for their artistic achievements at the Interlake Juried Art Show that took place April 29-30 at the Riverton Hall. Josh Andool, Sarah Jensen, Eva Jensen, Taylor Barylski, Dayna Pull, Cohen Barylski, Melodi Peters, Cassidy Monkman and Lucy Barnes entered their art work under the youth category, and won first-, second- and third-place ribbons.

Barnes won the “People’s Choice” award.

Arborg Collegiate’s principal paid tribute to the students’ talents and credited the art teacher for encouraging them enter the competition.

“We have a wonderful art program and are grateful to our instructor Mrs. Orbanski, who offers our students multiple opportunities to share their work with others,” said Principal Randy Semenek. “We are extremely proud of all our students from both Arborg and Riverton Collegiate....”

The students were among approximately 50 entrants who submitted oil, acrylic and watercolour paintings, works in charcoal and ink, quilts and other media, all of which were judged by a professional panel.

Grades 9 to 12 students at both high schools can enroll in Visual Arts, which is an option course. It is taught at Arborg Collegiate.



EXPRESS PHOTO SUBMITTED

Front row, left to right, Josh Andool, Sarah Jensen, Eva Jensen, Taylor Barylski; back row, Dayna Pull, Cohen Barylski and Melodi Peters.

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Express receives top honours at Better Newspaper competition

Staff

The *Express Weekly News* and its sister publications the *Selkirk Record*, the *Stonewall Teulon Tribune* and the *Winkler Morden Voice* were recognized in a number of categories at the Manitoba Community Newspapers Association's 98th annual Better Newspapers Competition last weekend.

The competition recognizes the best community journalism has to offer from the MCNA's 49 member weekly community newspapers across the province.

The *Express Weekly News* reporter Patricia Barrett received three Premier awards for her writing. She placed first for Best Education Story on her article *We Will remember*, third in Best Feature Story, *Circle of Birds* and second in Best Habitat Conservation, the Shoal Lakes IBA is vital to preserving species.

The paper also took home General Excellence awards in Best in Class, Best Layout and Design, and Best Front Page in the 10,000 and over circulation category.

The *Selkirk Record* was named the Best All Around Newspaper for 2016 for a second year in a row.

The *Record* also took home first place for Best in Class, Best Layout and Design, and second place for Best Front Page in the 10,000 and over circulation.

The *Winkler Morden Voice*, received the second place award for Best Layout and Design and third place for Best in Class in the 10,000 and over circulation category.

Peter Cantelon was named Best Columnist for the second year in a row in addition to taking second place in the Best Local Editorial on a Business



EXPRESS PHOTO BY CHRIS WILKS

Members of the *Express weekly News*, the *Selkirk Record*, the *Winkler Morden Voice* and the *Stonewall Teulon Tribune* hold up their awards following the Manitoba Community Newspaper Association's 98th annual Better Newspapers Competition at the Delta Hotel in Winnipeg last Saturday. This year the *Express* took home a total of six awards.

Topic for his piece on intentional infrastructure development.

Also honoured was photographer Rick Hiebert, who received second place in the Photographer of the Year category, and *Voice* editor Ashleigh Viveiros, who placed second in Best Arts and Culture Story for an article on the renovations at the Manitou Opera House and second in the Better Communities Award for her story on a local man's quest to build a school for underprivileged children in the Congo.

The *Stonewall Tribune* was recognized in the following categories: Best Advertisement by Sandra Groutette, Best Christmas Edition, Best In-House Ad

by Nicole Kapusta, Best Sports Photo by Jo-Anne Procter, and Best Spot News Photo by Natasha Tersigni. In General Excellence the *Tribune* placed third in Best Layout & Design and third in Best Front Page for circulation 3,600 to 9,999.

Publisher and Interlake Graphics owner Lana Meier said this was the first year the *Express Weekly News* was eligible for awards.

"It is published with the same standards and quality as its sister publications the *Selkirk Record*, the *Winkler Morden Voice* and the *Stonewall Teulon Tribune*," Meier said. "Between all of our newspapers we took home 24 awards, which speaks volumes about our commitment and passion for the communities we serve."

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

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

"Our communities should be proud to have these newspapers serving them while documenting their history."

The *Express* would like to thank all of our staff members for their hard work and dedication as well as our readers and local advertisers for their ongoing support.

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Tag Day to raise funds for Dunnottar playground equipment

Submitted

It is time once again for the Kiwanis Annual Tag Day.

The mayors and councils of Gimli, Winnipeg Beach and the Village of Dunnottar have all proclaimed the third Saturday in May to be "Kiwanis Annual Tag Day."

The Kiwanis Club of Gimli and District works to bring about change within our community through various projects and programs. On this day, the members of the Kiwanis Club and children from the communities

will be selling tags outside supporting businesses in the community as a fundraising effort in support of the Village of Dunnottar Community Club playground equipment. Last year, the Tag Day raised over \$1,700 for the Winnipeg Beach School playground equipment.

It is an opportunity for the children to engage in community service, which can be rewarding for those who take part. We look forward to another successful Tag Day May 20 from 11 a.m. to 1 p.m.

Celebrating Canada's birthday



EXPRESS PHOTO SUBMITTED

Approximately 150 attended St. Martin Hall's 6th Annual Perogy Dinner held Mother's Day weekend, raising \$2,000 to help cover building maintenance, insurance and upkeep of the grounds. The hall was nicely decorated with Canada 150 decorations. Guests from as far as Kenora, Ont., attended the annual fundraiser. Many volunteers, donors and community supporters helped make this year's event a success. Pictured above: Canada 150 cake and volunteers Margaret Walker and Marian Bonwick.

Mark your calendar — the St. Martin Hall board has a roast beef supper planned for Dec. 2.

Beautiful Matlock morning



EXPRESS PHOTO BY SHEILA LOEB

The sun shines through an outlook dock in Matlock during the early morning hours on May 7.



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Arborg Early Middle School improving reading outcomes

By Patricia Barrett

The principal of Arborg Early Middle School and a resource teacher updated the Evergreen School Division board on the steps the school is taking to improve reading outcomes for students in grades 1 to 5.

All students at AEMS receive support to become proficient readers.

"That's what we want for all of our students," said Harding during the board's regular meeting May 3. "The majority of our students are able to learn ... given enough time and effective supports. Some kids just need extra time."

Reading is an essential lifelong skill, he said, and the school's goal is to provide support as early as possible in order to avoid an "achievement gap."

"If you wait two or three years to provide supports to kids with reading or anything else they need help with, then it's too late — you're trying to climb a mountain," said Harding.

The four building blocks of reading include phonemic awareness, a basic foundation that helps students read and spell; phonics, which teaches students to put letters together; fluency, which is the ability to read quickly; and comprehension, the ability to understand what they're reading.

"Teachers are doing these things," said Harding, "and they're doing them in a lot of different ways."

Reading practice is divided into a tiered system that encompasses a number of different activities.

For Tier 1 support, students will read with the class, read with "buddies," read texts appropriate to their ability, undertake word work and sight reading, and engage in home reading. Teachers will place some students with similar reading needs in groups and give them a little more attention in class.

"If teachers are not seeing the progress that students are expected to achieve, then we look at doing a Tier 2 support," said Harding.

About 50 per cent of the reading interventions are being used with students in Grade 1.

Tier 2 supports include reciprocal reading, daily reading with an adult and individual reading instruction. Tier 3 focuses exclusively on one-to-one

reading practice.

"If for some reason students can't do reading with an adult every night," said Harding, "we have small groups or one-to-one instruction with our resource teacher Mrs. Johnston."

Johnston trained specifically in the reading recovery program and works with individual students for a half-hour every day.

"What I've noticed is ... every day you tailor your lesson to exactly what their needs are," she said. "And, hopefully, you are able to accelerate them faster so that they will be able to continue — when you're finished — within the classroom."

Johnston said students sometimes don't have the right readings strategies or they have misconceptions about what reading is.

Students can also struggle with the distraction of reading in groups or may have a reading disability that requires extra attention from teachers.

To identify students who are struggling, Harding and Johnston meet with every teacher to measure students' ability against certain benchmarks. If the students are not meeting the criteria, teaching staff prioritizes reading activities for them.

In January, the vast majority of students in Grade 1 (83 per cent) failed to meet the required reading benchmark.

"We'll need a little bit more data to find out if the benchmark is wrong or if this is a cohort that needs [additional support]," said Harding. "In June, we'll have a better sense of that."

In Grade 2, 71 per cent of students met the required benchmark in January; Grade 3 saw 75 per cent meet it; Grade 4, 78 per cent; and Grade 5 had 84 per cent of students reading at the required level.

Harding said there are about 20 students participating in the reading support program.

Ward 3 trustee Robert Arnason said it's very important to have parents involved in reading with their children out of school.

"This program complements people who read at home, parents reading to their child. It's critical," he said. "And reading recovery is done at home with the parents that have the time and concern that



EXPRESS PHOTO BY PATRICIA BARRETT

Arborg Early Middle School principal Brad Harding spoke to trustees about reading improvements at the school.

their child is reading."

Supt. Roza Gray commended Harding and Johnston on the reading initiative.

"These are great things for us to know what's happening in our schools," she said, referring to the tiered supports and ongoing data collection. "One of the things I want to point out is you're able to say that in our school, all students receive the support to become proficient readers. That's a promise we want to say ... to all our parents. We make a commitment to you that if you bring us your children, we're going to do this."

Deadline approaching for \$10K community development grant

By Jeff Ward

The deadline to apply for a \$10,000 Community Futures West Interlake (CFWI) grant for a project that will stimulate community and regional economic growth is June 2.

CFWI general manager Lana Cowling-Mason said that the contribution needs to be matched by the recipient, so to qualify for the \$10,000, the applicant needs to have \$10,000 of their own. The contribution can be used for any capital project that will benefit the community as a whole and foster economic development, growth or employment. All projects that receive funding need to be completed by March of next year.

Cowling-Mason said that in the eight years of this initiative, more than \$277,000 has been invested to 42 projects across the region.

"We love to see projects that result in job creation, and if it's not a direct creation, we like to stress the importance of using local contractors to get their

projects built," said Cowling-Mason.

"So when we look at applications, we look to see the direct benefits and also the indirect benefits. So for a community centre that needs to redo their kitchen, there is an opportunity for an entrepreneur to rent that to start up a food enterprise or something similar. We're always looking deeper on how these influxes of cash will improve a community long term."

Another qualifier of the project is that it must, in some way, lead to the attraction of new residents or visitors by making the community more attractive to them. In the instance of last year's recipients, the Woodlands Parent Advisory Committee (PAC) funded Phase 1 of their green space and community playground. Cowling-Mason said that St. Laurent wanted to construct a wheelchair ramp to their welcome centre and improve signage and that a project like that plays right into the goal of the initiative.

"We know that \$10,000 isn't a lot of money these

days, but we hope that we're able to help organizations along in their process and accomplish something. We want to get the money out there doing something that benefits communities as soon as possible," said Cowling-Mason.

For those interested in applying, the application and a detailed list of requirements are listed on their website at www.cfmanitoba.ca.

"SO WHEN WE LOOK AT APPLICATIONS, WE LOOK TO SEE THE DIRECT BENEFITS AND ALSO THE INDIRECT BENEFITS."

Balanced budget and adjusted taxes for Bifrost-Riverton

By Patricia Barrett

The RM of Bifrost-Riverton delivered a balanced budget last week that will see property tax adjustments in its amalgamated areas.

Council held a public hearing May 10 to discuss its 2017 financial plan; no ratepayers attended the hearing.

Properties in the former RM of Bifrost and former Village of Riverton, which were subject to a provincially mandated amalgamation in 2015, are subject to a tax adjustment.

CAO Cindy Stansell said 2017 is "our transitional year of mill rates that were set forth by the provincial government during amalgamations in 2015. Municipal taxes will be increasing in the rural area, which is the former RM of Bifrost, by 4.7 per cent, and will be decreasing in the urban area, the former Village of Riverton, by 14.1 per cent."

By 2019, both areas should be at par in the municipality, said Stansell, but that excludes levies that need to be set up for special services.

A residential property in the rural area (Bifrost) assessed at \$100,000 will see an increase of \$35.55; a farm property, \$20.54; and other properties, such as commercial, \$51.35.

A rural residential property assessed at \$200,000 will see an increase of \$71.10; a farm property, \$41.08; and other properties, \$102.70.

In the urban area (Riverton), taxes will decrease by \$272.84 for a residential property assessed at \$100,000, and by \$394.10 for commercial properties.

For a residential property assessed at \$200,000, taxes will decrease by \$545.68, and by \$205.40 for commercial properties.

The RM pays taxes to two school divisions.

"School taxes will be increasing in the Evergreen School Division by 1.2 per cent and in the Lakeshore School Division by 0.5 per cent," said Stansell. "We only have a few properties along our west boundary that pay towards the [LSD]."

The total budget for 2017 is \$4,183,122.25. In 2016, the RM spent \$4,484,029.71.

Spending for transportation services, which includes roads, culverts, roadside spraying, snow removal, etc., takes up almost half of the entire 2017 budget at \$1,858,000.

"We have around 400 miles of roads with ditches on both sides that need attention," said Reeve Harold Foster.

The RM budgeted \$282,334 for recreation and cultural services, \$144,030 for economic development services and \$18,800 for environmental development services. It will transfer \$279,050 to reserves.

Total revenue for 2017, excluding property taxes, has been set at \$795,032, down from \$943,008.60 in 2016. A flood mitigation project accounted for higher revenues in 2016.

The RM will embark on a deficit-recovery program this year, in which it will pay a total of \$76,965.

Stansell said the RM's auditor showed a deficit in 2014 for both the former RM of Bifrost and the former Village of Riverton. The auditor also showed a deficit in 2015, but the RM is currently questioning that audit.

"Our plan is to recover the deficit as presented in our 2014 and 2015 audited financial plans over a six-year period," said Stansell. "This is to be approved by Municipal Affairs. Our plan is to recover the rural area deficit ... at \$51,590 and in the urban area, \$6,845, and at large, we're recovering \$18,530."

The RM is funding a number of projects in Riverton and the rural area in 2017.

Projects in Riverton include a water supply study, sidewalk renewal, Riverton Road North rehabilitation, campground completion, drainage rehabilitation, funding for Reunion Days, and continued support for the fire department and recreation facilities.

The RM will also continue to lobby the federal government to dredge the mouth of the Icelandic River in order to improve drainage in the hinterland.

Council will hold a public meeting June 14 at the Riverton Curling Club to discuss the water supply study.

"This is not a public hearing," said



EXPRESS FILE PHOTO BY PATRICIA BARRETT

Road 130 N, nicknamed the Stadnek Line, is used regularly by semitrailers to get to and from the Industrial Park in the north. Council plans to fix the road in 2017.

Stansell. "This is just an informal presentation to the public on what the water supply study is about. We will have representatives from the Manitoba Water Services Board in attendance to talk about the technical aspects of the study, and the administration staff will present the financial aspects of the study."

Projects in the rural area include ongoing drainage work, completion of a flood protection program for Arborg, spraying (cattails, Red Bartsia), construction of "Viking Road" (a nickname for the road near Viking Motors) in the south Arborg Industrial Park, and the rehabilitation of Road 130N (nicknamed the Stadnek Line) and Main Street North, which see heavy semi-trailer use to and from the northern Industrial Park.

The budget for contracted drainage works is \$460,000, of which \$180,000 is to come from the Federal Gas Tax

Fund.

Council had formed a West Drainage Committee and an East Drainage Committee, and both have identified three areas, respectively, for drainage rehabilitation.

Capital expenditures for 2017 include a tandem truck, blade dozer, tamper, SCBA (self-contained breathing apparatus) for the Arborg-Bifrost and Riverton-Bifrost fire departments, and lighting for the public works shop and municipal office.

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getfishing

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> ARNIE WEIDL Anglers eager to get out on the water

Hi gang. Everywhere I went last weekend, anglers abounded, finally free to revel in their passion for outdoor living and fishing.

At Pine Falls off Manitou Point Road upstream of the dam, I met Ewald Lautenshlaeger of Richer out with his big, wonderful family for an afternoon getaway. Ewald was a tall, strong, dark-haired guy who wore a constant thoughtful smile and all the kids, who sure looked like their dad, were lined along the shore fishing. But only one of the boys, Christian, had caught a good-sized pickerel.

Like Pine Falls, on Saturday, the Selkirk pier was filled with old and new friends. As I parked facing the river, a chap sitting in his truck next to me caught my eye. He was a big man with a rugged face covered with a short grey beard and moustache. His eyes had the look of someone who had seen much in life. His stalwart appearance, however, bore no resemblance to his lighthearted personality.

"Hi Arnie. How's tricks?" he quipped through our open windows. Then I remembered he was Derrick Geurts from Winnipeg. We had met on the Red a winter or two ago. "I've got a story for ya," he offered and went right into it.

"A little downstream from here last summer, I thought I had hooked something really big. As I reeled it in, the slim end of a fishing rod popped up out of the water snagged on my hook. It didn't take very long until I had an extra rod and reel, which, in turn, to my amazement, had a surfacing giant carp on the other end trying to pull it out my hands. I reeled him in and as I released him, I said, 'You must be



EXPRESS PHOTO BY ARNIE WEIDL
Pictured from top to bottom: Todd Kelly, Jay Gomez and Jordan Single-Arnie fish at the Hnaua Pier recently.

tired of dragging that rig all over the place. Off you go.' When Derrick got home, his wife asked him what he had caught, to which he replied, "Nothing but rods and reels today!"

Recently, in the course of some business in Selkirk, I met local gal Sabrina Tripp. During a break, she said she had a humorous fishing experience so we sat down and I listened to this wholesome-looking, mellow-voiced lady's story. Apparently, years ago, she and her husband Les took her mother, Farida, boat fishing on Chocolate Lake by The Pas for the first time. Farida, acting like an excited rookie, kept reeling her line in to see if she had lost her worm. Then she would drop it back in the water while constantly rambling on loudly.

After a while, Sabrina got a little upset with mom and told her she was never going to catch a fish by being noisy and pulling her line in all the

time. Dejected, Farida cast out but this time buried her worm-baited hook in Sabrina's nicely styled brown hair. Frowning, Sabrina pulled the worm and hook out of her hair and tossed it into the water. Almost instantly, mom sheepishly announced, "I've got a bite."

"No you don't, mom," Sabrina declared.

"I think I do," mom insisted quietly and began reeling in her line as a huge trout burst up from the water.

She wasted no time. Her hand cranked the reel so fast the fish was towed wiggling across the top of the water right to the boat. As it came alongside, Les landed it, saying, "You've got a master angler fish here, girl!"

Sabrina, filled with warm pride for her mother, began chattering excitedly about the great catch. Farida, with the air of an angling champion, baited her hook, dropped it into the water and proclaimed, "I'm not going to be able to catch any more fish if you people don't be quiet!" Sabrina just sat there shaking her head.

After Selkirk on Saturday afternoon, I got over to the Hnaua pier and boy was it packed! I left my car at the approach and picked my way around the vehicles, asking anglers if they had caught anything. No dice! Finally, at the end of the rock water break, I found three young guys who had actually caught a fish. Todd Kelly, Jay Gomez, Jordan Single and I joked about their solitary luck and Jordan's last name, to which he remarked, "The way I look at it, whoever I marry, she'll be 'single' for the rest of her life!"

Till next week. Bye now.

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Bones found in France in 2011 identified as Fairford soldier killed in 1917

Human remains discovered at a construction site in northwestern France have been identified as those of a First World War soldier from Manitoba's Interlake.

Pte. Reginald Joseph Winfield Johnston, 22, was from Fairford, a small town on Highway 6, about 220 kilometres north of Winnipeg.

His bones were found while preparing a former munitions site for construction near the village of Vendin-le-Vieil, about 100 kilometres inland from Calais and the English Channel. Artifacts associated with the First World War were also found at the site.

The discovery was made in August 2011. The Commonwealth War Graves Commission (CWGC) took possession of the remains and artifacts and held them in a CWGC facility in Beaurains, France, until they could be identified.

The historical context plus examination of material evidence, forensic anthropological analysis and DNA testing led to Johnston's identification.

His DNA was compared against that of a relative.

DND and the CAF have notified members of Johnston's family, and Veterans Affairs Canada is providing them with ongoing support as final arrangements are made. Johnston will be buried at Loos British Cemetery outside Loos-en-Gohelle, France, this summer by his regiment.

Johnston was a member of the 16th Battalion, Canadian Expeditionary Force, a unit perpetuated by The Canadian Scottish Regiment (Princess Mary's) of Victoria, B.C.

Johnston died in the Battle of Hill 70, which took place Aug. 15-25, 1917, and was the first major action fought by the Canadian Corps under a Canadian commander in the First World War. Approximately 2,100 Canadians lost their lives in the battle; more than 1,300 of these have no known grave. The strategic high point of Hill 70 remained in Allied hands until the end of the war.

Johnston was born in Springfield on

Aug. 10, 1895. The family moved to Fairford when he was an infant. He grew up in Fairford and was a homesteader until he enlisted on Jan. 19, 1916, at the age of 20.

He was killed on Aug. 15 or 16, 1917. He was 22 at the time of his death.

The goal of DND's Casualty Identification Program is to identify unknown soldiers when their remains are discovered so they may be buried with a name by their regiment and in the presence of their family.

(Reprinted with permission from the Winnipeg Free Press).



DEPARTMENT OF NATIONAL DEFENCE PHOTO
Pte. Reginald Joseph Winfield Johnston of Fairford, Man. His remains were found in northwestern France in 2011.

Grahamdale looking for Urban Green Team members for summer work

By Jeff Ward

The RM of Grahamdale is looking for two members for their Urban Green Team that will be tasked with various landscaping and public works projects this summer.

The Urban Green Team members will be responsible for watering flowers, cutting grass, cleaning ditches and implementing the municipal-wide civic addressing signs among other duties.

RM administrative assistant Devan McCoubrey said that the employment opportunity is geared towards youth, with an age range of 15-29 years old, and that it is a great job for anyone looking to gain their first summer job. Another benefit to the job is having the RM as a reference on a resume, which can be attractive to future employers or scholastic endeavours.

The only real requirements for the position are owning a pair of steel-toed boots and being physically able

to do the labour involved in the job which pays \$12/hour and runs from July to August.

"Typically, the position is for students in the late high school or early university years," said McCoubrey.

"I think that this job also opens up possibilities to the person that they might not have known were there. Future construction or Public Works jobs will certainly value the experience gained doing this job for the summer, and I know that there are many students in the area that are looking for careers in that area."

Urban Green Team members will be responsible for keeping the RM looking presentable for a busy summer of tourism, since Canada 150 celebrations will likely bring many visitors, McCoubrey said.

Those interested in becoming involved in the Urban Green Team can contact the RM directly at 204-768-2858.



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to share your views about the proposed rate increases from Manitoba Hydro

Manitoba Hydro has applied to the Public Utilities Board (Board) for a 7.9 per cent increase to hydro rates on August 1, 2017 and another 7.9 per cent increase on April 1, 2018.

For a residential customer not on electric heat (using an average of 1,000 kilowatt-hours (kWh) per month), the combined impact of these rate increases is an additional \$14.31 per month after April 1, 2018.

For a residential customer that has electric heat (using an average of 2,000 kilowatt-hours (kWh) per month), the combined impact of these rate increases is an additional \$27.33 per month after April 1, 2018.

Further details are available at: www.pubmanitoba.ca.

How do I share my views?

You can share your views on the proposed rate increases with the Public Utilities Board in three ways:

- **Oral presentation** – If you wish to make a verbal presentation to the Board at a Public Hearing, please register with the Public Utilities Board by writing to the Board office at the address listed below, or by sending an email to publicutilities@gov.mb.ca. Presentations are limited to a maximum of ten minutes.
- **Written comment** – If you would like to comment on the rate increase, please go to www.pubmanitoba.ca and provide your comment.
- **As an approved intervener** – If you want to be an Intervener, please go to www.pubmanitoba.ca and register to become an intervener.

Manitoba Public Utilities Board
400-330 Portage Avenue
Winnipeg, Manitoba R3C 0C4
Phone: 204 945 2638
Email: publicutilities@gov.mb.ca

Available in accessible formats upon request.



Five days notice required.



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Manitoba 

Bra boutique to host breast prosthesis pop up day

By Lindsey Enns

Being able to help a breast cancer survivor feel better about herself is difficult to put into words for Jeanie Webb.

Over the past year, the owner of Bella Ragazza Lingerie and Swimwear Boutique has helped nearly 40 local and area women get fitted and order a breast prosthesis through Bressanté Curve.

"It feels absolutely amazing for someone to walk out so happy," Webb said with a smile while standing inside her Selkirk shop last Wednesday. "We like to make this an easy experience, a comfortable experience and there are options out there. You don't have to wear an uneven prosthesis that doesn't match your breast."

Bella Ragazza Lingerie and Swimwear Boutique, located at B-63 Main St., will host a Bressanté pop up day on Wednesday, May 24 from 11 a.m. to 4 p.m. Anyone looking to learn more about Bressanté or wanting a fitting is welcome to attend.

"We're still getting the word out that we offer this in Selkirk," Webb said.

Linda Perrin, a Bressanté education

liaison and consultant, is a breast cancer survivor and said her customized and light weight breast prosthesis has been life changing.

"For me, I feel more confident wearing it and I don't worry if anybody can tell any different," Perrin said. "Before, I didn't want to go out anywhere."

Perrin said wearing a breast prosthesis is an option more women should be aware of. She added they are also covered under the Manitoba Breast Prosthesis Program and are fully customizable. Some of them even have freckles or a tattoo.

"It's whatever a woman wants," she said.

Webb said this type of prosthesis also opens up your options when it comes to bras.

"You don't have to go with a pocketed bra," she said.

Perrin added it's all about feeling confident.

"It's natural ... I put mine on and I wear it all day, I'm ready for the day," Perrin said. "You don't have to worry about it."

Wendy Smith is the founder and president of Winnipeg-based Bres-



EXPRESS PHOTO BY LINDSEY ENNS

Linda Perrin, a Bressanté Curve education liaison and consultant, pictured left, and Bella Ragazza Lingerie and Swimwear Boutique owner Jeanie Webb, pictured right, stand next to a mannequin wearing a Bressanté breast prosthesis. The Selkirk shop is trying to get the word out that they offer Bressanté fittings to local and area breast cancer survivors.

santé and a certified prosthetist and clinical anaplastologist.

Over almost three decades, she has created highly detailed, medically and aesthetically accurate, fine pros-

thetic devices such as hands, fingers, ears, noses and breasts.

For more information, visit bres-sante.com or call 1-877-607-7645.

Museum Membership Day to support the history of Eriksdale

Eriksdale Creamery BBQ June 3

By Jeff Ward

Eriksdale Creamery Museum board members are hoping to continue the success of their Membership Day BBQ that helps support the 105-year-old creamery.

The event will take place on June 3 at the Eriksdale Creamery Museum from 11 a.m. until 2 p.m. and costs \$10 for a membership, which also gets you a hotdog or hamburger, salad and a drink. The \$10 membership provides the holder with unlimited access to the museum when open but, more importantly, gives the museum board the money needed to keep the building open. Money raised is being used to paint the exterior of the museum, which had new siding installed last year.

Museum secretary treasurer Andrea Sweetland said that the last two years of support has been great for the

museum with more than 150 membership sold in that time.

"Even people who have no connection to Eriksdale or the museum have bought a membership," she said.

"The museum is important to many of us here and we want to help keep this place around for many years to come. To do that, we need community support to be able to invest in projects that will maintain the space."

The creamery was built by the Brandon Creamery and Supply Company in 1912 and became one of the main factors the area expanded. The museum doesn't just deal in the history of the business but in the town itself. Sweetland said that it's a cool feeling to stand in a building that had a lot to do with Eriksdale becoming what it is today.

Sweetland said that the support from the community means a lot and is a big reason why the board continues to do the work to maintain the space and exhibits.

"Our last two years have been the highest for membership purchases, and that's very encouraging to us," said Sweetland.

Our office
will be closed
Monday, May 22
for Victoria Day

Please note deadline will be Friday, May 19 at 4:00 pm

Have a great holiday weekend.

Tribune Stonewall Teulon THE EXPRESS WEEKLY NEWS

Young Historian Scholarship to foster appreciation for Canadian history

By Jeff Ward

The Young Historian Scholarship is offering \$500 to a graduating student from Peguis Central School who shows his or her appreciation and connection to any event in Canadian history with a well-written essay.

The fund was first offered last year for students at Fisher Branch Collegiate, and its creator, Jamal Abas, decided to give another school the opportunity to benefit this year.

Abas said that he would love to have a future scenario where the fund could be offered at multiple schools, but logistically he doesn't have the time to go through all of the essays himself.

The scholarship requires a three-to four-page essay of approximately 1,000 words on a piece of Canadian history of the writer's choosing. The essay must detail that event, why it was important and how it affects the writer today.

Last year, the scholarship was awarded to Chantel Dandeneau from Fisher Branch Collegiate.

"I wanted to give back with something that I felt was pretty universal," said Abas on why he created the

scholarship.

"It's not a scholarship that requires the highest marks or that you attend post-secondary for a degree in history. I want it to be something that encourages an interest in history and makes students look at how our choices got us to where we are today."

Abas said that sometimes all it takes to form a passion for something is one opportunity that forces a person to look at it in depth. Students might find, after taking on the scholarship essay, that they have a more profound appreciation for history. Abas said that the topics of the essay could be varied, from economics to politics and even how cultural histories have shaped the country and province.

Abas explained that once submissions are taken in, he and some of his friends will go over them and discuss their merits. Abas makes the ultimate decision himself but said that there is a great deal of talk around each essay to find the one that rises above the others.

"Last year, it was a tough choice for sure. We had a few that were really good and got us all talking for hours. It's impressive for these students to



EXPRESS PHOTO SUBMITTED BY JAMAL ABAS

Jamal Abas, left, presents the \$500 Young Historian Scholarship to last year's recipient from Fisher Branch Collegiate, Chantel Dandeneau.

write something so compelling and it's great to see how these young grads thought about history and all the personal ways they connected with their essays," said Abas.

The recipient of the scholarship will be announced during the Peguis Central School graduation ceremony at the end of June.

RCMP investigating 'suspicious' Paddlewheel Princess fire

By Lindsey Enns

Only a charred metal frame remains of a once iconic Manitoba riverboat went up in flames last week.

Selkirk Fire Department Chief Craig Fiebelkorn said they were called to a report of a fire on the Paddlewheel Princess where it was docked at the Selkirk Slough north of Selkirk early Tuesday morning.

He said the cause of the fire was "believed to be suspicious" and the blaze took nearly two hours to put out because they volunteer crew members had to fight the fire from the safety of the shore.

"We train all the time to deal with stuff like this and we're very fortunate that no one got hurt," he said.

Selkirk RCMP confirmed the cause of the fire is suspicious and they are investigating along with help from the Office of the Fire Commissioner.

Anyone with information is asked to contact Selkirk RCMP at 204-482-1222 or call Manitoba Crime Stoppers anonymously at 1-800-222-8477, submit a secure tip online at manitobacrimestoppers.com or text "TIP-MAN" plus your message to CRIMES (274637).

After the *Record* posted a picture of the Paddlewheel Princess engulfed in



PHOTOS COURTESY OF THE SELKIRK FIRE DEPARTMENT AND RCMP

Selkirk RCMP are investigating after the Paddlewheel Princess was destroyed by fire last Tuesday morning.

flames online, residents took to social media to share their memories of the boat.

"The river will never be the same. I'm grateful I had a chance to work on those boats and become part of the crew," one woman wrote on the *Selkirk Record's* Facebook page.

"Seeing the pics and videos makes me want to cry. So many memories on the Princess," another woman wrote.

"What a shame. That boat was iconic. I hope they find the people responsible," one man said.

This Paddlewheel Princess fire is among a string of suspicious blazes in Selkirk recently, Fiebelkorn said.

He said on May 6 an abandoned house went up in flames and last Monday evening a truck in a scrap yard was set on fire.

Last Tuesday night, a "suspicious" fire also destroyed a concession stand in Selkirk Park.

The Paddlewheel Princess was built in 1966, a year after Winnipegger Ray Senft built its sister ship, the Paddlewheel Queen.

Former owner Steve Hawchuk took passengers up and down Manitoba rivers until 2009. He then later docked the boat and put it up for sale.

Hawchuk told the *Winnipeg Free Press* that he sold the boat to another Winnipegger because he "wanted to get rid of it, I didn't need it."

He added he wasn't sure it would ever sail again because the new owner didn't seem to be very knowledgeable about boats.

Moosehorn Hotel open for business after devastating fire

By Jeff Ward

It's been a long road to design and rebuild the Moosehorn Hotel, but its owners say they are proud to be back and that 13 months of extremely hard work has paid off.

The old hotel burned down on Jan. 13, 2015, due to an electrical issue. At the time, hotel owner Roy Sveistrup said he wasn't sure if he and wife Elsie would rebuild.

In the months following the fire that snatched their beloved business away from them, Sveistrup and his wife had to do a lot of thinking. He said that it took the better part of a year to decide if they were going to rebuild while the lot of the original hotel sat empty just

off of Highway 6. The process of rebuilding would be long and extremely difficult because neither of them had ever been a part of a project like that.

Sveistrup said the job was made much easier when his brother Garry and sister-in-law Stella jumped on board and became partners.

The rebuilding effort started 13 months ago, and now the bar and hotel are open, with an official grand opening planned for this summer.

The hotel has 12 rooms and includes a bar that can seat up to

"EVEN BEFORE WE HAD DECIDED IF WE WERE REBUILDING, THE COMMUNITY GAVE US THEIR SUPPORT, WHICH WAS GOOD."

100 people.

Mike and Diane Price, who manage the space on their own, run the attached restaurant. The buildings are very modern and the hotel rooms



EXPRESS PHOTOS BY JEFF WARD

Moosehorn Hotel owners Greg and Roy Sveistrup say they're proud to finally be open and are looking forward to sharing the new space with the community.



New rooms at the Moosehorn Hotel are upscale with no expense spared in design and layout, according to the owners.

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ACRES/HR	10 11 12 13 14 15 16 17 18 19 20

are spacious and have a luxury feel to them.

"We're excited. It's been an incredible journey to get to where we are now," said Roy Sveistrup.

"Even before we had decided if we were rebuilding, the community gave us their support, which was good. They told us many times that they wanted us to rebuild because it's an important place for them and the meeting place of the community. Their support was a big factor in our decision."

To say that the project was difficult would be understating it, said Sveistrup, who explained that a rebuild of this scale was very complex. He said that if they were going to go as far as rebuilding the entire place from scratch, they might as well be in on every key decision. Fixtures, beds, ta-

bles, chairs, the bar, paint colours and room layouts were all debated and thought about by the Sveistrups.

The process has been exhausting, said Garry Sveistrup. The co-ordination between contractors to make sure that they were in a constant state of development was at times frustrating, he said, but worth the extra effort. It meant that there were a few days over the last 13 months when there wasn't much happening at the site.

"There was some stuff we just didn't know and there was a lot of learning on the job. We spent a lot of time and money, but it's worth it. We're already having people come up to us and say they're excited and happy we're back. This place means a lot to a lot of people," said Roy Sveistrup.

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Cadets aim for glory at the 2017 National Cadet Marksmanship Championship

By Patricia Barrett

The 2017 National Cadet Marksmanship Championship brought hundreds of cadets to Gimli last week for four days of intense rifle competition.

Cadets aged 12 to 18 from every province and territory vied for a spot in the finals, which were held Thursday.

Using air rifles loaded with rubber pellets, cadets shot at a tiny black dot from 30 metres away in the standing competition and from 10 metres away in the prone (lying on stomach) competition, carefully controlling their breathing, sightline and focus.

How they managed to focus during the Junior Air Rifle Finals while being madly cheered on by their teammates was a wonder.

Alberta Cadet Beatrice Khunlee, versed in Olympic-style shooting — in which the shooter thrusts the forward hip out and locks the leg in place — won gold, outshining finalists from British Columbia, Ontario, Quebec, New Brunswick and Newfoundland and Labrador.

The 13-year-old navy cadet pulled ahead of the last two remaining competitors, Anna Bélanger-McGuire (Ontario), who earned bronze, and Malcolm Bell (New Brunswick), who earned silver.

"This is my first year [shooting]," said Khunlee. "We did it at camps, but there were no targets or anything. This feels very overwhelming and surprising."

Public affairs officer Amber Lawson said Khunlee was a leader on the board from start to finish.

"She made Alberta proud today," said Lawson.

Khunlee's coach, Brent Bezugley wasn't surprised



EXPRESS PHOTOS BY PATRICIA BARRETT
Saccara Fava from Ontario (left) and Beatrice Khunlee from Alberta compete in the Junior finals Thursday.

by her win.

"The secret is in her calm demeanor," he said. "That's what got her through this competition today. She's calm and steady — she showed that with this sudden death elimination competition."

The closing ceremonies were held Thursday evening in which the top cadets and top teams were



Alberta cadet Beatrice Khunlee, 13, with her coach Brent Bezugley, won Gold during the Junior air rifle finals.

formally presented with awards.

The Cadet Marksmanship Program is open to cadets in the Army, Navy and Air Force. It promotes the safe handling of rifles and builds self-esteem, focus, sportsmanship, sport etiquette and self-discipline, according to the Canadian Cadet Organizations website.

Hnausa General Store throws open its doors

By Patricia Barrett

The new Hnausa General Store threw open its doors May 12 at the junction of PR 222 and old Highway 9 in the RM of Bifrost-Riverton and will be serving the community year round.

It will be a boon for local residents, who have to travel to communities such as Riverton, Arborg and Gimli for groceries and other goods, as well as for tourists visiting the nearby Hnausa Beach Provincial Park.

Owners Brian and Donna Austfjord began building the store last year.

"We've got our Heimland products, which is the Icelandic-Canadian flag that I trademarked, and we have T-shirts and things like that," said Donna. "And we've got general groceries, frozen and dry goods."

The Austfjords built a patio along the front of the store where people can sit in the shade and enjoy a snack or a coffee.

"They can get an ice cream or a hot-dog, sit on the veranda and chill out and relax," she said.

The general store is located on the site of the former Hnausa Community Hall, which is now half demolished. The Austfjords plan to renovate it.



EXPRESS PHOTO BY
PATRICIA BARRETT

The Hnausa General Store opened last week.

"We kept the other part because there's a kitchen and washrooms," said Donna. "We plan to renovate that for next year for takeout."

Donna said they won't be selling alcohol this year but plan to apply for a licence in 2018.

The store will be open seven days a week all year round.

From May to September, the hours are 9 a.m. to 9 p.m., and from October to April, the hours are 9 a.m. to 6 p.m.



ANNIVERSARY

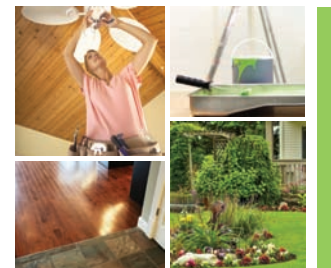
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How to choose your herbs

Fresh and fragrant, herbs are great for adding flavour and colour to your favourite summer dishes. Featured in countless warm-weather recipes, such as mint lemonade, tomato and basil salad and grilled coriander fish,



these leafy delights are an easy way to spice up any meal.

If you'd like to try your hand at growing your own herbs, choose common varieties that are sure to please your palate. Three or four varieties to start should be plenty to add depth and diversity to your home-cooked meals.

Make sure you do your research beforehand to know how to properly pick and grow your herbs of choice. Certain varieties grow profusely — like mint, for example — which can affect the healthy growth of more delicate herbs. To avoid making rookie mistakes, always consult a horticulturist for advice!

You can find everything you need to grow your parsley, thyme, rosemary, dill and virtually any other type of herb at your local nursery or garden centre.

Have fun cooking up a storm.

What to plant to attract butterflies to your garden

Flower gardens, with their bright colours and delicate aromas, delight our senses in more ways than one. Add colourful butterflies to the mix and these magical outdoor spaces become the very essence of nature's beauty. If you're looking to populate your gardens with these whimsical winged creatures, here are a few tricks to get them fluttering your way.

First, plant your flower garden in

a calm and sunny area that's well shielded from the wind. Next, install a decorative item like a small mural or a statue — preferably something made of stone — where your pollen-loving friends can perch to soak up the sun or rest between foraging expeditions.

Now, for the most important component: the flowers! Butterflies are especially attracted to fragrant, nectar-rich varieties such as:

- Milkweed
- Hawthorn
- Hibiscus
- Butterfly bush
- Yarrow
- Golden rod

In addition to the above, there are countless other plants, flowers and herbs that attract butterflies like magnets.

To learn more, visit your local nursery or garden centre — and take advantage of the opportunity to stock up on a few irresistible varieties.



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Inland Ocean Arts Alliance play pulls in big crowds

By Jeff Ward

More than 250 people packed into Camper Hall to see the award-winning play *The Vagina Monologues* presented by the Inland Oceans Arts Alliance (IOAA) earlier this month.

The Vagina Monologues is an episodic play written by Eve Ensler that speaks about consensual and non-consensual sexual experiences, body image, reproduction, sex work and many other topics. The play uses the monologue as the delivery method for these stories from many different women's viewpoints.

Elisa Hunt, director of the Interlake show, said that the idea to have a local production of the play had been in the works for more than a year and the response to the show was overwhelmingly positive. Hunt explained that it took many hours of preparation, rehearsals and meetings to put the show together, but in the end, everything came together better than expected for the May 6 production.

"It takes courage to do what these actors did in front of so many people," said Hunt.

"The subject matter is serious but presented in a very funny way. It makes the topics appeal to a wider audience and people really responded to it. These are amateur actors but they all performed very well and they should all be proud of their performances."

The cast was made up of 12 women: Linda Johnson, Vanessa Gardner, Jude McCudden, Patty Cochrane, Haley Price, Iris Forsyth, Patsy Klyne, Shawn Cote, Judy Forsyth-Oversby, Victoria Sargent, Jennifer Desjarlais and Sophie Skierszkan, who all read a monologue from the play.

Hunt said that one of the more fun



Jody Forsyth-Oversby performed *The Little Coochie Snorcher That Could* for her monologue during the Inland Ocean's Arts Alliance's presentation of *The Vagina Monologues*.

challenges of putting the show together was having the actors explore what the meaning of the piece was. And like all art, it's open to interpretation.

"It was a very collaborative environment during rehearsals. We would all listen and provide feedback to each piece and talk about what it meant to us," said Hunt.

There was discussion in the early stages of the production when the group was concerned if a play like this would be popular given its subject matter. For instance, the monologue



EXPRESS PHOTOS SUBMITTED

The cast prepares to perform *The Vagina Monologues* in front of 180 people at Camper Hall a few weekends ago. From left: Jennifer Desjarlais, Vanessa Gardner, Jody Forsyth-Oversby, Haley Price, Patsy Klyne and Patty Cochrane. Front: Shawn Cote and Victoria Sargent.

Reclaiming Cunt performed by Victoria Sargent deals with a women who feels the word is empowering despite its use as a derogatory term. Subject matter like this isn't going to be for everyone, but Hunt said that attendees were very open minded to the show, and although the subject matter could be considered taboo to some, she hasn't heard any complaints.

Hunt said that the IOAA is discussing what their next production might be. Given the support from the community, they know there is definitely interest in doing more in the future.



Performers Shawn Cote and Victoria Sargent are all smiles before they head out on stage for the monologue.

The Gimli District Health Auxiliary invites you to attend our

Spring Luncheon

Date: Friday, May 26, 2017
Time: 11:30 a.m. -- 1:00 p.m.
Place: New Horizons 55+
3rd Ave. North at Colonization Road N.
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Bifrost-Riverton approves lakeshore development near Finns

By Patricia Barrett

RM of Bifrost-Riverton council approved an application for the development of an 11-acre parcel of land near Finns that will see the creation of cottage lots overlooking Lake Winnipeg.

Council held a planning hearing May 10 to discuss the site with its developers and to hear concerns from a couple who live nearby.

Local developers Clyde Sigurdson and Ken Palson plan to create cottage lots along the lake and build a service road on the land.

"We're going to subdivide the land into 10 lots," said Sigurdson.

The development is located at the northeast corner of Road 127 and PR 222, one mile north of Finns. The land is nestled in a lightly forested area, providing privacy from the highway.

The development is intended for seasonal recreational use.

"There will be no trailers, only new buildings built," said Palson when asked what type of dwellings will be allowed on the land.

Brent and Kathy Melsted, who live near Road 127, attended the hearing to express concern about general flood-

ing in the area. They are not opposed to the development but are concerned about the area's drainage system.

"Our land is under water every single year for the last 22 years," said Kathy, "and we're concerned about shoreline erosion."

She said the area is very low-lying — "basically a swamp" — and asked whether the RM will be building a berm to protect the development from storm surges.

Coun. Frode Andersen, in whose ward the property lies, said the area is prone to flooding, but the municipality is negotiating with the province to fix the drainage system.

"There's flooding issues on the north side of Finns Road, and we're trying to get the water to go straight to the lake," said Andersen. "We've offered to cost share."

Sigurdson said the lots, which will eventually be put up for sale, will be built higher than potential lake flooding levels and that a workable drainage plan has been scrutinized by an engineer.

"They'll be built at 720 feet with a swale between each property so water will come to the ditch and, hopefully,



EXPRESS PHOTO BY PATRICIA BARRETT

Ten lots located behind these trees at PR 222 and Road 127 will be developed by Clyde Sigurdson and Ken Palson for cottages.



ILLUSTRATION COURTESY OF THE RM OF BIFROST-RIVERTON

A new lakefront development north of Finns is in the works.

take it south," said Sigurdson. "Our idea is to build a level grade, and they [property owners] build the foundation above that so every property will be built at the same height."

Council agreed that the development will provide good tax revenue for the municipality.

CAO Cindy Stansell said the developers will be subject to a number of

conditions.

They'll have to enter into a development agreement with the municipality that will cover such matters as the elevation of the lots (at 722 feet), the establishment of a 100-foot public reserve, and the construction of a 35-metre turning circle at the dead end of the public road.

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SILVER WESTERN DAYS

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Silver Community Centre

Horse Trail Ride / Poker Derby
Registration at 11am - Ride at 12 noon

Supper - 6:00 pm
Dance with band Gemstars to follow!

Tickets \$20 (supper & dance) - call James 204-376-5129

Silent Auction!

Blicq, Hiscock appointed Gimli Harbour Masters

Submitted

The board of directors of the Gimli Harbour Authority is pleased to announce the appointment of Cindy Blicq and Lori Hiscock as Harbour Masters of the Gimli Harbour. Hiscock and Blicq have taken over from Gordon Gowie, who announced his retirement late last year.

"We are looking forward to having Cindy and Lori join our team as Harbour Masters of the most important and progressive working harbour on the prairies," said Baldi Johannesson, chair of the Gimli Harbour Authority. The GHA manages the harbour for Fisheries and Oceans Canada, Small Craft Harbours - Central and Arctic Region.

Blicq and Hiscock will share administrative and management duties of

the harbour. Together, they bring to the job a wealth of experience in public administration, facility management, human resources, tourism and education.

Blicq and Hiscock are both active users of the harbour. Blicq, who lives in Gimli, and Hiscock in Whytewold have opted to co-manage the harbour and its facilities. They will be working closely with boat owners, visitors, the community and local businesses.

Gimli harbour offers safe moorage for the community's fleet of working commercial fishing boats and more than 200 pleasure vessels. It is the home of the Gimli Art Club, the Gimli Yacht Club, Canada Coast Guard station and the Lake Winnipeg Visitor's Centre. It welcomes thousands of visitors and tourists who come to Gimli



EXPRESS PHOTO SUBMITTED
Gimli Harbour Masters Cindy Blicq, left, and Lori Hiscock.

every year to walk on its three public piers to fish and enjoy the views of the lake and the town's historic harbour.

Gimli's modern harbour has recently undergone major upgrades, including resurfacing and repairs to the Main Pier, Fishers' Pier and Centre Wharf. The harbour offers a boat launching ramp, slips for vessels of various sizes, many with water and power, plus gas and diesel sales. There is also space for short-term visitors. Bill's Hill, part of the Gimli Beach Walk, is an adjacent green space available for weddings and other events. Winter events such as the annual Gimli Ice Festival also take place in the Gimli Harbour.

For further information, please contact Johannesson at 204-642-3239 or Hiscock or Blicq at 204-642-2374.

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Auto Repair Ethics in the Interlake

We're going to be talking about the ethics of automotive repair. It's been said by shop owners in Winnipeg, "I could ripoff or upset every customer for a month and I'd still have plenty of work." This due to the sheer number of drivers in the Winnipeg. The opposite is true in the Interlake where word of unethical treatment would spread like wildfire through every coffee shop, and your local Automotive Repair Specialist would soon be specializing in something else.

Unfortunately, every profession has some bad actors that hurt the reputation of everyone else. In the automotive world, including our local Interlake automotive community, industry associations, professional licensing organizations and all Service Professionals listed on this page are very committed to high ethical standards.

Yet some Interlake drivers are uncomfortable with automotive service and repair. If we understand what's recommended and the benefits of taking care of the work – and the pitfalls of putting it off – we'll have more trust in the recommendation. So communication is key. It's like going to your Interlake doctor. If she's using medical jargon and takes a lot of basic medical knowledge for granted, we have a hard time following her train of thought. It can be like that with your Service Advisor too. He's so familiar with all things automotive, he may forget you don't know a PCV from an EGT.

If you don't understand what your doctor's talking about: ask some questions. If you don't understand what your Interlake automotive advisor's talking about: ask some questions.

Let's go back to those ethical standards. When we hear a repair recommendation, we always ask ourselves, "Is this really necessary?" Well, here's the industry standard:

If your Interlake Service Advisor tells you that a repair or replacement is required it must meet the following criteria:

(1) The part no longer performs its intended purpose (2) The part does not meet a design specification (3) The part is missing

For example, if you take your vehicle in for a grinding noise when you step on the brakes, you may just think you need new brake pads. After the inspection, the technician says that you have a cracked rotor and need to replace it. If you tried to get him to just put new pads on, he would say that if you didn't want to replace the rotor, he would ethically have to refuse the repair. To just put pads on a cracked rotor would have been very wrong. The brakes could've failed at anytime: they needed to be repaired – not just have a band-aid slapped on them.

Now, looking at something not so serious, they may suggest repair or replacement if: **(1) The part is close to the end of its useful life – just above discard specifications or likely to fail soon. (2) To address a customer need or request – like for better ride or increased performance. (3) To comply with maintenance recommended by the manufacturer. (4) Based on the technician's informed experience.**

Of course, the technician has the burden of making ethical recommendations and properly educating their Interlake customers. Make a habit of requesting to see the broken part for your own understanding of the problem. And if you are uncomfortable with a recommendation, ask some questions. More information is always a good thing for Interlake drivers. Give your local independent service provider a call. We also can and will advocate for your warranty and point out other items that should be replaced under warranty should it apply. We'll steer you right. Our reputation depends on it!

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Armstrong farmer's land unusable due to flooded ditches

By Jeff Ward

RM of Armstrong farmer Arvid Monsen has been battling encroaching water on his property ever since he moved in seven years ago, and he's still waiting for the RM to do something about it.

Monsen said that nearly 75 per cent of his land is currently unusable from overland flooding and that 25 per cent of his 160 acres has been perpetually flooded since he moved to the area in 2010. Monsen said that the issue stems from clogged drainage and that the RM simply hasn't done enough to clean them out.

Culverts, ditches and much of the drainage in his area, just north of Fraserwood, is backed up and hasn't been cleared in years, he said. The issue has become so bad that he and his son, Jett, have actually gone canoeing in a field just south of his property. The water is waist-deep and a quarter of land south of Monsen's home has been under water for as long as he can remember.

"The RM just isn't doing anything to help with the water," said Monsen.

"They put in culverts sometimes but all that does is make the water someone else's problem. It moves it away from my property and it collects on my neighbours' fields. They need to come in here and clean out these ditches because they're clogged."

Ward 4 Coun. Ted Sumka said that he's well aware of the issue and agreed that the problem is that much of the drainage in the area is clogged. Sumka said that since 2010, there has been a lot of rain and the water tables remain very high.

With the ground so saturated, even if the drainage was cleaned out, it would still take a lot of time for



EXPRESS PHOTO SUBMITTED BY ARVID MONSEN
Arvid Monsen said that 25 per cent of his land is perpetually under water and that poor drainage management by the RM is to blame. The water is so high in a field just south of Monsen's land that he and his son Jett, pictured, have been canoeing in it.

the ground to return to a normal amount of saturation.

Sumka said that the RM has done all it can with the money it collects for taxes. He even suggested a tax increase a few years ago that could help address drainage and other infrastructure needs, but he was met with resistance.

"When it came to council, a lot of people had complaints," said Sumka.

"The people who elect you don't want their taxes raised, so what can you do? My hands were tied. You can't just tax one person and not the other. It has to be across the board. I know [Monsen] would pay more taxes, but he's in the minority on that."

Sumka said that one of the biggest issues facing the drainage system in Armstrong is beaver dams. The RM has been fighting beavers for years and they haven't been very successful at it. Beavers are a very costly problem for much of the Interlake and are causing drainage issues in Grahamdale, Ashern and even Gimli. Sumka said that the RM has been throwing money at the problem for years, and even with the most experienced trappers on the case, the beavers are winning because they reproduce so quickly.

The cost to Monsen is that he is paying taxes on land he can't use and has to purchase hay for his horses because the land he owns, which would be great for hay, is under water. It's hitting him in the wallet hard, and while Sumka is not unsympathetic, he said that the process to fix things is going to be slow.

"What we have to do is keep cleaning the ditches one mile at a time. You can only spend so much on drainage and some years we'll get more done than others," said Sumka.

Riverton's Legacy of the Lions receives RM funding for hootenanny DVD

By Patricia Barrett

Riverton's Legacy of the Lions committee received funding from the RM of Bifrost-Riverton to produce a recording of an upcoming hootenanny that will cap the community's Canada 150 celebrations.

The Lions asked for — and received — \$2,500 to help them make a DVD that will feature local musicians from the hootenanny days of the 1960s, a time when Solli Sigurdson, Dennis Olson, Wes Wilson, Laura McLeod (Dahlman), Roy Gudmundson and Fred Oleson dominated the Riverton musical scene with "homespun" songs and renditions of folk favourites.

"It's definitely a part of our culture," said Lions' member Rod Palson, who was part of a delegation at council's regular meeting May 10. "In my mind, it's a part of our contribution to Canadian culture, particularly on a weekend where Canada is celebrating its 150th birthday."

The Lions were a Riverton hockey club that formed in the 1930s. A committee called the Legacy of the Lions held a fundraiser/reunion in 2013 for former hockey players and donated the proceeds to minor hockey and Riverton's Heritage Centre.

Some of the hootenanny performers will be returning home for the first time in decades, said Palson, and it will likely be the last time they'll perform in Riverton.

"This video will preserve history," he said. "And it has to be done right."



EXPRESS PHOTO BY PATRICIA BARRETT
Lloyd Roche (left) and Rod Palson from Riverton's Legacy of the Lions committee said they'll be making a high-quality DVD of a hootenanny that will celebrate Canada's 150th birthday.

Lions' member Lloyd Roche said the committee wants a professional, high-quality recording of the event, which is set for July 2 at the Riverton Hall. An older video of one of the town's musical gatherings was not quite up to par.

"We've gone through a couple of years with somebody putting money towards creating a video and just using a normal equipment, and it was terrible," said Roche. "It must have been \$2,000 and nobody even wants to watch it because of the sound. You

can't pick up the sound unless it's being picked up right off the microphones, otherwise you're picking up all the surrounding sound."

The Lions estimate the DVD will cost about \$10,000 to produce, and they'll be fundraising the remaining cost. Depending on sales, some of the proceeds will be donated to Riverton's public facilities.

"I'm not on the committee," said Clyde Sigurdson, "but I'll be the contact for fundraising. If we can get this part [\$2,500] of the money, then we'll need another \$7,500 to be able to produce this. If we can sell enough of these later on, there's going to be a fundraiser and that will go into the facilities in town."

The Lions will be offering three donation options: four will be set at the \$500 level, 10 at \$250 and 100 at \$30.

"The \$100 level is really a pre-sale," said Palson, "so we're getting a commitment. And it will also assist us in how many we'll actually make with the sales already in the bank, and [give us] some assurance of what we need to produce in order to fulfill the pre-sale, as well as forecast what we need after the fact."

In addition to pre-sales, the DVDs can be ordered at the hootenanny.

The RM will assist in the initiative by offering tax receipts.

CAO Cindy Stansell said the donations have to be payable to the municipality in order for donors to

Disposal of fish offal comes under provincial scrutiny

By Patricia Barrett

The disposal of fish offal (heads, guts) in provincial water bodies, something fishers have practised for years, has a "limited" environmental impact according to the province, but fish plant operators will be prohibited from dumping offal into waterways.

The new standard came to light after a Riverton fisher applied to the RM of Bifrost-Riverton for permission to establish a fish plant if/when the province passes Bill 23, which will remove Manitoba from the Freshwater Fish Marketing Act.

During a hearing May 10, CAO Cindy Stansell said council had received a "major concern" from the Environmental Compliance and Enforcement Branch of Sustainable Development regarding "improper solid waste disposal."

"The environment officer asks, 'Where's the fish processing plant going to be disposing their waste?'" she said, reading aloud from the communiqué. "Where are the commercial fishermen disposing their fish offal prior to arriving at the fish processing plant, and can all the solid waste be accounted for by either the RM or industry?" This is the concern she's brought forward.

Council had received no objections to the proposed plant, and it approved second and third reading of bylaw No. 6-2017 to grant conditional use to an existing building Olafson wants to buy, located on Highway 8 and zoned "highway commercial."

But council said it's up to Olafson to find a solution to the disposal of fish waste or the province may not allow his plant to move forward.

Olafson said he plans to follow the status quo when it comes to offal.

"Right now, our thing is it's going to be status quo, which means we're not going to take any waste to begin with," he said. "The fishermen will be able to process their fish headless or whatever in the facility, but when they leave, they take their remains with them. Whatever they do with them after that ..."



EXPRESS PHOTO BY PATRICIA BARRETT

Riverton fishers Murray Olafson (left) and Gary Johannesson attended a meeting with Bifrost-Riverton council, which approved an application for a fish plant on Highway 8.

Reeve Harold Foster said he's not sure whether Sustainable Development will accept that.

"They're concerned about fish waste all over the country [municipality]," he said. "It will be subject to meeting environmental concerns. That's the way we have to operate."

Olafson said he doesn't understand why the province would bring the issue up now.

"The plant will adhere to the same regulations as everybody else does at this point," he said. "I find it very [odd] that they bring it up at this point in time because how many years has it been that we've had the meeting about fish offal in Riverton — that's already ... 10 years ago."

New regulations for fish plants presumably won't come into effect until Bill 23 is passed. It's unknown whether Sustainable Development has required other potential fish plant operators to address the disposal of offal.

Olafson said this is the first time he's heard the concern, and he hadn't received any communication from the province.

"I don't understand. If you're going to put that onus on me, then Environment needs to put it on everybody," said Olafson. "They'll have to come up with a whole province-wide [solution]. The acceptable way to get rid of fish offal right now is take it out on the lake and dump it."

A spokesperson for Sustainable Development said fishers are currently allowed to discard offal and by-catch in the water, except along shorelines because of public health concerns.

The establishment of fish plants may result in the eventual reduction of offal being tossed back into the water.

"There may be new entrants into fish markets going forward that may seek to process offal and low value by-catch fish species into meals or other products that may create a market for what is now discarded in the lake," said the spokesperson by email. "This may reduce discard of offal and by-catch in the water going forward."

As far as the environmental impact of fish waste in water, the department said it is "thought to be limited."

"Offal and discarded by-catch will

support pelicans, gulls, bald eagles and other birds in the summer," said the spokesperson. "Some goes to feed other fish and a variety of benthic invertebrates. Much will decay in the lake. Significant numbers of fish die of natural causes in our lakes and rivers and are subject to the same scavenging and decay as offal and discarded by-catch."

The discarding of offal on ice in the winter, however, is considered littering, and fishers could be ticketed, said the spokesperson.

Fish plant operators will be required to deal with offal in a different way regardless of season.

"Fish plant operators are not permitted to dispose of offal in waterways, and will not be permitted to do so going forward," said the spokesperson. "Offal from plant operations is sent [sic] for rendering."

Olafson said he doesn't like dumping fish waste in the water, but the only legal option fishers have is to take it about 300 metres offshore.

"We had a dump at one time," he said. "But there is nowhere in Manitoba that has a licensed dump area for fish offal."

Coun. Donald Vigfusson said fish waste often finds its way to the RM's roadsides.

"Over the last few years, unfortunately, within the municipality along the roadways, we have run into tubs of waste here and there," he said. "It's getting worse. It's all over the place."

Foster added that the RM gets complaints from farmers about fish offal dumped in their fields.

Deputy Reeve Dave Shott said that perhaps an organization like PESAI, which conducts agricultural experiments, might consider a trial using fish offal as fertilizer.

In the meantime, Olafson said he'll be contacting Sustainable Development about the letter.

"The problem with fish offal will still be there whether this plant does exist or doesn't exist," he said. "All we're doing is giving the fishermen an option of where to take their product."

> LIONS, FROM PG. 16

qualify for a tax receipt.

The Lions are also considering purchasing new audio-visual equipment for the Riverton Hall in which public meetings, school concerts and other events are held.

"Our goal is to have the new AV equipment purchased and installed in the Riverton facility by fall," said

Roche, "with the first screening being this celebration of Riverton music and DVDs available for sale."

Council was enthusiastic about the recording.

"I sound like an auctioneer, but I'll fix this at \$2,500," said Reeve Harold Foster.

Deputy Reeve Dave Shott said he feels the Lions will surpass their fundraising goal.

"I think there'll be a lot of interest in this," he said.

Palson, who has experience and connections in the sound production industry, said the DVD will preserve cultural history for hundreds of ex-Rivertonians living in other parts of the province and abroad.

"I'm confident that few other communities in Canada will be able to produce a commemorative keepsake

of their celebration of Canada 150 like this one will," he said. "And it will preserve it ... in a style and quality that is really unmatched."

The hootenanny will take place Sunday, July 2 from 7 p.m. to midnight. Riverton's Reunion Days committee, which is organizing a three-day celebration of Canada's birthday, is expecting about 600 people at the show.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Interlake players in full swing for baseball action



Gimli Lakers' pitcher Kalli Einarson delivers a pitch during Zone 5 action last week.

Impact drops season opener

Staff

The Interlake Impact's introduction to the Manitoba Major Soccer League's 5th Division earlier this month was a rough one.

Interlake was defeated 5-0 by the North Winnipeg United on May 5. Sukhdev Brar led North Winnipeg with two goals while Chad Tomchuk, Nelson Pereira and Nick Anorim added singles.

The Impact was scheduled to play Selkirk's Tri-S Strike Force

last Saturday but no score was posted on the league website at press time.

Interlake's next game isn't until May 27 when they face Elmwood FC at the Ralph Cantafio Soccer Complex in south Winnipeg.

Game time is 2 p.m.

The Impact will then play five games in both June and July before wrapping up their regular season with three games in August.



EXPRESS PHOTOS BY JO-ANNE PROCTER
The Lakers' Evan Woytowich is about to be tagged out at home by Warren's Austin deLaroque. Gimli tied the Wildcats 5-5 in league play on May 9.

Interlake makes return to MJBL

By Brian Bowman

The Interlake Blue Jays re-introduced themselves to the Manitoba Junior Baseball League last week.

After a lengthy hiatus, Interlake returned to the MJBL with a 5-0 road loss to the Carillon Sultans on May 10. The game was called after just five innings due to the sun, according to Blue Jays' manager Adam Kirk.

"Even though the score was 5-0, it wasn't really that bad," said Kirk earlier this week. "There were a few moments in the game that really stuck out and made the difference."

Carillon scored three runs in the first inning and then added two more in the fourth. Interlake errors, said Kirk, led to Carillon runs in both innings.

Blue Jays' starter Martin Knutson pitched well in the loss, giving up four hits and four walks while striking out eight.

"It was a chilly night but our pitcher threw well," Kirk said. "He found his curveball just a little too late. They scored three in the first inning and he just didn't have his second-pitch command. But, after that, he pretty much dominated."

Interlake's best chance to score, meanwhile, came in the third inning when they loaded the bases with none out. Cody Bartel, a former Midget player of the year, wiggled out of that jam. Bartel only allowed one hit to the Blue Jays' Emerson Klimpke the entire game.

Interlake was back in action last night when it hosted the Pembina Valley Orioles in Stonewall. The Blue Jays were excited to bring junior baseball back to the Interlake.

"We have lots of kids really excited about this program," Kirk said. "Carillon has a decent ball club and we were able to see where we're at (in com-

parison).

"We're all first-year, and a couple of second-year (players), and four or five midget (players), so we're a very young team. It was really good to see us that close to the competition already."

Interlake will visit the Brandon Marlins next Wednesday and then will host the St. James A's on May 26 in Stonewall. First pitch is 7 p.m. to begin a four-game Blue Jays' homestand.

The Stonewall Blue Jays, meanwhile, will begin their Winnipeg Senior Baseball League season to-night (7 p.m.) when they travel to Whittier Park to face the St. Boniface Legionnaires.

Stonewall's first home game of the season will be next Tuesday when it hosts the St. James A's at Fines Field. Game time is 7:30 p.m.

sports&recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Thunder bucks Mustangs in senior girls' play

By Brian Bowman

The Interlake Thunder senior girls' football team earned a huge road win over the St. Vital Mustangs last Thursday evening.

Trailing 12-9 in the third quarter, Interlake outscored St. Vital 12-6 in the second half to eke out an impressive 21-18 victory.

"It was a gutsy win," said Thunder head coach Joel McDonald. "The girls worked hard throughout the game. Our defence made a couple of mistakes, which put us behind the eight-ball and, on offence, we weren't getting off the ball well."

The second half was a much different story, however. Interlake's offensive line did a great job after the break, enabling the Thunder to produce long scoring drives.

Interlake running backs were consistently getting four or five yards a carry.

"We're a grind-it-out team," McDonald stressed. "We don't get 60-yard touchdowns."

The Thunder's defence, meanwhile, was outstanding in the second half.

With the victory, Interlake improved its regular-season record to 2-0. The Thunder started the season with a

wild 42-32 win over the Transcona Nationals on May 4.

Interlake will battle the winless Eastside Eagles (0-2) tonight at 7:10 p.m. at Stonewall Collegiate. It is the Thunder's first home game of the season.

"We're excited to be at home," McDonald said. "We've been away for two games and we have some exciting news things at the field in Stonewall with the new building. The girls are excited to be able to play at home and put on a pretty good show in front of our fans."

The Thunder's roster of 17 players is comprised of athletes scattered across

the Interlake.

"We're happy with what we (have)," McDonald said. "We have a great bunch of girls and we have increased our coaching staff. We brought in some new coaches and they're blending in really well with the players."

"We're excited about the year."

Meanwhile, in junior girls' action, Interlake was defeated 38-24 by Eastside last Thursday to drop its record to 0-2. The Thunder opened the season May 4 with a 41-24 loss to North Winnipeg.

Interlake will play North Winnipeg tonight at 6 p.m. at Stonewall Collegiate.

take a break

> GAMES

SUDOKU

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

Fun By The Numbers

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

Level: Intermediate

Here's How It Works:

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

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

Sudoku Answer

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

Crossword Answer

CROSSWORD

CLUES ACROSS

1. Baby's first words
5. Expression of creative skill
8. Reddish-brown coating
12. Spanish province
14. Stinging insect
15. Greek temple pillars
16. Refurbish
18. Cave-dwelling amphibian
19. Millisecond
20. Removes something
21. Trendy
22. The Buckeye State
23. "Taken" actor
26. Of the skull
30. Made a mistake
31. Malignant tumor
32. Not night
33. German heavyweight boxer
34. Indicates weight
39. Businessman
42. Charged negatively
44. Indian instrument
46. Helps you know where you're going
47. Written works
49. Kate and Rooney's last name
50. Fast, flightless Aussie bird
51. Jerry, George, Kramer and

56. Dodger great Hershiser
 57. Where wine ferments (abbr.)
 58. Supreme Allied Cmdr. Europe
 59. Vedic god of fire
 60. Not well
 61. They grow into plants
 62. Variety of pear
 63. Where golfers start
 64. Posterior
- ### CLUES DOWN
1. Challenge
 2. Assert

1	2	3	4		5	6	7		8	9	10	11
12				13		14			15			
16					17		18			19		
20						21			22			
				23		24			25			
26	27	28	29				30					
31							32					
33								34	35	36	37	38
				39	40	41		42	43			
								46				
49							48					
56					57				58			
59					60				61			
62					63					64		

3. A female operatic star
4. Expression of sorrow or pity
5. Resistance unit
6. Attached a new backing canvas
7. Method painting
8. Branched
9. Barefooted
10. Beer mug
11. Beloved Mexican dish
13. Make better
17. One-time king of Troy
24. Pie __ mode
25. St. Anthony's fire
26. Reciprocal of a sine
27. __-rah skirt
28. Notre Dame coach Parseghian
29. Computer hardware company

35. Policeman
36. Black tropical American cuckoo
37. Popular basketball player Jeremy
38. Electrocardiogram
40. Cheese dish
41. Prickly shrub
42. Atomic mass unit
43. Nostrils
44. Enchantresses
45. Emphatic typeface
47. One of the Florida Keys
48. Soft, fine material
49. Mountainous tract in Jordan
52. Breezes through
53. Professional assn. for tech pros
54. Class of comb jellies
55. Formerly (archaic)

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THE **EXPRESS**
WEEKLY NEWS

HOUSE FOR SALE

Immediate possession available. 1638 sq. ft. RTM. 2.5 baths, cathedral ceiling, island kitchen. \$189,000. Floorplan online at wgiesbrechthomes.ca. Custom Builds also available. Call 204-346-3231 or email wilbert@wghomes.ca for more information.

EXPRESS
WEEKLY NEWS
204-467-5836

MOBILE HOMES

2 only 16 x 80, 3 bed, 2 bath. Starting at \$89,900. Altona Mobile Homes, 1-800-582-4036, 1-204-324-6776 Email amhl@mymts.net

CAMPGROUND

Hill Top Resort camping. 600 treed acres with sand beach lake, any size RV. Quads, ok. Live music. May to Sept starting at \$400. Site visits info@hilltopresort.ca

STEEL BUILDINGS

Steel Building Sale ... "Mega Madness Sale!" 20X23 \$5,780. 25X25 \$6,312. 30X31 \$8,175. 33X35 \$9,407. One end wall included. Check out www.pioneersteel.ca for more prices. Pioneer Steel 1-855-212-7036.

PROPERTY WANTED

Land wanted for weekend or permanent getaway. 10-160 acres. May offer assessed value. Maximum \$30,000.

PROPERTY WANTED

cont. from prev. col. Must have trees and road access. Nothing swampy. 204-589-1886, ejco@mts.net.

MOTOR HOME

Rockwood Class "A" M.H. 33'6", 5.9 Cummin diesel, Freightliner, sleeps 4, Onan generator, central vacuum, back up camera, two roof a/c, inverter, all oak interior Allison trans, 84,000 kms. asking \$20,000 obo Call 204-467-7021.

LANDSCAPING

Good clean top soil for lawn or garden, \$10/yd, will load. Can deliver in 15 yard loads, mileage extra. Call Dan 204-642-3367 or 204-378-2944, Riverton.

GARAGE SALE

HUGE GARAGE SALE in Warren. Household, tools, decorative boulders, antiques & more. Thurs., May 25 from 12-5 p.m. & Fri., May 26 from 9 a.m. - 5 p.m. Hwy. 6, west of 67. Watch for signs.

RECYCLING

Buying scrap metal, cars, farm scrap, loose scrap, any metal material. For sale: 3130 JD, 3 pth, VGC, \$10,500; 567 JD baler, VGC, \$18,500 obo. Ph 204-886-3407 lve. message or cell. 204-861-2031.

TREES/SHRUBS

Nursery Sell-Off. 5,000 tree pots. Shade trees, fruit trees - apple, cherry, plum, hedge plants, shelterbelt trees, Spruce/Pine, shrubs, \$5-\$35. Quantity discounts. Free local delivery. 204-771-4211.

HELP WANTED

In search of a seasonal Gravel Hauler. Class 1 drivers license required. Experience with belly dump and end dump trailers as well as tandem truck. Seasonal full-time employment. Position available immediately. Contact Ron 204-886-7248.

EMPLOYMENT OPPORTUNITY

Silver Turkey Breeders Arborg, MB

Silver Turkey Breeders is looking for a fulltime Barn Worker. Job duties include daily chores, feeding turkeys, picking, cleaning and packaging eggs, some minor barn maintenance, spread bedding and some record keeping. We are located in Silver, MB; 4 miles south of Arborg, MB. Weekend work required. Experience an asset but not required. Starting wage \$14.50-\$20 per hour (depends on experience). Please forward all resumes to silverturkeybreeders@gmail.com or mail to Box 4051 Arborg, MB R0C 0A0

ATTENTION FARMERS

**ASHERN AUCTION MART
WILL NOT BE HOLDING
AN AUCTION SALE ON
WEDNESDAY MAY 31st, 2017**

The last sale will be on June 7th

PLEASE CONTACT

BUDDY AT 204-768-0018 • KIRK AT 204-768-0019

Now Hiring

Countryside Home Building Centre is looking for motivated individuals for the following positions:

POSITION 1

Flooring, Kitchen Cabinets and Appliances sales person. Job description would include merchandising, sales, inventory, and housekeeping in the departments. Experience an asset, but willing to train.

POSITION 2

Yard person for loading customers and picking orders. Class 3 driver's license an asset but not required.

Applicants must be able to work well:

- With customers, in a friendly and professional manner
- In a team setting with flexibility and good communication skills

Email resumes to Lyndon Plett
lyndon@cslumber.com or visit us in person.

Countryside Home 1 (204) 372-8501
building centre Fisher Branch

Dream job. Live in caregiver/housekeeper in Winnipeg and Florida! Needs a driver's licence and be able to travel. (204) 997-4629.

Medical Transcription! In-demand career! Employers have work-at-home positions available. Get online training you need from an employer-trusted program. Visit: CareerStep.ca/MT or 1-855-768-3362 to start training for your work-at-home career today!



Fisheries and Oceans
Canada

Pêches et Océans
Canada

Notice of Proposed Work

Balsam Bay Harbour, Wharf Rehabilitation

Fisheries and Oceans Canada is proposing to undertake work on the wharf at Balsam Bay Harbour during the summer of 2017.

The construction is planned to occur from June 1, 2017, to August 31, 2017. The timelines are subject to the results of the tendering process.

During construction, the wharf will be closed to the general public. Relocation of vessels during this time will be managed by the Balsam Bay Harbour Authority. Access to waters and floating docks will be maintained for fishers and recreational boaters.

The project includes the supplying and installing of a new concrete deck, gangways, and wharf ladders; adding additional riprap to the shoreline; and upgrading the electrical and lighting systems.

For inquiries, please contact:

Fisheries and Oceans Canada
Small Craft Harbours
(204) 984-5610

Canada



Fisheries and Oceans
Canada

Pêches et Océans
Canada

Notice of Proposed Work

Gimli Harbour, Parking Lot Resurfacing

Fisheries and Oceans Canada is proposing to undertake work on the South Parking Lot (south of the Gimli Yacht Club) in Gimli Harbour during the summer of 2017.

The construction is planned to occur from August 9, 2017, to October 1, 2017. The timelines are subject to the results of the tendering process.

During construction, the lot will be closed to the general public. Relocation of vehicles and vessels in the parking lot during this time will be managed by the Gimli Harbour Authority. Access to the south docks via the parking lot will also be impacted.

The project includes constructing a new asphalt surface over the existing gravel lot.

For inquiries, please contact:

Fisheries and Oceans Canada
Small Craft Harbours
(204) 984-5610

Canada

Classifieds



Book Your Classified Ad Today - Call 467-5836

McSherry Auction

Estate & Moving Auction

Wed, May 24 @ 4:00 pm

Stonewall, MB
#12 Patterson Drive

Stuart McSherry
(204) 467-1858 or
(204) 886-7027
www.mcsherryauction.com

The College of Licensed Practical Nurses is seeking public representatives to serve on various committees. An honorarium is paid for all committee meetings. Experience in education, law, or accounting is beneficial but not required. Please submit your resume to:

College of Licensed Practical Nurses of Manitoba
463 St. Anne's Road
Winnipeg, MB, R2M 3C9
Or via e-mail to:
vbering@clpnm.ca

McSherry Auction

Stonewall, MB
#12 Patterson Drive

Consignment Auction

Sunday, June 4 @ 10 am
Consignments Welcome!

Tractors * Trailers * Vehicles
* Equip * Construction *
Recreation * Tools *

Stuart McSherry
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(204) 886-7027
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EF MOON is a second generation Heavy Construction Company founded in 1961 and located in Portage La Prairie Manitoba.

We are currently seeking experienced, goal oriented individuals for immediate employment in a number of areas:
Supervisors, Skilled Laborers, Class 1 Drivers, excavator, dozer, grader, rock truck, loader and packer operators.

We offer competitive wages, comprehensive benefits plan, Safety training and a hostile free work environment.

Requirements are; minimum class 5 driver's license, positive work attitude, able to work well with others or alone, Safety oriented, work extensive summer hours including some weekends, work away from home, pass a drug and alcohol test.

If you are interested in joining a well-established and growing company with room for advancement, please visit us at 1200 Lorne Ave. E. in Portage La Prairie, Mb. to fill out an application, apply online at www.efmoon.ca, or email a resume to info@efmoon.ca



RURAL MUNICIPALITY OF GIMLI

EMPLOYMENT OPPORTUNITY Administration Services Clerk - 4 month Term Position

Responsible for providing clerical and administrative support in order to ensure that municipal services are provided in an effective and efficient manner.

PRIMARY RESPONSIBILITIES:

- Word processing, spreadsheet design, data entry
- General administrative and finance support
- File maintenance, Manage Website
- Municipal Project Support

QUALIFICATIONS

Excellent communication, organizational and time management skills with the ability to set priorities and meet deadlines.

Strong customer service skills and the ability to effectively interact with the Public, other support and professional staff.

Experience with all Microsoft Office applications is required.

Demonstrated ability to work under minimum supervision and in a team setting

Preference will be given to applicants who have completed Administration Programs and have skills and experience in providing administrative support services.

Salary range \$15.68 to \$17.49 / hour as per Collective Agreement based on applicable education and experience

Start Date: Immediately

Interested applicants are invited to submit a written application including 3 references, by 5:00 pm, Tuesday May 23rd, 2017 to:

Kelly Cosgrove, ACAO
Rural Municipality of Gimli
62 - 2nd Avenue, PO Box 1246, Gimli, MB. R0C 1B0
Email: gimli@rmgimli.com Fax: 204-642-6660

We thank all applicants for their interest; however only those selected for an interview will be contacted.

BOOKKEEPING

Bookkeeping services offered in Quickbooks or Simply Accounting for small businesses. Ph 204-952-5224.

HOUSE FOR RENT

ARBORG/SILVER

2 bedroom duplex for rent Available May 1 includes fridge, stove, private deck, ensuite storage garden shed, forced air electric heat. \$500 per month Call 204-471-1473 or 204-642-2316

MISCELLANEOUS

2 scooters; 25 ft. SkyJack; older motor home; steel wheels; fuel tanks; Rolex watch \$1250; 2 horse show wagon; 600 LP records; steam engine bell; 73 Pontiac; 95 Buick Roadmaster; phone booth; \$1.00 and \$2.00 bills; 5000 hubcaps; lots of antiques, and much more. Ph. 1-204-482-7251.

MISCELLANEOUS

Batteries for everything. Automotive, farm, construction, ATV, marine, motorcycle, golf carts, phones, tools, radios, computers etc. Reconditioned, obsolete and hard-to-find batteries. Solar systems. The Battery Man. Winnipeg. 1-877-775-8271 www.batteryman.ca

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Lundar Garage has an immediate opening for a full-time Service Advisor

Applicants Must Possess:

- Excellent Customer Service Skills
- Sales Experience - Able to Meet & Exceed Targets
- Strong Organizational Skills
- The Ability to Adapt and Be Flexible On The job
- A Commitment to Professionalism And Performance

Duties Will Include:

- Scheduling Appointments
- Advising Customers of Maintenance and Repairs
- Ordering Parts/Inventory
- Preparing Job Estimates and Presentation to Customer
- Maintain a Clean and Organized Workspace

Hours of Work - Monday to Friday, 8am-5pm
Benefits Available

Interested? Send a resume to:

Bryan Sigurdson - bsigurdson@napacanada.com
Or in person at 36 Main Street, Lundar



Fisheries and Oceans
Canada

Pêches et Océans
Canada

Notice of Proposed Work

Riverton Harbour, Wharf Rehabilitation

Fisheries and Oceans Canada, is proposing to undertake work on the wharf at Riverton Harbour during the summer of 2017.

The construction is planned to occur from July 10, 2017, to September 8, 2017. The timelines are subject to the results of the tendering process.

During construction, the wharf will be closed to the general public. Relocation of vehicles and vessels on the wharf during this time will be managed by the Riverton Harbour Authority.

The project includes installing a new concrete deck, asphalt apron, ladders and mooring cleats; adding additional riprap on the shoreline; adding an electrical system to the wharf; and supplying new floating docks and anchor piles.

For inquiries, please contact:

Fisheries and Oceans Canada
Small Craft Harbours
(204) 984-5610

Annual General Meeting

For Moosehorn Consumers Co-operative Limited Monday, June 5th, 2017

7:30 p.m.
Moosehorn Community Hall

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

Door Prizes
Refreshments



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WEEKLY NEWS
204-467-5836

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McSherry Auction Service Ltd
FARM AUCTION SALE
NORMAN LUSSIER
Saturday June 3rd @ 10:00 am

Lac Du Bonnet, MB
West on 317 & Jct 11 1 Mile,
North 1/2 Mile on Bilan Rd
(Rd2) Then Continue West 1/2
Mile on Bilan Rd, North 3 1/4
Miles on Charles Rd #439
Contact # (204) 345-8492
Tractor * JD 6125R MFWA
Cab Power Quad 24 Spd 3PH
540/1000 Triple Hyd 1740
Hrs. w JD FEL * Truck &
Trailers * 89 Ford 250 Dsl 4
x 4 Ext Cab * 80 Ford 3 Ton
w 16' B & H * 89 Norbert
Gooseneck 18' Livestock
Trailer * BH 18' Tilt Flat Deck
Trailer * Equip * JD 230 26'
Tandem Disc * MF 730 14'
Offset Disc * Morris Mag II
27' Chisel Plow * Int 6200
Press Drill w Transport *
Melroe 420 42' Multi Weeder
* 50' Diamond Harrows * JD
7' Rotary Mower * 3PH 8'
Hyd Angle Tilt Blade * 3PH
Post Hole Auger * Farm King
8" 42' Auger * Farm King 10"
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McSherry Auction Service Ltd
AUCTION SALE
WES & MICHELLE FUNK
Sunday May 28th @ 11:00 am

Oak Bank, MB
North 6 Miles on Hwy 206
Then West 1/3 Mile on Melrose Place #18
Contact # (204) 997-0249

11 Wilf's BH 16' Flat Deck Tandem Trailer *
14 Polaris 570 Sportsman AWD Quad 100
Miles * 11 Polaris 850 Sportsman XP 386
Miles * 8 Guns * Misc * M. Moline U Tractor
* 12' x 24' Canopy Building * Hyundai 6250
Watt Generator - Used 1 Hour * Honda
GX120 Water Pump * Home Repair * ATV 12
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* Yard Ornaments * Benches * Husky Tool
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McSherry Auction Service Ltd
CONSIGNMENT AUCTION
Sunday June 4th @ 10:00 am

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Consignments Welcome!
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**Please apply with
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abstract to:**
alesha@forythhauling.com
OR Fax: 204-634-2208

McSherry Auction Service Ltd
AUCTION SALE
CLAYTON KUNZELMAN
Saturday May 27th @ 10:00 am

Inwood, MB
North 4 Miles on Hwy 17 Then
3 Miles West on Road 106
Contact # (204) 206-0334
Tractors & Crawler * CAT
941 FEL Crawler * 12
Farmall 95 * Kubota M-110
MFWA * Case 2590 * Int
684 * INT 1066 Cab 3PH *
M. M Jet Star 3 * Ford 8N
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AUCTION SALE

For Ken & Jane Price
Government Road Allowance, Moosehorn, MB
Saturday, May 27, 2017 at 11:00 a.m.

Sale site: From Hwy #6 & Moosehorn Hotel - turn east and follow curve (turns into Gov't Rd Allowance). Follow road North approx. 1/2 mi. (Watch for signs)

Included in the sale: JD R70 & JD 110 Riding lawnmowers; Landmark 18 hp, 46" cut riding mower w/bagger; 1977 Honda CB750, customized; 1977 Honda CB750 for parts; 1980 Laredo Jeep w/8000 lb winch, safetied; Homemade 4 w/d Tractor w/bucket & forks; 1991 Phazer 11 Snowmobile, 18000 mi; Snowmobile trailer; Mobile homemade wood splitter-saw mandrel, air compressor w/289 Ford motor mounted on truck frame; RG Drink cooler, can dispenser; Numerous shop tools and equipment (including car parts) from Ken's Garage days. Generator; Tire changer; Sand blaster; Various styles Jacks incl hyd; Testers; Welder

For full list go to: www.globalauctionguide.com

Sale conducted by: **Bergner Auction Service Lorne (Buddy) Bergner, Auctioneer**
Box 721, Ashern, MB, R0C 0E0 Ph: (204) 768-2669/ Fax: (204) 768-3237

All sales are Terms: Cash/Cheque. We do not handle Interac/Credit Cards
Neither the Owner nor Auctioneer is responsible for errors in description or condition. Sale listing is subject to additions or deletions and any comments made the day of the sale with respect to sale items takes precedence over previously reported listing. We are not responsible for accidents. Items are sold "AS IS - WHERE IS"

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Announcements

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MISCELLANEOUS

Parts & full trailer repair, trailer safeties & Autopac trailer repair. Sales, leasing & financing of flat-deck, dumpbox, cargo, gooseneck & utility trailers & truck beds. Kaldeck Truck & Trailer, Hwy #1 MacGregor, Mb. 1-888-685-3127.

HEALTH

Are you suffering from joint or arthritic pain? If so, you owe it to yourself to try elk velvet antler capsules. Hundreds have found relief. Benefits humans and pets. EVA is composed of proteins, amino acids, minerals, lipids and water. Key compounds that work to stimulate red blood cell production & cartilage cell regeneration & development. Stonewall Elk Products Ltd., 204-467-8428 or e-mail stonewalldk@hotmail.com

Canada Benefit Group - Attention Manitoba residents: Do you or someone you know suffer from a disability? Get up to \$40,000 from the Canadian Government. Toll-free 1-888-511-2250 or www.canadabenefit.ca/free-assessment

UPCOMING EVENTS

Telus Manitoba Motorcycle Ride for Dad. Fighting Prostate Cancer Saturday, May 27 10 a.m. Official start Polo Park Shopping Centre. Register online: ridefordad.ca/manitoba

CLASS 1A & 3A TRUCK DRIVERS REQUIRED to operate semi vacs and straight vacs in SE Sask. Full or part time positions available. Wages based on experience. Resume's and work references to:

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Email: competition@sasktel.net
Office: 306-482-3558
Fax: 306-482-3574
Charlie: 306-482-7897
Greg: 306-485-7833

LIVESTOCK

Hereford bulls for sale. Several yearlings. Moderate birth weights. Easy flushing. Semen tested & delivered. Ph Bob at 204-372-6515 or 204-280-0334.

FARM PRODUCE

Potatoes - Red, Russet, Yellow; bird seed & deer feed; seed potatoes. Ph Interlake Potato Farm, 204-886-2676.

FARM MACHINERY

3 used Ritchie water fountains; 2000 bushel grain bin; 5' 3 pth finishing mower; 6 - 12' metal gates; round bale feeders. Ph 204-322-5614.

1981 IH 886, cab, dual remotes, 550/1000 PTO, near new 18.4x34 tires, 5330 original hours, nice unit. \$12,500 obo. Ph 204-278-3392.

ANNOUNCEMENTS

ENGAGEMENT



Jasmine Heesaker and Curtis Finnson

Tracey and David Finnson along with Kathy and Mike Heesaker are pleased to announce the engagement and upcoming July wedding of their children, Curtis and Jasmine. Please join in the celebration of their marriage at their Community Bridal Shower on Sunday, May 28th, 2017 at 2:00 p.m. at the Arborg Royal Canadian Legion. Registered at Arborg Home Hardware, The Bay, and Bed Bath & Beyond. Donations at the Arborg Interlake Coop. Unwrapped gifts please. Social Evening on Saturday, June 10th, 2017 at 8:00 p.m. at the Arborg Community Hall

ANNOUNCEMENTS

ENGAGEMENT



Bottrell - Zeiler

Parents Greg and Marianne Bottrell, along with Grant and Sharon Zeiler are pleased to announce the upcoming wedding of their children Jamie Bottrell and Matthew Zeiler on August 26, 2017. A shower will be held at the Arborg District Multicultural Heritage Village Hall on May 27, 2017 at 2 p.m. The couple is registered at Bed, Bath & Beyond and Arborg Home Hardware. Unwrapped gifts please

ANNOUNCEMENTS

IN MEMORIAM



Ronald Lorne Floyd
June 7, 1969 - May 19, 2016

One year has passed since that sad day,
When one we loved was called away;
God took him home; it was His will;
Within our hearts, he liveth still.
"Always in our hearts"

-Love, Dad, Mom,
Stewart, Charla, Braeden, Kylie, Kalan

LAND FOR SALE NE4-22-1E

Ernest Surminski, executor of the Estate of Brian Surminski, will consider offers to purchase and invites tenders related to NE4-22-1E. 160 acres of property suitable for pasture or agriculture purposes, including natural spring well and approx. 5 acres of bush. Your offer must be received in writing at 43 John Duncan Dr. Winnipeg, MB R2C 5E6 by no later than 5:00 p.m. on June 9, 2017, addressed to Ernest Surminski. The highest or any offer will not necessarily be accepted. Once an offer is received, it may not be withdrawn, varied, retracted or countermanded. All offers must be signed and dated. Immediate possession or as may be mutually agreed upon. You will be contacted if your offer is accepted.

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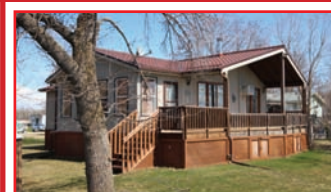
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> MEAL IDEAS

Crab Critter



1 apple
1 mini marshmallow
Cut apple in half lengthwise and remove stem. Remove core from one apple half.
Slice apple half without core into 8 wedges to serve as critter's legs.
Set aside second apple half, which will serve as critter's body.
Take two legs and make simple zig-zag cuts into flesh to create "claw-like" shape.
On a plate, arrange critter's legs, fanning them out, then place claws in front of legs and reserved apple half on top for the head.
Cut mini marshmallow in half.
Goosey side of each will easily stick to critter's head to serve as eyes.

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Little Mouse

1 pear
1 slice orange rind
1 marshmallow
1 grape
2 toothpicks
Cut pear in half lengthwise. On plate, lay pear cut-side down.
Using peeler, slice 3 inches of rind from orange. Trim sides to result in long, thin rectangle. Coil length of rind around finger and hold to set shape.
Cut one slice from end of marshmallow then cut that round in half to create two half-moon shapes. Goosey edge of each half-moon will stick to top of pear half to serve as critter's ears.
Break toothpick in half and place picks in location for critter's eyes, leaving about 1/4 inch sticking out from fruit.
Slice ends off of one grape and place domes over toothpicks to serve as eyes.
Using toothpick, make hole in back end of critter to place tail. Stick end of coiled orange rind into hole using toothpick to wedge rind into fruit.
Reshape coil, as needed.
Note: Remember to remove toothpicks before nibbling.

Spinach and Artichoke Hummus Pull Apart Bread



Recipe courtesy of PoetInThePantry.com
Nonstick spray
2 tubes (8 ounces each) crescent rolls
1 container (10 ounces) Spinach and Artichoke Hummus
1 can (14 ounces) quartered

artichoke hearts, drained
12 cups fresh baby spinach leaves
1 cup shredded cheese blend
Heat oven to 350 F. Spray 9-by-5 loaf pan with nonstick spray and set aside.
Lightly spray work surface and carefully unroll 1 tube crescent rolls, so it stays as close as possible to one piece. Pinch seams.
Spread half the hummus over entire surface. Sprinkle with half the artichoke hearts, spinach leaves and cheese blend.
Cut into 8 squares. Prop loaf pan up to vertical then stack 4 squares and place them in loaf pan. Stack remaining 4 squares and place them on top of squares already in pan.
Repeat with remaining ingredients.
Bake on center rack 55-60 minutes, or until browned on top and cooked through, rotating pan halfway through bake time.
Place plate over top of pan, invert, then carefully flip over to invert bread. Serve as-is to pull apart, or slice for easier eating.

Communication: Making or Breaking the Relationship



Good communication between couples can be a challenge at the best of times, but becomes even more difficult when there is a hot issue. Often couples do not have a healthy process for airing disagreements.

If a partner brings up an issue about which there is some dissatisfaction, there are several scenarios that may unfold. The recipient may simply ignore the message. Naturally this creates frustration, and the issue goes unresolved. Now there is resentment added to the mix.

The recipient may launch an attack on the sender, ignoring the initial message, and getting on his or her own soapbox. This strategy could be called "ignore and deflect," and is almost guaranteed to result in a fight-likely a replay of a fight the couple has had many times before.

Finally, with or without responding, the recipient may distance from the sender, perhaps even giving the "cold shoulder" for hours or days.

Naturally, none of these responses makes for healthy communication, or builds any trust or intimacy in the relationship. Actually, they prevent the relationship from moving forward, and can, over time, undermine the relationship altogether.

To keep it healthy, couples must first allow for differences, not taking their expression personally, or as criticism. Of course, it helps if the sender frames the message in a positive way. Next, they need to define the problem or request, for example, "wife wants more time with husband" (as opposed to, "all you care about is work/golf/your friends"). Finally, they need to work together to come up with a solution.

Communication is a powerful tool, and we need to assess whether our communication style makes things better, or worse.

Gwen Randall-Young is an author and award-winning Psychotherapist. For permission to reprint this article, or to obtain books, cds or MP3's, visit www.gwen.ca. Follow Gwen on Facebook for daily inspiration.

Twice Baked Potato Jackets



Recipe courtesy of Smithbites.com
8 small Yukon Gold potatoes
1 cup Classic Hummus
salt, to taste
pepper, to taste
extra-virgin olive oil, for drizzling
2 tablespoons chopped rosemary
Heat oven to 425 F.
Scrub potatoes and poke with fork 2-3 times to allow steam to escape

while baking.

Place whole potatoes on rimmed sheet pan and bake approximately 25-30 minutes, or until potatoes are soft; cool 10 minutes.

Carefully slice potatoes in half lengthwise; scoop out insides into bowl, leaving 1/4-inch ring of potato around edges.

Lightly mash potato chunks; add hummus and stir until combined. Season mixture with salt and pepper; taste and adjust, if necessary.

Using spoon, divide potato-hummus filling evenly between potato jackets. Drizzle with olive oil and broil 5-7 minutes, or until tops are golden and crispy; watch closely as they will burn quickly.

Remove from broiler and sprinkle with rosemary and pinch of salt. Serve immediately.

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