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EXPRESS

VOLUME 3 EDITION 25 THURSDAY, JUNE 23, 2016

WEEKLY NEWS

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Duck racing or duck chasing?

EXPRESS PHOTO BY PATRICIA BARRETT

Young children had fun running along the shore chasing ducks as they floated towards the footbridge at the annual Curler's Association Rubber Duck fundraiser in Fisher Branch last Friday. See story pg. 18.

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Gimli's Alzheimer's walk continues to grow

Participants grow by 25 at annual fundraiser

By Stefanie Lasuik

About 75 people walked through Gimli on June 17 to raise \$2,016 and counting for Gimli programs supporting those with Alzheimer's and dementia. Dementia, which includes Alzheimer's and other degenerative brain diseases, affects over 22,000 Manitobans, according to Alzheimer Society of Manitoba.

Val Adrian, a resident of Sandy Hook, walked beside those hoping to raise awareness and money on June 17. She's been living in the Gimli area for two and a half years and already has three local friends who have dementia.

"We need to remember in an aging community like ours, it's important to take the time to show your support for those individuals," said Adrian.

Adrian recently got involved with Gimli's Minds in Motion, a program that engages those with dementia in physical, mental and social activity.

"I'm so happy I volunteered there because I've learned so much," said Adrian.

Adrian said any apprehension people have about interacting with those with dementia is wiped away when they get to work with them.

"They're just people with a struggle you can help them with," said Adrian.

Adrian believes awareness to be very important when it comes to Alzheimer's.

"They deserve to be treated with the same respect we give to other people," said Adrian.

Adrian has found out what the Alzheimer Society was promoting with their Still Here campaign earlier this year.

"They're people. They like to laugh. They have moments, like many of us, where the memory just skips you for a moment but they still feel and love and care and have a lot to offer," said Adrian.

The Alzheimer Society of Canada launched the Still Here campaign to teach people that those with dementia are still feeling and thinking contributors to society.

The society points to a Nanos survey that found 47 per cent of Canadian adults think people with dementia can't live well. But Adrian has seen more understanding by young people today than when she was growing up.

She thinks it has to do with greater social awareness and more parents educating their children.



EXPRESS PHOTO SUBMITTED

Alzheimer Society of Manitoba Interlake/Eastern co-ordinator Jackie Dokken (left) and Val Adrian (right) were two of 75 participants in the annual and growing Walk for Alzheimer's in Gimli.

For more information about Alzheimer's and dementia, visit alzheimer.mb.ca. Those interested in registering for the Minds in Motion program can call the Gimli Seniors Resource Council at 204-642-7297.



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Gimli RCMP investigate missing person

Submitted

On June 12, Gimli RCMP were notified that Taylor Webster, a 15 year-old female, had gone missing from Gimli.

Webster was last seen on the evening of June 11 and may be in the Gimli or Portage la Prairie area.

Webster is described as five-foot-seven and of slender build. She is Caucasian with brown hair and brown eyes.

If you have any information, please contact the Gimli RCMP at 204-642-5104, or call Manitoba Crime Stoppers anonymously at



Taylor Webster

1-800-222-8477, submit a secure tip online at www.manitobacrimestoppers.com or text "TIPMAN" plus your message to CRIMES (274637).

Elder abuse awareness workshop at Arborg's House of Hope

By Patricia Barrett

The Interlake-Eastern Regional Health Authority marked World Elder Abuse Awareness Day (WEAAD) last Wednesday at Arborg's House of Hope with a workshop on the psychological, emotional and financial abuse that older adults may experience.

Five members of Arborg's 55 Alive club, led by adult day program coordinator Cindy Genik, took part in the workshop that showed how abuse occurs and what strategies can be employed by victims — or those who care about them — to stop it.

The club learned that abuse often occurs by people close to an older person, whether family, friends, caregivers, landlords or financial or spiritual advisors.

"It's everybody's business," said Genik, who organizes various club activities that help improve the physical and cognitive abilities of participants and provide a break for caregivers. "Even though it's your own family, they can still abuse."

The 55 Alive club gets together three days a week at the House of Hope to exercise, learn about health ailments, share a nutritious meal, enjoy outings and participate in artistic endeavours, including decorating elaborate wood carvings.

"It's a place to come socialize, have a hot meal and a good time," said Genik.

A photo album kept by the club attests to past social events and activities in which they've taken part. They also participate in educational sessions on serious topics, such as abuse.

Created in 2006, WEAAD raises awareness of the mistreatment of older adults around the world and encourages national and community-based activities to shed light on the issue and offer strategies to deal with it.

The IERHA organized awareness workshops in several communities across the Interlake, including Ashern, Lundar, Fisher Branch, Gimli and Stonewall.

Statistics show that between 6,000 and 16,000 older Manitobans are affected by abuse, and that over one third of the calls to a 24-hour abuse hotline identify an adult child as the alleged abuser, according to a WEAAD Manitoba brochure.

One of the residents living at the House of Hope joined the club in the lounge to watch a 10-minute video dramatization titled "Not in My Family" that was created by Jewish Child and Family Services. It focused on financial abuse but included other common forms of abuse.

The video featured a 20-something man who had come to live with his

grandmother after he lost his job and began to systematically steal her money. Two of woman's neighbours started to notice changes in her usual demeanour and daily habits, such as walks around the neighbourhood.

The grandson employed a number of tactics common to abusers of various ilk, whether batterers or people who sexually exploit others.

One common tactic is to isolate a victim from other people in order to become the sole source of human contact and feedback. By denying a victim access to others, an abuser can twist reality to his/her own advantage.

To isolate his grandmother, the grandson answered the door whenever her neighbours dropped by and told them she was busy. He also persuaded his grandmother to stay indoors, telling her he could do all her chores, such as grocery shopping.

When the grandmother began to question what her grandson had done with the money she had recently given him, and what had happened to the money in her wallet, he employed another common abuse tactic: the instrumental use of anger/displeasure to make her feel guilty and ashamed for questioning his behaviour.

The grandson said he felt his grandmother didn't trust him.

At various points during the video, club members expressed their surprise and dismay with what was happening to the grandmother.

"Oh, no, don't help yourself!" said the House of Hope resident when the grandson was shown secretly rifling through her purse for money.

Psychological abuse in the form of making victims feel as though they're becoming forgetful or telling them their perception of a situation is wrong was another tactic the grandson used.

He also convinced her to give him her bank card and pin number, reassuring her he would buy groceries. When she later asked for her bank card back, the grandson denied having it.

"I didn't take your card, and I didn't go to the bank," he said. "You're losing it, Gran."

The video highlighted an intervention technique people can use to assist a victim: persistence in the form of repeated offers of help.

Shame, guilt, a feeling of helplessness or the belief they will not be believed are common reasons a victim will refuse help or deny they are being abused, especially if it's at the hands of a relative.

The grandmother's two friends waited until the grandson left the house



EXPRESS PHOTO BY PATRICIA BARRETT

The IERHA marked World Elder Abuse Awareness Day June 15 at the House of Hope. Members of the 55 Alive club include (left to right) Ann, Solrun (sitting), Corinne, Barbara, adult day program co-ordinator Cindy Genik and Lilian (volunteer). The rooster in the garden was made by club members.

and then popped over to offer a hand with chores or just to chat. The grandmother eventually opened up about how confused she was feeling.

"He gets upset," she said, referring to her grandson.

"I hate to say this," said one neighbour, "but I think he's trying to bully you."

After the video, Genik led club members through a discussion about how they felt about the abuse.

"I could see she was confused," said Solrun. "She trusted him."

Genik advised them to tell a home-care worker, friend or anyone they trust if they experience abuse.

"We have to protect each other," she said.

Genik provided club members with brochures about financial abuse put together by the Manitoba Securities Commission, as well as a booklet from the Clinic Community Health Centre in Winnipeg.

Klinik has a 24-hour, toll-free Seniors Abuse Support Line (1-888-896-7183). A health-care worker will assist people experiencing any form of abuse or provide intervention advice to somebody wishing to help a victim. "It you've learned anything today, don't give anybody your bank card," said Genik.

The IERHA has a link to the video on its website. It can also be viewed at vimeo.com/145696867.

To join the 55 Alive club, call Cindy Genik at 204-641-1703. Transportation and a hot meal are included for \$8.75. For more information about

WEAAD, visit www.inpea.net/weaad.html.

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Student group brings in \$1,600 for Fort McMurray

By Stefanie Lasuik

Eriksdale School's Student Action Group has raised over \$1,600 for the Fort McMurray fire victims. It was the most the volunteer-based club has raised to help others. And the fundraising efforts, strategies and cause were all the students' ideas.

After attending WE Day, the 15 members of the volunteer group decided to work toward two goals throughout the year. Their local goal was to get donations of gently used sports equipment to donate to less fortunate families in the area. Their global goal was to raise money for homeless people.

But after fires tore through Fort McMurray, the students ran to their teacher supervisors, Jen Desjarlais and Amie Whiteside, saying "we need to do something to help those people."

And so they did. The grades 5 to 8 student volunteers held a bake sale, cooked up a spaghetti dinner and organized a silent baking auction. They also decided to have a competitive coin drive within the school, pitting classrooms against each other to see who could bring in the most change.

"That really worked to motivate them to bring in more money," said Desjarlais.

Jaclyn Messner's Grade 5/6 class raised \$140 in coins to lead the school, which as a whole collected \$400 in silver.

"They really learn how to fundraise," said Whiteside. The Student Action Group members also learn commitment and how to follow through on something that starts as an idea, she said.

To gather sports equipment, the students created posters and put them up all over town. They had to think carefully about the types of messages that would motivate and allow people to make a dona-



EXPRESS PHOTO SUBMITTED

Eriksdale School's Student Action Group raised over \$1,600 to help the victims of the Fort McMurray fires through the Red Cross.

tion. As a result of the students' strategic thinking, they accumulated so much equipment that they still have a lot left. Desjarlais and Whiteside are going to send out a letter to people in the community reminding them the school still has equipment to give away. After that, they may sell it in a rummage sale or split it amongst the division's schools. Their pile of equipment includes items for baseball, lacrosse, volleyball, hockey and more.

In the past few years, Whiteside has seen students

move from clubs like student council to the new Student Action Groups inspired by WE Day.

"It used to be about planning the Valentine's dance, like how can we get the things that we want," she said.

But now, the students are looking at what's going on in their communities and world and finding ways to help.

"It gives them the chance to think outside themselves," she said.



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EXPRESS
WEEKLY NEWS

Mountains out of molehills? Camp Rusalka under the microscope

By Patricia Barrett

There are two sides to every story, but the volunteer camp manager of the Rusalka trailer park 10 minutes north of Gimli said he felt he wasn't given an opportunity to fully tell his side of the story.

In April, Dave Garrity and Camp Rusalka came "under the microscope," to borrow Mayor Randy Woroniuk's phrase, after a few bordering property owners objected to the camp's rezoning request and cited issues with water and waste management, mud piles, use of the beach and unsightly trailers.

Garrity, who was incorrectly identified by the *Express* as Rusalka's owner (UNF Winnipeg is) a few editions back, has been working to resolve the issues since last year when he assumed the manager's role, a position for which he receives no compensation.

He had already addressed some of the issues that came up during two recent hearings at Gimli council.

Perhaps the biggest issue he's tackling at the moment is the "misperception" of the camp.

"Nobody asked me, 'What have you done?'" said Garrity, who took the *Express* on a tour of the trailer park. "There's three different papers that wrote an article about me, and not one person asked me."

And eyes on the ground paint a different picture of the trailer park community. The *Express* visited June 4 and paid a fly-in visit June 10 after it obtained two objection letters submitted to the RM Gimli by property owners who did not testify at the previous hearings.

A couple who shares a 400-foot boundary with the camp's Parcel B area had testified, however, raising concerns about a slough that had formed on a historically low-lying spot in their empty field, which is about the size of a football pitch and was farmland long ago.

Garrity, who is a contractor by trade, supplied an estimate of the slough's size: it's about 50 x 50 square feet. It formed when the camp installed water lines a few years ago to service Parcel B trailers and sites were then shored up with gravel, causing water to back up.

At the time of the first visit, Garrity said he would be installing a drainage system.

"A French drain is ... river rock wrapped in fabric," he said. "That way you can put whatever you want over top of it. You can put a road over it. You can put grass over it."

Last weekend work had begun.



A waterlogged spot along a 400-foot shared border between Rusalka and a neighbouring property is being rectified by Garrity. He is installing a drainage system.

The couple, who had asked the *Express* not to identify them, had withdrawn their objection to the camp's rezoning application after the first hearing on April 27.

They did so on the understanding that Garrity would enter into a conditional use agreement with the RM (if the rezoning is approved), which would give council power over certain facets of the operation.

Garrity said the camp is willing to do that.

Another of the couple's concerns had to do with mud piles created when the camp installed the water lines. In April, they said they had spent about two and a half years trying to "get something simple like clay removed from bushes" to no avail, and that the boundary area "is still in the state it was when the water line was dug."

Garrity said he felt the testimony at the first hearing did not accurately reflect the mud situation.

A few patches of mud at the north end and the south end of the shared border do exist. But according to Garrity, they're on camp property. And by no means are they the size of mountains. Some are flat exposed areas; others are about the size of molehills.

No mud was found near the couple's hawthorn bushes, only a solitary anthill wedged between two of them.

"I dug along there," said Garrity, "and I made sure I put most of the mud on



EXPRESS PHOTOS BY PATRICIA BARRETT

Volunteer camp manager Dave Garrity stands in front of a mud patch he said is on Camp Rusalka's property.

our property. If you look along both sides, there's no mud."

Garrity said the patches aren't particularly pleasant to look at and that he does understand his neighbour's point of view. He will be touching up the area.

Garrity said he's "passionate" about the camp, having spent 50 years there with his parents and now with his wife and children.

"I want this for my grandchildren." He said he is more than willing to work with two other bordering property owners to see how he can address their objections to the rezoning.

One of their concerns centres on the belief that the camp applied for rezoning so that it can expand.

"It is my understanding that the by-law amendment is required in order to permit the Camp to expand its operations by moving Trailers located on its current site ("Parcel A") to a parcel of land ("Parcel B") adjacent to, and west of, Parcel A," wrote one objector in a letter obtained by a FIPPA request.

Garrity said that is a misunderstanding of Rusalka's rezoning request, something he had tried to address during the hearings.

Previous management had failed to apply to have Parcel B zoned recreational use back in the 1980s. About 23 trailer sites were created around that time, with eight additional sites created about four years ago.

Realising there had been a zoning oversight, Garrity submitted an application to the Eastern Interlake Planning District last year.

"We're not expanding the camp," he said. "We're just getting zoned what's already here and that's it."

The idea he was expanding arose

from the zoning application he had submitted to the EIPD, which then notified the camp's neighbours.

"It was the way it was worded in EIPD. It made it sound like we were expanding the camp," he said. "EIPD said, 'We need you to apply for the rezoning and make it sound like you're just starting from scratch.' And that's what I did."

"One neighbour over here thought I was going to go [expand] in the bush."

Garrity said there is no room at the 63-site park for expansion. He, along with the camp's management committee, wants to maintain space between trailers, not "wedge" them in.

Expansion could result in Rusalka losing campers, he said.

See Part 2 of "Mountains" in an upcoming edition of the *Express*.

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> ARNIE WEIDL 'Nice catch honey'

Welcome, friends. If you've got a little time, I think you'll get a chuckle out of the fishing stories our comrades in rods and reels offered us this last week.

There was no shortage of good-natured anglers on the waterfront pier in Selkirk last Monday — except maybe for those who needed a bathroom. Boy, it sure would be nice if we could get a port-a-potty somewhere there for the summer. Anyway, it was great fun walking up and down the pier, passing the time with everyone.

Though no one had a story at that time, I did meet this great couple, Claude and Jo Ann Dufour from St. Vital. They were so warm and friendly, I had to share a picture of them with a fish they hauled in while we were talking.

Luck decided to join me a few days later when I went right back to the pier and found Joel Matewish, who did have a funny fishing story. Joel and his wife, Donna, were boat fishing on the Winnipeg River by Point Du Bois and he caught a sizable jackfish. Kneeling in the back of the boat with Donna close by his side, he reeled the fish in with great authority. The fish put up a terrific fight, splashing water all over as Joel attempted to net it and pull it up onto the backwash table of the transom. He almost had it up when the hook slipped out of the fish's mouth.

Desperately, Joel, now on his belly with his arms over the boat's side, grabbed for the fish with one hand and tried to net it with the other. He could hear Donna, who had taken his rod, shouting encouragement. It

didn't help, though, because the fish nose-dived to deep water and Joel's net slowly drifted away just out of his reach. Donna, still holding Joel's fishing rod, raised her arms in laughter and disbelief at their lousy luck. Pretty well at the same time, Joel let out a howl, feeling a piercing painful tug on his ear. Donna, waving the rod around, had hooked him. They plunked themselves down on the boat seats facing each other with bewildered grins as Joel wrested the hook from his ear and lightheartedly quipped at Donna, "Nice catch, honey."

In the middle of last week, I went over to Balsam Bay and met a wonderful jolly retired couple, Tom and Kim Booth from Winnipeg, who were enjoying a quiet afternoon of fishing in the harbour. I hope you get a kick out of fishing stories involving kids as much as I do because, as it happened, the Booths had one for us.

Tom told a story about camping by Graphic Lake in Ontario. His young daughter went down to the pier with her little kid's rod. Although few people had ever caught a fish in those particular waters, she hooked a big jack. Frantic with excitement, she screamed for dad.

Tom, not sure what all the fuss was about, made for the pier where his little girl, trembling, was hanging on to each end of her rod with both hands as the jack flopped around in the water. Tom, never one to get rattled, smiling, grasped the line and drew the fish in, capturing it by the gill with his bare hand. Later that night, Toms' daughter, now a true angler, sat



EXPRESS PHOTO BY ARNIE WEIDL
Claude and Jo Ann Dufour of St. Vital with one of their catch at the Selkirk waterfront pier.

proudly with her parents as they enjoyed that fish for supper.

On Saturday, I took a bunch of the kids from the family to Hecla for some fishing. Looking east from the shore as we slowly cast out and reeled in, I admired mystical Black Island off in the distance, seemingly suspended above the water in a hazy optical illusion. I walked north to the pier and met father and son George Engelmann and Jan from Lorette. George, a thin, dark-haired chap, spoke with a heavy German accent having become a Canadian citizen only five years ago. We casually talked of fishing and later, after I went back to my "bunch," Jan emailed me with a picture of a gigantic pickerel he caught just after I left him. Good job, pal.

Well, it sure would be nice if you dropped by next week. So-long for now.

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Jammin' jamboree hosted in Inwood

By Natasha Tersigni

The dance floor was packed, music flowing and the Inwood Hall abuzz Saturday afternoon during the Madeline Armstrong Métis Local's 7th annual Aboriginal Jamboree.

The event is a showcase and celebration of Aboriginal culture in the Interlake. This year's entertainment included the traditional style Métis dance group the Norman Chief Memorial Dancers and music performed by St. Laurent's The Gaudry Boys.

During the afternoon, the local presented community organizations with donations from the proceeds of the event. Donations included \$2,000 to Stonewall's 301 Alan McLeod VC Royal Canadian Air Cadet Squadron and \$750 to the Golden Gals Métis Senior Club.



The Norman Chief Memorial Dancers showcased their talents for the guests. The Winnipeg dance group specializes in performing various styles of traditional Métis jigs.



Guests enjoyed the music and danced the afternoon away.

EXPRESS PHOTOS BY NATASHA TERSIGNI



The Gaudry Boys band from St. Laurent had guests out on the dance floor all afternoon.



Chairperson for the Madeline Armstrong Métis Local Shannon Dupont, pictured left, presented Selkirk-Interlake MP James Bezan with the local's traditional Métis sash.



Elaine Rainville, pictured left, and Emile Guiboche performed *O Canada* and the Métis Anthem during the event's opening ceremonies.

Stonewall RCMP respond to child abduction attempt

Submitted

On June 17, a report was filed with the Stonewall RCMP of a possible child abduction attempt outside a mall in the Stonewall area.

The investigation revealed that an eight-year-old girl, who was on her own inside a vehicle, was approached by a stranger and repeatedly asked to get into a separate vehicle. RCMP were provided with a detailed description of the suspect and the suspect's vehicle and immediately attended the mall area.

Officers located the vehicle and observed an individual that matched the suspect's description. The suspect, Loryn Sauerwin, a 22-year-old wom-

an from the state of Florida, was arrested. After further investigation, she has been charged under Section 281 of the Criminal Code - Abduction of a Person under 14, as there was enticement to take the child away from the legal guardian.

She has been remanded into custody and is scheduled to appear in provincial court June 20.

RCMP remind all parents to take this opportunity to speak to their children about what to do if they are approached by a stranger. In this instance, the quick response by the child and the parents led to a successful arrest.

Information about the charge:

Section 281 of the Criminal Code - Abduction of person under 14

Everyone who, not being the parent, guardian or person having the lawful care or charge of a person under the age of 14 years, unlawfully takes, entices away, conceals, detains, receives or harbours that person with intent to deprive a parent or guardian, or any other person who

has the lawful care or charge of that person, of the possession of that person is guilty of an indictable offence and liable to imprisonment for a term not exceeding 10 years.

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Peguis First Nation election wasn't rigged, audit finds

Allegations of election irregularities, vote buying were unfounded, report shows

By Austin Grabish

A federal audit investigating alleged election fraud in Peguis First Nation has found allegations against the band's rookie chief Cindy Spence were unfounded.

Froese Forensic Partners, an investigative Toronto accounting firm, conducted an audit for Indigenous and Northern Affairs Canada (INAC) after allegations of election fraud were made last year.

The *Express* obtained a 51-page report by Froese prepared for INAC through Access to Information legislation.

The report from March 31, 2016, reveals auditors focused their investigative efforts on six allegations made by former chief Glenn Hudson, who filed an appeal after losing the election last March.

The report states auditors found no evidence to support allegations that a polling station wasn't properly managed, that Spence intimidated voters, that ballot boxes were tampered with, and lastly that Spence offered voters \$5,000 to \$10,000 if they voted for her.

The report starts by noting there were witnesses mentioned when the allegations were filed that "for unknown reasons" did not contact audi-

tors.

The only allegation the report found supported by evidence was related to an altercation the night before election day that occurred at the Peguis band office.

That night, it was alleged campaign workers for Hudson encountered harassment as they tried to leave the office.

The report states the workers were blocked by a group of 20 people who "aggressively" shouted profanity while "giving them the finger."

The group surrounded a truck the two workers were trying to get to and had to be escorted by security. Spence was outside at the time observing when the altercation happened, the report said.

Auditors said the actions could be perceived as intimidation but found no evidence to indicate Spence herself was intimidating voters.

She could not be reached for comment last week and has not returned repeated requests from the *Express* for an interview since being elected last year.

Hudson said he wouldn't be making another appeal with the federal government.

"We've basically given up hope on



EXPRESS FILE PHOTO BY AUSTIN GRABISH

A federal audit investigating alleged election fraud on the Peguis First Nation has found allegations against the band's Chief Cindy Spence were unfounded.

that," Hudson said, calling the feds' appeals process broken and costly.

But he said he will be re-running in the next Peguis election, which is just eight months away.

"They want to see Peguis with a vision and to get back on track," he said, speaking of band members he's said

have asked him to re-run.

When Spence was elected chief last year, she ended a nearly eight-year reign Hudson had as leader of the community and made history as the band's first woman chief.

Peguis is Manitoba's largest First Nation.

Film Festival unveils fascinating film peaks

By Patricia Barrett

The 2016 Gimli Film Festival has just released a tempting sneak peek of its 2016 film lineup, leading up to the festival's official film schedule release on June 23.

The full GFF film schedule is set to be released on June 23 at a media con-

ference held at 11:30 a.m. at Manitoba Theatre for Young People in Winnipeg. This year's fascinating lineup of films will include a Manitoba film series, an Icelandic film series, a Northern Lights series, an Indigenous film series, a French film series, a Reel Pride series and many more thought-provoking films. GFF boasts over 100 indoor screenings in unique venues, and is thrilled to be adding a sixth indoor venue this year.

The popular beach screenings beneath the stars on the shores of Lake Winnipeg, will kick off Wednesday, July 20 with *Borealis*, directed by Manitoba filmmaker Sean Garrity and written, produced and starring Jonas Chernick. *Borealis* is the emotionally layered journey of an unemployed gambler who takes his estranged teenage daughter on a dangerous road trip up to Churchill to show her

the northern lights before her vision disorder renders her blind.

On Friday night of this year's festival, *Raiders of the Lost Ark* will sweep the beach, thrilling crowds with a *Raiders* double feature: the original *Raiders of the Lost Ark* at 10 p.m., followed by the critically acclaimed documentary *Raiders!: The Story of the Greatest Fan Film Ever Made* at midnight.

As well, this year's festival will boast an amazing Icelandic film series, including a special Icelandic Cinema Day on Thursday, July 21. The Icelandic series will begin opening night with *RAMS* by director Grímur Hákonarson, which focuses on two Icelandic sheep farmers whose decades-long feud comes to a head when disaster strikes their flocks. Other Icelandic films this year include *Virgin Mountain* by director Dagur Kári and *Sparrrows*, a film by festival alumni Runar

Runarsson. As well, a retrospective of Icelandic/French filmmaker Solveig Anspach (sponsored by Alliance Francaise and Cinemental), who tragically passed away in 2015, will feature Anspach's films *Lulu in the Nude* and *Queen of Montreuil*.

The GFF website remains a central hub of all festival information, providing festival-goers with the news, schedules, ticket sales, volunteer registration and merchandise.

Early bird festival sashes are on sale now at <http://gimlifilm.deco-apparel.com/shop>. The new box office, located at 41 Centre St. in Gimli, is opening soon. Individual tickets and passes will be available at box office, by phone or online.

Visit www.gimlifilm.com for the most up-to-date information on everything about the festival.

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Gimli High School celebrates student successes

Staff

Gimli High School held an Evening of Excellence June 14 to honour students in grades 9-12 for their outstanding academic and sports achievements.

Students also earned special awards, such as the Citizenship All-Star Award, for their contributions to the community, volunteering, Gimli Art Club, Gimli Car Club, and Meals on Wheels.



Evergreen School Division Awards: Grade 9: Samantha Porteous, Isabelle Stevens, Evan Thorkelson and Sinead Gibbs; Grade 10: Owen Roberts, Emily Dann, Nicole Gratton and Hannah Jonker; Grade 11: Carley Matkowski, Brina Erenberg, Cameron Lozinski and Amy Thorkelson.



Physical Education Award: Lauren LeBleu. Outstanding Athletes of the Year: Grade 9: Mackenzie Zagozewski and Evan Thorkelson; Grade 10: Jayda Campbell and Aaron Dryburgh; Grade 11: Carley Matkowski and Kevin Yablonski; Grade 12: Isabelle Ruzic and Mark Cameron.



Grade 12 Science & Numeracy All-Star Team: Erin Leath, Bailey Ferguson, Tanner Schroder, Clayton Minarik, Lauren LeBleu, Lauren MacVicar and Presley Potten.



EXPRESS PHOTOS BY LENA GROOT
Grade 9 Technology All-Star Team: Evan Thorkelson, Sinead Gibbs, Braden Yablonski, Gina Barylski, Kolten Woo, Emma Jack, Mia Gray, Kassie Johannesson and Zack Weidl.

Voyage for veterans

Passionate paddler hopes to shed light on veterans' issues with cross-country trek

By Lindsey Enns

A passionate paddler and his faithful four-legged friend made a pit stop in Lockport and Selkirk last week while on their voyage for veterans.

Wearing a handmade birch bark hat, Mike Ranta and his eight-year-old purebred Finnish Spitz named Spitzii are well on their way to completing their canoe trip from Vancouver, B.C., to Cape Breton, N.S., in an effort to raise awareness for veterans' issues.

"I'm doing it for appreciation of our

veterans," Ranta said while docking his canoe at the boat launch in Selkirk Park last Thursday afternoon. "They need to be better taken care of."

Ranta and Spitzii started their journey up the Fraser River on April 1 and they hope to paddle into Cape Breton on Sept. 29.

Along their journey, Ranta is stopping to meet with veterans and asking them to sign his canoe. So far, the signatures he's collected along the way are serving as motivation.

"There are moments on these trips that it does take a toll on ya emotionally and physically ... so it's nice to look down on these and think about what they've been through or what they're going through," he said. "It builds my spirit up and it gets me to that next level."

Local veterans Orville Marshall, 94, and Peggy Davies, 70, were all smiles as they thanked Ranta for what he was doing after signing his canoe in Selkirk last Thursday.

Ranta said while he has a long list of personal reasons for why he decided to embark on this journey, he said the main one is "just to say thank you."

"It's been incredible," he said. "It's a lot more emotional than I thought it was going to be."

"It's been a pretty amazing journey talking to our veterans."

He's also been able to meet a lot of generous people along the way.

"It's hard to buy anything when people find out who you are and what you're doing it for."

The 44-year-old said he's basically been paddling all his life.

"Canoeing is in my blood," he said. "It allows me to get through these lands and not only explore them but understand them."

Ranta said this is his third cross-country trek and he just "can't get enough of it."

Along with raising awareness, Ranta is also collecting donations that will be split between the legion and youth centre in his hometown of Atikokan, Ont., which has also been dubbed the canoeing capital of Canada, he said.

Interlake teachers receive MCIC's Global Citizenship Award

By Patricia Barrett

The Manitoba Council for International Cooperation awarded two Interlake teachers with a 2016 Global Citizenship Award for Educators at its Annual General Meeting June 8 in Winnipeg.

Cathy Chalmers from Stonewall Collegiate and Rob Jantz from Gimli High School were recognized by the international development organization for raising awareness among their students of the everyday struggles facing people in the Global South and for encouraging them to take steps, no matter how small, to help people earn a fair wage.

Stonewall Collegiate and Gimli High School are only two of five schools in Canada to have been designated Fair Trade schools.

Zack Gross, MCIC's fair trade outreach co-ordinator, worked closely with the schools to help raise their awareness of social justice and to encourage them to take steps towards improving the economic lives of citizens in the global south through the promotion of fair trade products.

Cathy Chalmers paid tribute to her students for working hard to achieve the fair trade designation.

"Why do we have to learn this?" said

Chalmers, explaining how the students in her business and management class first felt towards fair trade. "It's to the point now where they're leaders in the community."

Rob Jantz and his students at Gimli High School undertook a number of initiatives to help producers in marginalized countries receive a fair wage for the products they sell.

"Zack is always looking for an opportunity to come to us," said Jantz accepting his award. "They [MCIC] don't do it to keep busy — they do it because it matters. I want to thank MCIC for bringing the real world to us."

The Manitoba Council for International Cooperation is composed of 39 organizations that work together to protect global habitats, empower citizens in marginalized countries through education and economic initiatives, implement food security and clean water programs and encourage co-operation and social justice.

Canadian Physicians for Aid and Relief, the Mennonite Central Committee Manitoba, UNICEF Canada and the International Institute for Sustainable Development are among MCIC's members and affiliates.

"MCIC is committed to working with



EXPRESS PHOTOS BY PATRICIA BARRETT
Gimli High School teacher Rob Jantz.



Zack Gross, MCIC's fair trade outreach co-ordinator.

our members and other local groups to help meet their international development project goals and provide capacity-building support where possible," according to the organization's 2015-2016 annual report.

The report cited a 2015 poll by the Manitoba Bureau of Statistics and

Probe Research which showed 44 per cent of Manitobans purchasing fair trade products at least monthly, and two-thirds of Manitobans willing to purchase them over conventional products even if they had to pay 10 per cent more.

East Selkirk to host 50th annual Highland Gathering July 2-3

Staff

Hundreds of visitors and area residents are expected to trickle into East Selkirk for next month's 50th annual Manitoba Highland Gathering.

East Selkirk's Legacy Park will host the popular annual event over a two-day period on Saturday, July 2 and Sunday, July 3. Organizers say the event will be held rain or shine.

This year's gathering will include the 25th annual Manitoba Canoe and Kayak Marathon Championships, hosted by the Selkirk Canoe and Kayak Centre, a highland dance competition featuring more than 100 dancers from across Canada and Scotland as well as various live entertainment.

For the first time ever, this year's gathering will also host a heavy events competition pitting a team from Canada against a team from the United States.

Referred to as the "Battle of the Border," the event will be held on July 2. Four Canadian athletes will compete against four American athletes in seven classic Scottish events, including



EXPRESS FILE PHOTO BY LINDSEY ENNS

Vikings put on a show during the 49th annual Manitoba Highland Gathering at East Selkirk's Legacy Park last July. This year's event is set to take place on Saturday, July 2 and Sunday, July 3 rain or shine in East Selkirk's Legacy Park.

the caber toss, hammer throw, stone put and weight for distance.

"We'll have top athletes from Wisconsin, Minnesota, Washington State, Alberta, Saskatchewan and Ontario competing in a team format for the very first time at the Manitoba High-

land Gathering," Manitoba Highland Gathering vice-president Jim Wilson said in a release. "Our gathering has always been a top draw for elite Scottish throwers from all over North America, but we have never assembled a more talented group of throw-

"WE FIGURED THE 50TH ANNIVERSARY WOULD BE THE IDEAL TIME TO BRING OUT THE BIG GUNS AND CREATE A COMPETITION THAT PUTS SOME NATIONAL PRIDE ON THE LINE."

ers for a single competition.

"We figured the 50th anniversary would be the ideal time to bring out the big guns and create a competition that puts some national pride on the line."

The competition is a one-day event beginning at 11 a.m. An amateur heavy games competition will be held on July 3 featuring primarily local Scottish athletes.

This year's gathering will also feature living history displays, a petting zoo, a Scottish market, a pancake breakfast on both mornings and sheep sheering demonstrations.

For a full events list, visit manitobahighlandgathering.org.

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Healing in 'Style' is a dream come true for owner Lisa M. Sobry. 28 years ago Lisa graduated from the Brandon School of Hair Design with a diploma in Cosmetology. Since then she has owned and operated home based Salons and worked in Hairdressing Salons across Canada. Lisa has faced many challenges in her life and found Spirituality has helped her heal. Because of this she has added the Healing portion to her existing Hairstyle business.

Lisa's dream is to create a relaxing atmosphere that allows her client's to leave their troubles at the door. Stepping through the door the first thing you hear is soft spa music and the trickle of a water fountain, essential oils and soap scents tickle your nose, crystals sparkle in the sunshine and an overall calmness envelopes you.

It wasn't an easy task creating this relaxing atmosphere. Lisa started by renting a small building in 2014 for a year, then moved in a bigger building and renovated it to accommodate her dream needs. A huge part of this success is attributed to the hard work and dedication of her boyfriend Jason Anderson and his business J.A.S.A. Management. Rooms were built to accommodate a healing space, tanning bed, pedicure chairs, a manicure table and a laundromat. Flooring upgraded and stations built to accommodate two hairstylists and a large retail area.

Spiritual enthusiasts will find many gemstones, jewelry, oracle cards and fountains. They may even want a medium or card reading, chakra clearing or life activation. If you are looking for natural products Lisa is the co-owner of Mrs. Blue's Natural Products and carries the full life of natural skin care products from your nose to your toes as well.

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Unique competition a hole-in-one for Inwood course

By Stefanie Lasuik

Inwood Golf and Country Club members are teaming up and squaring off in a best-tee-box-wins competition. Each team is taking ownership of a tee box and renovating it. By August, whichever team has the best-looking tee box, as judged by a local flower expert, will win a free membership for next year's golf season.

Owner Eddie Waluk came up with the idea to see members take pride in their own course.

"Anything we can do to make it nicer. It's really not costing us anything," said Waluk.

And it's not costing the members much to play at Inwood when compared to other

Manitoban 18-hole golf course prices. When it comes to golf, Waluk's philosophy is to let people have fun for a low price. Eighteen holes at Inwood's 4,963-yard track costs \$15.95 plus tax. This rate hasn't changed for the past 14 years.

By keeping costs down, he has inspired his members to give back to the course. In the three weeks the competition has been running, he's seen the tee boxes looking cleaner. Some teams have brought in their own potted flowers already. The contest seems to be a popular one. Every hole has a team working on it, but the competition is very friendly.

"It's a family here," said Waluk.



EXPRESS PHOTO BY ROBIN CHESTNUT

Inwood Golf and Country Club members are cleaning up the tee boxes in hopes of winning a free membership for 2017.

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Building a stronger community Why the velocity of money matters!

The term "velocity of money" (also "velocity of circulation of money") refers to how fast money passes from one holder to the next. Many local economies are languishing not because too little cash comes in, but as a result of what happens to that money.

Money is like blood. It needs to keep moving around to keep the economy going, noting that when money is spent elsewhere—at big supermarkets, non-locally owned utilities and other services such as on-line retailers—"it flows out, like a wound." By shopping at the corner store instead of the big box, consumers keep their communities from becoming "ghost towns". At the most basic level, when you buy local more money stays in the community.

The point is not that communities should suddenly seek to be self-sufficient in all ways, but rather, to shift the balance. Can you produce more locally? Of course you can if the raw materials are there, and the raw materials are often human beings. More importantly, you can definitely increase the speed of money when you spend it locally.

Imagine that a farmer, a grocer, a mechanic, and a boutique owner live in the world's smallest country. Between all of them, they have \$1,000 in money supply. Over the course of a month, the following transactions take place:

The farmer sells \$500 worth of food to the grocer.

The grocer marks up the price and sells \$700 worth of food, split among the mechanic and boutique owner who are his two customers.

The grocer requires his vehicle repaired. He goes to the mechanic and pays \$200 to the shop for repairs.

The boutique owner needs fertilizer for a garden project. She goes to the farmer and pays him \$300.

The mechanic requires a gift for his wife's birthday – so he visits the boutique and pays \$300 for a gift.

The total value of the transactions in our time period is \$2,000. We have \$1,000 in money in our economy, so the velocity of money is 2.

"Buy Local"—you see the decal in the store window, look for the bright, cheerful logo – the apparent message is "let's support local business", a kind of community boosterism. But buying close to home may be more than a feel-good matter. A number of researchers and organizations are taking a closer look at how money flows, and what they're finding shows the profound economic impact of keeping money in town—and how the fate of many communities around the nation and the world increasingly depend on it. Those who you support in your town can in turn support you and build stronger communities. Small local businesses are able to hire more employees, aid in non-profit endeavours and feel stronger ties to becoming an integral part of the community.

As the nation limps through the recession, many towns and cities are hurting. "Buy-local" campaigns help local economies withstand the downturn. For communities, this is a hopeful message in a recession because it's not about how much money you've got, but how much you can keep circulating without letting it leak out.

Think about it, if everyone in a small town spends all their money at one single big box store, and that store sends all its money back to headquarters out of province, then we all have no money!

The idea is Think before You Spend! Is This Something We Can Buy Locally? When you take your vehicle to your local Service Provider, you're helping to pay the wage of over 80 people who will in turn be spending more money in the community.

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Youth gearing up to pick and sell fresh strawberries

Strawberry picking one of several Odd Job activities this summer

By Stefanie Lasuik

Four students from Lundar, Eriksdale and St. Laurent are getting ready to sell fresh strawberries to their communities. As one of many activities the Manitoba Youth Job Centre in Lundar has organized for the summer, the strawberry pick will bring gallons of strawberries from Portage La Prairie to the students' towns.

The students will sell their pickings for \$17 for a four-litre pail at the RM of Coldwell office between 1:30 and 4 p.m. on June 27. They will also be selling through pre-orders taken up until June 24 at 4 p.m. by youth engagement leader Delaney Appleyard.

Appleyard hopes this Odd Job Squad will enjoy working while learning how to earn money.

"I hope that it will bring some fun but that it'll also help them gain some work experience, whether it's skills or learning about hard work and being committed to something," said Appleyard.

She is also planning a TD Paint Party, a kids' carnival, a window wash and a coffee mug sale this summer.

The paint party will show people of all ages how to paint a sunset over a lake on canvases they'll take home after. Appleyard has one confirmed for July 14 from 7 to 9:30 p.m. at Lundar Lutheran Church. She is working on getting one in Oak Point Hall for July 19. Tickets cost \$47.25 with tax and must be bought at least two days in advance.

The kids' carnival will give the older students a chance to work with children. They'll run the attendees through beanbag tosses, a clown academy complete with face paint and stilts, bowling and photo booths.

The carnival will run from noon until 4 p.m. on July 12 for a cost of \$5 per participant at Lundar School. Kids must pre-register by July 8.

On Aug. 11, students will wash the windows of Lundar clean. Homeowners in Lundar can order a window washing for \$10 before Aug. 8.

The final summer activity will be a coffee mug sale, where the Odd Job Squad will decorate mugs then sell them through personal orders. They'll use markers to create custom designs on Aug. 12 and deliver them on Aug. 15.

How much money the students make through these activities will depend on attendance and sales.

To register for any of the events, to pre-order strawberries or to join the Odd Job Squad, people can contact Appleyard at 204-302-1018 or Lundar-MYJC@gov.mb.ca.



EXPRESS PHOTOS SUBMITTED

Manitoba Youth Job Centre students will be out in full force picking strawberries next week.



For the first time in several years, the Odd Job Squad from Lundar, St. Laurent and Eriksdale will pick strawberries to sell to their communities.



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CANADA DAY Celebrations

ERIKSDALE

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Come and join us for a Fun, Free Day.... So much for the whole family!!

Gymkhana starts at 10am. \$10/rider...

1:00pm- 3D MBRA Barrel racing. (see below for more information)...

Craft/Bake/Flea Market. Table are free... Bring out your baked goods, crafts, or unused items you would like to sell...

For More Info- Call Dale @204 214-0145

Canada Day Events start at 5:00pm

5:00pm- carries on throughout the evening

- Bounc e-a-roo •Ca nteen- Burgers, Hotdog, etc
- Col d Beverages •Ki ddie Train •F ace painting
- F ree Temp. Tattoos, Stickers, etc Kids games...

And lots more....

5:00 - Music Entertainment

6-9:30- Horseshoe Tournament-

More Info: call Ernie @204 739-3865

Around 11pm-Fireworks

FREE ADMISSION

Camping available at McEwen Park

If it rains-event will move to the Eriksdale Rec Centre.

******Barrel Racing- More Info******

MBRA series Barrel Racing, Race to start @ 1:00pm.

Prizes for best dressed horse and rider- Canada Theme (Senior and Junior)

All dressed up PeeWee- get a treat bag.

Gymkhana- \$10/rider, MBRA- must have your card- \$20/horse.

For More Information text Jackie Torgerson @204 739-8256 or call Patti Kinkead Billekop @204 739-2689.



Canada Day - Held a day early!

June 30th

Fisher Golf & Country Club

Free entry.

4-8:30 pm children's races

Lawn chair baseball, 4 years old to 90 years of age, get your teams in.

Music Jam starting at 6:30.

Cadets are doing a BBQ to raise funds for their organization. Hamburgers and Hotdogs!

STEEP ROCK

July 1st

Social Club 4-7 Chase the Ace 4-7

Open Mic 4-7 Outdoor Movie at Dusk

July 2nd

Flea Market 9 - Noon

Pa ncake Breakfast at Cafe 9-11am

Boa t Parade and Decorating Contest - Starts at Gov. Dock. (50/50 cash prize, \$20 per entry) 1st place only. 11am sharp!

F amily Activities at the Pavillion 12-4

BBQ Suppe r \$15 per person limit 200. 4-7

Li ve Music by The Third Chins 7-11

Be er Gardens 1-11

Community Fire Pit and Fireworks at Dusk!



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GIMLI

July 30th At the Hop
 Adam T Elvis @ 7:30-10:30pm
 Fireworks @ 11:00pm

July 1st At the Park
 Pancake Breakfast 8:00 - 10:30am
 Parade - 11:00-11:45am

Canada Day Ceremony
 12-12:30 Cake Cutting, Free Hotdogs, Children's Games, Face Painting
 Gimli's Got Talent 12:30-2:00 pm
 2:30 PM FREE KIDS BIKE DRAW (must be present to win)



WINNIPEG BEACH

Tentative schedule

- 4 - 3pm, Free face painting for the kids
- 4 - 5pm, Inflatable jumpers
- 4 - 5pm, Free horse drawn wagon rides
- 2 - 4pm, Lakeside Lions Family Fun Day
- 7p m, A greeting from Mayor Pimentel
- 7- 10:30pm, Ricky Bogart & the New Casbah Band
- 11pm, FIREWORKS



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Film Festival poster reveals the heart of Gimli

By Patricia Barrett

Gimli Film Festival organizers unveiled the poster advertising the 16th annual festival that will have the town "reeling" for four days next month.

The poster was designed by Gillian Johnson, an illustrator and children's book author from Winnipeg who now lives in England.

"She's a renowned illustrator," said Janis Johnson, who founded the festival in 2000 and is Gillian's sister. "She's highly regarded in her field."

Gillian, who visits Gimli every year, cut right to the town's heart with her design: Vikings and white sandy beaches.

"We wanted something unique and different, something that has a good feeling of the place," said Johnson, who was appointed to the Senate by Brian Mulroney in 1990 and currently sits on two standing committees.

Using a bird's-eye-view perspective, Gillian depicted dozens of Vikings sitting on Gimli's main beach, illuminated by the light of a super-sized movie screen. The harbour off to the right reflects the light of a full moon on the lake.

Free beach screenings form part of the festival, drawings thousands of film buffs lakeside.

The first beach screening will take place on opening day, Wednesday, July 20. The film *Borealis*, by Manitoba filmmaker Sean Garrity, tells the story of an unemployed gambler who takes his teenaged daughter on a road trip to Churchill to show her the northern lights before she permanently loses her vision.



EXPRESS PHOTO COURTESY OF RICK KEMP

Gimli Film festival poster captures the uniqueness of Gimli as well as promoting the film festival.

The festival screens over 100 films in a number of local venues. This year, organizers will feature works by Manitoba, Icelandic and Indigenous filmmakers, among many others.


The official film schedule will be released June 23. The festival runs July 20-24.

For more information, visit www.gimlifilm.com.

Happy Canada Day!

Niki Ashton, MP

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In case of Rain event moves to the Teulon Centennial Hall


Organization looks to grow mounted shooting in Manitoba

By Dave Baxter

It's not something you see everyday. Men and women riding horses while shooting blanks at a series of balloon targets.

But Daniella Welbers threw on a dress, jumped on her horse Dixie and took some of her best shots during a mounted shooting event in Selkirk last weekend.

The Tyndall resident said while volunteering at a ranch, she was introduced to mounted shooting and immediately wanted to try the sport.

She now takes part competitively and is a member of the Manitoba Mounted Shooting Association (MMSA).

"We want to grow our club so there is more people to compete with," Welbers said right after taking part in mounted shooting competition in Selkirk Park last Saturday.

The local event even brought some guests from across the border to Selkirk including Kyle Wavra of Minnesota.

"Many of my Canadian friends here always come down to our shoots in Minnesota, so I thought I should come to Selkirk and support them," Wavra said.

Organizers said the event was an opportunity to bring the sport to the Tri-S area and introduce it to those who aren't familiar with it.

Mounted shooting sees participants ride horses through a track and shoot blanks at balloons that are set up as a series of targets.

Those who can complete the track in the best time while hitting the most balloons ultimately come out on top.

The MMSA, which holds similar competitions across Manitoba, put on the event in Selkirk last Saturday.

MMSA member Todd Craplewe of East Selkirk said the sport is slowly growing in Canada.

"It's huge in the United States," Craplewe said. "But I think in the next few years, it should really grow here."

He added the sport is relatively new, as it has only been around for about 15 years.

The sport seems to have an even amount of both men and women that take part, Welbers said, and the organization would like to get even more people involved.

Anyone that would like more information about mounted shooting or the MMSA can contact Todd Craplewe at 204-785-0362.



EXPRESS PHOTO BY ROBERT E. WILSON

Todd Craplewe of Libau takes some shots during a mounted shooting competition in Selkirk Park last Saturday afternoon.



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"Woodticks" are particularly bad in 2016. They seem to be everywhere. There are two types. The regular wood tick and the smaller deer tick. They both can carry many serious diseases, such as Lyme, Ehrlichiosis, Tularemia, Rocky Mountain spotted fever, and Anaplasmosis. Lyme disease is associated with the smaller deer tick, which has become much more prevalent in the Interlake in recent years.

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Duck drop in Fisher Branch gets the rocks rolling

By Patricia Barrett

Fisher Branch set the ducks loose last Friday evening to raise money for its curling club.

The annual Curler's Association Rubber Duck fundraiser attracted more than 300 people, who lined a small tributary of the Fisher River in the centre of town to cheer on their respective ducks.

About 295 people paid \$10 per duck. They also enjoyed a barbecue hosted by eight students from Fisher Branch Collegiate's 2017 graduating class committee.

RM Fisher Reeve Shannon Pyziak, who oversees the launch of the race every year, lugged a large recycling tub filled with pink, blue and yellow ducks down to the creek. A footbridge near Tache Street, less than a quarter mile away, served as the finish line.

"The plastic ones float better," said the reeve, referring to the ducks she had painstakingly numbered years ago. "I think we lost only one, but we [eventually] found it."

Ashton DesJardins was the official "duck dropper," using a kayak to ferry the competitors out to the middle of the creek.

"You dump them to the side and paddle slowly backwards," said DesJardins, explaining launch rules before he made his way out with the tub perched precariously on the bow.

Darcy Truthwaite, a nurse at the Percy E. Moore Hospital in Hodgson, bid her duck good luck before it went into the tub with the rest of the paddlers.

"I've got a 1 in 300 chance," laughed Truthwaite, who has participated in previous duck races. "Hopefully they won't get caught up on the side of the river."

Truthwaite's fears were realised within minutes of the ducks hitting the open water. They found themselves battling a strong, steady west wind and headed to the far shore. A few, however, gave it their all.

"There's a breakaway!" cried Truthwaite, as a blue duck found its stride and headed downstream before calling it quits and joining the rest of the paddlers in the weeds.

"The ducks are dawdling," said Truthwaite after waiting several minutes for some waterfowl action.

Reeve Pyziak called for a re-launch, the first time they've had to do so. Several youngsters helped net the ducks and toss them back into the tub.

The re-launch farther downstream proved ideal for the ducks. Several formed a raft, using the collective strength of their fellow ducks to propel themselves as quickly as they could towards the footbridge.

"Here ducky, ducky, ducky," called



William, left, and Luke watch a blue ducky pull away from the paddlers close to finish line.



Ducky #68 swims to the finish.

Truthwaite to the stragglers.

Gord Wevursky, who bought two ducks, suggested someone "cannonball" into the creek to get them moving.

Dozens of children ran along the bank as the ducks made their way to the finish line.

William and Luke pushed aside the tall grass on the opposite bank and urged the competitors forward to glory.

Close to the footbridge, a yellow duck marked 68 pulled away from the leading raft and paddled for his/her life as people cheered.

Rick Smith from Fisher Branch won the \$1,000 grand prize. His wife, Shauna, was on hand to accept the prize.

Truthwaite took her loss well.

"It would've been nice to have won a mini-vacation," she said. "In our trailer, somewhere on Lake Winnipeg."

The proceeds of the fundraiser will help the curling club raise money for operating costs.



EXPRESS PHOTOS BY PATRICIA BARRETT
Ashton DesJardins empties the duck bin on the first go of the Fisher Branch duck fundraiser.



Lisa Mazur announces the winning ducky.



Shauna Smith's husband Rick was the \$1,000 grand prize winner. He wasn't able to attend.



A young man perches on the bank of the creek to watch the ducks race for the finish.

"We have fees to pay to the Recreation Centre and curling club fees to Curl Manitoba," said Fisher Branch Collegiate principal Shaun Lindal, who was one of the volunteers helping organize the fundraiser. "This past year we did some upgrades."

The club is aiming to get its ice ship-

shape for next season.

"We haven't had bonspiels for a while," said Lindal. "But we curled last year and this season."

The club had 12 teams with about 50 curlers participating last year and also had 15 youth curlers, who played after school.

get inspired

> MEAL IDEAS

Grilled asparagus and sweet potato with curry



Makes 2 servings
Curry adds an exotic flavour to these grilled vegetables. They taste great with pork tenderloin.
Ingredients

1 medium sweet potato (10 oz /300g), peeled and cut into 1 inch (2 cm) wide strips

16 asparagus stalks, tough ends removed

1 tbsp (15 mL) olive oil

1 tsp (5 mL) curry powder

½ tsp (2 mL) black pepper

Directions

Place the sweet potato in a microwave safe bowl and cover with water. Microwave on high for 2 minutes. Drain the water.

Add the asparagus and coat with the remaining ingredients.

Heat the BBQ to medium heat*.

Place the vegetables in a grilling basket and grill for 10 minutes, flipping occasionally.

Serve immediately.

*This recipe can also be made in the oven. Heat the oven to 400° F (200°C). Line a baking sheet with tin foil and cook for 10 minutes, flipping once.

Smoke-Roasted Bell Peppers Stuffed With Green Garden Vegetables



Makes 8 small servings

- 2 medium red bell peppers
- 3 medium mixed bell peppers (yellow, orange, green)
- 3/4 teaspoon kosher salt
- 1/2 teaspoon ground black pepper
- 3 tablespoons butter
- 1 onion, finely chopped
- 2 cloves garlic, minced

1 medium zucchini, cut into 1/4-inch dice

1 medium yellow squash, cut into 1/4-inch dice

2 cups fresh or frozen corn kernels

1 medium tomato, seeded and cut into 1/4-inch dice

2 tablespoons chopped fresh herbs (such as parsley, oregano, basil, or a mix)

1/4 cup plain dried bread crumbs

Oil for coating grill

2 tablespoons grated Parmesan cheese (optional)

The Grill

Gas: Indirect heat, medium (325 F to 350 F)

3- or 4-burner grill -- middle burners off

2-burner grill -- 1 side off

Clean, oiled grate

Charcoal: Indirect heat, medium ash
Split charcoal bed (about 2 dozen coals per side)

Clean, oiled grate on medium setting

Soul is the Essence of Who We Are

Some writers have suggested that depression can be the result of alienation from our own souls. Certainly it can also be caused by life circumstances or biochemistry. If being disconnected from our souls does happen to be the problem, what then? Can we be helped by medical practice that scarcely acknowledges the existence of soul? Can we be helped by therapists who delve into our past or teach us to think differently? Will repeating positive affirmations lift us out of our misery? All of these healing modalities will have something to offer, but ultimately it is up to us to get to the heart of the matter.

If we feel detached from life, unable to feel joy, we may not be living the life we came here to live. Sometimes we have no idea what we want. In this case, a starting point might be simply to list all of the things that we do not want in our lives. Getting specific about the things we do not like can get the compass needle pointing in a definitive direction. Consider which qualities are opposite to those you do not like, and you have begun your list of what you do want.

The heart is like a compass pointing us in the direction that our soul wants to go. We know in our hearts which people and situations are good for

us. Too often we override that heart knowing, our of a sense of obligation to others, or from sheer habit. This is equivalent to putting the soul in a cage. The soul is the essence of who we are at the core of our being. It is who we really want to be, and who we would be if we did not experience self-doubt, and did not feel we had to live up to the expectations of others.

The soul wants to fly free and experience as much of itself as possible in this lifetime. To cage a soul is like taking a child to Disneyland, and only allowing that child to peer in from the outside. He or she can see all there is to experience, but is held back. When the soul is left outside of the life experience, it is no wonder that depression sets in. The child could return to Disneyland as an adult, and experience everything that was missed. The soul will not have another change in this lifetime. Sometimes the thought of making the changes that would free the soul is overwhelming to the ego. The self recoils and remains immobilized. All that is felt is an ache in the heart from that deep and distant place that knows what might have been.

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

1. Heat the grill as directed. Soak the wood chips or chunks for 1 hour.

2. Seed, core and cut one of the red bell peppers into 1/4-inch dice. Cut the remaining bell peppers in half lengthwise right through the stem, leaving a bit of stem attached to each half. Cut out the cores, seeds and ribs from the interiors of the peppers, leaving the stem intact. Sprinkle the insides of the peppers with 1/4 teaspoon of the salt and 1/4 teaspoon of the pepper.

3. Melt the butter in a large skillet over medium heat. Add the onion and saute until almost tender, about 4 minutes. Add the garlic, chopped bell pepper, zucchini, and yellow squash. Saute the vegetables until crisp-tender, about 4 minutes. Stir in the corn and tomato and cook until heated through, 1 to 2 minutes. Stir in herbs, bread crumbs and the

remaining 1/2 teaspoon salt and 1/4 teaspoon pepper. Cook and stir until the bread crumbs soak up most of the liquid in the pan. Remove from the heat and spoon the filling equally into the pepper cavities.

4. When the grill is hot, put the soaked wood chips or chunks over the coals on both sides of the grill. Is using gas, put the wood chips in a smoker box or in a perforated foil packet directly over one of the heated burners.

5. Brush the grill grate and coat it with oil. Put the stuffed peppers over the unheated part of the grill, cover, and cook until just tender, 20 to 30 minutes. If your grill has a temperature gauge, it should stay at around 350 F.

6. Remove the peppers to a large serving platter. Sprinkle with the Parmesan (if using) and serve.

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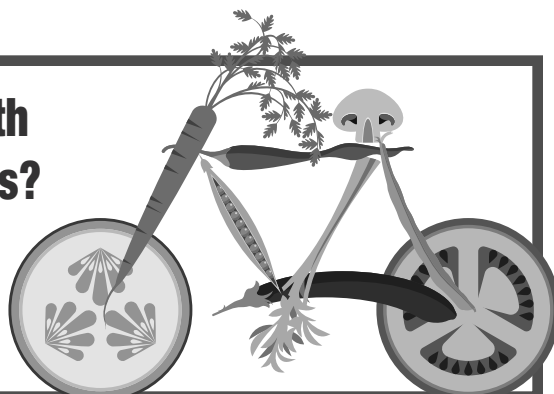
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Making a splash

SwimAbility helps children with disabilities find a place at the pool

By Austin Grabish

Justin Hebert could hardly wait to jump into the pool last Saturday.

It was Justin's last swimming lesson until the fall, but if it wasn't for a little-known non-profit, he might not have been swimming at all.

The 12-year-old is one of about 300 students who have been or are currently registered in the Manitoba SwimAbility program.

"I enjoy it," he said at the St. James Civic Centre Pool in Winnipeg last Saturday.

The non-profit program offers swimming lessons to children living with special needs such as Justin for a fraction of the cost of a regular lesson — it charges just \$2.

"The price of it, you couldn't do better," said Justin's mother, Maureen Hebert. "He needs the one-on-one."

Justin's father Trevor Hebert said the volunteers behind SwimAbility are

"fantastic."

"It's mostly university students," he said.

He added there are no longer one-on-one swimming lessons available for special-needs students his son's age in Selkirk, which the family calls home.

Liam Menec, 19, is Justin's volunteer swimming instructor.

"I love it," he said.

"I'm just learning how to teach Liam how to swim," Justin joked before his lesson started.

Maureen said she's seen her son's ability to swim improve greatly over the last two years.

"He's adapted from the shallow end to the deep end from coming here," she said.

"Any level of proficiency more than he had is just that much better of a chance he has if something does go wrong," added Trevor.



EXPRESS PHOTO BY AUSTIN GRABISH

Twelve-year-old Justin Hebert of Selkirk and swimming instructor Liam Menec share a laugh at the St. James Civic Centre Pool in Winnipeg Saturday.

The program's goal is to give kids the chance to be in the pool while still teaching them the basics of swimming.

The organization says drowning is the second-leading cause of injury-related death in children, but what's even more troubling is kids living with disabilities are 10 times more likely to drown.

"Cam Krisko (the organization's founder) kind of saw a need for it,"

said SwimAbility marketing co-ordinator Courtney Bannatyne. "There wasn't anything in Winnipeg or Manitoba," she said speaking of the low-cost program, which is a chapter of the SwimAbility Canada program.

"We do a lot of fundraising," to keep costs low, she added.

Those interested in more information or volunteer opportunities can call 204-612-4440.

Dr. Cary Chapnick retiring from health care

Submitted

Dr. Cary Chapnick will be retiring at the end of the month after a long career in the region. Dr. Chapnick has been practising in Interlake-Eastern Regional Health Authority (RHA) area for 27 years and, during that time, he has taken call in almost all of the hospitals in the region.

Some of his most significant contributions to the Interlake-Eastern RHA region have been his work mentoring health-care professionals and medical students, evaluating international medical graduates and supporting physicians who are new to the region.

"I've had the pleasure of getting to know Cary over the past few years and know he will be greatly missed by not only myself but his friends and colleagues within the RHA," says Dr. Myron Thiessen, vice-president of primary health care and chief medical officer. "However, Cary leaves behind a legacy of commitment to patient safety, continuous improvement and unwavering

support of physicians in the region. He has been a true advocate for patients and their families throughout his career."

Chapnick started his medical career by establishing a full-service family practice in Gimli at the Johnson Memorial Hospital. There, he provided emergency department coverage, in-patient hospital care, obstetrics, surgical assistance and clinic services. Later, he began helping patients receive follow-up cancer-care services closer to home through the Gimli Hospital Community Cancer Program. When asked why he chose Gimli, Chapnick, a Manitoban himself, was quick to point out the variety and full scope of rural practice attracted him to the growing community of Gimli.

While running a successful family practice, Chapnick also held the role of vice-president of medical services between 2002 and 2008, after which he closed his family practice to focus on medical services administration. Outside of the region, Cary has been

a counsellor with the College of Physicians and Surgeons, sitting on the executive board as chair of the legislation and ethics committee. He has also served the public as an accreditator with Accreditation Canada, a national health-care standardization and accreditation organization committed to health quality.

His most recent work with the region involved reviewing physicians' credentials to ensure they were a good fit for the region, managing and responding to patient concerns, supporting new physicians in their practice and participating in critical incident reviews.

Ever the adventurer, Chapnick plans to spend his retirement enjoying his many hobbies, including boating, hiking and touring the world.

Interlake-Eastern RHA thanks him for his dedication to our residents and wishes him health and happiness as he embarks on the next chapter of his life.



Dr. Cary Chapnick

Farmer forced to rescue lambs following rainstorm

By Austin Grabish

The torrential downpour that rocked Selkirk recently also hit St. Andrews leaving 30 newborn lambs stranded and scared.

"They were all crying," said Wendy Church, a lamb farmer who lives on Clandeboye Road in St. Andrews.

Church has been dealing with flooding issues on her property for months, but she said the lambs were on dry land when the torrential downpour hit the property, leaving them stranded in water in the middle of a pasture.

"It was sort of two big downpours," said Church, who said the newly weaned lambs were scared of being away from their mother. "They didn't know what to do."

"It's a pretty stressful thing to be away from your mother and then not be able to get back to the barn that they were familiar with."

Church said the lambs were surrounded by about eight inches of water but weren't moving, so she put on boots and had to carry some over the water.

"The thing is they don't know how deep it is so they don't want to go in it," Church said.

The lambs were born in March and are in what Church called an "adjustment" period since they were recently weaned.



EXPRESS PHOTO BY BRETT MITCHELL

Wendy Church holds a lamb that was stranded on an island in the middle of her property June 10 on Clandeboye Road in the RM of St. Andrews. A heavy downpour on June 9 left Church's 30 newborn lambs stranded and scared. Several homes in Selkirk were also hit hard by heavy rains.

Poll show majority of Manitobans against MTS-Bell merger

By Austin Grabish

If it were up to most Manitobans, they would cut the cord on Bell's plan to buy out MTS.

That's the results of two recent polls by the Angus Reid Institute and Environics Research.

The Angus Reid poll released June 1 found three out of five Manitoba residents (that's 60 per cent) are unhappy with the corporation's plan to buy MTS.

Only one in five people said the \$3.9 billion sale was "good" or "very good" for the province, the poll found.

The Environics Research poll released on June 7 found that 75 per cent of Manitobans surveyed believe Bell will impose a data cap on its customers if the buyout proceeds.

MTS currently offers unlimited data on several plans to its phone and Internet customers.

The Opposition NDP quickly jumped on the chance to grill Premier Brian Pallister about the polls' findings, arguing the deal will mean higher cellphone bills for consumers.



EXPRESS FILE PHOTO BY AUSTIN GRABISH

Manitoba Premier Brian Pallister faced questions last week and pressure from the Opposition after a poll found less than a quarter of Manitobans were happy with the recent Bell-MTS merger. Bell plans to buy MTS for \$3.9 billion.

"Pallister is out there advocating for a deal that less than a quarter of Manitobans support, even though it will damage our cell phone market and leave families with higher bills for little to no benefit," said the NDP's

infrastructure critic Jim Maloway in a release last Tuesday. "We saw a poll last week and now a second one today that clearly indicates our Premier is acting against the will of Manitobans."

Pallister said consumers want better

service, and he isn't surprised many are concerned about paying more.

"They've been paying higher rates under the NDP on virtually everything over the last 17 years," he said while speaking to reporters following question period last Tuesday.

When pressed on whether he was on the wrong side of the deal and should instead be supporting consumers, Pallister said Bell would have to live up to what it's promised.

"These are quality improvements and service improvements they'll have to deliver on as part of the commitments they've made," he said.

And the premier dismissed criticism from Maloway and the NDP.

"They were the people who maligned the Manitoba Telecom Service ... for years and years now they're trying to pretend they care about rates. It's not logical, and it doesn't make sense."

Maloway said consumers concerned about the deal should contact the Competition Bureau, which is reviewing the deal.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Lundar reaches Midget 'AA' regional finals

By Brian Bowman

Lundar finished with a 1-2 record at the Merv Farmer Memorial Regional Midget "AA" playdowns last weekend in Stonewall.

Lundar reached the final at the regionals before losing 12-0 to the Interlake Blue Jays. Interlake broke the game open early, scoring five runs in the second inning.

"We started off strong," said Lundar head coach Rory Tycoles. "It came down to our pitchers throwing strikes. We walked guys and got ourselves into trouble that way."

Martin Knutson pitched real well for Stonewall in his five innings of work, allowing just three base runners.

"We had chances but just couldn't get the hit when we needed it," Tycoles said. "(Knutson) throws pretty hard and has a good curveball. He throws decent enough speed where it makes a difference.

"(Our guys) were trying to catch up to the fastball and then he dropped in a (curveball)."

Lundar had just one hit during the game while Interlake committed a pair of errors.

"He's our No. 1 guy," Blue Jays' coach Adam Kirk said of Knutson. "He's an 18 year old senior guy in his last year and he's probably our best (pitcher). He's consistent, he throws strikes, and he has a good little curveball that's he's developing."

Knutson didn't need much run support but the Blue Jays gave it to him anyway. Interlake had plenty of base runners in the five-inning affair.

"We have a pretty good offensive team and the guys have taken really good approaches at the plate, especially this (past) weekend," Kirk said. "They're really smart and work pitchers (well). They're taking in the game plan that I set out for them this year of getting past the starter and into the bullpen."

During round-robin play, Lundar lost 6-0 to the Blue Jays and then had a ton of fun in an impressive 16-3 victory over Teulon, scoring 11 runs in the sixth inning.

Tycoles said his team improved significantly over the course of this past season. They picked up some of the little nuances of the game, which will help them in future years on the ball



EXPRESS PHOTOS BY LANA MEIER

Lundar's Thomas Johannson records the out at third base against Teulon during Midget "AA" regional baseball action last weekend. Pictured right, Branden Lussier scores for Lundar on this slide at home.



Jayson Christensen gets the out on first base.

diamond.

"The Blue Jays are the Stonewall and Warren's (high school) teams best players combined," Tycoles explained. "Those teams were beating us 14-0 during the high school season on their own."

"But we got a lot better during the year. Even on the mental side, like when to steal and the hitter's counts, thing like that have helped them greatly."



sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Junior girls' enjoying the Thunder experience

By Brian Bowman

The Interlake Thunder junior girls' football team is heading into the play-offs playing some real good football.

Interlake ended its regular season last Thursday with an impressive 61-18 victory over the St. Vital Mustangs at Stonewall Collegiate.

"The girls played fantastic," said Thunder head coach Derek Charison. "Our defence did not give up a first down in the first half at all, which is pretty spectacular.

"Everyone played really well – it was probably our most complete game of the year."

Defensively, the Thunder did a great job securing tackles and not letting many Mustang ball handlers break free.

"They contained very well and they made tackles," Charison said. "We didn't miss any tackles and they were playing disciplined. They were exactly where they were supposed to be."

On offence, Interlake did a superb job moving the ball effectively. The Thunder often worked hard for extra yards and repeatedly gained positive yardage.

"They did a real good job moving the ball and we got a few breaks where we got a few big runs," Charison recalled.

The same two teams will hook up tonight when the Thunder hosts the Mustangs in a semifinal matchup. Interlake, which finished the regular season in second place in the four-team league with a 3-3-1 record, should be the favourite to advance to the league final.

Charison said the Thunder have improved immensely since the beginning of the season. This club looks to be peaking at just the right time.

"We're brand new to this, so the girls didn't have any football experience," Charison explained. "We had to start from zero when the season started."

The players are also having a ton of fun playing football.

"I would say the majority of girls, when practice ends, they can't wait until the next practice starts," he said. "After the first couple of weeks, I was getting emails from parents saying that the girls love it and they can't wait for next year.

"That's fantastic because they're not just doing this for something to do. They actually enjoy doing it."

The winner of tonight's semifinal advances to the league championship game at Investors Group Field in Winnipeg next Thursday.



EXPRESS PHOTOS BY BRIAN BOWMAN

Interlake Thunder's Elizabeth Monkman (81) carries the ball during a 61-18 win over the Mustangs last Thursday in Stonewall. Interlake will play St. Vital again tonight in a semifinal game.

Senior Rods strike down Interlake Thunder in league play



Thunder running back Ashley Deverill rumbles down the field during first-half action against the St. James Rods.



EXPRESS PHOTOS BY BRIAN BOWMAN

Interlake Thunder quarterback Maddy Siwicki scrambles for more yards against St. James last Thursday in Stonewall. The Thunder was edged 27-26.

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- 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
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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
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So much of them will never die
But live on forever after;
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In our memory both of you are near.

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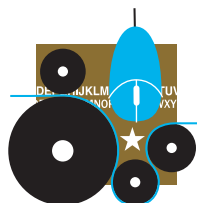


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If interested please contact Christy Brown at 204-467-5836 or email: christybrown@stonewallteulontribune.ca



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