

Small Slushie 99¢
July 15-17 Gas Bar



Interlake

ERIKSDALE LOCATIONS • Grocery • Hardware
• Card Lock
ARBORG LOCATIONS • Food Store
• Gas Bar • Card Lock

BULK PETROLEUM 204-376-5201 or 204-376-5245

**MEAT
MANAGER'S**
Sale July 15-21

THE EXPRESS

VOLUME 3 EDITION 28 THURSDAY, JULY 14, 2016

WEEKLY NEWS

SERVING LUNDAR, ASHERN, ERIKSDALE, MOOSEHORN, FISHER BRANCH, RIVERTON, ARBORG, GIMLI, WINNIPEG BEACH, ARNES, MELEB, FRASERWOOD



Hitting the waves

EXPRESS PHOTOS BY CORINNE EINARSSON

Matthias Einarsson from Arborg Early Middle School (in the lead boat) pilots his boat into Gimli Harbour after a sailing lesson on Lake Winnipeg. He was one of eight students awarded a sailing scholarship.

news > sports > opinion > community > people > entertainment > events > classifieds > careers > everything you need to know

RONA
BUILDING CENTRE GIMLI
www.rona.ca



3 STYLES IN 1

Relax in style with
Rona's convertible
LOVESEAT/LOUNGER/BED
this summer.

Regular price \$699.00

Available now at
Gimli RONA for **\$599⁰⁰**

1-877-770-7662

HOURS: OPEN 7 DAYS A WEEK MON-SAT 8 am - 6 pm • SUN 10 - 5 pm

Homegrown projects come to fruition

Local farmer grows peaches, nectarines, figs, grapes and apples

By Jennifer McFee

They say that variety is the spice of life.

For Stephen Krywenko, variety fuels his days while natural energy fuels his home.

From his land in Dallas, Man., nestled between Peguis and Fisher River, Krywenko grows a bounty of fruits — including some that you wouldn't expect to find in the region. His tasty selection includes peaches, nectarines, figs, quinces, plums, cherries, pears, berries, grapes and 12 varieties of apples.

For tender fruit trees, Krywenko grows them in large pots and then moves them indoors for the winter. He's also currently experimenting with some cool climate citrus fruits and Cavendish bananas.

In the future, he hopes to start an orchard to sell organic fruits and vegetables locally. Krywenko and his wife, Astrid, also have about 30 head of cattle as well as about 30 Icelandic sheep.

"I always like to push the edge a little bit. It's nice to have all the apples and peaches and grapes," he said.

"There's nothing like picking a nice fresh peach off the tree. It tastes different in the store because those ones are always picked a little bit on the green side. So with these ones, you get all the full sugars and flavours and it's much nicer fruit."

In addition to enjoying the fruits of his labour, Krywenko keeps busy by importing alternative energy products on a consignment basis.

His own home runs on an evacuated solar water heating system combined with a geothermal system.

About half of his home's heat comes from the evacuated solar water system, which uses vacuum tubes that don't lose any heat to the outside. The geothermal system uses an in-ground heat pump to further reduce his costs.

"An average person would pay about \$1,300 a year to heat their house," said Krywenko, a father of three.

"A heat pump will take you down to about \$400. And with my evacuated solar tubes, it splits that in half or 2/3 again, so I only pay about \$100 to \$150 a year to heat my house."

His lowest annual heating cost rang in at an impressive \$90.

"It's cheaper than cutting wood," he said.



EXPRESS PHOTOS SUBMITTED

Stephen Krywenko built his new greenhouse using his electric utility vehicle and a 48-volt inverter that is connected to it. He says it is very handy to have around the farm. If he has a flat or needs to use any electric hand tools anywhere, he simply drives there, plugs in and gets to work. He can drive five miles, use the hand tool for eight to 10 hours straight and then drive back, and there will still be power in the batteries to do a lot more. With the 250 watt solar panel on top, it self-charges as he uses it. Left: Krywenko grows an impressive selection of fruits, including peaches, nectarines and grapes.



Stephen Krywenko's home uses evacuated solar water collectors, which keep his house quite warm during the winter.



Krywenko's son Marcus dug a trench for their new greenhouse. A close ground loop helps maintain a warm temperature in the "Manitoba-style" greenhouse. During the coldest and darkest months of January and February, it will keep the average temperature of the greenhouse just below freezing at about Zone 8 climate — even when it's -40c outside — for the very low input cost of a 12w DC pump (about \$5 per a year).

Gimli Rotary Lobsterfest, a rock solid success



Ed Toews, left, has some fun while attacking Ed Thompson with a monster lobster during the cooking process at Lobsterfest.

By Stefanie Lasuik

Gimli's 21st Lobsterfest saw about 450 people come together at the Recreation Centre to enjoy a feast from Nova Scotia. It was the first year the Gimli Rotary Club had to cap its number of attendees.

The meal is the club's main fundraiser. Most of the money made stays in the community and goes toward literacy-related projects. The Rotary Club supports the nutrition programs at Gimli's three schools and Winnipeg Beach School, as well as Habitat for Humanity and the Gimli Ice Festival. This year, the club has offered support in principle to the Gimli Glider project.

The club gives out two \$1,000 scholarships to graduating high school students. This year's recipients were Lauren MacVicor and Nicco Van Dorp.

The club also works with 45 other Rotary clubs in the district to renovate schools in Guatemala. Since 2000, the district has renovated over 70 schools by contracting the work locally to help improve the country's economy.

Ken Krebs is a member of the Gimli Rotary Club and acted as District 5550's governor this year. He said it takes all year to prepare for Lobsterfest but feels good knowing how it helps communities.

Krebs has seen the need for the work they do. When he was involved in the Rotary's reading program, he would read to students in their classrooms and then they'd take turns reading to him. One day, he was walking through town to pick up his car from the garage when a young girl from his reading program came up to him and asked him to read to her.

Her parents couldn't read to her and she wanted a story.

"It broke my heart," said Krebs. Krebs couldn't accept the girl's invite to come over due to the Rotary's rules

preventing it, but he was able to continue working to improve her literacy at school.

The club is only 15 members strong and is always looking for people who enjoy service to join. Those interested in joining the Gimli Rotary Club can attend a meeting held on the first or third Monday of the month at 6 p.m. at Gimli Lakeview Hotel and Resort or visit gimlirotary.wordpress.com for more information.



Ed Toews gets close and personal with his lobster friend ahead of Gimli's 21st Lobsterfest for the Rotary Club.

EXPRESS PHOTOS BY STEFANIE LASUIK

Countryside Home building centre

APPLIANCE Specials of the Week
Sale Ends on Thursday, July 21, 2016

Frigidaire Fridge 36" French Door, 28 cu ft
Reg. \$2699.00 **Sale \$1899**

Frigidaire Range True Convection Oven
Reg. \$1399.00 **Sale \$1049**

L.G. Top Load Washer 5.2 cu ft
Reg. \$899.00 **Sale \$799**

L.G. Dryer 7.4 cu ft
Reg. \$899.00 **Sale \$799**

Clearance Items

Sunbeam Microwave .7 cu ft, 700 watts
Reg. \$119.00 **Sale \$49**

G.E. Dryer auto dry central, optimal signal
Reg. \$599.00 **Sale \$449**

Fisher Branch
204-372-8501

Arborg Home hardware building centre

Tour Our Finished Display & Custom Homes

Now Booking For Fall & Winter

Stan Loewen
Arborg Home Hardware 451 Main St. Arborg
(204) 376-3090 (o) (204) 376-3088 (f)
stan@arborghhbc.com

Fresh IE raps in Riverton

First Canadian rapper to get Grammy nomination visits small town

By Stefanie Lasuik

The two-time Grammy-nominated Christian rapper Rob Wilson came to Riverton last Saturday.

It's a town so small the Winnipeg artist passed it by on his way there. But the 2015 GMA Artist of the Year didn't seem to care. He has dedicated every one of his 90-plus various award nominations and wins to the youth in his country.

"I think it's important that we remember all youth in every area of our province," said Wilson, otherwise known as Fresh IE.

Wilson wanted the 20 people at Riverton Fellowship Circle to understand how important they are.

He shared his music, gospel and message with them as they praised the Lord and danced together.

But Wilson hasn't always been a Christian. He was saved by Christ in 1998.

"I got saved on the way to prison, going to jail for 14 years," said Wilson.

Wilson was caught up in the life of gangs and addiction. He committed crimes including armed robbery, but while out on bail, he saw a homeless blind man in the middle of a busy Winnipeg street.

Wilson was on his way home from the liquor store and stopped to call the man off the street. With his voice, he guided the man to safety but grew scared as he continued home. He didn't want to end up like that man.

Later that night, Wilson's neighbours alerted him that there was a man sleeping on his steps. Looking out, Wilson saw the same blind man he had just saved. Freaked out, Wilson ran upstairs and began praying to an invisible God.

After a week of praying and reading his Bible, Wilson heard God call out to him.

"That blind man is you and if you don't turn away from this life, you're going to die in these streets," Wilson recalled Him saying.

Wilson surrendered his life to Him. He began volunteer work at Winnipeg missions. His volunteer work and the fact most of his charges were juvenile persuaded the court to not send him to jail.

Now a minister, Wilson runs E.D.I.F.Y., a mentor program to teach youth performing and recording skills.

"Music's been like a refuge for me since I was a youth," said Wilson.

He's giving the same gift to others plus opportunities to make it further into the business through his guidance.

On July 9, he brought with him mentees Jeremie Minani or Refuge, Nathalie Klassen and Stan Hamilton or Elevate.

Each wowed the attendees with musical talent. Those who want more information on the E.D.I.F.Y. program can visit edifymyouth.com.



EXPRESS PHOTOS BY STEFANIE LASUIK

Grammy-nominated artist Fresh IE performed his Christian rap at the Riverton Fellowship Circle on July 9.



Stan Hamilton, otherwise known as Elevate, had the Riverton kids dancing with their hands in the air.

Sailors to set sail in Gimli for five-day regatta

Gimli to host Sail West and Laser Canadians July 13-17

Submitted

Join us in Gimli this weekend, when-sailors from across western Canada compete for top spots in their fleets in the Sail West championships and Laser Canadians.

Not only are sailors putting their skills to the test in the 29er, Optimist, 420, 2.4mR and Laser classes during Sail West, they are also laying the foundation for the group which will compete at the Canada Summer Games in Gimli in 2017.

Sail West is a five-day regatta, comprised of three training days and two racing days. Close to 50 athletes and their coaches are expected to take

part, including a number of disabled athletes sailing the 2.4mR boats.

"Coaches will run on-the-water training sessions for each class, do group debriefing, and host practice races over the three training days. Sailors will have the opportunity to gain experience training in a big fleet environment," said Brigitte Smutny, the technical delegate for Sail West and also executive director of Sail Manitoba.

Along with Sail West, sailors in the Laser Canadians event will also take to Lake Winnipeg. In preparation for this, an international Laser coach will teach a high performance class three

days prior to two days of racing on the weekend.

"This is one of the best coaching opportunities a Laser sailor can dream of," said Nancy Folliott, commodore of Gimli Yacht Club. "Angelo Tabernero from Spain, a very experienced coach and incredible sailor, will be coaching a group of 10 athletes in the finer points of racing Laser dinghies."

Gimli Yacht Club is playing host to the events and has been the host for previous national and international events, including both the 1967 and 1997 Pan Am Games sailing competitions.

All races will be visible from the shoreline, in order to increase audience enjoyment. The south course will feature the Optimist, 2.4mR and 29er boats and the north course will fea-

ture the Laser, Laser Radial and Laser 4.7 dinghies. Racing starts just after the fleet goes out at 11 a.m., and depending on the weather, will continue until approximately 4 p.m.

Sail West is taking part in the Green Regatta program, which reduces the environmental impact of the event, by recycling and composting all waste, reducing the carbon footprint, preventing pollution and engaging participants in an awareness campaign to keep bodies of water clean.

Sail West also ensures that all boats will be power-washed and dried prior to transportation away from Lake Winnipeg in order to prevent the spread of zebra mussels and other aquatic invasive species.

People Choice award winner a labour of local couple's love

By Stefanie Lasuik

Over 430 cars lined Centre Street and First Avenue in Gimli on Sunday when Gimli Car Club held its 14th annual Cruisin' Gimli Beach car show.

A 1965 Acadian Canso wasn't just the Hagerty's People Choice Award winner; it was a symbol of a local couple's love.

After 30 years of inaction, Tom Kmet's 1965 Acadian Canso rolled into Gimli's car show last weekend. Kmet, who lives in the Gimli area, had originally bought the car in 1973 for his wife Evie. It was the year after they were married and it was Evie's first car.

As newlyweds, the couple raced down Highway 9 in the candy apple red car — literally. Evie took her Canso and Kmet challenged her in his 1968 Chevy truck, but Evie won nearly every time.

"We were pretty wild at the time," laughed Kmet.

As parents, they drove their children around in the Canadian Acadian. Then in 1986, the car was parked, but without a place to properly store it, the Canso began to deteriorate.

"It was in bad shape, really," said Kmet.

Kmet gave the car to his son, Wayne, who took it apart with the intention of restoring it, but work on his newly purchased farm got in the way. He thought about selling it, but his dad nipped the idea quickly. Kmet took the Acadian back but didn't have the time to fix it up yet. Then Evie issued him an ultimatum: either do something with the car or get rid of it.

The first option seemed like the best one. Hour upon hour was poured into fixing up the Canso. Kmet did most of the work himself. He tracked down hard-to-find parts before cleaning, sanding, painting, undercoating and more. His friends helped him with the headliner so it would look just



EXPRESS PHOTO BY MALLORY KMET

Tom Kmet (left) fixed up his wife's 1965 Acadian Canso after it sat inactive for 30 years. The labour of love left Evie Kmet (right) overwhelmed. The couple's car won the People's Choice Award at the 2016 Cruisin' Gimli Beach car show.

right.

Then he showed his wife of 44 years her first car.

"I just felt so overwhelmed," said Evie, explaining she didn't have the words to describe how happy she was.

"I know she wanted it. I love my wife," said Kmet, who explained he probably could've bought a car like it for a lot less money and work than he spent restoring the dilapidated original.

"It was a labour of love," he said.

July 10 also marked the day that Evie was able to

realize her dream of taking her grandchildren for a ride in her Canso. Her 13-year-old granddaughter Samantha was excited to climb into her grandma's first car.

The Acadian is a Canadian car, which was important to the two of them. Kmet is now working on restoring a 1962 Nova, which was the American sister. He hopes to show the Acadian at the South Beach Casino car show next year and will bring both to the Gimli car show in 2017.

Organizers preparing for annual Children's Wish Ride

Woodlands' Ride for a Child's Wish is scheduled for Aug. 20

By Stefanie Lasuik

Finding sponsorship for an event is never easy. Finding 100 quality prizes for an event is nearly impossible, but Gary and Silver Peltier and their team of volunteers manage to do it every year for their Ride for a Child's Wish.

To top it off, they've given away a horse in their famous wish auction for the 28 years the event has run.

This year, someone will win a yearly registered quarter horse. Fred West, Calvin Stanley and Guy Dearman have donated the palomino stallion, which is already halter-broke.

The Peltiers are working to confirm a few more big-ticket items but have already thanked Western Rawhide for their donation of a \$1,000 saddle.

The brown bag wish auction is only

one part of the day that has been making sick kids' dreams come true for 27 years.

On Aug. 20, horse riders will set out from Peltier's property, located just north of Warren, for a 10-mile ride. Motorcyclists will meet at the North Warren Inn at 11 a.m. where they'll begin a 250-click ride to Teulon, Inwood and Poplarfield. They'll make stops to complete a poker derby and return to Peltiers' by 4 p.m.

A chicken and pork dinner will begin around 5 p.m., with the wish auction, live music and a barn dance to follow. The dinner costs \$10 for adults, \$5 for kids and \$30 for a family of two adults and three children. This year's



EXPRESS PHOTO SUBMITTED
Woodlands' Ride for a Child's Wish will help grant wishes for children like four-year-old Hope Innis, who live with life-threatening illnesses.

Continued on page 11

THE Flicks
CINEMA

319 First Street E., Stonewall, MB

SHOWTIMES:
Please check individual listings
Due to various picture lengths showtimes vary

204-467-8401
PROGRAM SUBJECT TO CHANGE WITHOUT NOTICE
Cash only

<p>THE LEGEND OF TARZAN</p>	<p>FRI TO THURS JULY 15-21 OPEN TUESDAY Fri & Sat at 7:30 pm & 9:30 pm Sun-Thurs at 8:30 pm</p>
Not Recommended for Young Children; Violence	PG

<p>SECRET LIFE OF PETS</p>	<p>FRI TO WED JULY 22-27 OPEN TUESDAY CLOSED THURSDAY Fri & Sat at 7:30 pm & 9:30 pm Sun-Wed at 7:30 pm</p>
Not Recommended for Young Children; Violence; Frightening Scenes	PG



PUBLISHER
Lana Meier



SALES
Brett Mitchell



SALES
Rick Reimer



SALES
Robin Chestnut



REPORTER/PHOTOGRAPHER
Patricia Barrett



REPORTER/PHOTOGRAPHER
Stefanie Lasuik



PRODUCTION
Nicole Kapusta



SPORTS REPORTER
Brian Bowman



ADMINISTRATION
Corrie Sargent



DISTRIBUTION
Christy Brown



ADMINISTRATION
Allana Sawatzky



ADMINISTRATION
Tracy Farmer



ADMINISTRATION
Jo-Anne Procter

getfishing

RED RIVER > CHALET BEACH > LAKE WINNIPEG

> ARNIE WEIDL Fish tales at Norris Lake

Welcome, my friends. The blue-emerald waters of Norris Lake lay tranquil in the Friday afternoon cool haze as I wandered around the piers and camp sites visiting with vacationers. Paddlers in bright yellow plastic kayaks slipped silently through the water far out in the centre of the lake. Families sat on the piers casting and reeling in with limited success. It didn't bother them because those who come here often know the fish don't start biting until about nine at night. Then the lazy, easy-going charm of Norris that had come over me gave way to raucous laughter when I met locals Larry Korotash, Jessie Swar and a good friend from B.C., Rocky Bernst, at their campsite.

Larry is one of those great guys who can catch your attention with his energetic "happy-go-lucky" nature. He sat in a folding chair beside their RV, a fit fellow with distinguished facial features and well-kept graying moustache and hair. It was immediately evident that Larry loved to tell stories and dove into the tale of when he and Rocky were young and working at the paper mill in Thunder Bay.

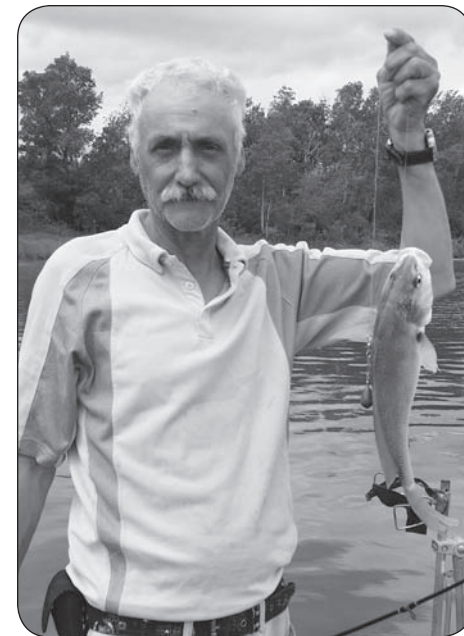
Beside the mill, Mission River was full of smelts so they decided to go netting after work. They had no equipment and didn't know much about fishing, but a buddy gave them a net so off they went and found a big flat rock in the river, which they climbed onto.

Off to one side, an old Finlander was quietly netting smelts. Larry, full of lively enthusiasm, hoisted the net high with its long pole handle and dropped it into the raging river. All

around them, thousands of smelts swam together like a big black cloud. He pushed the net under water and then quickly pulled it in. Nothing, just a couple of fish! Behind them, the guys heard the old Finlander calmly point out, "Boys, the smelts are going the other way."

Embarrassed, Larry and Rocky turned and dipped the net against the current. In seconds, the net was so bogged down full of smelts, it was torn from their grasp. Astonished, they watched as the net, its pole bobbing high in the air, was swept downstream. To make matters worse, their buddies had gathered and were teasing them. So to save face, they got another net and soon actually captured some smelts. Those friends, though, on the sidelines, always up for some fooling around, saw an opportunity. Getting a few smelts, they snuck them into Rocky's lunch box that was strapped to his bicycle he used to go to work with. Three days later in the hot summer sun, Rocky's wife went to get his lunch box. When she opened it, the smell and sight made her so disgusted, she threw it in the garbage with Rocky's car keys still in it! Luckily he had a spare set.

In the middle of last week when I was in Tim Hortons in Selkirk having coffee. At the table next to me sat a tall, lanky chap with forceful facial features, long, dark hair and a full moustache. As we got to talking and he told me his name was Rick Fraser of Selkirk and that he was a fishing guide. He said he had a neat little trick for handling anglers who were maybe not so nice. He would take them to a spot



EXPRESS PHOTO BY ARNIE WEIDL

Mario Loufa of Winnipeg with a pickerel he caught at the Power-view dock.

by Eagle Nest Lake and wait patiently while they fished without success and then he would tell them with a knowing look that this spot was known as "no fish bay." The anglers got the message. Then Rick would take them to a spot on Eagle Nest where they would catch their limit.

Early last week, I took a ride over to Powerview and spent some time talking to the anglers on the dock. Boy, the fishing has been good here lately. Anyway, I met this one fellow who didn't speak much English, but he tried so hard to carry on a conversation with me, I couldn't help but like the guy. I want you to meet him so here is: Mario Loufa of Winnipeg with a pickerel he caught.

Well, I hope all your outings, fishing or otherwise this week are happy ones. Bye for now.

> CONTACT US

Express Weekly News - Interlake Graphics
74 Patterson Drive, Stonewall Industrial Park Phone 467-5836 Fax 467-2679
Letters to the Editor: letters@expressweeklynews.ca
Classified: classifieds@expressweeklynews.ca
Advertising: ads@expressweeklynews.ca
News: news@expressweeklynews.ca



Advertising Deadline: Monday 4:00 pm
prior to Thursday Publication

Stonewall Teulon
Tribune

Selkirk Record

The Winkler Morden
Voice

> CONTACT US

By phone: **204-467-5836**
fax: 204-467-2679

Find us: **74 Patterson Dr.,
Stonewall, MB R0C 2Z0**
Office Hours: Mon. - Thurs.: 8:00am-5pm
Friday: 8:00 a.m. - 4:00 p.m.

TO PLACE AN AD or for COMMERCIAL DESIGN & PRINTING

Robin Chestnut 204-641-4104
ads@expressweeklynews.ca

Stephanie Duncan 204-467-5836
ads@stonewallteulontribune.ca

or call our office at 204-467-5836

OUR EDITORIAL STAFF

Jeff Ward (Highway 6) 204-298-3381
jeff@expressweeklynews.ca

Austin Grabish 204-785-1618
austin@selkirkrecord.ca

Brian Bowman
Sports Reporter
sports@expressweeklynews.ca

TROUBLE WITH PAPER DELIVERY?

Christy Brown, Distribution Mgr.: 204-467-5836

The Express Weekly News is published Thursdays and distributed through Canada Post to 13,183 homes by BigandColourful Printing and Publishing, a division of Interlake Graphics. Republishing in whole or in part without permission is strictly prohibited. Printed in Canada by Prolific Printing.

This newspaper is supported 100% by advertising dollars. If you enjoy the paper and would like to see the newspaper grow and prosper visit any of the advertisers and businesses in our rural communities. - Keep your dollars working at home and shop local. Our commitment to you, the reader - we will connect our people through stories in the paper to build stronger communities.

Gimli Yacht Club's Sailing School hits the waves

By Patricia Barrett

The Gimli Yacht Club's Sailing School had its first group of students riding the waves last week.

Led by an experienced sailor, students between the ages of seven and 17 receive a full week of sailing instruction. They learn the basics of piloting a small sailboat and how to recover if their boat capsizes.

GYC also provides them with a club membership, entitling them to use one of the club's sailboats over the course of the summer or take part in a regatta.

Several parents were at Gimli Harbour last Thursday watching their kids master the intricacies of sailing.

Matthias Einarsson from Arborg Early Middle School was one of eight students who won a sailing school scholarship.

His mom, Corrine, spent the morning at the harbour watching him sail off into the blue then skilfully steer his boat back into harbour.

"They went for a quick swim," said Corrine, referring to a break they took out on the lake.

Lakeview Resort Gimli, Lakeview Resort Hecla, Gimli Pharmasave, Westshore Marine and Leisure in Ar-



borg, Lake Agassiz Marine and Sport Manitoba are the sponsors of the scholarships.



EXPRESS PHOTOS BY PATRICIA BARRETT

GYC sailing students on Lake Winnipeg head for the mouth of Gimli Harbour after a morning of sailing.

RTM becomes a home

Ryan Thorgilsson, owner of Lundar School's RTM home, prepares to live in it

By Stefanie Lasuik

Lundar School's ready-to-move house (RTM) is getting ready to be a home. While its new owner, Ryan Thorgilsson, hasn't yet moved it onto his lot, he's making plans to turn the finely crafted RTM into his home.

Thorgilsson bought the house from Lundar School's auction on June 13. Lundar School's industrial arts students spent two years building the home, which Thorgilsson bought for \$84,000.

The Sigfusson Northern foreman is now preparing his newly purchased 5.5-acre land. He is in the process of cutting the grass and will soon build a foundation on the lot, which sits five miles east of Lundar.

Thorgilsson hadn't seen the home before he bought it, but he had confidence in the high school students.

Thorgilsson's friends in the community had told him the house looked good, so he authorized his mom to bid on it while he was working in Ontario.

"I'd rather well-supervised kids build a house I'm going to live in than somebody just trying to make a buck and cut corners," said Thorgilsson.

And he was pleased when he got back.

"They did a hell of a good job on it," Thorgilsson said.

He likes the house's country style with the inside's wooden features. And at 1,000 square feet, the house suits Thorgilsson nicely.

"I'm a single guy. It's pretty much perfect for me," he said.

The house has three bedrooms and two bathrooms in the exposed beam open concept. Three-quarter hardwood floors run through it and the



EXPRESS PHOTO SUBMITTED

The RTM home built by Lundar School Industrial Arts students was auctioned and purchased for \$84,000.

main room has a vaulted ceiling. A 10-foot deck sits before the front door.

The school had a journeyman electrician come in to do the wiring, so Thorgilsson doesn't have to worry about hiring someone for that job.

Once Thorgilsson finishes the ductwork and completes the plumbing, which the students roughed in, the

house will be ready to move in to.

The students also built cabinets on the inside. The cabinets are a far cry from the products Thorgilsson made himself as a Lundar shops student eight years ago.

Scroll saw projects were all he did, Thorgilsson said.

Walking for awareness and healing

By Stefanie Lasuik

Thirty-five walkers filled Highway 6 on July 5 to raise awareness for missing and murdered Indigenous people.

They hail from the northern communities of from Nelson House, Split Lake, South Indian Lake, Oxford House, Thompson and Cross Lake. July 5's route through the Interlake marked the third day of their walk. But they weren't just walking to raise awareness. They were healing themselves in the process.

"A lot of people do carry trauma. Walking and releasing a lot of those emotions is healing," said organizer Jacqueline Walker.

Roma Spence, a participant from Split Lake, felt the walk helped her cope with the losses of her brother and cousin. Her brother, Reggie Flett, went missing in 2006. Her first cousin, Raymond Flett, went missing on July 17, 2015.

"It's not knowing where he is. There's no closure," she said as she trod over rocks lining Highway 6 just south of Ashern.

Sometimes, the walkers journeyed alone. They used the space and the time to pray or meditate. Other times, the walkers went in pairs, speaking about their shared experiences.

"We're developing relationships," said Walker. They could talk about the trauma of losing a loved one and feel heard and understood.

The group covered 50 kilometres each hour by each walking five kilometres before switching.

Spence and her walking partner,

Candice Flett, didn't say their legs hurt until asked, and waved the motion away.

"Yes, but I'm not going to stop," said Flett, whose dad has been missing for nearly a year.

Some passing drivers appreciated their efforts, stopping to offer the walkers water and granola bars. Some honked in support.

"It gives us a boost," said Spence.

Other drivers weren't so kind. On the busy and, at times, narrow Highway 6, drivers scared the walkers by getting too close at high speeds.

But Walker said their spirits weren't dampened as they journeyed south. They stopped at Grand Rapids on July 4, where the community prepared them food, taught them athletic therapy tricks and monitored the walkers with diabetes. They stayed the night in Fairford, where the chief and council shared their story of the recent double homicide.

"We can all relate to each others' stories," said Walker.

On July 5, the group made stops at Laurentian Beach and Red Sun.

"I'm just overwhelmed with the different communities coming forward and providing us with meals and taking care of us while we're walking. Something just shifts inside of you and you just feel taken care of," said Walker.

From Red Sun, they travelled into Winnipeg, where they met with Jon Gerrard on July 6 to feast and talk. The walk wasn't political, said Walker. She hopes to extend the inquiry to missing



EXPRESS PHOTO SUBMITTED

Isabelle and Cora Flett of Split Lake headed down Highway 6 near Ashern on their third day of walking in five-kilometre spurts. Walkers could be seen every five kilometres on July 5 as the group made its way through the Interlake.

and murdered men as well as women.

"There's a lot of missing and murdered people in the North, especially our men," said Walker.

According to Statistics Canada, 71 per cent of the murdered Aboriginal Canadians between 1982 and 2011 were men.

Walker also hopes northern communities can get more healing services.

"The families grieve in isolation,"

said Walker.

Right now, a few healing programs exist. Walker delivers a homicide bereavement group in Thompson, but most families have to leave their communities to get access to a healing service.

They wanted to bring awareness not only to those grieving loss in Northern Manitoba but also to those suffering across the country, said Walker.

STARS responds to Gimli Hospital for pediatric patient transfer

By Patricia Barrett

STARS air ambulance responded to a call from Gimli Hospital for an inter-hospital patient transfer last Wednesday.

A STARS spokesperson said the helicopter was dispatched July 6 to Gimli Hospital for a "medical-related emergency. A patient was flown to Children's Hospital in Winnipeg."

A medical-related emergency can entail a stroke, heart attack, respiratory complication or other non-traumatic injury.

Information about the condition of the pediatric patient was unavailable.

At about 3:07 p.m., STARS was seen landing at the airport, just after a media tour of a Second World War B-17 bomber wrapped up. An ambulance was on the tarmac to greet it. STARS lifted off at about 3:15 p.m.



EXPRESS PHOTOS BY PATRICIA BARRETT

STARS air ambulance was seen touching down July 6 at Gimli Airport where an ambulance was standing by.

Winnipeg Beach School says goodbye to Grade 7 graduates

By Patricia Barrett

Grade 7 graduates at Winnipeg Beach School received a wonderful send off June 29 during the school's year-end assembly.

Several students received awards for excellence in academic study, music, physical education and citizenship while parents, relatives, younger students and special guests looked on.

Students in grades 5 and 6 also received awards for outstanding performance.

Band director Janice Arnason and grades 6 and 7 teacher Jay Ewert received fond farewells from their students.

Arnason is retiring. She spent 10 years at WBS. Ewert, who spent three years at WBS, will be teaching at Arborg Early Middle School in September.

Students in grades 4 and 5 shared their memories of Arnason and each presented her with a rose.

"You're the best teacher in the galaxy," said one boy, causing Arnason to tear up.

"Mrs. Arnason, you didn't just teach us music, you taught us how to care," said another boy. "You also taught us important life lessons. ... You didn't let us do boring songs; you let us do fun songs."

"You brightened up our day," said a girl before she gave Arnason a hug. "Thank you for sharing your love of music with us."

Jay Ewert's Grade 7 students shared their memories of "Mr. E."

"He's always playing guitar, being creative and he inspires his students to try to do things," said one student.

"We not only learned how to control ourselves, but we also learned a lot of sign language," said another student, referring to Mr. E.'s attempts to bring order to an unruly classroom.

Ewert, in turn, paid tribute to his students, who he said have been like a family to him.

"You guys did a wonderful job. Earlier, I said you made me a better person ... it's not just a cliché," he said. "I've invested in you guys just like you've invested in me and we've gone on this journey."



Retiring band director Janice Arnason gets a hug from one of her music students.



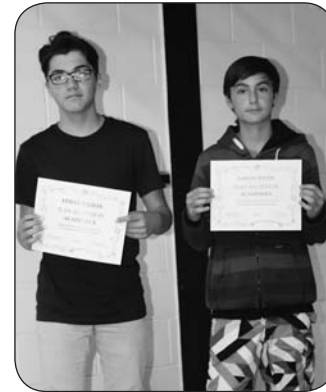
Band director Janice Arnason presents Grade 7 student Autumn Ehrich with a band award for exemplary team spirit and mentorship.



The Winnipeg Beach School Grade 7 graduating class. EXPRESS PHOTOS BY PATRICIA BARRETT



Gimli & District Kiwanis Club presented Beach students with the Brian Kahler Young Writers Award.



Grade 7 graduates Athan Nadon (left) and Aaron Weidl earned an All Star Academic Award.



Teacher Jay Ewert presents the Peter Polak Award for Outstanding Scholastic Achievement to Brandon Ford.



Grade 5 students earned the All Star Academic Award.



Grade 6 class All Star Academic Award winners.

Correction

Staff

In the article "Peguis Central School graduates honoured for how far they've come" published in the July 7 edition of the *Express Weekly News*, we incorrectly identified a Grade 12 graduate and misnamed the emcee. The photo of the graduate said Savannah Stevenson, but the informa-

tion pertained to Savannah Chapman-Cochrane. Stevenson, who recently represented Manitoba First Nations at the Canada-Wide Science Fair in Montreal, plans to pursue science as a career.

Chapman-Cochrane earned the Highest Academic Standing and the Truth Seven Teachings Award. We also identified emcee and singer-songwriter William Prince as William Spence in a photograph. We apologize for any confusion this may have caused.

<p>Nashville, Branson, Pigeon Forge October 23-November 5 A special tour for music lovers that journeys through the musical heartland of America</p> <p>Branson and the Ozarks November 3-11 A fun filled tour with fabulous shows and unique sightseeing</p>	<p>Mackinac Island Adventure August 28-September 2 Quaint little Victorian Style Island on Lake Huron</p> <p>Splendors of Niagara Falls September 11-19 "One of the Seven Natural Wonders of the World"</p> <p>Deadwood the Black Hills & Badlands October 2-7 Walk in the footsteps of legends like Wild Bill Hickok, Calamity Jane & Seth Bullock.</p>
<p>EMBASSY TOURS 757-9383 www.embassytours.ca 1-800-723-8051</p>	

Camp Rusalka rezoning in limbo at EIPD hearing

By Patricia Barrett

Camp Rusalka's request to have part of its trailer park known as Parcel B rezoned as recreational use was left in limbo during an Eastern Interlake Planning District board hearing July 7.

The intent of the EIPD hearing was to review rezoning objections discussed at previous hearings held this spring.

The *Express* provided the camp's side of the story with regard to those objections in its June 23 and 30 editions.

One of Rusalka's neighbours, a couple who had withdrawn their objection to the rezoning during an April 27 hearing at Gimli council, attended the EIPD hearing to speak out against the camp.

It was unclear whether the man, who had previously asked that the *Express* not identify him and his wife, was opposed to the rezoning request.

"We're at our wits end," he said. "... What else can we do except oppose it to try and get the things done that should have been done?"

A few seconds later, he said he wouldn't oppose the rezoning: "We're not going to sit there and say, 'Oh yeah, no, you can't be rezoned, take the trailers out.'"

Two other property owners bordering Rusalka have upheld their objections to the rezoning request. They did not, however, appear at the EIPD hearing to speak to the matter.

Dave Garrity, Rusalka's volunteer camp manager, provided the EIPD board with a brief update on drainage initiatives underway at the camp and the installation of waste management facilities.

The couple spoke at length about all the things the camp has done wrong: draining standing water from their field and from a boundary area that they had wanted drained for a few years; installing a waste dumping station on camp property without informing them; failing to clean up mud they contend is lodged against their hawthorn bushes; and doing nothing in the "boundary area."

"We see there are things certainly going on, and all the things going on are on camp property," said the man.

"Nothing in the boundary area."

Garrity disagreed.

He drained the standing water that had formed in an historically low-lying spot in the couple's field and in the boundary area behind some of the Parcel B trailers.

Water used to pool there after spring melt then dry up. But when the camp installed water lines a few years ago, and trailer owners raised their pitches with gravel, the water backed up.

Garrity hired a contractor with drainage experience to install a French drain in the boundary area. Gimli Coun. Richard Petrowski visited the camp last week and examined it.

The alleviation of the water build-up failed, for some reason, to please the couple.

"We looked at the boundary area last week with Coun. Petrowski, who was kind enough to come out, and [he] pointed out to us that there was a French drain there," said the man. "Well, the French drain could affect our property. Again, no communication that it's going in."

According to Garrity, the drain has, in fact, affected the couple's property: it has drained the standing water from the boundary area and from their field.

"I have gotten it down to where it's squishy," said Garrity. "There's a little bit more work with it in the next month. We'll get rid of the squishiness. We'll get rid of the bulrushes and everything else."

He said he has already cut some weeds from the spot and will be installing three additional French drains in different spots along the shared boundary to eliminate the possibility of rainwater backing up onto the couple's field.

The man expressed concern about not being informed about the additional drains, although he did agree with EIPD chair Harold Foster when he suggested they may improve drainage in the field.

"That may address some of it, but we'd like to talk to whoever's doing it before they do it," said the man. "How does that work for us? That's all we want to know. And I don't think that's



EXPRESS PHOTO BY PATRICIA BARRETT

Volunteer camp manager Dave Garrity has nearly completed all the work on the central dumping station for grey and black water. It has been constructed in the middle of Parcel B, seen here in early June before the work got underway.

unreasonable."

Foster, who used to farm and who has dealt with drainage issues as reeve of Bifrost-Riverton, tried to assure the man that the French drains should take care of any standing water.

The man also expressed displeasure with Garrity's initiative to meet new provincial guidelines for waste and wastewater management. Garrity recently constructed a central dumping station on camp property in the middle of Parcel B, the section the camp wants rezoned.

At issue was the fact that Garrity did not apprise the couple of the work.

"Again, we're lost in this," said the man. "We don't know a damn thing because nobody tells us. ... It would be good to know these things, and then we know what's on your agenda. So far, it doesn't happen, and I guess I've got to say I'm not hopeful it's going to happen."

Foster said solving communication issues between parties is beyond the mandate of the EIPD.

Garrity works as a full-time contractor in Winnipeg during the week and as camp manager/builder at Rusalka on weekends.

Attempting to lighten the tone, Garrity said his wife can attest to his communication skills.

"I apologize to him," said Garrity, glancing at the property owner. "Communication is not my strong suit. Getting the work done is my strong suit."

He said he will appoint a camp committee member to oversee communication with the couple.

The couple maintains there is mud on their hawthorn bushes in the

boundary area, and that they've lost some bushes in the low-lying spot because of water.

"We estimate that we've lost approximately, I'd say, 40 hawthorn bushes that we planted along that area," said the woman.

When the *Express* visited Rusalka June 4, Garrity said the camp had replanted a number of trees in the boundary region. He also said the mud is on camp property, not on the couple's hawthorn bushes.

The man wanted to know when the low-lying spot in his field will be dry and when the mud will be removed from his bushes. He requested a timeline from the camp of when everything will be completed.

After hearing the couple's list of concerns, EIPD board member Randy Sigurdson, who is mayor of the Town of Arborg, asked for clarification about the purpose of the meeting.

"It seems to me that the main reason we assembled here tonight was to look at rezoning of this property," said Sigurdson. "And it seems to me that ... he's not opposed to rezoning it. I think I heard you say that."

"We're not going to stand in the way of that," said the man in confirmation.

Sigurdson asked that the property owners and Garrity work out communication issues between themselves.

"Unless the rezoning has conditions with timelines, I'm not optimistic," said the man, referring to communication.

The board will make a decision at a later date as to whether it will approve the camp's rezoning request. It will contact all parties involved.

Truro wins Coors Banquet One Horse Town contest

Staff

After battling it out with five other finalists, Truro, Nova Scotia is the One Horse Town winner. Truro will host a once-in-a-lifetime show featuring Dean Brody, Chad Brownlee and River Town Saints on Sept. 16.

The Rural Municipality of Gimli

was selected as a finalist for the Coors Banquet One Horse Town contest with hopes of winning the grand prize free outdoor concert.

The contest was comprised of two parts, including a nomination phase and a voting phase. The passionate residents of Gimli earned the nomina-

tion after uploading pictures of Gimli onto the One Horse Town website.

Gimli was chosen as one of six finalists from different regions throughout Canada, with Gimli representing the Manitoba/Saskatchewan region. The grand prize winner was determined by online voting, which took place

from June 6-July 4.

The other nominees included Kenora, ON; Saint Jean-Port-Joli, QC; Vermilion, AB and Kimberley, BC.

Gimli had the smallest population out of the six finalists.

> CHILDREN'S WISH RIDE, FROM PG. 5

band will be Anything You Want, a Winnipeg-based band that plays music true to its name.

Children's activities will also run throughout the day. LuLuBell the clown will paint faces and make balloon animals. The Peltiers are also working on securing a bouncer for the kids.

The Peltiers hope to build on their fundraiser's previous success. In the years they've run it, the couple has made well over a million dollars for the Children's Wish Foundation. To donate, sign up for the ride, or volunteer, contact Gary or Silver Peltier at 204-383-5230 or info@rideforachild-swish.ca.

This year's Wish Ambassador

Ride for a Child's Wish in Woodlands will raise money to grant wishes for children like Hope Innis, who battle life-threatening illnesses. Four-year-old Innis was born with pulmonary atresia with atrial septal defect, a heart condition that made it hard for her to breathe. Innis was rushed to the neonatal intensive care unit before being flown to the Stollery Children's Hospital in Edmonton. All this happened within the first 24 hours of her birth.

In Edmonton, Innis had open-heart surgery, in which doctors placed a central shunt in her chest. She then underwent the surgery a second time when the shunt clotted.

When Innis was five weeks old, she recovered enough to return home to Winnipeg with her family. Innis still lives with low oxygen levels and sees a pediatric cardiologist, who helps the family manage her condition.

Despite having less oxygen in her body, Innis is an energetic child. She hasn't decided what her wish will be yet but has considered meeting a real unicorn or taking a rocket ship to the moon.

Book Your Classified Ad

Call 204-467-5836 or Email classifieds@expressweeklynews.ca

Maintaining service during a postal disruption

To maintain service to our customers, Manitoba Public Insurance has put alternative procedures in place for you to receive payments and important documents in the event of a postal disruption.

Document

Cheques:

- Vehicle claims
- Refunds
- Injury claims
- Personal injury indemnity payments (e.g. income replacement cheques)

Enhanced products:

- Enhanced Driver's Licences
- Enhanced Identification Cards

Procedure

Can be picked up at the Service Centre nearest to your mailing address.

- Claim and refund cheques should be available 10 days from the date the refund was requested or applicable paperwork was signed.
- Only the person named on the cheque, or a designate with written permission, can pick up a cheque. Photo identification will be required.

Can be picked up at the Service Centre nearest to your mailing address.

- You will be notified by phone when your enhanced product is available for pick up. Only the person named on the licence or card can pick it up, and photo identification or two forms of government non-photo identification will be required.

New, revised or replacement driver's licences and identification cards will be mailed out after postal service resumes. Your temporary documents can be used in the meantime.

Please continue to ensure all payments are made and your driver's licence and vehicle insurance is renewed before its expiry date. You can make payments online, in person at a Service or Claim Centre, at any one of more than 300 Autopac agents in Manitoba, or through your financial institution.

Visit mpi.mb.ca for more information and to use the Service Centre Locator tool to find the Service or Claim Centre nearest to your mailing address.



**Manitoba
Public Insurance**



A new paper, a new face,
a new way to **EXPRESS**
the **stories**, the **people** and the
businesses in the Interlake.

For all your advertising and
print needs, please call
Robin Chestnut at **204-641-4104**
or email him at
ads@expressweeklynews.ca

For story tips and ideas, please call
Lana Meier at **204-467-5836**

EXPRESS
WEEKLY NEWS

Your FARM



Combating root rot in soybeans

By Harry Siemens

Soybean production has come a long way since 1997 when growers first experimented with a few varieties,

many of which just didn't work in Manitoba.

Jumping to today, reports indicate as many as 1.3 million acres of soybeans are in the ground this summer.

With this rapid growth come new challenges with native diseases and pests.

At recent Manitoba Pulse and Soybean Growers test plot tours in southeastern Manitoba, researchers focused on one in particular: root rot.

While not a huge problem, root rot is one limiting factor for farmers wanting to increase their soybean acres, says production specialist Kristen Podolsky.

"Root rot is certainly our number one issue and is heightened from previous years," she says. "It is present every year, but this year in particular with the continuing wet conditions that seem to be prolonged.

"Another factor, with those dry conditions starting out, in some cases farmers seeded a little deeper than usual," adds Podolsky. "That delayed the emergence of some of the soybeans and left them susceptible for longer periods to these soil pathogens. Deep seeding, prolonged wet conditions, and perhaps crop rotation as we keep growing soybeans in some tightened rotations—those are all factors contributing to root rot."

Podolsky says there are plenty of solutions to this and other challenges facing soybean growers.

"We aren't this wet every year ... and it shouldn't deter us from growing soybeans in the future because there

are options to manage it," she says. "We need to identify what pathogens we have and what the management options are."

"Genetic resistance, seed treatment, and keeping our fields well-drained and making sure we have good soil aeration," she lists as options. "It is easier said than done, but it is an option. And hoping for good weather."

Holly Derksen, a plant pathologist with Manitoba Agriculture, says there are four main pathogens responsible for root rot and seedling disease in soybeans on the Prairies: phytophthora, pythium, rhizoctonia, and fusarium.

Derksen agrees with Podolsky that seed treatments will generally offer up to three weeks of protection, but some early-planted crops may have been slow to emerge and susceptible to these pathogens.

She says phytophthora—the most common soybean root rot culprit in the region—will tend to appear later in the growing season, attacking stressed soybean plants. A longer crop rotation will help reduce phytophthora levels in a field.

Derksen says fusarium, rhizoctonia, and pythium unfortunately enjoy a wide spectrum of hosts, so rotation is a less effective management option.

Both Podolsky and Derksen agree there's little farmers can do now to address a root rot problem, but properly identifying the pathogen can help prevent problems in future years, whichever management option they ultimately choose.



CK10 Series



COUNTRYSIDE'S SUMMER SALES EVENT
Compare quality, service, & price before you buy!
PRICES REDUCED

Kioti CS2510HST, 24.5 HP, ROPS, c/w loader & 60" belly mount mower . . . **\$18,499.99**

Kioti CK2610HST, 24.5HP, ROPS c/w KL2610 Loader - **\$22,999.99**

Kioti CK3510HST, 35 HP, ROPS, c/w KL4010 Loader & KB2475 Backhoe . . . **\$33,499.99**

Kioti NX4510HST, 45HP, Deluxe Cab, free loader **\$41,499.99**

Mechron 2200 UTV, 22hp, Canopy, 4WD, Orange . . . **\$10,399.99**

Mechron 2200 UTV, 22HP, Canopy, 4WD, Camo . . . **\$10,999.99**

Experience the new and powerful CK10

Also available:
0% UP TO 60 MO* OR **UP TO \$3500 CASH BACK** (tractor, loader & backhoe)

*Offer available 07/11/2016 - 09/30/2016. Offer valid only at participating dealers. Pricing, payments and models may vary by dealer. Offer based on the purchase of eligible new equipment defined in promotional program. Some restrictions apply. Financing subject to credit approval. In our purchases are not eligible. Offer cannot be combined with any other offer or low rate financing. Offers subject to change or cancellation without prior notice. See your dealer for full details. ©2016 Kioti Tractor Company a Division of Isuzu, USA Inc.

"I shopped around, looking at a number of comparable models, and Kioti seemed like the best built and best priced even among used models. The guys from Countryside Lumber seemed as fair and honest as they come. I picked one up and and it's made my life so much easier ever since. I'm super happy with my machine."
Derek Scott
-another Countryside Kioti Customer



Kioti.com

Countryside Lumber Fisher Branch
Phone 1-204-372-8501
Email matt@cslumber.com

Buy your Kioti at Countryside HBC in Fisher Branch, your full service Kioti Dealer. We're here to help!
Contact Matt Steiner, Countryside Lumber Inc., 1-204-372-8501, matt@cslumber.com
Fisher Branch, MB (204) 372-8501



NEED STORAGE FOR YOUR SPECIAL INVESTMENT?

See more of our projects online Olympic-Buildings.ca

- Classic • Custom •
- Economical •

BUILDINGS

BOOK YOUR 2016 BUILDING PROJECT **TODAY!**

1-800-665-8666 OR (204) 661-8600



OLYMPIC BUILDINGS

Build with Confidence.

Second World War bomber provides view of Gimli and history lesson

By Patricia Barrett

Gimli was one of four Canadian stops on a tour of an American bomber that almost saw action in the Allied air offensive during the Second World War.

The Aluminum Overcast, a 40,000-pound B-17 bomber equipped with numerous machine gun turrets, was delivered to the theatre just as the war in Europe ended.

But today, the four-engine bomber is seeing plenty of action over North American skies, providing aviation buffs with a once-in-a-lifetime chance to experience wartime flight conditions.

The Experimental Air Association, which owns the aircraft, flew it to Victoria, Spring Bank (near Calgary), and Regina before touching down in Gimli July 6 to raise awareness of and appreciation for wartime aviation history.

"It has a tail wheel or dragger," said Bill Fitch, a member of the EAA. "There's a special technique to take off and land. You have to steer from the back. It's like turning a child's tricycle backwards and trying to drive it."

Only 12 airworthy B-17s exist today. Fitch, who served as an American military pilot, grew up flying tail-wheel planes. He said flying the B-17 requires an extra set of skills.

"You need another endorsement on your licence to fly more than one engine," he said.

EAA member Lorraine Morris, a United Airlines pilot for 34 years, has been flying the B-17 for three years. She served as pilot and co-pilot during a flight for the media July 6.

She provided some fascinating details about the plane and its wartime crews before ushering the lucky few aboard.

A few members of EAA Chapter 63 (Manitoba), who operate a flying school at Lyncrest Airport south of Winnipeg, accompanied the media on the flight, helping them buckle into '40s-era seat belts, reassuring them the plane would fly, and instructing one reporter to look up and keep breathing when she became a bit queasy.

If you think the view from a window seat in a commercial airliner can be awe-inspiring, try the "chin turret" or "bombardier" in the B-17's nose, situated just below the cockpit.

The panoramic view — over, under and sideways — was nothing short of breathtaking.

The bombers weren't built airtight. You can see daylight piercing long strips of the hull when you squeeze through the narrow bomb bay, which



EXPRESS PHOTOS BY PATRICIA BARRETT Richard Sellen (left) flew 39 missions in Lancaster and Halifax bombers during the Second World War. He took a flight July 6 in a B-17 bomber touring Canadian towns and cities, including Gimli.

could hold up to 8,000 pounds of bombs on short-range missions and 4,500 on long-range flights.

And an open-air turret near the cockpit adds to the draftiness. You can imagine just how cold the two pilots and a crew of 10 must have got winging it over the North Sea to Germany in the winter months.

The pleasant green and blue of the Gimli area stands in stark contrast to what gunners and pilots must have seen flying over Europe between 1942 and 1945, the peak of the Allied air offensive.

Richard Sellen, a 95-year-old former flight officer, flew bombers for the Royal Canadian Air Force, which fell under the direction of British Bomber Command.

"I flew Lancasters and the Halifax [bombers]," said Sellen, reached a few days after he was treated to a complimentary flight over Gimli in the B-17. "They're four-engine planes."

Sellen, who was born and raised in Oakbank to English-born parents, said he completed 39 missions before Bomber Command asked him to train new pilots.

"Thirty trips was considered a tour with Bomber Command," said Sellen, who still lives in Oakbank. "I didn't ask to be taken off."

One of the controversial aspects of the Second World War air campaign was the bombing of cities with munitions factories and infrastructure used for the war effort, along with resulting civilian casualties.

In 1940, during the Battle of Britain,



Pilot Lorraine Morris and a crew member check the nose of the Aluminum Overcast, a 40,000-pound B-17 bomber.



Looking down at Gimli from the "chin turret."

the German Luftwaffe repeatedly bombed Coventry, England, which had scores of munitions and metal-working factories.

In February 1945, the British bombed Dresden, Germany, a city with magnificent Baroque architecture, four times in the space of three days, nearly wiping it from the map with incendiary bombs that caused firestorms.

Those bombings earned Sir Arthur Harris, the British commander-in-chief of the Royal Air Force, nicknames such as "Butcher Harris" and "Bomber Harris."

"I don't know why," said Sellen, referring to the nicknames. "He was pretty precise in what he was after. He knew where the factories were and what they were manufacturing. That's what we went for."

As for raids on civilian targets, Sellen said, "It just isn't true. We didn't bomb civilians. We bombed cities ... with factories."

Sellen had some close calls in the air, including one in which an incendiary bomb that was jettisoned from a "friendly bomber" landed in his plane's gas tank during a flight over Cologne, Germany.



Lt. Drynan from Cadet Squadron 249 Beausejour holds the incendiary bomb that fell into Richard Sellen's gas tank during a wartime flight over Cologne, Germany. Sellen kept the defused bomb.

The incendiary devices, which were made of magnesium, had a small propeller attached to them, and had to be lit before they could cause significant damage, explained Lt. Drynan from Cadet Squadron 249 in Beausejour.

Drynan accompanied Sellen to Gimli and brought the incendiary bomb that had dropped onto Sellen's bomber.

"Had it lit before it hit his plane," he said.

The proceeds raised from the EAA's tour will help cover the costs of maintenance and operations of the B-17. For more information about the aircraft, visit B17.org or call 1-800-359-6217.

Interviews with Richard Sellen about his wartime experiences are available on the Veterans Affairs Canada website.

16th Annual Gimli Film Festival July 20th - 24th, 2016

JULY 20-24

FESTIVAL PASSES ARE NOW ON SALE!

GFF BOX OFFICE and TICKETS: HOURS: Until July 19th: 11am-7pm | 41 Centre St. Box Office
July 19th Onward: 9am-7pm | Lakeview Conference Centre Box Office, 10 Centre Street - Main GFF Box Office
9am-3pm | 41 Centre Street Box Office (for pass holders / pass pickup only)
PHONE (204) 642-7790 or Visit www.gimlifilm.com for all of the details



BRENNIVINS PIZZA HÚS

Pizza • Pasta • Ribs • Shrimp • Salad
Chicken Wings • Great Appetizers

Licensed Dining Room
Take-out • Delivery
70 First Ave., Gimli
(Across from the Lakeview Resort)
(204) 642-5555



WAVE ELECTRONICS
YOUR SOURCE FOR ELECTRONICS

Have fun at Gimli's Film Festival!
Stop by and check your phone contract, there may be better offers than when you bought your phone!

66C First Ave, Gimli, MB • (204) 642-7173



GARRIOCK INSURANCE

We PROTECT your CASTLE!

Gimli: P. 204.642.8591
61 A. Centre Street
Mon-Fri 9am-5:30pm
Sat 9am-3pm
www.garriock.ca

Winnipeg Beach: P. 204.389-4883
54 Main Street
Tues-Fri 11am-5pm
Sat 9am-3pm

SCHEDULE

Gimli film festival 2016 Gimli film festival

WEDNESDAY 20 JULY 2015
7:00 PM Rams
Lady of the Lake Theatre

10:00 PM Borealis
Gimli Beach - RBC Sunset Screenings

THURSDAY 21 JULY 2015
10:00 AM NUTS!
Gimli Unitarian Church - Aspire Theatre

10:00 AM After the Last River
Lady of the Lake Theatre

10:00 AM Ice and the Sky
Gimli Theatre

12:30 PM Virgin Mountain
Gimli Theatre

12:30 PM MTS Stories Fr Home - First Nations First
Lady of the Lake Theatre

12:30 PM Anomalisa
Lutheran Church Theatre

12:30 PM He Hated Pigeons
Gimli Unitarian Church - Aspire Theatre

3:00 PM A Space Program
Lady of the Lake Theatre

3:00 PM A Man Called Ove
Gimli Theatre

3:00 PM After Circus
Gimli Lutheran Church Theatre

3:00 PM To Russia with Love
Gimli Unitarian Church - Aspire Theatre

5:30 PM Closet Monster
Gimli Unitarian Church - Aspire Theatre

5:30 PM Into the Forest
Lady of the Lake Theatre

5:30 PM Rams
Gimli Lutheran Church Theatre

8:00 PM Sparrows
Lady of the Lake Theatre

8:00 PM Boris sans Béatrice
Gimli Lutheran Church Theatre

8:00 PM Embrace of the Serpent
Gimli Unitarian Church - Aspire Theatre

10:00 PM Brothers
Gimli Lutheran Church Theatre

10:00 PM Eternal Sunshine of the Spotless Mind
Gimli Beach - RBC Sunset Screenings

FRIDAY JULY 22, 2016
10:00 AM After Circus
Gimli Unitarian Church - Aspire Theatre

10:00 AM Ice and the Sky
Gimli Theatre

10:00 AM Migrant Dreams
Lady of the Lake Theatre

12:30 PM The Forbidden Room
Gimli Lutheran Church Theatre

12:30 PM Grandma
Gimli Theatre

12:30 PM Almost Holy
Gimli Unitarian Church - Aspire Theatre

12:30 PM Lulu in the Nude
Lady of the Lake Theatre

3:00 PM Hevn - Q&A w/ filmmaker Paul Barkin
Gimli Theatre

3:00 PM Queen of Montreuil
Lady of the Lake Theatre

3:00 PM Ukraine Stories: Resisting & Rebuilding
Gimli Lutheran Church Theatre

3:00 PM MTS Stories Fr Home - Winnipeg Love/Hate
Gimli Unitarian Church - Aspire Theatre

5:30 PM Under the Sun
Gimli Lutheran Church Theatre

5:30 PM Raiders!
Lady of the Lake Theatre

5:30 PM Borealis Q&A w/film maker Jonas Chernick
Gimli Unitarian Church - Aspire Theatre

5:30 PM Sleeping Giant
Gimli Theatre

8:00 PM Boris sans Beatrice
Gimli Lutheran Church Theatre

8:00 PM Into the Forest
Lady of the Lake Theatre

8:00 PM Heart of Madame Sabali w/Ryan McKenna
Gimli Unitarian Church - Aspire Theatre

8:00 PM Microbe et Gasoil
Gimli Theatre

8:00 PM Grandma
Wine & a Movie - Kris' Fish

10:00 PM Songs My Brother Taught Me
Lady of the Lake

10:00 PM Swiss Army Man
Gimli Theatre

10:00 PM NUTS!
Gimli Lutheran Church Theatre

10:00 PM Raiders of the Lost Ark
Gimli Beach - RBC Sunset Screenings

11:59 PM Raiders: the Story of the Greatest Fan Film Ever Made
Gimli Beach - RBC Sunset Screenings

Midnight Sparrows
Gimli Lutheran Church Theatre

SATURDAY 23 JULY 2015
8am Saturday Morning Cartoons
Lakeview Resort Theatre

10:00 AM Borealis
Gimli Unitarian Church - Aspire Theatre

10:00 AM Spaceship Earth
Lady of the Lake Theatre

10:00 AM RBC \$10,000 Pitch Competition
Gimli Theatre

12:30 PM MTS Stories Fr Home - GFF HomeGrown
Lady of the Lake Theatre

12:30 PM The Prison in Twelve Landscapes
Gimli Unitarian Church - Aspire Theatre

12:30 PM Brothers
Gimli Lutheran Church Theatre

12:30 PM 48 Hour Film Competition
Gimli Theatre

3:00 PM NFB HotHouse Animated Shorts
Lady of the Lake Theatre

3:00 PM A Man Called Ove
Gimli Theatre

3:00 PM MB Short Films
Gimli Lutheran Church Theatre

3:00 PM MTS Stories Fr Home - How to Save the World with Noah Erenberg & Bruce Little
Gimli Unitarian Church - Aspire Theatre

5:30 PM How to Build a Time Machine w/Jay Cheel
Gimli Unitarian Church - Aspire Theatre

5:30 PM Ixcanul
Gimli Theatre

5:30 PM MTS Stories Fr Home - Outside the Perimeter
Lady of the Lake Theatre

5:30 PM Under the Sun
Gimli Lutheran Church Theatre

7:00 PM F*Wordz + Al Purdy was Here
Kris' Fish 'n' Chips

8:00 PM Raiders!
Gimli Lutheran Church Theatre

8:00 PM A Space Program
Lady of the Lake Theatre

8:00 PM Sleeping Giant
Gimli Theatre

8:00 PM Heart of Madame Sabali w/Ryan McKenna
Gimli Unitarian Church - Aspire Theatre

8:00 PM Swiss Army Men
Gimli Theatre

10:00 PM Anomalisa
Gimli Unitarian Church - Aspire Theatre

10:00 PM David Bowie / Prince Sing-a-long
Gimli Beach - RBC Sunset Screenings

11:30 PM NUTS!
Gimli Beach - RBC Sunset Screenings

SUNDAY 24 JULY 2015
8:00 AM Sunday Morning Cartoons
Lakeview Resort Theatre

10:00 AM Almost Holy
Gimli Unitarian Church - Aspire Theatre

10:00 AM Long Way North
Gimli Theatre

10:00 AM World to Come
Lady of the Lake Theatre

12:30 PM Microbe et Gasoil
Gimli Theatre

12:30 PM How to Build a Time Machine w/Jay Cheel
Lady of the Lake Theatre

12:30 PM MYP Kids Camp
Gimli Unitarian Church - Aspire Theatre

3:00 PM Ixcanul
Gimli Theatre

3:00 PM The Journey Home
Gimli Unitarian Church - Aspire Theatre

3:00 PM 88:88
Lady of the Lake Theatre

5:30 PM Best of Fest Screening!!
Gimli Theatre

5:30 PM Canadian Short Film Showcase
Gimli Unitarian Church - Aspire Theatre

8:00 PM The Boy and the World
Lady of the Lake Theatre

8:00 PM Spaceship Earth
Gimli Unitarian Church - Aspire Theatre

10:00 PM The Goonies
Gimli Beach - RBC Sunset Screenings

Go to www.gimlifilm.com for more detailed information

Passes and tickets are now on sale!

subject to change - June30/16

RBC SUNSET SCREENINGS: Free films on 35 ft. screen at Gimli Beach* every night starting at 10pm.

WED JUL 20 Borealis (a made-in-Manitoba film)
THU JUL 21 Eternal Sunshine of the Spotless Mind
FRI JUL 22 Raiders of the Lost Ark + (late night) Raiders: the Story of the Greatest Fan Film Ever Made
SAT JUL 23 Prince & David Bowie Sing-a-long + (late night) NUTS!
SUN JUL 24 The Goonies, kids night

Over 100 screenings at our six indoor venues!
Full schedule at GIMLIFILM.COM

SPECIAL DAYS AT 2016 GFF:
Wednesday, July 20: OPENING DAY - opening night films kick off 2016 GFF
Thursday, July 21: ICELANDIC DAY - our outstanding Icelandic film series!
Friday, July 22: FRENCH CINEMA DAY, and BRAND NEW DOCS DAY straight of the Hot Docs press
Saturday, July 23: MANITOBA DAY, jam-packed with industry events and films with a Manitoba focus
Sunday, July 24: KIDS DAY - in honor of our youngest film-fans!

SPECIAL EVENTS AT GFF:
• Pancake Breakfast by Kiwanis - Saturday & Sunday, July 23 & 24, Lakeview Resort
• Weekend Morning Cartoons, National Film Board - Saturday 23 & Sunday 24, July 2016 - Lakeview Resort (by the GFF Lakeview Box Office)
• RBC 5th Annual \$10,000 Emerging Filmmaker Competition - Saturday, July 23, 10 am-12pm
• The 48 Hour Film Competition, Winnipeg Film Group - Saturday, July 23, 12:30pm - 2:30pm
• Manitoba Theatre for Young People, Young Filmmakers' Camp - Sunday, July 24, 12:30pm-2:30pm
• Manitoba Short Films, On-Screen Manitoba - Saturday 23 July 2016 3:00-4:00
• F-WORDZ top 3 poets and filmmakers - Saturday 23 July 2016 - 7pm
• RBC Beach Boardwalk, daily 7:30-10pm on Gimli Beach - Join us nightly for free fun at the beach boardwalk - win prizes and give-a-ways! Plenty of games and activities.
• GFF After Hours at Ship & Plough Gastropub - Friday 22 July 2016 and Saturday 23 July 2016 - Starts at 8pm - Live bands - \$10 cover charge



at the lake, ...it's at SANDSTONE

gifts for... your Mom, your love, your Man, your cook, new friends... old friend, new baby

gifts for you
Celebrating 20 years in 2016!

SANDSTONE GIFT ESSENTIALS
Lakeview Resort 10 Centre Street Gimli Canada
204.642.9020 sandstone@mts.net



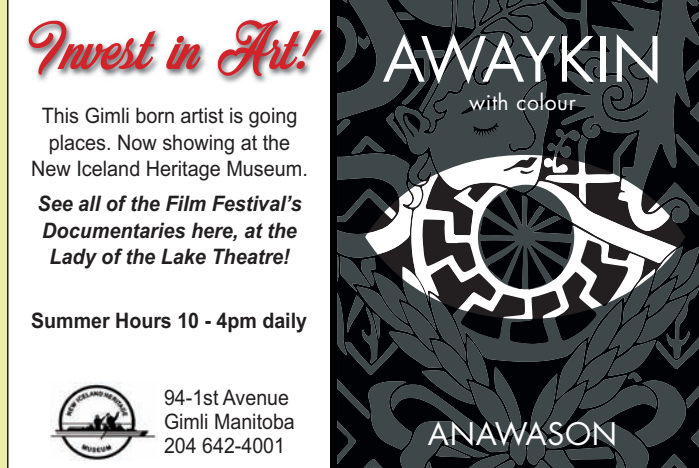
Wool, Notions, Classes, Scandinavian Imports, Art, Jewelry, Vintage Glass and Small Antiques

In house artists:
Steina's Studio, Patricia Eschuk and Cat'ch Yer Eye Stained Glass

Unit 119B 10 Centre St (Lakeview Hotel)
Gimli, MB. (204)641-1950
leidsla.ca

Follow us on Facebook

Summer Store Hours:
Monday: 10 am-5:30 pm
Tuesday: Closed
Wednesday: Closed
Thursday-Saturday: 10 am-5:30 pm
Sunday: 11:30 am-4:30 pm



Invest in Art!

AWAYKIN
with colour

This Gimli born artist is going places. Now showing at the New Iceland Heritage Museum.

See all of the Film Festival's Documentaries here, at the Lady of the Lake Theatre!

Summer Hours 10 - 4pm daily

94-1st Avenue
Gimli Manitoba
204 642-4001

ANAWASON



LAKEVIEW
GIMLI RESORT

Simply inviting

(204) 642-8565
10 Centre Street, Gimli, MB



Lifa
Vintage | Modern | Classic

decor + furnishings
for home + cottage

Gimli, MB
35 Centre St.
204-642-5020

Winnipeg, MB
The Forks,
Joinston Terminal
204-943-5020

Visit Lifa and present your GFF ticket for in-store specials

www.lifahome.com



CLOTHING
FOOTWEAR
HATS TOYS
KITCHEN
BOOKS GIFTS
SUNGLASSES

original.always

TERGESEN'S
GENERAL MERCHANT

82 First Avenue Gimli Manitoba 1.204.642.5958
info@tergesens.com H.P.Tergesen & Sons



Enjoy the 16th Annual Gimli Film Festival

We Supply and/or Install:
• Window Coverings by HunterDouglas
• Floor Coverings
• Cabinetry
• Countertops & More!

Home STORE

Hwy. #9 & Colville Drive, Gimli, MB
(204) 642-8585



Sobeys Better food for all.

Welcome to Gimli
Enjoy the Show

Monday - Saturday 8:30 a.m. to 9:00 pm
Sunday 10:00 a.m. to 6:00 p.m.

94-7th Avenue

Vandals attack historical landmark

EXPRESS PHOTO BY PATRICIA BARRETT

Vandals spray-painted crude images on rocks marking the burial of a York Boat near Gimli Harbour. The graffiti appeared over the Canada Day long weekend, angering local residents and business owners, who posted the images on local social media sites. A spokesperson with the harbourmaster's office said he will have someone try to remove the paint from the site.



Roy's Tire & Auto Service
(204) 768-3068
(Ashern)

Roadrunners Auto Service
204-659-2647
(Fairford)

To advertise here please call
204-641-4104

Arborg Autobody Sales & Service
(204) 376-2374

Powerbend Tire & Service
(204) 376-2247
(Arborg)

Nordal's Automotive
(204) 376-2416
(Arborg)

Interlake Auto & Tractor Parts
(204) 376-2667
(Arborg)

Fisher Napa
(204) 372-6648
(Fisher Branch)

Fisher Repair
(204) 372-6648
(Fisher Branch)

Smith's Autotech
(204) 372-8585
(Fisher Branch)

Your Local Independent Automotive Service Provider reserves the best vehicle care for you, their neighbour.

Making Your Vehicle Last With Regular Maintenance in the Interlake

Buying a new car can be a lot of fun if you can easily afford the payments, which in most cases means \$500 - \$1,000 in monthly payments. It is a proud moment to own that new vehicle with the new car smell and the shiny new paint. Of course soon, your new vehicle becomes just transportation, and you have one more issue which may or may not be a problem for you, **NEGATIVE EQUITY**. Negative equity is owing more on an item than its actual cash value if sold.

When you buy a new car it is immediately worth less now that you've driven it off the lot. If you spent \$25,000 and after driving away it away it is now worth \$20,000, you have negative equity of \$5,000. This isn't a problem if you can make your payments and provide proper maintenance to keep that investment a safe, reliable and economical mode of transportation. If you maintain your vehicle until it is fully paid for you will be ahead of the game and then you can work on keeping it in good running condition for many years to come.

The trouble comes when you still owe \$10,000 but your vehicle is only worth \$2,000. Now you have \$8,000 in negative equity. A trade in will mean you are going to be refinancing another \$25,000 plus the negative equity left after the trade in. After driving that new one off the lot, another \$5,000 immediate depreciation added to the negative equity, will be a total **NEGATIVE EQUITY OF \$13,000**. The cost for the new vehicle will be approximately \$33,000 which probably means higher payments for longer terms. Remember negative equity means that this money is being paid for something you do not have. For some people who have never thought about this it can snowball to a huge amount if you do this repeatedly. Your best investment is to have your vehicle paid off and kept running in tip top condition with regular maintenance. Keeping the vehicle longer will save you money in the long run. You can use the money that you would have made in payments for family vacations and investments which make you money for your retirement years.

A lot of people in the Interlake do own older well maintained vehicles. They enjoy the fact that they're paid off, or soon will be. They would gladly like to keep their vehicles for 300,000 - 400,000 kilometers or more - as long as it remains economical to do so - ask your Local Interlake Service provider for their advice on how to keep your vehicle in **Like New Condition**.

A common denominator is that people who maintain their vehicles **never skip an oil change**. That may sound a bit unsophisticated, but it's really not. First off, oil is the life blood of your engine and it needs to be clean to properly lubricate. Skipping oil changes leads to **clogged oil filters** and sludge that **can damage your engine**. Enough said.

There's another reason why the scheduled oil change is so important. It's simple - your local auto service professional is going to be looking at your vehicle. Fluid condition and levels will be inspected and any immediate concerns can be addressed and advisements for future items required will be brought to your attention so you can budget for upcoming maintenance and repairs.

Of course, good maintenance costs money, but it's far cheaper than new vehicle payments.

We'll steer you right. Our reputation depends on it!

YOUR LOCAL SERVICE PROVIDER ...

- is more convenient
- offers better value
- ensures all services are warranty approved.
- knows you and your car!

KEEP LOCAL BUSINESS LOCAL!

Get great gas mileage, shop local!

Roadrunners Auto Service
(204) 768-2667
(Ashern)

Kerbrat Bros. Auto Ltd.
(204) 768-3042
(Ashern)

#6 Quality Repair
(204) 762-5716
(Deerhorn)

R&B Auto
(204) 739-5458
(Eriksdale)

Hilbre Auto Service
(204) 449-2243

St. Martin Garage
(204) 659-5250

Jon's Autoservice Gimli
(204) 641-2526

Lundar Garage
(204) 762-5321

Napa Autoparts Lundar
(204) 762-5321

Bumper to Bumper
(204) 768-2901
(Ashern)

Fish flies battle businesses and public works in Gimli

By Patricia Barrett

"Disgusting" was a common refrain heard on the streets and in the shops of Gimli when hordes of fish flies inundated the town last week.

Shop windows, sidewalks, streets and cars were teeming with the aquatic insects and the remains of their friends and relatives.

Business owners could barely keep up with cleansing efforts. At the Lakeview Resort, an employee armed with a leaf blower made the rounds of the hotel's sidewalks and driveway, as well as the patio of Robin's Donuts next door.

The short-lived, protein-rich insects attach

themselves to just about everything and will even hitch a ride on you. They seem to share a love of roadsides, where they mass in the multi-thousands and leave behind a slimy residue when they stray into the path of oncoming vehicles.

Mayor Randy Woroniuk said the town has sent front-end loaders onto the streets to scoop them up in the past. Because it wasn't a "bad" infestation, only a street cleaner was needed to clear a path through the throngs along First Avenue.



Fish fly inundation required road sweeping along First Avenue July 7.



EXPRESS PHOTOS BY PATRICIA BARRETT
Fish flies litter this street near Loni Beach

WIN FILM FESTIVAL Passes

July 20-24, 2016

Email your name and phone number to ticketcontest@expressweeklynews.ca for your chance to win 1 of 2 pairs of Film Festival Passes. Must enter by Wed. July 20th.

16th Annual Gimli Film Festival

Proud sponsors: EXPRESS WEEKLY NEWS, Tribune, Selkirk Record, Voice

Your community newspapers

SELKIRK TRIPLE "S" FAIR & RODEO

July 15, 16 & 17, 2016

Selkirk Park
Selkirk, Manitoba

Family Fun for Everyone

FREE Admission to:

- Select Shows Midway & Rides
- Helicopter Rides
- St. Andrews St. Clements Children's Festival Friday; Children's fun and activities continues Saturday and Sunday
- Vendors and Equipment Displays
- The Magic of Patrick
- Games2U - Bumper Balls
- Triple "S" Retail Barn & Rodeo Trade Show
- Frogs Hollow Petting Zoo
- Wild Dogs Performance Team
- Home Living & Craft Displays

\$5.00 Parking fee

Admission To: (Parking Fee Applies)

- Friday Night Demo Derby
- Pony Chuckwagon & Chariot Racing
- MRCA/CCA Dual Approved Rodeo
- 4D Barrel Racing Jackpot
- CWHA Open Horse Show

ADMISSION	Daily	Weekend	Child 5 & Under
Adults	\$10.00	\$20.00	Free
Child 12 & Under	\$5.00	\$10.00	Free

ADVANCE (TICKETS) all you can ride ONE Day Select Shows midway wristband (includes parking) **\$22.00** on sale Selkirk Home Hardware until 8:00 PM Thursday, July 14, 2016

BEVERAGE GARDENS Featuring "Past The Perimeter" Friday and Saturday night 9 P.M. Karaoke Saturday Pre-Register 2-3 pm Starts at 3 pm until 6:30 pm \$5.00 Cover Charge daily per person

FAMILY FUN FOR EVERYONE

Info Line: 204-485-4854 • Website: www.selkirkfairandrodeo.com

Weighty challenges for Parkinson SuperWalk

Gimli fundraiser is set for Sunday, Sept. 18

By Jennifer McFee

The man leading the Parkinson SuperWalk is issuing a weighty challenge to the community.

Steve Van Vlaenderen will don a weighted vest, and for every \$500 that he raises, he will add one pound of weight to it. He is encouraging organizations and businesses to work together to raise a combined \$500 for his campaign.

Since Van Vlaenderen was diagnosed with Parkinson's five years ago, he has experienced some monumental shifts in his life — and in his outlook.

For the first two and a half years, he became fixated on the unanswerable question of why he was one of the unlucky people to be diagnosed with Parkinson's. As a result, he wasn't proactively dealing with the disease, which in turn made the symptoms worse.

On Sept. 28, 2013, he hit rock bottom

before he began his ascent from the depths of depression.

"I had gained weight and I had suicidal thoughts. My depression and anxiety were at its worst, and I decided to take control that very day. There were consequences I didn't like if I was going to continue with the depression the way it was going," he said.

"I didn't like where I was going. I decided to take control and I went to the gym. I started an exercise program and I've been going five or six days a week ever since.

I'm 67 now, and I'm in better shape than when I was 35."

The Winnipeg-based body builder spends his entire summers in Gimli, where he actively pursues his passion for sailing. He will be leaving on the weekend for an 18-day sailing vacation travelling to the south part of the North Basin.

**"I'M 67 NOW,
AND I'M IN
BETTER SHAPE
THAN WHEN I
WAS 35."**

Continued on page 19



EXPRESS PHOTO SUBMITTED

Steve Van Vlaenderen will be leading the Parkinson SuperWalk in Gimli on Sept. 18.

Lori Kole to headline at Community Pride Days

Staff

The communities of Gypsumville and St. Martin will host their Community Pride weekend on July 16 and 17. The festivities will kick off with a pancake breakfast on Saturday in Gypsumville from 8:30 to 10:30 a.m. A parade with over 20 floats will then take to the streets of Gypsumville at 11 a.m.

Attendees can then move to St. Martin to the ball diamonds for a slow pitch tournament. A canteen, beer gardens, 50/50 draw and silent auction will also take place during the afternoon. At 2 p.m., all kids are invited to join in games and activities. They can learn about fire safety at the Gypsumville Fire Department's safety unit with Sparky the Fire Dog and Smoky the Bear.

Community members will take a trip down memory lane at the community hall. There, one-room school models, year books and enrolment information from the communities' old schools will be on display. The Hi Jacker and Challenger ball teams will

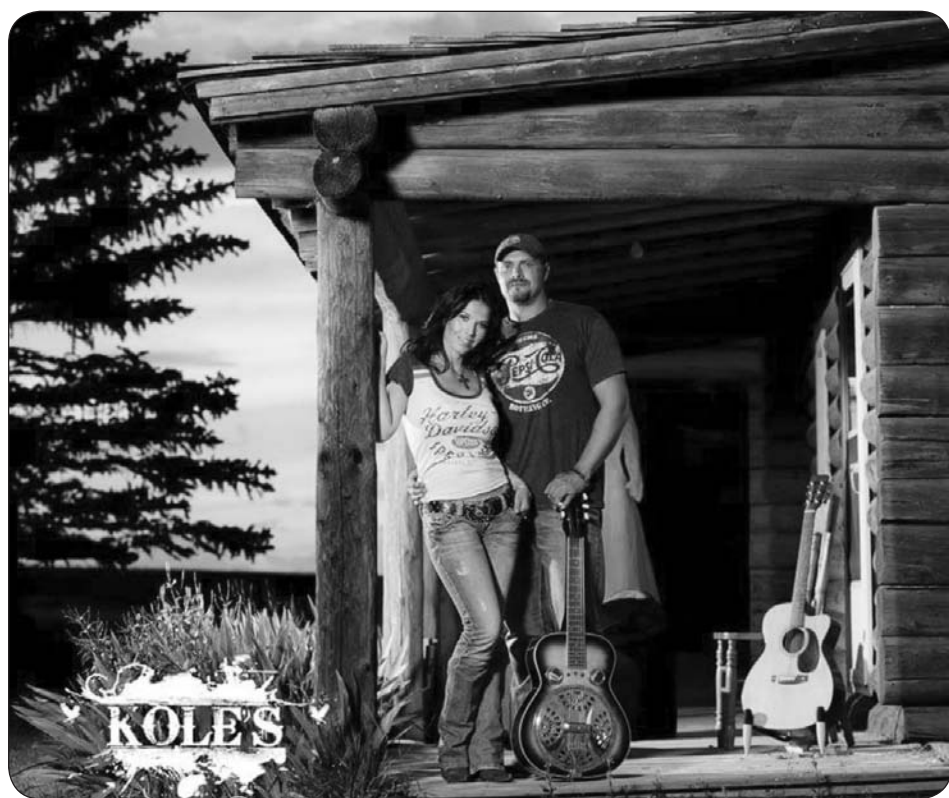
also show their old jerseys.

Saturday's events will conclude with the melodies of rising country star Lori Kole and her husband, Barry Dreidger.

St. Martin hall will continue rocking on Sunday with an acoustic show. Kyle Michaniuk will open the entertainment at 1 p.m. Kole will then return to perform during the main show and Sunny Gould will provide half-time music. The barbecue will flare up during this time so attendees can enjoy lunch at the show.

For more information, contact Lorraine at 204-659-5393.

Lori Kole grew up in St. Martin on Kolomaya Farms Cattle Ranch and now resides in Calgary. Kole has gone a long way from singing on the top of gravel piles in her farm yard to opening for the likes of Johnny Reid and Gord Bamford. Kole has been compared to JoDee Messina and Stevie Nicks because of her powerful and emotional vocal style. She sings country and rock and has released four of her own songs.



EXPRESS PHOTO SUBMITTED

Local country girl Lori Kole will be performing in St. Martin Saturday and Sunday during Community Pride Days.

Arborg's Home Hardware lauded for its moveable shelving displays

By Patricia Barrett

Arborg's Home Hardware earned much praise last Sunday from the company's senior management team for its innovative moveable shelving displays and storage units.

Every year, the hardware and building supply company's senior managers and board of directors tour stores across Canada. This year was Manitoba's turn.

Home Hardware president Paul Straus was duly impressed with the store's moveable shelving housing items such as paint, flooring, carpets and ropes and wires.

"It's always nice to visit the dealers. This is a unique store with its moving racks," said Straus, who brought 80 members of the Home Hardware management team to Arborg on two coaches.

Straus said the board holds meetings in different Canadian jurisdictions so that its members have an opportunity to visit all stores and learn about their special features.

The board convened in Winnipeg July 9-12 to review operational aspects of its stores, such as competitive pricing, customer service and high quality products. It, along with management and operations teams from across the country, toured eight Manitoba Home Hardware stores, including those in Arborg and Gimli.

"I've never seen 'rubber walls,'" said Straus, referring to the design flexibility of the Arborg store's moveable shelves and storage units. "This is unique."

Vidir Vertical Storage Solutions (or Vidir Machine), a manufacturing company north of Arborg, built and installed the moveable shelving units. The shelving, which extends vertically to the ceiling — a vital space-saving feature — creates order out of what might otherwise be chaos. Staff can retrieve an item on a top shelf with the flick of a switch.

Sid Dueck, co-owner of the Arborg Home Hardware and Vidir Machine, showed Straus space-saving carousels in the storage area, and he raised and lowered the shelves housing paint in



This young man formed part of the staff welcome line. He greeted senior management and board members as they entered the store.

the display area.

Several senior managers gathered in front of the carousel displaying rope and wire and took photos.

"It's pretty impressive," said one manager.

Retail sales and operations manager Heather Brincheski, who's located in Lac du Bonnet, said management likes to see different stores throughout the country, and is scheduled to visit Newfoundland next year.

The co-owners of the Arborg store were happy to welcome them.

"They're very proud of this store," said Brincheski.

Some employees brought their children to greet management. In the hospitality area, they offered their guests a basket of fresh strawberries.

Co-owner Ray Reimer spoke with several senior managers about the store and its innovative design.

"This is how they'll remember a store," said Reimer.

Diana, one of Arborg's store employees, said she'd love to see Vidir



EXPRESS PHOTOS BY PATRICIA BARRETT

Home Hardware Limited senior management speaks with staff at the Arborg store.



Co-owner Sid Dueck (right) demonstrates the moveable shelving unit housing paint. Vidir Machine, a manufacturer north of Arborg, installed a number of custom-made storage and display units throughout the store.

Machine create a mini moveable spice rack for household kitchens. That's something she needs at home.

Home Hardware was founded in 1964 in St. Jacobs, Ont. It has almost 1,100 stores across the country and is 100 per cent Canadian-owned and operated. The company's board of di-

rectors is composed of dealer-owners from across Canada.

Visit Arborg's Home Hardware at www.homehardware.ca/Arborg. To view the different products Vidir Vertical Storage Solutions manufactures, visit www.storevertical.com.

> PARKINSON SUPERWALK, FROM PG. 18

"You might have certain issues in your life and that can be overwhelming. And the next thing you know, you're in a spiral dive into depression and anxiety and you don't know what to do next," he said.

"You have to take charge. I like to encourage people with all sorts of conditions to do that — even healthy peo-

ple. I speak to a lot of support groups and inspire them to take charge of their own life."

Gary Einarson, who chairs the committee for Gimli's Parkinson SuperWalk, is pleased that Vlaenderen will be leading the local event.

"We're really thrilled to have Steve helping us out in Gimli. It's a new

move for him to come out here and help us out and walk in our event," Einarson said.

"We're looking forward to the kind of inspiration he expresses. He came out to our support group in the late spring and gave a presentation there that was very well received by a larger group than usual who were attracted to his story."

The Parkinson SuperWalk in Gimli is scheduled for Sunday, Sept. 18. To support Vlaenderen, visit donate.parkinson.ca, click on "Find a Walker" and type in his name.

Individuals and teams can also sign up to participate in the event, which raises money for research, education and advocacy.

Gimli's harbourmaster provides fishing tour on day off

By Patricia Barrett

If you want to know absolutely anything about the history of Gimli Harbour or how Drunken Point got its name or how to set nets under the ice using a jigger board, pay a visit to Gord Gowie, Gimli's harbourmaster.

What should have been a day off last Thursday to celebrate his 70th birthday turned into tour duty for the affable harbour overseer.

Gowie took the *Express* on a tour of the Lake Winnipeg Visitor Centre near the harbour, a small museum dedicated to all things fishing.

It houses a full-sized 1940s whitefish boat used by commercial fishers on Lake Winnipeg, as well as other historical artifacts and information about the fishery. Gowie, who has been harbourmaster for 15 years, has an immense repertoire of knowledge and appreciation for fishing.



The Lake Winnipeg Visitor Centre houses a full-sized 1940s whitefish boat in the small museum along with historical fishing artifacts.



Gord Gowie, Gimli's harbourmaster, is the man to talk to about all things fishing.

EXPRESS PHOTOS BY PATRICIA BARRETT

take a break > GAMES

SUDOKU

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

Fun By The Numbers

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

Level: Intermediate

Here's How It Works:

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

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

Sudoku Answer

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

Crossword Answer

CROSSWORD

CLUES ACROSS

1. "ER" actress Leslie
5. The Ibo tribe
10. Weapon
14. Olympian Jones
15. Moth genus
16. In addition
17. Neighborhood in Rio
18. Anoint
19. Insect repellent
20. Indigenous person
22. Tooth caregiver
23. Vacation here
24. Aware
27. 7th letter Greek alphabet
30. Actress Ling
31. Gandalf's real name
32. Luxury car
35. Evildoer
37. Cricket term (abbr.)
38. Primal goddess of the Earth
39. More depressed
40. Cattle genus
41. Dish
42. Not west
43. Founder of Babism
44. Speak rapidly and foolishly
45. Fall back, spring forward
46. Where you sleep
47. Inform
48. Former CIA
49. Salts
52. Bleated
55. Never sleeps
56. Cavalry sword
60. Ceramic jar
61. Cyprinid fishes
63. Home to Cathedral of San Sabino
64. Edible Indian fruit
65. Lake in Botswana
66. University of Miami mascot
67. Perceives
68. Yellow-fever mosquitos
69. All humans have one

CLUES DOWN

1. Reveal secrets

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. Private school in New York
3. Pancake
4. Cichlid fish
5. Independent Voters Association
6. Nonviolent advocate
7. Suburb in Copenhagen
8. Heavy cotton garments
9. Self-addressed envelope
10. A way to make wet
11. Genus of trees
12. Millisecond
13. Kiss ballad
21. Unlock
23. ___ mot
25. "Joy Luck Club" author Amy
26. Catch
27. ___ and flowed
28. Monetary units
29. Scorched
32. Italian aviator
33. Things to eat
34. Waddles

36. A Queens ballplayer
37. It's on your driver's license
38. Talk
40. Witty conversation
41. Satisfies
43. Sound unit
44. Placental mammal
46. Offer
47. Flower cluster
49. Stamps
50. Palmlike plant
51. Developed poliomyelitis vaccine
52. Newhart, Marley, Dylan
53. Wings
54. Away from wind
57. Slugger Ruth
58. Musician Clapton
59. Gamble
61. Desoxyribonucleic acid
62. Female sibling

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Ashern's Jen Rohl among Canada's best

Local arm wrestler wins silver and bronze at national competition

By Stefanie Lasuik

Ashern's Jen Rohl is one of Canada's top arm wrestlers after competing at the Canadian National Arm Wrestling Championships on July 3 in Saskatoon. Rohl placed second with her right arm and third with her left.

Rohl got into arm wrestling six years ago when she entered a competition in Moosehorn. She practised off and on during the subsequent years and competed at nationals in 2010. But on July 3, Rohl's results were the best she has obtained in her short career. Even so, Rohl isn't satisfied.

"Not quite the results I wanted, but I'm very happy with them," said Rohl.

Rohl now plans to train more consistently and with one of the country's best. Lori Pow, 24-time national champion and seven-time world champ, will work with the 27-year-old in Winnipeg. Rohl plans to make the trip to the city to train every week or once every two weeks to prepare for next year's nationals.

"She's willing to teach me what she knows and hopefully I can soak it all in," said Rohl of Pow.

Training for arm wrestling, or "pulling" as the athletes call it, involves static weight lifting and practice competitions. There are techniques to the sport, such as the top roll or the hook. Arm wrestlers perform the top roll by moving their shoulders back while twisting their wrist so their knuckles



Ashern's Jen Rohl won a bronze and silver trophy earlier this month at the Canadian National Arm Wrestling Championships.

face their opponent. They hook by facing their hips outward and twisting their wrist so the back of their hands face their opponents.

Rohl hasn't spent a lot of time developing technique but uses the top roll most often.

When her technique and strength weren't quite enough to earn her gold, she was disappointed. Once she had time to think about being the sec-



EXPRESS PHOTOS SUBMITTED

Rohl took on arm wrestlers from across the country using the top roll to beat her competition.

ond best in Canada, she realized she couldn't be too disappointed. But that doesn't mean she's not motivated to do better next year.

"At the end of the day, I don't like to lose so I keep doing it until I get the results I want," said Rohl.

Rohl, who went the University of Montana on a volleyball scholarship, also enjoys the camaraderie arm wrestling creates. At nationals, she competed as a member of Team Manitoba.

"It's another way to have that team atmosphere," she said. The Manitoba squad combined their points to finish

third in the tournament.

Now Rohl has the opportunity to compete at the Worlds in Bulgaria from Oct. 1-10. She isn't sure yet if she'll go but plans to be more involved in tournaments throughout the year.

More competitors and more money are coming to her weight category, the 80-plus kilograms. This gives her more opportunities in the sport. Rohl is considering joining the World Arm-wrestling League, which runs tournaments with prize money in the United States.

Leach inducted into Order of Manitoba

Staff

The Order of Manitoba officially inducted 11 new members — including former NHL star Reggie Leach — in a ceremony last Thursday at the Manitoba Legislative Building in Winnipeg.

Lt.-Gov. Janice Filmon invested the latest recipients into the order — the province's highest honour — during the ceremony. It is presented to those who have demonstrated excellence in

various categories.

Leach, who grew up in Riverton, retired from the NHL in 1984 and now lives in Aundeck Omni Kaning First Nation in Ontario.

The other new members of the Order of Manitoba are:

- Paul Albrechtsen, a trucking company founder and philanthropist.
- Marileen Bartlett, a Métis community leader and entrepreneur.

- Maria De Nardi, an entrepreneur and Italian community leader.

- Dhali Dhaliwal, past president of CancerCare Manitoba.

- Betsy Kennedy, chief of the War Lake First Nation.

- Gary Kobinger, a researcher involved in the global fight against the Ebola outbreak.

- Wanda Koop, a contemporary artist and founder of Art City in Win-

nipeg.

- Bernadette Smith, an advocate for missing and murdered Indigenous women.

- Susan Thompson, who served as mayor of Winnipeg for two terms.

- Wanbdi Wakita, a Dakota spiritual leader, residential school survivor and a veteran of the Princess Patricia's Canadian Light Infantry peacekeeping mission in Europe.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Blue Jays to host Senior 'AA' All-Stars Provincials this weekend

By Brian Bowman

The top senior baseball teams in the province will be in Stonewall this weekend for the 2016 Senior "AA" All-Stars Provincial Championship.

The Stonewall Blue Jays will be among eight teams vying for a provincial title and a berth into next year's western championships.

Stonewall be in Pool "A" along with Brandon, Elmwood and Southwest while Pool "B" will feature Border West, Kildonan, St. Boniface and Santa Clara.

"It's a big tournament and (the league) in Brandon folded this year, so I expect some pretty high-calibre baseball," said Blue Jays' player/coach Adam Kirk. "There will be four teams from our league and four rural teams."

The provincials expect to be very competitive with four solid teams from the Winnipeg Senior Baseball League and the four rural clubs.

"When you throw all of those (rural) guys together and put them on one team, they definitely put together a good roster," Kirk said. "There's no doubt about that."

The Blue Jays will begin action Friday when they play the Elmwood Giants at 4:30 p.m. and then will battle Brandon on Saturday at 12:30 p.m.

Stonewall will then wrap up its pool play Saturday evening with a 7 p.m. clash against South West. All three of the Blue Jays' pool games will be

played on Diamond 1.

The defending-WSBL champion Blue Jays have as good a shot as any team to reach the finals — or win — the senior provincial championship. But Stonewall hasn't exactly been tearing up the WSBL in recent weeks.

Stonewall was just 5-8 heading into this past Tuesday's road game against the St. Boniface Legionnaires. The Blue Jays dropped both of their games last week — losing 6-1 to Kildonan and 4-3 to St. James.

Scoring runs has been a bit of a problem for the Blue Jays this season. "A majority of it is getting our 'A' lineup out there all of the time," Kirk noted. "We haven't really done that the last couple of weeks. Guys have been working and guys have been enjoying the summer, stuff like that."

"When you're missing a few key guys, it's different."

The difference between winning or losing for the Blue Jays this season has often come down to just a couple of plays each game. Stonewall is simply not getting the key base hits with runners in scoring position when they need them or they aren't making the routine play at important times of the game.

It seems like when they do make an error, Kirk said, it costs them in a big way.

"That needs to get better real quick or we won't win anything at provin-

Baseball Manitoba

2016 Senior AA All-Stars Draw

Stonewall Quarry Park
July 15-17

Tournament Chairman: Ross Tycoles
Contact Information: 204-877-3614 (H) 204-851-0755 (Cell)
rosstycoles@hotmail.com

Baseball Manitoba Rep: Gladwyn Scott (204-834-3460 / gladmarg@mts.net)

Umpire in Chief: TBD

- First named teams will be home team.
- Starting times are staggered for grounds crews.
- Submit line-ups to official scorekeeper 30 minutes prior to have time.
- If starting a left handed pitcher, please notify the opposition 45 minutes before game time.

Pool A	Pool B
Brandon	Border West
Elmwood	Kildonan
Stonewall	St. Boniface
Southwest	Santa Clara

Friday, July 15

Diamond #1	Diamond #2
4:30 p.m. Elmwood vs. Stonewall	4:00 p.m. St. Boniface vs. Kildonan
7:00 p.m. Border West vs. Santa Clara	6:30 p.m. South West vs. Brandon

Saturday, July 16

Diamond #1	Diamond #2
9:30 a.m. Border West vs. Kildonan	9:00 a.m. Santa Clara vs. St. Boniface
12:30 p.m. Brandon vs. Stonewall	12:00 p.m. Southwest vs. Elmwood
3:30 p.m. Kildonan vs. Santa Clara	3:00 p.m. St. Boniface vs. Border West
7:00 p.m. Stonewall vs. Southwest	6:00 p.m. Elmwood vs. Brandon

Sunday July 17

Diamond #1	Diamond #2
10:00 a.m. 1 st in Pool A vs. 2 nd in Pool B	10:00 a.m. 1 st in Pool B vs. 2 nd in Pool A
1:00 p.m. Championship Finals – Semi Final Winners	

cial," Kirk admitted. "We had one bad inning against St. James last (week) and it cost us three runs and we lost 4-3."

Meanwhile, the Blue Jays are in good

shape in terms of volunteer help for the provincials. Still, if anyone is interested in volunteering, they can contact Kirk at 204-461-0593.

Thunder to host Pre-Season Jamboree

By Brian Bowman

The Interlake Thunder will be hosting its third-annual Pre-Season Jamboree this Sunday at Stonewall Collegiate Institute.

The morning session will run from 10 a.m. until 11:30 a.m., followed by the afternoon session at 1 p.m. until 2:30 p.m. A barbecue will be held at lunch time.

An estimated 100 young athletes – and 200 people – will be in attendance for the day while equipment will be issued prior to this date.

"It's a kick start to our training camp for our minor program, which is from Cruncher to Bantam football," said

Thunder president Joel McDonald last Thursday afternoon. "We'll be breaking down the kids in different groups to work on fundamentals."

The jamboree will act as a good head start for the players prior to training camp.

"For the first couple of years, because our kids were so new to football, we used (the jamboree) as a tool to get them into equipment and give them at least some fundamentals going into training camp."

Coaches from the Thunder, including members or their Midget staff and players, along with numerous special guest coaches will be in attendance.

The Thunder had also sent out an invite to University of Manitoba and Winnipeg Blue Bomber alumni to come out. At press time, Petar Pejovic and Jon Oosterhuis had been confirmed to attend the jamboree.

Pejovic played for Simon Fraser University as an offensive lineman and was drafted by the Blue Bombers in 1995. He has coached football for the St. Paul's Crusaders and soccer for SE United.

Oosterhuis, meanwhile, played college football for the New Hampshire Wildcats and the Blue Bombers (2002-2011).

The jamboree will feature some seri-

ous workouts for the players but the day will also be a fun one for the kids with the lunchtime barbecue.

"The workouts and sessions themselves will be fairly intense and we're going to be working on some very specific skill sets," McDonald said. "But the overall event is kind of a fun day to get all of the kids together again."

"We're spread out through the entire Interlake, so some of these kids haven't seen each other in 10 months. They'll get a chance to reacquaint themselves with old teammates and, of course, meet some new teammates."

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Meisner marvels for Team Manitoba in Saskatchewan

By Brian Bowman

Colton Meisner received the phone call that many young football players aspire to get.

He was welcomed as a member of Team Manitoba's U16 squad.

"It was an amazing feeling (to be named to the provincial team)," said Meisner, who lives just outside of Moosehorn, on Monday afternoon. "I had just finished practice for the Interlake (Thunder) and I saw I had three missed calls.

"I thought, oh crap, I didn't make it. But I did make it."

Meisner, 15, was elated to get the news that he had made Team Manitoba's U16 squad. And he recently suited up with his Manitoba teammates for three games in Saskatchewan at the Western Canada U16 Football Challenge.

Manitoba defeated Team Saskatchewan North 42-34 in their first game and then gave Team Saskatchewan South a very good battle in a tough 22-21 loss. Manitoba was then defeated 33-17 by B.C. to wrap up the tournament (Manitoba trailed 14-10 at the half).

"The (first) game was pretty good," said Meisner. "I thought I played well. I like to hit and I like to control the defence (as a linebacker)."

Meisner felt Manitoba's defence was pretty good in the three games.

"We made a few little mistakes," he admitted. "But, overall, I think we did really well. Our coaches were really impressed with us...and it felt really good to represent our province."

The players took part in about 20 practices leading up to the Western Canada U16 Football Challenge. Meisner will benefit greatly from getting those reps while receiving top-notch instruction from provincial team coaches.

"I think it's going to make a huge difference," Meisner predicted.

Team Manitoba defensive coach Eric Vincent raved about Meisner's speed and football smarts. Meisner has the type of speed that simply cannot be taught by coaches.

"I've been coaching in the U16 program for six years now and Colton was one of the most coachable players that I've had," said Vincent. "He's smart, he works his butt off, and he is very, very fast."

As good as Meisner was on defence, he was also a demon on special teams for Manitoba.

"He probably saved two or three touchdowns by catching guys from behind," Vincent recalled. "He was all over the place. He played every single down on defence and we had him on special teams."

Meisner played outside linebacker with Team Manitoba but is a cor-



EXPRESS PHOTO SUBMITTED

Colton Meisner (30) played very well for Team Manitoba at the Western Canada U16 Football Challenge in Saskatchewan last weekend.

ner back with the Interlake Thunder of the Manitoba Midget Football League. He's only to get better as he adds strength and size to his 5-foot-10, 160-pound frame.

Meisner is looking forward to making the move up to a higher age division this season. And he doesn't have too much time to rest up as Thunder Midget practices begin next week.

The MMFLM regular season is also right around the corner as it begins next month.

"(The players) are going to be a lot bigger and a lot stronger," said Meisner, who played with the Bantam Thunder last season. "But I think our defence is going to be real good this year."



EXPRESS FILE PHOTO

Arborg's Jasper Leochko and the rest of his team played really well at the provincials.

Arborg plays well at Bantam 'A' provincials

By Brian Bowman

Arborg did what many teams would like to do at a provincial championship — they won their final game.

The local squad did a great job in defeating Midwest 13-4 on Saturday to close out their Bantam "A" provincials in Ile des Chenes.

"The first two games we fell a little short but we were able to go out a winner in the last game," said Arborg head coach Keith Johnson. "I think a lot of times in baseball, playing loose and relaxed and confident is a key and they were definitely that way for that game.

"It was a fun game and they played well."

Arborg opened play Friday evening with a 13-5 loss to Pembina Hills and then was doubled 12-6 by the host Seine River Saturday afternoon. Johnson said both games that Arborg lost were closely played.

"We played well but if we had a (real) good game in both of them, they were definitely teams that we could play with," Johnson said. "But that's baseball. Sometimes you don't get the key out or have a play on the base paths that takes you out of an inning."

Despite the 1-2 record, Johnson said his club was glad to be playing in a provincial championship against teams from across Manitoba.

"It was a nice tournament and it was good to play in that environment," he said. "It was a nice setting in Ile des Chenes and it was a good learning experience."

Arborg fielded a young team this season with "eight or nine" first-year Bantam players. Johnson said this club got a lot better over a short period of time this summer.

Classifieds



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

Join Our Team!

EMPLOYMENT OPPORTUNITIES for the following positions:

**Certified Safety Officers
HDET Journeyman Mechanics
Truck/Transport Journeyman Mechanics
Heavy Equipment Trainers**

Sigfusson Northern is a Manitoba owned and operated heavy construction firm that provides clients with high quality service and personnel. We are currently accepting applications for the above posted job positions.

We offer:

- Full time employment • Competitive wages
- Benefit Plan with Dental

For additional information regarding any of the above positions please contact Jackie Le Strat – HR Manager – via e-mail at jlestrat@sigfusson.ca

If you would like to apply for any of these positions and join our team, please send your resume to:

Jackie Le Strat, Human Resource Manager
Sigfusson Northern Ltd., Box 51, Lundar, MB, R0C 1Y0
Fax: (204) 762-5107
Email: jlestrat@sigfusson.ca

LIQUOR LICENCE APPLICATION

PUBLIC NOTICE

DENVIR FOODS LTD.
operating as
at
has applied for
to serve liquor from:

CHICKEN CHEF
28 CENTRE STREET, GIMLI, MANITOBA
DINING ROOM LIQUOR SERVICE LICENCE
9:00 A.M. TO 2:00 A.M. MONDAY TO SUNDAY
1:00 P.M. TO 2:00 A.M. REMEMBRANCE DAY

Citizen and community input is an important part of the application process.

If you have any questions about the application, please call the Liquor and Gaming Authority of Manitoba at 204-474-5619.

If you have questions about zoning by-laws and requirements, please contact your municipality.

If you want to make a formal objection to this application, please send us your objection in writing by 4:00 p.m.

14 DAYS FOLLOWING THE PUBLICATION OF THIS ADVERTISEMENT

You can email, mail or fax your objection.
Please include your contact information.
Email: licinspect@LGAmanitoba.ca
Mail: Liquor and Gaming Authority of Manitoba
P.O. Box 1023
Winnipeg, MB R3C 2X1
Fax: 204-453-5254

- We respond to all formal objections and will work to resolve objections before issuing a licence.
- A copy of the objection will be provided to the licence applicant.
- Each person who submits an objection will be advised in writing of the outcome to the licence application.

WANTED TO RENT

Condo/apartment/house wanted to rent – young professional looking for a 1 bdrm. apartment/condo/house in Gimli. Unit must contain the following: kitchen appliances, including dishwasher, ensuite laundry, parking, utilities & internet. I am a quiet, courteous individual and have no pets. Please feel free to contact me at 204-914-1293 about potential places to view.

GARAGE SALES

SILVER HARBOUR - MULTIPLE GARAGE SALES. Saturday, July 16 from 9 a.m. – 2 p.m. at Arnes turn east off hwy 222 follow Colonization Road to Silver Harbour. Signs posted.

HELP WANTED

Medical Transcription! In-demand career! Employers have work-at-home positions available. Get online training you need from an employer-trusted program. Visit: Career-Step.ca/MT or 1-855-768-3362 to start training for your work-at-home career today!

HELP WANTED

Round-Tuit Cleaning Services Ltd. is a commercial janitorial company with a 18 year track record of providing the highest quality service throughout the Interlake. Our employees are mature, responsible, dependable, physically fit, and have an eye for detail cleaning. They have a clear criminal record with a valid driver's license and reliable vehicle to get to work. We have 2 openings for a permanent part-time position, 20 hours a week, M - F - one in Gimli and another 15 minutes outside of Selkirk. For application information call 204-785-3257 between the hours of 9:00 a.m. to 5:00 p.m., M-F. All training provided, sub-contractors need not apply.

MISCELLANEOUS

Portable washer & dryer for sale. Very good working condition, limited use. \$350 obo for the set. For inquiries please call 204-389-4580.

MISCELLANEOUS

Batteries for everything. Automotive, farm, construction, ATV, marine, motorcycle, golf carts, phones, tools, radios, computers etc. Reconditioned, obsolete and hard-to-find batteries. Solar equipment. The Battery Man. Winnipeg. 1-877-775-8271 www.batteryman.ca

Trailers for sale. Car & Equipment Haulers, Dumpbox, Cargo, Utility, Gooseneck Flatdeck, Cargo, Aluminum Livestock, CM Truckbeds. Parts & full service. Kaldeck Truck & Trailer, MacGregor, MB. 1-888-685-3127.

Sawmills from only \$4,397 - make money & save money with your own bandmill - Cut lumber any dimension. In stock ready to ship. Free info & DVD: www.NorwoodSawmills.com/400OT 1-800-566-6899 Ext:400OT.

WANTED

Wanted: old tube audio equipment. 40 years or older. Amplifiers, stereo, recording and theatre sound equipment. Hammond organs, any condition. Call toll-free 1-800-947-0393

UPCOMING EVENTS

Experience Folklorama 47! From July 31 to August 13 visit 45 pavilions and experience the largest and longest running multicultural festival in the world! folklorama.ca 1-800-665-0234

HEALTH

Are you suffering from joint or arthritic pain? If so, you owe it to yourself to try elk velvet antler capsules. Hundreds have found relief. Benefits humans and pets. EVA is composed of proteins, amino acids, minerals, lipids and water. Key compounds that work to stimulate red blood cell production & cartilage cell regeneration & development. Stonewall Elk Products Ltd., 204-467-8428 or e-mail stonewaldek@hotmail.com

POTATOES FOR SALE

Potatos – Red, Yellow & Russet. Onions, cabbage, beets, turnips, parsnips & honey. Deer feed, \$9; black oil sunflower seeds, \$21. Interlake Potato Farm, phone 204-886-2676. 1 mile N. of Teulon on #7 & 1 mile E. on Rd. 95N.

FARM MACHINERY

2011 Clark 48 ft. tandem All Steel A/R, drop deck, winches & removable stake sides, asking \$22,000; 1977 J.D. 4630 2 WD, 7100 hrs., Boss FE loader, 3 pt., \$15,500. Ph 204-962-2376.

5 ft. Woods 3 PTH rotary mower; 6 ft. loader bucket; hay spears for FEL; bale spear for 3 PTH; 7700 Ford tractor, cab, 3 PTH; 22 ft. deep till cultivator, Cockshutt; used fence posts & wire. Ph 204-322-5614.

Full Time Counterperson

Lundar, Manitoba

Come and join the team at Lundar Napa!

We are the leader in sales of replacement parts and supplies for automobiles and trucks. At Napa, you'll work with committed people in a professional environment with an opportunity for individual career growth.

We've been in business for over 80 years and we are still going strong!

Duties & Responsibilities:

- Handle orders and requests for parts and parts information by providing accurate, courteous, efficient and professional service to telephone, electronic and over-the-counter customers
- Prepare customer orders and handle product returns including returning unsold items to stock
- Assist Store Manager in daily operations including maintaining inventory, stock levels and assisting with store displays
- Process payment transactions and handle cash on a daily basis

Preferred Education & Qualifications:

- 2 years of applicable experience as a Parts Technician
- Automotive aftermarket and parts background and/or knowledge
- High School Diploma
- Valid Driver's License
- Exceptional customer service and communication skills
- Ability to use computers
- Strong organizational and multitasking skills with the ability to work in a fast-paced environment

We offer a Competitive Wage and Benefit Package

If you are a Sales Driven, Highly Motivated Individual and are interested in this position, please email your resume before **July 22nd 2016** to bsigurdson@napacanada.com or fax to 204-762-5131 or drop it off at 36 Main Street Lundar, MB

Meyers Auction

10 am Sunday
July 24, 2016
Arden, MB

Antiques & Collectables *
Large selection of Furniture
* Shop & Garden Tools *
MUCH MUCH MORE

Meyers Auctions & Appraisals
204-476-6262

LIST & PICTURES ON WEB
www.meyersauctions.com

McSherry Auction Service Ltd

ESTATE & MOVING SALE

Wed July 20th @ 4:00 pm

Yard Items * Tools *
Vehicles * Antiques *
Household *

Stuart McSherry
Stonewall, Manitoba
(204) 467-1858 or
(204) 886-7027
www.mcsherryauction.com

Hip or Knee Replacement?

Problems walking or getting dressed?
The Disability Tax Credit

\$2,500
Yearly Tax Credit

\$40,000
Lump Sum + Rebate

Apply anytime of the year. Lowest rate in the industry.

Reliable Expert Service
204-453-5372

BU and ACC students:

BU Residence has space available. Single and Double Occupancy for 2016-17 year.

- Secure, comfortable, furnished rooms
- Hundreds of events and programs
- Delicious, nutritious food program.

Call 204-727-9761 or 204-727-7394

classifieds@expressweeklynews.ca

Please support our advertisers

SHOP LOCAL

Classifieds Announcements



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

OBITUARY



August Singbiel

Peacefully on July 3, 2016 at the Teulon Hunter Memorial Hospital, August went to be with his Lord and Saviour at the age of 96. August was predeceased by his wife Sophie in 2004; son Donald Ulrich; son-in-law Harold Pfeifer; eight sisters and one brother. He will be dearly missed by his children Rudy Singbiel (Beryl), Mary Pfeifer and daughter-in-law Kay Ulrich. Grandchildren: Karla Leulier (Mike), Lorne Singbiel (Leah), Carol Anderson, Gail Henderson (Paul), Doug Pfeifer (Allison), Kevin Ulrich (Pearl), Tammy Ouimet (Richard), Kim Ulrich, and Great-grandchildren: Wayne, Shane, Jayme, Tyler, Shayla, Jonah, Riley and Jett.

August was born near Fraserwood on January 10, 1920. He married his wife Sophie in 1956. They purchased land where he actively farmed well into his 90's. August loved farming. From sitting on the tractor in the field all day to welding new creations. His

hobbies included playing the fiddle and crafting miniature horse drawn equipment and harnesses for his model horses.

August's love for God and strong faith helped him through his long healthy life.

The funeral service has taken place on Friday, July 8th at 11:00 am at the Fraserwood Hall with Pastors Eric Isaac, Glen Plett and James McGillan officiating. Viewing was half hour prior to service. Interment followed at the Peace Lutheran Cemetery.

Flowers gratefully declined. Donations can be made to MCC or charity of one's choice.

"I have fought a good fight, I have finished my course, I have kept the faith" 2 Timothy 4:7

MacKenzie Funeral Home

Arborg

204-467-2525

info@mackenzieff.com

**WATERFRONT HOME
LOCH WOOD ESTATES**

\$495,000

Just north of Gimli on .43 acres, this custom built home Offers excellent quality throughout. 2143 sq. ft., 3 bedrooms 2 1/2 baths, hardwood floors, great kitchen with quartz counter, Every possible convenience! Large deck, fantastic views, sandy beach and protected shoreline. Triple detached garage and storage shed on a lovely manicured lot.

**DAVID MACKENZIE • 204 982-8191
SIGMAR MACKENZIE REAL ESTATE**

**E.J. SMITH
SELKIRK MEMORIALS**
A Family Business Making Quality Memorials Since 1896

Visit us at
49 Main St. Selkirk or call
**Toll Free:
1-866-475-6025**

Free in-home consultation
Browse prices on our website!
www.smithmemorials.ca

Black granite with grey base. Includes design, lettering & installation. Single or Companion. Some restrictions apply.

We have been manufacturing custom designed memorials in Selkirk for over 40 years

Remember Your Loved Ones
with an Announcement in the

Call 467-5836 or classifieds@expressweeklynews.ca

**McSherry Auction Service Ltd
Stonewall, MB
CONSIGNMENT AUCTION**

Saturday Aug 6th @ 10:00 am

#12 Patterson Dr. Stonewall, MB
Book In Your Consignments Early!

Tractors & Forklifts * Equipment * Livestock Equipment * Vehicles & Trailers * Farm Misc * Building Supply * Tools Misc * Recreation & Yard Items * Antiques

Stuart McSherry Stonewall, Manitoba (204) 467-1858 or (204) 886-7027
www.mcsherryauction.com

**McSherry Auction Service Ltd
Winnipeg, MB
AUCTION SALE ESTATE OF WILLIAM STEWART**

Sat July 16th @ 10:00 am

Winnipeg, MB 350 Forbes Rd - Off St. Mary Rd
Contact Russ (204) 981-6698

Tractors * Equip * Vehicles, Trailer & Yard * Livestock Items * Farm Misc * Tools * Some Antiques *

Stuart McSherry Stonewall, Manitoba (204) 467-1858 or (204) 886-7027
www.mcsherryauction.com

PUBLIC ONSITE AUCTION

Metal Fabricating Equipment Auction
Howden Alphair Ventilating Systems Inc.

AUCTION: THURSDAY, July 21 10 AM CDT

LOCATION: 1221 Sherwin Road, Winnipeg, MB

• 2005 Koike MGM-2-3100 Laser Table • 2005 Haas VF-3B CNC VMC • 2002 Toshiba NX-630 CNC HMC • 2001 Daewoo Puma 2300 CNC TC • Sino PA-36, 48" X 108" & Baji CS266G, 26" X 80" Lathes • Pacific 175T X 12" Hyd. Brake • LVD Mod. HST 31/13 Shear, 2 Ironworkers, 30 Welders, 15" X 80" Free Standing Crane, JD 260 5400 Steer, Clark 9 Ton - Kalmar 5 Ton & Cat 5, 000 lb. Forklifts & MORE

ONLINE BIDDING: bidspotter.com

Asset Sales (Canada) Inc.
auctioneers • appraisers • real estate brokers

In association with: **CINCINNATI INDUSTRIAL AUCTIONEERS**

More info at www.asset-sales.ca or call 902.852.5331

THE LUNG ASSOCIATION Manitoba

ManitobaQuits
Quit Smoking Contest 2016 wants to help you quit smoking for a day. Quitting for one day helps you to practice effective quitting skills, get to know resources and build confidence. You will have 12 chances to quit smoking and to feel good about yourself! If you can quit for a day - you can eventually quit for good.

\$200.00 cash prizes

Registrations begins January 18, 2016

Go to ManitobaQuits.ca for dates, contest information and resources to quit smoking

Call 1-888-566-5864 toll free

McSherry Auction Service Ltd

AUCTION SALE ESTATE OF EUGENE HEWKO

Sunday July 24th 10:00 am

Tyndall, MB
North Through Town 4 Miles On Rd 35E Then East 1/2 Mile On Rd 77N 35077
Contact: Patricia (204) 669-2860
Donna Hewko (204) 781-5492
Viewing By Appointment Only!

Tractors 08 JD 5103 HL 3PH Hyd 540 PTO 1721 Hrs * JD 4650 Cab 16 Spd Triple Hyd 540/1000 20.8-38 Factory Duals 8348 Hrs. * Case 1690 Cab 3PH 540 PTO Dual Hyd w Case FEL 7200 Hrs * Combines & Grain Equip JD 7720 Turbo Hydrostatic Combine 4733 Hrs * Gleaner Mdl L Combine * 2) Coop 550 Gas Swathers 1) 18' NR 1) 15' * JD 220 16' Tandem Disc * JD 28' Cult W Mulchers * JD Mdl 1610 22' Deep Tiller * Int 6200 24' Press Drill * 50' Hyd Diamond Harrows * Midwest 252 Grain Vac * Farm King 10" 50' MK Auger * Brandt 68' Sprayer * Buhler / Farm King 7" 36' Auger * 24' Hyd Drill Carrier * Lode King 14' Drill Fill Tote Tank * Hayting & Misc NH 469 9' Haybine * NH 850 Rd Baler * NH 269 Square Baler * NH Trailer 7' Sickle Mower * NH 56 Side Del Rake * NH 80 Hyd Bale Mower * Valmer 500 Fertilizer Spreader * NH 510 Manure Spreader * Allied 3PH 8' Snow Blower * JD 3PH Post Hole Digger * Trailer Gas Hyd Wood Splitter * 24' Firewood Elevator * 3PH 7' Cult * Water Tank Trailer * 2) 4 Wheel Farm Wagons 18' Decks * Vehicles & Trailers 02 Sokal 5th Wheel 12' Tandem Stock Trailer * 97 Chev 1500 Silverado Ext Cab * 74 Int Mdl 1700 w 15' B & H * 80 Int Mdl 1624 Cab & Chassis NR * Utility Trailer * Yard, Recreation & Gun 14 Arctic Cat 500 EFI 4 x 4 Quad 602 Km * 84 Honda 200 S 3 Wheeler * Coeey 60 22 Cal Repeater Tub Mag * Gun Cabinet * Yard Trailer * Lawn Sweep * Stihl F538 Gas Trimmer * Misc Champion 4000 Watt Generator * Kodiak CG235 Gas Pressure Washer * 2) Gas Water Pumps * Air Oil Extractor * Shop Hoist * Hyd Tire Lift * Elec Cement Mixer * 3) Zon 4 Propane Bangers * Labtronics Grain Moisture Tester * JD Moisture Tester * 2) Poly Tanks 1) 2000 Gal 1) 1200 Gal * Hyd Cylinders * Bin Sweep * 5000 Gal Steel Tank * Lumber * Tools Welder * Metal Band Saw * Hyd Press * Drill Press * Acetylene Torches * Wood Lathe * Table Saw * Sand Blaster * Hand Tools * Shop Supply * Antiques JD PTO Potato Digger * Sulky Plow * Case 2 B Plow * Elec Cream Separator * Butterchurn * Lanterns * Crocks * Cream Cans * Scale * Some Household *

Stuart McSherry (204) 467-1858 or (204) 886-7027 Stonewall, Manitoba
www.mcsherryauction.com

McSherry Auction Service Ltd

AUCTION SALE NEIL VAN DORP

Saturday, July 23rd @ 10:00 am

Stony Mountain, MB
1 Mile South on Hwy 7
Then 2 1/2 Miles East on 321
Contact: (204) 793-0098

Tractor & Equip MF 130 Dsl 3PH 4712 Hrs * Farm King 3PH 72" Finishing Mower * 3PH Post Hole Auger 9" Bit * Melroe 900 8 B Plow * Inland 70' Spring Tine Harrows * 18' Stubble Cutter * Richardton Side Dump Silage Wagon * 12' B & H Trailer * 8 Ton Farm Wagon * Farm Wagon w 16' Box * Single Axle Semi Converter * Vehicles 90 Chev 3500 Dually 350 STD w 9' B & H Sft * 2) 98 Chev 1500 Ext Cab 4 x * 03 Hyundai Accent GL No Sft * 1980 Western Star 4864-2 6V92 Wet Kit Cab Chassis No Sft * 84 Ford 8000 Cat 3208 Cab & Chassis (Autopac Right Off) * 6' Truck Cap * Tools 20 HP Gas Lincoln Ranger 10000 AC/DC 225 Welder * Lincoln 250 AC/DC Welder * Lincoln Mig 215 Welder * Lincoln 225 Welder * 2) Gas Air Comp * Ridgid Metal Cut Off Saw * Bench Grinders * Hyd Press * Titan XT250 Air Paint Sprayer * 3000lb 11 HP Pressure Washer * 3) Hyd Port A Power * Milwaukee Magnet Drill Press * Acetylene Torches * Air Arc * Air Tools * Impacts 1/2", 3/4" & 1" * Power Tools * 20 Ton Pneumatic Jack * Transm. Hyd Jack * Hyd Jacks * Jack All * 3/4" Socket Set * 3/4", 1" & 1/2" Socket Sets & Impact * Wrench Sets * Crescent Wrenches * Pipe Wrenches * Large Amount Hand Tools * Welding Clamps * Air Grease Dispenser * Grease Guns * Sledge Hammer * Shop Vac * Livestock Equip 3) Farm King Roller Mills 1) Portable * 3) 800 Bushel Metal Self Feeders * Western Saddle * Pony Saddles * Bridles * Halters * Horse Tack * Wall Mount Saddle Stand * Barbed Wire * Fence Posts * Baler Twine Graineries, Misc & Yard 4) Westeel 2700 Bush Bins * J.D. 260 Hyd 48" R Mower * 2 Push Gas Mowers * 5) Comm. Fuel Pumps * 2400 Gal Steel Tank * Water Pump * HP BS Engine * Grain Moisture Tester * 5 Ton Chain Hoist * Load Binders * Chains & Hooks * Metal Banding Machine * Metal Shop Stairs * Pallet Racking * Metal Shelving * Tool Cabinets * Welding Table * Welding Material * Lumber * Plywood * OH Hydro Wire * Hydro Poles * Truck, Trailer & Implement Parts 3 Fuel Slip Tanks * 4 Truck Tools Boxes * Allison 6 Spd Auto Trans * Eaton 13 Spd Trans * Heavy Truck Various Parts * Semi 5th Wheel Plates * Steel Trailer Ramps * Transport Tarps * 16' Blade For Snow Cat * Bale Forks * 6' Bucket w Quick Attach * Hyd Pumps * Hyd Cylinder * 3) hoist for Truck Box * Implement Parts * LT305/85R/16 * 16", 16.5 Tires * 10) New 22.5 Unimount Rims * 22.5 Rims, Budrims * 24.5 Truck Chains * 6) New 20.5/25 * 5) New 23.5/25 * New Cond. 18.4-26 Rice Tires & Rims * 16.9-28 * 16.9-26 * 20.8-R38 * 420/85R/28 * Implement Rims * Large Amount of Good Tires & Rims, Truck, Tractor and Implement * Horse Sickle Mower * Horse Potato Hiller * 3 B Plow * Hand Water Pump * Pedal Stone Sharpener *

Stuart McSherry (204) 467-1858 or (204) 886-7027 Stonewall, Manitoba
www.mcsherryauction.com

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

204-467-5836 classifieds@expressweeklynews.ca

Book Your Classified Ad Today

Call 204-467-5836 or Email classifieds@expressweeklynews.ca

Get The Job Done!

Biz Cards

**Call 204-641-4104 or
email ads@expressweeklynews.ca**

GIMLI VETERINARY SERVICES
70 Centre Street Gimli, MB ROC 1B0
204-642-8398 lmtvet@mts.net

Shipping Containers

CSC Compliant. Watertight. Completely Rodent Proof.

20' - \$3400
40' - \$3450
53' - \$5850

Call for competitive delivery rates

Call Clinton at 204-739-3392

GEORGE'S JIFFY BIFFY 2016

SEPTIC TANK CLEANOUTS & PORTA-POTTY RENTALS

204-664-2024 ASK FOR NICK
FISHER BRANCH, MB

The Fabric Snob

FRESH MODERN FABRIC FOR CLOTHES, QUILTING AND MORE
www.thefabricsnob.com
Tues, Wed, Fri 10-4 Thurs 10-6
Unit 1 - 70 Main street | Riverton, MB

SHERLOCK TREE REMOVAL

Pruning • Stump Grinding

Licensed Arborists
Fully Insured - Claim Free
25 years Experience

Vince 861-0487
Darren 861-0028

Computer Tutor

Professional, reliable computer repair services.

1-204-471-5818

Your virus, spyware, popups & speed up your system experts

www.computertutorpetra.ca

Tree & Yard Service

*Large & High Tree Expert
*Problem Tree Removal
*Tree Pruning & Trimming
*Storm Restoration
*Insured

(204) 364-1372

GOETZ SIDING

• 5" Eavestrough • Soffit/Fascia
• Custom Cladding

(204)223-7740 Sheldongoetz@gmail.com

HART'S HOUSE OF FLOORING LTD.

• CARPETS • VINYL • LAMINATES
• CERAMICS • HARDWOOD FLOORS

6,000 sq. ft. SHOWROOM/WAREHOUSE

Domestic, contract sales & installation

HomeStyle STAINMASTER CARPET

482-4404 474 Main Street, Selkirk
1-888-847-7722 Fax: 482-7560
harthf@shaw.ca

SELKIRK CARPET & MATTRESS CLEANERS

OFFERS GREEN CLEANING

204-785-4464

Commercial & Residential

• carpets • mattresses • upholstery • leather
• pet stain • urine removal • dust mite elimination

Serving Hwy 9 North to Gimli

WE SUPPLY AND/OR INSTALL:

• Window Coverings **HunterDouglas**
• Floor Coverings • Cabinetry
• Countertops & More!

THE HOME STORE

Hwy #9 & Colville Drive
Gimli, MB
(204) 642-8585

Bennett Lake Lodge & Outcamps Ltd.

Toll Free: 1-866-378-5244
Email: info@bennettlakelodge.com
Visit us at www.bennettlakelodge.com

ERIKSDALE SERVICE

YOUR PLACE FOR PARTS

Over 15 Acres of newer trucks and cars for parts

Large Used Vehicle Selection for Sale

Safetied Cars and Trucks ready to roll

204-739-5500 1-800-297-7077
HWY 6 & 68 AT ERIKSDALE

Bill Klassen Auctions Ltd.

www.billklassen.com

Auctions with Integrity!

NOW BOOKING SPRING AND SUMMER 2016 AUCTIONS

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

LITTLE JOE'S AUCTIONS

"If you own it, I can sell it"

• Real Estate • Automobile • Farm • Cattle
• Antiques • Charity • Fund Raising
• Subcontracting and More

Call Joe Stogrin - 204-642-2448
www.littlejoesauctions.com

TREESNOW FULLY INSURED

Serving the Interlake

AERIAL CRANE BUCKET & SERVICE Selkirk, MB

• PRUNING • REMOVAL

• Free Estimates
• Seniors Discounts
• No Travelling Charges

Cell 204-294-5233

Kitchens... and then some

KitchenCraft CABINETRY **CraftLine** COUNTERTOPS

Jaimie Yuzdepski
Kitchen Sales and Design

**CLOSED FOR HOLIDAYS
JULY 1 - JULY 10, 2016**

320 Main Street, Selkirk kitchensandthensome@gmail.com
Ph 204-785-9774 www.kitchensandthensome.ca

BARX MOTEL

Professional Dog Sitter

Debbie Hart, Owner/Operator

Barksmotel@gmail.com
www.BarkXMotel.ca

800 Netley Rd., Petersfield, MB
204-471-6370

STEP UP TREE REMOVAL

Tree Cutting and Removal
Tree Trimming and Pruning
Bucket Truck - Fully Insured

Text or Call ROB 204-785-3273

24 HOUR EMERGENCY SERVICE

Call 204-641-4104 To Advertise on this page.

get inspired

> MEAL IDEAS

Bunless Bison Burger With Sautéed Vegetables



- 1/2 cup (125 mL) balsamic vinegar
- 1 lb (500 g) ground bison or lean ground beef
- 2 tbsp (25 mL) breadcrumbs
- 1 tsp (5 mL) Dijon mustard
- 1 tsp (5 mL) finely chopped fresh rosemary
- 1/4 tsp (1 mL) ground pepper
- 1 1/2 tbsp (22 mL) canola oil, divided
- 2 small onions, sliced

- 1 1/2 cup (375 mL) sliced mushrooms
- 1 red bell pepper, seeds removed, sliced
- Directions
- In small saucepan, bring balsamic vinegar to boil. Reduce heat and simmer until vinegar is syrupy, about 10 minutes.
- Meanwhile, in bowl, combine bison, breadcrumbs, mustard, rosemary, and pepper. Shape four burgers and set aside.
- In nonstick skillet, heat 1 tbsp (15 mL) canola oil over medium-high heat and cook onions until browned, 3-5 minutes, stirring constantly. Add mushrooms and bell pepper, cook 3 minutes. Remove and set aside.
- In same skillet, heat remaining canola oil and cook bison burgers until the meat is fully-cooked.
- Garnish bison burger with sautéed vegetables and drizzle with reduced balsamic vinegar.

Herb Cheese-Stuffed Garlic Burgers



Makes 6 servings

- 2 pounds ground beef chuck, 85% lean
- 2 tablespoons chopped garlic
- 1/2 teaspoon kosher salt
- 1/4 teaspoon ground black pepper
- 3 tablespoons herbed garlic cream cheese, such as Boursin
- 6 hamburger buns, split
- Oil for coating grill grate
- The Grill
- Gas: Direct heat, medium-high 425 F to 450 F; clean, oiled grate

- Charcoal: Direct heat, light ash; 12-by-12-inch charcoal bed (about 3 dozen coals); clean, oiled grate on lowest setting
- Wood: Direct heat, light ash; 12-by-12-inch bed, 3 to 4 inches deep; clean, oiled grate set 2 inches above the fire
- 1. Heat the grill as directed.
- 2. Using your hands, mix the beef, garlic, salt, and pepper in a bowl until well blended; do not overmix. Using a light touch, form into 12 patties no more than 1/2-inch thick.
- 3. Put a portion (about 1 1/2 teaspoons) of cream cheese in the center of each of the 6 patties; top with the remaining patties and press together, taking care to seal the edges well. Refrigerate the burgers until the grill is ready.
- 4. Brush the grill grate and coat it with oil. Put the burgers on the grill, cover and cook for 9 minutes, flipping after 5 minutes, for medium-done (150 F, slightly pink). Add a minute per side for well-done (160 F).
- 5. To toast the buns, put them cut-sides down directly over the fire for the last minute of cooking.
- 6. If serving the burgers directly from the grill, serve on the buns. If the burgers will sit, even for a few minutes, keep the buns and burgers separate until just before eating.

Sharing Awareness and Wisdom, Key to Survival

Times are not changing. They have already changed. And we are surviving. We have learned that security does not come from a job. Jobs can be lost, phased out, bought out or otherwise eliminated, and we still go on. Security does not come from relationships, because relationships can change or end, and people can leave us. Security does not come from money, because you can have lots of it, and still not be happy. There is no security out there.

That is a scary thought at first. Its like when you turn eighteen and realize that you can never go back to being a child. Now you have to take care of yourself. Some are so terrified by this prospect, that they transfer the responsibility for their security to the job, or to another person. This is like going from an air mattress to water wings. You're still not swimming.

The little child on the edge of the pool may be scared at first, but when he sees the others jumping in, he knows at least that it is possible to leave solid ground and still rise to the surface.

Many among us have lost jobs or careers due to change, or have chosen to leave difficult relationships and make it on their own. These are the ones who have had to jump in and learn to stay afloat amidst the tides of change. Too often they feel like failures, but in truth they are pioneers. They are deserving of our admiration and respect, for they are models of the strength of the human

spirit. Rather than falling behind, they are forging new pathways.

We all will be called upon in one way or another to shift from outer security to inner security. As we each gain inner strength, our strength as a species will grow. Our survival depends on each one of us tapping into and sharing our own particular awareness and wisdom.

Although we all possess the ability to access the fullness of Universal wisdom, we often do not. This is largely because we do not know or believe that it is within us already.

Therefore, like amnesia victims, we are helped when others remind us of things that are hidden away somewhere in our consciousness. This is why every single being is crucial to the whole. No one is insignificant. Everyone is our teacher. Everyone. Especially the ones from whom we think we have nothing to learn! So we can redefine security.

Security is believing in ourselves. Security is knowing who we are, being who we are, and loving who we are. It is acting in accordance with our highest wisdom, and humbly accepting the learning when we don't. It is being compassionate towards ourselves, no matter what. And turning adversity into challenge.

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

Learn how to create a safe haven.

We help you radically reduce chemicals in your home

Norwex

Ask me how

Stephanie 204-896-3980

Independent Sales Consultant
cleanwithwater15@gmail.com

ISAGENIX

Weightloss • Energy & Performance • Healthy Aging

Allana Sawatzky
allana333@hotmail.com

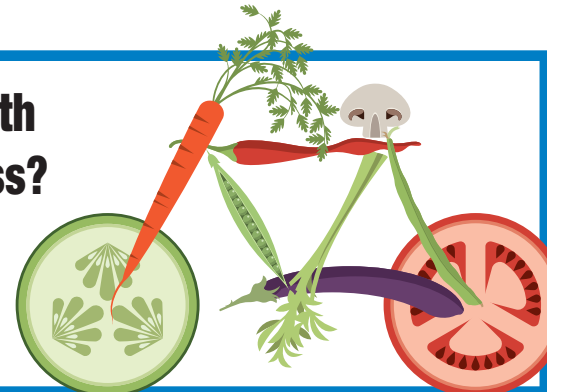
Janice Gulay
jkaraim@mymts.net (c) 1-204-648-3836

Rose Sawatzky
isa.rose1957@gmail.com (c) 1-204-479-8227

www.isaproduct.com

Do you have a Health or Wellness Business?

Call Robin
at 204-641-4104
to advertise



EMPLOYEE PRICING IS HERE

ELIGIBLE COSTCO MEMBERS
RECEIVE AN ADDITIONAL
\$1,000
TOWARDS MOST NEW MODELS



2016 FOCUS SEDAN SE
MSRP: \$22,899
Total Price Adjustment \$1,568
YOUR FORD EMPLOYEE PRICE
\$21,331*



2016 FIESTA SEDAN SE
MSRP: \$20,948
Total Price Adjustment \$1,424
YOUR FORD EMPLOYEE PRICE
\$19,524*



**2016 F-150 Supercrew
4x4 XLT - 3.5L V6 Ti-VLT**
MSRP: \$45,449
Total Price Adjustment \$9,765
YOUR FORD EMPLOYEE PRICE
\$35,684*



**2016 F-150 Supercab
4x4 XLT - 3.5L V6 Ti-VLT**
MSRP: \$45,899
Total Price Adjustment \$9,828
YOUR FORD EMPLOYEE PRICE
\$36,071*



2016 EDGE SEL AWD
MSRP: \$41,139
Total Price Adjustment \$3,335
YOUR FORD EMPLOYEE PRICE
\$37,786*



2017 ESCAPE FWD S
MSRP: \$26,989
Total Price Adjustment \$1,339
YOUR FORD EMPLOYEE PRICE
\$25,650*

Ask your Sales Consultant for details.

**Does not include Dealer Administration fee*



16 7th Ave, Gimli, MB R0C1B0 Sales - 855-963-1818