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A barrel of fun



Four year old Hannah Stuart of Eriksdale was one of the youngest barrel racers taking part at the 64th annual Lundar Ag Fair last weekend. This is Hannah's second year showing and her mom Holly says that she has a real passion for horses and that she has been sitting atop the four-legged animals since she was seven months old. Hannah's cousin, Will Mantiuk from Ashern who owns Sassy, was helping to make sure that everyone was safe. See story pg. 13.

EXPRESS PHOTO BY ROBERT E. WILSON

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Gimli High School gets the dock swinging



EXPRESS PHOTOS BY PATRICIA BARRETT

A strong gust of wind threatens to steal the jazz band's scores.

By Patricia Barrett

Gimli High School's jazz orchestra and jazz band had the harbour swinging last Friday with their annual Jazz on the Dock concert.

Students in grades 9-12 entertained about 200 people who sat on the grass or picnic benches during the noon-hour performance.

"Half the fun of Jazz on the Dock is stuff going wrong," said band director Rob Chrol before the performance got

underway. "The wind will blow your instrument: keep going!"

The wind did more than blow their instruments: it threatened to snatch their scores from music stands despite the numerous wooden clothes pegs holding them down. A few close calls had students laughing.

In addition to the wind, students battled high temperatures, the occasional bee and the steady flow of foot traffic around the bandstand area. But



Pianist Jillian Henry played with the jazz orchestra.

they did not once lose focus — until Chrol told them to.

"Take a look around you," he said, gesturing towards the harbour. "Schools in the city don't have this. Appreciate how cool it is to play on one of the greatest freshwater lakes on the planet."

The jazz orchestra opened the show with three standards, including Duke Ellington's Such Sweet Thunder. Several soloists dazzled the audience with

their on-the-spot improvisations.

Hannah Jonker and Jasmine Henry took to the mike to sing This Can't Be Love.

The jazz band then took to the stage and ramped things up a notch with swing tune Fat Cat.

Chrol said students in the jazz band had been playing for only a year. Yet they demonstrated "lots of problem-solving on the fly."



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Bassist with the GHS jazz band plays Fat Cat.



Jazz orchestra playing Such Sweet Thunder by Duke Ellington, ballad But Beautiful and Blues in the Night while school children enjoy the music at Jazz on the Dock



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Hundreds help raise over \$20K for refugee team

By Dave Baxter

An event in Selkirk last weekend will go a long way towards bringing refugees in need of a new home to Manitoba.

And a group working to bring refugees to Canada now has confirmation they will soon be bringing two families to Selkirk.

The Red River Churches Refugee Team (RRCRT) held a fundraising dinner on the ice surface area of the Selkirk Rec Complex last Saturday.

The event featured a beef and chicken dinner, live entertainment and a silent auction.

RRCRT chair Don Forfar said the dinner raised more than \$20,000 for the team.

"It went phenomenally well," Forfar said. "It was just an awesome time and a group of really good human beings."

The event sold about 500 tickets at a cost of \$25 per ticket, Forfar said.

Money raised will go back into the RRCRT, which has seen volunteers from more than 15 local churches sign up to help support refugee families trying to come to Canada.

The event also saw Kiwanis Selkirk and District present a cheque to Forfar for \$6,100, which they raised from the annual Mother's Day Run/Walk that took place in Selkirk on May 8.

Since joining forces, the team has worked towards a goal of raising



EXPRESS PHOTO BY GREG MCKENZIE

About 500 people filled the Selkirk Rec Centre Saturday night for an event that raised more than \$20,000 for the Red River Churches Refugee Team.

\$100,000, and also to get the word out about the volunteers that are needed to help refugees once they get to Canada.

Forfar said the support the group has received since forming has surpassed his expectations.

"It's amazing how different places and groups are sending us money," Forfar said. "Different groups, organizations and churches from all over are coming on board with this."

Forfar also confirmed Saturday night the RRCRT has been matched with

two refugee families from Sudan that they are now working to resettle in Selkirk.

Forfar said it is hard to say exactly when the family will show up in Canada but they are expecting sometime in the next five to 10 weeks.

Both families are currently living in a refugee camp in Chad, Forfar said.

One of the families is a widow with adult kids, and Forfar said it is important to help young adults and not just children come to Canada.

"We thought that's all the more rea-

son to do it because they need help just as much."

The second family is a married couple with an 18-year-old and a newborn daughter, Forfar said.

The RRCRT is now committed to raising more than \$100,000 and finding volunteers to help refugee families resettle.

Anyone looking to donate or get more information about the RRCRT can visit rrcrteam.com.

Hnausa an ideal location for vehicle breakdowns

By Patricia Barrett

A tire blowout experienced by this reporter last Friday afternoon was one of the most uplifting vehicular breakdowns experienced to date because of a Hnausa woman.

Serena Bjornson, who lives near the small lakeside community, was on her way home from cutting grass at a relative's farm when she spotted the reporter stewing in 30-degree Celsius heat.

"Everyone believes you can't stop for strangers," said Bjornson, who knows her way around vehicles and who has come to her own highway rescue several times. "But I've stopped."

She said she has never had a bad experience helping people on the highway.

The blowout occurred on PR 222 just south of Hnausa. The steering wheel had started playing up moments before a healthy layer of rubber came whipping off the front tire.

Unable to get a cell signal near the big white building at the end of 222, the reporter had to "limp" the car up

to the junction of highways 68 and 8, where she was able to catch a fleeting signal and send an SOS to CAA.

But long before CAA arrived, Bjornson was on the scene.

"I tried before. They'll not come off," I said, referring to the nuts that had been pneumatically secured when the winter tires came off in April.

Bjornson wasn't having any of it. She has worked construction, worked on the family farm and can hoist a tire in the air as though it were a pool float.

Bjornson, who works as a flight attendant for Sunwing Airlines and as a DJ for Crystal Sound, had the lug nuts off in no time, and the shredded tire, replete with several dead bluebottles, sailed off the rim.

Getting the jack under the car was another matter. Bjornson had to dig in the gravel with her bare hands to clear a space.

They say necessity is the mother of invention, so the reporter fetched an ice scraper from the boot and handed



EXPRESS PHOTO BY PATRICIA BARRETT

Serena Bjornson from Hnausa stops for strangers in distress. She can loosen a lug nut as fast as any mechanic with a pneumatic impact wrench. Bjornson and Raymond from Riverton's Agri' Auto work on a tire blowout near highways 68 and 8.

Continued on page 8

Intricate colouring book picked up by Canadian Museum for Human Rights

By Patricia Barrett

An artist with ties to the Arnes area created a colouring book so unique that it's now being sold at the Canadian Museum for Human Rights in Winnipeg.

Anthony Nelson, whose aunt and uncle run the Arnes Farmers' Market, came up with the idea of a colouring book based on ancient world cultures. He designed an elaborate series of images to show how different cultures can connect us rather than divide us.

"I'm interested in ancient art and symbolism," said Nelson, who lives in Winnipeg with his family but visits the Gimli and Arnes area often. "I amassed pictures from ancient drawings and combined them to create the colouring book."

The book, titled *Awaykin with Colour*, is no ordinary colouring book by any stretch of the imagination, and it will most likely entice adults who've not been near a pencil crayon or other artistic medium for decades.

Nelson undertook a lot of research before he began his intricate sketches of people, animals, religious iconography and ancient symbols. The images on each page seamlessly blend together with a minimal use of white space.

The book came to the attention of Tristin Tergesen, who runs the Museum's boutique, after Nelson had lunch with a mutual friend in Arnes.

"She [Tergesen] thought it would be a good fit," said Nelson.

The 30-year-old artist has shown his work at various venues, such as the Tara Davis Studio Boutique and the Cornerstone Bar in Winnipeg.

"I've done oils and wood-grain paintings," said Nelson, who undertook some art studies before launching his career. "I did 150 small collages — same as the colouring book — using images from around the world."

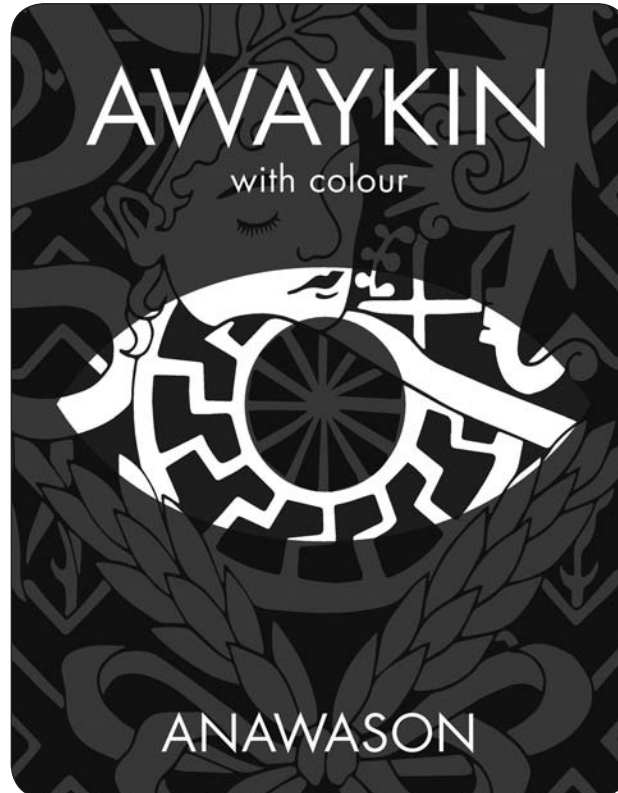
Nelson said he has already sold 100 copies of the colouring book, which was published June 9 by Tellwell in Victoria, B.C., a company that gives its authors 100 per cent of the net royalties.

In addition to the boutique at the Museum, the colouring book can be purchased for \$15 at the Tara Davis Studio Boutique in Winnipeg's Exchange District and at the Arnes Farmers' Market. It can also be ordered online through Amazon, Indigo and a print-on-demand service through Tellwell.

Visit Awaykinwithcolour.com to view the book.



Artist Anthony Nelson has his colouring book for sale at the Canadian Museum for Human Rights in Winnipeg.



ILLUSTRATIONS AND PHOTO COURTESY OF ANTHONY NELSON

Artist Anthony Nelson has his colouring book, *Awaykin with Colour*, for sale at the Canadian Museum for Human Rights.

Manitoba RCMP investigating homicide in Berens River

Submitted

On the evening of June 12, members of the RCMP Berens River detachment responded to a call of a male in medical distress.

Members attended the community's nursing station and located a de-


ceased adult male, 18 years old, from Berens River. The death is being investigated as a homicide.

RCMP investigators from Major and Serious Crimes as well as Forensic Identification Services are in Berens River to assist in this ongoing inves-

tigation.

A male youth has been detained in connection to the death and is presently in custody.

No further details are available at this time.

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Santa Claus has the 'catch of the day'

My good fishing friends, how are you?

Last week, Grand Marais and Silver Harbour kept on popping into my head as I considered places to find our fishing stories. So, hot and sunny Saturday found me at the south end of Grand Marais, ducking through a bank of willow trees along the Lake Winnipeg shoreline that brings you to a tranquil lagoon surrounded by a sandy beach.

Of the anglers around the lagoon, I noticed one chap with a wide-brimmed straw hat so I approached him to ask if he had a story for us. Our new friend, Angelo Robles, had a winter fishing story, which seemed in sharp contrast of the mood inspired by the tropical setting of this lagoon.

It seems he and some friends struck out by foot northward on the ice from here carrying a portable ice shack and all their gear for at least a mile. They no sooner stopped at a spot they liked and began setting up camp than a storm hit. In haste, they repacked and made for shore. Soon they were treading deepening snow with the fierce wind slamming against their bent backs as they stumbled along. Darkness began to surround them until suddenly they were heartened by the sight of lights on shore. Only then they knew their chilling adventure would come to a good end.

The day after meeting Angelo, I yielded to my urge to visit anglers at Silver Harbour. As I drove up to the rock water break, I saw a car with Maryland plates. Ahead of me on the break was a retired couple setting up to fish. I got out of Old Red and hailed them.



EXPRESS PHOTO SUBMITTED
Angelo Robles of Winnipeg with a bass he caught at the Grand Marais lagoon recently.

I exchanged pleasantries with Don and Diane Meyer, Americans who decided to rent a car and come here for a little fishing on the spur of the moment. While talking, Diane, with short light brown hair under a worn cap, struck me as an insightful outdoors lady. Don, on the other hand, was a man in constant movement, of average build with long snow white curly hair, beard and moustache. He also had two stories.

His hair had been light red at one time as he sat in a medical compound in Vietnam building model airplanes as therapy to repair an injured hand. Always a compassionate sort, he would take the planes, fill them with candy and things kids like and fly them over the compound wall to eager children.

The French Consulate heard what he was doing and asked if he would play Santa at Christmas, which he happily agreed to. Back home, he carried on his love for playing Santa Claus. Now, 31 years later, he still revels in this work, speaking with pride of his \$5,000 Santa suit collection including a third-century German white Claus costume.

Don and Diane also had a fishing story where they caught a "steel head."

They were in their boat on Lake Erie with friends and wanted to haul anchor. Don began pulling up, but the weight got heavier and heavier to the point where he had to get help from his friend. Finally, up from the depths came his anchor with another bigger anchor tangled to it. In keeping with Don and Diane's sense of humour, they dubbed their new anchor the "steel-head catch of the day."

Late last week, I wandered up and down the west side of the Red visiting with riverbank anglers and eventually met a very nice retired couple, Jerry and Pat Swsak from Winnipeg. We got to talking about Rob Belanger and his Red River Operation Clean Up program. As a boy, Rob played and fished along the Red and was always bothered by the garbage left on the Red's banks. Now, as a conservation officer, he goes to clean up the riverbanks with his volunteers when his shift is over. Jerry, Pat and I agreed that it sure would lighten Rob's load if folks started using biodegradable fishing gear and practising good housekeeping out there.

Well, I think I'll run over to Shoal Lake for some perch. See you later. Bye.

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Province opens main beach at Winnipeg Beach Provincial Park

By Patricia Barrett

With the reconstruction of the seawall nearly completed at Winnipeg Beach, the province opened the main beach last Friday afternoon.

The seawall had been badly damaged by storm surges on Lake Winnipeg during the 2015 May long weekend. The storm also downed trees and damaged sidewalks.

"Additional finishing work on the sidewalk will continue for the next two to three weeks, so visitors are asked to follow signage and use the gravel path to the beach," said a June 10 news release from Sustainable Development (formerly Conservation and Water Stewardship).

The Town of Winnipeg Beach had applied for financial relief under the Disaster Financial Assistance (DFA) program, which is run by the province to help municipal governments, farms, businesses, non-profits and individuals with the costs associated with extreme weather.

"Improvements to the seawall and surrounding area will provide additional flood protection to the commu-

nity and improve amenities for this popular summer destination," said the news release.

Jeff Wharton, MLA for the Gimli riding, said in a news release that he is pleased to see the repairs to the seawall and thinks the town will become more popular with tourists.

"Winnipeg Beach has always been a great attraction for people throughout Manitoba and beyond," said Wharton.

"Its beach, park and boardwalk are iconic among our province's tourist attractions. The repairs and upgrades to the seawall, park and pathways are making this Lake Winnipeg community better and more beautiful, and are turning it into an even stronger draw for people from all over."

Seawall construction is ongoing at the north end of the beach and is expected to be completed later this summer, according to the province. No date was provided.

The province advised there are some areas near the beach that have received new sod and grass seed and are currently inaccessible.



EXPRESS PHOTO BY PATRICIA BARRETT

Seawall construction continues at the north end of Winnipeg Beach Provincial Park, but the main beach at the south end was opened to the public last week.

Boat parade highlights new events for Steep Rock's Canada Day

By Stefanie Lasuik

This year, Steep Rock Park will parade its Canada Day celebrations on the water. For the first time, a boat parade and decorating contest will highlight Steep Rock's festivities.

"We're always looking for something new to add," said Lana Iwanchuk, manager at Steep Rock Beach Park.

This year's activities will also be stretched out over July 1 and 2. The parade is set for July 2 at 11 a.m., when brightly decorated boats will head out from the government dock to the Filion development and back to the main dock. The price to enter is \$20 and the winner of the decorating contest will receive a cash prize of 50 per cent of the entry fees. The other half will go to Steep Rock Beach Park to help offset the costs of the weekend's family activities.

Judges will announce the best boat at the steak supper, which begins at 4 p.m. on July 2 and costs \$15.

After dinner, The Third Chins will

perform from 7 to 11 p.m. The Ashern-based band plays country rock music.

Then a firework display will light up the sky to end a weekend that begins with a social club, chase the ace, and an open microphone on July 1. These events all run from 4 to 7 p.m. on the Friday and an outdoor movie will play at dusk.

The weekend will have activities for families, as well. Giant bubbles, twister in the grass, face painting, a bike-decorating contest, bouncers and train rides fill the pavilion from noon to 4 p.m. on July 2.

Also new this year will be a TD Fine Arts paint party, where people with any level of art experience, including none, can learn to paint a monarch from 2 to 4 p.m. in the Café dining room. Participants will go home with their own work of art for \$45.

The Café will also play host to the pancake breakfast the morning of July 2 from 9 to 11 a.m., while the flea market takes place at the pavilion.



EXPRESS FILE PHOTO

The annual parade will be replaced for the first-time boat parade and decorating contest along with new events, twister in the grass and a paint party.

Correction

On page 8 of the June 9, 2016, edition of the *Express Weekly News*, we published that the new health-care training centre in Arborg was scheduled to open next year. In fact, we should have said it is scheduled to open next month. The *Express* regrets the error.

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Lundar Elementary teacher retires after 35 years

Lorna Johnson taught at Oak Point and Lundar throughout her career

By Stefanie Lasuik

Lorna Johnson has been a fixture at Lundar School for 17 years but the end of June will mark the early years teacher's retirement.

Johnson began her teaching career at Oak Point School in 1981. After five years, she transitioned into substitute teaching so she could raise her children. For 18 years, Johnson worked as a substitute before coming to Lundar full time in 2004.

In her years at Lundar, Johnson has taught kindergarten and grades 1, 2, and 3. Johnson enjoyed teaching the younger students because she got to watch them learn a lot.

"I think one of the greatest gifts we are given as early years teachers is the amount of growth we see in our students," said Johnson.

Some students would come into Grade 1 not knowing how to read and leave Grade 1 reading all they could, said Johnson.

Lundar School's unique kindergarten to Grade 4 and grades 9 to 12 format allowed Johnson to see her students' growth in their older years. But it was Lundar's people themselves that made Johnson's experience there



Lorna Johnson

great, she said.

Johnson enjoyed working with the school's students, parents and staff. She is going to miss her co-workers in retirement.

"One of the best things was getting together in the staff room and we always had a good laugh," said Johnson, explaining someone always had a good joke.

Johnson is also going to miss working with people who bring an innocence and a wonder to the activities they do. Her young students had a different perspective on the world that Johnson found both enlightening and hilarious.

Johnson often shared books that held messages with her class.

"Instilling a love of books in them was one of my favourite things," she said.

She also helped each student feel accomplished by working with them in



EXPRESS PHOTO SUBMITTED

Lorna Johnson has been a fixture at Lundar School for 17 years, where she substituted then taught kindergarten to Grade 3.

art. She showed them that everyone can create meaningful and beautiful pieces.

"Lorna's laughter, sense of humour, positive attitude and teaching excellence are going to be greatly missed,"

said Patty Goranson, Johnson's colleague at Lundar Early Years School.

Johnson is now looking forward to walking every day, taking time for herself and substitute teaching at Lundar School.

> HNAUSA, FROM PG. 4

it to her rescuer.

While Bjornson worked away in the blistering heat, no fewer than four locals stopped to ask whether they could help.

Bjornson had it all in hand until she tried the reporter's jack: she had to dash home to get a "real" jack.

According to an August 2013 article in *Popular Mechanics*, tire blowouts commonly occur between May and October because of high temperatures, potholes cutting into the rubber, increased distances travelled and the use of maximum speed.

Just as Bjornson was set to try her jack, Raymond from Riverton's Agri' Auto & Repair (a CAA affiliate) pulled up.

Raymond, it turns out, used to farm the field on our left, and one of Bjornson's family members farmed

the one on our right. They knew each other, of course.

As kind and sympathetic as Raymond was, you could see the judgment in his eyes when he glanced at the reporter's pathetic little jack.

"You can get a [real] jack at Interlake Auto in Arborg, smaller than this one," he said, as he hoisted up the car and snapped on a winter tire the reporter had tucked away in the boot.

Bjornson stuck around to ensure all went well even though she had to get ready to DJ a wedding social in Arborg.

She has been DJing at weddings and socials in the Interlake and Winnipeg for about 10 years. And if your car won't start after a social, you can bet Bjornson will help.

Gimli RCMP requesting assistance in locating missing person

Submitted

Gimli RCMP is requesting assistance in locating Montana Disbrowe.

Montana Disbrowe is 17 years old, approximately 5'3 and 120 lbs. She last contacted her family on June 10, 2016 and may be in Winnipeg.

The Gimli RCMP, with assistance from the Winnipeg Police Service Missing Persons Unit, have been actively searching for Montana since her disappearance.

Her family and the RCMP are concerned for her well-being and are asking for the public's assistance for any information about her location.

If you have any information, please contact the Gimli RCMP at 204-642-5106, or call Manitoba Crime Stoppers anonymously at 1-800-222-8477, submit a secure tip online at www.manitobacrimestoppers.com



Montana Disbrowe

or text "TIP-MAN" plus your message to CRIMES (274637).

Multicultural day promotes understanding

Lundar School students powwow, jig and battle in cultural celebration

By Stefanie Lasuik

Lundar School's cultural exploration class took its learning outside the classroom doors on June 8. The school's first multicultural day heightened understanding of the students' main cultures: Métis, First Nations and Icelandic.

The seven students in Heather Lambert's Grade 12 cultural exploration class hosted an afternoon of teaching, activities and food. They began by giving a presentation they created about the three cultures.

Then Red River jiggers danced to music of the Métis fiddle style, students performed First Nations jingle dances, and the class re-enacted an Icelandic battle scene. The students explained each activity's cultural significance to the rest of the school. The fiddle music of the Red River jig celebrates joyful beginnings. The First Nations women's jingle dance dress, the medicine dress, signals a woman is ready to take on the responsibility of fasting and feasting.

"I felt proud that other people would learn about powwow dancing," said Aileen White, one of Lambert's students who performed the jingle dance.

Carl Swan, an accomplished drummer who works at the school, helped the class make hand drums, which they decorated with art that held personal meaning. The class used their drums to create music for their peers.

Then the whole school took part. They showed off their best war cries, danced a powwow with a potato between their foreheads, and joined hands in a round dance to celebrate being together as one.

The day's message was to know your culture and others' cultures, said Lambert.

"It's really hands-on learning to embrace the culture in real life," she said.

The students also embraced the foods of the three cultures. They sampled bannock, tourtière, elk and deer stew, and Icelandic desserts ponnukokur and vinaterta.

The day has now passed, but one of Lambert's students has been working on a mural to capture the multicultural spirit permanently in the school.

Matthew Cote is nearly done his painting of a canoe, a Viking and a First Nations person.

"It's about working together, that we're united. It doesn't matter what race we are, we're one," said Lambert.



Aileen White performed a jingle dance in a medicine dress.

Lambert felt the students gained a greater understanding of cultures, but her class also enjoyed putting the day together.

"They were happy they could showcase what they learned all semester and to learn it in a different way," said Lambert.

"I'm so proud that we can perform for the school. Everyone learns so much more live," said Jordhan Lynch, one of Lambert's students.



EXPRESS PHOTOS SUBMITTED

Tristan Monkman and Lyndon McIvor teamed up for the potato powwow dance.



Autumn McClean and teacher Heather Lambert performed songs on the hand drums they created.



The school's round dance showed the students they are together as one.

Life's a beach

EXPRESS PHOTO BY
PATRICIA BARRETT

A woman and her dog soak up the 30-degree temperatures Friday afternoon on Gimli public beach.



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Wheel alignment on your vehicle is a lot like that. One or more of your wheels can get out of alignment; you feel a **vibration** in your steering wheel – which may also be off-center. Your vehicle might pull to one side and your tires start to wear unevenly – you could chew through a tire in a few months.

When all of a vehicle's wheels are lined up exactly with each other, your wheels are in alignment. Hitting a road hazard in the Interlake or even just the normal bumps and bounces of everyday MB driving can cause your vehicle wheels to be out of **alignment**. This can lead to expensive premature tire and suspension wear.

Sometimes wheels get knocked out of alignment by something big like **hitting a curb**, or a bumpy Interlake road, or slamming into a pothole. But everyday driving takes a toll and vehicles lose alignment over time. That's why we recommend an **alignment check** at regular intervals. Check in with your Local Service Provider to see if they offer a full menu of quality auto repair and maintenance services, including **wheel alignment**.

Here are some alignment basics that you should be aware of:

The first angle is called toe: do the wheels point in towards each other or away from each other at the front of the tire.

The next angle is called camber: do the wheels tip in or out at the top.

And finally, there is castor. Castor measures the angle where the front axles attach to the vehicle.

The ideal alignment for your vehicle was designed by its engineers. An **alignment service** starts with an inspection of the steering and suspension to see if anything's bent, broken or worn out. Then your service technician will look at tire condition. From there, the vehicle is put on an alignment rack and an initial alignment reading is taken. The wheels are then aligned to manufacturer's specifications.

It's recommended to do the alignment every couple of years or upon installation of a new set of tires to save on premature wear. Severe driving conditions found in the Interlake may require an alignment yearly to save on costly premature wear of tires and suspension parts.

If your vehicle pulls to one side, you feel a vibration in the steering wheel or your tires seem to be wearing abnormally, talk with your friendly and knowledgeable local service advisor.

If you suspect an alignment problem with your vehicle, get it checked at your Local Service Provider before you suffer expensive tire or suspension damage.

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Lundar agricultural fair weekend draws huge crowd

By Stefanie Lasuik

Lundar's 64th fair brought over 1,800 people to its agriculture grounds on June 10 and 11 for two days of beef shows, horse spectaculars, rides and entertainment.

The ag fair volunteers had to jiggle panels in the barn to make room for the 90 head that showed in this year's beef show. Lundar's fair hosted the Manitoba Limousine show for the first time, helping to bring the head count to the largest it's been in recent years. In the jackpot heifer show, Triple R Simmentals took home the first place \$500, NYK Cattle received \$300 for their reserve champion female, and Dequier Farms placed third to earn \$200.

Five 4-H clubs came together to compete in a beef show as well. Thirty-eight kids from the Dolly Bay, Fisher Branch, Lakeside, Trailblazers and Lundar groups participated in judging, team grooming and showmanship events. Riley Wirgau of Lundar had the grand champion heifer and reserve champion steer, while Tristan Kehler of the Dolly Bay club won grand champion steer. Lakeside's Will Jeremy earned reserve champion with his heifer.

About 30 riders took the ring over the two days to take home trophies and prize money in classes from English pleasure to Western showmanship.

All the while, kids zipped in and out of merry-go-rounds and a petting zoo lined with goats, kittens and ponies.

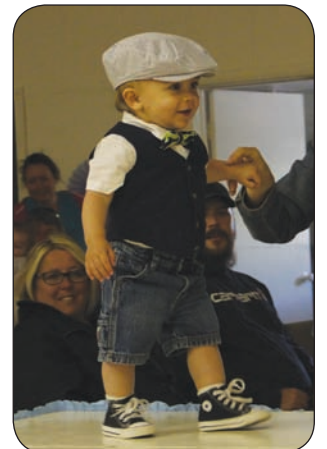
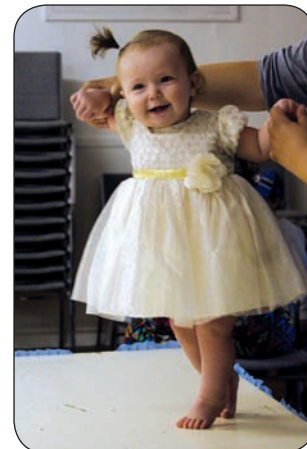
The seven Miss Interlake contestants competed in talent, impromptu speech, personal interview, sports wear and formal wear contests throughout the two days. On Saturday, Miss Lundar Jordhan Lynch wore the crown as she earned the title of Miss Interlake. Miss Mulvihill Taylor Kinkead and Miss Narcisse Emily Caumartin were first and second runners-up respectively.

The fair's tractor pull had its largest showing in its nine years, with 108 pulls each day. Participants brought their pre-1960 tractors from all over Manitoba to compete in different classes and put on a show for all in attendance.



EXPRESS PHOTOS BY STEFANIE LASUIK

Pictured clockwise from top: Damian Young, back, and Dmitri Stewart, front, showed their junior yearling heifers in the beef show; Steina Thorgilsson leads her cow Cosby in the Open PeeWee Showmanship class; Sawyer Johannson, 13 months, charmed the judges and took home first place in the boys 12- to 18-month category of Lundar's baby show; Eight-month-old Jasmine Webb won second in the six- to 12-month baby class; Aaron Prasiuk sings Johnny Cash's "I was there when it happened" at the Legends' Show; horses, tractors floats and bands were aplenty during the parade; Paisley Erickson, 2, is happy to receive a sticker from Const. Debbie Malcolm of Lundar during the parade; Brandon Bamford of Oak Point leads his well-trained half-lingers through the pylons on June 11; Lundar's Tommy Cramp pulls 300 feet for a total score of 514 feet and three inches in the fair's tractor pull; Miss Lundar Jordhan Lynch, was crowned Miss Interlake. Miss Mulvihill Taylor Kinkead and Miss Narcisse Emily Caumartin were first and second runners-up.



Gimli Coast Guard station reconstruction project to get underway

By Patricia Barrett

The Canadian Coast Guard buildings at Gimli Harbour are about to be upgraded, and the entire area, including the Gimli Yacht Club, could see some modifications to the use of space.

"We need a well-run facility for the safety of recreational boaters and commercial fishers," said James Bezan, PC MP for Selkirk Interlake Eastman, by telephone from Ottawa.

In April 2015, he had announced federal funding support for upgrades to the Gimli Coast Guard station because the "current needs of the ... station have outgrown its capacity."

At that time, the Department of Fisheries and Oceans, which manages the coast guard, had been conducting a study to determine what the station needed.

Bezan said the government had been weighing a few options for Gimli: either upgrade the buildings or modernise the entire base, including crew quarters and storage for fuel.

"They need space for the vessels and for storage and fuel," he said.

The port is home to the CCGS Vakta, a search and rescue vessel. The station has been in Gimli for over 20 years.

There are a number of parties affected by the reconstruction effort: the



EXPRESS PHOTO BY PATRICIA BARRETT

The coast guard intends to cut down this stand of five trees to make way for building upgrades and a possible reconfiguring of the harbour area. It will replace the trees.

Coast Guard, the Harbour Master, the Gimli Yacht Club and the RM Gimli.

Joann King, CAO of the RM, has been working with various parties as the project progresses.

"The current coast guard station building will be moved closer to the street," she said. "And the Vakta building will be on municipal land."

The buildings are "long in the tooth," said King, and should be made more comfortable for staff who stay at the station on a rotational basis.

She had also been consulting with

the board of the Gimli Yacht Club for a number of months to look at their needs.

There will be some space reconfigurations, she said, but those will have a minimal impact on the Yacht Club and will not affect the club's lease with the RM.

She said she met with club representatives last Friday to look at drawings and diagrams of the area and both parties came to an agreement.

The Yacht Club will not be losing any space.

"It won't be a bigger or smaller space, just a better use of it," said King. "It's like moving furniture around in your living room: it will just look different."

Presently, the club has a winter park-

ing area (for boats) beside one of the coast guard buildings. That space may be reconfigured.

There are five poplar trees in that space. The coast guard will be cutting them down this week. It will, however, be replacing all five.

"We'll be talking to the Yacht Club about where to put those new trees," said King. "The coast guard is paying for those new trees."

The *Express* did not see the new site design plan with the Yacht Club, as it had just been finalized Friday. But King said it should be available in a few weeks.

"It's a great thing for us having the coast guard here," said King. "They're out there [on Lake Winnipeg] three or four times a week helping people."

There are two coast guard bases in the Interlake: one in Selkirk and one in Gimli, said Bezan. There is no station in Hnaua.

"Most of the operations come out of Selkirk," he said. "But they [the government] want to consolidate assets into Gimli."

The MP said he has spoken with Gimli Mayor Randy Woroniuk and has met with the Gimli Yacht Club on a couple of occasions to stay abreast of developments.

He will be back in the riding in a few weeks when Parliament breaks, and said he'll be visiting Gimli to see how the project is progressing.

No cost estimates are yet available for the reconstruction project.

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Five good reasons to change your windows



There are several advantages to changing your windows. Read on to find out what they are.

1. Better insulation

Most air and water leaks in the home are caused by a lack of proper sealing around windows and doors. The custom-made quality windows installed by professionals greatly improve the sealing and insulation in your home. New windows also help you make big savings in your winter and summer energy bills.

2. Improved security

Old, fragile windows and ones that are too easy to open can put your family's safety and security at risk. To protect your family and property against theft, have some burglar-proof windows installed in rooms accessible from the ground level, such as on the main floor and in the basement.

3. Increased soundproofing

Are outside noises disturbing you even when all the windows are closed? Look for windows specifically designed to provide superior soundproofing. You'll finally be able to sleep soundly with this sensible investment.

4. Easy maintenance

Various problems can come up when your windows get old, including mould, peeling paint, condensation and difficulty opening and closing. To remedy the situation have new, good-quality windows installed by professionals.

5. A great look

Windows are important decorative elements

that can transform the look of your home, both inside and outside. Visit a few local stores that sell and install windows to discover an impressive variety of styles, finishes and colours. The appearance of your home will change for the better when it features brand-new windows.

Revamp your garage

Renovating your garage is a great investment, one that will add value to your home. Whether you want an all-weather work-shop or a rec room for the kids, you can easily transform a lacklustre part of your home into a comfortable and attractive space for just a few thousand dollars. Here's how.

- Have the walls and ceiling redone by professionals, using good-quality insulating materials.
- Replace the old door with a more esthetic model that has windows, if possible. Make sure it's equipped with a sophisticated opening system.

- Cover the floor with a moisture-resistant product such as epoxy or vinyl flooring.

- Install an auxiliary heating system and adjustable lighting to create a warm, cozy environment. Bring in a certified electrician for the installation of any electrical components.

- Decorate your garage with paint, furniture and accessories. For inspiration, visit websites or hire an interior decorator.

Once transformed, your garage will be an inviting place where you'll love spending time tinkering with your antique car, re-pairing furniture or simply enjoying some time alone.

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Matlock artist making WAVES with windows

The Interlake WAVE art tour is getting organized for fall tour Sept. 3 and 4

By Stefanie Lasuik

Glenda Knoll doesn't paint on canvases. She prefers to work with windows, stones and wood, leaning into whatever unique shapes and marks they bring with them. Using these pieces, Knoll earned a spot for the first time this year on Interlake's WAVE Art Tour that took place last weekend.

Knoll resides in Winnipeg but has frequented her family cabin in Matlock for over 30 years. Knoll has always had a creative side to her, she said, but her parents valued music. It wasn't until two years ago that she channelled her creativity into the visual arts.

Knoll had had the windows of her house replaced and thought the old panes could end up somewhere better than a landfill. She picked them up and began painting them, which helped her heal after a family crisis.

Knoll finds art healing not only for her but for the people she works alongside at Oak Table in Winnipeg. Oak Table, a non-profit organization at Augustine United Church, supports those living in poverty and with illness. One of its activities is an art program.

"It's a way of healing and a way of expressing yourself," said Knoll.

She is currently donating all the sales from her rock art to Oak Table.

Knoll will continue painting rocks,

windows and wood pieces whenever she can get them.

"There's no stopping the ideas from coming," said Knoll. The artist is diligent in her work, collecting the panes from dumpsters and places that are having their windows replaced. She picks rocks off the beach and uses barn wood for her pieces of art.

With the wood, Knoll has created the pieces of a town that sprawls across a wall of her home. Her art has brought more life into her home but more furniture as well. She has created her own nine-pane coffee table with each pane displaying a different word for "coffee."

Knoll plans to continue growing her art business. She enjoys the challenge of making others' ideas come to life on glass and has yet to disappoint a customer. In the two years that she's been painting, Knoll has sold over 30 works.

Knoll's work can be found online at www.whimsicalwindowsandwords.com.

The Interlake WAVE Artists' Studio Tour is run by Winnipeg Beach Art and Culture Co-op, a non-profit run by artists for artists. Its tour, the largest in Manitoba, runs once in the spring and once in the fall. The next WAVE will be Sept. 3 and 4. For more information or to apply to be a part of the tour, visit watchthewave.ca.



EXPRESS PHOTO SUBMITTED

Glenda Knoll, a new WAVE artist, creates art out of glass, rocks and wood



Oversized outhouse

EXPRESS PHOTO BY PATRICIA BARRETT

Gimli-based Toomey Construction was hard at work Friday afternoon building a public washroom at the south end of Gimli beach. The eight-stall facility will be wheelchair accessible and will include a family washroom. It is slated for completion in July.

get inspired

> MEAL IDEAS



Lemon roasted vegetable and salmon pasta

oil, garlic, parsley and thyme; toss to combine well. Spread onto parchment paper lined baking tray and roast in 425 F (220 C) oven for 15 minutes.

Remove vegetables from oven and place salmon portions on top of vegetables. In a small bowl, whisk together lemon rind, juice, broth and pepper and drizzle all over salmon and vegetables. Return to oven for about 10 minutes or until salmon flakes when tested and vegetables are golden.

Meanwhile, in a large pot of boiling water, cook pasta for about 10 minutes or until tender but firm. Remove 1/2 cup (125 mL) of the cooking water and drain pasta. Return pasta to pot and stir in roasted vegetables and salmon. Stir to combine, breaking up salmon as you stir. Drizzle in reserved cooking water to moisten if necessary.

Tip: You can use 1 larger piece of salmon and cut it into 3 pieces to roast. If there is skin on the salmon, simply remove it easily after it is cooked before tossing with vegetables and pasta.

- 4 cups (1 L) broccoli florets
 - 1 red pepper, sliced
 - 1 large carrot, sliced
 - 1 pint grape tomatoes
 - 2 tsp (10 mL) extra virgin olive oil
 - 2 cloves garlic, minced
 - 2 tbsp (25 mL) chopped fresh parsley
 - 1 tsp (5 mL) dried thyme leaves
 - 3 Atlantic salmon portions (about 5 oz/150 g each)
 - 1 tsp (5 mL) grated lemon rind
 - 3 tbsp (45 mL) lemon juice
 - 3 tbsp (45 mL) sodium reduced vegetable broth
 - 1/4 tsp (1 mL) fresh ground pepper
 - 3 cups (750 mL) farfalle (bowtie) pasta
- Directions
In a large bowl, combine broccoli, pepper, carrot and tomatoes. Add



Mediterranean Fish Stew

- Ingredients
Serves 4
12 mussels
1 large fennel bulb, with leafy tops
2 tablespoons olive oil
2 garlic cloves, crushed
3/4 cup dry white wine
1 1/4 cups fish stock
29 ounces canned chopped tomatoes
1 cup cherry tomatoes, cut in half
1 pound monkfish fillet, cut into 1 1/2-inch chunks
12 large, unpeeled, raw shrimp, heads removed
1 pinch of sugar
Sea salt and freshly ground black pepper
Extra virgin olive oil, to serve
Scrub the mussels clean and rinse them in several changes of cold water to remove grit. Pull off the beards or

seaweed-like threads, and discard any mussels that are cracked or that don't close when tapped against the countertop -- these are dead and not edible.

Remove the leafy tops from the fennel bulb, chop them coarsely and set aside. Cut the bulb into quarters, remove and discard the core, then finely chop the bulb.

Heat the oil in a large saucepan or wok. Add the fennel bulb and saute for 5 minutes. Add the garlic and saute for a further 1 minute. Add the wine, stock, canned tomatoes, and sugar, and stir well. Bring to a boil, reduce the heat, then simmer for 5 minutes. Add the cherry tomatoes and cook for a further 5 minutes. Add plenty of salt and pepper.

Add the monkfish and return to simmering. Stir in the mussels and shrimp, cover, and cook for about 5 minutes, or until the mussels have opened and the fish is cooked.

Ladle the stew into deep plates or bowls. Sprinkle with the fennel tops and olive oil, and serve.

Controlling Addictive Behaviour Takes the Right Attitude

I often am approached by clients who have done everything possible to lose weight and keep it off, without lasting success. Others want to quit smoking. There is no question about their desire to be different; to overcome their addictive behaviors. The problem is, that it is very difficult to focus on NOT doing something. If someone tells you not to think about elephants, it is virtually impossible to remove the image of an elephant from your mind. If you decide that you will not eat certain foods, or that you will not light up, it seems that it is hard to think of anything else. In order to effect real change, it is necessary to focus on wanting something that is incompatible with the addictive behavior.

Then you have to want it MORE than the high, or the comfort that the addictive behavior provides. The smoker who decides he wants a high level of health and fitness, is on the right path. If he decides to work to reverse the damage from smoking, he may aim to improve his level of cardiovascular fitness. This might involve working out at the gym, or taking up running. As he begins to feel better, he sees results in his exercise routine. This feels good, so he may be motivated to increase his level of fitness even more. His original goal was damage control, but in the process he becomes an athlete. He has long since forgotten about smoking.

Contrast this with the couch potato who smokes a pack a night in front of the television. He decides to quit smoking, and sits on the couch thinking of how badly he misses his smokes. Getting fit is incompatible with smoking, consequently if

the focus remains on fitness, the smoking behavior will be eliminated.

The same process is involved in weight loss. If the focus is simply on not eating desired foods, it is more difficult than if there is an incompatible positive goal. If a decision is made to put only healthy foods into your body, to maximize nutritional content, with an eye to increasing longevity, the focus is different.

Quitting smoking requires a commitment to clean lungs. Being slimmer requires a commitment to a different way of thinking about food, forever. Anyone can lose weight by reducing intake for a period of time. Becoming, and remaining slimmer, requires a permanent change in focus. It may involve increasing the level of physical activity, drinking more water, developing new interests that distract from the focus on food.

The bottom line is that if we want something to change in our lives, WE have to change. We have to see ourselves as a different person; a different person than the one who overeats, a different person from the one who inhales toxic smoke. If we can hold a vision of "the new me," we have a good chance of moving in that direction. If we cannot form that image, cannot see ourselves slimmer or smoke free, nothing that we try will produce lasting change. So instead of trying to lose, or trying to quit, form a positive image of what you want to create. Then go for it.

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

Egg, Shrimp and Scallion Pancakes



- Ingredients
Serves 4 to 6 with 2 or 3 other dishes
1 pound medium shrimp, peeled
5 eggs, beaten
2 scallions, white and green parts, chopped
Salt
Canola or other neutral oil for frying
Fish sauce or light (regular)

soy sauce for serving

1. Refresh the shrimp by putting them in a colander and tossing them with a liberal amount of salt. Rinse immediately under cold water and press gently to drain well. Put the shrimp in a bowl, add the eggs and scallions, and mix well.

2. Put enough oil into a large nonstick skillet to coat the bottom thinly. Place over medium heat and heat until a drop of egg immediately sizzles and bubbles upon contact with the oil. To make each pancake, ladle about 2 tablespoons of the egg mixture into the skillet, making sure that a few shrimp are included in each portion, and then quickly nudge the shrimp in each pool of egg so they don't overlap. Fry only as many pancakes at once as will fit without crowding, about 3 pancakes at a time in a 12-inch skillet. Don't worry about the shape each one takes, as they are meant to be free-form. When the edges of a pancake are set and lightly browned, after about 2 minutes, use a spatula to turn it carefully. (If the pancakes have stuck together, use the spatula to separate them before flipping.) Fry for another 30 seconds to 1 minute, until browned on the second side. Transfer the finished pancakes to a plate and keep warm while you fry the rest.

3. Arrange the pancakes in 2 plates or a platter and serve with the fish sauce for dipping.

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Basic Nature to entertain at Gimli's Real Love Summer Fest

By Patricia Barrett

Winnipeg-based band Basic Nature is set to play the 3rd annual Real Love Summer Fest in Gimli June 24-26 at the Northern Lights Motocross Track.

The dream-pop shoegaze band, made up of duo Lyzie Burt and Claire Bones, played the festival last year and was invited back.

"I've been writing songs for a long time, since I was 10," said 23-year-old guitarist and lead vocalist Burt, who grew up in Selkirk and now lives in Winnipeg. "I started performing when I was 14."

In 2014, she teamed up with 26-year-old drummer and singer Bones, who grew up in Winnipeg.

"We jammed with other people then decided to do our own thing," said Burt.

Their own thing included recording several songs with producer J. Riley Hill. Last year, the duo released a six-song album (*Circles & Lines*) that perked up the ears of music fans. They released a new single (*Love Won't Always Be There*) a few months ago before heading out on a two-and-a-half-month spring tour of Ontario and Quebec.

They made one song (*Four Square*) with Real Love, the promotions and events/record company that's behind the two-day musical event.

"Our biggest event of the year is Summer Fest," said artistic director Gil Carroll. "We got 500 people last year."

Carroll said he and organizer Adam Soloway had met with Gimli Mayor Randy Woroniuk to discuss the use of the motocross site, which is comprised of two large fields. One will be designated for campers and the other for vendors.

Carroll said the company has a team of volunteers, some from the Gimli area, helping with every aspect of the setup from lighting and electrical to the artists' village.

Bands from across North America, as well as one from Amsterdam, will



EXPRESS PHOTO COURTESY OF ERIC ROBERTS

The dream-pop shoegaze band, made up duo Lyzie Burt, left, and Claire Bones will perform at the 3rd annual Real Love Summer Fest in Gimli June 24-26 at the Northern Lights Motocross Track.

be performing.

"We're trying to diversify the lineup," said Carroll, "and become a unique event."

Carroll said the diversity of musical styles will make the festival "accessible" to everyone, including families.

Pegged as a shoegaze band — a musical genre defined by distorted guitars, feedback and hazy vocals — Basic Nature has developed its own sound.

"Our sound is progressing in different ways," said Bones, who started performing when she was 19, "and we're experimenting with different genres."

Prairiegaze is another label they acquired.

"It's a new one we got," said Bones.

"Someone wrote that our music is expansive like the Prairies."

Expansive is a good way to describe the themes of some of their songs. They reflect on past relationships, contemplate the dichotomy between emotional detachment and the desire to define experience, and explore aimless drifts through thought to see where the mind takes one.

"The song *Gone* is about the mind not being present. It's gone on an astral-travel of sorts," said Burt, who's known for her "in-between song banter." She said some people love the weird headspaces she gets into on stage, while others get impatient for the next song.

Bones said they try to make their shows "fun, weird and interesting"

and try, as far as possible, to accommodate their fans' song requests.

"We had someone shout out a request for an AC/DC song once," laughed Burt. "I said, 'We'll play you an AC/DC song,' and then we played one of our own songs."

The pair is looking forward to returning to Gimli to perform.

"We're really excited about Real Love," said Burt. "Everybody should come down and hang out."

Bones said Real Love is a wonderful group of people who "care about music and the whole musical experience." The duo are currently making a full-length album with no release date set as yet. Their songs are available on Soundcloud. Visit www.basicnature-band.com for more information.

Walk has special meaning for CEO Wendy Schettler

Submitted

Make memories matter and join the Alzheimer Society's Walk for Alzheimer's, presented by Investors Group, on Tuesday, June 14 at the Forks. Entertainment and registration begins at 5 p.m. and the walk kicks off at 6 p.m.

This year's Walk for Alzheimer's, formerly Memory Walk, has a new name and logo for an improved walk.

"Alzheimer Societies across Canada are embracing the new nation-wide walk brand and Manitoba is excited to join forces. It's still the annual walk that people are accustomed to, but it's being re-energized," says Wendy Schettler, CEO of the Alzheimer Society of Manitoba.

More and more people are reaching out to the Alzheimer Society for support as they face a diagnosis of demen-

tia. The Alzheimer Society provides a network of support and education for people living with dementia, their families and their caregivers. The Society is also a prominent voice in advocating for change within all levels of government and is a leading funder of Alzheimer's disease research.

"Great things happen when groups of people join forces and that's what we hope for with the 2016 Walk for Al-

zheimer's," says Schettler. "This year's Walk is extra special for my family team. My dad has dementia and the Walk falls on his birthday. We will all be there celebrating in his honour."

There are many Walk for Alzheimer's events taking place throughout Manitoba. Visit www.alzheimer.mb.ca/wfa to learn more. Join us as we walk united in support of all people affected by dementia.

Remembering 'Mr. Hockey'

By Dave Baxter

Hockey fans and former professional players took time to remember "Mr. Hockey" during last weekend's Canadian Hockey Expo in Winnipeg.

Gordie Howe, one of the greatest hockey players to ever play in both the National Hockey League (NHL) and the World Hockey Association (WHA) passed away last Friday at the age of 88.

During the 1970s, Howe, who was simply known by many as "Mr. Hockey," played on the WHA's Houston Aeros.

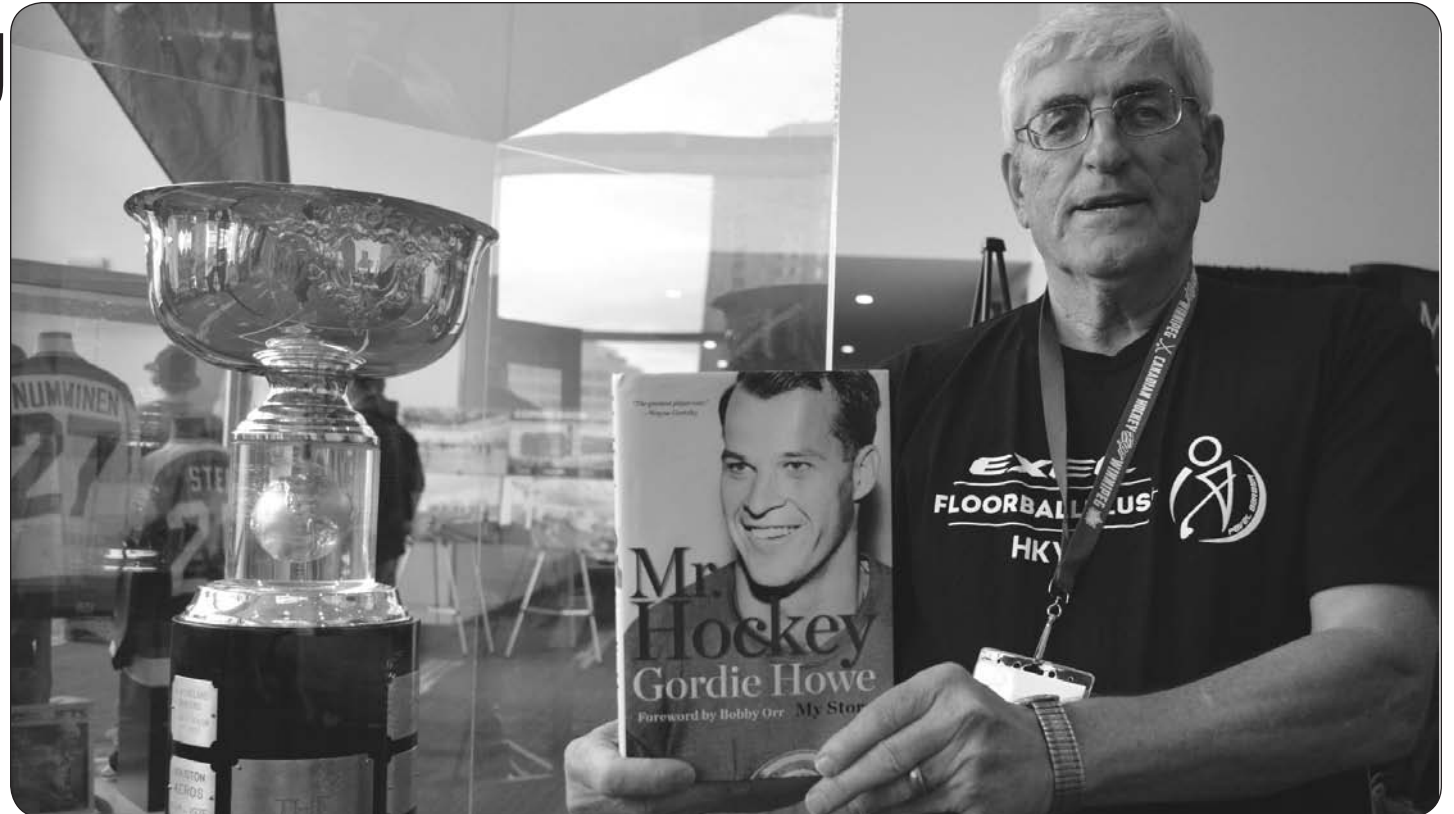
Former Winnipeg Jets player Norm Beaudin, who played with the Jets in the WHA throughout much of the 1970s, said he still feels the pain from a shot he took from Howe more than four decades ago.

"When he joined the Aeros, we were playing an exhibition game. I had a breakaway and he gave me a two-hander in the ankle and I still hurt from it," Beaudin said with a smile. "And that's a long time ago."

Howe could be a tough guy on the ice but was a gentleman off the ice, according to Beaudin.

"He was a gentle man, a very nice man," Beaudin said.

Beaudin said one of his greatest memories of playing in the WHA



EXPRESS PHOTO BY DAVE BAXTER

Former Winnipeg Jets player Norm Beaudin, seen here by the WHA Avco Cup at last weekend's Canadian Hockey Expo in Winnipeg, played with the Jets in the WHA throughout much of the 1970s. He reminisced about playing against hockey legend Gordie Howe.

was getting to watch Howe play pro hockey with his sons Mark and Marty, who both also played on the team in Houston.

"What a deal that was for him," Beaudin said. "You could see how happy he was playing with them."

Canadian Hockey Expo organizer Chad Balmer of Selkirk said a lot of people who came to the expo last weekend were talking about the loss of a legend.

"It was definitely a sad day in hockey," Balmer said. "But we can all celebrate his life because without Gordie Howe, I don't think hockey would be what it is today."

Balmer said it is difficult to compare hockey players and say who is the best of all time, but Howe is right at the top of the list of the greatest ever.

"I would say he's the best of his generation," he said. "Gretzky was the best of his generation, and it's very

hard to compare the two because hockey evolves and every year the game changes."

Between 1946 and 1980, Howe played 26 seasons in the NHL and six in the WHA.

He spent 25 seasons in the NHL with the Detroit Red Wings and also played one year in the NHL with the Hartford Whalers.

A public funeral for Howe was planned for Wednesday in Detroit.

Ultimate Farm Man to be decided

Competition coming to Ashern July 1

By Stefanie Lasuik

Ashern will soon find out who the Ultimate Farm Man is. On July 1, the town will have an open competition for cash prizes and the farm man title.

Trent Monk thought it would be a cool idea to bring to Ashern for Canada Day after he saw it at the power lifting gym called McDole's that he goes to in Winnipeg.

Since the Interlake region is populated with farmers, the competition will take an agricultural twist on the regular power lifting contests.

Monk said there will be a deadlift, where participants will have to pick up a weight bar and stand up straight with it. There will also be some form of an overhead press. The farm element kicks in for the truck pull, where participants will see just how far they

can tow a truck with just their hands. Monk is also working on getting a hay bail toss event.

Men can enter the contest in two categories: 200 pounds and under or 201 pounds and over. Those interested in entering can simply show up to the Ashern Sports Grounds by 1 p.m. The competition is not yet open to women, but Monk thinks it could be next year if there's enough interest.

The cost to enter is \$15 and the winner will get 60 per cent of the entry fees. The runner-up will get 30 per cent, and 10 per cent will help compensate some of the volunteers for the gas money they'll have to spend to come in from Winnipeg.

Those interested in more information can contact Monk at 204-302-1318.



EXPRESS PHOTO SUBMITTED

Tyler Colton, who attends the same gym as Monk, exemplifies the type of events Ashern's Ultimate Farm Man competition will have on July 1.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Athletes perform well at MHSAA track and field provincials

Arborg's Harding spectacular in winning pair of gold medals

By Brian Bowman

The Interlake had several great performances at the Manitoba High Schools Athletic Association track and field provincials last weekend in Brandon.

Arborg Collegiate's Nathan Harding, 15, finished first overall in the junior varsity boys' javelin after an impressive throw that landed 47.77 metres (a personal best by about six metres). That was ahead of Fisher Branch's Taigen Novak (45.90m).

Harding also placed first in the shot put after a toss of 13.84m. Both the javelin and shot put throws were Harding's personal bests.

"It was pretty good," said a humble Harding Monday afternoon. "It was pretty exciting because I just started to do javelin. It was a surprise (to win gold) but my coach helped me a lot."

Harding said he enjoyed competing in Brandon for the provincials. He missed last year's provincials, which were held at the University of Manitoba, because he was in New York at the time.

"It was a lot of fun," he said. "At our hotel, we got to meet a bunch of different schools and we made good friends – it was a good experience."

Harding also wanted to thank his

parents and coach for their commitment to helping him get better in the sport.

In varsity javelin, Fisher Branch's Nikey Dillon came home with a bronze medal after a solid throw of 46.38m. That was behind only Glenlawn's Alic Rasmussen (50.62m) and River East's Brayden Sul (46.61m).

Inwood's Graham Moore finished second in the junior varsity boys' discus with a throw of 31.22m.

"(We had) really good results for the weekend," said track and field coach Justin Charrier in an email. "Fisher Branch had eight individual athletes advance to championship jumps and throws."

Other top results from Fisher Branch athletes included Gabriel Simard (fifth junior varsity boys' discus), Brayden Grouette (sixth varsity boys' shot put), Shyanne Munroe (sixth junior varsity girls' discus), Richelande Plett (sixth varsity girls' triple jump) and Nelson Wallach (seventh junior varsity boys' long jump).

Brooklynn Barteski (varsity girls' shot put) and Grouette (varsity boys' discus) advanced to championship flights but did not advance to the top eight.



EXPRESS PHOTOS SUBMITTED BY JUSTIN CHARRIER

Arborg Collegiate's Nathan Harding, middle, finished first overall in the junior varsity boys' javelin after an impressive throw that landed 47.77 metres, while Fisher Branch's Taigen Novak, far left, finished second.



Nikey Dillon, far right, of Fisher Branch came home with a bronze medal after a solid throw of 46.38 metres in varsity javelin.



Novak threw 45.90 metres, winning silver at the Manitoba High Schools Athletic Association track and field provincials last weekend in Brandon.



Harding threw a personal best that landed 47.77 metres.

Nabess, Sumner compete well at MHSAA provincials

By Brian Bowman

Pinaymootang School in Fairford was well represented at the Manitoba High Schools Athletic Association's track and field provincials in Brandon last week.

Therren Nabess and Theoren Sumner both competed at the provincials after earlier placing very well at the Zone 5 championships in Stonewall.

Nabess placed 11th in the junior varsity boys' high jump at the provincials

– finishing at an impressive 1.65-metres - while Sumner, a Grade 9 student, competed in the javelin.

At the zones, Nabess was the high jump winner and also placed third in the long jump. Sumner, meanwhile, came second in the high jump and javelin at zones.

Both athletes are showing plenty of promise in track and field and will only get better with good coaching. In fact, Nabess landed a personal best at

provincials.

"The finer points do make a difference and the kids are really eager to learn," said Neil Thornham, a phys-ed teacher at Pinaymootang School. "We haven't done a lot of track and field at our school, and I've been there four

years now, so I'm still developing the students' interest.

"But I'm finding that as they realize that they have talent, they are soaking up the information like a sponge – all of the finer points, there are so grateful."



EXPRESS PHOTOS SUBMITTED

Therren Nabess, left, and Theoren Sumner both represented Pinaymootang School very well at the MHSAA provincials in Brandon.



Theoren Sumner qualified for provincials in javelin after finishing second at zones.

Interlake Thunder struck down by special teams

By Brian Bowman

There is a reason why special teams are considered to be a very important aspect of football.

Big plays on special teams can often make the difference in a football game.

The Interlake Thunder learned that lesson the hard way last Thursday in a 34-28 loss to the North Winnipeg Nomads. North Winnipeg scored four special teams touchdowns, including one to begin the second half.

"They had one girl that was really quick," said Thunder head coach Joel McDonald. "We tried as far as containing her (but) she got outside our contain and girls weren't getting downfield quick enough. It was a combination of all of the above and it's something that hasn't been a problem all season.

"We hadn't had one returned on us until this game."

Despite the struggles on special teams, McDonald saw a lot of good things from the Thunder against North Winnipeg.

"Some aspects of the game were excellent," McDonald noted. "Our offence was excellent. We pounded the

ball really hard all game."

With the loss, Interlake is now 2-4 heading into tonight's home game with the St. James Rods at Stonewall Collegiate (game time is 7:30 p.m.). A Thunder win would go a long way to secure fourth place and a playoff position, said McDonald.

"The girls love playing at home," McDonald said. "We had three home games in a row and then we were on the road for three, so they're anxious to come back home and play on our home field.

"It matters to the girls. They're more comfortable at home and we've had really excellent support from parents and family."

The North Winnipeg loss was a tough one for the Thunder, who had visions of finishing the regular season with a .500 record. McDonald said their club has come a very long way since the beginning of the season.

"They've come around, they're a football team now," he stressed. "They compete very, very hard. I've said so many times to the girls, 'If our maximum potential was 10, we started out as a one or a two and now we're pushing eight.'

U18 rosters announced



EXPRESS PHOTO KIM DELAROCQUE

Interlake Thunder U18 football players Austin deLaroque, left, Thomas Dunlop, middle, and Alex France have each made the final roster for Team NW Ontario. The rosters were officially announced last week.

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The Rural Municipality of Gimli is accepting tenders for the following:

Concrete and uni-stone sidewalk renewal at various locations within the Urban Centre (former town area), including removal of existing concrete where necessary and landscaping with top soil and seed to pre-construction condition.

Detailed Tender packages are available to interested bidders on the RM of Gimli website at www.gimli.ca or at the Municipal Office between the hours of 9:00 am to 5:00 pm, Monday to Friday.

Sealed submissions clearly marked "Sidewalk Renewal, submitted by _____" will be received by the undersigned at the address below until **NOON, JUNE 30, 2016**.

Late submissions will not be accepted.

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Rural Municipality of Gimli
62 – 2nd Avenue, PO Box 1246
Gimli, MB R0C 1B0
Attn: Kristin Strachan, ACAO

Questions or concerns in respect to the tender can be directed to:
Darcy Hjelmeland
Manager of Public Works
Phone: (204) 642-6688

The RM of Gimli reserves the right to reject an or all bids, to waive irregularities and informalities therein, and to award the tender in the best interest of the RM of Gimli in its sole discretion. Contractors must comply with Municipal requirements for liability insurance, WCB coverage and business licensing to be eligible to be awarded the contract.



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- Election of Directors
- Presentation of the Financial Report

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GRAHAMDALE
www.Grahamdale.ca

Cottage Lots for Sale by SEALED Offers

The R.M. of Grahamdale invites SEALED offers for the purchase of municipally owned cottage lots identified below. The lots are not occupied and the assessed values are indicated below. Offers marked "COTTAGE OFFER" are to be submitted in person, or by mail, on or before **4:30 p.m. Friday, July 8, 2016** to the address noted below.

Legal Description	Civic Address	Location	Assessed Value
8-1-49585	8 Little Steep Rock Road	Lake Front - Subdivision 3, Steep Rock, MB	\$63,600
15-1-49585	15 Little Steep Rock Road	Subdivision 3, Steep Rock, MB	\$34,400

The sale of property is subject to the following terms and conditions:

- New RTM vacation home installed or to have a vacation home substantially constructed on the lot within three years of the date of Purchase. Minimum main floor area shall be 1000 square feet. Substantially constructed means all of the following must be completed or installed: exterior walls, windows, doors, roof fully closed in, fresh water supply and minimum 1000 gallon CFA approved septic holding tank;
- Highest or any offer received may not necessarily be accepted;
- That possession and closing date shall be 10 days following acceptance by a resolution of Council of an offer;
- The cottage lots are sold "AS IS" and the "Municipality gives no warranty or representation concerning the presence or absence of contaminants, ground water, soil or subsurface type or condition, or as to the fitness of the land for any particular use or purpose";
- only "Unconditional offers" will be considered;
- The purchaser is responsible for payment of GST which amount shall be calculated upon the amount of the offer to purchase;
- The purchaser shall be responsible for the current years property taxes as of the effective date of the sale;
- The purchaser is responsible for all costs associated with the transfer of the land, including but not limited to legal.

Deadline for SEALED offers will be Friday, July 8, 2016 at 4:30 p.m. Offers will be accepted in person, or by mail.

For further information or clarification of the above, please contact the following:

Shelly Schwitek, CAO
Rural Municipality of Grahamdale
23 Government Rd, PO Box 160, Moosehorn, MB R0C 2E0
rm606@tcmsnet.com
Phone: (204) 768-2858 Fax: (204) 768-3374



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TENDER

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Tenders to be received by July 6th, 2016 (4 p.m.)
Removal of manure to be done by August 16, 2016

For more info call Kirk @768-0019
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Box 599

Ashern, MB. ROC 0EO
Fax: 204-768-3690
License # 1128

Little Joe's Auctions

Saturday, June 18th, 2016
Auction Starts at 11:00 am
For Ted and Paulette Switzer
From Fisher Branch: Hwy 17 and 233 go West 7 miles to Rd 13W, then 5 Miles North to Rd 146
WATCH FOR SIGNS!!
Mr. and Mrs. Switzer are moving south.
Everything goes to the highest bidder!
JD AMT 622 ,5 wheeler; JD 112 Tractor with Rototiller; Guitars, Firearms and much much more !

Always more then listed! Food served! See you there!
See last weeks paper or go to
www.littlejoesauctions.com for full listing.
For more info or to book your auction call
Joe Storgin Cell 204-642-2448 OR Home 204-664-5272

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Wed June 22nd @ 5:00 pm

Tyndall, MB, 13 Ash Ave.

Live Bees 60 Hives - Are Ready to go to Field
! Viewing of Hives by Appointment * Contact 1-204-250-1848. 370 Supers * 80 lb Honey Filter Barrel * 90) Bee Plastic Feed Pails * Trailer & Wood Splitter 2014 Carry On 12' Tandem Flat Deck Trailer * Trailer 6 HP 20 Ton Wood Splitter * Tools Upright 60 Gal Air Comp * Ridgid Band Saw * Ridgid Table Saw * Mitre Saw & Stand * Drill Press * Metal Cut Off Saw * Stihl 291 Chain Saw * Disc/Belt Sander * Biscuit Jointer * Power Planer * Power Tools * Hand Tools * Shop Supply * New 2500lb Pallet Jack * 1 Ton A Frame on Castors * 2000lb Elec Pressure Washer * Conveyor Roller Stands * Some Yard & Household *

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In preparation for an impending Canada Post Strike in July the **Express Weekly News** will require delivery drivers and carriers to get the news out. With a possible strike date of July 2nd we will need delivery people in our urban areas and delivery drivers in the rural areas. The publications take two days to get out, they are delivered beginning Wednesday morning and must be completed Thursday.

If interested please contact Christy Brown at 204-467-5836 or email: christybrown@stonewallteulontribune.ca



McSherry Auction Service Ltd

AUCTION SALE STEVE & DOROTHY SKOROBHACH

Saturday June 25th @ 10:00 am

Camp Morton, MB

Jct 8 & 324 East 3/4 Mile on 324 # 19110
Contact: (204) 642-8153

Tractor & Equip JD 750 Dsl MFWA Removable Cab 3PH Hyd 4000 Hrs. w JD 67 FEL , 60" JD Snowblower, JD 48" Rotovator * Brower 16' 7 Gang Reel Mower * 3PH Hyd Log Splitter * 3PH 12' Sprayer * JD 3PH 7' Disc * 3PH 6' Slit Aerator * 3PH 7' Blade * 3 PH Hiller * Ryan 4 HP Self Propelled Sod Roller * Gas Driven Stump Grinder * Hustler 272 Gas 72" Mower * 5HP 21" Snowblower * 4 Wheel Trailer * Gas Yard Blower * Gas Post Hole Digger * Recreation & Guns Prince Craft Al 16' Boat w Yamaha 25 HP & Trailer * 12' Duck Hunting Boat * Snowmobile Sleigh * Tree Stand * Camping Items * Browning 12 GA PA * Winchester 67 22 Cal * CIL 607 12 GA PA * Various Ammo * Vehicles 97 Ford Ranger w Cap 115,000 Km Safety * 97 Lincoln Town Car * 88 Ford F150 4x4 Lariat Ext Cab * 11' Service Box w Air Comp IMT 2015 Boom * Over 15 Autopac Vehicles For Parts * Misc 50 Ton Shop Press * Tire Machine * Air Comp * Table Saws * Jointer * Chain Saws * Power Tools * Air Tools * Hand Tools * Shop Supply * 5000 lb Pallet Jack * Torsion Axles * Home Repair Items * Acreage Misc * Antiques 1926 Ford Model T One Ton * 68 Polaris Mustang * 72" Rd Oak Bar Table * DR Table & China Cabinet * Dresser * Wash Stand * Coal Oil Lamps * Snow Shoes * More Antiques & Some Household *

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Sat Jun 18th 10:00 am

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North 14 Miles on Hwy 12
Then East 5 Miles on
Hwy 317 Then South 2 Miles
on Rd 47 Then East 1/4 Mile
Contact: (204) 266-1251

05 Freightliner 578,000
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Sunday June 19th 10:00 am

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04 Dodge 2500 Dsl
4x4 Crew Cab 130,000
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Announcements



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ANNOUNCEMENTS

ENGAGEMENT/SOWER



James and Sheila Johnson are pleased to announce the upcoming marriage of their daughter, Beth Johnson to Stephen Ralko of Winnipeg, son of James and Ruth Ralko in July. Please join us for a Jack and Jill Celebration on June 19 at 2 p.m. at the Arborg Royal Canadian Legion. Donations can be left at Arborg HHBC or Interlake Co-op Grocery. Unwrapped gifts please. Registered at Arborg Home Hardware.

ANNOUNCEMENTS

GRADUATION



Britney Lauren Gilson
Congratulations on your graduation from the University of Manitoba with a Bachelor of Science in Agriculture specializing in Animal Systems. We are very proud of your accomplishment.
-Love,
Mom and Dad, Andrew and Craig

ANNOUNCEMENTS

BIRTHDAY



Happy 18th Birthday Sara!
Congratulations on your Graduation!
We are all so very proud of you.
-Love your family,
Mom, Dad, Amma and Afi, Gramma and Grampy
Jessica, Stephanie and Dustin

BOOK YOUR ANNOUNCEMENT TODAY

- BIRTHDAYS
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- BIRTHS
- OBITUARIES
- IN MEMORIAMS
- THANK YOUS
- ENGAGEMENTS
- ANNIVERSARIES
- MARRIAGES



OBITUARY

Mae and Olafur Anderson

A Graveside Memorial Service for the late Mae and Olafur Anderson, formerly of Pincher Creek, will be held on Saturday, July 2, 2016 at 1:00 p.m. at the Fairview Cemetery in Pincher Creek, Alberta, followed by A Gathering at "The Ranch".

Remember them with a smile today;
They were not one for tears;
Reflect instead on memories of all the happy years.
Recall to mind the things they said,
The good advice they'd give us;
Their strength, Their wit, their principles
Remember these instead.
So much of them will never die
But live on forever after;
As we loved them, so we miss them,
In our memory both of you are near.

From Your Loving Family

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www.snodgrassfuneralhomes.com

OBITUARY

Richard Ross Park

It is with great sadness that we announce the passing of Richard Ross Park on June 11, 2016.

Left to cherish his memory is his wife Sandra; stepdaughter Kyla; mother Jane (Jenny) Park; mother-in-law Jeannette; brothers, Leonard (Millie), Edward, and Dean; his sister Wendy (Robert); sisters-in-law Diane (Curtis), Donna (Terry) and Barbara (Gordon) and numerous nieces and nephews. He was predeceased by his father Edgar; sister Linda and his father-in-law George.

Richard was born in Selkirk, Manitoba on April 4, 1967 and lived his entire life in Matlock, Manitoba. Richard was a cherished and respected member of our family and we are all left wondering how we will carry on without him.

A celebration of Richard's life will take place Friday, June 17, 2016 at 11:00 a.m. at the Gilbert Funeral Home, 309 Eveline St in Selkirk, MB. A private interment will take place at a later date.

In lieu of flowers please consider a donation in Richard's memory to the Canadian Diabetes Association.

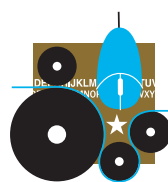


Gilbert Funeral Home, Selkirk in care of arrangements.
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