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WEEKLY NEWS

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Switching gears

EXPRESS PHOTO BY MARNEY BLUNT

Gimli High School graduates (left to right) Matthew Dryden, Kyle Sveinson, Soren Benson and Tyler Poloski pose by their ride before their convocation ceremony. Seventy-one students graduated from Gimli High School last Thursday. For full graduation coverage, see page 11.

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Gimli council lifts dog ban on boardwalk, grass

Dog ban revoked, mayor wants apology to council

By Marney Blunt

There were a lot of happy dog owners leaving the once again packed council chambers on June 24, as Gimli Mayor Randy Woroniuk announced that council had lifted the dog ban on the boardwalk and grassed area.

Dogs are still banned from the sand area of Gimli Beach.

As of last Thursday, dog lovers could walk their pooches on the Gimli boardwalk once again and will be able to do so all summer. However, that luxury comes with a responsibility, council says.

"As far as we're concerned, we're giving everybody a chance to do something," said Mayor Woroniuk, who will be chairing an enforcement committee to keep tabs on dog owners who let their pets defecate on the beach or boardwalk area without cleaning it up.

"The committee (and) staff on the beach will establish a reporting system. This is a chance for all these responsible dog owners and everybody else to show council that they are responsible."

The committee will be small, and will consist of the mayor, a representative from the Gimli Environmental Advisory Committee, a dog owner, a business owner and a non-dog owner.

The mayor says the committee will track incidents, and then analyze them at the end of the summer, which will determine whether the ban remains lifted.

"It's going to be up to the community, the people, the dog owners to go out there and prove us wrong," said, Woroniuk. "Because I can tell you now at the end of this summer if you're proved wrong, we have no choice but to shut it down. Now we're giving you that opportunity."

The mayor did note a report of an incident last Sunday, where a couple allowed their dog to defecate by the water's edge. When told to clean up after their dog, the dog owners told the people to



EXPRESS PHOTO SUPPLIED BY JASON BECK
Jason Beck and his dog Tazzy were happy to be back on the boardwalk last Thursday after Gimli council lifted the dog ban from the boardwalk and grassed area.

"pound sand".

The lifted dog ban came as a very pleasant surprise to Jason Beck, who spearheaded a petition against the ban and created the Facebook page, 'I Support Dogs on the Gimli Boardwalk'. Beck appeared at the council meeting with Stefan Tergesen, owner of H.P. Tergesens & Sons, who were going to make a delegation to council on the issue, until they were presented with the positive news.

"I had a feeling there would be some movement and it would be a positive night, I didn't know that it was going to go this well. I'm quite shocked, I'm quite happy," said Beck.

"I know they're going to look at the situation over the next year and look at ways to improve enforcement for bad dog owners, and that's exactly what I wanted. So it's a big win, I'm very happy, I'm very

grateful to Stefan Tergesen and all the people who played a role, and tomorrow afternoon I'm anxiously waiting to bring my dog Tazzy to the boardwalk. It's going to be a big day."

Tergesen and Beck suggested some ideas at the council meeting, including having dog waste disposal stations. The Lakeview Resort is already doing their part in giving customers little dog disposal bags that attach to dog collars.

Mayor says council deserves an apology

After two weeks of public outcry over the dog ban and an extremely active, and sometimes angry, social media blitz, the mayor says that council deserves an apology for some of the comments made online and through email. He noted that irrational and inappropriate comments have been made to RM staff as well.

"The last two weeks have been horrible for us. The stuff on Facebook, the stuff on emails has been horrible. We deserve an apology.

"We are trying to make some headway here, we want to go forward in a positive, cooperative manner," said Mayor Woroniuk.

"What you as adults have begun, is showing young people that you can be bullied," added the mayor. "Now we want to go forward, I want to put all of that behind us. As of today, I want to start brand new. I want to work forward in a cooperative manner, and that's all I'm asking."

The mayor also made an apology to the people who did support the dog ban.

"I know some of them will be very disappointed. But I have honour and integrity and I'm making that apology," he said.

"IT'S GOING TO BE UP TO THE COMMUNITY, THE PEOPLE, THE DOG OWNERS TO GO OUT THERE AND PROVE US WRONG."

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JULY 17, 18, 19

ARBORG Agricultural Society

Riverton's culinary arts program receives \$800,000

Provincial grant to upgrade industrial kitchen for Riverton Collegiate

By Marney Blunt

Riverton Collegiate Institute (RCI) is ending the 2014-15 school year on a high note.

Last week, the Manitoba government announced that they would be investing more than \$800,000 towards a new industrial kitchen for the culinary arts program. The new upgrades will provide more hands-on skills training for students.

"There's a brand new culinary arts curriculum from the department of education. It's just two years old, we're really hoping to hop on to that and deliver some really meaningful job-related skills to kids," said Thomas Kowalchuk, the principal at RCI.

"It's just something very exciting for us, we haven't had this kind of influx to support new programming in a long time. There's quite a buzz in the community about it and we're all very excited about the possibility for the kids."

According to a news release from the Province, these upgrades will be able to accommodate up to 60 students at a time.

"The Manitoba government is focused on creating good jobs and skills-training opportunities for young people that match the needs of businesses," said Premier Greg Selinger in a news release. "This renovation and new equipment will help more students prepare for the growing number of opportunities in the hospitality, food service and tourism industry."

The portion of the school with the current home economics room was built in 1977, Kowalchuk says.

"We've done a few renovations and upgrades overtime but this is completely changing the function of that facility," he said. "We're still going in-

Continued on page 4



EXPRESS PHOTO SUBMITTED

(Left to right) Riverton Collegiate principal Thomas Kowalchuk, Evergreen School Division superintendent Paul Cuthbert, Evergreen School Division trustee Sandra Davies, Premier Greg Selinger and Gimli MLA Peter Bjornson at the current culinary arts facility at RCI. The Province is awarding RCI an \$800,000 grant for upgrades to the facility.

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New development to offer affordable housing in Arborg-area

Modular home development planned for RM of Bifrost-Riverton

By Marney Blunt

A new development is planned for the Rural Municipality of Bifrost-Riverton that could help alleviate some of the area's affordable housing woes.

The Bifrost-Riverton council recently approved a development plan on a five-acre parcel of land on the outskirts of the west side of the Town of Arborg.

"This is an answer to the affordable housing that Arborg (and area) is in desperate need of," said John Dziad, the developer. "We have had a number of meetings and roundtables over the last 10 plus years, throwing around ideas of how we get affordable housing to the Arborg area. There's a big demand for that and this is the solution to that problem I believe, and also everybody I talk to, believes."

The development will offer modular homes, an affordable housing option that is becoming more common in the Interlake. Modular homes are upscale prefabricated homes that are pre-assembled and transported to the site. The development will have approximately 20 lots for the modular homes, ranging between 50 to 60 feet wide.

Dziad says the development will be open to anyone, including young families, seniors, young adults and more. Dziad added that he hopes to turn soil in the spring of 2016.

"I am hoping to have this up and running for next spring. I'll start

pre-selling this coming fall and winter," said Dziad, who grew up in Arborg and has owned and operated the Hecla General Store for the past 23 years with his wife, Karen. Dziad pre-

"THIS IS AN ANSWER TO THE AFFORDABLE HOUSING THAT ARBORG IS IN DESPERATE NEED OF."



SUBMITTED PHOTO

Modular homes are becoming a common alternative to affordable housing in the Interlake. Bifrost-Riverton council recently approved modular homes to be built on a five acre parcel of land west of Arborg.

viously ran a restaurant in Arborg for 12 years before taking over the Hecla General Store.

Buyers would purchase the modular home from Dziad and then pay a monthly lease fee for the lot, which would cover services such as sewer, water, hydro, road maintenance and snow clearing. Dziad says they would

also use local contractors for the development.

The modular homes will come in a variety of sizes, ranging from 1,200 to 1,500 square feet. Dziad says prices will be starting around \$150,000.

For more information on the new development, contact John Dziad at jkdziad@mymts.net.

> CULINARY ARTS PROGRAM, FROM PG. 3

corporate aspects of home economics, but this also gives us now a chance to get into vocational education."

Kowalchuk says the goal is to have the upgrades complete by September 2016.

"As far as when that will all start, we're still in the planning stages," said Kowalchuk. "We visited some schools that have similar facilities now, and we have a planning committee that is meeting and we're hoping when we all get back in September that we're going to pursue some pretty impressive timelines to get things done as quickly as possible."

The Manitoba government has launched a comprehensive skills strategy to give students access to state-of-the-art programming and equipment that will create

a pathway to post-secondary education and good jobs, according to the news release. The strategy includes

a \$30-million Skill Build shops fund to build and expand trades and skills shops in high schools; a new \$2-million career development fund to ensure students leave high school with a good idea of where they want to go and how to get there, whether it is through a university, college, work placement or on-the-job training and apprenticeship; and a \$1.5-million Skill Build equipment fund to upgrade classrooms to an apprenticeship-accredited level and bring welding, electrical, carpentry and culinary arts equipment into schools.

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A cultural and musical experience



EXPRESS PHOTOS BY MARNEY BLUNT

Despite stormy weather, the Beach SCAPE Festival in Winnipeg Beach last weekend was a great success with lots of action going on inside the Winnipeg Beach Community Centre. Pictured, musicians play music for the Village Green Morris Dancers from England, who were performing for the audience on Saturday afternoon.

Zebra mussel inspection sites set up shop in local waters

Staff

A hunt for zebra mussels took place in Selkirk over the weekend.

Manitoba Conservation and Water Stewardship had watercraft inspection stations with decontamination units set up in Selkirk and in Pine Falls over the weekend and into Monday as part of ongoing efforts to deal with the invasive species.

Roving watercraft inspection teams were also moving between boat launches at St. Vital Park in Winnipeg, Gimli, Winnipeg Beach, Silver/Arnes harbours and at Hnausa in the South Basin of Lake Winnipeg.

The mussels were discovered at a dock near Selkirk Park in May, and

last Friday the province said it had evidence of zebra mussel larvae in the Red River near Emerson.

It's believed to be the first time the species have been found in that portion of the Red River.

Conservation officials had been monitoring water in the Red River at Emerson since the discovery of adult zebra mussels in Pelican Lake, Minn., which is part of the Red River basin, in 2009.

The province vowed it would do everything it could to keep the species out of the Red River, but lost its fight in May.

Officials are now asking everyone to do their part to keep them from

spreading further.

Boaters are being encouraged to clean and remove any visible aquatic plants, or mud from their watercrafts and trailers, and drain all water from motor, bilge, bait buckets and boat compartments.

All water-related equipment is to be dried and watercraft compartments that may be hard to dry should be taken care of with a dry towel or sponge.

Unwanted bait and worms are also recommended to be disposed in the trash.

Zebra mussels spawn in warm waters and can spread easily across waterways by clinging onto boats going from one lake to another.

The species likes to cling onto hard surfaces, damage engines, clog water systems, and can even cause buoys to sink.

They also pose a threat to lake ecology and threaten fish populations

To report a zebra mussel or any other AIS from a location, take pictures and visit the website at manitoba.ca/stopais.ca or call 1-877-STOP AIS-0 (1-877-867-2470).

The province says increased awareness is what led to the reporting of zebra mussels when they were spotted on a dock near Selkirk Park earlier this year.

Correction

Staff

In the June 25 issue of the *Express Weekly News*, we reported that the Arborg Fair & Rodeo was July 17-14, when in actual fact it should have said July 17-19.

The *Express* apologizes for any confusion.



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Adult accompaniment under 14; Coarse language; Sexual content

Educational water festival for Interlake students

By Jeff Ward

The West Interlake Watershed Conservation District (WIWCD) treated students to the annual water festival teaching them about the interconnectivity of the water system in the Interlake as part of an ongoing educational effort.

The WIWCD has been putting on the annual water festival for the past three years and this year, students from Ashern Central School, Ashern Early Years School, Gypsumville School and Alf Cuthbert took part.

"We try to change it up a little bit each year and had a few new stations for students to enjoy," said Linda Miller, manager of the WIWCD.

"You're dealing with Grades 1 through 6 so you can't be too complicated because we don't want them to miss the message. We try to have a balance of fun and educational stations for students."

Miller explained how our water systems connect and feed into rivers and lakes becoming very clear when students see it for themselves. The ground water simulation table for instance has students putting food dye into a septic field. If the septic field is leaking the students can see the food dye infecting other water systems. The



Students get a lesson in water resource sustainability from Project Wet, a world leader in water issues education. PHOTO SUPPLIED BY THE WIWCD

same goes for the EnviroScope models, which simulates how rainfall can wash contaminates like oil into rivers and lakes.

The volunteers who run each station will taper their message depending on what grade the students are. Grade one students for instance will have a much more visual learning experi-

ence, whereas grade six students will get a more interactive experience.

"We've gotten great feedback from the students who come up to us and say how much fun they're having and how much they're learning. But we also get a great response from the schools as well. Both times we've done this we've got letters from the

school thanking us for putting it on," explained Miller.

The WIWCD is already working on their next water festival, which will likely be hosted in the St. Laurent area. The WIWCD covers the entire cost of the festival through money allocated to education in their budget.

There were nearly 200 students who attended this year's water festival.



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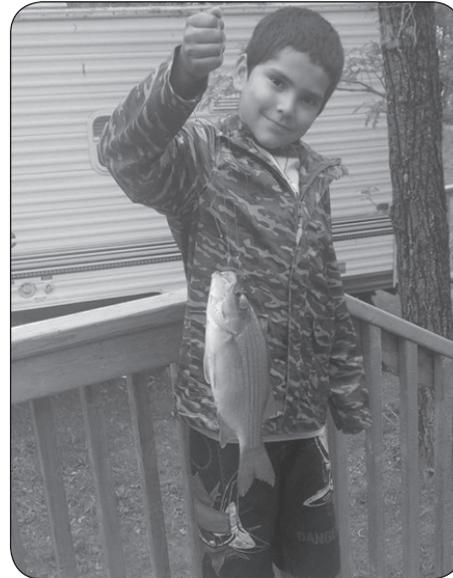
> ARNIE WEIDL The joys of life on the water

Hi folks.

We're all familiar with that old expression that sometimes things happen in three's. Well, I'm not sure about next week, but for right now this will be the second week fate would have us appreciate the exuberance of young boys thrilled with fishing.

I was talking to Holly Morrisseau of Lakeshore Heights which is just south of Gran Marais and she gave us the story of her young son, Oakland Callioux, who was determined to become an angler. One evening when Holly and Oakland were home on their shoreline property, Oakland decided it was time to go fishing. Since dad was away working and mom told him she couldn't help him because she was busy making supper, the boy got out pieces of fishing gear he had been given and sitting on the back deck proceeded to put everything together himself then made for the shore. Mom could see him out of the kitchen window and smiled with love as her little guy cast a few feet out into the water.

As she worked in the kitchen she glanced shore-ward checking on Oakland's casting and retrieving which was now at a fevered pace. It seemed like only a moment or two later when she heard a bang on the back door with Oakland calling, "Mom I got a fish!" Holly opened the door and there holding his fishing line high with a fine bass on the hook was a wide-eyed smiling from ear-to-ear excited young lad. Her heart was filled with warm affection for her boy and to let him know what a good



SUBMITTED PHOTO
Oakland Callioux with a silver bass he caught all by himself.

thing he had done, she said, "Why don't I fix the fish up and add it to our supper?"

The boy filled with enthusiastic pride cried out, "Yea mom, I'm going to get more fish!"

Breathlessly, he turned and raced for the water. Holly took the extra work of getting the fish ready good naturedly as only a mother can but the faint smile on her face soon turned to mild astonishment. Sensing a presence behind her she turned and there Oakland stood his face beaming holding up an even bigger bass!

A few days later when Holly told Oakland that she was going to be having lunch with his teacher and would mention that he had caught some bass, the boy now convinced he was a legendary angler, said, "make

sure you tell her that they were really big mom!" To you Oakland as well as Jayden from last week, may you boys have a wonderful lifetime of enjoyable fishing just as the rest of us do.

If you remember back to early spring when I described the rough condition of Breezy Point Road along the Red north of Selkirk I added that we could count on the provincial road guys to fix it up when it dried out a bit and sure enough they came through once again. I was up there about a week ago and saw some of the boys from the Selkirk Maintenance Yard on the side of the road so I stopped to shoot the breeze with them for a bit and also to thank them for their great work on that poor old road. Because of these road guys (who will still remain nameless) we can fish all along the Red up to Breezy without tearing our vehicles apart. Thanks guys, you're the best!

Not long ago on a hot sunny day, I was back up at Hecla. On the pier I met fellow anglers Ken Lelchko and Bob Wolf from Winnipeg. Ken, a man of average size with brown hair and a quiet smooth way of talking was the kind of person who instinctively took interest in those around him. Bob was a big happy round faced fellow with black hair and mustache laced with grey. We spent a fair time trading fishing topics and when I asked them if there were any other places they liked to fish; they said the Narrows was a close second to Hecla. C

ome to think of it maybe I'll run up to the Narrows and see if I can find us an interesting story for next week. Bye for now.

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Hundreds of volunteer firefighters to benefit from tax credit

Meeting 200-hour requirement could be tough for smaller stations, local fire chief points out

By Austin Grabish

A new provincial tax credit will see volunteer firefighters and other search and rescue personnel save up to \$324 come tax season early next year, but less than half of the volunteers are expected to qualify for the program.

The province announced new tax credits for volunteers back in April when the provincial budget was unveiled, and Finance Minister Greg Dewar reaffirmed the announcement at a press conference in Selkirk last Friday.

"Every year, hundreds of communities across the province rely on friends and neighbours who volunteer their time as firefighters or on search and rescue missions to help keep Manitobans safe," Dewar said in a press release. "This new tax credit will help offset some of the financial costs these brave Manitobans face as part of their service."

In order to qualify for the tax credit,

volunteers must give 200 hours in either search and rescue or firefighting services.

There are approximately 3,500 volunteer firefighters in Manitoba across 240 different departments, but only 1,600 volunteers are expected to benefit from the credit, which is modeled after a similar program offered by the federal government that allows volunteers to claim up to \$3,000 in credits.

Clandeboye Deputy Fire Chief Kim Henderson said it might be hard for smaller stations like his to meet the 200-hour requirement.

"I think it's quite a stretch to get that amount," Henderson said. "You have to be a busy hall for that."

Henderson estimates Clandeboye Fire Department responds to around 50 or 60 calls a year, but most are short, lasting usually under three hours.

Selkirk Fire Chief Dan Thorsteinson welcomed the announcement saying the timing couldn't be better citing the number of volunteer firefighters



RECORD PHOTO BY BRETT MITCHELL

Selkirk Fire Chief Dan Thorsteinson speaks about a new tax credit for firefighters during press conference in Selkirk last Friday.

is on the decline.

"It's an excellent thing," Thorsteinson said.

Thorsteinson said he doesn't anticipate any members of the Selkirk Fire Department will have a hard time meeting the 200-hour quota.

"There may be some very small communities that would probably have a hard time with that, but 200 hours, it

can be done," Thorsteinson said.

Manitoba Association of Fire Chiefs president Martin Haller also welcomed the new credit.

"The volunteer firefighter tax credit is an important tool to help retain the membership of fire departments in rural communities, which is one of the priorities of our association," Haller said in a press release.

letters

Letters to the Editor: letters@expressweeklynews.ca

Taking a different approach

Message from Brian Pallister to Manitoba First Nations

Progressive Conservative Leader Brian Pallister delivered the following message in a meeting June 26 in the council chamber at Peguis Mall with Peguis First Nation Chief Cindy Spence and council.

As the Leader of the PC Party of Manitoba, I look forward to working with you toward a better future for all Manitobans. Only when we create an environment where all of Manitoba's children, indigenous and non-indigenous, can achieve their true potential will Manitoba reach its potential.

For some time, I have watched the provincial government's approach toward First Nations with growing concern. I want to propose a different approach - one I was taught as a

young man.

I was born and raised on a small farm southwest of Portage la Prairie, not far from Long Plain and Dakota Plains First Nations. One of my grandfather's most respected friends was Long Plain Chief Angus Merrick. Chief Merrick believed in partnerships built through mutual respect and understanding. He educated many non-Aboriginal people about the history, culture and traditions of First Nations people. He spoke to young students in my mother's classroom and many, many others. He reached out to build trust. He was a true leader.

When I served as a Member of Parliament representing this province, I was asked to become the critic for the Department of Indian Affairs. I met hundreds of indigenous Canadians, visiting more than 100 First Nations communities, reading the complete volumes of the Royal Commission on Aboriginal Peoples, building on the foundation of understanding that Angus Merrick had given so generously to me years before: advocating for self-government, greater transparency, more resources for education, improvements in housing and reforms to the Indian Act to strengthen economic opportunities.

At the urging of local First Nations women, I joined the struggle for equal matrimonial property rights. The absence of equal matrimonial property rights on reserve had caused many Aboriginal women to lose their homes, their property and even access to their children. Many chiefs opposed changes. Many politicians supported the chiefs, directly or indirectly through inaction. A victory for equality was achieved with the passage of the First Nations Matrimonial Property Act in 2013.

Chief Merrick taught that we should have respect for all cultures, all people. I believe it would be disrespectful to try to buy a friend. It would be disrespectful to buy popularity among First Nations people with money taken from others. I have too much respect for indigenous people and all Manitobans to buy their friendship.

I was taught and I believe that real friendship must be earned. Real friendship is based on trust. Chief Angus Merrick was a leader who worked to build mutual respect and understanding. I will honour him by doing the same.

I will do the same by working closely with First Nations to develop new economic opportunities that are real and lasting.

I want a better life for all Manitobans. Working together, we can achieve that.

Eleanor Milne Scholarship Call for Applications

The Interlake Women's Resource Centre will award a \$500.00 scholarship to a woman over the age of 18 who resides in the Northeast Interlake region and is pursuing post-secondary education or training.

Application deadline: August 15, 2015

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For more details or to download an application visit our website: www.iwrc.ca



*Evergreen
School Division*



Congratulations

*to the 2015
Graduates of
Gimli High School,
Riverton Collegiate
and Arborg Collegiate*



Grad 2015



***Congratulations and Best Wishes
for a Successful Future to
All of Our 2015 Graduates!***

Peguis grads celebrate with a French theme

By Jeff Ward

It was a proud moment for Peguis Central School students as they celebrated their high school graduation during a graduation ceremony on June 23.

The graduating class was 38 strong with each student receiving their turn in the spotlight. The theme, "An Evening in Paris" was observed with many fancy decorations that turned the Peguis Arena Multiplex into the iconic city of Paris complete with a 15-foot high Eiffel Tower made of black and white balloons.

The grads met with their parent or guardian underneath the structure and walked down the aisle towards the stage while a special performance by the Loud Eagle Singers set the mood on such a special day.

"Graduation is a journey of timeless dreams intertwining with those who have gone on before us, those that are walking with us and those that are yet to follow," said Clementine Spence a community Elder who spoke to the graduating class of 2015.

"Your graduation today is another right of passage, a transition from being a teenager to a young adult. Your journey will continue, only now you will have to make long lasting choices, and goals which you have set for your life course."

Elder Spence was one of five guest

"GRADUATION IS A JOURNEY OF TIMELESS DREAMS INTERTWINING WITH THOSE WHO HAVE GONE ON BEFORE US."



Peguis Elder Clementine Spence delivered a poignant speech about the transition from teenager to young adult.



EXPRESS PHOTOS BY JEFF WARD

The graduating class of 2015 for Peguis Central School.

speakers who addressed the grads during the ceremony. Special messages were also heard from Chief Cindy Spence, Director of Education for Peguis School Board Cindy Spence and Acting Principal Sharon Bear. Each message expressed how proud they were of the graduates and just how much this day means to the community of Peguis as a whole.

There was also an emotional keynote speech given by Lezley Sutherland who was recently named Manitoba Aboriginal Female Volunteer of the Year. Sutherland shared stories of her involvement with many of the youth sports in Peguis and became emotional while delivering her speech and gave a chi-miigwetch to the students for all they've given her.

"This is the part where I always cry, even when I was practicing," said Sutherland to a crowd of around 250.

"It's my passion in life to help people, and this is what I love so much about being apart of this school. I get to do that everyday and I thank you [the students] all for that."

There are a wide variety of career paths that these grads are wanting to follow including video game designers, RCMP officers, heavy equipment operators, nurses, flight attendants and teachers. Many have plans to continue their education next year.

Students also received awards based on the Seven Sacred Teachings - Love,

Respect, Courage, Honesty, Wisdom, Humility and Truth. Each grad was given an award based on the teaching

they embodied the most. It was a special way to end a special day.



The Loud Eagle Singers performed during the graduation ceremony after Elder Spence's address.



Valedictorian Yvonne Stevenson fought through her fears and delivered the valedictorian address to a raucous applause.



Lezley Sutherland spoke about her experiences with the graduating class in an emotional keynote address.

Fisher Branch grads say farewell, begin a new chapter



MLA Interlake Tom Nevakshonoff presented Jenine Wallach the Governor General's Academic Award of Excellence bronze medallion for attaining the highest academic average over the final two years of high school.

By Stefanie Lasuik

In a sea of sparkling silver stars, Fisher Branch's 13 graduates outshone them all. The classmates and friends celebrated the ending of one chapter and the dawn of another by laughing, crying, reminiscing and thanking those who have supported them over the past twelve to thirteen years.

School board trustees, government representatives, teachers and fellow students marked the graduates' celebration with congratulations and words of advice.

"My hope for the graduates is that you will maintain healthy lifestyles. This includes balancing your work, life, and your family life. Time spent with your family is always more valuable than any amount of money. You can never buy back time," said Lakeshore school trustee, Ray Imlah.

Fisher Branch Collegiate principal, Shaun Lindal, encouraged the grads to set their courses in the direction they desire.

"Don't just sit back and let your life pass by. You need to be the one to set the direction for your life. But when you are doing that, think about the



EXPRESS PHOTOS BY STEFANIE LASUIK

Fisher Branch Collegiate's graduating class of 2015 from (left to right): Brittany Gauthier, Caitlin Chester, Danae DesJardins, Bailey Barteski, Ryan Herda, Joshua Heinrichs, Curtis Lappage, Maria Golas, Riley Barrett, Jenine Wallach, Jessica Stocki, Bethany Woodhouse and Leah Martin.



School board trustee Ray Imlah presented Danae Desjardins with a Lakeshore School Division Proficiency Runner-Up award, which accompanied a \$400 cheque. Desjardins received recognition for her combination of a speech, impromptu answers, academic standing and community involvement.

kind of person that you really want to be, where you see your life going, and then go for it," Lindal said.

For moments of struggle, student council representative, Tyler Huff, offered words of comfort.

"If you are ever having a day when you feel alone, left out, unwanted, or if you feel as if you just can't do it, grads, take a good look at the audience. Every single one of these people is here for one reason. You. All of you. All of these people think you can do it. And they also all think that you

are well enough prepared for the battles that may face you. If you couldn't do it, or you were still not well enough prepared, you would not have made it this far already."

Class Valedictorian, Jenine Wallach, summed up the day by offering advice not just for the graduates' next chapter, but for the graduates' lives.

"Be the kind of person you'll be proud to be in 50 years and the person you, today, can be proud of right now. We've only got the once to live so make it count."

Fisher Branch Scholarships and Awards

- Danae Desjardins - Minh's Restaurant Furthering Education
- Lakeshore School Division Proficiency Award
- Walter Wochuk Memorial Citizenship Scholarship
- RM of Fisher Entering Trades
- Smith's Autotech Entering Trades
- In Memory of Nancy Sweenty class choice
- Manitoba Young Liberal Further Education
- In Memory of Urbain and Charlotte Chaput
- Filipino Community Furthering Education
- Jenine Wallach - Governor General's Bronze Medal
- Lakeshore Teachers Association Furthering Education
- Fisher Branch Women's Institute 1st Place Graduate
- Highest in 30S History Award
- Noventis Furthering Education
- Ukrainian Farmers Co-op
- French Frog Award
- Filipino Community Furthering Education
- University of Manitoba Queen Elizabeth Entrance Scholarship
- University of Manitoba Chown Centennial Scholarship
- Bailey Barteski - Fisher Branch Women's Institute 2nd Place Graduate
- Noventis Furthering Education
- Ukrainian Farmers Co-op
- William & Ann Zubatiuk Memorial Most Improved Graduate
- King Buck Inn Furthering Education
- University of Manitoba Guertin Centennial Entrance Scholarship
- Maria Golas - Lindsay Rindall Furthering Education
- In Memory of Mary Holowka
- In Memory of Robbie Johnson
- Sylvan Genetics' Most Credits
- Music Related
- Georges Jiffy Biffy Furthering Education
- Brittany Gauthier - Broad Valley Catering Furthering Education
- Interlake Auto & Tractor Parts Furthering Education
- CUPE Child of Employee Furthering Education
- Caitlin Chester - Neil McNeil in Memory of his Parents
- RM of Fisher Furthering Education
- Middle Years Student Council Furthering Education
- Positive Attitude & Creativity
- Filipino Community Furthering Education
- Jessica Stocki - Promoting Healthy Living
- Poplarfield Community Club Furthering Education
- Percy Moore Hospital Staff Association Medical Field or Furthering Education
- Bethany Woodhouse - Skilled Trade Award
- Joshua Heinrichs - FBC Student Leadership Team Most Improved Student

Rural Municipality of Fisher Reeve, Council and Staff

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ACI graduates turn the page to start the next chapter

Twenty-five students graduate from Arborg Collegiate Institute

By Marney Blunt

Proud parents, family and friends looked on as the closely-knit group of 25 graduates filed on stage for the Arborg Collegiate Institute (ACI) convocation on Saturday, June 27 at the Arborg Bifrost Community Hall. Once they had the tassels on their caps flipped over to the left and their diplomas in their hands, you could feel the energy and excitement in the room as the graduates celebrated the end of one chapter and turning the page to start another.

"So graduation is one of those really awkward times in our lives when we're torn between the joy of memories and the excitement of our future. Should we look back on what were the greatest four years of our lives? Or instead should we focus on the next stage of this wild journey that we call life," said Kirstin Jonasson, who was valedictorian of the ACI Class of 2015 along with Tara Caners.

"We graduates have been patiently waiting for this day for four years, and now all we want to do is hit pause and look back at ourselves and why we were in such a rush. We want to slow it down and enjoy the fleeting memories."

"We entered our loving confines



The 2015 graduating class of Arborg Collegiate Institute.

EXPRESS PHOTOS BY ANDERS KUUSSELKA



Arborg Collegiate valedictorians Kirstin Jonasson and Tara Caners.

of our beloved school four years ago as an unwritten book here to fill the pages. As the months past we grew and we learned to not allow external

circumstances to define who we really are," added Caners. "That's right, our book will be written on our own terms. The friends who we sit with to-



ACI principal Randy Semenek addressed the Class of 2015 for one last time during the convocation ceremony last Saturday.

Congratulations!

To Evergreen School Division's 2015 Graduates

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Best wishes for a bright future!

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GRADUATION 2015

day and our families are undoubtedly some of the main characters in our book of life.”

The students had some pretty impressive chapters already written in their book of life. Krista Sigvaldason was awarded the Governor General’s Medal of Excellence as well as awards from the Evergreen School Division Award, the Royal Canadian Legion Branch #161, the University of Manitoba Guertin Centennial Entrance Scholarship, the University of Manitoba Chown Centennial Scholarship and the Duke of Edinburgh Bronze Level Scholarship.

Ciara Stanowski took home scholarships from the

Evergreen School Division, the CUPE Local #3164, the Royal Canadian Legion Branch #161 and the University of Manitoba Hogg Centennial Entrance Scholarship. Morgan Sumka was awarded with bursaries from the Association for Community Living, the Interlake Co-op Award, the Margret Bjarnason Memorial Scholarship and the University of Manitoba Hogg Centennial Entrance Scholarship.

“There are always classes and students that leave a lasting impression in your mind and this was definitely one of those classes,” said guest speaker Rachele Burak, who taught many of the graduates

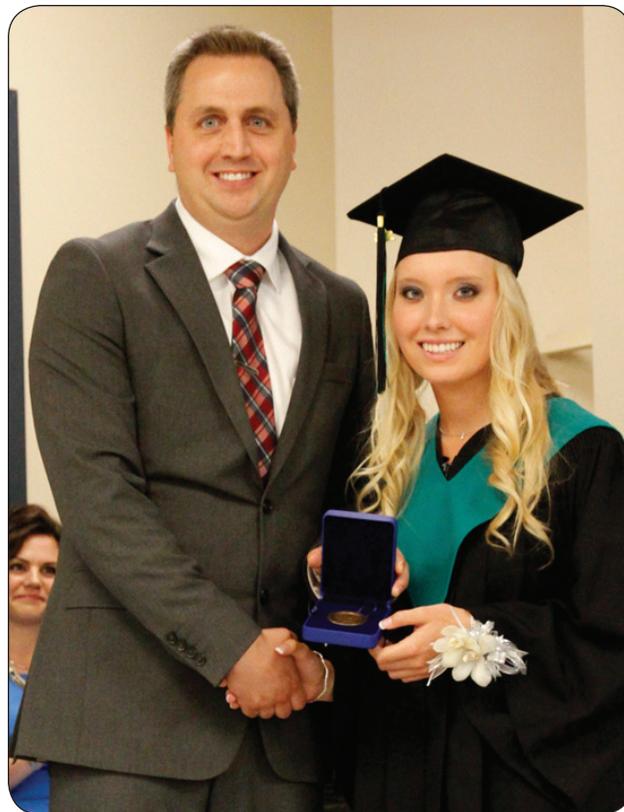
at Arborg Early Middle School. “Not only were they kind and considerate but they were very athletic, determined and never backed down from a challenge. I was lucky enough to watch these students from a young age become what they are today.”

ESD superintendent Paul Cuthbert and ACI principal Randy Semenek also addressed the class.

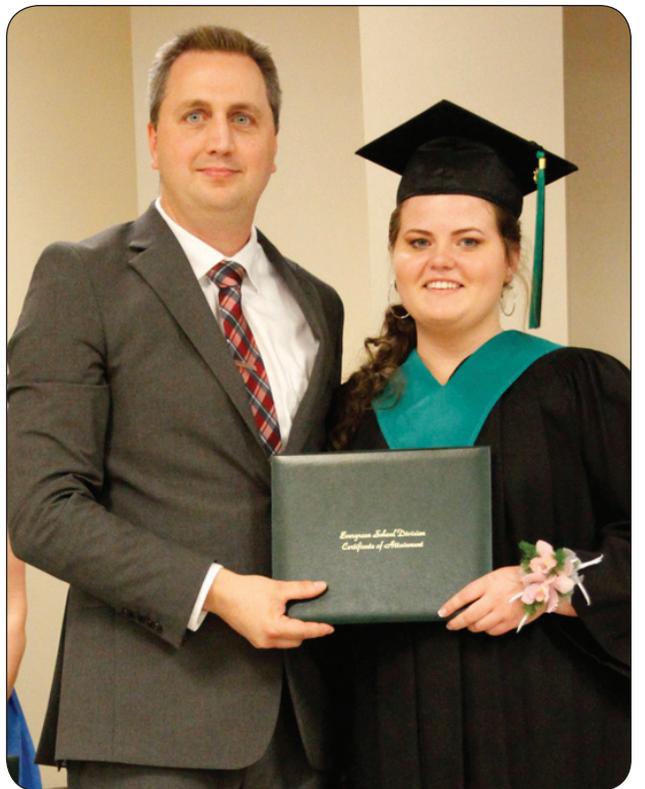
“I’m sure there is a mix of emotion in this room, leaving friends and family, or some anxiousness about what the future may hold,” said Semenek. “But I can assure you, if you take the knowledge and experiences you’ve given, the best is yet to come.”



Neil Sigvaldason, Derric Gulay and Bryson Schettler were all spiffed up for their big day.



ACI graduate Krista Sigvaldason was presented with the Governor General’s Medal of Excellence by ACI principal Randy Semenek.



ACI graduate Ciara Stanowski accepts her high school diploma from principal Randy Semenek. Stanowski took home several scholarships and bursaries at the ACI convocation.



Arborg Collegiate Awards and Scholarships

- Stefan Borgfjord - Apprentice Certificate with 8 apprentice credits, Arborg Agricultural Society, Arborg Chamber of Commerce, Crop Production Services
- Derric Gulay - ESD Diploma, Municipality of Bifrost-Riverton
- Kirsten Hibbert - ESD Diploma, Arborg Legion Ladies Auxiliary
- Dominic Jaworenko - Apprentice Certificate with 8 apprentice credits
- Kirstin Jonasson - Noventis Credit Union
- Tiger Jones - Apprentice Certificate with 8 apprentice credits, RM of Armstrong
- Mathew Kaprawy - Apprentice Certificate with 3 apprentice credits
- Dylan Orbanski - Apprentice Certificate with 8 apprentice credits, Arborg Chamber of Commerce
- Bryson Schettler - ESD Diploma, Royal Canadian Legion Branch 161
- Emma Semchyshyn - ESD Diploma with Distinction, Town of Arborg
- Caitlin Shott - Noventis Credit Union
- Krista Sigvaldason - ESD Diploma with Distinction, Evergreen School Division , Royal Canadian Legion Branch 161, University of Manitoba Guertin Centennial Entrance Scholarship, University of Manitoba Chown Centennial Scholarship , Duke of Edinburgh – Bronze Level, Governor General’s Medal
- Neil Sigvaldason - Arborg Legion Ladies Auxiliary
- Ciara Stanowski - ESD Diploma with Distinction, Evergreen School Division , CUPE Local 3164, University of Manitoba Hogg Centennial Entrance Scholarship
- Dylan Stobert - Apprentice Certificate with 8 apprentice credits, Evergreen Teachers’ Association
- Morgan Sumka - ESD Diploma with Distinction, Association for Community Living, Interlake Co-op Award, Margrét Bjarnason Memorial Scholarship, University of Manitoba Hogg Centennial Entrance Scholarship

RCI grads reminisce on good times, look forward to good times

By Marney Blunt

After 13 years of education, it's hard to say what might be going through one's mind. But for the Riverton Collegiate Institute (RCI) Class of 2015, one thing is for sure; a lot of lessons were learned, fun was had, memories were made and lasting friendships were formed for the small group of 23 graduates.

The RCI Class of 2015 accepted their diplomas last Friday, all were excited, and yet maybe a little surprised that the big day was finally here.

"It's hard to believe 13 years has already passed, and I can't help but get a little nostalgic. When I reflect on the memories we made as a class, there's so many that come to mind," said Zoe Johnson, valedictorian for the Class of 2015 along with Haiden Einarson. Johnson and Einarson reminisced about several memories that each student made throughout their years together.

"All of those nights we spent cramming for a test the next morning, all of the books we read, essays written, lessons learned from not only our teachers but our friends, all of the relationships that began, ended and mended, are all wonderful and horrible experiences we've had from Kindergarten to Grade 12 (that) have lead to this moment," said Einarson. "And we never thought it would come so fast."

Several of the students were recognized for their achievements throughout their years at RCI. Nathanael Plett humbly accepted the prestigious Governor General's Award for his academic average of 96 per cent in Grade 11 and 12. Plett also took home the Sophie Hurdal Memorial Bursary, the University of Manitoba Queen Elizabeth Centennial Scholarship and the University of Manitoba Chown Centennial Scholarship.

Brooke Thompson also received several titles during convocation, including the Bifrost Youth Justice Committee Scholarship, the Magnusville Citizenship Award, the Riverton Co-op Bursary and the Stefan V. and Runa Sigurdson Award. Brianne Brandt was awarded the Margret Bjarna-



EXPRESS PHOTOS BY ANDERS KUUSSELKA AND MARNEY BLUNT

Riverton Collegiate's graduating class of 2015.

son Memorial Scholarship, the Evergreen Teacher's Association Scholarship and the President's Leadership Scholarship.

The students were also address by their principal Thomas Kowalchuk, Evergreen School Division trustee Sandra Davies and the Evergreen School Division superintendent Paul Cuthbert, who is making his last rounds of graduation speeches before he retires at the end of this school year. The graduates chose RCI teacher Jay Ewert as their guest speaker, who left them with an Archimedes quote: "Give me a place to stand on, and I can move the earth."

"Sure it's a cliché: 'I can change the world'. And no, I don't think you're going to cure all the diseases and the smog in the at-

mosphere," said Ewert. "But if you have a place in the world, you can change it. You can change that little patch around you."

Ewert also said that what the students did and learned at RCI is just the beginning of the impact they will make on the world.

"You probably look back on the last four years of your life and think that they were so important, that these were the most important years of your life. But what's important is the effect it's going to have," said Ewert. "You're going to move beyond this, and perhaps keep faith that you invented the greatest times of your life; but it's the effect, it's the ripples outward as you sail out that will really make the change."



Evergreen's superintendent Paul Cuthbert presented Nathanael Plett with the Governor General's Medal of Excellence.



Valedictorians Haiden Einarson and Zoe Johnson reminisced with students and guests.

Riverton Collegiate Awards and Scholarships

- Brianne Brandt - Margret Bjarnason Memorial Scholarship, Evergreen Teachers Association Bursary, President's Leadership Scholarship
- Colton Davies - Crop Production Services Scholarship
- Nathan Friesen - Katelyn Friesen Memorial Bursary
- Nelson Green - Evergreen School Division Award
- Rebecca Johnson - Noventis Credit Union Award
- Zoe Johnson - Eleanor Melsted Memorial Award, Scott Johannson Memorial Scholarship
- Lucas Kroeker - Carol Einarson Memorial Scholarship
- Justin Monkman - Arborg Royal Canadian Legion #161, Riverton Elks #530
- Casey Ostertag - Municipality of Bifrost-Riverton
- Taylor Palsson - Riverton Elks #530
- Nathanael Plett - Sophie Hurdal Memorial Bursary, University of Manitoba Queen Elizabeth Centennial Scholarship, University of Manitoba Chown Centennial Scholarship, Governor General's Medal of Excellence
- Mitchell Shumey - CUPE 3164 Carol Einarson Memorial Bursary
- Taylor Sigurdson - CUPE #3164 Scholarship, Pioneer Floyd Seeds & Oats Processors Bursary
- Brooke Thompson - Bifrost Youth Justice Committee Scholarship, Magnusville Citizenship Award, Riverton Coop Bursary, Stefan V. and Runa Sigurdson Award
- Corey Welsh - Municipality of Bifrost Riverton
- Erin Urquhart - Noventis Credit Union

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Lundar's second largest class says good-bye

Graduates celebrate time together and honour loved ones

By Stefanie Lasuik

They laughed, they sang, they cried, they said thanks to those who've helped them along their 12-year journey. And at the end of the day, the Lundar class of 2015 graduated.

The second largest graduating class in Lundar school's history contained 36 graduates, who filled the stage with smiles, tears, and laughter as they celebrated the finale of their high school careers and peered forward into their future ones.

High school principal Jane Dupre and guest speaker Amy Tycoles marked the ceremony with the faith they have in the graduates.

"I want you to know that you have the skills and the abilities to make our world a better place," Dupre told the grads.

I have faith that no matter what your path may be or however many forks may be in that path for you, you will find success and happiness in whatever you choose to do," said Tycoles.

Each also had advice for the class of 2015.

"Search to find something that makes you happy and finds you in your element. In order to be in your element, you have to love your work," Dupre said, noting that once in their element, the grads will never have to 'work' another day in their lives.

"Remember to learn from your failures, acknowledge your mistakes, and then, move on," Tycoles advised.

"Set your sights high and push yourself to be all that you can be. Don't be afraid to dream, and whatever happens, do not be afraid to ask for help if you need it. You are not alone, and all of you have people to turn to for support."

The class of 36 held a special rose ceremony, not for themselves, but for their family and friends who have encouraged and supported them. The graduates milled around the arena to give their own roses to their loved ones out of appreciation.

More emotion came after the grads filled the air with black-and-red caps



EXPRESS PHOTO BY STEFANIE LASUIK

Pictured left to right, back row: Nicole Erickson, Jessica Peters, Kayla Malcolm, Sasha Harris, Brandy Edwards, Kaylie King, Colton Stephens, Josh Swan, Riley Scott, Evan Parkes, Santana Miller, Skylar Desjarlais, Alexis Sigfusson, Matthew Gleich, Lesley Missyabit, Irvin Chartrand Zachary Coutu, Martin Maytwayashing, Samantha McGillan, Cody West, Tianna McLeod, Sammy Cook; kneeling: Kyle King, Rainy Swan, Leo Johnson, Anthony Mikula, Jade Seymour, Justin Maytwayashing; seated: Tonya Roulette, Tayllor Byron, Jerrica Forsyth, Sherisse Thorsteinson and Maija Kaartinen. Missing from the photo Maureen Campeau, Martin Swan and Daniel Jones.



Music instructor Lauren Marshall and graduate Maija Kaartinen exemplify student-teacher collaboration by singing "For Good" at the ceremony.

and descended from the stage.

"It means the world," graduate Nicole Erickson said of the day's importance.

"I like being with my friends and I'm glad that we've made it this far. And I'm just proud of everybody," Erickson explained, holding back tears.

Lundar Central School 2015 Awards and Scholarships

- Governor General's Bronze Medal Award- Maija Kaartinen
- Taylor Joseph Christensen Memorial Scholarship- Kayla Malcolm
- Lakeshore Teachers' Association Scholarship- Alexis Sigfusson
- Little Lady's Scholarship- Tianna McLeod
- Lundar Elks Scholarship- Kayla Malcolm & Tianna McLeod
- Lundar Legion Scholarship- Tianna McLeod & Kayla Malcolm
- Lundar School Scholarship- Jerrica Forsyth & Matthew Gleich
- MMF Lundar Local Scholarship in memory of Simone Desjarlais- Kayla Malcolm
- Ms. Willetts' You Did It Award- Joshua Swan
- Noventis Credit Union Scholarship- Tianna McLeod & Cody West
- Raymond "Shady" Monkman Memorial Scholarship Award- Kaylie King
- Grettr Co-operative Amateur Athletic Association Scholarship- Alexis Sigfusson
- Gudjon Johnson Memorial Scholarship- Cody West
- Interlake Co-op Scholarship- Kaylie King
- Irene Guttormson Memorial Scholarship- Kayla Malcolm
- John Nicol Memorial Award- Tayllor Byron
- Keith & Davilyn Awards- Biology: Santana Miller, ELA Comprehensive: Cody West, Pre-Calculus Math: Kayla Malcolm, Chemistry: Kaylee Weatherburn*
- Ladies Aid Scholarship- Tianna McLeod & Matthew Gleich
- Allan Forsyth Foundation Scholarship- Maija Kaartinen
- Athletes of the Year- Tayllor Byron & Matthew Gleich
- Brody Gleich Memorial Scholarship- Kaylie King
- CIBC Scholarship- Cody West
- Chown Centennial \$1,000 Entrance Scholarship- Cody West
- Coldwell Community Foundation Inc. Bursary- Alexis Sigfusson
- Eriksdale Legion Scholarship and Bursary- Maija Kaartinen & Jerrica Forsyth
- Eriksdale Municipality Heritage Advisory Scholarship- Tayllor Byron
- Fjola Johnson Scholarship- Kayla Malcolm

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Gimli grads set sail for their next chapter in life

By Marney Blunt

There was a mixture of happiness, accomplishment and relief on the faces of the Gimli High School (GHS) graduates as they prepared to end one chapter and set sail into the next.

Seventy-one students received their diplomas during the GHS convocation ceremony at the Gimli Recreation Centre last Thursday. Proud parents, friends, family and teachers watched the students walk up and accept their diplomas from GHS principal Tyler Moran, something they have been working towards from the last 13 years.

"The first Kindergarten class of Sigurbjorg Stefansson Early School graduates tonight, not to mention the beautiful (Winnipeg Beach) kids who joined us and all the sweethearts we collected along the way," said Leila Kristjanson and Dylan Schultz who were valedictorians of the GHS Class of 2015. Kristjanson and Schultz thanked, and playfully razzed, some of their teachers that guided them through and influenced them during their four years at GHS.

"What we are is diverse. Even if we have more than a few going into the sciences, education or mechanics, we will all chase after what we want in fantastically different ways," said Kristjanson.

The students were addressed by Evergreen School Division superintendent Paul Cuthbert, who focused much of his speech on finding happiness in life and being mentally healthy. GHS principal Tyler Moran also spoke and focused much of his speech on remaining humble, yet proud.

"Last year I stood on this stage and told the class of 2014 that they did not owe me anything. The same is true for



EXPRESS PHOTOS BY ANDERS KUUSSELKA AND MARNEY BLUNT

Gimli High School's graduating Class of 2015.

you, but I do think that you owe something to your communities and people in your neighbourhood. You owe a great deal to those who come before you," said Moran.

"Today you will receive a diploma which means you know some things. Please don't mistake that for knowing everything. Be humble and acknowledge your successes and your challenges. Many of the people in your neighbourhood actually built your neighbourhood. They've given themselves so that you can have what you do. They know things that can only be known by living through a lifetime of experience. Ask them questions, listen to them, offer contributions and show them promise of your generation."

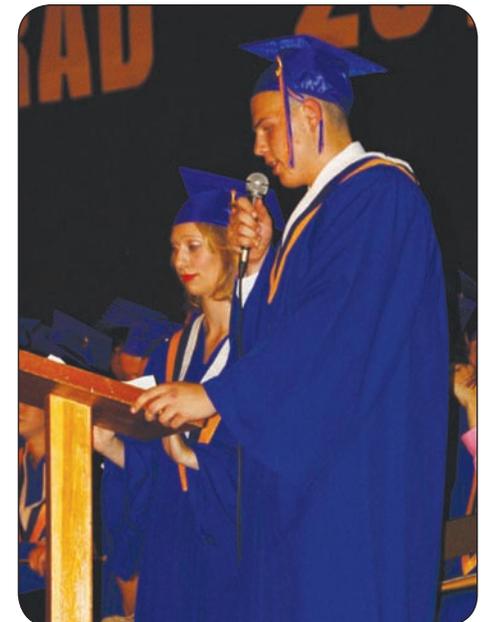
The students are already showing promise for their generation, with 25 students taking home various scholar-



Bailey Groot was awarded the Governor General's Medal.

ships and awards.

Bailey Groot was a standout, taking home the Governor's General Award



Valedictorians were Leila Kristjanson and Dylan Schultz.

for a 96.8 per cent average, along with scholarships from the Betel Home Foundation, the Gimli District Health Auxiliary, the Gimli Lutheran Centennial, the Harold A.C. Johnson Chemistry scholarship, the RM of Gimli, a University of Manitoba entrance

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GRADUATION 2015

scholarship and two Skuli Johnson scholarships in both mathematics and English.

Chloe Coates also took home several scholarships from the Canada Iceland Foundation, the Evergreen School Division, the Gimli District Health Auxiliary, the Kiwanis Club of Gimli, the

Rotary Club of Gimli, a University of Winnipeg entrance scholarship and a University of Manitoba Scholarship.

After a day filled with photos on Gimli Beach, a parade of cars down Centre Ave., a two and a half hour ceremony at the Gimli Recreation Centre, the GHS

Class of 2015 tossed their caps in the air, closing one chapter and starting the next.

Valedictorian Leila Kristjanson left her fellow grads with an inspirational quote by Robin Williams quote: "No matter what people tell you, words and ideas can change the world."



2015 Scholarship Recipients

Anniuk Des	Kristine Kristofferson Memorial Royal Canadian Legion – Gimli Branch #182 University of Winnipeg – Entrance
Arnbjornson Banera	Jonas Stephanie Kinsmen Club of Gimli Noventis Credit Union – Gimli University of Manitoba – Entrance University of Winnipeg – Entrance
Coates	Chloe Canada Iceland Foundation – Margrét Bjarnason Memorial Evergreen School Division Gimli District Health Auxiliary Kiwanis Post-Secondary Rotary Club of Gimli – Citizenship University of Manitoba – Entrance University of Winnipeg – Entrance
Cvar	Haley John Diachun Memorial Nicholas Melnychuk Scholastic University of Manitoba – Entrance
Dowsett	Anika Interlake Communications Coop R.M. of Gimli University of Winnipeg – Entrance
Eckstein Elliot	Keenan Brittany Paul Andrew Davidson Special Achievement BBP Music R.M. of St. Andrews
Goodmanson	Jasmine Eleanor Melsted Memorial Evan David John King Gimli Knights of Columbus
Groot	Bailey CUPE Local #1912 Betel Home Foundation Gimli District Health Auxiliary Gimli Lutheran Centennial Harold A.C. Johnson Chemistry R.M. of Gimli Skuli Johnson English Skuli Johnson Mathematics University of Manitoba – Entrance
Johnson	Heida ESD Student Council Gimli District Health Auxiliary Kinsmen Club of Gimli R.M. of Gimli University of Manitoba – Entrance
Johnson	Taylor Kiwanis Post-Secondary Royal Canadian Legion – Winnipeg Beach Branch #61 Royal Canadian Legion – Winnipeg Beach Branch #61 Ladies Auxiliary
Kaye	Bailey CUPE Local #3164 Hannes Kristjanson Memorial Noventis Credit Union – Wpg. Beach
Kristjansdottir Kristjanson	Tinna Leila Noventis Credit Union – Gimli Albert Kristjanson Music BBP Music Brandon University – Entrance Evergreen School Division Evergreen Teachers' Association Viking Masonic Lodge
Lamb	Rebecca Evergreen School Division Noventis Credit Union – Wpg. Beach University of Winnipeg – Entrance
McFarlane	Tyler Peter Polak Memorial Jessica Brown Memorial
McLeod McPherson	Zoey Brooke Larry & Helen Kristjanson Family Gimli Seniors Resource Council Kiwanis Post-Secondary Lakeside Lions University of Winnipeg – Entrance
Minne	Marinna Chown Centennial Evergreen School Division Rotary Club of Gimli Ted Dunderdale University of Manitoba – Entrance
Mulroy	Dean Rotary Club of Gimli Royal Canadian Legion – Gimli Branch #182 Town of Winnipeg Beach University of Manitoba – Entrance
Munday	Katie BBP Music Kiwanis Post-Secondary R.M. of Gimli Sigurbjorg Stefansson Memorial University of Manitoba – Entrance Wallace Thompson Memorial
Nazimek	Alicia Jessica Brown Memorial Royal Canadian Legion – Gimli Branch #182
Pemkowski	Ryan Automobile Services of Gimli – Power Mechanics Gimli Car Club – Ed Sawa Memorial Royal Canadian Legion – Gimli Branch #182
Van Mil	Carly Ted Jaremy Memorial University of Manitoba – Entrance
Groot	Bailey Governor General's Award

Lake St. Martin Grade 9 grads told to stay in school

Five students overcome challenges, gear up for high school

By Austin Grabish

It's unusual for a solemn tone to blanket a graduation ceremony, but for five students from Lake St. Martin First Nation this year's convocation was like no other.

Donning red and black caps and gowns, the small group of Grade 9 graduates paraded to the front of Lake St. Martin School's theatre in Winnipeg to receive graduation certificates and listen to the prospects of what's to come during an hour long ceremony on June 18.

As they sat down, Danis Pelletier, Bryden Sinclair, Kristen Summer, and Jody and Elizabeth Ross received words of encouragement and were told to keep their heads up high, because a new challenge lies ahead.

Principal Lillian Ross and 2014 Maples Collegiate grad Emily Pruden encouraged the graduates to stay in school.

Pruden, 19, told the grads she knows that will be a challenge since it's one she just overcame last year.

"It will be tough, but if I can do it so can you."

The number of dropouts from the flooded-out First Nation has soared in recent years.

Staying in school was something soft-spoken Pruden and others begged students to do.

"I went to school in a trailer, and in the first week of school there was almost 20 (students) and in the end, only five of us had graduated that year," Pruden said. "Why? Because most of them lost their hope along the way and they stopped coming."

Some 100 students from Lake St. Martin have been shuffled around Winnipeg ever since being flooded out of their Northern Interlake community in the spring of 2011.

The students didn't finish school that year, and few have gone on to graduate since coming to Winnipeg.

"There's a lot of them actually," said Pruden. "They basically dropped out because they weren't ready for it."

The students have had constant interruptions to their learning and have



Lake St. Martin Grade 9 grads Danis Pelletier, Elizabeth Ross, Bryden Sinclair, Jody Ross, and Kristen Summer throw their graduation caps at the end of their grad ceremony in Winnipeg June 18.

been shuffled around various buildings in the city including the Salvation Army, and their current school in St. James, which was abruptly closed and later re-opened in 2012 due to failed safety standards.

Valedictorian Kristen Summer said she knows going to a high school in Winnipeg will be different than the small class settings she and her peers have become accustomed to.

"I heard school isn't like the way it is here, but I'm willing to try to make the best of it. I know there is still a lot more to learn in life and I'm ready for

whatever is thrown my way," Summer said. "When September comes I'll walk through this new school with a smile and I'll stand proud."

Elder Betty Traverse congratulated the five students for sticking it out this far.

"I'm a very proud grandma," she said.

There are no high school grads from Lake St. Martin this year, but Ross hopes this year's group will change that in a few years.

Just last week, the First Nation had a ground breaking ceremony on new

land the band plans to re-build its community on.

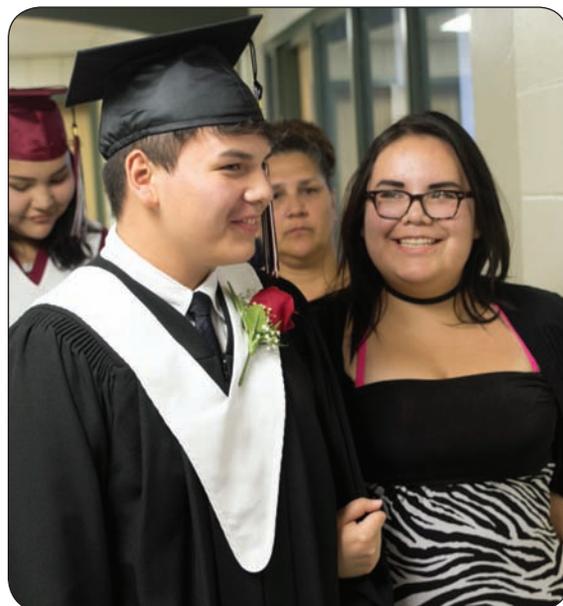
A new high school is to be built on the land, and Ross is optimistic once students return home to their traditional lands they will stay in school.

"I think I have a lot of hope more than worry," Ross said. "I'm just hoping these kids keep going."

Ross told a reporter it was her favourite comic book character Superman that kept her going.

"He was my icon," she said. "He told me to keep going."

PHOTOS BY AUSTIN GRABISH



Bryden Sinclair is the only boy to graduate from Grade 9 at Lake St. Martin School this year.



Danis Pelletier takes a selfie before walking into Lake St. Martin School's Grade 9 grad ceremony.

Ashern graduates encouraged to be leaders



The Governor General Award Winner was Winter Morning-Skye Traverse.

By Jeff Ward

A group of 19 students from Ashern Central School stood tall and proud of their accomplishments in completing their high school education, while parents, friends and family looked on during their graduation ceremony June 22.

This year's ceremony took place at the Ashern Centennial Hall with a subtle theme, "The Roaring 2015's. It was a classic style for a classy group of graduates.

There were numerous awards handed out to students who excelled through their studies, with both valedictorians taking home an armful of awards to honour personal achievements throughout the year.

Principal of Ashern Central School Neil MacNeil addressed the grads and parents on behalf of Ashern Central School staff.

"What's most wonderful about seeing them (the graduates) here, is realizing what a wonderful group of young people they are," said MacNeil.

"People despair about our future, they worry about where our society is going. They need to know our grads. They're wonderful, wonderful people



The Ashern Central School graduating class of 2015.

EXPRESS PHOTOS BY JEFF WARD

and a real generation of leaders."

MacNeil encouraged each and every student in the graduating class to be a leader. And while it's bittersweet to see his beloved student body leaving, it's a proud moment knowing how much of an impact they'll make on their community.

He also spoke about how that leadership came to fruition when their canteen closed. Students took up the operation and management of the canteen and even brought in fresh food for students so it wasn't all chips and soda. One of many examples he shared of the student's leadership skills.

'Potential' was the key word in the valedictorian address given by students Winter Morning-Skye Traverse and Brian Meads. Realizing their potential meant facing some difficulties, the students were able to break

through those challenges and became stronger students with guidance from their parents, teachers and school staff.

"We now know that two plus two, equals four," joked Meads.

The diminutive graduating class has many different paths ahead of them. Some will pursue post-secondary education, studying kinesiology, mu-

sic, nursing, photography or mechanics, and others will take a year off to pursue new opportunities or perhaps learn more about whom they want to be.

Assistant Superintendent Leanne Peters also spoke during the ceremony and echoed MacNeil's sentiments about how stellar this graduating class is.



The grads throw their caps in the air to celebrate a great final year of high school.

Ashern Grad 2015 Awards/Scholarships

Marilyn Anderson-Sinclair
Marshall Bittner

Chelsey Ewasiuk
Stephen Gutknecht
Brynn Jonasson
Braden Jonsson
Danielle Kirbyson
Brian Meads

Desiree Pereira
Jarrod Smith
Skye Springer
Sydney Taylor
Winter Traverse

Deserving Grad Award
Automotive Technology Top Contributor, Most Involved Auto Tech Student and Deserving Automotive Technology Student
Entering Helping Profession Award and Entering College/University Award
ELA: Transactional Focus 40S Award and Law 40S Award
Top Male Athlete Award, Entering College/University Award and Entering College/University for Education Award
Involvement with Agriculture, Entering College/University and U of M Hogg Centennial Entrance Scholarship
Proficiency Award and Drug & Alcohol Abuse Awareness Award
Essential Math 40S Award, Music: Band 40S Award, Musical Achievement Award, Valedictorian, Bursary from the Manitoba Arts Council and a Music Performance Scholarship from the U of M
Top Female Athlete Award
Citizenship Award
Most Congenial Award and Continuing in College/University Award
Deserving Student Award
Biology 40S Award, ELA: Comprehensive Focus 40S Award, Global Issues 40S Award, Physics 40S Award, Valedictorian, Pre Calculus Math 40S Award, Top Academic Student Award, Top Math/Physics Entering University Award, Chown Centennial Scholarship, U of M Guertin Centennial Scholarship Award and the Governor General's Academic Medal (Bronze Medal)

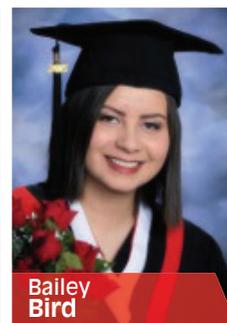


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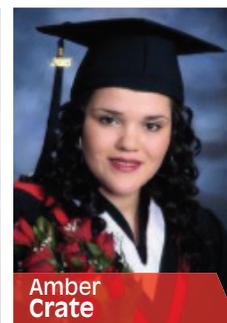
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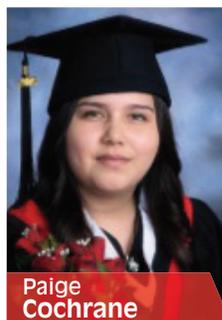
Bailey Bird



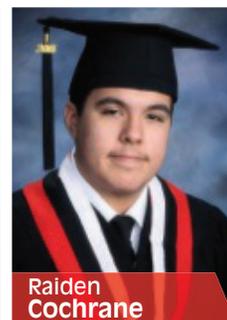
Amber Crate



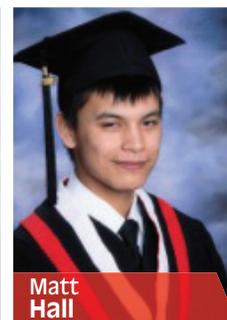
Lindsey Cochrane



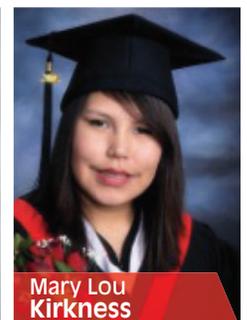
Paige Cochrane



Raiden Cochrane



Matt Hall



Mary Lou Kirkness

Fisher River Grad 2015 Awards and Scholarships

CSS Jr. Chief and Council:
(Leadership)

Shekinah Sinclair

Grand Medicine Pharmacy:
(Medicine)

Elayna Murdock

Joe Garson Sr. Memorial:
(Attendance)

Bailey Bird

Percy E. Moore Scholarship:
(Medicine)

Celecia Amos

Governor General's Award:
(Highest Academic)

Raiden Cochrane

Shulich Leader Nominee:

Raiden Cochrane

Armstrong staff demo new grass cutting equipment

By Jeff Ward

In an ongoing effort to clear drainage ditches of grass the council of the RM of Armstrong recently approved the purchase and lease of a new mower-tractor combo, which was demonstrated just last week.

The demo, which took place June 25, had the public works staff for Armstrong and their new employee who will be operating the tractor training on the new machine.

"The demonstration was mainly a refresher to get everyone updated on the equipment," said Armstrong CAO Corlie Larsen.

"We've always had lots of drainage issues here and this is just a more efficient way of dealing with the blockages. We're able to get more area cleared and quicker than before."

The sidearm mower is more efficient in two ways. The way the arm swings out into the ditch allows the tractor to remain on level ground, but still have the arm cut on a downslope. It

also allows for more grass to be cut as the arm can reach more than 20 feet out into the ditch. The mower can cut at an angle of 50 degrees, which can even reach into the deepest of Interlake ditches.

"This is a popular item for rural areas," said Brian Shygera, territory contact for Degelman, the manufacturer of the mower.

"WE'RE ABLE TO GET MORE AREA CLEARED AND QUICKER THAN BEFORE."

"We only build a certain amount of these each year and they almost always sell out. It's an effective machine and they'll see a return on their investment. They'll also be able to keep their workers safer. The sidearm makes it so that the tractor stays on flat ground and can't

be pulled into the ditch or flipped."

The RM council is investing \$8,000 for the lease of the tractor and another \$40,000 to purchase the mower from Kevin Gudmundson in Lundar for a grand total of \$52,000. The cost of both the lease of the tractor and the purchase of the mower were taken



PICTURE COURTESY OF DEGELMAN

The Degerman sidearm mower can cut at an angle of 50 degrees and will help the RM of Armstrong public works staff clear drainage ditches more effectively this summer.

out of equipment reserves according to CAO Larsen.

The public works department will continue to use their older tractor and mower and will have both machines running in tandem all summer long.



Moose makeover

EXPRESS PHOTO BY MARNEY BLUNT

Riverton's 'Lundi Moose', the largest moose in Manitoba, is undergoing a bit of a facelift this week. In 2006, a group of community members decided that Riverton needed a new monument and a community survey determined that Riverton should be 'Home of the Largest Moose in Manitoba'. The monument was unveiled on June 24, 2007. Eight years later, Lundi Moose is getting a few touch ups.

NOTICE

The Municipality of Bifrost - Riverton will only hold 1 meeting in July and 1 meeting in August

The dates of the meetings are:
July 8th, 2015 at 8:00 am
and
August 12th, 2015 at 8:00 am

L. Grant Thorsteinson, CMMA
Chief Administrative Officer

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Welcome to our New Physicians
Ashern – Lakeshore General Hospital

Along with our community partners, we are pleased to announce that Dr. Asmat Khan and Dr. Ayman Soliman have joined Dr. Emadi at Ashern's Lakeshore General Hospital and Medical Clinic.

Dr. Soliman completed his medical training in Egypt and came to Canada in 2009. Dr. Khan completed her medical training in India and came to Canada in 2010. Dr. Emadi has been caring for Ashern and area residents for more than one year.

For appointments, please call:
 Dr. Emadi 204.768.3821 – not accepting new patients
 Dr. Khan 204.768.3404 – new patients welcome
 Dr. Soliman 204.768.2881 – new patients welcome

Dr. Roets now practices in the Ashern pharmacy. For appointments please call 204.768.3565

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Dolly Bay Beef 4-H celebrates another successful year

By Jeff Ward

The Dolly Bay Beef 4-H Club capped off another great year with an evening of good food and many awards on June 18.

With 33 kids involved in 4-H this year, it set a personal record for one of the head leaders Teresa Johnson.

"This is the first year since I've been involved that we've had over 30 kids," explained Johnson, who's been a part of Dolly Bay for 13 years and a head leader for the last three.

"It's great to see so many young ones part of the club and even seeing the older kids who used to be young grow up with the club is really nice. We had a really great group this year and I hope this sets a new high bar for us for the coming years."

Johnson and her husband Greg, have been active supporters of the 4-H club for years, both believe that the skills and values taught in 4-H are very important, but also feels that it's one of the best ways to bring small communities together.

Around 110 people attended the year-end awards dinner, which took place at the Siglunes Hall. Kids were presented with a certificate of achievement for their competition of the year.

"It's just a nice evening to celebrate their achievements. The projects they work on throughout the year whether it's food, crafts, beef, horse or even rocketry, they're all working hard. So it's nice to see that recognized and



EXPRESS PHOTO BY TERESA JOHNSON

Thirty-three members of the Dolly Bay Beef 4-H Club celebrated a successful year at their achievement night.

hopefully their experience makes them want to come back next year," explained Johnson.

One of the bigger components of the Dolly Bay club is getting kids comfortable with public speaking. Johnson explained that public speaking is one of the most nerve-racking things for many adults, so if they can help eliminate that fear early on, that skill becomes quite beneficial to these kids

later in life.

While public speaking isn't mandatory, it is heavily encouraged and teachers at both Ashern Early Years and Central School have taken note of this. Johnson said that teachers have told her on many occasions that you can tell which students have been involved in 4-H by how well they handle public speaking.

With the 4-H year now complete for

Dolly Bay, the Johnsons are already working on next year and believe that it will be another strong year for 4-H in Ashern.

"I think if we talk about this next year we'll be over the 30 mark again and we'll see all those kids enjoying themselves," said Johnson.

The Dolly Bay Beef 4-H Club operates from October until June each year.

Film fans and filmmakers to converge on Gimli

15th annual Gimli Film Festival July 22-26

Submitted

Film fans and filmmakers will converge on the shores of Lake Winnipeg for the 2015 Gimli Film Festival (GFF). Celebrating 15 years of film festival excellence, the annual five-day Festival will dazzle the picturesque lakeshore community of Gimli from July 22-26.

The GFF will feature a diverse range of films and film series, including the RBC Sunset Screenings, Rogers Documentary Film series, MTS TV Stories From Home Documentaries, the Social Justice Film series, the Icelandic Film series, the Northern Lights (circumpolar) Film series, and much more.

We are proud to present two World Premieres [Crash Site, The Mennonite Joke], four Canadian premieres [And

We Were Young, Paris of the North, The Grandad, and Echos], four Western Canadian premieres [Life in a Fishbowl, (T)error, Of Them, and Period Piece] and 14 Manitoba premieres [A Pigeon Sat on a Branch and Reflected on Existence, Back Streets, Flankers, Fred Heads, Me and My Moulton, Rinse, She's Beautiful When She's Angry, The Valley Below, Elephant Song, World of Tomorrow, A Brilliant Young Mind, How to Change the World, and Iris]. Stay tuned in coming days, as we roll out more titles!

"As the film programmer for Gimli it's really a treat to be able to sift through literally hundreds of films and pick out the best, the most moving, the most entertaining to bring to Manitobans. It's an incredibly daunting task but one that is also thorough-

ly enjoyable," commented Aaron Zehgers, GFF Film Programmer.

"This year I'm really excited to be able to have the Canadian premiere of American animator Andy Smetanka's Super 8 animated documentary about the hardships of The Great War, And We Were Young. I'm also very pumped to be curating a retrospective of animator Don Hertzfeldt, including his new film World of Tomorrow. This is it's first time playing in Manitoba, hot off winning Best Short Film at Sundance and I can't wait for people to see it! It's great." Zehgler also mentioned that for the first time, GFFF is helping to host the Winnipeg Film Group's 48 Hour Film Contest. "It's a great excuse to get off your butt and try making a film for yourself," says Zehler. "You have just two days to make the film, and in the end you get to see it play for the first time during the

Festival! It's a fantastic opportunity for local filmmakers and film tinkerers alike!"

This year, Festival goers will also enjoy the cutting-edge technology of the newly released GFF App. The App provides full festival scheduling and film details at people's fingertips, and will be available for download at www.gimlifilm.com, as well as on Google Play and iTunes.

This year's GFF also saw an expanded list of sponsors. "We are honoured by the continued support of our ongoing sponsors and funders, plus welcome our new supporters and partners this year," says GFF's Festival Director, Leona Johnson. "We are very pleased that so many share our vision of the power of film to inform and inspire, and engage & entertain."

Taking a walk down memory lane at the Gimli Public School reunion

Former students, staff from across Canada attend Gimli Public School reunion

By Marney Blunt

Many memories resurfaced as former students and staff of the Gimli Public School took a walk down memory lane for the school's centennial reunion last weekend, celebrating the school 100 years after it opened its doors for the very first time.

And for Edith Orton (Loewen), a former Grade 6 teacher at the Gimli Public School, they were mostly fond memories coming back to her as she walked through the hallways of her old workplace. Orton is now 90-years-old and flew in from Ottawa for the school reunion.

"My favourite memory is lining up the students and making them be quiet," she laughed.

Orton taught at the Gimli Public School from 1943 to 1945 and then again from 1948 to 1949. Orton even met her husband while working in Gimli in 1943.

"I met my husband who was training at the airport down here in 1943 and the kids in school used to laugh when he would fly over and signal that he was coming over," reminisced Orton. "When I was given the privilege of presenting him with his wings when he became a pilot and the next day when I came back to school the pupils had drawn a whole mural on the blackboard, 'Here are your wings, Eric', and they were clapping and hiding behind doors and desks to see what my reaction would be."

Orton also added that she has recognized many of her old students.

"It's great, it's great to see so many elderly people like myself. I recognize the names and many of them have come up to me and told me that I was their teacher and what grade they were in and what year, and of course the books certainly help a lot. They've done a wonderful job of making all these scrap books of various years."

After starting out her teaching career at the Gimli Public School, Orton



EXPRESS PHOTO SUBMITTED

All of the former teachers at the Gimli Public School were recognized during the reception at the Waterfront Centre on Saturday evening.



Edith Orton, a former teacher at the Gimli Public School sits in the teachers desk on display during the centennial reunion. Orton taught Grade 6 at the school in the 1940s. She is now 90-years-old and returned from Ottawa for the reunion.

went to England where she got into music teaching. Today, at 90-years-old, she still teaches music at a studio in Ottawa.

"It's just great being back here," said Orton. "It's wonderful to be here, it's lovely to be in Gimli, such a beautiful place."

Another person who had a flood of memories returning to them was former student Anna Stevens (Arnason), who at age 92 was the oldest person at the Gimli Public School reunion. Stevens has lived in Gimli her entire life

and attended the school in the 1920s, a few years after it opened.

"It's neat seeing it again. It's won-



Former students of the Gimli Public School Frances Scribner Einarson (left) and Kathleen Scribner explore the attic of the Gimli Public School. Although they said they were never allowed up there as students, they had many stories about the aliens and ghosts they were sure lived in the attic.

derful to be back here, I have many fond memories. I have five children and all of them went to school here," said Stevens while sitting in one of the vintage desks on display in the Gimli Public School

"It's been phenomenal, it's been just wonderful to meet so many old teachers. There's not too many of my schoolmates left."

The Gimli Public School closed in 1974. In the 1980s, a heritage committee worked to remodel the school into the municipal offices and council chambers.

Approximately 120 people attended the centennial reunion of the Gimli Public School, coming all the way



EXPRESS PHOTOS BY MARNEY BLUNT

At 92 years old, Anna Stevens was the oldest person at the centennial reunion. Stevens sits in a school desk similar to the one she used when she attended the Gimli Public School in the 1920s.

from Edmonton and Nova Scotia. The event kicked off on Friday afternoon at the Waterfront Centre, where guests viewed a variety of photos and memorabilia. On Saturday afternoon, they toured the Gimli Public School and viewed more photos and memorabilia. Guests were even able to go up into the old attic, which was displayed with old children's beds, tables and chairs. Audrhea Lande also gave a reading from her book about Sigurbjorg Stefansson, With Love To You All, Bogga S. There was also a bus tour to points of interest in Gimli on Saturday afternoon.

On Saturday evening the attending teachers were recognized at the Waterfront Centre, and greetings were given from Gimli Mayor Randy Woroniuk and May Peiluck, the chair of the heritage committee. The event wrapped up on Sunday morning with a farewell breakfast at the Lakeview Resort.

"MY FAVOURITE MEMORY IS LINING UP THE STUDENTS AND MAKING THEM BE QUIET."



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Gimli, Manitoba - known for the Viking, it's amazing pier, and Tergesen's. Walt Disney said, "Do what you do so well that people want to come back and bring their friends." That's exactly the magic that Tergesen's has created, people want to come back, see what's new, and bring their friends.

4th Generation owner/operator, Stefan Tergesen, with a keen eye for fashion and taste, also knows the power of keeping inventory fresh. "Things are constantly being turned over, and new things are brought in, so if you don't buy it now, it might not be here next time."

It's that business sense and intuitively knowing what people are after that have made Tergesen's one of the oldest family owned and operated stores in Western Canada, established in 1899.

"Our approach to customers has not changed. We still pride ourselves on giving solid customer service with a small town feel in an old turn of the century general store." says Stefan. "A big part of that is attracting and keeping quality staff, some of whom have been with us between 15 and 25 years."

Tergesen's stays true to their 'general store' roots with quality goods for everyone from 1 to 100 years old, including apparel, books, gifts, toys, and candy.

But they also keep with the times. With changes in public awareness of global issues, Tergesen's has taken on some socially conscious brands, such as TOMS (www.toms.com), which gives a pair of shoes to a child in need with the sale of each pair of TOMS, and Ten Tree who plants 10 trees globally for every garment sold in areas who will benefit the most from their planting (www.tentree.com).

Plus Tergesen's support a number of local, provincial, national and international charities. So whether you're buying something to make yourself happy, or someone you're buying for happy, you're also making somebody else in the world happy when you shop at Tergesen's.

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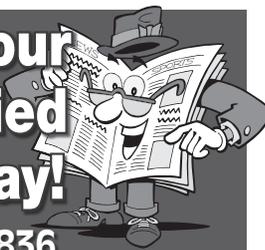
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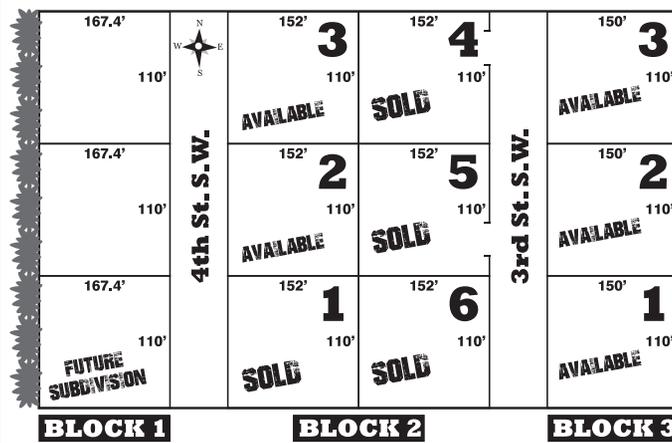


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take a break

> GAMES

SUDOKU

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

Fun By The Numbers

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

Level: Intermediate

Here's How It Works:

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

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

Sudoku Answer

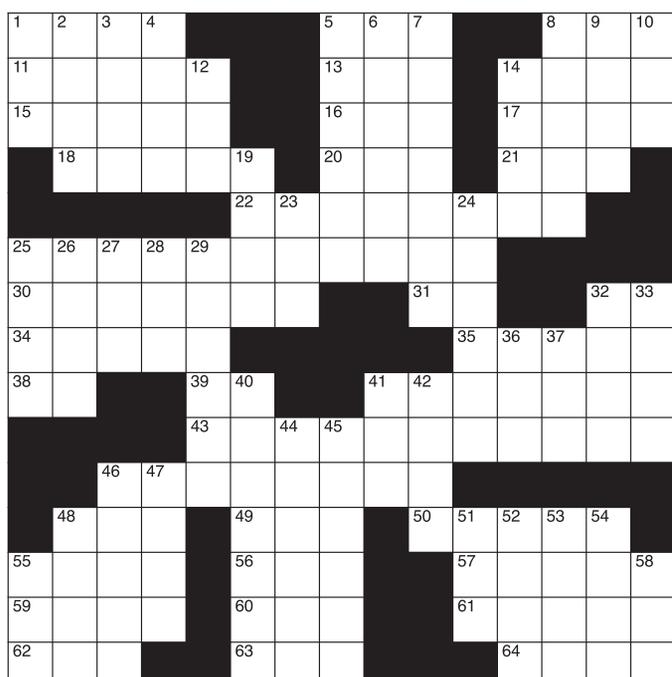
N	V	B	E	N	D	E	S	R	S	S
V	N	W	V	T	E	N	E	E	G	O
W	V	R	P	E	I	T	S	B	B	C
N	I	A	S	T	F	A	V	A	B	A
W	R	O	W	K	L	H	I	O	P	S
R	E	I	S	S	V	S	S	E	S	H
I	I	C	S	V	S	O	R	T	V	B
B	F	M	H	M	O	K	V	D	H	T
S	S	D	U	C	L	N	I	S	U	S
X	M	E	H	M	T	E	S	B	U	H
D	O	S	F	A	V	S	O	N	V	I
E	R	E	A	V	I	E	P	I	L	V
O	P	L	O	B	A	B	A	B	A	V

Crossword Answer

X CROSSWORD

CLUES ACROSS

- Swedish rock group
- Founder of Babism
- 2 stripe Army rank (abbr.)
- Of Salian Franks
- Indicates near
- Swiss river
- Golden pothos
- Runs PCs
- E. Tunisian seaport
- Cyprinid fishes
- Genus Ulmus
- Stitched garment border
- Takes in as a part
- Pierre is the capital
- Brush upward
- Moby's author's initials
- Belgian franc
- Mongolian capital Ulan
- Computer code for letters & numbers
- Initials of Watson's detective
- Spanish be
- Jauntier
- Cormoran Strike's 2nd novel
- Wasted material
- Bleat sound
- Excess body weight
- Oral polio vaccine
- Rigs
- Drawstring
- Baltic flat-bottomed boat (alt. sp.)
- Double curve
- Point midway between NE and E
- Mackerel shark genus
- Used to be United
- Animal nest
- Abba, Israeli politician



CLUES DOWN

- Signing
- Spoken in the Dali region of Yunnan
- Worthless drivel
- Aboriginal race of Japan
- Adorn
- Greek god of light
- Atomic #83
- Eating houses
- Baby buggy
- Supervillain Luthor
- Hansom
- Tennis champion Arthur
- Flank
- Sleep
- Richly patterned weave
- Hoagies
- Moonfish
- University of Santo Tomas
- Duo indicates
- Regarding this point
- Stand for coffin
- Not yielding
- Point midway between S and SW
- Data executive
- Changed gears
- Sauer: Weapons co.
- Brews
- May, actress
- Shiny cotton textile
- Cavalry-sword
- Bullfighting maneuver
- Shopping containers
- "Puppy Bowl" network listing
- Hillside
- Metrical foot
- Dog in Peter Pan
- Romaine lettuce
- Irish Sea Isle

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 Then 1/2 Mile West
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 or (204) 461-1970

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1100 International mower, wobble box & cutting bar new last year; Lawry stack mover, good condition; Tempo treadmill. Ph 204-886-2665.

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Red, Yellow & Russett potatoes for sale. Sunflower seeds, wild bird seed & deer feed. Call 204-886-2676 Interlake Potato Farm.

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FARM EQUIPMENT

1100 International mower, wobble box & cutting bar new last year; Lawry stack mover, good condition; Tempo treadmill. Ph 204-886-2665.

EMPLOYMENT OPPORTUNITY

CHIEF ADMINISTRATIVE OFFICER

RM of West Interlake

The Council of the Rural Municipality of West Interlake, with the support of Way To Go Consulting Inc., is seeking an individual who will bring strong leadership skills to this position.

Key responsibilities of this position include:

- Takes a key role in promoting and building the Municipality.
- Leads the development of a long-range plan for the operation and continued success of the Municipality.
- Plans, directs and coordinates the day-to-day activities required to implement the plan and achieve the goals and objectives approved by Council.
- Recommends new initiatives, programs, policies and plans for Council to consider.
- Develops and implements a process for preparation of annual capital and operating budgets.
- Provides responsible financial planning and management of a budget of over \$2.7 million.
- Develops positive relationships and maintains open communication with all stakeholders and constituencies of interest to the municipality.

Ideally, you will possess technical skills and experience in municipal administration, financial management and human resource management. Strong communication, analytical, and leadership skills are just some of the requirements of the position. Candidates who have post-secondary education in a relevant discipline bring an educational advantage to the position.

The RM of West Interlake has a population of 2,206 with municipal offices in Ashern and Eriksdale.

The right candidate can expect a comprehensive salary and benefits package.

Individuals interested in this position should send a resume and cover letter, with the envelope clearly marked CAO Application, to: Interim CAO Dale Lyle, RM of West Interlake, P.O. Box 10, Eriksdale, MB, R0C 0W0, or email to cao@rmofwestinterlake.com

We thank all who apply and advise that only those selected for further consideration will be contacted.

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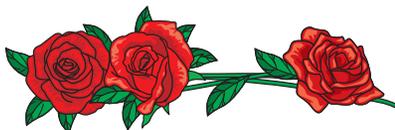
IN MEMORIAM



George Kowalchuk
May 5, 1917 - July 8, 2003

Those we love remain with us
For love itself lives on,
And cherished memories never fade
Because a loved one is gone.
Those we love can never be
More than a thought apart,
For as long as there is memory
They'll always live on in our hearts.

-Loving you and Eddie always
and missing you both every day,
your wife, Mary
and your children,
Tom (and Chris), (Patty), Rosalie (and Mike),
Lucy (and Terry)
and their families



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RURAL MUNICIPALITY OF GIMLI INVITATION TO TENDER SIDEWALK RENEWAL

CLOSE DATE: Monday, July 20, 2015 at NOON

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, July 20, 2015**. Late submissions will not be accepted.

Submit to:
Rural Municipality of Gimli
62 - 2nd Avenue, PO Box 1246
Gimli, MB ROC 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.

FARM EQUIPMENT AUCTION FOR RODGER DYCK ESTATE THURSDAY, JULY 16 • 10 AM

2 miles N of Homewood corner on Hwy 3



Partial list: JD 9610 Combine RWA, 2950 Sep Hrs. 1995 JD 9600 Combine, 3290 Sep Hrs. 1990 Topkick tandem truck, newer box. 2003 Genius 2210 tractor FWA, 4250 HRS. JD 8970 and 4630 tractors Macdon 9300 Swather 30 ft

See billklassen.com for listing and photos.



Ph: (204) 325-4433
Cell: (204) 325-6230
Fax: (204) 325-4484

FARM AUCTION FOR AGNES KOZAK AND ESTATE OF THE VICTOR KOZAK SATURDAY, JULY 11 • 10 AM

Directions: From Hwy 44 and Hwy 12 (1 mile East of Tyndall): 7 miles North (11 km) and 3/8 mile East OR from Hwy 59 7 and 3/8 mile East on Road 80 N OR From Ladywood (Hwy 12 N): 5 and 5/8 miles West on Rd 80 N



Case IH 4490 tractor, 1983, 4x4, with factory 3 pth, 4 remote hyd, PTO, 3267 one owner hours. Case IH 5600 Chisel Plow, 31 ft with nice 3 row mulchers. 1986 Newholland TR 86 Combine sn526489 3208 Cat eng. 2968 eng. hr. 2142 th. hr. 1976 International 1600 Loadstar Grain Truck, 157,287 miles and much more full line of machinery some farm Hardware, please be on time. Owner (204) 268-3416.

See billklassen.com for listing and photos.



Ph: (204) 325-4433
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get inspired

> MEAL IDEAS



Ingredients

- 1 box (375 g) whole wheat spaghetti or macaroni
- 1 lb (500 g) Extra Lean or Lean Ground Beef
- 1 medium onion, finely chopped
- 2 to 3 large cloves garlic, minced
- 1 tsp (5 mL) dried Italian herb seasoning
- 1 pkg (454 g) light ricotta cheese
- 1 pkg (300 g) frozen chopped spinach, thawed and squeezed dry
- 1-1/2 cups (375 mL) part-skim shredded mozzarella cheese
- 1/2 tsp (2 mL) pepper
- 4 cups (1 L) fat- and sodium-reduced pasta sauce
- 1/4 cup (50 mL) grated light Parmesan-style cheese

Speedy Pasta Pie

Directions

Cook pasta according to package directions. Drain and rinse; set aside. Meanwhile, cook beef, onion, garlic and Italian seasoning in large deep frypan over medium heat for 8 to 10 minutes or until beef is thoroughly cooked and any liquid has evaporated. Remove from heat. Stir in ricotta, spinach, 1 cup (250 mL) of the mozzarella and pepper; combine well. Toss with cooked pasta (don't worry if pasta tears). Spread 1-1/3 cups (325 mL) pasta sauce into each of two 9-inch (23 cm) deep-dish glass pie plates; layer with pasta mixture. Spread remaining pasta sauce over top of each; sprinkle each with Parmesan and remaining mozzarella. (Can be covered and refrigerated or frozen.) Cover loosely with foil and bake in 350° F (180° C) oven for 30 minutes. Uncover and bake for 5 minutes. Let stand for 5 minutes before cutting to serve.

Makes 12 servings
Preparation: 15 minutes
Cooking: 45 minutes

**This recipe contains higher total fat per serving than is recommended by the Heart and Stroke Foundation. However, the saturated fat serving still meets the Foundation's criteria. Make sure that fat intake for other meals you consume the day you prepare this recipe is lower. The Foundation recommends that women consume 45 g to 75 g of fat a day, and men 60 g to 105 g daily.*

Lasagne-style Pasta Pie: Spread 1-1/3 cups (325 mL) pasta sauce in 13 x 9-inch (3 L) baking dish. Top with pasta mixture and remaining pasta sauce. Sprinkle with Parmesan and remaining mozzarella.

Heart-Healthy Makeover: We used lean ground beef and lighter cheeses along with fat and sodium-reduced pasta sauce. This dish is a great way to sneak in some spinach for the spinach adverse.

www.heartandstroke.mb.ca

Scheduling Appointments Just for You:

A Positive Approach to Managing and Maintaining your own Well-being!



When you are setting up appointments, chances are that for the most part they are for other people. Chances are too that you play a starring role in relation to them. You might be the Chauffeur (in addition to the Coordinator). Or maybe you are the In-vehicle Caterer of Snacks (hopefully healthy and nutritious ones). Or perhaps you are the Absent Chef. You have decided (for whatever reason) to allow Monsieur Mac, Madame Wendy, or some other host from a Chomp-as-you-go establishment to step in and lend you their (let's face it) not very healthy or nutritionally sound culinary skills. Not to mention your superior cooking ability (as I'm sure your family would back you up on this, or at very least offer to pay your tuition fees at a reputable Cooking school).

How often do you schedule time which requires you to notify others in your household through verbal, hand-written, or texted communication that you will be unavailable to them for a specified period of time? If your answer to this question is never, rarely, or that you would prefer to

just do as my mother once did (and hide in her bedroom closet for a short break from my three sisters, myself, and my brother) I would suggest to you that this is an area of self-improvement well worth the time and effort.

Your plan of action could be to go jogging, cycling, or walking (with or without the family pet, depending on which would be a more relaxing use of your time) or heading out to a drop-in or weekly scheduled exercise class.

Alternatively, you might decide to let others know that you are at home but that you are not to be disturbed (except in the case of a legitimate emergency) as your attention will be occupied by that exercise machine (which up until now has been collecting cobwebs, spiders, and other assorted creatures while waiting for you down in the basement).

Recently I enjoyed watching a VHS tape (which a member of my family had very kindly taped for me a few years back) of Serena and Venus Williams competing in the finals of the Ladies Breakfast Championship at Wimbledon. It was great to see these two terrific female tennis players in action!

Irene Shaw

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Rose Sawatzky
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Greek-Style Pizza

Ingredients

- 1/2 cup mayonnaise dressing with extra virgin olive oil
- 2 cloves garlic, finely chopped
- 2 tablespoons grated Parmesan cheese
- 1/2 teaspoon dried oregano leaves, crushed
- 1 (10-inch) pre-baked pizza crust, thin style
- 1 cup cherry tomatoes, halved
- 2 cups baby spinach leaves
- 1/2 small red onion, thinly sliced
- 1/2 cup feta cheese

Preparation

Preheat oven to 450°F. In small bowl, combine mayonnaise dressing, garlic, Parmesan cheese and oregano. On cookie sheet, arrange pizza crust. Spread with mayonnaise mixture,



then top with tomatoes. Bake 12 minutes or until tomatoes are soft.

Top with spinach, onion and feta. Bake an additional 5 minutes or until cheese is melted.

Preparation Time: 30 minutes
Cook Time: 17 minutes
6 servings

3-Cheese Pasta Bake



Ingredients

- 1 10 3/4-ounce can Condensed Cream of Mushroom Soup (Regular, 98% Fat Free or 25% Less Sodium)
- 1 8-ounce package shredded two-cheese blend
- 1/3 cup grated Parmesan cheese
- 1 cup milk
- 1/4 teaspoon ground black pepper
- 3 cups corkscrew-shaped pasta (rotini), cooked and drained

Preparation

Stir soup, cheeses, milk and black pepper in 1 1/2-quart casserole. Stir in pasta. Bake at 400°F 20 minutes or until hot.

Preparation Time: 15 minutes
Bake Time: 20 minutes
Makes 4 servings

Easy Substitution: Use 2 cups of your favorite shredded cheese for the 8-ounce package.