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# THE EXPRESS

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WEEKLY NEWS

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Celebratory cake

EXPRESS PHOTO BY PATRICIA BARRETT

Gimli Art Club members and the public enjoyed cake in honour of the club's 50th anniversary last Saturday. From left: Marja Ranson, Rosemary Hess, Louise Ball, Rick Ball, Lorraine Bohn, club secretary Olive Hnatiuk, Coun. Peter Holfeuer and club president Suzanne Barrow.

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# Gimli Art Club celebrates 50 years; renovations to the building

By Patricia Barrett

The Gimli Art Club is celebrating its 50th anniversary this year and is in the process of making upgrades to the building.

Club members organized a party last Saturday for the public. Club secretary Olive Hnatiuk said they had planned on erecting a big tent outside, where the artists would provide demonstrations, but high winds and chilly temperatures forced them indoors. That, however, did not put a damper on the festivities. Dozens of visitors made their way through the club and were offered a slice of colourful anniversary cake.

Self-taught painter Lorraine Bohn has been with the club for over 25 years. Her works include watercolours, acrylics and mixed medium. She takes part in the Interlake Wave Studio Tour, where visitors are invited to an artist's workshop to learn more about technique and what inspires them.

The club is well known for its harbour wall murals, which depict the Interlake and Gimli's history and seminal events. The six-foot high, 977-foot long concrete barrier became a work of art after club artists began depicting stories in 1997. It now has about 72 murals.

Artists from across the region display and sell a diverse range of unique artwork at the club, including oil, acrylic and watercolour paintings, pottery, sketches, photographs, stained glass and jewelry. The club also mentors



A volunteer paints the east side of the building. The RM of Gimli provided funds for paint.

and critiques its members to encourage their development.

President Suzanne Barrow said the club recently received some grants to upgrade the building. Volunteers are currently in the process of painting the exterior. The RM of Gimli provided funds for the paint.

Like a true artist, Barrow made a distinction between various hues of red.

"It's a terracotta colour right now," said Barrow, who has painted prairie skies, landscapes, flowers, pet portraits and the northern lights and has a permanent display at the club. "You'll see the difference in colour. We're painting it burgundy."

It will be capped off with white trim,



EXPRESS PHOTOS BY PATRICIA BARRETT

Suzanne Barrow, with Gimli Coun. Peter Holfeuer, said the club is investing in new signage both at the club and on the highway.

white eavestroughs and shutters for the front windows.

"We've also got brand new signs coming soon. One will be on Highway 9 by Sobeys and another will be put

up here," said Barrow. "Everything is going to be spiffy."

Visit the club online at [www.gimliartclub.com](http://www.gimliartclub.com).

## Arborg's Multicultural Heritage Village to host Tractor Trek

By Patricia Barrett

Arborg's Multicultural Heritage Village is hosting its 1st Annual Tractor Trek in a few weeks that will see a convoy of tractors rolling through town and country and tractor games at the village.

The event is a fundraiser for the museum, which showcases pioneer life from across the Interlake as well as Indigenous culture.

Joe Stoyanowski is organizing the event and has planned the route.

"It's not like a parade with floats; it's just tractors going for a ride through town," he said. "There's a parade route I've chosen that goes through town, past all the senior residences, along the river then back to the Heritage Village."

The event is open to everyone with a 1970 or older tractor (no cabs). After the parade, there will be a tractor rodeo and other games. And like a car show, the tractors will line up so that

visitors can check them out.

"The drivers all pay an entry fee plus they're encouraged to raise sponsorships and put their sponsors' names on the tractors," said Stoyanowski. "There are prizes for the oldest tractor, the oldest restored, the oldest unrestored, best tractor restored, and a prize for those who come from the farthest distance."

People from Steinbach and the Morden-Winkler area are planning to attend the event, he said.

Tractor Trek is scheduled for Saturday, June 15 starting at 8 a.m. and will include breakfast and lunch for registered drivers. Awards get underway at 3:30. Sponsor pledges of \$20 or more are eligible for a tax deductible receipt.

For more information or to register, contact Joe at 204-641-1939 or visit [www.arborgheritagevillage.ca](http://www.arborgheritagevillage.ca) Tractor Trek. Registration is \$50 before June 1 and \$60 thereafter.



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# Moosehorn woman follows faith

By Evan Matthews

For some, planning concerts by 18 years old may seem like an ambitious feat.

For Anna Riddle, it's just God's way. "I started when I was 16," said Riddle, a Moosehorn resident who is originally from a small town called New Boston, Texas, located in Bowie County.

"I surrendered to mission work when I was 13. ... Music is a way of connecting and sharing a message," she said.

Riddle's father is the pastor at the Moosehorn Baptist Church.

Always very "mission minded," Riddle said her father — while still living in Texas — began praying about where God would want their family to spread the word.

"God led him to Moosehorn, and we moved up here in the beginning of 2016," she said.

"Moosehorn is so much different than where I grew up. It took a lot of adjusting."

Having grown up in Texas, she had

never experienced a First Nation reserve, nor was she aware of many of the socioeconomic challenges facing not only First Nation communities but rural communities in Canada as well.

"I started praying and asking God how he could use me here," said Riddle, who will sing at the event, too.

Whether a child is from a First Nation, or any other small, rural community, she puts on concerts and events so that people know they are wanted and loved.

"I've come across so many kids who are broken and hurting. ... No matter what the world tells them, I want them to know there are people who love them and care," said Riddle.

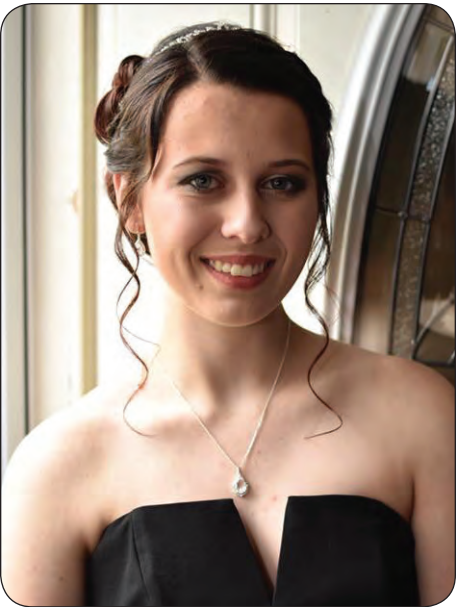
"So many have been turning to drugs and alcohol. This is a chance for people to hear the gospel. Many of

them would never walk through the church doors otherwise. This is a way to make a connection."

A musician herself, Riddle recognizes the role music can play in connecting with people. In combination with her skill set and God's commandment, Riddle put on her first concert last October.

"I paid for the first concert out of my savings account. I covered everything on my own," said Riddle, adding once

Continued on page 5



Anna Riddle



EXPRESS PHOTO SUBMITTED

The volunteer group from last year's event.

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# The road to economic prosperity; province to reconstruct PR 326

By Patricia Barrett

The reconstruction of a highway north of Arborg is set to usher in a new era of economic prosperity for both the Town of Arborg and the municipality of Bifrost-Riverton.

The provincial Conservatives announced funding for 19.7 kilometres of PR 326 after nearly two decades of local lobbying efforts failed to get the highway upgraded.

The road — including a gravelled stretch running east-west — will be ripped up, re-built and re-surfaced so that it can withstand maximum weight allowances or Road Transportation Association of Canada loading.

Business and municipal leaders were on hand May 14 at the Arborg Hall where Premier Brian Pallister personally delivered the news.

"This roadway is seeing rapidly growing local industries including machine works companies, agriculture and other businesses," said Pallister in a May 14 news release. "These highway upgrades will improve worker safety and help local businesses deliver their products to market, and remain competitive here and around the world."

Bifrost-Riverton Reeve Brian Johnson told the *Express* by phone that the highway is heavily used by trucks delivering raw materials to manufacturing companies in the area and transporting finished products south.

The reconstruction and paving will not only facilitate the current flurry of business activity but will also open up new opportunities for growth.

"The diversification we have is our strength and this is really going to

help the municipality," said Johnson. "We have to continue to grow and we have to maintain our tax base so that we can provide good services for our citizens."

There are two long-established businesses along the northern-most part of the road: Vidor Vertical Storage Solutions (also known as Vidor Machine) and Diemo Machine, he said. The catalyst for those machine shops lay in the pioneering efforts of Willy Dueck three decades ago when he started fixing area farmers' equipment and quickly sidelined into storage solutions for retailers.

Now a third machine shop, Romafa Metal Works, which manufactures stainless steel parts for John Deere tractors and seeders, has recently opened up along the highway.

In addition to manufacturing, Spruce Wood Loggers near the community of Rosenberg is a "huge multi-million-dollar operation" that makes lumber and wood chips and employs lots of people, said Johnson. And there's also a huge farming network with thousands of trucks moving grain commodities south and inputs such as fertilizer and fuel north.

Aside from a rough ride on the highway, provincial weight restrictions (65 per cent of a normal load) are put in place every spring, with a start and end date roughly between the first or second week of March and the third or fourth week of May, depending on weather conditions. Reduced loads make it costly for companies to operate. Because business doesn't stop when road restrictions take effect, trucks use gravelled municipal back



EXPRESS PHOTOS SUBMITTED

Premier Brian Pallister announced funding for 19.7 kilometres of PR 326 in front of approximately 200 people at the Arborg Community Hall last week.

roads, ripping them up in wet weather when they're soft.

"When restrictions are on, PR 326 cannot be used properly," said Johnson. "It has been very costly to our municipality in terms of our road structure. There are so many trucks using our roads that were designed for smaller vehicles. I think the municipality will reduce its costs tremendously once 326 is done."

The province first announced the PR 326 project on April 23 in a backgrounder and news release. A total of \$45 million for a number of infrastructure projects across the province has been set aside to celebrate Manitoba's

150th birthday in 2020.

Johnson said the cost for PR 326 alone won't be disclosed as it may jeopardize the competitive bidding process and "the government needs the best price for the project."

Construction is expected to start this summer, and the goal is have it completed before winter, barring any weather problems, Johnson said.

The government has yet to announce how the construction will affect traffic flow, but Johnson said the municipality will ensure its own roads are in "as good as possible shape" to facilitate travel to and from the north.

# Selkirk ER doctor earns national award

By Justin Luschinski

An emergency room physician based in Selkirk has won a national award for his work within the Interlake-Eastern Regional Health Authority (IERHA).

Dr. Kobus Du Preez received the Emergency Physician of the Year in the rural and small urban category during the Canadian Association of Emergency Physicians Annual Awards on May 10. Du Preez was competing with many doctors across Canada, and the awards "recognize excellence in specific areas within emergency medicine, including advocacy, education, research, and professional practice."

After news spread that he received this prestigious award, many residents took to Facebook to congratu-

late him and share stories.

Du Preez said he is surprised by the response.

"It's overwhelming to see the support from everyone. Working in ER, you only get to see people at their worst, in dire straits," he said. "You always work hard, and you never see that people recognize it. It makes you feel blessed. I love that I get to help people. I always say, 'I'm thankful for having a job where I don't have to look for people to help, they come to me.'"

While speaking to the *Express* last week, Du Preez was on-duty in the ER department at the Selkirk Regional Health Centre. He was quickly called away to attend to another matter during the interview.

Du Preez previously lived in South

Africa, working as a plastic surgeon, although he did work in emergency medicine on the side. He moved from South Africa straight to Selkirk in 1999 and started working for the IERHA around that time. He originally wanted to work as a family physician, but the hospital only had an ER position available at the time. He's been with the department ever since.

Du Preez was nominated by his colleague, Dr. Matter, who joined the IERHA around the same time he did. Once a week, Du Preez works with LifeFlight Air Ambulance services, flying to northern communities that might not have access to expert medical care.

Du Preez said he's only as good as



DR. KOBUS DU PREEZ

Continued on page 10



# Connecting rural youth with employment: Manitoba Youth Job Centres now open

By Patricia Barrett

It might be difficult to demonstrate previous employment experience if you're only 12 years old, but the Manitoba Youth Job Centres are giving youth a chance to acquire vital experience.

Operated by the Manitoba Government, the centres opened a few weeks ago in 40 rural locations across the province and offer free job placement services and employment counselling.

Kendra Sabourin is the Gimli MYJC coordinator and said a program called the Odd Job Squad is tailored to 12-16 year olds.

"I put on events the whole summer helping them gain work experience, learn customer service skills and how to handle cash so when they're 16, they have the skills for what is required," said Sabourin, who completed her second year of studies at the University of Manitoba.

Events such as hotdog sales, strawberry picking, painting windows for businesses for Canada Day and grass-cutting are some of the activities kids will be taking part in to learn how to

be responsible and earn money at the same time.

"Employers ask for experience. We help the kids learn some common work skills so when they get older they're prepared," said Sabourin. "That's why this program is great because if you're 12 you may not know exactly what customer service looks like," said Sabourin.

Homeowners can contact the centre or fill out a form requesting a particular job, and Sabourin will find a youth.

Although she's only been in the position for a few weeks, Sabourin said the best part is the opportunity to connect kids in the community with employment.

"Nowadays, I feel it's really hard to get a job. These kids will have more of a challenge in four-to-five years when they're 16 than when I was 16."

Sabourin also works with older youth aged 16-29, matching their skills with available jobs and providing advice on career development and resume creation.

"We help with resume tips and even creating resumes, cover letters and interview tips, what to wear, how to

prepare, how to act – everything that a 16 year old might not know," said Sabourin. "We're also in contact with employers to see what jobs are open and what they require."

Youth can fill out a form listing their experiences and where they've worked. Sabourin then compares that to job orders the centre has taken and tries to find the best match.

"We will refer them, but it doesn't mean they're going to get the job or that they'll accept the job," she said. "It's just a way of helping store owners and youth connect."

Sabourin will also counsel youth on how to navigate a job interview, providing tips on appearance, posture, eye contact, how they're qualified for the job and what they can offer the employer.

"A lot of youth don't know all that. You learn as you get older. When you're 15 or 16 and you're just starting out, you don't know what's important in an interview."

In the upcoming weeks, Sabourin will be visiting Gimli High School and Winnipeg Beach School to let students know about the program. Youth



Kendra Sabourin

under 16 will need their parents to sign a form authorizing them to work.

The MYJC Gimli office covers Gimli, Sandy Hook and Winnipeg Beach. The office is open until Aug. 16. Sabourin's office hours are Monday to Friday, 8:30-1:00 and 2:00-4:30.

The office is located on the second floor of the municipal building. For more information, call (204) 641-1659 or email gimlimyjc@gov.mb.ca

## Lundar Youth Job Centre open



Thomas James-Davies

By Evan Matthews

The Lundar Youth Job Centre officially opened its doors last week and according to Youth Engagement Leader Thomas James-Davies is ready to get our youth working.

The centre is once again being run out of the R.M. of Coldwell building.

The centre provides employment referrals for casual, part-time and full-time work for employers ranging from business to homeowners, according to James-Davies.

The centre also offers programs like the Odd Job Squad, and the First Job Certificate Program to provide experience and skills to first time job seek-

ers, he said.

The Job Centre provides help and training for (acquired) skills, which help a person find a job. Things like cover letters, resumes, and job search techniques.

"Finding summer jobs for youth can be a difficult task, and we are a service to help assist them," said James-Davies.

The Lundar community has been receptive to the Manitoba Youth Job Centre and he said he hopes 2019 will be much of the same.

Students can expect presentations in the near future and can expect to see posters hung up around town.

Other centres have opened up around the Interlake as well with a full list being available at [https://www.gov.mb.ca/cyo/youth/services/myjc\\_locations](https://www.gov.mb.ca/cyo/youth/services/myjc_locations).

## > FAITH, FROM PG. 3

she accomplished her goal, the Manitoba Baptist Association reimbursed her the full \$3,500 it cost her.

"While I was saving for university, that was stressful, obviously, but rather than save the money ... God told me to do this, and I had to have faith that he would provide," she said.

Now, Riddle has shifted her focus to the next event.

In an effort to make a connection with her desired demographic, Riddle has recruited artists who appeal to her desired demographic.

"Fresh IE grew up on a reserve. He knows what life can be like out here. He's coming in June to bridge a gap with some of our communities' kids," said Riddle.

"At the same time, I don't want people to see this as me pushing faith on them. I'm stepping out in what I believe. The artists put on a show and you can see their faith, but they don't shove it down anyone's throat."

In addition to Fresh IE, Riddle says Sky Terminal, Jeff Cato, Lindsey Minaker, and Ezekiel will all play the event, along with guest speakers Anthony Janicas and Ryan Rempel from Give The Word.

General admission tickets — if purchased in advance — are \$10, or \$15 at the door.

Tickets are available by emailing [graceproductions01@gmail.com](mailto:graceproductions01@gmail.com) or by visiting [eventbrite.com](http://eventbrite.com).

The event takes place on June 8, at the Ashern Centennial Hall.

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## Keep the holiday; change the meaning

By Evan Matthews

May 24 is Victoria Day.

But what are we celebrating?

Victoria Day in Canada originally marked Queen Victoria's birthday but now also marks the birthday of Queen Elizabeth II.

Queen Victoria was born in May 1819 and died in 1901. Queen Elizabeth II was born in (April) 1926 and, of course, is still alive today at 93 years.

The holiday also marks the celebration of Canada's sovereignty and the beginning of summer.

But here's the thing: Canada signed the Canada Constitution Act in April of 1982. Even going back to the British North America Act, it was signed in 1867 and didn't fully grant Canada its sovereignty.

So, May is the wrong month.

The other issue with this holiday is that Canadians are celebrating the birthday of monarchs — figureheads — we no longer have attachment to.

We, as Canadians, have celebrated this holiday for over 150 years, but our country has changed drastically over that time.

Though we're a young nation, we've started to develop our own culture: one of multiculturalism, immigration, co-operation and acceptance.

Most of our ties to the British Monarchy do not necessarily reflect those values — quite the opposite, in fact.

The more commonly words or values associated with the British Monarchy in Canada are power, control, dominance and colonialism.

Every nation has an origin story, and very few origin stories are made up of sunshine and rainbows. Those, too, were different times, and normalcy then would not pass for normal now.

But some of our nations' most troubling realities today are very closely tied to those beginnings.

The most prominent, likely, is the country's relations with its First Nations and Indigenous peoples.

Our country's relationships with First Nations are, to this day, fractured, tense (at times), and misunderstood. During colonial times, the Brits sought nothing more but than to eradicate most areas of First Nations, taking relevant technology and teachings they found to be useful, and then they would move on.

Look no further than the Mi'kmaq people of Nova Scotia, as an example, with bounties awarded for any scalp belonging to a Mi'kmaq person.

Of course, the country graduated to far more humane practices, like the sexual misconduct and abuse within residential schools (the last of which closed not so long ago, in 1996).

Note the sarcasm.

Canada's relationship with First Nations is just one example of what Brit-

ish rule looked like, and we celebrate the monarchy that instilled those values with camping and fireworks annually.

Is it right?

We, as a society need the holiday; there is no question about that.

We should celebrate the start of summer.

We should celebrate the values we now hold as a country and as a collective people.

But maybe it's time we look at re-defining some of our old, archaic ideas by leaving them in the textbooks (where they belong) and re-naming some of our current celebrations to more appropriate, more accurate, names.

We should acknowledge where we came from in order to get to where we are today, but we must be careful in how and what we choose to celebrate.

Manitoba became a province in May of 1870. Could we rename the holiday provincially to Manitoba Day, while celebrating who we are now as Canadians and Manitobans? What better way to kick off summer?

What about when Canada went to the Olympics for the first time in May 1904? What about Olympic Day?

Point being, there are options.

Let's review them.

Evan Matthews' comments are his viewpoints and may not be the viewpoints of the newspaper.

## letter to the editor

### Provincial Road 326 ('Jacob's Line') up-grading questioned:

I read with interest the announcement made by Premier Pallister

that Jacob Line (PR 326) from Arborg to a point 2.4 kilometres east of PR

233 will be paved to RTAC loading standards and that these upgrades will be completed in 2020.

I want to say that I am pleased that there will be some road construc-

Continued on page 7

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## Big brother rewarded for little brother's prank

Greetings, fellow fishers.

With very few exceptions, during my many years of visiting anglers that offered fishing stories I could pass along to you, most have expressed how much they care for the conservation of our outdoors and wildlife.

Kara Bourgeois, a bright, jovial, enthusiastic young woman I met when she was shore fishing in the Icelandic River in the Interlake, had an experience that illustrates her feeling of responsibility toward wild birds.

One day, she was shore fishing in the Winnipeg River by Lac du Bonnet. She had baited her hook with smelts to attract jackfish and as she cast out a loon flew by snapping up her baited hook tearing her rod out of her hand, which went skipping over the water in tow. Kara sprang to her feet and commandeered a paddle boat from some kids close by. She pushed it into the water and took off in hot pursuit of the thieving loon. Her reason for giving chase was threefold. First, she was worried it would swallow her hook and be injured. Secondly, she didn't want to be responsible for hurting the symbol on our Canadian loonie. And, thirdly, she wanted her best rod back.

She could see the loon ahead of her. It would fly a short distance, the baited hook in its beak then land when the trailing rod dragged in the water.

There began a pattern. Kara would give chase, peddling furiously, her

legs complaining at the effort and when getting close, and the proud loon would fly off a short distance. After a number of these jaunts, apparently the loon didn't like the fishing gear attached to his stolen smelt and shook its beak wildly. Kara sat gaping disappointedly in the little boat as she witnessed her baited hook fly from the bird's beak and sink into the depths of the river, taking her rod with it.

Sometimes, though, our waters give back instead of taking.

Last week I met Brent Vince of Stonewall and his two sons Kirbi and Kevin fishing by Riverton. When I asked them if they caught anything, dad who proved to have a sense of humour, said, "Yeah, Kirbi caught a pickerel rig just now."

"What?" I inquired.

"Yeah," Brent exclaimed, "he decided to reel in and change from a lure with a minnow to a pickerel rig and landed a snagged pickerel rig that appeared to have broken off when its previous owner pulled too hard. Then to show Mother Nature also has a sense of humour, Kirbi tied that rig to his line, baited it and handed it to his brother while he went to get snacks in the car. As he reached for some chips on the back seat, he heard a squeal. Kevin was hauling up a pickerel high in the air with the new found rig."

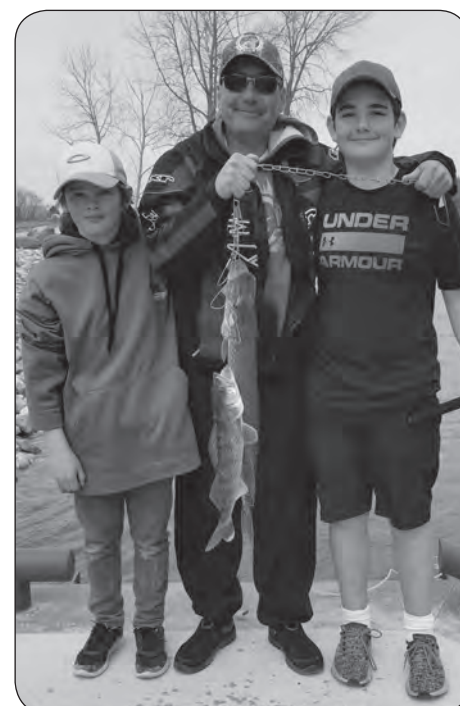
The blustery cold wind was no match for the many anglers trying their luck

off the Selkirk pier last weekend. The Red River was in turmoil with ripping currents and frothing whitecaps. Anglers sat in chairs using their vehicles as windbreaks. As I nosed my car up to the edge of the pier, I noticed a tall, thin chap and a lady beside him. I stepped out of my car and handed them my card, asking if they had an unusual fishing story for us.

"Well, I'm Ryan Ducharme and my friend is Amanda Worden. We're from Winnipeg and I do have a story from Winnipeg when I was fishing on the Assiniboine River in St. James," he replied.

"I was riverbank fishing off the wet, muddy shallows with quite a few people close by. I had cast out and the guy next to me did, likewise crossing my line. I reeled in fast to avoid getting snagged with him. Perturbed, I gave him a 'oh well' glance and sent my baited hook out again with an over-the-shoulder quick snap.

"My annoying neighbour mistimed his next cast and sent his baited hook into a bush behind us. He began pulling and jerking his rod viciously with both hands shaking the tree as though it was in a hurricane. Everyone scattered. In time, he freed his hook and followed I and others casting out afresh only to cross my line again, this time firmly snagging me. I was a bit upset as we reeled in our lines and began untangling. Ankle deep in the



EXPRESS PHOTO BY ARNIE WEIDL

From left to right: Kirbi, Brent and Kevin Vince with some of their catch by Riverton.

sloppy mud, I happened to bump him, causing him to back into the water.

"Hey, grab my hand," he yelled. I extended my hand, which was wet and muddy. We lost our grip and he tripped backwards falling to a sitting position in a foot of water.

"So sorry," I said, with a surprised grin."

See you next week, friends. Bye now.

### > LETTER, FROM PG. 6

tion in this area of the constituency as nothing has happened in the last three years.

The mayor of Arborg has stated that as part of the "businesses north of Arborg have been lobbying 20 years for this road to be paved."

He has indicated that "thousands of truckloads travel this road each year."

This announcement appears to favour his business while at the same time sending these large semi-trucks through the town of Arborg.

What has not been said is that Jacob Line is currently paved from Arborg to PR 329. It was paved many years ago to the then-standards that could handle much smaller truck loadings

during restrictions. For this road to now be upgraded to an RTAC standard, it should require a total rebuilding (new base) at a substantial cost. For a government that prides itself as being cost effective, it doesn't make sense to have chosen this route.

Over the years, there have been many meetings with provincial officials regarding options that could meet the requests of the businesses in the Okno and Vidir area.

Several options were discussed that could handle the large loaded trucks to keep them out of the dust. One option was to upgrade Jacob line North of PR 329 to PR 233 and then RTAC this portion and PR 329 to Riverton.

The second option discussed was to

RTAC PR 233 from PTH 68 north to PR 326 and east on PR 326 to where it turns south.

Why were these options rejected?

Our MLA Derek Johnson is a member of the provincial government Treasury Board, which is tasked with the job of assessing appropriateness and value in government spending.

Why were these other options not considered when departmental officials had raised them previously as being more cost effective and also would serve the broader business community of that area?

One other question that has not been addressed: Safety for the citizens of Arborg has been left out.

The mayor has mentioned, and I

quote, "there will be thousands of trucks using this road." Are Arborg residents in favour of having this traffic travelling through their community? Have they been consulted about this?

In reading the mayor's interview on May 2, I was left with the impression that there was little or no road upgrades during the last 20 years. In 1999, Arborg was not connected to the rest of the province by any RTAC highway.

Is this announcement made now because an election call is soon to happen?

- Bill Uruski

Former MLA of the Interlake

# Pickleball brings Arborg community together

By Evan Matthews

There are very few sports that can bring people from ages eight to 78 together, but pickleball is one of them.

Arborg resident and municipal councillor Ron Rogowsky said the sport is taking off in his town.

"Exercise is a huge part of staying healthy. ... Since starting pickleball, I've lost close to 50 pounds," said Rogowsky, one of many pickleball organizers. Rogowsky gives a lot of credit to other local organizers, including Kyle and Bryan Foster, David King, Roland Sutyla, Dennis Kaprawy and Noel Rogowsky.

"It's part of my lifestyle now. Playing pickleball is exercise, but it's also fun and stimulating. When you get a group of people together who enjoy it ... it makes it all the more fun."

Pickleball is a paddle sport created for all ages and skill levels, comparable to tennis or badminton, according to Pickleball Canada. The rules are simple and the game is easy for beginners to learn, according to the website, but the game can develop into a quick, fast-paced, competitive game for experienced players.

The sport "is what you make it," according to Rogowsky, saying a 75-year-old can come out for some exercise and socializing or it can be more competitive for those a little bit younger.

They've had ages eight to players in their 70s, he added.

"You play as hard as you want to," said Rogowsky.

"The support is catching on. It started more as an age-friendly sport, but very few people come out and decide not to come back."

Pickleball started to "become a thing" in Arborg about two years ago, according to Rogowsky, as the Arborg



EXPRESS PHOTO SUBMITTED

Pickleball is open to all ages in Arborg on Mondays, Tuesday and Thursdays.

Recreation Commission started off with two nets and some paddles, periodically playing at both the arena and at the high school.

But the game started to grow organically.

Foster Farms, according to Rogowsky, is quite the operation in the agricultural retail industry. Once learning of the game, Kyle Foster put up a court in his shop in order to get some of the employees active during lunch breaks.

"Throughout the year, we had about 42 different people who came to play in the shop," said Rogowsky.

"Eventually ... we decided to take the ice out of the curling rink (in the summer) and utilize it for pickleball."

The curling rink now has five courts installed, according to Rogowsky, and the group has even offered introductory courses — free of charge — for people who want to learn the game.

As people have progressed in their relationship with the game, many are now entering into out of town tournaments, according to Rogowsky.

So far, the group has encountered 80 people this summer through the curl-

ing rink. However, the group is made up of 46 consistent members. Memberships cost \$60 for the year or \$5 for a drop-in fee.

"We've even been getting a lot of interest from neighbouring municipalities. ... There are empty curling rinks. Pickleball is a really good use," said Rogowsky.

"We want it to be a social club as well. ... We're trying to build community. It's another thing for this town to enjoy."

The group gathers on Mondays, Tuesdays and Thursdays from 7 to 9 p.m., with an additional drop-in on Wednesdays at 2 p.m.

More information can be found at the Arborg Pickleball Club Facebook page.

**"YOU PLAY AS  
HARD AS YOU  
WANT TO."**

## Province announces \$10 million towards provincial parks

### Wharton welcomes upgrades to Winnipeg Beach Provincial Park

Staff

As part of the provincial governments 2019 budget, the Progressive Conservatives are investing nearly \$10 million for capital projects for Manitoba's provincial parks.

Jeff Wharton, MLA for Gimli, is welcoming the announcement that the Government of Manitoba is investing

in capital projects in our provincial park system, including in the Gimli constituency.

"Our Progressive Conservative government is proud to be investing in our provincial parks as part of our Manitoba Climate and Green Plan," said Wharton. "Manitoba parks are popular travel destinations that will

be protected and enhanced thanks to these major upgrades."

This financial investment supports the nature pillar of the Manitoba Climate and Green Plan. In the Gimli constituency, this includes an investment of up to \$325,000 for to Winnipeg Beach Provincial Park, including the installation of new pedestrian scale lighting along the Winnipeg Beach Seawall Promenade to improve the esthetics and extend the hours of usage for both residents and visitors.

Some of the other projects include

improving the campground offices in Asessippi and Spruce Woods provincial parks, as well as dredging the boat channel at Falcon Lake and upgrading the washrooms at various other parks, including Grand Beach Provincial Park.

The latest news on Manitoba's provincial parks, including activities and events hosted throughout the province, is now available online at [www.manitobaparks.com](http://www.manitobaparks.com).



# Destruction of osprey nest has residents calling for artificial platform

By Patricia Barrett

A pair of osprey that had been nesting on a hydro pole in the RM of Bifrost-Riverton will have to find a new home after Manitoba Hydro got permission from the province to dismantle it.

Brenda, a seasonal Valhalla Beach resident who doesn't want her last name used, said the protected bird species had been nesting for "many years" on a pole at the junction of Colonization Road and Boundary Road, located between Valhalla Beach and Silver Harbour.

And people from both communities loved to stop by and watch them.

"The huge nest was quite a sight, and it was neat to see the pair nesting and rearing their young. In previous years, by June, we would see the young osprey sticking their downy heads up. It was a local point of interest. Unfortunately the pair are now nest-less," said Brenda.

Osprey are protected under Manitoba's Wildlife Act. It's illegal to destroy their nests or eggs unless authorized by license or permit.

Brenda said sometime in February or March, Manitoba Hydro removed the nest and installed "big metal Xs" on top of the pole to prevent the birds from rebuilding.

"Coming back from Gimli [a few weeks ago], we saw the poor osprey sitting forlornly on the pole. It was a terribly sad sight," she said. "There was a gentleman taking pictures of the sad birds. This man was very upset by the removal of the nest and said he was going to call Manitoba Hydro to complain."

Osprey are large fish-eating raptors that require strong stable trees in which to build their nests. In Manitoba, the highest densities have been found near Winnipegosis and Meadow Portage, but they can also be found along the Red River, Winnipeg and Selkirk, according to the Bird Atlas of Manitoba. They ideally prefer nesting near large bodies of water but will avoid areas — such as Hecla — if there are high concentrations of bald eagles.

Dr. Christian Artuso, Manitoba director for Bird Studies Canada, said Breeding Bird Survey data shows Manitoba's osprey population is "stable or moderately increasing" after rebounding from the era of DDT, a persistent organochlorine pesticide that was "compromising eggshell thickness leading to reproductive failure."

The birds had also fallen victim to poisoning and reproductive problems caused by mercury found in artificially created lakes and reservoirs, he said. The heavy metal gets "bio-accumulated or biomagnified up the food web such that top predators, including osprey, can be exposed to high mercury levels."

"Other problems include the birds getting caught up in discarded fishing line and ghost nets [abandoned nets floating in the lake] and either being in-



EXPRESS PHOTO SUBMITTED

A pair of osprey living in the Valhalla Beach-Silver Harbour area were photographed last year by residents. Manitoba Hydro, with permission from the province, removed the osprey's nest this year.

jured or drowning, perhaps especially young birds," he said. "Ospreys are fairly tolerant to minor development activities in their habitat and can even utilize urban areas close to an appropriate water body. Sometimes, though, the loss of trees or suitable nesting substrate can have an impact."

Where chemicals didn't kill the osprey and other raptors, humans did in a variety of ways, including shooting, trapping and poisoning them, said Artuso in reference to how they became a protected species in Manitoba.

Despite that, he said the birds are still shot in parts of their wintering grounds. And because they are fish-eaters, they are viewed as "competition." But ospreys play an important role in the aquatic food web, and their health relies on an inter-connectivity within the ecosystem and with fundamental ecosystems processes.

Artuso said we humans can help protect the birds by ensuring fishing lines and nets aren't discarded, learning about threats to aquatic habitats (pollutants, contaminants and run-off), getting involved in local citizen science and conservation initiatives and recognizing that osprey — and all animals — are "not competing for our resources but rather reacting to their environment for survival."

"Allow them their space," said Artuso. "Yes, it is their space."

Manitoba Hydro has installed artificial nesting platforms along Lake Winnipeg in towns such as

Gimli, Winnipeg Beach, Albert Beach and Victoria Beach, said Brenda, but the utility did not install a platform in Valhalla Beach.

"During breeding season, nests cannot be touched or moved. Outside of that season, Hydro crews are allowed to relocate a nest from a hydro pole and place it on a dummy pole in hopes the bird will move to that platform," she said. "This was not done in this case — the nest was removed."

Because osprey have long, narrow wings, they cannot easily make tight turns and need a large open area around their nests to be able to land on it, said Brenda. And the tops of dead trees cannot support the weight of a huge nest in the long-term. Poles provide a measure of protection from "nest robbers" such as raccoons.

Manitoba Hydro media relations officer Bruce Owen said the utility worked with the provincial department of Sustainable Development to remove the nest, citing concerns about its potential to start a fire. It was resting on live power lines on a 12-kilovolt pole.

"Loss of the pole would also cause an extended outage to approximately 1,220 customers," said Owen.

He said Hydro has installed nesting platforms for osprey in other areas of the province where there is not a lot of "mature natural vegetation," but Valhalla has adequate cover.

"We are now testing a new osprey deterrent program in an attempt to direct the birds to nest in nearby natural cover — the area around Colonization Road has lots of trees and natural cover — where they are safer than nesting on a top of a pole and raising their young near energized high-voltage lines," said Owen. "In this particular location, in consultation with Sustainable Development, we felt that removing the nest and re-directing the birds to nest in a natural habitat is the best option for their safety."

Sustainable Development said the nest posed a "significant risk" of fire or injury to the birds and it gave Hydro permission to destroy it.

"Manitoba Hydro contacted the province and were given approval to remove the nest prior to the birds returning this spring," said a departmental spokesperson. "Manitoba Hydro does have a program to install nesting platforms near popular nesting sites and have had success relocating nests to those platforms."

The spokesperson did not say whether the department will help the osprey.

Area residents have started a petition to encourage Hydro to install an artificial nesting platform in the neighbourhood so that the birds can continue to "live in our community." For more information, visit [bit.ly/SilverHarbourOsprey](http://bit.ly/SilverHarbourOsprey).

## RM of Grahamdale presents 2019 financial plan

Staff

The RM of Grahamdale presented its 2019 financial plan at a public hearing on April 24.

Property owners can expect to see a minimal increase in their taxes from the special school levy, according to the 2019 financial plan.

For a residence with a total assessment of \$100,000, the total 2019 taxes will be \$1,752.97, an increase of \$5.44 from 2018.

The RM does have some land assessed as farmland. For farmland assessed at \$50,000, the total 2019 taxes will be \$506.41, an increase of \$1.57.

The RM will also see an increase in taxes to cottage owners, as a cottage with an assessment of \$250,000 will see a total 2019 tax of \$4,382.43, an increase of \$13.60 from 2018.

The RM of Grahamdale's 2019 capital projects include \$15,000 to switch to paperless meetings,

\$8,300 in asset management, \$30,000 for property management, \$200,000 for an office addition, \$45,000 for a Tac Truck, \$210,000 for road construction and \$240,000 for drainage.

The municipality will use \$990,000 in reserve funding for the capital projects and purchases but will not borrow any monetary amount in loans.



# President of Iceland Gudni Johannesson visits Gimli and Riverton

By Patricia Barrett

Iceland's president Gudni Thorlacius Johannesson spent last Saturday in Gimli and Riverton after attending the 100th Annual Convention of the Icelandic National League of North America in Winnipeg.

The president spoke warmly of his reception in the Interlake and the Icelandic descendants' strong sense of identity.

"It's so valuable — and an honour for a person in my position as president of Iceland — to visit Gimli to sense the strong connection between the people of Gimli, the people of New Iceland and how they value and cherish their cultural heritage," Johannesson told the *Express* during a stop at the New Iceland Heritage Museum. "We've been so well received here. Everybody is so friendly and I couldn't ask for more."

About 30 people attended a luncheon and a meet and greet with the president and his Canadian-born wife, first lady Eliza Reid, in the museum's theatre. Gimli Coun. Peter

Holfeuer stopped by to welcome the president as did Westshore Community Foundation director Tim Arnason and artist Helma Rogge Rehders.

The Consul General of Iceland, Thordur Bjarni Gudjonsson, led the president's tour through Gimli, but the museum's executive director Julianna Roberts was host for part of it.

"The president went to Wil-low Island to the Rock and was told the story of the birth of the first Icelandic child [in 1875]," said Roberts. "And we went to Betel [care home] and he met some of the residents there and some of the ones that still speak Icelandic."

Roberts took the president on a tour of the museum, which preserves and commemorates Icelandic culture and settlers' experience in the Interlake.

After the meet and greet, Johannesson visited the Viking statue then headed to Riverton.

Johannesson was appointed president in 2016 for a four-year term. Iceland's Prime Minister Katrin Jacobsdottir visited Gimli last year during the Icelandic Festival.



**EXPRESS PHOTOS BY PATRICIA BARRETT**  
From left: Gimli Coun. Peter Holfeuer, first lady Eliza Reid, Iceland's president Gudni Johannesson and NIHM Executive Director Julianna Roberts.

## > AWARD, FROM PG. 4

the team behind him.

"I could not do this without all of the nurses, the staff, my colleagues, who help me. I'm only as good as they are, and without them, I would not succeed," Du Preez said. "I always say, we deal with a lot of crazy things in ER, and my focus has always been to listen to my patients. Having someone who listens and understands what your problem is, dealing with them in a kind manner, they feel like they're being helped."

Du Preez was competing with other physicians in his category area, which includes Saskatchewan, Alberta, Manitoba, the Northwest Territories and Nunavut.



Interlake artist Helma Rogge Rehders (right) with friends,



Westshore Community Foundation director Tim Arnason with family.

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**CO-OP**

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

6:30-7:30 Refreshments, Co-op Product Food sampling:  
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7:30 Annual General Meeting commences.

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# Kiwanis Tag Day raises over \$1,000 for Gimli Park Pavilion kitchen

By Patricia Barrett

The Kiwanis Club of Gimli & District raised \$1,184.15 last Saturday during its Tag Day event.

This year the money will go towards upgrades of the kitchen in the Gimli Park Pavilion, where community organizations, including Kiwanis, and individuals host events.

Tag Day is an annual event that raises money for a variety of causes and projects that benefit the community.

Kiwanians and their volunteers braved the chilly winds Saturday as they stood outside area businesses in Gimli accepting donations from the public.

Gimli Coun. Peter Holfeuer made a donation outside Sobeys, where Kiwanians Terry Sekhon, Susan Holfeuer and Lynn Hoplock "tagged" generous donors with a Kiwanis sticker after they contributed to the fundraiser.

"Here they are at Sobeys standing outside on a very cold brisk morning," said Holfeuer. "They're troopers. They do what's in their heart and that's giving back to the community and reaching out to the community."



A generous woman makes a donation and gets tagged.



EXPRESS PHOTOS BY PATRICIA BARRETT

From left: Kiwanians Susan Holfeuer, Terry Sekhon and Lynn Hoplock with Gimli Coun. Peter Holfeuer.

Holfeuer said Kiwanis is an important service group that provides fundraising support for local organizations and supports festivals and other events.

tions and supports festivals and other events.

## Inwood's Women's Institute gears up to celebrate a century of service

By Gabrielle Piché

The Inwood Women's Institute will celebrate its 100th anniversary on Saturday, June 1.

The event will happen at Inwood Memorial Hall, with registration from 9 to 10 a.m. The day will consist of speakers, entertainment and lunch catered by Rosie's Cafe. The celebration wraps up at 4 p.m. with cake from Blue Skies Pastry Shop.

Sophie Eskilson is an organizer of the event. She said she hopes the centennial party will attract members and people who haven't been part of the Women's Institute before.

Lorna Priestly, 79, has been a member of the Inwood Women's Institute since 1968.

"I think it's wonderful that we get to have an organization for 100 years," Priestly said.

The Inwood Women's Institute began in 1919 for farm wives to meet and socialize.

"At that time, women learned things like proper cleaning and the importance of having pasteurized milk for babies," Priestly said.

The topics of discussion have changed over the years, but one thing has stayed the same — the institute has donated to towns surrounding it throughout its history.

It's an organization that's for your community.

The Women's Institute donates to art festivals, schools, and building repairs after fires, among other things. They give a scholarship to a high school graduate every year.

People who want to attend the institute's 100th anniversary party should get a ticket before May 21, according to event organizers.

Tickets can be purchased for \$20 at Rosie's Cafe, Hwy. 17 service, or by calling Sophie Eskilson at 204-278-3204 or Valerie Watt at 204-278-3714.



Interlake

### Notice of Annual Meeting

**When:** Wednesday, May 29, 2019  
**Meeting:** 7:00pm

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

#### Agenda Items to include:

- Minutes from the 2018 Annual Meeting
- Audit/Financial Report
- FCL Delegate Report
- General Managers Report
- Board Report
- Appointment of Auditors for 2019
- Board Election

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"I THINK IT'S  
WONDERFUL THAT  
WE GET TO HAVE AN  
ORGANIZATION  
FOR 100 YEARS."



# Home & yard

## Growing strong, healthy tomato plants this summer

By Gabrielle Piché

It's almost time to bring your tomato plants outdoors, according to local West St. Paul farmer.

Mike Mailman fosters over 60 types of tomato plants and sells the fruit through his business, Mailman Pharms. Mailman kept his plants in Stonewall until recently, when he moved to West St. Paul for more space.

Planting season has already started for Mailman. In mid-March, he planted his tomato seeds and kept them indoors.

"It's common to start tomatoes anywhere from March 15 all the way through to April 15 indoors," Mailman said. "We have too short of a season here in Canada to start the seeds outside."

The best time to bring tomato plants outdoors is the first week of June. This way, the soil's temperature will be suitable for the plants.

Mailman is particular about his soil. It can make your tomato plant strong, or weaken it and leave it defenseless to pests.

"Worms are important," he said.

Sometimes, soil will have the nutrition a plant needs but not in a form that plants can intake. When worms eat decaying material like food scraps, they excrete nutrients that plants can consume.

Mailman buys worm castings, which he calls worm poop, to put in his soil.

"I believe every single household should have a worm bin," Mailman said.

A worm bin is what it sounds like—a large bin with red worms. People put compostable food in the bin, the worms eat the food, and they excrete worm castings.

"When you take those food scraps and put them into the worm bin, and the worms eat them, that creates gold," Mailman said.

The worm castings are put in Sea Soil. Sea Soil is made up of wood shreds left over from loggers in the West Coast and leftover fish carcasses from fisheries.

"Generally, the best, most nutritious way of feeding any type of plant is from the sea," Mailman said.

Tomato plants need six to eight hours of full sunlight per day. However, giving them some shade and protection from the wind is helpful.

Mulch is imperative. Mailman puts wood chips, or mulch, over his soil to



Tomato plants are kept indoors while the weather is cool.

protect the plants from sun and wind. That allows for the plant to absorb all of the moisture that comes in. When the rain falls, it doesn't wash away because it's like a sponge underneath.

When planting tomatoes outside, Mailman said you should work in the evening or the early morning. This prevents plants from drying out in the afternoon sun.

Regardless of where you're planting your tomatoes, you should thoroughly water the plants when you first transplant them.

Tomatoes grown in planters and raised beds, or grown in mixes with peat moss, should be watered daily. Peat moss holds more air than water.

When tomatoes are planted in the ground they don't need as much attention. Roots go much deeper to water sources that you might not believe are available.

After moving your plants outside and watering them well, the soil should be allowed to dry out. Tomato plants' roots will grow and search for water.

"It'll be a stronger, healthier plant because of it," Mailman said.

To fight off pests, Mailman buys praying mantis egg cases and puts them out in early June. When the praying mantises hatch, they eat tomato plant pests like aphids.

Ladybugs also help protect tomato plants against harmful bugs.

"Ladybugs are some of gardeners' best friends," Mailman said.

It's important to plant a variety of tomatoes in your garden because different types give different flavours.

Darker tomatoes give you a smoky taste, while yellow tomatoes will have more of a tropical or fruity flavour.

Mailman suggests planting Ukrainian purple or San Marzano tomatoes for gardeners who make their own tomato paste.



EXPRESS PHOTOS BY GABRIELLE PICHE

Mike Mailman plants several varieties of tomato plants at his greenhouse in West St. Paul.



Mailman built a greenhouse to protect his tomato plants.

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# Profiling the Interlake's art exhibits riding the WAVE

By Evan Matthews

Over the past few weeks, *The Express Weekly News* and *The Stonewall Teulon Tribune* have been profiling a number of Interlake's artists taking part in the WAVE Tour.

WAVE is a non-profit organization working toward promoting the Interlake's artists.

On June 8 and 9, and then again on Aug. 31 and Sept. 1, the WAVE Artists' Studio Tour is taking place in a variety of locations across the Interlake region.

On Friday, May 3, WAVE launched its brochure at First Friday's in Winnipeg's Exchange District. The brochure cites locations for each artist's studio. The brochure is available online at [www.watchthewave.ca/brochure](http://www.watchthewave.ca/brochure).

With the help of the brochure, guests are encouraged to plan their route visiting the studios. Most areas have a number of studios within a close proximity, so guests can maximize the number of studios and exhibits they take in.

Tours will run from 10 a.m. to 6 p.m. and guests are encouraged to watch for the blue and white WAVE signs and flags along the highways and within the towns.

This week's features showcase the work of Rosemary Miguez and Milli Flaig-Hooper.

## Rosemary Miguez (Dunnotar)

With her work primarily made from sand and gesso, Rosemary Miguez says her works contain elements from all over the world.

With sand from Utah, Spain, Brit-



Rosemary Miguez art contains elements from all over the world.

ish Columbia and right from home — Dunnotar but more specifically Whytewold — Miguez believes her work combines the history of the earth with a new element, which is her art.

Sand holds history. Sand comes from rock, and there are many peoples who believe rock holds the history of the earth.

"This sand has been walked on and worked down. What you have is a bit of history (in my art), history you may or may not know. What's hidden in that history?" she said.

When an individual takes home one of Miguez's works, she said they have an opportunity to put their own history into the piece.

For Miguez's Utah sand, she brought tobacco to traditional Indigenous

grounds, offering the tobacco up to an elder.

"I tried to be respectful, and I told her I was a painter," said Miguez. "I asked her for the sand in the right way."

Miguez mixes the sand with gesso, so it becomes workable for her visual art.

"I love the feel and the texture of the sand," said Miguez.

"Each sand feels differently. For me, it's a passion. It really is."

Though sketching and painting her whole life, Miguez doesn't operate traditionally.

In unique fashion, Miguez works from the right side of her canvas to the left, which is the opposite of most visual artists.

"I don't know why. It's just how I do



EXPRESS PHOTOS BY EVAN MATTHEWS  
Milli Flaig-Hooper, right, with her mom Rose Flaig.

them," she said. "My heart, my soul, and my spirit is in the sand."

## Milli Flaig-Hooper (Matlock)

Milli Flaig-Hooper is many things, but first and foremost she is a paper-maker and paper artist.

Taking previously used office and tissue paper, Flaig-Hooper sorts them by colour, shreds the paper in a blender, and then adds water to make new paper.

"Out of the new paper, she then makes products like cards or art," said Rose Flaig, Milli's mother.

"It's all recycled. ... She also does workshops for students," she said.

Flaig-Hooper started her work over 10 years ago. Similar to papier-mâché, the material Flaig-Hooper uses is actually called slurry, which uses paper thinner than that of papier-mâché.

The slurry then becomes the new paper used in Flaig-Hooper's works.

When Flaig-Hooper and her mother were cleaning up their house — closets, cupboards, etc. — the pair stumbled upon a children's paper making kit in the back of Flaig-Hooper's closet.

"I asked, 'Who gave you this? How long has this been back here?'" said Flaig.

"We had some respite money, and that's what we started with."

Flaig-Hooper absolutely loves her craft, and once the WAVE took her on as an artist, options started opening up for her to showcase her work.

"It talks to us," said Flaig. "We'll place the paper down in the hopes of making something beautiful, and sometimes, it says, 'No, no. Don't put me here.'"

"It's been very interesting to see how it all comes together, and how people respond to the paper."

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# Arborg CancerCare fundraiser planned for July 1

By Evan Matthews

As summer is set to kick off, some Arborg residents are looking to add a little bit of colour to the community.

Kelly Sweetland said the community will host a Colour Run of Hope, in support of the CancerCare Manitoba Foundation.

Participants will pay \$50 to register in the run, while the option exists to fundraise more through pledges. Anyone who donates to a participant will have an opportunity to make their mark in a unique way.

"They'll get to throw colour at the participant," said Sweetland, the Arborg run organizer.

"People can purchase signs to indicate who they're running for or in memory of someone who has passed on from cancer."

Corporate sponsorship and/or donations are available too, as corporations may purchase one of seven water stations to be placed along the runners' route.

"Our suggested donation for each station is \$250," said Sweetland.

"The station can be decorated however the sponsor would like, so they can advertise or dress it up."

The track will run along the Icelandic River with tents set up all along the course.

Once the runners start, a foam party with a DJ along with a food truck and vendors will be on site.

"Anybody who can't walk or run can come and join the foam party as well," said Sweetland. "There

won't be admission to the party, but there will be a donation jar."

All proceeds will go to the CancerCare Manitoba Foundation, according to Sweetland.

CancerCare Manitoba is a non-profit organization whose mission is to support CancerCare's strategic priorities. All funds raised and donated remain in Manitoba. The funds support an internationally recognized team of health professionals at CancerCare Manitoba who provide outstanding care for patients and their families throughout Manitoba, northwestern Ontario and Nunavut dealing with a cancer diagnosis, according to the organization's website.

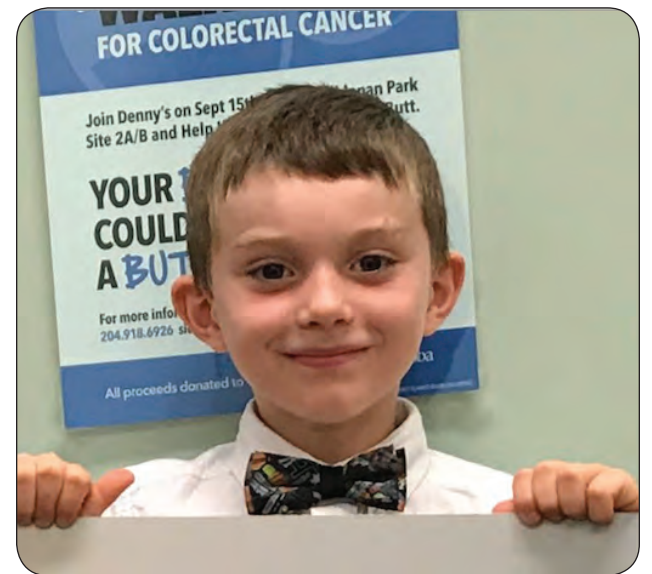
Participants in the Colour Run of Hope can choose between three and six kilometres. The event is not a competitive race as it is a fundraiser and awareness campaign.

People can walk or run, they can be young or old, and they can bring their dogs, according to Sweetland.

The cause touched Sweetland personally when she lost her mother-in-law in April 2018, she said.

"When I asked my son what he was going to do with his birthday money (that year), he was turning six at the time, he said he was going to donate it to people with cancer," said Sweetland.

"I asked him, 'Like, kids with cancer?' And he said, 'No, everybody with cancer.' He donated and raised over \$900, and then to help out, we decided to start a walk," she said, adding that they raised over \$3,000



EXPRESS PHOTO SUBMITTED

Darren Sweetland and his family are inviting everyone to a Colour Run of Hope Cancer fundraiser in Arborg on July 1.

by the end of their efforts.

If participants register before June 17, they'll get a free race kit, which includes sunglasses, a T-shirt, tattoos and a bag of colour.

The run takes place on July 1 at 4 p.m.

For more information contact Kelly Sweetland at 204-302-0442.

## Waddling to water



EXPRESS PHOTO BY STEPHANIE DUNCAN

Mallard ducks are highly adaptive to many environments and human activity. Nesting can take place in urban settings including backyards. Typically, a hen will lay one egg a day for a full nest of 8-12 eggs often near the site where she herself hatched. She incubates her eggs for an average of 28 days and leads her brood to a wetland within 24 hours of hatching. The mother will stay with her brood until they are able to fly at about eight weeks of age.



**Bold youth-led initiatives address local needs as Westshore Community Foundation joins national community challenge**

The RBC Future Launch Community Challenge is hosted by Community Foundations of Canada and participating community foundations, and is made possible thanks to a \$5M donation from RBC Foundation. It is part of the RBC Future Launch, a commitment by RBC and the RBC Foundation to empower Canadian youth for the jobs of tomorrow.

Westshore Community Foundation is joining the RBC Future Launch Community Challenge, making up to \$15,000 available to youth-led projects that address diverse and urgent local priorities.

"This is incredibly exciting," says Tim Arnason, President of the Westshore Community Foundation, "Youth are facing pressures on many fronts, and so are our communities. We want to be part of creative solutions that enhance equity, sustainability and fairness that help lay the groundwork for a brighter future."

The RBC Future Launch Community Challenge will enable youth to apply for funding to support their bold ideas to address urgent community priorities. It is an opportunity for young people to lead, learn new skills, gain experience, and build relationships in their local communities -- all things that will help them prepare for the future of work.

On Thursday, 30 May, 2019 at 7:00 p.m. at the Johnson Hall, Waterfront Centre in Gimli, Westshore Community Foundation will bring youth and community members together for 'Vital Conversations,' a community dialogue focused on creating a better future together.

Grant applications for the RBC Future Launch Community Challenge will be accepted between May 22 and September 18, 2019. Please contact Westshore Community Foundation for more information on how to apply, call (204) 642-9796 or visit <http://www.westshorefoundation.com>.

The Westshore Community Foundation Inc. is an enduring charitable organization created to build a permanent capital fund, which supports registered charities and individuals throughout the west shore of Lake Winnipeg.





# get inspired

> MEAL IDEAS



Serves 6 generously  
 2 pounds beef shoulder, cut into 2-inch pieces (see note)  
 1 onion, cut into large dice  
 2 carrots, cut into large dice  
 2 stalks celery, cut into large dice  
 2 dried bay leaves  
 4 sprigs fresh thyme  
 7 sprigs fresh flat-leaf parsley  
 1/4 teaspoon black peppercorns  
 1 bottle red wine  
 Salt  
 Freshly ground black pepper  
 1 tablespoon canola oil  
 1/4 pound slab bacon, cut into large dice  
 1/2 stick (4 tablespoons) unsalted butter  
 1/4 cup all-purpose flour  
 4 cups beef stock  
 2 large Yukon Gold potatoes, peeled and cut into large dice  
 1 pound pearl onions, blanched and peeled  
 1 pound button mushrooms, diced  
 1. Put the beef chunks in a large bowl and add the onion, carrots and celery. In a piece of cheesecloth, tie together a bouquet of garni of the bay leaves, thyme, parsley, and peppercorns and add to the bowl. Pour in the bottle of wine. Cover and let marinate in the refrigerator overnight, stirring the mixture once or twice over the course of the evening.  
 2. The next day, remove the meat from the marinade and dry the pieces in a shallow pan lined with several layers of paper towels. Remove the vegetables and reserve them separately, along with the bouquet garni. Reserve the wine. Season the beef with salt and pepper.

## Boeuf Bourguignon

3. In a large Dutch oven over medium heat, warm the canola oil. Add the bacon and cook until browned and the fat is rendered, about 5 minutes. Remove the bacon from the pot and set aside. In single-layer batches, brown the beef chunks on all sides, then set aside. Brown the reserved onions, carrots and celery, about 10 minutes. Add additional canola oil to the pot if there is not enough bacon fat to brown all of the beef and vegetables.  
 4. Return the beef to the pot with the vegetables and add 3 tablespoons of the butter. Sprinkle with the flour and cook, stirring, for about 3 minutes. Add the reserved wine and deglaze the pot, scraping up all the browned bits from the bottom. Add the bacon and stock and bring to a boil. Skim off the scum that rises to the top; once the scum is removed, add the bouquet garni. Simmer, covered, over medium-low heat until the beef is very tender, about 1 1/2 hours. Remove the bouquet garni.  
 5. Toward the end of the beef's cooking time, bring the potatoes to a boil in a separate saucepan covered generously with salted water. Cook until tender, about 15 minutes.  
 6. In a medium sauté pan, melt 3 tablespoons of the butter over medium-high heat. Add the pearl onions and sauté for 3 to 4 minutes. Add the mushrooms to the onions and cook until both onions and mushrooms are golden brown, about 5 minutes longer. Season to taste with salt and pepper.  
 7. Serve the stew in bowls, garnished with the pearl onions, mushrooms and potatoes.  
 Note: When shopping for beef, you won't find a cut labeled "beef shoulder" — what you want is either a chuck roast of some sort or, from a bit lower on the shoulder, a cut labeled either "arm roast" or "round bone roast."



My little four-year old friend wanted me to play soccer with her. We were kicking the ball around in my backyard. I was amazed at how fast she could run, and what a good little kicker she was, and I told her so.

After one especially good getaway, she turned to me and said, face beaming, "Aren't I a great team!" While I knew what she meant, that statement triggered some thoughts for me.

I pondered about how often, whether in a family or a work setting, individuals acting alone assume they are team players. Sometimes we have a great idea, and are so convinced of its superiority, that

## Include Others in the Decision Making Process

we either tune others out, or try to override their input. We may push our preferences to the point that either conflict ensues, or others simply give in to us because they do not want struggle.

If we are one of a group, be it in a family, social group, or work setting, it is important to validate and include others in the decision making process. Even if our idea or perspective is the best, without the support of the others it could fizzle.

When deciding for a group, the harmony and enthusiasm of the whole is often more important than the knowledge, expertise or 'rightness' of any individual member.

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](http://www.gwen.ca). Follow Gwen on Facebook for daily inspiration.



Serves 10 to 12

**Amaretti Base**  
 5 ounces amaretti  
 1/2 stick (4 tablespoons) unsalted butter  
 5 tablespoons sugar

**Cardamom Truffle Filling**  
 2 1/3 cups heavy cream  
 4 to 6 green cardamom pods, lightly bruised to open them  
 25 ounces dark chocolate (60-70% cocoa solids), grated  
 1/2 stick (4 tablespoons) unsalted butter, cubed  
 4 tablespoons chocolate liqueur

**Cardamom Cocoa Sugar**  
 3 green cardamom pods  
 1/4 cup sugar  
 1/2 cup unsweetened cocoa

1 10-inch cake pan with a removable base, base and sides lined with non-stick parchment paper

To make the amaretti base, finely crush the amaretti in a food processor or put them in a plastic bag and crush with a rolling pin. Melt the butter and sugar in a pan over low heat, then stir in the

## Chocolate Cardamom Truffle Cake

amaretti crumbs. Press the mixture evenly over the base of the prepared cake pan and refrigerate for 20 minutes.

To make the cardamom truffle filling, put the cream and cardamom pods in a pan and heat until almost boiling. Remove from the heat and set aside to infuse for 20 minutes.

Meanwhile, put the chocolate and butter in a saucepan. Strain the infused cream through a fine strainer onto the chocolate (the cream will be warm enough to melt the chocolate). If it doesn't melt, warm over very low heat, stirring occasionally, but do not allow to boil. Stir in the liqueur, then set aside until almost cold, but not set. With an electric mixer, beat the chocolate mixture for a couple of minutes — this will give the cake a lovely airy texture. Pour onto the amaretti base. Let cool, then cover and refrigerate for at least 6 hours, or up to 48 hours before serving.

To make the cardamom cocoa sugar, remove the black seeds from the papery cardamom pods and put the seeds in a spice grinder with the sugar and cocoa. Grind to a powder. Carefully remove the cake from the pan and peel off the lining paper. Set on a chilled serving plate and sift the cardamom cocoa sugar evenly over the top. Serve immediately, cut into very thin slices.

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# sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

## Interlake athletes compete at Royal Rumble

By Evan Matthews

Interlake athletes hit the ground running, as they participated in the 16th annual Royal Rumble on the Rubber.

Despite the pouring rain (at times), roughly 750 kids flooded the Lord Selkirk Regional Comprehensive Secondary School's field on May 15.

Thirty-eight schools competed involving athletes from Grades 9 to 12, according to teacher and meet director Scott Gurney,

"This event is one of the last chances for high school track athletes to compete before their zone championships," said Gurney, adding the fact that Lord Selkirk is the only high school in the province that has a rubber track.

"As a result, it's also one of the few chances to try to achieve a performance standard in spikes on an artificial surface. The event qualifies the athletes for the MHSAA provincial championship meet in June," he said.

### Women's junior results

Interlake athletes had a strong showing, as Chloe Morrison of Stonewall took fourth in the women's 100-metre dash, posting a time of 13.94 seconds. Morrison also finished third in the women's 400-metre, with a time of 1:04, and then fourth in the 800-metre with a time of 2:38.

Selkirk's Brooke Sumka finished fifth in the women's 100-metre, with a time of 14 seconds while Emerson McAuley of Stonewall finished ninth, with a time of 14.21 seconds, rounding out the Interlake's representation in the top 10.

McAuley also represented Stonewall in the women's long jump, and tied for the win with an athlete from Fort Richmond. McAuley leaped 4.65 metres. Brooke Sumka of Selkirk placed fifth with a distance of 4.38 metres, and Mia Loeppky also of Selkirk finished ninth with a distance of 4.32 metres.

Katie Dorsch of Warren finished the women's 800-metre in 10th spot, posting a time of 2:56. Dorsch also won the 100-metre dash, the 800-metre run, the high jump and long jump events, in the women's junior outdoor pentathlon.

Warren Collegiate placed third in the women's 4x100 metre relay as well, with a time of 58.80.

Stonewall's Grace Fines finished in second place in the women's 80-metre hurdles — and it was a photo finish — posting a time of 14.47, while the winner posted a time of 14.38.

In women's shot put, Annika Goodbrandson of Selkirk took the event with a toss of 8.29 metres, while Warren's Emma Goodman finished sixth with a distance of 7.63 metres.

Women's discus saw many Interlake names including Keely Emms-Finnson from Arborg finishing third with a distance of 23.18 metres. Arborg's Brooke Blahey finished fifth, Stonewall's Grace



The Lakers' Brittany Rogoski gets set to plant both feet, as she comes back down from her long jump.



EXPRESS PHOTOS BY EVAN MATTHEWS  
The Lakers' Lin Howelko elevates and propels forward during the long jump event.

Fines finished sixth, and Selkirk's Annika Goodbrandson took eighth spot.

### Women's senior results

Carly Kazuk of Selkirk placed second in the women's 100-metre dash with a time of 13.47. In the same race, Taryn Jackson of Stonewall finished tied for ninth.

In the women's 800-metre run, Stonewall's Tess Derkson finished in 10th with a time of 2:52. Derkson also finished in eighth in the women's 1500-metre run.

Selkirk's Asha Gurney finished in second during the women's 100-metre hurdles with a time of 19.07, with Arborg's Olivia Orbanski finishing fourth.

Gurney won the high jump event.

Arborg's Jessica Monkman finished first in women's shot put with a throw of 9.48 metres. Warren's Jessica Buhler placed fourth, Fisher Branch's Laine Vanderteen finished fifth, and Selkirk's Rebecca Waito placed ninth.

Warren's Jessica Buhler won the discus throw with a distance of 28.75 metres and Jessica Monkman from Arborg finished second. Rebecca Waito of Selkirk finished in sixth.

Warren also had a good showing in women's javelin, with Grace Goodman taking the event with her throw of 32.98 metres, and Alex Chester, also of Warren, finishing in second.

### Men's junior results

In the men's 800-metre run, Gimli's Michael Crave finished fourth with a time of 2:29. Crave also fin-

ished second in the 1500-metre, with a time of 5:03.

Stonewall's Jack Becker placed seventh in the men's 100-metre hurdles, with a time of 18:13.

Johnny Minaker took eighth place in the men's long jump, totaling a distance of 4.75 metres.

Selkirk's Benjamin Olafson finished second in shot put, throwing 13.57 metres. Tyson Barylski of Arborg finished in fifth.

Geritt Boonstra finished sixth in javelin with a throw of 29.45 metres.

### Men's senior results

Selkirk's Tyrell Cook finished the men's 400-metre in fifth, with a time of 55.16.

Heath Kurys of Selkirk, finished the 800-metre in fifth with a time of 2:16.

In men's long jump, Cam Gayleard finished in seventh.

Selkirk's Ben Kelly finished men's shot put in fourth, throwing a distance of 11.23 metres. Kelly took home the discus throw, finishing in first place with a toss of 36.19 metres, as well as finishing fifth in the javelin throw.

Arborg's Matthew Bazalaivich finished in ninth place in the javelin throw event.

In the men's senior outdoor pentathlon, Luke Fjeldsted put on a show, winning all of the high jump, long jump, and shot put events, as well as the 100-metre dash. Fjeldsted also finished in second in the men's 800-metre.

For more, visit [royalrumble.ca](http://royalrumble.ca) for a full list of results.



# Financial support for ringette referee diagnosed with melanoma

By Gabrielle Piché

Ringette players and officials across Manitoba are donating to a long-time referee who's been diagnosed with melanoma.

Kristin Chaban, 38, has been involved in Manitoba's ringette community for over 30 years and has refereed for approximately 20 of them. Chaban has officiated in Selkirk Arena, the Sunova Arena, the Veterans Memorial Sports Complex and other rinks around the province.

Full ringette teams and individual players are giving to fundraisers for Chaban on GoFundMe and Facebook.

Chaban has a history of brain tumours. In March, she went to the hospital for testing, and doctors found three brain tumours. By April, the tumours had doubled in size.

One tumour took over Chaban's third optic nerve, shutting her left eye. Doctors told Chaban she wouldn't be able to drive or work for a minimum of three months.

Later, doctors found that Chaban's illness went further than brain tumours — she had melanoma.

Jodi Sheppard began the fundraisers for Chaban. Sheppard is a ringette referee, and she's worked on the ice with Chaban for years.

"You don't want to miss a beat," Sheppard said. "You don't want the family to think twice about where the funds are going to come from, how they're going to support her."

Sheppard set a fundraising goal of \$5,000.

She asked Danielle Edginton, another ringette referee, to help handle the money. Sheppard said two people are necessary for accountability when dealing with donations.

People have donated over \$5,000 to Chaban, but Sheppard believes there's still more to give.

"I put \$5,000 on both sites knowing that we were going to need \$10-\$15,000," Sheppard said.

Chaban is a single mother of two.

Not working for several months is detrimental. The costs of Chaban's travel to the Health Sciences Centre, medical expenses and regular bills will exceed \$5,000.

Sheppard is amazed at how many people have donated and shared the fundraiser online.

"Social media is so big. I'm so humbled by the amount of support that we've received."

The ringette community has banded together to support Chaban.

"To hear everybody say that the ringette community is the most amazing community, it absolutely is," Sheppard said.

People can donate to Chaban's fundraiser on GoFundMe: [https://www.gofundme.com/kristin039s-journey-to-kick-the-big-quotquot?member=2142780&utm\\_medium=email&utm\\_source=customer&utm\\_campaign=p\\_email%2Binvotesupporters](https://www.gofundme.com/kristin039s-journey-to-kick-the-big-quotquot?member=2142780&utm_medium=email&utm_source=customer&utm_campaign=p_email%2Binvotesupporters).



EXPRESS PHOTO SUBMITTED

Kristin Chaban, 38, is in the hospital receiving treatment for melanoma.

## Interlake Orioles win first game of the 18U AAA baseball season

By Brian Bowman

The Interlake Orioles picked up their first win of the 18U AAA baseball season last week.

Interlake snapped a five-game losing streak to start the season with a solid 11-6 home win over the Elmwood Giants on May 14.

"That was a big (win), especially for us," said Orioles' head coach Eric Swanson. "We have a lot of kids new to the AAA league and it's kind of tough to figure out how to win games.

It was nice to get that one out of the way. They might have been feeling the pressure after dropping the first few, but it was definitely nice getting out of there and feeling good with how we played."

Cale Woods started on the mound for the Interlake while Hunter Olson came on in relief to earn the win.

Both pitchers threw well, said Swanson.

"It was real nice because before the game I kind of just mentioned that if

we could throw strikes and put more pressure on the hitters (that would help us), and all of our pitchers came out and did that," he said.

Interlake came out firing offensively, grabbing a commanding 9-0 lead after just two innings.

Last Friday, Interlake lost 6-1 to a very good Winnipeg South Chiefs.

"They're really good," Swanson said. "No one felt good about (the loss) but I definitely felt good with our games last week with the win on Tuesday

and then against South. "That's a team that's going to try to win the city and provincial (championships). It's still early and we're still trying to figure out our bats but we played real good in the field and, again, we had our pitchers throw a lot more strikes."

The Orioles (1-6) will host first-place Winnipeg South (8-0) on Sunday at 7 p.m.

Interlake will then battle the Bonivital Black Sox (5-4) next Tuesday at Whittier Park.

## Interlake Blue Jays blast their way to a wild MJB L victory

Staff

The Interlake Blue Jays' first win of the season was a wild one.

Interlake outslugged the Altona Bisons 19-16 in Game 2 of a double-header on Monday.

Altona won the first game of the day

8-3.

Interlake saw its record drop to 0-4 after a tough 5-4 home loss to the Pembina Valley Orioles last Friday.

Interlake was scheduled to play the Carillon Sultans last Wednesday but the game was rained out. It will be

played June 7 as part of a double-header.

With the win Monday, Interlake is now 1-5 and is in last place in the seven-team league.

The Blue Jays are 3.5 games back of the first-place Elmwood Giants head-

ing into this week's action.

Interlake will visit Pembina Valley this Friday and then won't play again until next Wednesday when they battle Elmwood at Koskie Field. First pitch for both games is 7 p.m.

## Impact off to a great start in Manitoba Major Soccer League action

Staff

The Interlake Impact have gotten off to a great start in the Manitoba Major Soccer League.

Interlake is 2-0-1 and tied for first place with the North Winnipeg Unit-

ed in the 10-team 5th Division after its first three games.

Interlake started its season by defeating Azzurri 3-1 on May 3.

Five days later, Interlake played to 1-1 draw with Kucame FC before

shutting out Sinjar FC 3-0 last Thursday.

Interlake, like they do every season, has been playing great on the defensive end. The Impact has allowed just two goals in three games.

Interlake is back in action with a late 10 p.m. game this Thursday against North Winnipeg United at the Ralph Cantafio Soccer Complex. The Impact will then play at Carmania FC next Thursday at 7:30 p.m.



## AUCTION SALE

**For Chris Dawson**  
Faulkner, MB  
Saturday, June 1st, 2019 at 11:00 a.m.  
Sale Site: From Hwy #6 & Steep Rock Jct - 9 km West on PR239, North 1.6 km on 51W Ford Lane, .7 km West on Dawson Rd

**Equipment, ATVs & Trailers:** Massey Ferguson 4270, dual hyd, 3pt hitch, w/Quickie loader, bucket, grapple, bale fork, 99 hp, left hand reverse; Case RBX563 Baler, wide pick-up; Massey 135, 3 cyl diesel, 3pt, hyd pto; New Idea 527 - 9ft Mower; J.D. 8ft Disc, R6K1-02, notched front, new; Degelman Stone picker; 2016 Polaris Sportsman 570 w/windshield & cargo box on back; 20 bale Hay trailer, dual front & rear; MF 20 run Drill; 10ft Dump rake; Steel drill; Ajax stack mover; 9 wheel Vicor rake; Dearborn 7ft 3pt Cultivator; Truck tandem w/gravel box, hyd dump; **Shop:** Wright gas Carcass splitter; Schmacher battery charger; 5" Vise (N0115); International 4 drawer metal tool box; Porter cable recip. Saw; Metal gun cabinet (key); Portable air tank; 2 T. floor jack; 14" Cut-off saw; Coleman 33 gal. Air compressor; 20 Post maul; 230 Welder; 50 gal Slip tank w/elec pump; Homelite 4400W Generator; Honda 5.0 Pressure washer; **Yard & Miscellaneous:** J.D. LA115 Lawnmower w/42" cut & bagger; Craftsman 6.5 hp Tiller; Galvanized tubs & Pails; Wood filleting board; Stihl weeder; Chicken feeders; 1650 bu Grain bin; 22 Stop loss traps; 4 section Harrows

**Cattle & Horse Equipment:** Livestock supplies; Medi-dart bow & dart; Halters; Ropes; Creep feeder; 4 hitch eveners; Pony harness; Lewis cattle oiler; Portable cattle squeeze; Automatic waterer; 20ft panels; (4) 25ft free standing panels; (2) 10ft Feed troughs; Vacuum milking pump w/2 tanks.

**Antiques & Household:** 1940's Cook stove (wood); 2 gal McCormick crock w/ lid; Pantry; Old ironing board; Sewing chair w/supplies; Various wooden chairs; Hall table w/drawers; Cast iron waffle maker; (2) Oil lamps; CNR Lamp; 5 & 6 gal Redwing crocks; Woodchief wood burning stove; Spinning wheel; Wood planes; Cast iron seat; Domo elec cream separator; Medalta 5 gal crock; Flour bin; Wooden egg cartons; Wool carders; Wooden hooks; Enamel "P" pot; Kerosene lamps; Iron wood stove; 3 & 5 gal Cream cans; Wringer washer; Wooden tub wringer; Steel wheels; Butter churn; Milk pail; Wood annex stove;

**Firearms:** Winchester 94 30-30; CIL Model 470 (German), s/a; 22LE, 10 shot clip; Springfield 16ga. 2 3/4 poly stock; Cooney Model 75 .22 single; Cooney .22 Repeater tube; Model 62, .22 Tube

Email: bergauct@mymts.net  
www.globalauctionguide.com  
**Terms: Cash/Cheque/Debit/Credit/E-Transfer**  
Neither the Owner nor Auctioneer is responsible for errors in description or omissions 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"

**BERGNER AUCTION SERVICE**  
ASHERN, MB  
Lorne (Buddy) Bergner  
Box 721, Ashern, MB R0C 0E0  
Ph: (204) 768-2669/  
Fax: (204) 768-3237

# Classifieds

THE EXPRESS WEEKLY NEWS

Book Your Classified Ad Today - Call 467-5836 or Email classifieds@expressweeklynews.ca

## Purebred Black Angus Bulls

### DK Farms, Arborg MB

- 7 quiet yearling bulls
- Will be semen tested
- Can keep until needed

Call or text 204-793-1251

## AUTOMOTIVE TECHNICIAN WANTED

Reichert's Auto in Gimli is looking to hire an automotive technician.

Journeyman preferred but willing to train the right apprentice.

Drop off or mail resumes to  
Reichert's Auto,  
Box 433, Gimli, MB, R0C 1B0  
For more information  
call 204-642-7778



### Farm Auction for Estate of Robert Appleyard

Saturday, June 1, 2019 10 am Balmoral, MB

Directions: 1 Mile East From The Town Of Balmoral To Road 7 E Then 1 Mile North To Road 86 / Or From Junction Of Highways #236 & #7, 1 Mile North To Road 86, Then West 2 Miles. Please Watch For Signs On Sale Day!

**TRACTORS** 1949 Allis Chalmers WF, S/N 8106\* 1946 Oliver 60 Standard, S/N 412016\*1959 John Deere 730 Diesel, pup start, good straight tin, S/N 7308286\*1942 International Farmall M, S/N 59483\*1954 Allis Chalmers WD 45, w/ Allied loader\*Allis Chalmers WD 45, cab w/ Wallis loader, tire chains\*Allis Chalmers WD 45\*1948 International Farmall H, S/N 269063\*1948 Cockshutt 60 Row Crop, S/N 621541\*Fordson 800 w/3ph\*John Deere D on steel\*John Deere D fenders, rad, rice tires on rims\*Allis Chalmers wheel weights\*misc tractor parts\* **EQUIPMENT** 1928 John Deere Threshing Machine, good working order w/ belts\* threshing machine belts\* Allis Chalmers spring tooth mounted cultivator\* IH 16" Vibra Shank Cultivator\* Case 6' one way\* JD Big #4 horse mower\* (2) JD binders 7" JD binder 5" Graham 9' deep tiller\* Robyn 14' chisel plow\* 20 run press drill (on steel wheels)\* steel wheel hayrack\* Farm King 6' finishing mower\* fuel tanks & stands\* harrow bar w/ harrows\* bale elevator\* wood elevator\* McKee 6' snowblower, 3ph\* wood splitter on wheels w/ gas engine\* JD 2 cylinder combine motor\* ATV pull behind discer\* **YARD** 2001 Yamaha Big Bear 400 4x4 quad, winch, windjammer\* EZ GO golf cart\* John Deere L110, 17.5 hp, 42" cut, auto\* pull behind yard sprayer\* 2 wheel grass/weed cutter\* Allis Chalmers windmill\* **HORSE HARNESS & EQUIPMENT** neck yokes\* whippie trees\* walking plow\* sleigh bunk poles\* sleigh\* horse drawn wagon on rubber tires\* bridles\* harness\* collars\* spread rings\* cow bells\* sleigh bells\* bells\* scotch tops\* wagon wheels\* saddle\* halters\* **ANTIQUES** (2) stationary motors, 1.5 hp, 1hp\* (3) IH stationary motors\* (4) beam scales\* phone\* cast tractor seats\* cans-Allis Chalmers, Esso etc\* milking machine\* chainsaw\* retro signs\* Oliver clock\* Allis Chalmers wind chimes\* anvil\* sausage stuffer\* tools\* ringer washer\* milk cans\* Ertl JD tractor, hayrack, rake\* Diecast Camaro SS\* BA gas bowser glass\* cookstove\* Viking Duplex seed cleaner\* licence plates\* **SHOP** Husky 60 gal upright compressor\* Chicago drill press\* upright tool box\* tool boxes\* hand tools\* 20 ton press\* portable sand blaster\* jacks\* power tools\* valve grinder\* barrel pump\* goose neck 5th wheel hitch\* battery charger\* Forney arc welder\* Simoniz electric pressure washer\* Campbell Hausfeld 4hp gas pressure washer\* vice\* chains\* load binders\* radial arm saw\* ladders\* hedge trimmer\* tractor umbrella\* saw blades\* jack alls\* chain hoist\* Stihl chain saw\* assorted lumber\* mags\* carburetor\* wood stove\* barbecue\* Christmas lights\* golf balls\*

Please view [www.lampportanddowler.com](http://www.lampportanddowler.com) for listing and photos

Note: Unique to this sale is a large collection of working antique farm equipment!

John Lampport 204-841-4136 Tim Dowler 204-803-6915

## Rural Municipality of West Interlake

### Gravel Hauling Tenders

The RM of West Interlake is accepting bids for the load, haul and depositing of approximately 17,000 yards of gravel to be spread in Sections 1 and 2.

- All gravel in Section 1 is to be hauled from the pit located in SE of 9-21-6W.
- All gravel in Section 2 is to be hauled from the pit located on PR325W approximately 24 km's west of Ashern.
- Tenders are available for pick up at the Municipal Office, 38 Main Street, Ashern or will be mailed out upon request.

Please reply by email to : emc@rmofwestinterlake.com with a copy to : info@rmofwestinterlake.com or in writing by dropping your quotes off in a sealed envelope clearly marked "Gravel Tender" at the RM of West Interlake Office, 38 Main Street, Ashern, Mb.

All quotes must be received by 12:00 pm Tuesday, May 27th

Quotes must identify the equipment which you will be using.

Lowest tender not necessarily accepted.

## Employment Opportunity

The following summer student position is available:

Indigenous Activity Assistant:

IERHA 901/19 (Location to be determined)

- Must be students between the ages of 16-29

Please refer to complete job posting in  
Careers at [www.ierha.ca](http://www.ierha.ca)

Please apply on-line at [www.ierha.ca](http://www.ierha.ca) or fax (204) 785-4736, stating competition number on resume.

Deadline for submissions is  
Thursday, May 30, 2019 at 4:00 pm.



Interlake-Eastern  
Regional Health Authority

## SUMMER STUDENT EMPLOYMENT OPPORTUNITY

### Recreation/Maintenance Assistant

### 32 hrs/week

### June 24 - Aug. 23, 2019

Riverdale Place Homes Inc. provides supported living residences for adults living with a developmental disability. We are looking for a summer student to assist with our recreational programming and outdoor maintenance needs. The recreational component will comprise approximately 80% of the position, and will involve working directly with our individuals in the homes and on outings in the community and beyond, under the supervision of our direct support workers, to provide interesting and enjoyable recreational experiences.

In addition, the successful candidate will assist our maintenance personnel in the upkeep of yards and homes, ie. maintaining flower beds, trimming trees, small exterior/interior painting jobs etc.

The successful candidate will be mature, creative, outgoing and energetic, willing to take on a variety of tasks. Post-secondary enrollment in a related field of study and/or demonstrated interest in supporting individuals with a developmental disability would be definite assets, but not requirements.

Successful completion of a Criminal Record Check and Child and Adult Abuse Registry checks will be required, as well as willingness to be trained in CPR & First Aid. Valid and clear driver's license also needed.

Please apply in writing to: Executive Director  
Riverdale Place Homes Inc.  
Box 968, Arborg MB R0C 0A0

Or email: [kfinnson\\_rph@outlook.com](mailto:kfinnson_rph@outlook.com)

Application Deadline: May 31, 2019

For more info contact: Kathy Finnson, Exec. Director 204-376-2940

## SCRAP METAL

Buying scrap metal, cars, tractors, combines, farm scrap, any metal material, any farm machinery. Ph Lonnie at 204-886-3407 lve. message or cell at 204-861-2031.

Buyer for all farmyard scrap, any autos, appliances. NO ITEM TOO LARGE! Best prices paid, cash in hand. Phone Alf at 204-461-1649.

## PROPERTY FOR SALE

10 acres in Arborg, MB. Suitable for residential subdivision. Ph 204-494-0517.

## CONSTRUCTION

Sudden Impact Construction since 1997. Offering: flat concrete work, framing, roofing, siding, soffit/fascia, eavestrough, windows/doors, post hole drilling, skid steer services and more. suddenimpactconstruction.com 204-886-7743, Mike.

## COTTAGE FOR RENT

1 block from beautiful sandy beach, 10 miles from Gimli! Sleeps 8, new kitchen with all amenities, fire pit & wood, large open deck. Daily, weekly or monthly rates. Call 204-955-7535.



## FURNITURE & APPLIANCES

## SEEKING FULL TIME DELIVERY PERSON

Duties include: Delivery & set-up of furniture & appliances. Valid drivers licence required. Drop off resume in person to 321 Main St., Arborg 204-376-5242



Wpg. Beach Tiny Tots Inc. is looking to hire a person for a term position.

You must be 18 years of age and be willing to obtain First Aid/CPR, criminal record and child abuse registry check.

This is a 3 month position starting June 3, 2019

Email resumes to:

[wpgbeacht@msn.com](mailto:wpgbeacht@msn.com)

Resumes accepted until

Wed, May 29//19



# Classifieds

THE **EXPRESS**  
WEEKLY NEWS

Book Your Classified Ad Today - Call 467-5836 or Email [classifieds@expressweeklynews.ca](mailto:classifieds@expressweeklynews.ca)

## Employment Opportunity

In cooperation with the Interlake-Eastern Regional Health Authority and the Manitoba Métis Federation, the following summer student position is available:

**Activity Assistant:** IERHA MMF 900/19  
(Location to be determined)

- Must be Metis, Non-Status or Inuit.
- Must be students between the ages of 16-29

Please refer to complete job posting in Careers at [www.ierha.ca](http://www.ierha.ca)

Please apply on-line at [www.ierha.ca](http://www.ierha.ca) or fax (204) 785-4736, stating competition number on resume.

Deadline for submissions is Thursday, May 30, 2019 at 4:00 pm.



**Interlake-Eastern**  
Regional Health Authority

## BUSINESS ANALYST

**Community Futures West Interlake** has an opening for a **BUSINESS ANALYST**. Community Futures West Interlake serves the municipalities of Woodlands, St. Laurent, Coldwell, West Interlake and Grahamdale, located on PTH #6 in Manitoba's Interlake. Community Futures West Interlake delivers a variety of services including loans, technical and advisory services for small and medium-sized businesses, services targeted to youth and entrepreneurs with disabilities, and community economic development and planning.

### The Position:

- Assisting business clients by providing business information and resources
- Analysing and assessing business proposals, preparing loan applications, business proposals and loan documentation
- Monitoring the investment loan portfolio
- Providing business training and development, marketing programs and administration of the Self Employment Assistance Program

### The Qualifications:

Personal characteristics:

- Strong inter-personal and communications skills
- Ability to function well in a small team environment
- Ability to take direction and work with a volunteer based organization and lending committee
- Results oriented self-starter
- Confidence in making decisions and communicating decisions effectively to clients

### Education and/or Experience:

- Business diploma or degree
- Commercial lending
- Small business ownership
- Business analysis, counseling, coaching and business development experience

### Computer Skills:

- Proficiency with Microsoft Excel and Word is required
- The software program, The Exceptional Assistant, experience would be considered an asset

### Hours:

Regular office hours are 8:30 to 4:30 PM, Monday to Friday. Limited evening and weekend work is required related to meetings, events, training and conferences. Travel is required throughout the region and a valid Class 5 driver's license is required.

Please submit your cover letter and resume by  
4:00 p.m., Friday, May 31, 2019.

By email: [lanea@westinterlake.com](mailto:lanea@westinterlake.com)

By Mail: Attention: Lana Cowling-Mason,

Community Futures West Interlake Box 68 Ashern, Manitoba R0C 0E0



## APARTMENT FOR RENT

Tollak Place has 1 & 2 bedroom suites, located at 40 Eveline Street. Spacious suites, with F/S, A/C, storage areas and large balconies; utilities are included, parking is extra. Tollak 2 is a 55 plus bldg., river view apts. with central air, F/S, DW & microwave; large storage area off the kitchen and a balcony; utilities and parking extra. Call the onsite office 204-482-2751 for AVAILABILITY.

## APARTMENT FOR RENT

For rent in Winnipeg Beach - 2nd storey suite overlooking Lake Winnipeg. 1 bdrm., 1 bath, kitchen, LR with balcony, shared laundry, private entry off shared foyer, 1 car parking. No smoking, no pets. 1 year lease at \$800/mo. utilities included. Ph 204-791-7881.

## GUITAR LESSONS

Private guitar lessons - student will have his/her choice of music. To set up a lesson please phone Val at 204-762-5985, Lundar.

## GARAGE SALES

Huge moving sale. Thurs., May 23, 10 - 5 p.m.; Fri., May 24, 8 - 8 p.m.; Sat. May 25, 8 - 3 p.m. 1053 Cloverdale Road, Selkirk. Long-time collector, many vintage items, cooking pots, crocks, dresser, Farmall M, 2 ton truck and a little of everything.

Huge garage sale - Saturday, June 1, 221 Gislason Drive, Arborg (across from hospital). 10-4. Woodworking tools, sander, router, etc. household, jewelry, luggage, lots of scrapbooking tools and supplies, craft paints, wickers baskets, pictures, Christmas decor and lots more.



## Power Builder Advertising WORKS!

- GET SEEN by over 400,000 Manitoba Homes!
- Use your LOGO!
- Create instant top of mind awareness
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- Starting at \$339.00 (includes 45 lines of space)
- The ads blanket the province and run in MCNA's 48 Manitoba community newspapers
- Very cost effective means of getting your message out to the widest possible audience

Contact this newspaper NOW or MCNA at 204.947.1691 or email [classified@mcna.com](mailto:classified@mcna.com)

[www.mcna.com](http://www.mcna.com)



## TRUCK INVENTORY FOR SALE

2013 Western Star 4900  
VIN#FD1510 DD15 505HP  
13SPD 1,103,484KM  
70"Mr 4-Way Lockers  
\$49,000

2013 Freightliner Cascadia  
VIN#BT9490 DD15 505HP  
13Spd Ultra Shift  
739,000KM  
20' Cascade Grain Box Gold  
\$98,000

2013 Freightliner Ca125  
VIN#BT9486 DD15 505HP  
Black Chassis 775,221KM  
\$75,000

2015 Volvo 730  
VIN#910481  
D13 505Hp Ishift Auto  
70XT Mid Roof 813,000KM  
\$74,000

2019 Freightliner M2-106  
VIN#KA1776  
CUM L9 3000 RDS Allison  
16' Cascade Gravel Box  
New \$151,000

2012 Peterbilt 389  
VIN#147723  
Cummins ISX 600HP  
18-Speed  
Midroof 778,070KM  
\$89,000

2009 Mack CXU613  
VIN#09197  
MP8 485HP  
18-SPD Ultra Shift  
60"MR 4-Way Lockers  
850,758KM  
\$36,000

2009 International Prostar  
VIN#049960  
Cummins ISX 485HP  
18-SPD Manual  
56"MR 4-Way Lockers  
975,545KM  
\$34,000

CALL BLAIR PURVIS  
OFFICE: 204-726-0000  
CELL: 204-761-2999

1731 Middleton Avenue  
Brandon, MB

## WATER TREATMENT

New Waterite water softeners, 30,000 grain/\$570. All sizes avail. Reverse osmosis systems, \$240. Undersink water systems, \$70. 20 gal. pressure tank, \$130. Greensand iron odour removal systems, \$760. Discounts on all water filters. All Seasons Furnishings 204-661-8581.

## HELP WANTED

Sigurdson Dairies is accepting applications for the following full time and part time positions: dairy farm milkers & general farm laborer. The above positions require the following: enjoy working with and understanding of livestock would be an asset but not required; be able to follow procedures and policies; work well with others; some equipment skills would be an asset; take direction and be able to carry out tasks; able to lift 50 lbs. Sigurdson Dairies is a modern free stall facility with a parallel milking parlour. Wages are competitive and there is opportunity for advancement. Please send resume by email to [Jeff43@my.mts.net](mailto:Jeff43@my.mts.net)

Museum Guide at Hecla Island. Hours are Wednesday - Friday 11-4 and Saturday and Sunday 10-4 in July and August. Minimum wage. Please email - [glkjartanson@gmail.com](mailto:glkjartanson@gmail.com) Will consider someone for every second week also.



**When disaster strikes in your community, you CAN help, and we can show you how.**

**VOLUNTEER WITH THE RED CROSS TODAY!**

Email: [vmb@redcross.ca](mailto:vmb@redcross.ca)  
Phone: 204-982-7634

## 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 equipment. The Battery Man. Winnipeg. 1-877-775-8271 [www.batteryman.ca](http://www.batteryman.ca)

Caught you looking! Reach over 400,000 Manitoba readers weekly. Are you ready for summer? Book your Job Openings, Announcements, Events, Sales, Auctions, Wanted Ads, For Rent, Volunteer Opportunities, etc. People rely on these classifieds to find what they need. Catch them looking at your material in our 48 Weekly Community Newspapers. Call us at 204-467-5836 for more info.

## WANTED

Wanted - older stringed musical instruments & amps, etc. Call 204-494-0517.

## UPCOMING EVENTS

Khartum Shriners BBQ on June 2 at 1155 Wilkes Ave. Wpg. All welcome. Shrine patients and families are encouraged to attend. Please RSVP at 204-925-1430.

THE **EXPRESS**  
WEEKLY NEWS  
204-467-5836



## Need Cash?

- We Loan
- Easy application
- Approval with collateral
- Title Loans
- No Credit Check
- We service ALL of Manitoba

Call Dan Devloo  
(204) 526-7093  
CAI Financial  
Unit K - 2151 Portage Ave.  
Winnipeg MB  
[www.caifinancial.ca](http://www.caifinancial.ca)

## UPCOMING EVENTS

Telus Manitoba 2019 Motorcycle Ride for Dad. Fighting Prostate Cancer Saturday, May 25 10 a.m. Official start Earl's Polo Park Shopping Centre. Register online: [ridefordad.ca/manitoba](http://ridefordad.ca/manitoba)

## TRAVEL

Join 300+ Canada fans at the World Juniors in Czech Republic. Flight, hotel, sightseeing, tickets and more. Info [www.azorcan.net/WJ2020](http://www.azorcan.net/WJ2020) or call 780-906-7110 or email [paul@azorcan.net](mailto:paul@azorcan.net)

## 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. Stonewood Elk Ranch Ltd., 204-467-8884 or e-mail [stonewoodelkbranch@mymts.net](mailto:stonewoodelkbranch@mymts.net)

Get up to \$50,000 from the Government of Canada. Do you or someone you know have any of these conditions? ADHD, Anxiety, Arthritis, Asthma, Cancer, COPD, Depression, Diabetes, Difficulty Walking, Fibromyalgia, Irritable Bowels, Overweight, Trouble Dressing... and hundreds more. All ages & medical conditions qualify. Call Manitoba Benefits 1-800-211-3550 or send a text message with your name and mailing address to 204-808-0035 for your free benefits package.

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THE **EXPRESS**  
WEEKLY NEWS



# Classifieds



Book Your Classified Ad Today - Call 467-5836 or Email [classifieds@expressweeklynews.ca](mailto:classifieds@expressweeklynews.ca)

## Meyers Auction

for Marlene Hayhurst and the Late Frank Hayhurst  
10am Sat. June 1, 2019  
Riverdale Community  
Rec Complex, Rivers MB  
16 foot Lund Boat w/ 40 hp  
Yamaha Motor & Trailer  
Fishing Supplies  
Traps & trapping supplies  
Antique Tools, Oil Can,  
Shop tools  
Household Furniture  
**Bradley Meyers**  
Auctioneer  
204-476-6262 SELL  
detailed list at:  
[www.meyersauctions.com](http://www.meyersauctions.com)

## LOCAL NEWS MATTERS

Your newspaper helps stitch our communities together - questioning what needs questioning and serving as the voice of our democracy. Newspaper journalism is essential to protect our vibrant communities. **Access to truthful, local news is under threat.** Now more than ever we need reliable LOCAL journalism.

Join the list to keep LOCAL news alive at [newspapersmatter.ca](http://newspapersmatter.ca)



## LIVESTOCK

Yearling Charolais bulls for sale. Good bloodlines, popular bloodlines. Good prices. Call to inquire 204-383-0308.

Purebred Yearling Charolais bulls for sale. Semen tested. For more information call Ken at 204-376-2418 or email [cherepak@mymts.net](mailto:cherepak@mymts.net)

For sale - purebred 2 year old bulls, black Angus and red & black Limousin. Contact Larry at 204-768-2784.

## HAY AND SEED

Certified Number 1 Algonquin alfalfa seed for sale, 99.9% pure seed, high germination, 50 lb. bags, \$2.50/lb. Ph 204-372-6490 or 204-298-4099.

**The Express Weekly News Classified booking deadline is Monday at 4 p.m. prior to Thursday's publication. Please Call 204-467-5836**

## HELP WANTED DIRECT SUPPORT WORKERS To provide Assistance To Adults living with a Developmental Disability In the Community

We are looking to hire DSWs to work in our community residences - team players with a mature attitude, excellent judgment skills, caring disposition and a genuine interest in serving the exceptional people who live in our homes. Must be comfortable accompanying individuals on community outings and providing personal care such as bathing assistance. Other duties include household upkeep, daily cooking, and record keeping tasks.

We offer an interesting and rewarding work experience, group benefits and pension plans and a flexible schedule, including day, evening, night or weekend shifts. If hired you will be asked to pass criminal record and child/abuse registry checks. Valid driver's licence is required, basic cooking skills and experience working in a caregiving capacity an asset. Required training will be provided, covering First Aid/CPR, NVCI and the Vulnerable Persons Act.

Please apply in writing to: Executive Director  
Riverdale Place Homes Inc.  
Box 968, Arborg MB R0C 0A0

Or email: [kfinnson\\_rph@outlook.com](mailto:kfinnson_rph@outlook.com)

**Application Deadline: May 31, 2019**

For more info contact: Kathy Finnson, Exec. Director 204-376-2940

## McSherry Auction

12 Patterson Dr.  
Stonewall, MB

## Consignment Auction

Featuring Beekeeper Items,  
New Tools & Hardware  
Sat June 1st 10 AM

86 Corvette Indy Pace Convertible  
\* Int 674 3 PH Tractor \* Building  
Material \*

## Estate & Moving

Wed June 5th 4 PM

Yard \* Recreation \* Tools \* Misc \*  
Antiques \* Furniture \* Household \*

(204) 467-1858 or  
(204) 886-7027  
[www.mcsherryauction.com](http://www.mcsherryauction.com)



## HUMAN RESOURCES ADVISOR

Faroex, located in Gimli, Manitoba, is a division of NanoXplore Inc. a manufacturing company specializing in the production of plastic & composite components for the Agriculture, Alternative Energy, and Commercial Transportation markets.

**We are currently seeking to fill the following position:**

### Human Resources Advisor

Reporting to the HR Global Director, the HR Advisor will use their knowledge, expertise and focus on health & safety, labour relations and talent acquisition as well as with providing counsel to employees and management on operational issues, policy & collective agreement interpretation, employee relations and conflict resolution. In this role the successful incumbent will support the HR Director with the planning and implementation of various HR initiatives and projects and the Plant Manager in ensuring the smooth running of the Gimli plant.

### Responsibilities (tasks, duties):

- Supports managers in activities related to occupational health and safety, prevention and training;
- Manages disability and work injury files with support services.
- Manages the entire recruitment cycle from initial needs identification, vacancy posting, screening resumes and reference checking to integrating new employees into the organization.
- Provides guidance and coaching to management team on employee relation matters and staff performance issues;
- Acts as an advisor and coach to managers on labour relations, performance management and discipline matters;
- Advises and guides on the interpretation, application and administration of Collective Agreements, Policies and Procedures, Legislation to frontline managers and Human Resources.
- Resolves grievances in accordance with the Collective Agreements by acting as the representative in grievance proceedings.
- Provides consultation to Management regarding grievances and negotiated settlements. Coordinates the grievance and arbitration process.
- Plays a leadership role in labour relations issues; disciplines and discharges, in consultation with the HR Director & Plant Manager, advises management of appropriate action and possible formal discipline to be imposed based on individual circumstances of each case.
- Provides recommendations to the Collective bargaining process.
- Collects and analyzes trends and data affecting Labour Relations.
- Assists in the development of measurable performance improvement plans and ensures compliance with employment standards.
- Works with the HR Director and the HR team, participates in the review of existing programs as well as the development, implementation and ongoing management of new HR programs.
- Administers time reporting, payroll & benefit related information.
- Other duties as assigned.

### Projects:

- Instill health & safety practices in the plant.
- Coach supervisors in their approach to employee relations
- Other major projects

### Required Qualifications:

#### Training, Diplomas:

- University Degree in Human Resources or Industrial Relations,
- Certified Human Resources Professional (CHRP) designation

### Experience, knowledge:

- 3+ years' previous HR Generalist experience in a manufacturing environment
- 2+ years' experience in health & safety & labour relations
- Excellent verbal and written communication abilities in English
- Proficient in Microsoft Office Suites
- Project coordination

### Specific Requirements:

#### Skills, aptitudes:

- Strong organizational and time management skills
- Strong sense of discretion and professionalism
- Able to work autonomously and get on with the work.
- Keeping the organisation's vision and values at the forefront of own and others' decision-making and action.
- Demonstrated analytical, interpersonal, project management and organizational skills

#### Attitudes:

- Demonstrates good relationship building ability to interact with all levels.
- Professional positive can-do attitude
- Participate actively as a team member toward the completion of goals.
- Providing excellent service to HR division and company as a whole.

**Interested applicants can apply by submitting a resume to the following email address: [hr@nanoxplore.ca](mailto:hr@nanoxplore.ca)**

# SUDOKU

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

Level: Intermediate

## 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!

### 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!

take a break > GAME



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## CARD OF THANKS

We want to express how grateful we are for all the support we have received from our family and friends in the passing of Marty Fortin on April 11th. Thank you for all the food, cards, visits, phone calls, flowers, messages and donations to the library and the Golf Club. Thank you to Cindy Thorkelson, Debbie Elcock, Sonny Gould, Martin Bieri, Mike Vigfusson, the Lundar Legion and the Ladies Auxillary, and everyone who attended the Celebration of Life. Thank you to the Annason Funeral Home and to John and Karen Gray for their guidance and compassion. To Cindy and Kris Vigfusson, thank you for all that you do for us. God Bless you all.

-Roy and Judy, Troy and Bonnie,  
Blaine and Erin, Trey, Jake and Dane Fortin

## BIRTH ANNOUNCEMENT



**Bentley Kayden Randy Deloughery**  
Angela and Philip are so proud to announce the safe arrival of their precious baby boy Bentley Kayden Randy Deloughery on May 8, 2019 at the Selkirk Hospital, weighing in at 8 lbs, 5 ozs and 21 inches long. Bentley received a warm welcome in the world by his big sister Keira, and puppy dog Precious. Proud grandparents Lucille and Randy Husluk, Roma and John Boddy, and Rodney and Ghazala Deloughery. Special thank you to Dr. Speers and nurses that helped deliver our sweet baby boy.

## ANNIVERSARY



May 23, 1959  
Sylvia and Einar Thorgilsson  
Please join our celebration  
at a Come and Go Reception  
on Saturday, June 1 2019  
from 1:00 to 4:00 p.m.  
Lundar Legion Hall  
No gifts please -  
Just the pleasure of your company

## BIRTHDAY



If you see this Guy around this week,  
wish him a special  
Happy Birthday!!

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

Sudoku Answer

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**JUNK WAGON ANTIQUE/**  
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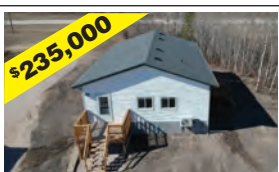
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**FISHER BRANCH \$92,500**  
Beautiful describes this 1240 sqft 3 BR, 1.5 bath home w/updated windows, plumbing, floors eaves & Large Deck. Only 1.5 miles from Town of Fisher Branch.. Great for Hobby Farm or horses. Two large gardens on property, single detached Garage & storage shed.



**LUNDAR \$235,000**  
**BRAND NEW** - Beautiful 1315 sq ft 3 BR, 2 Bath home on 40 Extravagant Acres w/private swimming pond. **THIS IS THE ONE YOU'VE BEEN WAITING FOR!!**



**GRAHAMDALE \$42,000**



**GYPSUMVILLE \$48,000**



**LUNDAR \$259,900**  
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MLS #1907570 Gunton \$55,000 - 100'x116' LOT

MLS #1907574 Teulon \$42,500 - 80' Frontage Lot  
MLS #1903755 Gimli \$98,500 - 88'x200x BEACHFRONT Lot!

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## OBITUARY



### Chris Erlendson

With profound sadness, the family announces the passing of Chris Erlendson, youngest son of Arnold and Olavia Erlendson of Lunder, Manitoba. Chris's immediate family was at his side the morning of Mother's Day, Sunday, May 12th, 2019.

Left to cherish his memories are his wife, Wendy; elder son Jarrod (Shelley); daughter Jillian (Todd) and younger son Chris (Dianna); five granddaughters, Elyssa, Sierra, Jazilynn, Milayna and Taylor; mother Olavia; brother Fred; brother-in-law John; two nieces and two nephews. He was predeceased by his father Arnold and sister-in-law Ilona.

A private family service will be held at a later date.

A tree will be planted in memory and cared for by McKenzies Portage Funeral Chapel.

McKenzies Portage Funeral Chapel

204-857-4021

[www.mckenziesportagefuneralchapel.com](http://www.mckenziesportagefuneralchapel.com)

## OBITUARY



### Susan Gail Troschuk (nee Shachtay)

August 12, 1953 - May 15, 2019

It is with great sadness we announce the passing of Susan Troschuk on May 15, 2019 at the Riverview Health Centre, at the age of 65 years old.

Forever cherishing her memory is her loving husband Stanley, of 46 years; sons Mark, Michael, daughters Dawn (Ronnel), Crystal (Colin), grandchildren Liam, Ella, Cole, Michelle, sister Shirley and brother Larry and their families, great uncles, great aunts, nephews, nieces, aunts, uncles and cousins. Predeceased by her parents Anne Shachtay (nee Chubaty) and Harry Shachtay, brother Ernie in early childhood and brother-in-law Denis Boily.

Heartfelt appreciation and love is extended to all the family and friends for their kindness and support, to the wonderful staff and

doctors at Cancer Care Dr. James Paul and Dr. Bashir Bashir, and the Riverview Health Centre for taking such great care of Susan.

A funeral service will be held on Friday May 24, 2019 at 11:00am. Pastor James Thiessen will be officiating at the Poplarfield Community Center, interment to follow at the Poplarfield Cemetery.

In lieu of flowers donations may be made to the Cancer Society of Manitoba or The Riverview Health Centre Foundation.

FISHER FUNERAL HOME INC.

In care of arrangements. Fisher Branch, MB

204-739-3363 or 204-372-6271

## OBITUARY

### Joseph Emmett Murphy

After a lengthy battle with Dementia, Joe passed away peacefully at Betel Personal Care Home in Gimli, Manitoba on May 15, 2019.

Joe is predeceased by his parents Emmett and Frances Murphy of Emerald, PEI. Joe is survived by his wife Candice, her children Martin (Beverly) and Teresa (John), his sister Mary, nephew Joe, his pup Mikki and numerous cousins across Canada.

Joe grew up in Emerald, PEI and eventually took over his dad's potato farm. He moved west in the 1960's working in the oil patch in BC and Alberta until the lure of gold mining led him to Flin Flon, then Snow Lake. He worked and mined out of Snow Lake until the early 1990s and decided to move to Winnipeg after meeting Candice. While he was living there, he mined in Leaf Rapids, North Saskatchewan and Yellowknife.

Joe retired with Candice in 2001 and they realized their dream and travelled across Canada in their 5th wheel for a few years enjoying our beautiful country.

Joe was diagnosed with Dementia in 2010 and was able to live at home until December 24, 2014 and moved into Betel in August 2015.

Thanks to all the wonderful staff at Betel who made Joe's life very comfortable. An extra special thanks to the ladies on the second floor who made his last days so comfortable.

In lieu of flowers, if friends so desire, a donation may be made in Joe's memory to Betel Home Foundation, Box 10, Gimli, MB. R0C1B0.

A private family burial will take place at the Lunder Cemetery at a later date.

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