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Rewving Up

EXPRESS PHOTO BY PATRICIA BARRETT

Corvette owner Grant Schafer (left), with his friend Bob Legace, said classic cars are historical artifacts.

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Classic car owners share motoring history in Gimli

By Patricia Barrett

It was fender room only on Centre Street when the Gimli Car Club hosted its annual Crusin' Gimli Beach Car Show last Sunday.

Hundreds of classic car owners lined up their motors from days of yore, popping their hoods and regaling car buffs from across the province with stories of how they got their cars and why they're dedicated to their hobby.

Grant Schafer from Winnipeg showcased his 1977 Corvette and explained why classic car owners are "car crazy."

"For me, it's history," said Schafer, whose dad was a car salesman in Saskatchewan. "You're driving a piece of history and you're keeping it alive so that people can look at it."

He even knows the precise date and time he became the loving owner of the sleek silver Corvette: May 1, 2002, at high noon.

"I know the exact time," said Schafer, "because that's when I walked into the bank and gave her the cheque and she gave me the bill of sale. And off you go."

His friend Bob Legace from Matlock, who parked his snazzy red Firebird next to the Corvette, agreed that classic car collecting is a form of craziness and that his wife would be willing to attest to that.



Hayden Hartig, who was visiting from Teulon with his brother Oliver, got behind the wheel of this car at Noventis Credit Union during the Crusin' Gimli Beach Car Show.

The craziness sometimes doesn't stop with one car.

"I bought another car a couple of days ago. It my first car ever when I was 17 — a 1963 Pontiac Parisienne convertible. They float. You can go

Continued on page 4



EXPRESS PHOTOS BY PATRICIA BARRETT

Ray Sawchuk from Petersfield sometimes lets his 1947 Ford truck take part in weddings.



The Ford Club of Manitoba brought a 1950s cherry top to town.



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The art of healing

By Jennifer McFee

The healing power of art is making waves across the province in memory of a much-loved local child.

It has been exactly one year since five-year-old Danica deLaroque was involved in a canoeing accident on the Churchill River along with her dad Donnie and younger brother Connor. In spite of tireless efforts to save the sweet-natured girl, she did not survive the situation, resulting in ripples of grief flowing all the way from the northern community down to her hometown of Grosse Isle.

Serendipitously, a stunning mural now adorns a wall in Churchill marked with meaningful words: "In memory of Danica Addie deLaroque. Forever with Belugas. Find your village; love them hard. Sept. 6, 2010 - July 13, 2016 #rememberingDanica."

Danica's story remained entirely unbeknownst to artist Charlie Johnston while he created the perfect painting in the perfect place at the perfect time to mark her memory.

The Winnipeg-based muralist was invited to participate in the Sea Walls Churchill festival, funded through the PangaeaSeed Foundation. In total, 18 artists from around the world volunteered their time from June 16 to 26 to brighten buildings throughout Churchill with murals that focus on ocean health.

Johnston created a breathtaking piece that depicts beluga whales swimming amid northern lights that radiate from the hands of an Inuit woman.

He had no way to know how much Danica loved the northern lights or that she was watching baby belugas when the accident happened. Adding to the artwork's impact, this beautified building sits across the street from the hospital where Danica spent her final moments. The mural is painted on the



Charlie Johnston dedicated his mural to Danica deLaroque.

wall of a residence for the doctors and nurses — the same health professionals who spent hours upon hours administering CPR in an effort to revive Danica and Connor.

Belinda Fitzpatrick, a Churchill resident and longtime family friend of the deLaroques, approached Johnston and shared Danica's story. Johnston ended up dedicating the mural, entitled "We Swim in the Same Water," to the young girl who touched the hearts of so many people.

In his mural, Johnston explores spiritual themes of ancestry and legacy, with beluga whales as spirit guides and the northern lights as voices of the ancestors.

"I truly believe in the healing power of art, and I've seen it in action many times over," said Johnston, who grew up in Selkirk.



EXPRESS PHOTOS SUBMITTED

The mural depicts beluga whales and northern lights radiating from the hands of an Inuit woman.

"In one of my designs, I actually had a child swimming with the belugas. I didn't put that element in my mural, but it was an optional detail that I was going to add if I came to it."

The entire experience proved to be more powerful than the artist ever could have imagined.

"I was going there for my own reasons and for the environmental cause, but once I started to do the piece, this

whole other meaning stepped in. In a way, I realized maybe this is why I was meant to come here and do this in the first place," he said.

"I think when everything is in alignment and you're on your true path, you become like a conduit for something more. It's certainly not anything I'm in control of. It just happens on its own."

Continued on page 5



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Crafty ladies create art, roadside attraction from hay bales

By Jeff Ward

Travellers who find themselves heading west on PR 239 will be greeted with a giant RCMP officer constructed out of hay bales which has become a roadside attraction.

The “officer” stands approximately 12 feet high and is decked out in full uniform, complete with a hat made from an old tire. Passing by, it’s hard to tell that the components are hay bales wrapped in fabric, but that’s all they are.

Linda Nickel, Lynnette Beamish, Brenda Wood and Joan Olson created the figure to pay tribute to Manitoba’s RCMP officers during Canada 150. These four ladies have actually created a few different versions of the hay bale structure over the years, and Nickel feels this is their best work.

Limited only by their imaginations, the ladies dream up their ideas over weekly coffee. Nickel said that her ideas usually have to be reined in by her friends for being too difficult to accomplish. Her friends help boil her ideas down to something that is actually buildable.

“We sit around and chat about what we want to see and it’s a really fun creative process,” said Nickel.

“The hat was one of the harder parts of this

Mountie in particular. I had actually wanted to use one of the blue beehive covers to get a more rounded look. But we’re all really happy with the way it turned out. People are stopping to take pictures in front of it.”

Nickel said that the most difficult work is the assembly of the structure and that Brenda Wood, being the youngest of them, is typically the one who climbs up the ladder when needed. Joan Olson’s husband, Hilding, is their loader operator who helps get the bales in place. They work as a team in the creative process and also when it comes to dressing the figure. In previous years, the ladies have created a Minion from the animated movies *Minions* and *Despicable Me*, a scarecrow, snowboarder and even a hula girl. Nickel admits that the team is running out of ideas but knows they have at least another few years of creations to come.

“It is hard to come up with ideas of what we can make. But people ask us every year if we’re doing one and they usually want it to be a surprise. My son in law works with D Division and the RCMP actually posted a photo of it and thanked us for our work,” said Nickel. The land is owned by Joan Olson, but visitors are encouraged to take pictures in front of the Mountie while it’s up.



EXPRESS PHOTO VIA LINDA NICKEL

From left: Brenda Wood, Linda Nickel, Lynnette Beamish and Joan Olson stand next to their newest hay bale creation. The Mountie greets travellers heading out to Steep Rock on PR 239.

Gimli Community Health Centre to get ultrasound machine

By Jeff Ward

The Gimli Community Health Centre will receive a ultrasound machine following months of successful fundraising by the Gimli Ultrasound Committee.

The committee started raising money back in November of last year and has since been able to cross their \$50,000 goal. In total the group raised \$54,000 that will go towards the purchase of a new ultrasound machine that will be put to good use by the Gimli Health Centre, emergency department and Cancer Care program doctors.

Ultrasonounds are an important tool for health care professionals and will allow them to capture live images from inside a patient’s body. The new ma-

chine is a bedside unit that can be used to detect fluid in the abdomen, assist with difficult IV starts and investigate the body for post-trauma fluid collection among other uses.

Currently physicians are relying on other methods to diagnose these kinds of conditions so this ultrasound machine will go a long way in improving patient care. The Interlake-Eastern RHA is currently in the process of ordering the new machine and a spokesperson said they would update the community when the ultrasound has arrived. The spokesperson added that the machine is anticipated to cost between \$54,000 - \$60,000. The Interlake-Eastern RHA will be purchasing the machine and will also be covering the difference in the cost from

what was raised.

“More modern technology like this point of care ultrasound equipment is important for attracting doctors to our community,” said Jennifer Thompson, clinical team manager for Gimli Community Health Centre.

The committee worked hard to raise money through various fundraisers over the last seven months including 50/50 ticket sales as well as individual and business donations from the community.

A spokesperson for the Interlake-Eastern RHA said they are thankful for the Gimli Ultrasound Committee for spearheading the successful fundraising drive.

> CLASSIC CARS, FROM PG. 2

down the sidewalks faster,” said Schafer with a deadpan expression. “The first car you have disappears because you smash it up and stuff like that when you’re 17. That one went by the wayside, and ever since then I’ve regretted it. I finally found one in Selkirk a couple of days ago.”

Schafer knows how to fix all the mechanical bits on the Pontiac, but he’ll have to get somebody to do the bodywork.

“They call them project cars,” he said, explaining why he bought the Pontiac. “Totally keeps you out of trouble. That’s where your money goes instead of on wine, women and song.”

And what’s beneath the bonnet is just as important as its ability to turn heads.

“It’s original with the numbers (of parts) matching,” said Schafer, who popped the Corvette’s hood for the *Express*, revealing an engine clean enough to dine on and a little nightlight he rigged up. “Everything that came from the factory is still there, except the tires, which wear out. The motor, the transmis-

sion, the rims are what came out of the factory.”

Corvettes were made from ’53 onward, he said, and became very popular in the ’70s.

Sounding a bit like Marisa Tomei from the movie *My Cousin Vinny*, in which she played a self-taught mechanic who trips up court prosecutors with her astounding knowledge of when particular car parts were created, Schafer said the starter wasn’t an original factory piece.

“It was a re-built Delco starter from 1979, so there’s no way in the world it could be original.”

He explained why the bonnet has long wing-like protuberances that rise over the wheel wells.

“It’s aerodynamic. This little slant here, when you get going fast enough, the wind pushes down on it and it makes the front end go down so that it handles better,” he said. “If the wind lifts the car up, you have less control of the front wheels.”

He said car manufacturers subject their vehicles to air tunnels in order to figure out how to get the best handling.

Schafer’s love of cars has been passed down through the genes to his son, who has a ’69 Dart. But his son went off to university and has no time to enjoy it.

“I bought it from him,” he said. “I said, ‘I’ll give you what you paid for it, what it’s worth in the book, and I’ll keep it at my house until you’re ready to buy it back.’ I don’t really own it — I’m the keeper.”

He said he’ll need a bigger garage if he ever finds another car with his name on it.

In the meantime, he’s content to share his knowledge of cars and enjoy the peals of appreciation that greet him wherever he takes the Corvette.

“I can’t go anywhere without someone saying something about the car. If I’m shopping or stopping here or there, someone’s going to say something, it never fails. Or you get the little kids on the sidewalk, they go like this,” he said, giving a thumbs up. “That’s the best. That’s why I like doing it. I’m showing them a piece of history.”

Faith Nickel receives Young Humanitarian Award

By Jeff Ward

Alf Cuthbert Grade 8 student Faith Nickel received her Young Humanitarian Award last week for her efforts in organizing multiple clothing drives this year.

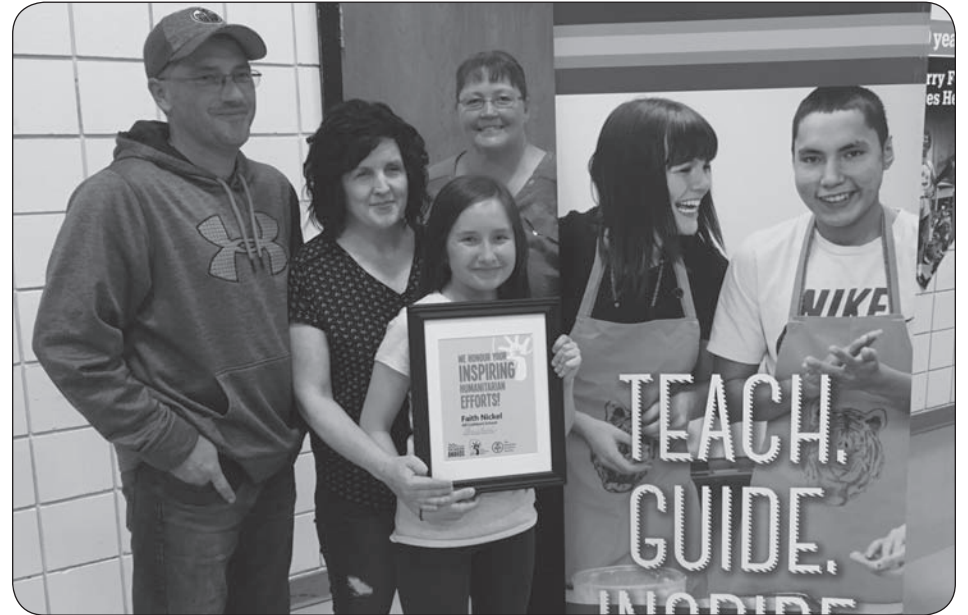
Nickel was named a recipient of the award in May but was unable to attend the ceremony to receive it in person. So a representative from The Manitoba Teachers' Society, public relations facilitator Ray Job, made a special trip to the Moosehorn school to formally present Nickel with the award.

This year, Nickel organized a sock

drive for Siloam Mission which netted 450 pairs of socks for the homeless. She also helped collect blankets and winter clothing for a cold weather drive that accumulated over 400 items. Nickel was also involved in collecting toiletries for Syrian refugees.

The Manitoba Teachers' Society's website said that these awards are given to students who are compassionate, caring, are leaders and who self-sacrifice their own time to work on projects that benefit others.

With Nickel embodying all of those qualities, it's clear that she is a deserving recipient of the award.



EXPRESS PHOTO SUBMITTED BY ALANN FRASER

Faith Nickel received her Young Humanitarian Award last week for her work in various clothing drives and outreach programs throughout the year. From left: Kevin Nickel, Kerri-Jo Nickel, Faith Nickel and Alann Fraser.

> ART OF HEALING, FROM PG. 3

For Toni deLaroque, Danica's mom, the mural provides an opportunity to heal some of the hurt that lingers in the hearts of countless people in Churchill and beyond.

"The accident really affected the majority of the residents in Churchill. It's such a small town, so a tragedy with a child has a huge impact," she said.

"Last fall, my husband, my son and I flew back to help the people of Churchill heal — specifically the nurses, doctors, RCMP, paramedics and firefighters. The hours and hours and hours of CPR they performed on Connor was worth it, so it was really important for them to see this little boy running around giggling and laughing."

In the difficult days after the accident, their friends created an online fundraiser for the family, referencing the words "Find your village; love them hard."

"It was based on the way we practise our parenting. It takes a village to raise a child and that's how we've always been, so that's where that saying comes from. It was important to me to have those words on the dedication," deLaroque said.

"All the emergency staff were there to witness them dedicating the wall. They all had a good cry that afternoon. It was another healing moment for them in this journey."

To this day, the deLaroque family continues to feel the support of their villages, both in Churchill and closer to home.

"As they were dedicating the mural, Belinda was sending me cell phone pictures of all of the people at the wall right at the moment," deLaroque said. "It was really touching and heart-warming."

As a Churchill resident, Belinda Fitzpatrick can clearly see the uplifting effect of all the murals, particularly Johnston's artwork.

"To dedicate that to Danica means a lot to this community. We're a town of 800 people, and tragedy like that doesn't happen a lot in a community like this. So when something like that happens, the whole community hurts and everybody feels it," Fitzpatrick said.

"This is what we needed to help heal everyone's hearts and minds."

Project curator Kal Barteski is also astounded at the unexpected out-

come of the mural festival, which she hopes will become another attraction to draw tourists to the northern town. Artists volunteered their time and talents from across Canada and the United States, as well as from New Zealand, Australia, Spain, Germany and Brazil to participate in the project, which was nearly cancelled when rail service shut down.

"We didn't start with the intent to heal. We didn't go with the intent other than to do anything but paint ocean health murals. What happened when we were there was nothing short of magic," said Barteski, who participated as a muralist herself.

"The mural with the belugas was so perfect. The way everything unfolded, it was almost like it was always supposed to be that way. We didn't know the Danica connection would happen — but it did happen and it was just tears for everyone, the artists included."

The mural has also provoked a teary-eyed positive response from the public.

"I think that Charlie's mural was so emotional because things came together in a way that you don't expect," Barteski said. "It was a tragedy, and Charlie knew nothing about it."

With an eye on the horizon, the deLaroque family plans to travel back to Churchill later this year to view the mural dedicated to their beloved little girl.

"I'm at peace with the way that Danica passed because she died doing something that she absolutely loved with the two guys she loved the most. She wanted to be with the belugas, and she was singing Baby Beluga when the accident happened. I am comforted by that," Toni deLaroque said.

"This artist chose an image that reminds us the most of Danica and put it on a wall a couple hundred feet away from where she passed away. It's amazing and beautiful — and it's more than a random coincidence."

Don't forget to send your special wishes to your friends and family.

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WEEKLY NEWS



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Give up the turkey bait!

Hi fishers. Our friends have given us some really great angling stories this past week. Enjoy!

The sand on Gimli's Willow Island beach was cool on Sandy's bare feet in the still early evening. A slight lady, her short brown hair fell on either side of her delicate face. Her gaze cast east across the glass-like water that reflected the weakening sun at her back. Beside her, her son David Sykes, a thin yet soon to be a full grown man, whipped a fishing line out in hopes of catching tomorrow's lunch. He sat back in his folding chair beside his mother, taking in the sight of pelicans splashing into the water not far out. Lazy tiny lapping waves fell on the shore. Seagulls called to each other as they flew overhead.

David touched his line, "feeling" for a fish nibbling just as his grandfather, David in Lac du Bonnet, had taught him. He tensed as he felt a tugging tremble and then a tearing away of his line. He tightened his reel tension to match whatever had taken his baited hook. Without a word, Sandy rose, making space for David to play his fish. All the hints and tips his grandfather had given him over the years came racing forward in his mind. When the fish was still, he slowly walked backward away from shore, drawing the fish closer to the beach. When it fought, he would walk forward reeling in. So it went, time after time, until a nice-sized jackfish broke water right up at shoreline. He waded into the water, claiming his prize. Then mother and son collected their belongings and walked up to their house in the cooling evening air. Thanks for the story, Sandy and David.

The Lockport pier happened to be open last Wednesday, which is where I had the good fortune to meet Lori Gesell and Kyle Plyschke of Winnipeg. Lori was one of those exceptional gals who, when you're with her, the world gets just a little bit brighter and happier. Her tied-back blond hair complemented her appealing face. She was in constant motion. Bursting with enthusiasm, Lori gave one of her favourite stories about her son, Jessie, fishing when he was eight years old.

The family had a boat house on the shore of Lee River east of Lac du Bonnet which also served as a cottage. Once, on a sunny Thanksgiving afternoon, willowy, blond Jessie got the bright idea of going fishing. Since he had been enjoying pieces of turkey all day, he didn't see any reason why a fish wouldn't like it too. He hated to part with some of his



EXPRESS PHOTO SUBMITTED

Jeff Armitt holds up his spectacular jackfish catch while fishing in Kenora, Ont., recently.

meat, but the need to try to catch a fish was greater. So he baited his hook with some and down to their small wood pier he went, tossing his line in. Lori was busy in the house doing dishes when suddenly she heard angry shouts from Jessie crying, "Give it up! Give it up! You give it up!"

She rushed out onto the dock to see her son kneeling, straddled over a 16-inch pickerel, grasping it by the head and yelling at it with gritted teeth. Perplexed, Lori ran forward, lifting her son off the fish, telling him one should not abuse fish. Jessie, still upset, excitedly complained, "I want my turkey meat, mom, and he won't give it back!" Lori sat down on the little pier cross-legged, gathering her son to her, and began laughing so hard she was shaking!

There was a stiff north wind coming off the lake at the south beach of Grand Marais last weekend. I was sitting in my car looking at the three-foot-high waves pounding the shore when I saw a truck pulling up behind me. I got out and introduced myself to a very muscular looking fellow, Jeff Armitt, who began taking fishing gear out of the box of his truck. He talked to me as he worked, recalling catching a huge jackfish off the pier at Kenora. The humorous part was that no sooner had he released the one shown here, he caught an even bigger jack. It was so big a fishing shop owner he knew had to come down to the pier and help him land it. He took pictures and then released the big guy but was surprised to see another angler had taken his "magic" spot when his back was turned!

See you next week. So long for now.

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Saving Parker's paradise

Submitted

There's a cottonwood tree on the beach at Lake Winnipeg's south basin, and though to most it's just one tree among many, to Brenda, Madison and Brandon Sutherland it tells the story of their lives. And it tells the story of Parker Sutherland — Brenda's husband and Madison's and Brandon's dad.

For as long as they can remember, they spent their weekends at the beach at the lake. They'd get up early in the morning, get the boat ready, pack the coolers and head for the Red.

Madison says she and her brother learned to swim at the lake. They learned how to build fires and how to fish. She was in awe of her dad's knowledge, especially how he seemed to have a map in his head that guided them to their little piece of paradise.

"I was always amazed at how well my dad knew the waters. It all looked the same to me, but he knew exactly where to turn, when, and got us there safely every time," she says. "Dad knew when to turn around, or take a different route, and which spot on the beach would be the best.

"For a long time, it was like our own private island. We were often the only ones on the beach until we started to share our secret place with friends and family. We then called it 'Paradise' and found our nest at the base of the big cottonwood tree that housed an eagle's nest."

Brenda says she and Parker started going to the south basin around 1982, when they first began dating. They used his dad's boat first, before they got their own pontoon.

The last time they went was about two weeks before Parker passed in 2014. They took Madison and Brandon, and Parker's parents, who hadn't been to the lake in a long time. His dad, Wayne Sutherland, was shocked at how much it had changed.

What used to be a little channel leading to the lake was now a wide expanse of water, to be navigated only by those with knowledge of the waterscape.

"I think it really hit us then how much it's changed," Brenda says. "His dad said he wouldn't even know how to get to the lake anymore. Whatever's going on out there isn't healthy."

Parker passed away on Sept. 17, 2014.

The Parker Sutherland Memorial Fund now does the work that Parker was so passionate about. Brenda says Parker was deeply concerned about the health of the lake, having witnessed it deteriorate over the years.

He was an environmentalist and cared about the health of the land, water and sky, and it makes Brenda beyond proud to have a fund in his name that will care for those things.

After Parker's passing, Selkirk and District Community Foundation executive director Bev Clegg paid a visit to Brenda to let her know just how many people had donated to the foundation in Parker's memory.

It was an impressive list, and while families are notified when donations are made in a loved one's memory, this was different.

Brenda recalls Clegg saying they'd never really seen anything like it — the donations in Parker's name kept coming and coming. It was then that Brenda decided the family would start the memorial fund. A minimum of \$10,000 is required to create a fund, so the family put money in and obtained some matching funds as well.

She's touched by the fact that so many people donated in Parker's memory and continue to do so.

"I get choked up because it was overwhelming to see how much and how many people wanted to support the foundation and put it in Parker's memory," Brenda says. "A small community is certainly so much of what it's about. This community has been amazing to the kids and I. It's overwhelming, but in a beautiful way."

Brenda says the beach at the lake was once their own private paradise, but Parker introduced it to



EXPRESS PHOTO SUBMITTED

A memorial fund in Parker Sutherland's name is helping heal Lake Winnipeg.

many others, and even more people discovered it on their own.

With the fund, people can continue to discover the beauty that surrounds us here and that awareness can propel Parker's dream of healing the lake forward.

"Parker's greatest love, other than his family, I believe, was the lake," she says.

"I think Parker would be shocked to see the support."

The Parker Sutherland Memorial Fund will support local environmental projects.

This year, the family also gave an immediate gift to the Lake Winnipeg Research Consortium, which triggered another private donor and a matching amount from the Thomas Sill Foundation.

The cottonwood tree is still at the lake, adorned now with a sign that says "Parker's Paradise." Brenda and the kids continue to go, and when the eagle flies above, they think of Parker.

"When he got there, that was his paradise. It's important for us to go there. We feel him there. He knew how fast the lake was changing and he had a fear that it wouldn't be there one day," she says. "The memorial fund continues Parker's desire to improve the lake's health. We didn't want it to get lost."

First baby born at Selkirk Regional Health Centre

Submitted

A healthy baby boy, Ashton Cole McCrindle, was the first born at the new Selkirk Regional Health Centre at 8:48 a.m. on Thursday, June 29 to mom Erin Emms and her husband Andrew McCrindle of Inwood.

Weighing eight pounds six ounces and measuring just over 20 inches long, Ashton was the first of four babies born at the new health centre that day.

"Everyone was really excited about the first baby," says Erin, who delivered her two-and-a-half-year-old son, Landon, at the former hospital.

Erin thanks the "super friendly and really nice staff" at the new health centre.

A special thanks to Dr. Margaret Speer, Erin's doctor throughout her pregnancy, and Dr. Vivian Schutt, her obstetrical surgeon. Both doctors work out of Eveline Street Clinic (204-785-5550) and are accepting pregnant patients.

The staff and physicians at the region's family birthing unit and staff across Interlake-Eastern RHA extend their best wishes and congratulations to Emms/McCrindle family on the birth of their son.



EXPRESS PHOTO SUBMITTED

Erin Emms with her son Ashton Cole McCrindle, the first baby born at Selkirk Regional Health Centre.

Mixed reaction to E. coli advisory for Gimli Beach

By Patricia Barrett

The province issued an E. coli advisory for Gimli Beach after a July 6 test found high levels of the bacteria in Lake Winnipeg.

Reaction to the advisory was mixed. Despite the warning, dozens of people enjoyed the beach last Sunday.

An advisory sign posted at the boardwalk states that Gimli Beach has experienced “high levels” of the bacteria this season, which last for short periods of time, but the “possibility of illness increases with higher levels of bacteria.”

Erick, who did not want his surname used, came from Winnipeg with his family for the day and was not aware of the advisory. He said he did not see the sign.

“If I knew, I wouldn’t swim in there,” he said. “They should post signs everywhere that warn people. They should have them every 50 metres so it covers almost the entire place.”

E. coli levels fluctuate at Gimli, according to Sustainable Development’s Beach Monitoring website.

On June 6, Gimli Beach had a colony-forming unit (CFU) of 119 (average density of E. coli per 100 ml), which dropped later in the month. On July 4, a test showed 39 CFU. Two days later, that spiked to 322 CFU, prompting the advisory. For recreational activities, the acceptable level of E. coli is 200 CFU, according to the province’s Water Protection Handbook.

Another beach-goer, who was splashing in the lake with her three kids, said she knew about the advisory but did not wish to comment on whether she had any concerns.

To reduce the risk of illness, the advisory states that people should avoid swimming if they have an open cut or wound or are experiencing illness, to wash their hands before handling food and to avoid swallowing lake water.

For Gimli resident Samantha Michaluk, who has owned and operated Viking Rentals (Sea-Doo rentals) for 20 years, advisories are par for the course.

“The thing you have to look for is how many people really, truly say they got sick from the water?” she said. “I’ve never heard of people getting sick in my 20 years here. People will get sick from eating a raw hamburger before they’ll get sick from lake water.”

Her husband has been ingesting lake water for decades while water-skiing, she said, and has never become ill. Nor have her children or relatives ever become sick from swimming in the lake.

“We live by what our pediatrician told us. He said, ‘Protect yourself from the sun, the mosquitoes, go to the beach and have a good day,’” she said. “And rinse off at the end of the day.”

The town provides public showers at two beach washrooms. People can use them free of charge to cool down or rinse off after a swim.

Michaluk said earlier in the day she had Australian customers who had no qualms about the water and “just hopped right on a Sea-Doo.”

Her sister Shannon Kohut, who ran the Fun in the Sun Kayak rental business for four years, said past advisories never affected her business or her health.

“We grew up on this lake,” she said. “I’ve been out here since I was 12, and the E. coli was bad then. But they didn’t have to post [warnings]. They have to



EXPRESS PHOTOS BY PATRICIA BARRETT
Samantha Michaluk (driving), owner of a Sea-Doo rental business, and her sister Shannon Kohut grew up on Lake Winnipeg and have never been sick from the water.

post it now. We had raw sewage from a campground going into the lake 40 years ago. It was bad, but we still swam in it and I’ve still got both my eyes.”

Michaluk said it’s important to remember that water quality can change in a matter of days.

“When people are going around and talking about the [E. coli] counts today, they think that it’s bad today,” she said. “But those counts are always three days old.”

She doesn’t know how bacteria levels rose, but said she has heard other people’s theories.

One theory is the recent discharge of raw sewage from the City of Winnipeg. On June 24, a power failure at a St. Vital pumping station resulted in 2.69 million litres of untreated sewage being dumped into the Red River, which flows to Lake Winnipeg.

It’s unclear whether that event contributed to the E. coli spike July 6.

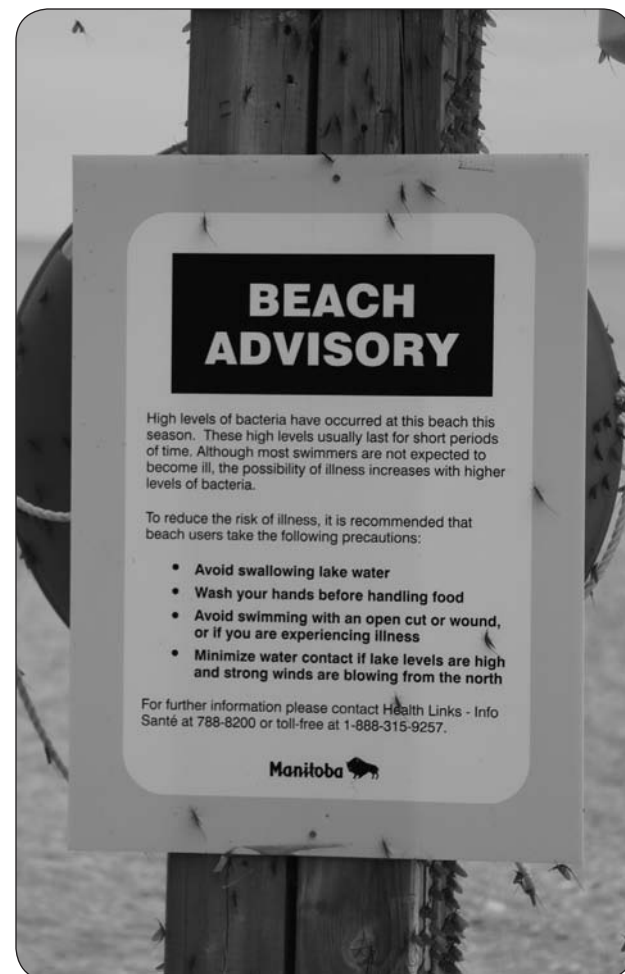
Other people, Michaluk said, think it may have to do with fish flies hatching, which attracts a lot of birds to the beach and over the water.

A spokesperson for Sustainable Development said departmental staff routinely monitors about 60 Manitoba beaches and that there are a number of factors contributing to E. coli levels.

When staff tested Gimli Beach July 6, they noted “the sand was freshly graded and there were a large number of feathers and dead fish flies on the beach. Although wind and wave conditions were calm at the time of sampling on Thursday, water levels had risen slightly (0.2 meters) from the previous day. The combination of these factors may have contributed to elevated bacteria at this beach.”

He said it’s important that people refrain from feeding birds or discarding food on the beach, and children requiring diapers should be changed frequently and away from the water’s edge.

“Research has shown that wet sand underlying a number of Lake Winnipeg beaches contains E. coli bacteria that can be washed into swimming water when water levels rise and flood beaches,” said the spokesperson. “Advanced testing known as DNA ribotyping has been used to identify sources of contamination. Results indicate that approximately 63 per cent is due to animals and five per cent arises



An advisory was posted at Gimli Beach.

from humans. Approximately 32 per cent of the results cannot be identified to a particular source. Of the animal component, the greatest identifiable source can be attributed to shorebirds and geese.”

Gimli Mayor Randy Woroniuk, a retired provincial conservation officer, said he thinks the gull presence in Gimli is “not out of the ordinary,” but they can contribute to E. coli.

What he’s more concerned about is what’s being dumped into the Red River and making its way north to Gimli.

“I do not believe that dumping raw sewage into the Red River in Winnipeg is not impacting our lake here. I don’t believe it,” said Woroniuk. “I don’t believe it’s being diluted to such a point that it’s not having an impact.”

With reference to the City of Winnipeg’s recent request to the province to have its licence amended in order to dump wastewater containing ammonia (nitrogen) into the Red “on a rolling average,” the mayor said he has already taken his concerns to Gimli MLA Jeff Wharton.

“I said to him, ‘This is unacceptable to be allowing any more pollutants into this lake.’”

By not upgrading the North End sewage treatment plant, which the province ordered in 2003, the city argues it will save \$30 million.

As a member of the South Basin Mayor and Reeves, Woroniuk said he’ll be asking them to lean on the province.

“The city has to do something,” he said. “This can’t keep continuing. I know it’s always money, money, money, but this is the 10th largest freshwater lake in the world, and if something happens, it’s irreversible.”

Big ditch underway to mitigate chronic flooding

By Patricia Barrett

A massive drainage ditch that will divert flood water from the east side of the Town of Arborg and save farmland in the RM of Bifrost-Riverton began a few weeks ago.

A substantial amount of earth has already been piled up along Road 130 N just east of PR 326 (also known as the Jacob Line).

"We are re-directing some of that water," said the RM's Reeve Harold Foster. "Normally it would have gone straight south to the river. We're taking it a mile east and putting it in the river there to try to alleviate the flood situation on the east side of Arborg."

The area has been subjected to persistent flooding prior to 1950 or thereabouts, he said, and every time there's a heavy rain event, some of the land is covered by water.

"We also have a water problem about four miles back to the northwest of that, and the intention is to bring all that water through those ditches," said Foster. "And also on the Jacob Line where it goes along the east side

of Arborg, those people there have flooded at certain times with a heavy rain and during spring runoff."

The RM and the Town of Arborg joined forces a number of years ago to obtain external funding support for the project.

The province had issued a news release July 6, 2015, announcing funding from three levels of government under the Community Dikes Initiative.

The total cost of the project is \$2.3 million, with the federal and provincial governments contributing \$2,070,000, and the Town of Arborg and the RM contributing \$115,000 respectively.

The flood mitigation work will help protect 58 homes and Arborg's high school from flood damage, states the release.

Foster said the RM received the best tender from Don Sikora Contracting from the Lac du Bonnet area.

Dikes will be established in places where engineers think water could escape from the new channel, he said, but some of the five-or-so-foot high



EXPRESS PHOTO BY PATRICIA BARRETT

The RM of Bifrost-Riverton has begun work along 130N near PR 326.

piles of mud will be levelled.

"The contractor estimates there are 9,500 truckloads of dirt," said Foster. "And some has already been hauled away."

Part of the contract also stipulates

that the ditches be seeded to help mitigate soil erosion.

Barring major rainfall events, which can slow the work, the drainage channel is expected to be completed by mid-August.

Local farmer fears for future generation of growers

By Maggie Wysocki

The number of farm operators in Manitoba is decreasing, while the average age of farmers continues to rise, according to the 2016 Census of Agriculture results.

Despite the increase in age, only one in 12 farmers said they had a formal plan in place for how their operation will be transferred to the next generation.

For 62-year-old grain farmer Greg Thidrickson, these statistics are alarming and he says the next generation of farmers "don't have a prayer."

"The margins are so narrow. There's

not a lot of regular guys like me farming anymore. The big guys are taking over and the next generation won't have the money to buy land," he told the *Express* during an interview on his property in Petersfield.

Thidrickson has been farming for more than 40 years and says he bought 320 acres of land in the '70s for \$60 an acre. Now, he says he's started to sell parcels of his land for upwards of \$800 to \$1,000 an acre.

The rising cost of land is only the first challenge. Cost of equipment, fertilizer and seed has sky-rocketed, too, he says, adding he now pays \$700

for a tonne of fertilizer as opposed to \$80 when he first started.

Census results also revealed that 44 per cent of Canadian farmers do some sort of off-farm work as a supplementary income. Roughly 30 per cent of farm operators worked an average of 30 hours a week or more off the farm, according to the results.

In Manitoba, total farm area dropped two per cent to 17.6 million acres while the average age of Manitoba farmers rose by 1.3 per cent to 53.8 years old.

Thidrickson said his main concern with major corporations and hutterite colonies purchasing his land is that

the money won't necessarily stay in the local economy.

For now, Thidrickson believes there's not much luck for the next generation of growers.

"My 28-year-old nephew is trying to start farming but he has to borrow all our stuff or else he wouldn't have a chance. The expenses aren't even realistic," he said. "You've got to get an education nowadays as a backing because you don't know what could happen with farming now."

Gimli Ford organizes Drive 4U for Children's Centre

Gimli Children's Centre fundraiser to take place this Saturday

Staff

Gimli Ford is set to give the Gimli Children's Centre a fundraising boost.

The Ford Drive 4 UR fundraiser, which will be held this Saturday, is offering the public a chance to take a spin in one of the dealership's ve-

hicles.

For each test drive, Ford will donate \$20 (up to a maximum of \$6,000) to the daycare.

The Ford Drive 4 UR initiative began in 2007 as a way to give back to communities across the country, accord-

ing to the parent company's website.

This is the first year Gimli Ford has participated in the initiative and is hoping to make it a yearly event, said Karen Raemer, who's organizing the event for a second time. Gimli Ford helped the Gimli graduating class earlier this year with their fundraising efforts.

The Ford fundraiser gets underway at 9 a.m. on Saturday at the Gimli

Children's Centre, 59-3rd Ave. It will run until noon. To reach the \$6,000 maximum, 300 people would have to take a spin.

Raemer is also hoping to see as many people as possible come out.

"All you need is a valid driver's licence," she said. "Test drives are approximately five minutes. There will also be a pancake breakfast, so bring your appetite!"

Cowboys and cowgirls brush up on their broomball skills

Arborg Fair and Rodeo this weekend

By Patricia Barrett

Cowboys and cowgirls will be saddling up this weekend and swinging their broomball sticks in a bid to become the top Cowboy Polo team at the Arborg Fair and Rodeo.

The Arborg Agricultural Society's annual event starts Friday, offering three jam-packed days of fun that include a parade through the town of Arborg, a petting zoo, a beer garden, wine tasting, a dog show, barrel racing, antique tractor pulls, and singers and dancers.

For Cowboy Polo, both the horses and their riders have to "be all right with tight spaces," said Amanda Wasyliw, who earned a Cowgirl of the Year Award in 2016 from the Heartland Rodeo Association for her undying devotion, enthusiasm and involvement in all things rodeo.

Each polo team has five players, who sport coloured bandanas around their necks or arms to identify their respective team, and use broomball sticks to hit a large inflatable ball towards goal posts set up at opposite ends of a field.

In addition to pushing steers and sorting bulls for various rodeo events, Wasyliw herself has played Cowboy Polo.

"It's very exciting and fun," said Wasyliw, who's a member of the Arborg Ag Society and is helping organize the polo and the rodeo. "Horses are right beside each other [and] the broomball sticks are getting swung like crazy hitting the ball. It's a lot of movement because your horse goes where the ball



Cowboys and cowgirls are wanted for Cowboy Polo at the Arborg Fair and Rodeo this weekend.

goes. That ball goes under the horses and sometimes in the air, so you have to pay attention. It's very fast movements."

The game is played in four periods lasting five minutes, and each goal counts as one point. If there's a tie, the teams keep playing until one of them scores a goal.

"If there are enough teams, we play it like a tournament, where each team plays at least once," said Wasyliw, who's also a stock handler for the Seven Cross Ranch near Narcisse. "They keep playing different teams until there are two teams that have won the most games in the tournament. Those two final teams will play in the championship game."



EXPRESS PHOTOS SUBMITTED

Amanda Wasyliw was presented with a Cowgirl of the Year Award in 2016 from the Heartland Rodeo Association.

Cowboy Polo starts Saturday, July 15, with the finals held on Sunday.

For more information about Cowboy Polo or to register, contact Amanda Wasyliw at amandawasyliw@gmail.com.

Horses entering the fairgrounds require a negative Coggins test result and paperwork must be shown at the gate.

"Come on down to watch and have some fun!" said Wasyliw.

The Arborg Fair and Rodeo will be held at the Silver Fair Grounds on Road 125 N, about a quarter mile east of Highway 7. It runs from July 14 to 16.

Cross-country tours for kids at the Arborg Multicultural Heritage Village

By Patricia Barrett

The Arborg Multicultural Heritage Village will be taking kids on a cross-country adven-

ture over the course of July and August with activities designed to help them learn about the past.

Every Tuesday and Thursday afternoon, kids will take a tour of one of Canada's major regions in keeping with the country's 150th birthday since the start of Confederation.

"We have different themes for each week," said summer student Halley Einarson, who helps run the program and provides interpretive services to visitors. "We put on activities and we include the history behind them. For Manitoba Day last week, we talked about farmland and the [government's] program to get people to move to Manitoba. We took them to the barn and talked about the tools for crops and agriculture."

The kids also made ice cream from scratch and then undertook a treasure hunt in which they had to complete a number of challenges, such as milking a cow (a wooden cow with plastic gloves for udders) and racing in wheelbarrows.

"It was kind of the like the Amazing Race," said Einarson, "but we put our own kind of spin on it."

This week's theme is East Coast Day, which will include blueberry pancakes, activities and a history lesson.

The program runs every Tuesday (ages 5-8) and Thursday (ages 9-13) from 2 to 4 p.m. until Aug. 17. The cost is \$10 per child.

Although kids can be registered on the day of the event, parents are encouraged to book ahead for space availability. Please email admhv4007@gmail.com or stop by the Interpretive Centre to register.

Visit the Village at www.arborgheritagevillage.ca.



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Icelandic pioneer and possible princess honoured at Riverton's Reunion Days

By Patricia Barrett

The descendants of a 19th-century Icelandic pioneer, who may have links to Danish royalty, paid tribute to her memory during Riverton's Reunion Days celebration on Canada Day.

Salin Guttormsson and eight family members embarked on a fundraising initiative to restore Fridrika Bjornsdottir's gravesite, which lies in a field on private land near of Riverton.

Bjornsdottir is believed to be the great granddaughter of King Frederick VI of Denmark, who reigned from 1808 to 1839. She and her husband Petur emigrated from Iceland in 1876 and settled near Sandy Bar, east of Riverton.

The province helped fund a commemorative plaque that was unveiled during the ceremony.

"The majority of the funds came through the wonderfully generous grant of the Heritage Grants Branch of the Province of Manitoba," said Guttormsson to a large crowd gathered in Centennial Park, where the plaque lies. "Thanks also have to go to the municipality of Bifrost-Riverton for granting us permission to place this panel in the park."

Gimli MLA Jeff Wharton, one of



Salin Guttormsson, a descendant of Fridrika Bjornsdottir, is part of a family committee that's in the processing of restoring her grave.

the guest speakers at the unveiling, brought greetings on behalf of the province.

"Fridrika herself died at age 35," said Wharton, outlining her brief life in what was at the time called New Iceland, territory carved out from Indig-



EXPRESS PHOTOS BY PATRICIA BARRETT

The descendants of Fridrika Bjornsdottir, who may be an Icelandic princess, took part in a commemorative ceremony.

enous land. "A lonely grave in a field is easily lost and its story forgotten. I'm happy that the ... memorial project was founded in order to share this history."

Three of Bjornsdottir's eight children died from smallpox during their

first winter near Sandy Bar. And after three years in the colony, Bjornsdottir herself died after giving birth to a girl who was named after her.

The hardships Bjornsdottir endured

Continued on page 16



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Folk Festival breaks records, welcomes change

By Maggie Wysocki

Sunshine, bubbles, hula hoops and oodles of musical talent took over Birds Hill Provincial Park last weekend during the 44th annual Winnipeg Folk Festival.

"We're the third biggest community in Manitoba this weekend, which is pretty cool," said the festival's executive director, Lynne Skromeda.

Though exact attendance numbers had yet to be calculated by Sunday night, organizers believe more than 60,000 folkies took in the weekend festivities and that Saturday's walk-up attendance may have broken records. It was also the first time in more than five years the campground sold out.

Not to mention, the rain stayed away.

"This has been a really fantastic year. I couldn't have ordered the weather better myself," Skromeda said.

But even after 44 years of success, she says Folk Fest still focuses on im-



EXPRESS PHOTOS BY MAGGIE WYSOCKI

Lots of sunshine, bubbles, hula hoops and oodles of musical talent descended on Birds Hill Provincial Park last weekend during the 44th annual Winnipeg Folk Festival.



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proving to give folkies exactly what they want.

"We really like to react to audience feedback and do the best we can to accommodate everyone's needs."

A few changes to this year's fest included composting in the festival area and campground, a partnership with Jardins St. Leon Gardens for a fresh fruit and vegetable stand and additional training for first aid volunteers to deal with opioid overdoses.

"We know of the sensitivity around the opioid crisis and even though it's not really our audience we want to make sure people are feeling safe," said Skromeda.

No naloxone kits had been administered when the *Express* spoke with first aid volunteers on Sunday afternoon.

The festival also made the choice to distance itself from the Canada 150 celebrations.

"For us it's about celebrating music and people and so we wanted to look at the entire breath of Canadian music ... not only the last 150 years," Skromeda said, add-

ing that several Indigenous musicians performed throughout the weekend.

But the fest celebrated the country with the "Canada Far and Wide" daytime workshop, which showcased eight uniquely different artists and was sponsored by Aboriginal Peoples Television Network.

Selkirk resident, Carley Lepine, 24, has been rocking tie dye T-shirts at Folk Fest since she was one and says every year the festival gets better for her.

"It's always changing to accommodate so many artists and they really support local musicians, too, which I love," she said.

Lepine said it's tough to pick a favourite performance, but listening to the daytime workshops was a highlight. She hopes to follow in her father and aunt's footsteps by performing on a festival stage one day too.

The entire weekend showcased music from 78 different performers, including crowd-pleasers City and Colour, Feist, Brandi Carlile and Bare-naked Ladies.

The 45th annual Winnipeg Folk Festival will take place July 5 to 8, 2018.

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The magic and versatility of a spiral herb garden

By John Bruce

Buzz has been growing about a new garden on the grounds of Teulon's Green Acres Art Centre.

"Anybody who's been driving through the park here and has had the opportunity to talk to me about it thinks it's beautiful," said Nicole Dzuba of Teulon Green Acres Art Club.

Urban Eatin' Landscapes constructed a spiral herb garden on the grounds during the DIY Homesteader Festival on June 24.

Herbs make meals more flavorful, used for creating sauces and marinades, infusing oils, or simply sprinkling them freshly julienned over virtually anything. Culinary herbs also have heaps of medicinal benefits, both for preventing and treating chronic conditions like heart disease and dealing with everyday ailments like headaches. They are also amongst the easiest and quickest things to grow, something that can almost instantly end up in the kitchen.

The bed spirals three feet above the ground and is six feet in diameter, which creates plenty of space to grow herbaceous goodness.

Dzuba says Green Acres will eventually offer a course or class to teach people the basics of gardening with the spiral garden.

"It's a great way to learn about different growing habitats and how to accommodate those things for many plants," said Natalie Elizabeth of Ur-

ban Eatin' Landscapes, a small group of gardeners committed to using organic and holistic techniques to build and maintain vegetable, herb and native perennials.

The spiral design is not without purpose. It's most certainly a beautiful shape to find in the garden, but it also has practical reasons. By having the spiral raised in the centre, spiraling down to ground level, lots of microclimates are created. Some spots of the spiral will get more sunlight, others more shade. Some areas will be hold moisture better while the more raised parts offer the chance for better-drained, drier soil. By having all of these differences, the spiral enables us to grow plants with different needs in a smaller space.

Some plants, such as many of the Mediterranean herbs, need dry, sandy soil conditions, while others require a moist, bottomland type of soil. The herb spiral accommodates these needs, as it is designed to have different soil conditions at different parts of the spiral. The top is a warm, dry area that gets plenty of sun. The bottom is cool, shady and moist. The middle is, well, in between the two. Herbs that need drier soil drain easily, and plants that desire moister conditions receive water that flows from above.

"It's really functional for people's home gardens," said Elizabeth. "The

Continued on page 17



EXPRESS PHOTO BY LANA MEIER

This eye-catching herb garden can be home to plants with much different growing needs thanks to its multiple levels.



Whooo's in the tree?

EXPRESS PHOTO BY LENORE OAKFORD

A nest of great-horned owllets have made their home at Doug and Lenore Oakford's cabin on Laurentia Beach. The great horned owl is one of the earliest nesting birds in North America, often laying eggs weeks or even months before other raptorial birds. The great horned owl is among the world's most adaptable owls or even bird species in terms of habitat. They can take up residence in trees that border all manner of deciduous, coniferous and mixed forests of all kinds.

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Steep Rock Community Club pickle ball court grand opening

By Jeff Ward

The Steep Rock Community Club is hosting a community event to debut its new pickleball court and are providing free lessons to teach people the game.

The event takes place on Aug. 5 at the former site of the Steep Rock Curling Rink in town and is free to attend. A pancake breakfast will take place starting at 9 a.m. and an opening ceremony to the day's events — which include live music from Kyle Michaniuk, a barbecue and pickleball lessons — begin at 11 a.m.

Community club treasurer Gord Keith said that he's looking forward to the event and hopes that the game of pickleball will bring visitors and sports enthusiasts to the area. The court is already complete and is being played on, but Keith said that given the amount of hard work by volunteers, the community and club members, it seemed only right to have an event that celebrated their efforts.

"It's actually hard to get a game in because there is someone playing on

it all the time. It's a good problem to have," said Keith.

"The court turned out much better than expected. I think many people didn't really know how it was going to look when it was done, but it looks really professional. The game is a lot of fun and we hope to see people out there all summer."

"IT'S ACTUALLY HARD TO GET A GAME IN BECAUSE THERE IS SOMEONE PLAYING ON IT ALL THE TIME. IT'S A GOOD PROBLEM TO HAVE."

The court itself is very similar to a tennis court, much like the game, only on a smaller scale. Pickleball is like a micro version of tennis. Single players or teams rally a ball back and forth over a net in the middle. Pickleball requires that all serves are underhand, and there is a zone in front of the net, referred to as "the kitchen" that players aren't allowed to go into unless they need to rally a ball. Pickleball is unique in that only the serving team may score a point.

Keith said the court was supplied by Total Sports Solutions out of Ontario and that it took him and his wife five hours to install. Overall, Keith said,



EXPRESS PHOTO BY GORD KEITH

People are already enjoying Steep Rock's new pickleball court, and an upcoming event on Aug. 5 will be focused on teaching people the game.

the area has created great buzz from the community and that the community club's Facebook page has been getting some great feedback on the court.

Keith said that next on the agenda is to continue to refurbishing project on the nearby kids playground structure and eventually do renovations to the church.

"There are ideas of turning it into

a nice wedding destination. A lot of people come out here to get married on the cliffs, so it's something we should think about capitalizing on," said Keith.

Those projects are on the horizon but for now Keith wants to focus on the upcoming celebration of the new court and hopes to see people come out, play a few games and have a good time.

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BASIC and RM of Bifrost-Riverton launch interactive land maps

By Patricia Barrett

The RM of Bifrost-Riverton recently made available an interactive map of the municipality that will help farmers and other landowners understand how water flows across their fields.

The Bifrost Agricultural Sustainability Community Service Cooperative Inc. (BASIC), an organization made up of the municipality's farmers, spearheaded the project as part of its mandate to prevent the loss of cropland following decades of chronic flooding.

The map is based on LiDAR data and available on the RM's website. It has a number of filters that can be clicked on or off depending on what people want to see. The filters include contour lines (representing elevation changes), elevation measurements, soil classification, municipal ditches, culverts and major drainage routes.

"Guys have a big swamp in the middle of their field, and they'll dig [a drain] to the ditch," said Kyle Stadnek, BASIC's project manager. "It doesn't drain if it's [the swamp] half a metre lower than the ditch. But they never knew that before."

With the map, landowners can now pinpoint with precision land elevation changes and how water flows across their land, and use the information to determine the best way to carry out a possible drainage project.

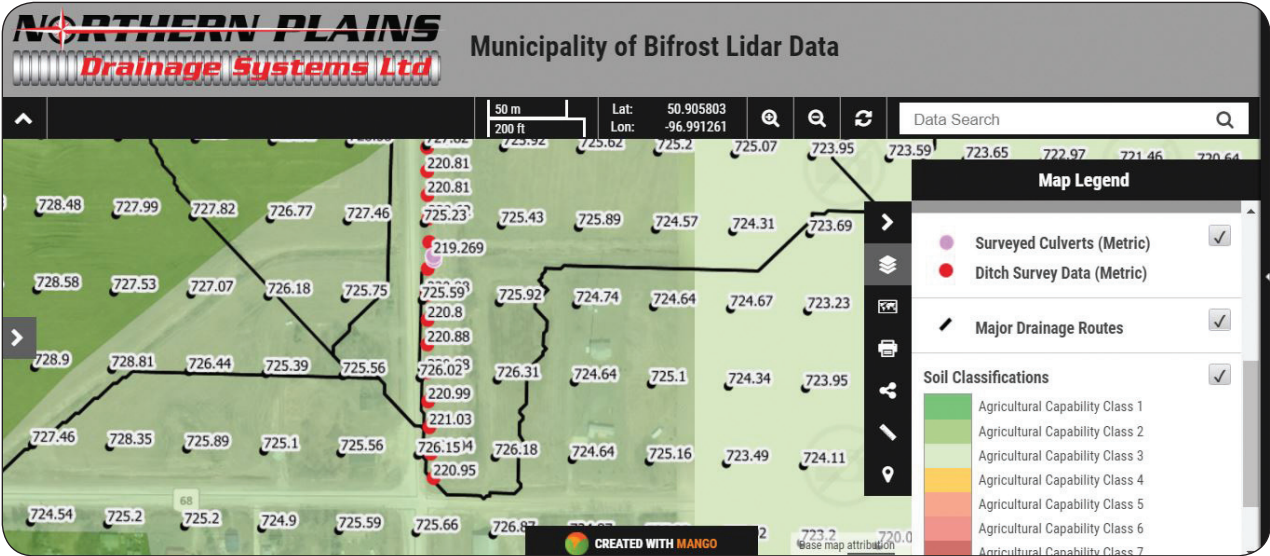
The map include a menu (on the right-hand side of the screen) that lists all of the available filters.

Landowners can either move the map (with a mouse or with a finger) to find their section or quarter section, or they can enter a legal land description (e.g., NE-14-24) into a search box. From there, they can layer or un-layer the map with the available filters.

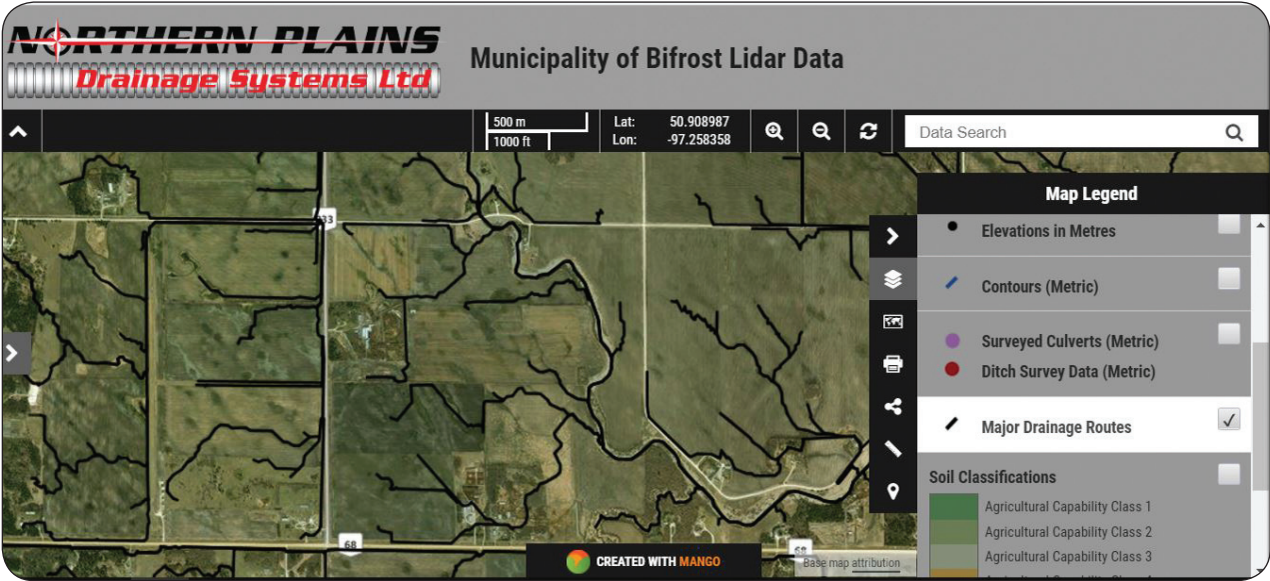
Stadnek said the most useful aspect of the map is the major drainage routes filter. To view them, uncheck all the boxes on the right-hand menu but leave the elevation, surveyed culverts/ditch survey and major drainage routes clicked.

The black lines that appear on the map represent the natural flow of water across the land. Zooming in will show the corresponding elevation and culverts/ditches.

"It's pretty useful in the sense that if you zoom in on a section, you can see where the black lines are in relation to the elevation points," said Stadnek.



ILLUSTRATIONS COURTESY OF RM OF BIFROST-RIVERTON
By selecting filters, landowners can see how water flows (black lines) across their land, soil classification, culverts and elevation data.



The black lines, shown here at Highway 68 and PR 233, show how water naturally moves across the land.

"If you follow the black lines, they run through the lowest elevation points and then to the edge of a ditch."

Having precise data at hand takes the guess work out of digging drains. Farmers or other land own-

ers can pre-determine how water would flow if they dug a ditch in a particular area.

"Say you're on your section and you have a low

Continued on page 16

Interlake – Peguis-Fisher River Convocation ~ CONGRATULATIONS to all Graduates

Administrative Assistant (Certificate) Kornelson, Michelle	Human Resource Management (Certificate) Antochiw, Paige Davis, Carmen	Guimond, Susan Moffatt, Ferrah Spakowski, Amanda* Zarcharkiw, Kendra*
Bookkeeping & Small Business Office (Certificate) Harris, Laura Shymko, Adria*	Simpson, Elaine Sinclair, Jenna	
Business, Accounting & Management (Certificate) Butland, Carly* Castel, Melvina Chartrand, Dayna*	Davis, Catherine* Fennessy, Danielle Leininger, Nicole*	Oughton, Travis* Sinclair, Kacie
Business & Administrative Studies (Certificate) Spakowski, Amanda*		
Management Development (Certificate) Heinrichs, Geraldine Kohoko, Sharol*	Monkman, Geraldine Murdock, Hillary	Spakowski, Amanda* Wallbridge, Delores
McCorrister, Heather McPherson, Leah	Neault, Jeremy* Sinclair, Phyllis*	
Computer Applications for Business (Diploma) Sinclair, Julie		
Educational Assistant (Certificate) Beck, Tanya* Conway, Caroline* Figler, Ashley* Gislason, Rensie* Groening, Alexis*	Hart, Kristina* Johnson, Jaime* Ledoux, Marleen* McMullen, Chelsea* Pammer, Nickie*	Penner-Cyr, D. Gail* Porteous, Teale* Rayner, Steven* Wasnie, Hailie* Zahariuk, Tammy*
Health Care Aide (Certificate) Abraham, Tamara Bittle, Denisha Brown, Cynthia Bruyere, Lorissa Bruyere, Pamela Bunk, Maria Clarke, Keri Corrigal, Karlie Davies, Amber Dorie, Harold Driedger, Jade Dueck, Kelly Dufort, Hilary	Fisette, Pamela Giesbrecht, Molly Godri, Sarah Gulle, Brandy Hall, Alexa Herron, Kim Henry, Paige Houlden, Chelsey Joye, Amber Kishka, Vanessa Letander, Jamie McLaughlin, Melanie Mitchell, Oriole	Morrisseau, Cindy Ncube, Siqondile Pocuik, Scott Richard, Gitchi-Noodin Schmeichel, Kelly Steen, Erin Thomas, Katherine Turkewich, Brittany Van Engel-McKenzie, Justine Walsh, Courtney Webb, Rebecca
Health Unit Clerk (Certificate) Abraham, Tamara Brown, Cynthia	Bunn, Rosemary Fisette, Pamela	Letander, Jamie Morrisseau, Cindy
Child and Youth Care (Diploma) Becker, Carly* Irving, Taylor*	Luro, Olabisi Stoyka, Lindsay	* Honours

RRC Child and Youth Care Graduate Olabisi Luro with her very proud family.

RED RIVER COLLEGE
OF APPLIED ARTS, SCIENCE AND TECHNOLOGY

TD Summer Reading Club begins at Pauline Johnson Library

By Jeff Ward

The TD Summer Reading Club is now active once again in Lundar at the Pauline Johnson Library and its organizers are inviting all young kids to take part.

The club is an annual program held at the library and is one that is hosted at 2,000 libraries across Canada. The hope is that regular reading and fun activities will foster a love of reading and writing in young kids.

Program co-ordinator Emily Sigfusson will be organizing dozens of activities for kids to take part in over the summer months. The club runs from now until the end of August and will take place every Tuesday and Thursday at the Pauline Johnson Library at 23 Main St. in Lundar.

Sigfusson said that she is currently researching new activities for kids to do but will also be reading to them and allowing those who attend the freedom to read what they want as well.

"We want to encourage more reading and for

young kids to come to the library," said Sigfusson who started her summer job at the library on July 4.

"The other day, we did some string art and a science experiment with baking soda and a balloon. Then I sat down and read them a few books and we took turns reading the rest of the day."

There is no cost to sign up, and Sigfusson explained that the age range is between 4 and 12 years old, although they wouldn't turn people away if they were older or younger. The main point is to encourage young children to read and to enjoy it. For their first session on July 6, there were only four kids in attendance but Sigfusson expects those numbers to rise once more people know about the club.

Those interested in attending are asked to call the Pauline Johnson Library at 204-762-5367 to register, which can also be done in person at the library.

"We want people to come here and read books. We want to keep the library going, and I think this is a great way to encourage more readers," she said.



EXPRESS PHOTO SUBMITTED BY LAURIE ARNASON

Twice a week, the TD Summer Reading Club will be hosted at the Pauline Johnson Library at no cost to participants. Back row: Kate Granberg, Emily Sigfusson, Emily McAulay, Abigail Chen and Nicole Wright; front row: Breanna Rae and John Kirby.



Jeff Wharton at the commemorative plaque provided with funding from the province.

> RIVERTON'S REUNION DAYS, FROM PG. 11

were similar to that other Icelandic settlers experienced when they arrived in the area, Wharton said, but in her case there is a "remarkable twist in that she was quite likely the granddaughter of King Frederick the VI of Denmark, a fascinating detail that adds an element of romance to her life."

Wharton said he was proud to see community members restoring her grave, which is located at Arskogur, north of Riverton.

"Canada Day is an excellent time to remember the stories of the people who have lived here, who have come here and who make up Canada, the Canada we know today," he said.

Whether of Bjornsdottir was actually a descendant of the Danish King will likely remain a mystery, said guest speaker Joel Fridfinnson of the Ice-

landic River Heritage Sites Inc., an organization that helps keeps alive the history of the area.

An Icelandic woman who worked in the royal household, reputedly the king's mistress, gave birth to a child, who was not formally recognized as a rightful heir to the throne.

"This may never be definitively proven, but remains compelling, nonetheless," said Fridfinnson. "What I believe that we as Canadians, and Icelandic Canadians, need to celebrate on this day is the spirit of perseverance so exemplified by the life of Fridrika Bjornsdottir."

Although the organization is not involved in the grave restoration project, Fridfinnson said it is an example of projects it deems of "tremendous importance."

Thordur Gudjonsson, consul gener-

al of Iceland in Winnipeg, paid tribute to the restoration team.

"Projects like this are important because they strengthen the bonds that bind us together so we may continue to celebrate our common heritage and enrich all of us," said Gudjonsson. "My compliments to the Fridrika Bjornsdottir memorial restoration project team for their dedication to foster and tell this remarkable history."

Bifrost-Riverton Reeve Harold Foster and guest speakers cut a ribbon to launch the unveiling of the plaque.

"They lived through many hardships so we could have the opportunities that we have today," said Foster. "I think it's very fitting that we have this dedication on Canada's 150th birthday."

> LAND MAPS, FROM PG. 15

hole that you want to drain. If you see it at 228 and the nearest ditch survey point is at 227.5, you know there's a half-metre drop between your low hole and the ditch, and you know you can drain that low hole," said Stadnek. "But if it's [the hole] at 227 and the ditch elevation is 228, then ... it doesn't matter if you dig a ditch there because it's not going to drain."

People can also download a file containing LiDAR data for their particular section.

The soil classifications filter shows the variety of soils across the municipality, their corresponding use and

potential difficulties with drainage.

A Manitoba company called Northern Plains Drainage Systems, which specializes in elevation surveys, surface and tile drainage design, created the interactive map, which is based on data gathered from years of LiDAR surveys that the RM helped fund.

"LiDAR is like radar when they catch you speeding," said RM of Bifrost-Riverton Reeve Harold Foster. "It shoots a beam and when it hits something, it stops and gives a measurement. They do that from an airplane and that gives them the elevations. It's pretty sophisticated stuff."

The measurements are supposed to be within four centimetres of accuracy, he said.

The maps are also useful for landowners who want to create areas of wetlands from land that is difficult to farm.

"Instead of finding areas to drain the water off faster, it would be finding areas to do conservation-type projects," said East Interlake Conservation District manager Armand Bélanger.

"We've analyzed the LiDAR data set in that area," he said, "and we created zones where we want to create conservation projects, which help mitigate erosion, prevent phosphorus from running into the water and pro-

mote beneficial habitats."

The EICD helped survey the RM's culverts and turned that data over to consultant KGS Group, which is expected to release a report on excessive moisture in the RM along with recommendations.

To access the map, visit the RM of Bifrost-Riverton's website and click on the LiDAR data link or paste the following link into your browser: <https://mangomap.com/gis4ag/maps/b349cb94-25ee-11e7-926f-06c182e4d011/rm-of-bifrost-lidar-data>.

Cancer care services upgraded at Selkirk's new hospital

By Maggie Wysocki

Since the Selkirk Regional Health Centre officially opened on June 25, thousands of Interlake patients have walked through the region's new hospital.

One of the changes many patients say they're happy about is the bigger and more efficient CancerCare Program services.

"People don't realize what services are available to them until they're diagnosed with cancer so patients have been really pleased when they see what we have," said Interlake-Eastern Regional Health Authority spokeswoman Lauralou Cicierski.

The new space on the hospital's second floor has a larger square-footage area for treatments, more windows for natural light and additional treatment rooms. The upgrade also includes two new dialysis chairs, allowing a total of seven patients to receive chemotherapy at a time.

"The staff are really enjoying the bigger space. They have more privacy. They're not tripping over one another. The mood is definitely happy," said



EXPRESS PHOTO BY MAGGIE WYSOCKI
Registered nurse Debbie Boyko preps an IV for the next patient at Selkirk Regional Health Centre's new and upgraded CancerCare Program facilities.

Audra Nesbitt-Hume, the clinical team manager for Selkirk oncology, dialysis and outpatient unit.

The new space currently treats 125 patients but Nesbitt-Hume says CancerCare Manitoba is aware they can accommodate even more.

Additional staff have also been hired, which will allow the hospital to increase their patient intake, she says.

Allowing people who live in the Interlake to stay close to home while receiving treatment is necessary to the recovery process, she said, adding that local or area residents diagnosed with cancer can contact CancerCare Manitoba to be referred to the Selkirk Regional Health Centre.

A new Cancer Navigation Services office is also fairly new to Selkirk, opening its doors last spring. The resource gives patience and their families emotional support and the practical education needed regarding treatment.

If you or someone you know is diagnosed or think they might have cancer, contact the Cancer Navigation Services at 1-855-557-2273.

Pauline Johnson Library given fresh coat of paint

By Jeff Ward

A badly needed interior paint job for the Pauline Johnson Library in Lundar is finally complete following a generous grant donation from the Coldwell Lundar Community Foundation (CLCF).

Earlier this year, the CLCF announced its annual granting and named the Pauline Johnson Library as one of its beneficiaries. The library gained a \$4,000 grant to give the interior paint an upgrade, something that head librarian Laurie Arnason said

hadn't been done in over 20 years. The painting was done by Suzi Joyal and began on June 14 and was completed on June 24. The ceilings are white with mostly grey walls and some darker accent walls.

Arnason said that while the board didn't go for an wacky colours, the fresh paint does brighten up the place and is a noticeable improvement. The time to complete the job was much faster than she anticipated, and she said Joyal worked hard to get the project done with minimal impact to library ser-

vices.

"I was thinking it might take a month before she started but it took her just 10 days," said Arnason.

"We moved all of the shelves away from walls and did have piles of books on the floor. She needed a good four feet to work and it really didn't impact our day-to-day operations much."

Arnason said that the board is considering other renovation projects in the future but is looking at next year to tackle those.

> SPIRAL HERB GARDEN, FROM PG. 13

empowerment and accessibility of growing something you can add to your food ... is really huge."

Having a herb garden near your kitchen can have a lot of benefits.

"It's a way to take the basic things you're eating to another level and have this deeper connection to it," Elizabeth said.

Elizabeth also says gardening encourages little picky eaters to try something different.

"I've seen it happen for years," Elizabeth said. "Kids who have very little motivation to try something new are much more willing when they're young and in the garden."

"Gotta start 'em young," she said.

She recommends herbs like dill, coriander and calendula if you want to grow from seed, and parsley, thyme, sage or oregano if you have time to start growing in the winter.

She also said herbs are one of the easiest and most forgiving things to grow — especially mint.

"Most people know of someone with an epic mint patch, and that is the most forgiving plant ever," Elizabeth says. "Put it at the base of the spiral because it has the tendency to take over."

Basil enjoys full sun and moist soil, chives like the sun but can withstand a little shade, coriander/cilantro digs the morning sun then cooling down in the afternoon and wants for well-drained, rich soil, oregano likes things on the drier, sunnier side of life, parsley prefers things a bit cool, so might do well on the shadier side of the spiral. Trailing plants such as strawberries also do well in a spiral garden.

Another tip Elizabeth recommends for the spiral is mulching: putting straw or hardwood mulch around your herbs to help with water retention, weed prevention, and root protection.

You can construct a spiral garden of your own using reclaimed material, like rubble and old bricks or stones. Build a cone-shaped mound, dry-stack bricks in a spiral to the top, fill it with soil, and grow away. For more information, visit Urban Eatin' Landscapes at www.urbaneatin.com.

Chase the Ace pot at \$90,295 and still growing

Submitted

If you play your cards right, you could be going home with a large sum of money on July 15 as the winner of the Riverton & District Friendship Centre cumulative Chase the Ace contest.

And with only three cards left, excitement is mounting among the players. Last week, the take-home cash prize grew substantially to \$90,295.

And if you think you want to try your luck, then you better get your tickets early.

Admittance is by wristband and the Riverton Motor Inn doors open at 10 a.m.

People need to arrive early to secure a spot at the Riverton Motor Inn. Tickets are on sale from 5 until 9 p.m.

The Chase The Ace draw will take place at 9:15 p.m. and

will be streamed on Facebook live.

There will be new seating in the beer gardens and patio accommodating an additional 205.

Once the Riverton Motor Inn has reached capacity, people will be directed to the Riverton Fellowship Circle.

If the ace of spades is not picked, the pot continues to accumulate for the next week's draw. Every week, the pot accumulates by adding 50 per cent of the evening's sales to the cumulative total.

There is a consolation prize if the ace of spades does not get picked, so if you do have the lucky tickets, you at least go home with something: five per cent of that evening's sales (lottery licence #584).

For more information, contact Tanis at the Riverton & District Friendship Centre at 204-378-2800.

Tracie Leost speaks at We Day in Ottawa

By Jeff Ward

At only 18 years old, Tracie Leost is a powerhouse of passion, and she recently used that energy to continue her journey of inspiring indigenous youth while speaking at We Day on Parliament Hill.

We Day organizers approached Leost a month ago following her successful speech during Manitoba's We Day this past November. Leost was invited to speak following Canada 150 celebrations in Ottawa for We Day, an annual youth empowerment concert that takes place all over the world.

She said she jumped at the chance to take a trip out there for an experience unlike anything before. Leost's message was one of Indigenous pride while also calling attention to the need for more action facing First Nations communities all over Canada.

Leost gained national attention in August 2015 when she ran 115 kilometres from Oak Point to the Missing and Murdered Indigenous Women (MMIW) monument at the Forks to raise awareness for the cause. Leost is Métis and deeply proud of her cultural background and celebrates that love without fear.

"I know that there are people who feel almost ashamed of their culture and that's just not right," said Leost, remembering her own experience as a child.

"I remember an Inuit girl in Grade 1 who was made fun of because of the traditional dress she wore. And I remember going on field trips and hav-

ing students ask me if the homeless person downtown was my relative because we had the same skin colour."

Leost understands that it would be easy to get down on one's own heritage if they were being subjected to that kind of talk over and over. But for her, it only emboldened her spirit to be more proud and work to change people's prejudice. Leost spent much of her Grade 11 school year researching Ramona Wilson for a project on MMIW. Wilson was one of the victims of notorious serial killer Robert Pickton. The research led Leost down a path that opened her eyes to a problem that has reached a crisis level in her opinion.

It was after that project that Leost formed the idea for her run where she raised more than \$6,000 for the Families First Foundation, which helps families of missing and murdered Indigenous women.

Her We Day speech used that experience and others to help connect with youth in the audience.

"I wanted to tell them that I've been an audience member for this event before. So if I can be where you're sitting and now be the one talking to you, anyone can do it. I want them to be proud and not afraid to show their culture. I want them to say to themselves, 'Oh God, she's like me and look where she is,'" said Leost.

According to Stats Canada, five per cent of the population of Canada is Aboriginal but they made up nearly one quarter, or 21 per cent, of all ho-



EXPRESS PHOTO SUBMITTED

Tracie Leost spoke to We Day attendees on Parliament Hill in Ottawa July 2 and said she hopes to empower and inspire Indigenous youth to be proud of their culture. Leost is seen here with NHL hockey player P.K. Subban.

micide victims in 2014. Leost said that she is hyper aware of the statistic and that by simply being an Aboriginal woman she is at higher risk of violence. That fact, however sobering, hasn't deterred her.

"I've always thought if I become a statistic in this national crisis, then the route I ran will be what I'm remembered for. My journey is being shared around the world and I'm going to keep going," said Leost.

Getting down and dirty in Winnipeg Beach



EXPRESS PHOTOS BY ROBERT E. WILSON

The engines roared while dust and mud flew in Winnipeg Beach last weekend at the third annual Interlake Mud Bog. Organizers estimate that over 500 spectators attended the event. Super stock, pro stock, pro mod, modified, open and powderfuff categories ran in both sand and mud in the Manitoba Mudracers sanctioned event. Far left photo, over 400 fans took a ride in Ryan Douglas' monster truck from Saskatchewan. Middle photo, Denis Ducharme is behind the wheel in Gator Done from Gimli. Far right photo, Howie Sanderson rips his Fargo through the mud.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Jays provincial bound



EXPRESS PHOTO BY JO-ANNE PROCTER

Jamie Johnson of the Grosse Isle Jays Midget 'AA' team throws some heat in exhibition play against Blumenort last Sunday. The Jays are headed to the provincials in Brandon this weekend.

Impact climbing MMSL standings

Staff

The Interlake Impact continues to climb the MMSL's 5th Division standings.

Interlake's latest victory was a hard-fought 2-1 triumph over Red Devils United last Friday in north Winnipeg.

Benny Wiens and Eric Plett scored for the Interlake. Ceyhan Unal replied for Red Devils United.

With the win, the Impact improved their record to 6-2-1 and now have 19 points to occupy sole possession of second place.

Interlake is five points behind first-place Carmania SC (8-1) and just three points ahead of North Winnipeg United (5-3-1) and Elmwood FC (5-2-1) heading into this week's games.

The Impact will play North Winnipeg this Friday (9 p.m.) at Shaughnessy Park. Interlake will then battle the Tri-S Strike Force in Selkirk on July 22 before taking on Elmwood FC July 28.

Interlake will then close out this month with a game against Matix FC on July 30.

Interlake golfers compete at women's amateur

Staff

The University of Manitoba Bisons' Marissa Naylor won the 2017 Manitoba Women's Amateur Championship at the Bel Acres Golf & Country Club July 5 in Winnipeg.

Naylor won the championship on the third playoff hole over Charmaine MacKid. Both players finished the 54-hole event tied at 14-over 233.

Bri-ann Tokariwski finished tied for third with Jill Hardy-Gingras, one stroke back of Naylor and MacKid.

Rounding out the top five was

Thunder Bay's Alexandra Demko (77-83-77).

Team Interlake players were part of the 28-player field.

Mikyla Albert tied for 20th after rounds of 96, 98 and 88 for a 63-over 282. She was the runner-up in the third flight to Southwood's Trish Jordan.

Lexie Kopp was 22nd overall after a 284 (98-95-91) while Dayna Dubnicoff finished 27th after rounds of 103, 99 and 99.

Kopp will be joining the Bison women's golf program next season.

Blue Jays battling down the stretch

Staff

The Interlake Blue Jays had a very busy stretch with seven games in just eight days last week.

Interlake won two of those games but lost five, including a double-header sweep at the hands of the St. James A's last Sunday.

The A's won those two games by scores of 8-1 and 11-7. The box scores for those two games were not listed on the league website at press time.

On Friday, Stonewall split with the Brandon Marlin's. Brandon won the first game 9-2, which was a continuation of a matchup that was called due to poor weather after four innings on June 2.

The Blue Jays then exacted some revenge with a 4-3 victory in the

nightcap, scoring a pair of runs in both the fourth and fifth innings.

Emerson Klimpke earned the win, scattering just three hits while issuing five walks in seven innings. He also struck out five.

Interlake started the week with a 15-4 loss to the Pembina Valley Orioles and then downed Altona 4-1 the next night.

The Blue Jays then lost 16-3 to the Carillon Sultans on Wednesday evening.

Interlake, now 7-14 and in seventh place in the eight-team league, visited the Elmwood Giants last night and will play the Bisons in Altona tonight.

Interlake will then host first-place St. James Friday at Fines Field. First pitch is 7:30 p.m.

Collings ties for fifth at men's mid-amateur championship

Staff

Winnipeg's Todd Fanning defeated Mike Tibbs in an extra playoff hole at the Men's Mid-Amateur Championship July 5 at the Bel Acres Golf & Country Club.

Both players finished the 54-hole

event tied at 3-over 219.

Matlock's Garth Collings finished the event tied for fifth with Winnipeg's Jay Doyle. Collings, who fired rounds of 74, 75, and 76 for a 225 total, also tied for third in the master's division (40-plus).

Selkirk's Ben Bandura and Gimli's Curtis Markusson tied for 12th along with Ryan Terdik of Mt. Pleasant, Ont. The trio finished at 15-over 231.

Bandura placed sixth in the master's division.

St. Andrews' Tom Humniski placed

28th overall after rounds of 83, 77 and 82 while West St. Paul's Ben Fey tied for 40th (80-87-83).

Blair Neal, also from West St. Paul, placed 44th after carding rounds of 80, 84 and 89.

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GARAGE SALES

SILVER HARBOUR - MULTIPLE GARAGE SALES. Saturday, July 15 from 9 a.m. - 2 p.m. at Arnes turn east off hwy 222 follow Colonization Road to Silver Harbour. Signs posted. See www.silverharbour.ca for more info.

HELP WANTED

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HELP WANTED

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HEALTH

Are you suffering from joint or arthritic pain? If so, you owe it to yourself to try elk velvet antler capsules. Stonewall Elk Products Ltd., 204-467-8428 or e-mail stonewall@hotmail.com

Canada Benefit Group - Attention Manitoba residents: do you or someone you know suffer from a disability? Get up to \$40,000 from the Canadian Government. Toll-free 1-888-511-2250 or <http://start.canada.benefit.ca/manitoba>

PERSONAL

Male looking for female companion in their 50's or 60's for friendship, interested in rural life, wishing to share common interests including travel. Ph. 204-242-2219.

UPCOMING EVENTS

Experience Folklorama 48! From August 6-19, 2017 visit 41 pavilions and experience the largest and longest running multicultural festival in the world! folklorama.ca 1-800-665-0234.

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> GAMES

SUDOKU

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

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!

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

Sudoku Answer

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

Crossword Answer



CROSSWORD

CLUES ACROSS

1. Type of ion
5. ___ N' Bake
10. At all times
14. ___ Triad: fictional cult
15. Spiked revolving disk
16. Swiss river
17. Bleat
18. Finnish lake
19. Spanish cubist Juan
20. Consumer
22. No seats available
23. Arrive
24. Upstate NY city
27. Team's best pitcher
30. Follows sigma
31. Consume
32. Congressman
35. Spider's territory
37. Conclusion
38. Female parent
39. Instruments
40. ___-bo: exercise
41. Jewish spiritual leader
42. Oil cartel
43. In support of
44. More creepy
45. Color of blood
46. '___ death do us part
47. Radio finder (abbr.)
48. Promotions
49. Songs
52. Tony winner Daisy
55. Not just "play"
56. Affected with rabies
60. Formal group of like-minded people
61. Hold valuables
63. Male admirer
64. Actress Lucy
65. Prevents the fermentation of
66. Furniture
67. Long, winding ridge
68. Cover with drops
69. Major European river

CLUES DOWN

1. Greek goddess of youth

1	2	3	4		5	6	7	8	9		10	11	12	13
14					15						16			
17					18						19			
20				21		22				23				
			24		25				26					
27	28	29		30				31				32	33	34
35			36				37				38			
39						40				41				
42					43				44					
45				46				47				48		
			49				50				51			
52	53	54				55				56		57	58	59
60						61				62		63		
64						65					66			
67						68					69			

2. Early kingdom in Syria
3. Fortifying ditch
4. Walk into
5. Island state ___ Lanka
6. Japan's most populous island
7. Mindful of
8. Fuel
9. NY Giants' Manning
10. Very willing
11. Linear unit
12. Guitarist Clapton
13. Semitic letter
21. Habitual repetitions
23. Soak
25. Taxi
26. Small amount
27. A theatrical performer
28. 2-door car
29. ___ and flowed
32. Arabic female name
33. Implant within

34. Groups of two
36. College athletic conference
37. Body part
38. Disfigure
40. Accept
41. Allude to
43. Type of tree
44. Doctor of Education
46. Pearl Jam's first album
47. Flower cluster
49. Heavy cavalry sword
50. Arabian Peninsula desert
51. Marten
52. Type of sound
53. Expression of grief
54. Liberian tribal people
57. Wizards' shooting guard Bradley
58. Metrical foot
59. Mislead knowingly
61. Sino-Soviet block (abbr.)
62. Midway between south and southwest

Classifieds

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Household
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Estate & Moving
Auction
Wed, July 19 @ 4:00 pm
Yard * Recreation *
Tools * Misc * Antiques *
Household *
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MUNICIPALITY OF BIFROST-RIVERTON TENDER Viking Road

The Municipality of Bifrost-Riverton invites tenders for new road construction including clearing, stripping and construction of ditches and the application of gravellock stabilization material. Tender packages are available at the Main Office or through email. Sealed bids marked "Viking Road" and clearly displaying the bidder's name will be received by the undersigned until 1:00 pm on July 27, 2017.

The municipality reserves the right to reject any or all bids, to waive irregularities and informalities therein, and to award the project in the best interest of the municipality in its sole discretion.

Jason Comeau
Public Works Manager
Municipality of Bifrost-Riverton
Box 70, 329 River Rd, Arborg MB R0C 0A0
Ph: 204-376-2391, pwbifrost@mymts.net

BASIC Bifrost Agricultural Sustainability Community Service Cooperative Inc.

ANNUAL MEETING All Bifrost-Riverton Farmers are invited to attend the Annual Meeting to hear about the significant progress made by BASIC in 2016 and plans for 2017:

Date: Monday, July 17, 2017

Time: 7:00 p.m.

Place: Arborg Multicultural Heritage Village Hall

GUEST SPEAKERS:

*"Tile Drainage in Bifrost" Simon Knutson
And *"Excessive Moisture Research"
Nirmal Hari, PhD.

ALSO: Information on 2017 municipal drainage rehabilitation work plans, crop trials, erosion control, Provincial plans for 3rd order drains and more!

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**Don't forget to send your special
wishes to your friends and family.**



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FARM AUCTION SALE FOR THE

Estate of the Late Russell Andrews - Eriksdale, MB
Saturday, July 29, 2017, at 11:00 a.m.

Sale site: From Eriksdale Junction of Hwy #6 & PR#417 West for 8 kms to Road 33W, South for 1.7 kms, West on Lamb Road for .8 km

Tractors & Equipment: J.D. 800 Tractor; 730 Case Tractor; 800 Belarus Tractor; J.D. 100 14ft Deep tiller w/mulchers; Int. 28 run Seed drill; 1860 & 1650 Cockshutt Tractors; 400 Versatile Swather (parts); 8ft Hutchmaster offset disc, notched front blades; J.D. 640 Side delivery rake; Buhler finish mower; Case 7ft Sickle mower; Farmking 6ft Snowblower w/3pt hitch; (2) Pencil augers; 12ft Pencil auger; 6 wheel Rake; Cultivator & harrows; (2) Spreaders; J.D. pto shaft; Pencil Auger w/ 1/2" drill; Bombardier 4 wheeler; Hay trailer; Tractor chains **Antiques:** (2) old Manure spreaders; Old washing machine; BA Grease pail; Coal bucket; McCormick-Deering beam scale; Horse Seeder **Yard & Miscellaneous:** (2) Steel bins (1310 bu); Meat saw (hand); Barrel pumps; 6ft Step ladders (1 alum, 1 wood); snow fence; Leg hold traps; (2) small Wooden barrels; Cooley 22 single shot; Metal Cross-cut Saw; Shovels & rakes; Alum. Grain shovel; Misc 2x4 & 2x6 Lumber; Mastercraft timer; 100ft Multipurpose rope; Dandelion rake; Potato forks; Dog run & house (12'x8' chain link w/gate); Cattle head gate; Fencing jack; Plastic calf sleigh; Gate closer; Rope fence; (3) Portable metal fence posts; **Tools & Shop:** 1 1/2 ton Chain hoist; Lincoln 22 Welder; B&D Workmate; ISL Metal Band saw; McCulloch 12" Chainsaw; BM 4" Vise; 1/2" Drill press; Shopcraft Drill stand; Easy #5 Tap & die set; Platform scale on wheels; 4" Swivel bench vice; Numerous other tools

Lorne (Buddy) Bergner, Auctioneer

Box 721, Ashern, MB ROC 0E0 Ph: (204) 768-2669/ Fax: (204) 768-3237
www.bergnerauction.com Email: bergnauct@mymts.net www.globalauctionguide.com

Sale terms are: Cash/Cheque/Debit/Credit/E-Transfer

Neither the Owner nor Auctioneer is responsible for errors in description or condition. Sale listing is subject to additions or deletions and any comments made the day of the sale with respect to sale items takes precedence over previously reported listing. We are not responsible for accidents. Items are sold "AS IS - WHERE IS"

AUCTION SALE FOR

Ted & Shirley Glucki - Stonewall, MB
Saturday, July 22, 2017, at 9:30 a.m.

Sale site: From PR #236 & Hwy #67 - 5 kms East on Hwy #67. At junction of Hwy #7 & #67, turn North on Hwy #7 for 6 mi. to Road 83. Travel East for 1 mi. (Yard site).

Antiques: 1924 Mach Truck; J.D. "H" Tractor; Rockol B77 Tractor (only 2000 made); Oliver HG Crawler; 1936 & 1938 Diamond T (for parts); Minneapolis "U", ser #561412; 1970 Oliver w/hyd; 1950 Studebaker Champion, bullet nose; Potato scuffer; Horse drawn potato planter; Copper kettle on stand; Horse drawn McCormick Deering potato planter; McCormick Deering #7 mower; Grader on steel; Mack B85 Fire truck 100ft ladder; Fire hydrants head; 1966 C60 Chevy 14ft Box & hoist, steel; 1950 GMC Truck & box (wooden); Wooden Pita press; John Deere stationary engine; BA Sign & stand; 1963 Polaris snow machine w/8hp Kohler engine; 300 Fargo Truck (parts); 300 Fargo bike; Victoria table top Gramophone; Old Victoria records; Barn lantern; 3 gal Cream can; Foster Walker cooler, 6'x5'; Porcelain "Goodyear Tires" sign, 46"x118"; Maytag wringer washer; Gramophone; Platform scale; Cash register; Wooden butter churn; Elec Cream separator; Pedal bike w/wooden rims; Wash stand; Wooden sock dryers; Corn Husker; BA grease pails, Texaco & misc oil pails; Raymond sewing machine; Singer sewing machine; Butterchurn by Buttercup; Grain scoop; 1 gal. metal gas can; Wood planes; Scythes; Trouser press; Ice cream pail; 1 gal & 25 gal Cocks; 1 gal Jug; China cabinet; Depression glass **Tractors & Equipment:** Souema 2150 6ft Tiller; 10ft Dump rake; Approx. 100ft Threshing machine belt; Tractor mags; 7ft 3pth Blade; 7ft Aluminum blade for bucket **Vehicles & Offroad:** 1975 Arctic Cat, VIP (low mi.); 1980 Jaguar (low mi); 1970 Panther w/Wackel engine; Arctic Cat Lynx (parts); Arctic Cat Cheeta 340 (parts); (3) Arctic Cat Panthers (parts); Bumper jack; Receiver hitch carrier; Baja Mini bike; Suzuki bike; Car Hauler; Arctic Cat cutter; (2) Polaris Ski-doo helmets (new) **Yard & Miscellaneous:** #7 Massey Ferguson lawn mower; Hand powered ice auger; Coleman lantern; Shelving units; (3) Folding tables; Simplicity lawnmower; Front tiller; Snow blower w/metal wheels; Push lawn mowers; 300 gal Diesel tank on stand; General gas Post hole auger; Wooden hames; Riding lawnmower; Copper water tank; 3pth Yard sprayer; Horse collars; Front garden tiller (new engine); 6ft Farm King snowblower; Misc Golf clubs & carts; Battery operated Gator; Railroad ties; Stainless steel (Steak) BBQ; Whole pork BBQ; Concrete lawn ornaments-Deer & foe, Cow & calf, German Shepherd dog; Camping supplies **Tools & Shop:** Small Mig welder; Large & small scales; Metal shelving; Chain hoist; Gas floor sweeper; Metal 3'x12' shipping container; 12'x20' Steel containers; 5 pcs 12ft I Beam; 4'x8' 3/8" steel sheets; Roll shrink wrap; JJ Taylor Steel safe; **Some Household:** including Thomas pump organ; Small elec. Stove; Ducks Unlimited pictures

Auctioneer's note: Most engines were running when put away. We will do our best to have them running sale day. Ted & Shirley have collected for years. Something for everyone!

For more info call: Ted or Shirley at (204) 461-2038 or (204) 467-2596

Many more items not listed - Watch Global Auction Guide for pics and full listing
Possibility of 2 rings going during the sale

Lorne (Buddy) Bergner, Auctioneer

Box 721, Ashern, MB ROC 0E0 Ph: (204) 768-2669/ Fax: (204) 768-3237
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FOR WAYNE & GEORGE SOKAL
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 Oak Bank, MB 2 Miles North on 206 Then
 West Garven Road 1/4 Mile #26084
Always More Than Listed! Contact: (204) 291-5666
 Tractors, Skid Steer & Equip MF20 Gas Cab 3PH 5625 Hrs
 * Thomas 1700 Gas Skid Steer * JD Potato Digger * 3PH
 6.5' Cult * Ford 3PH 7' Rotary Mower * Farm King 3PH 7'
 Snow Blower * Vehicles & Trailer 2/79 Corvettes L-82
 * 03 GMC 1500 Ext Cab * BH Snowmobile Trailer * Yard
 Push Mowers * Snapper R Mower * 8 HP Snow Blower
 * Garden Seeder * Roto Tiller * Schwinn Pedal Bike *
 Tools Air Comp * Shop Engine Lift * Ridgid Threader *
 225 Welder * Makita Mitre Saw * B & D Valve Grinder *
 Drill Press * Power Tools * Shop Supply * Various Tools
 * Folding Roller Conveyor * Building Jack * Elec Motors
 * 100 Watt Solar Panels * Antiques Motocraft Cabinet *
 Cast Implement Seats * Horse Sickle Mower * Warehouse
 Scales * Walnut Buffet * Painted Cabinet * Snow Shoes
 * Broad Axes * Lantern * Antique Furniture * Tractor
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AUCTION SALE
THE ESTATE OF JULIE SITAR
Sat July 22nd @ 10:00 am
 Elma, MB
 West 3 Miles on Hwy 15 Then South 1/2 Mile on
 Stoney Hill Rd Then 1/8 East On Old 15
 Contact # (204) 348-2902 or (204) 222-6263
 Tractors 15 Kiott Rx 7320 Cab MFWA Shift 3 PH 540 PTO
 Dual Hyd. w SL FEL New Tractor 25 Hours * Int 4386 4 WD
 Dual Hyd 6000 Hrs * Case 2470 4WD Dual Hyd 7400 Hrs *
 Case 1070 Cab P Shift Dual Hyd 540 PTO w FEL 6595 Hrs
 * Case 400 w FEL * Case DC4 * Log Grapple Attach. * JD
 60 w Hyd * Trucks & Trailers 73 Ford 700 w 14' B & H *
 75 GMC 5000 12' B & H * 70 GMC 5500 w 10' Gravel B &
 H * BH 8' Flat Deck Trailer * Utility Trailer * 100 Gal Water
 Trailer * Equip JD 6600 Combine * 2) Case 960 Combine
 * AC 3604 25' Tandem Disc * Fertilizer Spreader * Case
 500 Grain Cart * Schultz Hyd Stone Picker * 3 Yard Hyd.
 Scraper * 12' W x 3' H Steel Packer * JD 3PH 11' Cult * Int
 5B Plow * Case 16' Cult * Case 14' Deep Tiller * Int 45, 24'
 Vibra Cult * Int 80 3PH 7' Snow Blower * NH 849 Rd Baler
 * 34' Hay Trailer * FEL Stooker Forks * Seed Broadcasters
 * Saw Mandrel * Farm Wagon * JD 100 14' Deep Tiller *
 Tools & Misc Air Comp * 225 Welder * Acetylene Torches
 * Anvil * Tire Changer * Battery Booster Charger * Table
 Saw * Band Saw * Drill Press * Tool Cabinet * Power
 Tools * Air Tools * Cordless Tools * Hand Tools * Welding
 Accessories * Shop Supplies * Misc Honda GX200 3100
 lb Pressure Washer * Honda EM6500 Generator * Multi
 Ladders * Truck Tool Box * Tow Bar Hitch * Auto Parts *
 Lumber * Home Repair * Farm Misc * New 1500 Winch
 * Yard & Recreation Merry Tillers * 5 HP Roto Tiller
 Attach * 42" Lawn Sweep * Stihl Chain Saw * Stihl Gas
 Weed Eater * Balloon Tired Bicycle * Antiques JD Plows
 * 8' Double Disc * Seed Cleaner * Platform Scale * Fire
 Hydrant * Enarco Oil Can * Water Cooler * Tools * Farms
 Items * Trunk * Pedal Bikes * Child's Sleigh * Crocks *
 Some Household
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McSherry Auction Service Ltd
AUCTION SALE
BIG AL'S SHARP SHOP
Sunday July 16th @ 10:00 am
 Eriksdale, MB
 Jct Hwy 68 & Railway Ave.
 1/2 Block East on 68
 Yard Items * Tools *
 Antiques * Household *
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McSherry Auction Service Ltd
AUCTION SALE
HAROLD & BARB RATHGABER
Tuesday July 18th @ 4:00 PM
 Clandeboye, MB
 72 Medicine Creek Road
 Contact # (204) 738-2969
 2) Chev Cobalt 1) 09 1) 06 *
 Utility Trailer * Al 14' Boat w
 9.9 HP * Recreation * 10 Guns
 * Yard Items * Tools * Acreage
 Misc * Household *
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AUCTION REMINDER
LARGE FARM AUCTION
FOR LORAIN & GREG HEINRICHS
SAT., JULY 15 • 10 AM
ALTONA, MB
AT THE FARM, 4 MILES NORTH OF ALTONA ON
HWY 30, THEN 3.5 MILES EAST ON ROAD 11.



Very nice well kept machinery, with some neighbour consignments. Owner Greg Heinrichs 204 324 7037.

See our **www.billklassen.com**
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OF THE LATE JAKE DYCK

SAT., JULY 22 • 10 AM
7 MILES SOUTH OF WINKLER ON HWY 32 AND 1/4
MILE WEST ON ROAD 5 NORTH IN HOCHFELD VILLAGE
 Stationary engines Lister Ruston Hornsby, IHC, Fairbanks,
 Kohler, approx. 6 John Deeres etc. 16/40 Metal cutting
 lathe, Large milling machine, Shop Press etc. 2014 Kubota
 L3400 TRACTOR 144 HRS, Bad boy ZT 48 "mower



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OBITUARY

Carl Zabudney

December 8, 1924 – July 5, 2017

Carl passed away peacefully on Wednesday, July 5, 2017 at the Betel Home in Gimli, MB., with his family and friends around him.

Carl was born in Foley, MB. He was predeceased by his first wife Emily in 1992; his second wife Laura in 2003; brothers, John, Joe, Steve and his sister Mary.

Left surviving is his sister Esther Cherniak, numerous nieces and nephews and great niece Tricia of Houston, Texas. Also his close friends, Angelina and Lyle Johnson and many others from the church congregation whose friendship he treasured.

Carl was a hard worker, he worked in the mines in Ontario at the age of 16. When he married Emily, they bought a farm in Sandy Hook where they farmed and Carl did some carpentry work. In 1991, they sold the farm and moved to Winnipeg Beach. He was

always ready to help anyone who needed it.

He was an active member of the Winnipeg Beach Jehovah's Witnesses congregation.

Funeral services were held on Monday, July 10, 2017 at 2:00 p.m. in the Kingdom Hall in Winnipeg Beach, #85 Highway # 9, with Perry Woloski officiating. A viewing was held one half hour prior to the service. Interment will follow in the St. William's Cemetery.

Many thanks to all who visited him and a huge thank you to the caring staff at the Betel Home who took such wonderful care of him.

In lieu of flowers, donation may be made to CancerCare or the Betel Home Foundation.

Rest in Peace, dear brother, uncle and friend.

Condolences may be left at www.gilbartfuneralhome.com

Gilbart Funeral Home, Gimli in care of arrangements.



OBITUARY

Mary Farrell

May 12, 1919 - July 1, 2017

Mary was born May 12, 1919 to Julius and Kathleen Walkin in Fraserwood, Manitoba a farming community.

Mary started off her life as a farm girl who later worked in various restaurants in Manitoba cooking.

She later moved to Toronto where she did the same thing until the war. She then worked at a war plant (Dominion Bridge) where she made 25 pounder shell casings.

After the War Mary was working at a bus terminal where she met Howard a WW II veteran, the two fell in love and were married October 19, 1946. Together they bought a house and raised a family. Mary kept working to pay the mortgage and was also involved with the Parent Teacher Association at Runnymede School.

Later in 1973 when Howard decided to semi retire the two packed up the family and moved to Gimli, Manitoba close to where Mary was born. Mary continued to work, she loved to keep busy. She also worked as a Homecare worker.

Mary enjoyed cooking and baking, she loved to see people eat. She was a kind, caring, genuine, optimistic, loving people person who always had other people's best interest in mind. Those who ever had the pleasure of meeting Mary would know.

I would like to extend a heartfelt thank you to the staff at the Betel Home Foundation and the Johnson Memorial Hospital in Gimli. Also, the Acton family, the Nelson family, Emma, Elsie (sister), Pauline, Rose, Val, Nellie and all the other friends of mom's who I have never met and for those who I have forgotten to mention, sorry. Thanks again for sticking by my mom.

A funeral service to celebrate her life took place on Monday, July 10, 2017 at 10:00 a.m. at St. Bartholomew Anglican Church, 291 Churchill Road, Winnipeg Beach, MB.

The family would like to extend a heartfelt thank you to Reverend Robin Mather for his wonderful service.

Mary was a good wife, mother and friend and will always hold a special place in our hearts.

-Love Bruce

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ANNOUNCEMENT

BRIDAL SHOWER

Please join us for a Bridal Shower
in honour of
Genevieve Laura Golas,
on Sunday, July 23, 2017
at 2:00 p.m.
at the
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NEWS TIPS
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Beautiful modern three bedroom bungalow on private river view lot. Many amenities include custom cherry wood kitchen with island and walk-in pantry, oak hardwood floors, sunroom with deck, nine foot ceilings, wheelchair accessible doorways, master bedroom with ensuite and walk-in closet, insulated attached 1.5 car garage and many more. Very large lot includes an additional detached two car garage, natural bush, mature trees and shrubs and a landscaped yard.

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> MEAL IDEAS



White Barbecue Sauce with Smoky Chicken

horseradish, black pepper, garlic and salt until well blended. Cover. Refrigerate at least 2 hours before serving to blend flavors.

To make chicken: Cover wood chips in water and soak 30 minutes. Season chicken with rub. Drain wood chips. Fill smoker box with wet wood chips. Place smoker box under grill rack on one side of grill before lighting. Close grill.

Prepare grill for indirect medium heat (350-375 F). Heat grill by turning all burners to medium. Once cooking temperature is reached, turn off burner(s) on one side. Place chicken on unlit side of grill. Close grill cover.

Grill, turning occasionally, 30-40 minutes, or until internal temperature of thickest part of chicken is 165 F. Move chicken to lit side of grill with skin side down. Turn lit side of grill to high.

Grill, uncovered, 3-5 minutes longer, or until chicken is charred. Serve chicken with White Barbecue Sauce.

Prep time: 15 minutes
Cook time: 45 minutes
Servings: 6
White Barbecue Sauce:
1 cup mayonnaise
1/2 cup cider vinegar
2 tablespoons Zatarain's Creole Mustard
1 teaspoon prepared horseradish
1/2 teaspoon Coarse Ground Black Pepper
1/2 teaspoon Garlic Powder
1/4 teaspoon salt
Smoky Chicken:
1 cup hickory wood chips
2 pounds bone-in chicken parts
2 tablespoons Grill Mates Applewood Rub
To make sauce: In medium bowl, mix mayonnaise, vinegar, creole mustard,



Grilled and Loaded Smashed Potatoes

plate. Pierce potatoes with fork several times. Microwave on high 5-6 minutes, or until fork-tender but still firm. Let stand until cool enough to handle. In large bowl, toss potatoes, oil and 3 teaspoons seasoning until well coated.

Place potatoes on grill and cook, turning frequently, 4-5 minutes or until skin is crispy. In large cast-iron skillet on grill, cook and stir bacon 8-10 minutes, or until crisp. Add yellow onion and bell pepper; cook and stir 2-3 minutes, or until tender-crisp.

Push bacon mixture to one side of skillet. Add potatoes to other side of skillet. Smash each potato with heavy spatula, bottom of small sturdy bowl or meat pounder. Sprinkle potatoes with remaining seasoning. Spoon bacon mixture over potatoes. Sprinkle with cheese.

Cover pan or close grill. Cook 3-5 minutes, or until cheese is melted. To serve, sprinkle with green onions and dollops of sour cream.

Prep time: 15 minutes
Cook time: 25 minutes
Servings: 12
1 1/2 pounds medium Yukon gold potatoes
1 tablespoon vegetable oil
5 teaspoons McCormick Grill Mates Bacon Chipotle Seasoning, divided
6 slices Applewood smoked bacon, cut into 1/4-inch pieces
1 cup chopped yellow onion
1/2 cup chopped red bell pepper
1/2 cup shredded cheddar cheese
2 tablespoons finely chopped green onions
1/4 cup sour cream
Heat grill to medium.
Place potatoes on microwavable

Help for Smokers Who Want to Quit



"It is health that is real wealth and not pieces of gold and silver."

Mahatma Gandhi

"So many people spend their health gaining wealth, and then have to spend their wealth to regain their health."

A. J. Reb Materi

When writing about smoking one runs the risk of either preaching to the converted, or annoying those who wish everyone would just go away and let them smoke in peace. However, there is no question that smoking is a serious health hazard, not only for the smoker, but for those exposed to second hand smoke.

The problem is that smoking is extremely hard to quit. Nicotine is highly addictive, and the body goes into withdrawal without a regular nicotine fix. So there is the physical addiction, but in addition there is the psychological dependency.

Some smokers find that having a cigarette is the only way they can relax. Others use tobacco for stress reduction. Without helping the smoker to find other ways to relax or reduce stress, when they quit smoking they are just left hanging.

Often the inability to relax or to control stress are deeply rooted within the subconscious mind. The conscious mind can tell the smoker it is time to quit, but the subconscious keeps asking for just one more.

We can reach the subconscious through a hypnotic process that reprograms the old habitual ways of responding. This is effective because it deals with the problem at a deeper level-the level where it was formed in the first place.

Life is short enough as it is, without risking the loss of years or decades because of a self-destructive habit. Quit smoking. You will feel so much better, and your loved ones will be spared continual worry, or watching you suffer a most unpleasant death.

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



Sweet Chili Ribs

Heat grill to 250 F and prepare for indirect cooking.

Spread ribs with ginger and garlic. Place ribs on rib rack or in foil pan. Cook on covered grill 2 hours.

Spread 6 ounces sweet chili sauce evenly over ribs then cook another hour, until tender.

Baste ribs with remaining sweet chili sauce during last 15 minutes of cooking. If desired, at end of cooking time grill ribs over direct heat to char slightly.

2 full racks pork spareribs, trimmed (about 6 pounds)
2 tablespoons fresh ginger, minced
3 cloves garlic, minced
1 bottle (12 ounces) Frank's RedHot Sweet Chili Sauce, divided



Buffalo Chicken Sandwich

red onion rings (optional)
Marinate chicken in 6 ounces Buffalo wings sauce for 30 minutes, or up to 3 hours.

Mix remainder of Buffalo wings sauce and dressing together. Keep refrigerated until ready to use.

Grill chicken 12 minutes, turning once, or until no longer pink in center.

Place 2 tablespoons of mixed sauce on each roll half. Place chicken on top of roll half and top with 1 tablespoon blue cheese crumbles.

Add lettuce, tomato and onion rings, if desired. Top with second roll half. Repeat for remaining sandwiches.

4 boneless, skinless chicken breast halves (if thick, cut horizontally into two even pieces)
1 bottle (12 ounces) Frank's RedHot Buffalo Wings Sauce, divided
1/4 cup blue cheese or ranch dressing
4 hard rolls, split
1/4 cup blue cheese crumbles
lettuce leaves (optional)
tomato slices (optional)

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