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# THE EXPRESS

VOLUME 3 EDITION 29 THURSDAY, JULY 21, 2016

WEEKLY NEWS

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## Fair weather

EXPRESS PHOTO BY LANA MEIER

Eight-month-old Holland and her mom took a ride on the merry-go-round at the Winnipeg Beach Boardwalk Days last Saturday. The young family has a cottage at Whyteford and was enjoying the hot temperatures.

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

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# Eriksdale preparing for 25th annual yard sale

By Stefanie Lasuik

The people of Eriksdale are preparing for an annual event they claim to have originated — the community yard sale. For the 25th year, people across town will sell a variety of items in their yards and garages on June 30.

What started as a six-person yard sale 25 years ago has grown into a town-wide event, with upwards of 40 families partaking in the sale while 700 to 800 people visit the area. The Eriksdale and District Chamber of Commerce sponsors the event and asks sellers for a donation of 10 per cent of sales, which they invest back into the community. Over the years, they've supported projects in the Eriksdale Park and helped with the community sign.

The sale also supports the community by bringing tourists from across Manitoba and sending them through the nooks and crannies of Eriksdale.

"Comments are, 'Wow, we didn't know you had a beautiful little town way back here,'" said Glen Heroux, a member of the original Eriksdale Community Yard Sale board.

People become attracted to settle in Eriksdale, which helps the town grow.



EXPRESS PHOTOS SUBMITTED

Eriksdale's Big Al has been a cornerstone of the community yard sale since its inception 25 years ago. The community sign is one of the purchases made from the profits of the annual sale.

The event has brought in about \$500,000 for those holding yard sales over the 25 years.

The Chamber of Commerce has also planned entertainment and food vendors, which will be at the park area. The popular local band The Third Chins is scheduled to play.

Those planning on attending can

look for the bright orange markers signalling yard sales or pick up community yard sale maps, which will be available all around town.

"People can treat it as a treasure hunt. You pick up your map and you go look for your treasure," said Heroux.

The sale will run from 9 a.m. to 5

p.m. but some yard sales will shut down earlier.

"With up to 40 vendors, there's a very good chance they have something that you're looking for, for all ages," said Heroux.

For more information or to register, call Heroux at 204-739-5398 or Keith Lundale at 204-739-2606.

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# Quacking to the finish line

## Lundar's first duck race brings in funds for local pool

By Stefanie Lasuik

It was ducks galore in Lundar on July 15.

Two hundred rubber ducks raced down Swan Creek, to the excitement of the crowd, some of whom raced down the riverbed beside them. The excitement was warranted — whomever's duck reached the quarter-mile finish line first would take home \$500.

Mickie Bialowas ended up with the grand prize, while second and third place prizes of \$100 and \$50 were awarded to Richard Seymour and Jenn Fecio respectively. Ashley Sigfusson's duck took his time to enjoy the ride, coming in last and winning Sigfusson \$20.

Lundar's first duck race was the idea of community member Carla Sweetland, who saw the unique fundraisers in other towns. She decided to bring the excitement to Lundar in support of the Lundar pool. Sweetland's daughter, Sydney, works at the pool, so she thought she'd try to help out.

The fundraiser brought in over \$2,000. It included a duck drop, which took place after the race but with real ducks. Lucy Sigurdson purchased the square the ducks decided to drop on, but donated her \$460 of winnings



Donny Thorkelson manned the finish line and proclaimed duck No. 115, Mickie Bialowas's duck, the winner.

back to the pool.

The evening wrapped up with a pool-side barbecue. The volunteer chefs sold all 80 hamburgers and 40 hot dogs.

Lundar Pool's next fundraiser is



EXPRESS PHOTOS BY KRISTINA JOHNSON

Mike Sweetland helps Joey Johansson dump the ducks into the creek at the start line.

a gala evening on Aug. 13 at 6 p.m. Diners can choose to have chicken or steak, and each table will have a bottle of wine. A raffle will follow. Four tickets at a personal table costs \$150 and are available at Lundar Pool.

# Gimli councillor recognized for decades of public service

By Patricia Barrett

The Association of Manitoba Municipalities recognized RM Gimli Coun. Danny Luprypa for 20 years of public service at its district meeting June 14.

Luprypa, who worked for the Evergreen School Division for 36 years and has a master's degree in educational psychology, served as councillor with the Town of Gimli from 1992 to 1995. In 1995, he was elected to RM council.

He said he owes his longevity on council to his interest in making his hometown the best place possible in which to reside, his willingness to communicate with ratepayers and resolve, to the best of his ability, their issues and his decades-long involvement with local community organizations such as the Kinsmen and the legion.

"I take pride in being approachable and empathizing with residents who need their concerns addressed," said Luprypa, who has served as chair of the public works department for his entire political career.

The councillor is also known around town as a saxophonist. His band, the 4 D's, along with the Kinsmen, entertains seniors in care facilities every Christmas "in order to make the festive season more enjoyable for the elderly." He said he hasn't missed a gig since 1972.

Luprypa, who represents Area 2 of the RM, expressed gratitude for the confidence shown in him.

"I would like to take this opportunity to thank all the residents of Gimli for their support over the past 20 years."



EXPRESS PHOTO BY PATRICIA BARRETT  
Gimli Coun. Danny Luprypa was recognized for 20 years of public service at the AMM district meeting June 14.

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# Arborg Fair and Rodeo provides weekend of excitement

By Patricia Barrett

People from across the Interlake gathered en masse last weekend to enjoy three days of fair and rodeo fun at the Silver Fair Grounds a few miles south of Arborg.

The Arborg Agricultural Society's annual Fair and Rodeo had cars queued up along Road 125N waiting for entry to the event Saturday afternoon after a spectacular parade through town in the morning.

Hundreds of spectators lined the bridge into Arborg and the sidewalks along Main Street to watch colourful floats make their way through town, along with dancers, horses, dogs, semis and Mazur Group's rather massive farm equipment.

Minister of Agriculture Ralph Eichler and Interlake MLA Derek Johnson hoofed it the entire way, handing out goodies to kids. Mayor of Arborg, Randy Sigurdson, waved to the crowd from a Chrysler convertible.

Among the businesses and organizations taking part in the parade were Interlake Insurance, Noventis Credit Union, Mark Brandt Trucking, Bison Trucking, Foster Ag Services, Arborg & District Multicultural Heritage Village, Manitoba Living History Society, Riverton Friendship Centre, Arborg Bakery, Manitoba Conservation and Lögberg-Heimskringla (The Icelandic Paper).

The antique tractor pull competition Saturday afternoon attracted about 60 competitors from across the Interlake.

"The boys" from Highway 6 – Devon (Eriksdale), Eric Hayward and his dad Floyd (Lundar), Glen (Lundar), Tommy (Lundar) and Brian (Deerhorn) – bided their time in the field while organizers tried to fix some broken bolts on the sled, which occurred after Elswood Parada's tractor was hooked up to it.

"As the tractor pulls, the front end goes up in the air," said the announcer as Parada put his foot on the gas.

The weight of the sled (ranging from 25,000 to 35,000 lbs) is calibrated for the weight of each tractor. The object of the competition is to pull the sled as far as one can down a 300-foot course.

Floyd Hayward said he was "guaranteed" to win with his 7,980-lb, 1959 International 560 tractor, a corn binder.

But Daryl Sweetland, also from Lundar, thought

he was a shoo-in.

"I got three Olivers: a '52, '55 and a '60," said Sweetland, who was competing in the 4,000-5,000 and 5,000-6,000 weight class.

The grand prize was bragging rights and a plaque.

While tractor owners waited for "hook man" Carl Blahey to give them the thumbs up, Patricia Tschanen, owner of the Crazy Jumpers Dog School, provided an entertaining demonstration of dog obedience and agility training to a packed stand of spectators.

Dog owners, such as Stefan Tergesen from Tergesen's General Store in Gimli, showed how well behaved and obedient their dogs were.

Tschanen took her lightning fast dog Fred through an obstacle course composed of tunnels, poles and a ladder. Kim, from Arborg, ran her dog Bishop, a husky mix, through the same course, earning much applause from the spectators.

A quilt show, kid zone and main stage entertainment featuring local talent were also part of the fair.



EXPRESS PHOTOS BY PATRICIA BARRETT

Pictured from top, clockwise: "The boys" from Highway 6 – Devon (Eriksdale), Eric and his dad Floyd (Lundar), Glen (Lundar), Tommy (Lundar) and Brian (Deerhorn) brought their antique tractors to the Arborg Fair and Rodeo Saturday to compete in the tractor pull; Arborg Home Hardware parade float had a man wearing nothing but a shower cap and sunglasses as he lounged in a bathtub; Tractor pull competitors pit their strength against a tractor; Winnipeg Blue Bomber mascot Buzz gets a high five from the crowd; Zumba dancing in the streets; Riverton Friendship Centre native dancer; Stefan Tergesen took part in the parade with the Crazy Jumper Dogs; and a barrel racer warms up her palomino at the Silver Fair Grounds Saturday afternoon.



# Waist-high weeds along provincial highways prompt call for action

By Patricia Barrett

The RM Gimli wants the provincial government to cut the tall grass and wildflowers that have taken over the verges of highways that pass through the municipality.

The vegetation, waist-high in many areas, can pose a danger to drivers by obstructing their view of crossroads and wildlife about to dash across the road. It can also pose a fire hazard.

At its regular meeting July 13, council said it will be sending a request to Manitoba Infrastructure & Transportation (MIT) for a "reinstatement" of past roadside cutting practices.

Mayor Randy Woroniuk read out council's resolution:

"Whereas council has safety concerns regarding the length of grass and the reduction of grass-cutting maintenance provided on provincial highways, especially shoulders ... such as along PR 222 and PR 231 in the RM Gimli, and whereas the municipality also considers long grass to be a fire hazard and an eyesore to the community ..."

Council said it has received "numerous" calls from residents and visitors alike about poor visibility on highways because of the tall grass.

The resolution asked that MIT cut the grass "before someone is seriously injured or killed and an accident results from compromised visibility along provincial highways."

"This is bad on 231," said Coun. Danny Luprypa.

Deputy Mayor Peter Peiluck agreed but said PR 222 is a priority.

PR 222 is a narrow highway. It has no

shoulders along certain stretches and is a high deer-traffic zone.

"Right now ... if a deer walks out of the bush, you will not see that deer until [it's] on the road," said the mayor. "The grass has got to be five feet."

Residents in Sandy Hook, along Highway 9, have also expressed concern about reduced visibility.

"We had a call today from someone from Sandy Hook who was complaining ... that we hadn't cut the grass on the highway in Sandy Hook," said CAO Joann King.

The RM is not responsible for mowing the verges of provincial highways.

"We're looking for them to start earlier in their cutting season," said Assistant CAO Kristin Strachan. "They won't even take a phone call right now because their cutting season has not started. It's for all provincial roads."

King said the province used to mow in early July and before the August long weekend.

"And Coun. Petrowski is right," she said. "What they've done is ... put a lot of money into road renewal and different things, but they have significantly cut their maintenance budget."

"It's one cut instead of two," added Petrowski.

"And they wait now till August to do it," said Woroniuk.

Gimli is not the only municipality with extensive stretches of tall vegetation. Provincial highways through Bifrost-Riverton, Fisher and Eriksdale are also affected.

Highway 68 between Highway 8 (Hnausa) and Highway 6 (Eriksdale), for example, is one long stretch of



EXPRESS PHOTOS BY PATRICIA BARRETT

A wolf pup dashed from the high vegetation fringing this stretch of highway. Other wildlife, such as deer, are difficult to spot in tall roadside grasses and could cause accidents.

waist-high vegetation, apart from small sections that property owners have mowed in order to improve visibility and reduce fire hazards.

Cigarette butts tossed from vehicles could ignite verges and fire could quickly spread through fields, farmyards and residential properties near the highways.

An inability to spot wildlife approaching the highway — even during the day — could potentially cause accidents. Last Friday, two wolf pups darted suddenly from the vegetation along Highway 68 just east of Eriksdale, forcing the driver to slam on the brakes.

A spokesperson for MIT said mow-

ing along provincial highways is scheduled "in respect to both safety concerns and length of growing season."

"The department of Manitoba Infrastructure and Transportation times this contracted mowing to be completed as early as possible for driver safety while minimizing the opportunity for re-growth," said the spokesperson. "This year has seen unusually favourable growing conditions resulting in more prominent vegetation growth along our highways. Areas with prevalent safety concerns, such as curves, are monitored and addressed when required."

## Correction



In the July 14 edition of the *Express Weekly News*, we incorrectly identified Athan Nadon in the above photo as Brandon Ford. Teacher Jay Ewert presents the Peter Polak Award for Outstanding Scholastic Achievement to Athan Nadon.

The *Express* apologizes for the error.

# WESTERN CANADIAN JR. B CHAMPIONSHIPS

The **Arborg Ice Dawgs Hockey Club** is proud to be hosting the Western Canadian Junior B Championship (April 13-16/2017).  
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# getfishing

RED RIVER > CHALET BEACH > LAKE WINNIPEG

## > ARNIE WEIDL Some fishermen just have all the luck

Greetings, friends.

I was standing on the boat launch dock at Lac du Bonnet last week overlooking the wind-driven turbulent water in the morning sun, hoping to meet some anglers. No one was on the dock, but off to my right, a robust, sandy-haired chap was working on his boat beached on his riverbank yard.

He seemed like a pleasant enough fellow, and since it was obvious he liked being on the water, I asked if he had an interesting fishing story.

Our new friend, Chris Baker, stopped working on his boat. With a big grin, he walked over to me, saying, "Sure, I've got a lot of them."

Chris became animated as he recalled a time not long ago when he took his two young nephews onto the Winnipeg River here for a little moon-eye fishing. He told Sam and Nick to stay seated so they wouldn't fall overboard. But apparently sound wasn't travelling well from Chris to little Nick because in order to make his first cast, Nick stood up and promptly did a beautiful unintended cartwheel over the side. Chris acted instantly, bending over the gunwale as he grabbed Nick by the shoulders and hauled him back into the boat. Nick, oblivious to the gravity of his situation, held his rod high, sputtering with glee, "I didn't lose my rod, uncle."

After a while, the three of them calmed down. Chris, a little uneasy about what his sister, Colleen, might do to him if she found out her boy had fallen into the water, told the boys, "Don't you tell your mom what happened, OK?"

Looking at their uncle with big, innocent eyes, the boys nodded in agree-



EXPRESS PHOTO BY ARNIE WEIDL  
Ray Massey with a sample of some of his tubs of minnows.

ment. Nick dried off as they fished and later they headed for home. But as soon as they walked into Colleen's place, that little "traitor" Sam went tearing into the kitchen, screaming in childish joy, "Mom! Mom! Nick fell into the river."

Chris hung his head, thinking, "Oh, man, here we go."

About a month ago, I was driving slowly alongside the Red by Sugar Island north of Selkirk and saw a minnow catching skiff with its wing nets spread high and wide. I pulled off the road to watch it for a while and it occurred to me that it might be a nice change to feature a story about "minnowers."

So last week I did a bit of nosing around and found Ray Massey, owner of The Bait Centre. We met for coffee

in town and as we got to know each other, I learned he not only enjoys his work of catching and selling minnows, he's also an avid year-round angler. More than once as we talked, he remarked how being on his boat slowly skirting the Red's riverbank collecting minnows in the still of an early summer sunrise was one of his greatest joys.

We were silent for a moment. Then he switched moods, exclaiming, "I was with my wife's cousin once fishing off the pier at Lockport and when he cast out his hook caught my cap tearing it off my head. As it sailed through the air in a perfect arc out into the river, I told him, 'I don't think that bait is going to work. It's way too big.'"

Though Ray was too nice a guy to say he needed to be getting along, I could sense his urgency so I took a picture of him holding a couple of tubs of his minnows, although I wished I could have gotten a picture of him on his boat holding a pail of minnows.

Last Saturday, I was on the Gimli pier and met Kelly and Jennifer Tarrant with their daughter Rachel from Winnipeg here on vacation. When I asked for a story, young Rachel just had to tell of a time when the family was fishing on the Rushing River north of Kenora. Her six-year-old sister, Christine, who had never fished before, insisted she be allowed to fish too. She was given an old rod with a poor excuse of a lure. Happy now, she sat on the dock and boom: she caught a jack then a perch. No one else caught anything.

Just goes to show you, sometimes catching a fish is just plain luck.

Bye now.

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# A recipe for New Iceland, carrying on tradition

Sugar Me Cookie Boutique preparing for Islendingadagurinn festival

By Rozanne Nevakshonoff

Carrie Arsenault, owner of Sugar Me Cookie Boutique bakery in Gimli, is ensuring Icelandic heritage continues on through the art of baking.

Vinarterta is a cake that truly personifies the Icelandic culture here in Canada. A staple found during holiday events, at parties and festivals, this delicious confection made with layers of shortbread, slathered with a plum/prune filling, and spiced with cardamom is a classic, time-honoured Icelandic tradition. Recipes are handed down from generation to generation — and are some of the best-kept secrets.

Amma Stina's recipe is one of these. Anna Kristen (Stina) was born in Baldur, Man. She married James Collins of Riverton in 1928 and they had three children together. She was widowed in 1939. She then married Percy Wood, also of Riverton, in 1945. After his passing, she remarried in 1982 to Einar Johnson of Riverton. Arsenault is married to Brad Dahl, son of Joan Dahl, daughter of Stina.

As we progress through the story of Amma Stina, Arsenault's inflection changes to one of reverence when speaking of the vinarterta recipe and its history of how this recipe was passed down from mother to daughter — and how she became entrusted with the family recipe by her mother-in-law, Joan.

"I was married to Brad 20 years ago. Joan, my mother-in-law, decided it was the right time five years ago. Joan just didn't give me the recipe; she



Layers of shortbread, slathered with a plum/prune filling and spiced with cardamom, make up the Icelandic traditional vinarterta.

taught me how to make them," said Arsenault.

Traditions are important to Arsenault, as is evidenced by her selecting Amma Stina's vinarterta recipe as her signature dish.

Gimli (the heart of New Iceland) is also set in tradition. The 129th Islendingadagurinn Festival commences on July 29. Arsenault is busy baking up a storm at her bakery to accommodate the thousands of people who will file through the streets during this annual ritual. Over 50,000 people are expected to converge on Gimli, from locals to international travellers. The annual delegation from Iceland will include the Hon. Illugi Gunnarsson, minister of Education, Science and Culture, who will join local and provincial of-



EXPRESS PHOTO SUBMITTED

Carrie Arsenault, owner-operator of Sugar Me Cookie Boutique, has baked 400 vinartertas and 72 quarter vinartertas in preparation of the Icelandic Festival.

ficials at the event. An all-new lineup of musicians, from alternative pop to country, will be show-cased — Faquzia, Begonia, Micah Disser and the Joey Landreth Trio, to name a few.

To prepare for the summer onslaught, Arsenault baked 400 whole vinartertas and 72 quarter vinartertas. However, vinartertas are not the only confection to be found at her Sugar Me Cookie Boutique. Ponnukokur Fridays and Pie Fridays are also very popular, as are her lunch specials.

The 72 quarter cakes are made for

the Icelandic Museum as a fundraising initiative. Arsenault is also a member of the Kinettes and is actively working on a fundraiser to be held the Thursday before Islendingadagurinn begins.

This past Thursday was a cookie jar fundraiser — buy the jar, and Arsenault fills it. This raised \$275 for the Canadian Cancer Society.

"I give back to the community as I can," mused Arsenault.

## Driver dies in head-on collision



PHOTO COURTESY OF GLOBAL NEWS

An early Monday morning head-on collision just south of Warren has left the driver of the car dead.

By Jennifer McFee

One person is dead after a highway collision involving a semi-trailer and car that occurred near Warren early Monday morning.

At around 4:30 a.m. on Monday, July 18, emergency crews responded to a crash on Highway 6 near the intersection with Highway 67.

An extremely damaged car was in the northbound ditch, and the nineteen year old driver, Matt Cooper of Winnipeg, was pronounced dead at the scene. The

semi-trailer was on the southbound highway shoulder.

Police closed Highway 6 between Warren and Grosse Isle for hours and rerouted drivers on a detour.

At press time, they had not released any information about the incident. The investigation is ongoing.

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# Competing for a cause: Miss Teenage Interlake off to national pageant

By Patricia Barrett

Miss Teenage Interlake will be competing for more than the national beauty pageant crown in Toronto July 17-24. She'll be competing for a cause that's close to her heart.

If Arborg's Brittney Gallichon wins the crown, she wants to use the opportunity to raise awareness of Alzheimer's disease, which her grandfather suffered through during the last six years of his life.

"He went from being the smartest man to not knowing my name," Gallichon. "More awareness needs to be brought to it. And we need to support the families as well as the person."

Gallichon said she loves working with seniors. For three years, she has worked part time in the kitchen of Arborg's assisted living facility.

"That job has taught me a lot," said Gallichon, who is 17 and going into Grade 12 this fall. "I appreciate and love the elders. They always entertain me."

Gallichon took part in Arborg's parade and Fair and Rodeo last weekend before jetting off to Toronto to prepare for the Miss Teenage Canada pageant in which about 70 finalists from seven provinces will take part.

The annual competition is more than a beauty pageant, according to its website. "It's a place where you can show off your creativity, energy, passion, drive, get noticed for your achievements and dazzle the world from the inside out."

Based on her experience winning the Miss Teenage Interlake title earlier this spring, Gallichon said the national judges will probably want to know what each competitor is like as a person and her interests.

"In Winnipeg [for Miss Teenage Interlake], I mentioned my interest in [pursuing] forensics and law enforcement," said Gallichon, referring to the judges' questions about career aspirations.

The talent portion of the pageant is optional, but Gallichon will be demonstrating her major talent — singing.

When she was 13 years old, she was signed to Studio 11 Entertainment in Winnipeg and has released several pop/R&B singles, including *The Grind* available on iTunes.

"I went in to make a demo for my dad's family," said Gallichon, whose stage name is Brittney K, "and the manager, Jason Gordon, begged my mom to let him work with me."

In addition to performing covers, Gordon encouraged her to write her own songs.

"He pushed me into writing my own songs. I appreciated him doing that," said Gallichon, who took five years of piano.

"The music is based on my life and what I've been through," she said. "But I've written weird songs; I don't know what they're about!"

She experimented with a number of musical genres when she started recording.

"It took me a long time to figure out what genre I wanted to pursue," said Gallichon, who won a Royal Conservatory vocal gold medal award. "And my voice changed drastically."

Although Gallichon said she feels confident as a singer, she may be a little nervous when it comes to the swimsuit portion of the pageant.

"It's out of my comfort zone. I'm shy," said Gallichon. "But it makes you feel confident — that's what the judges look for, whether you're comfortable in your own skin and you look like you're having fun."

While she competes at the pageant, Gallichon won't be allowed to interact with her mom, aunt and boyfriend who are heading to Toronto to support her.

"I think they're [organizers] worried about 'Pageant Moms,'" said Gallichon. "It's really strict. And they have security guards on us 24-7."



EXPRESS PHOTO BY PATRICIA BARRETT

Brittney Gallichon from Arborg won the Miss Teenage Interlake title this spring and will be competing in the Miss Teenage Canada competition in Toronto. The 17-year-old singer wants to raise awareness of Alzheimer's disease.

But she said she's hoping to make new friends among those competing.

"I think this competition is more intense," she said. "I hope it's more about empowering each other."

Gallichon said she's very grateful for the sponsorship support she has received from the Riverton & District Friendship Centre, Willow Hair Design (Arborg), Harold's Barber Shop (Arborg) and Gimli Ford.

"It's an honour to represent where I grew up," said Gallichon, referring to the Interlake, not just Arborg. "And when I go to the pageant, I'm Miss Manitoba too."

Just having been given the opportunity to compete would be reward enough for her.

"There's so many girls in Canada, and I get to go and represent my province," she said. "Even if I don't win, I'm going to learn a lot, meet new people and be able to say, 'I did this.'"

For more information about the Miss Teenage Canada pageant, visit [www.missteenagecanada.com](http://www.missteenagecanada.com).

Studio 11 on SoundCloud at [www.soundcloud.com/studio11entertainment](http://www.soundcloud.com/studio11entertainment) has links to Gallichon's songs or visit her Facebook page at <https://m.facebook.com/brittneykmusic>.

# RCMP did not contribute to fatality on Peguis First Nation

Staff

An independent investigation has concluded that RCMP officers did not contribute to the death of a person in a police-involved death that occurred last year.

On Sept. 4, 2015, Fisher Branch and Peguis RCMP detachments responded to reports of gunfire, two injured people and a vehicle in a ditch.

When four officers attended the scene, they heard a man's voice com-

ing from inside the vehicle. They tried to communicate with him when they heard another gunshot. They approached the vehicle and smashed the window to see inside, discovering that the lone occupant was dead.

Since this incident involved a fatality, the Independent Investigation Unit of Manitoba assumed responsibility for the investigation, as required by The Police Services Act. In addi-

tion, the Manitoba Police Commission appointed a civilian monitor, as required by the Act. Throughout the investigation, the Independent Investigation Unit held monthly briefings with the civilian monitor.

Zane Tessler, civilian director of the Independent Investigation Unit, received the investigative files and found "no evidence that any of the RCMP officers did, or failed to do,

anything that caused or contributed to the death of the affected person," according to a press release.

"He noted the evidence shows the officers did everything possible to de-escalate the situation but were not able to prevent the death," states the press release.

The complete report of the civilian director is available online at [www.iiumanitoba.ca](http://www.iiumanitoba.ca).



# Royal grave gains memorial pillar a century later

## Descendants of Friðrika Björnsdóttir build pillar and family connections

By Stefanie Lasuik

The grave of a woman believed to be Danish royalty now has a proper marking. On July 15, Friðrika Björnsdóttir's burial site near Riverton gained a prominent white pillar, identifying the royal woman who lies there.

Friðrika was the granddaughter of Samúel, the son King Frederick VI of Denmark supposedly had out of wedlock. The pillar was a part of the Friðrika Björnsdóttir Memorial Project, a fundraising and awareness project put together by Friðrika's descendants.

Friðrika passed away on Aug. 8, 1884. The cemetery was closed at the time of her death, so her husband and children buried her at their homestead, which was formerly Árskógur. It's now farmland near Riverton.

An old picket fence marked the area, but Friðrika's descendants wanted to give the site a formal marking. A part of their project is fundraising for the pillar and an informational panel they have yet to purchase. But another aspect of it was connecting with Friðrika's relatives.

Salín Guttormsson, Friðrika's great-great-granddaughter, has fielded messages from strangers in Iceland and Canada. These strangers are her family, connected to her by the supposed royal blood that runs through all their veins. They don't descend down from Friðrika but across the family tree.



EXPRESS PHOTO SUBMITTED

The three sides of supposed royalty, Friðrika Björnsdóttir's grave pillar represent her family's past, present and future generations.

When they heard about the project, they contacted Guttormsson with the same story Guttormsson herself had been told: you are a descendant of King Frederick VI.

The Icelandic families had an inside joke.

"I'd have to kill six generations back to become king," Guttormsson repeated it.

Through the project, Guttormsson and her relatives have introduced many Icelandic and Canadian descendants to each other.

"It's quite gratifying. ... I hadn't realized how large a group we are," she said.

The descendants can now follow Friðrika's Facebook page, where information about her life is regularly posted.

Followers of the page now know that Friðrika and her husband, Pétur Arnason, sailed to Canada with their children in 1876. They settled in present-day Interlake, but their children succumbed to smallpox. The couple forged on, having five more daughters and settling two homesteads. Twenty days after the birth of her last child, Friðrika died.

The page also has interesting facts about Friðrika's life. It explains that Friðrika lived in what is now known as East Iceland's oldest house. The house, built around 1837, was passed on to the first doctor in the area, according to the house's restoration curator, Geir Hólm. Friðrika lived with the doctor when she was a teenager in Iceland.

The Friðrika Björnsdóttir Memorial Project team is now waiting to hear back from a grant program so they can proceed to their next task. They hope to put up an interpretative panel in Riverton Centennial Park. The panel will tell Friðrika's story and describe the historical significance of her home burial. The team hopes to have the unveiling during Riverton's reunion celebration next summer. Those interested in more information or updates can search Friðrika Björnsdóttir on Facebook or visit [tindratales.wix.com/fridrika](http://tindratales.wix.com/fridrika).

# MGEU holds information pickets in Selkirk

## Union looks to get back to the bargaining table

By Dave Baxter

Information pickets brought health-care workers out to demonstrate in Selkirk on Monday.

The Manitoba Government and General Employees' Union (MGEU) held information pickets related to collective bargaining between the union and Interlake-Eastern RHA on Monday in Selkirk.

Members of Local 411 — a team of health-care professionals that includes home care case and resource co-ordinators, palliative care co-ordinators, mental health workers, dietitians, pharmacists, occupational therapists and physiotherapists — said in a press release "recruiting and retaining professionals to the area can be difficult and many find themselves juggling excessive workloads because

jobs are not being filled."

The most recent settlement offer was rejected and not ratified by the MGEU back in March by Interlake-Eastern RHA members.

"These locals rejected a final offer from the employer in March due to ongoing concerns over recruitment and retention and excessive workloads," said MGEU president Michelle Gawronsky.

About 75 demonstrators picketed by the IERHA Selkirk corporate office on Main Street on Monday.

"We're sharing information with the public that there are some issues that need to be addressed," Gawronsky said "We are trying to get back to the bargaining table and tomorrow will be four months since we've been at the table."

"We're trying to put pressure on the government to get us back to the table."

Gawronsky said issues "still on the table" should be of concern for Interlake-Eastern residents, and she added they are "not monetary concerns."



EXPRESS PHOTO BY BRETT MITCHELL

The Manitoba Government and General Employees' Union (MGEU) held information pickets in Selkirk on Monday related to collective bargaining.

"The biggest issue for our EMS members is fatigue, paramedics working in rural areas deal with significant fatigue issues because of the large

area covered and long transports of patients to hospitals."

Information pickets were also planned this week for Tuesday in Beausejour and Wednesday in Gimli.

# Derek Johnson tackles doctor shortages and Arborg's PCH

By Patricia Barrett

Derek Johnson, PC MLA for the Interlake riding, provided RM Bifrost-Riverton councillors with some answers to ongoing concerns regarding health care in the region.

Johnson, who is on a legislative break, was a delegate at the RM's regular meeting on July 13.

Reeve Harold Foster and councillors presented their new MLA with a hefty to-do list that included doctor shortages and a delay in government approval for the personal care home the RM and Town of Arborg want to fund and build.

Johnson said the government has had a few meetings with Interlake-Eastern Regional Health Authority CEO Ron Van Denakker and has "tasked" him with finding doctors who would be more culturally suited to the region. That might improve retention rates.

"Doctors that feel as though they don't fit into the community don't stay," said Johnson, "so we tasked him with looking for doctors to have, potentially, the same heritage background of different regions."

Johnson said recruiting doctors from Iceland is one option.

"At this point, they [IERHA] have to compare the colleges and the graduating criteria," he said, "and see what it takes to roll them over."

Johnson also said some of the government's newly hired employees are from Ontario and have some connections to the medical profession there. Those doctors might be interested in moving to Manitoba.

"We have seven [doctors] ...," said Johnson. "One is looking at buying a practice from a retiring doctor in our area ... so there's a little bit of light at the end of the tunnel."

Deputy Reeve Dave Shott asked whether "our area" means Selkirk and Gimli.

Johnson said doctor shortages affect the entire Interlake region, including Lac du Bonnet, Pinawa and Selkirk.

"Arborg specifically?" asked Shott, pressing Johnson. "... This side [of the Interlake] — Eriksdale and Arborg and Ashern — aren't getting any. It has to be well known to the CEO that we're not going to

accept that everything is going to be front-loaded over there and nothing here."

Johnson said the government made it known to Van Denakker that it's "not in favour" of having doctors allocated to larger centres such as Selkirk at the expense of other Interlake towns.

"We cannot temporarily close our emergency rooms," said Johnson, "because temporarily turns into never opening again."

Johnson said he's using his personal connections to try to recruit doctors to the region before nurse-managed care of emergency rooms comes to an end in September.

"September long [weekend] is when we're going to hit the speed bumps."

But finding doctors to cover emergency rooms is difficult, Johnson said. According to what he's heard from doctors, they want to see the patients that are allocated to nurse practitioners.

"These are words out of the doctor's mouth ... that if you get nurse practitioners, they see all the patients and you can't get the doctors in to earn enough money to cover the ERs."

Coun. Colin Bjarnason said doctors are the ones affecting the system.

"They see enough patients during the day, and they don't want to be stuck in the hospital in the evening," said Bjarnason. "But they're the first ones to jump up and down and stop ... nurse-managed care and emergency."

Johnson said he will be meeting with a group of doctors who want to set up a practice in Selkirk but provide service to the region.

"They're going to build their own clinic and ... they're willing to staff and make sure the emergency rooms are open in all these hospitals," said Johnson. "They will send the people out. What model they're proposing, I can't answer that because I haven't met with them yet. ... My understanding is they will manage every emergency room and make sure a doctor is there. How they're proposing that fee structure ... I don't know."

Coun. Bjarnason asked why Winkler can have 24 doctors on staff and "we're having such a hard time



**EXPRESS PHOTO BY PATRICIA BARRETT**  
PC MLA for the Interlake, Derek Johnson attended the Bifrost-Riverton meeting on July 13.

in this area."

Johnson said doctors like working in a group setting in which they can access peer advice and mentors and experience a better work-life balance.

"If that same doctor came out in the middle of the Interlake, they'd have that concern of not having that backup and may be second-guessing themselves," Johnson said.

Shott said with the availability of today's technology, one doesn't need "the physicality of having someone right next door to you."

Continued on page 12

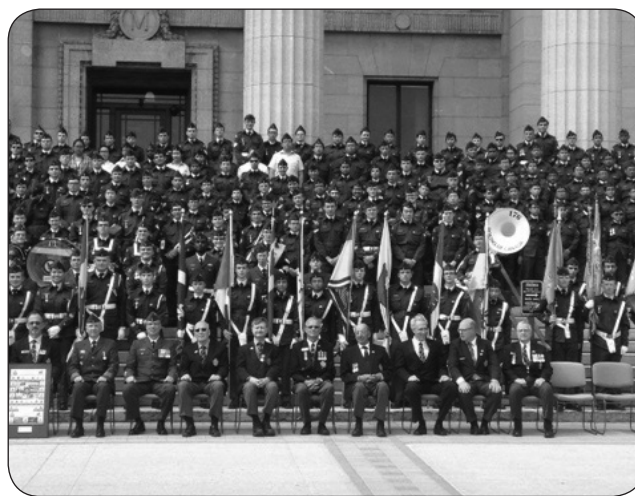
## Fisher Branch Air Cadets receive several awards at annual inspection

Submitted

The Annual Inspection of the Fisher Branch Cadet Squadron 158 took place June 8 at the local collegiate. Several cadets were presented with awards.

Legion Award of Merit - WO1 Arik Lindal; Best dressed Junior - LAC Casey Keely; Best Dressed Senior - WO1 Arik Lindal; Best Drill Junior - LAC Aaron Plett; Best Drill Senior - F/SGT Brooklyn Barteski; Top Survival Team - SGT. Cassidy Wallack, LAC Casey Keely, LAC Gloria Gegenfurtner, LAC Laura Sveistrup, LAC Cassidy Gauthier, CPL Shai-Lynn Levasseur; Range and Marksmanship-WO1 Arik Lindal; Orienteering - CPL Colton Meisner; Truthwaite Memorial Award - WO1 Arik Lindal; Top Cadet level 1 - LAC Aaron Plett; Top Cadet level 2 - LAC Demetri Pereira; Top Cadet level 3 - FCL Colton Meisner; Top Cadet level 4 - SGT Keaton Amos; Top Cadet level 5 - F/SGT Josh Eastman; Top Cadet level 6 - F/SGT Brooklyn Barteski; Citizenship - Sgt. Josh Eastman; CO's Merit award - Sgt. Cassidy Wallack, WO1 Arik Lindal; Most Improved - LAC Randy Sumner.

Fisher Branch cadets also attended the 75th Anniversary of the Air Cadets in Winnipeg June 11. Winnipeg Mayor Brian Bowman inspected the squadrons.



**EXPRESS PHOTOS COURTESY OF ALLAN LINDAL**  
Above, Fisher Branch Cadet Squadron 158 attended the 75th Anniversary of the Air Cadets in Winnipeg June 11. Right, Winnipeg Mayor Brian Bowman inspected the squadrons.



# Beachside communities on board for the 2016 Walk for Water

By Patricia Barrett

The Lake Winnipeg Foundation's annual Walk for Water will see three lakeside communities come together to raise awareness of and improve the health of Lake Winnipeg.

Matlock initiated the first Walk for Water fundraiser in 2007. That inspired other towns along the lake to host their own walk in order to support LWF programs aimed at reducing phosphorus, which contributes to harmful algae blooms.

"We encourage people to take some action," said Marlo Campbell, LWF's communication director. "It's in our backyard. We want people to show some responsibility for protecting shared waters."

Campbell said the foundation would like to expand its network of citizen scientists, which it trains to collect water samples.

"Our goal is to identify hotspots of phosphorus," said Campbell, referring to community-based monitoring programs that are supported by proceeds from the walk. "We want to create a robust data set."

The organization is working on science-based solutions to poor water quality and encouraging researchers, educators, industry, government and the public to support initiatives that reduce the number of pollutants entering the lake, the 10th largest freshwater lake in the world.

"Harmful algae blooms are increasing in size and frequency, contami-

nating our beaches, reducing water quality and threatening Manitoba's important fishing and tourism industries," according to the foundation's 2016 Walk for Water brochure.

Campbell said the foundation's water-sampling program supplements data collected by the province.

"Our long-term plan is to have a community lab," she said.

The foundation has yet to work out all the protocols necessary to run such a lab, from working together with various stakeholders to delivering water samples.

LWF has raised about \$270,000 from fundraisers, including Walk for Water. The money supports educational initiatives in schools, stewardship programs and scientific research.

"We put it back into the landscape," said Campbell, referring to various scientific studies it funds, such as a Lake Winnipeg micro bead study it funded last year.

Gimli MLA Jeff Wharton, along with his wife Marielle, will be among those taking part in Gimli's upcoming Walk for Water fundraiser to "make sure our lake stays healthy."

Wharton said last year's walk, in which he participated, attracted residents, cottagers, campers and other concerned stakeholders.

"Everyone involved was quite interested for the simple fact that it raises awareness for Lake Winnipeg," he



EXPRESS PHOTO BY PATRICIA BARRETT

Gimli's main beach is a huge tourist draw. The Lake Winnipeg Foundation's Walk for Water raises awareness of and support for initiatives to improve water quality.



EXPRESS PHOTO BY MARLO CAMPBELL

Gimli's 2015 Walk for Water participants gathered near the harbour before they set off on a five-kilometre trek to raise awareness of the health of Lake Winnipeg.

Continued on page 12

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**Borealis** (a made-in-Manitoba film)

**THURSDAY JULY 21**  
**Eternal Sunshine of the Spotless Mind**

**FRIDAY JULY 22**  
**Raiders of the Lost Ark + Raiders!: the Story of the Greatest Fan Film Ever Made**

**SATURDAY JULY 23**  
**Prince & David Bowie Sing-a-long + NUTS!**

**SUNDAY JULY 24**  
**The Goonies** (kids night)

\* RAIN LOCATION: Dr. George Johnson Middle School, 53 Third Avenue at Keenora Drive.

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# Fun in sun for Winnipeg Beach Boardwalk Days



EXPRESS PHOTOS BY LANA MEIER



> 2016 WALK FOR WATER,  
FROM PG. 11

## > DOCTOR SHORTAGES, FROM PG. 10

Reeve Foster broached the issue of the proposed personal care home the new government has yet to approve.

The original proposal had the RM and town funding the construction of the PCH and the government funding ongoing medical staff costs.

"They have some issues which I don't really understand," said Foster.

Johnson said it is potentially the "ongoing cost. So if they chip in on the bricks and mortar, it will bring the ongoing cost down."

Foster said the latest he heard was that there

had been a "significant change in the proposal." Rather than the Arborg Senior's Housing Authority overseeing the project, the government would oversee it. That would decrease the mortgage from \$23 million to about \$9 million.

"Which is good," said Foster. "However, on the other side of the coin, they want to bring down the price per day per patient. So we have to do the math on that one."

Foster said the RM and town's consultant, who is working with the health minister, would be reporting on the issue soon.

said.

Three communities are taking part in this year's walk:

- Dunnottar on Sunday, July 24. Registration takes place at the Dunnottar Community Club at 9:15 a.m. The walk starts at 10 a.m. Distance: 5 km.

- Gimli on Aug. 7. Registration takes place at the Lake Winnipeg Visitor Centre near the harbour at 9:15 a.m. The walk starts at 10 a.m. Distance: 5 km.

- Victoria Beach on Aug. 7. Registration takes place at the Victoria Beach Clubhouse at 9:15 a.m. The walk starts at 10 a.m. Distance: 2.5 km and 5 km.

Sponsors of the walk include Erosion Control Blanket near Riverton, the Johnston Group, Quintex Services, and Nowlan & Moore Optometric.

For more information about Walk for Water, visit [lakewinnipegfoundation.org](http://lakewinnipegfoundation.org).



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# ICELANDIC FESTIVAL OF MANITOBA

**Gimli, MB  
July 29 - August 1, 2016**

## Velkomin/Welcome

The Icelandic Festival of Manitoba is a volunteer organization dedicated to promoting and sustaining interest in Icelandic culture and descent, primarily through the presentation of an annual family oriented celebration, held every August long weekend in beautiful Gimli, Manitoba.

The 2016 Icelandic Festival dates are July 29th, 30th, 31st and August 1st.

Join us and enjoy food, music, entertainment, events/activities, Icelandic culture, and of course, Vikings! With the support of our sponsors, donors and volunteers we offer many festival



events for free or low cost.

The Icelandic Festival of Manitoba "Islendingadagurinn" as far as we have been able to determine, is the second oldest continuous ethnic festival in North America. The first Icelandic festival in North America was held in Milwaukee in 1874. The first Icelandic Festival in Manitoba was held in Winnipeg in 1890; was held there annually until 1931, and since 1932 has been held in Gimli.

August 2nd was chosen for the festival date because on that day, in 1874, the first Icelandic celebration in North

America had taken place, and, in Iceland, a new constitution had been accepted. Early August was also convenient for farmers, as seeding was over, but harvest had not yet begun.

### OUR MISSION

The Icelandic Festival of Manitoba is a volunteer organization dedicated to promoting and sustaining interest in Icelandic culture and descent, primarily through this annual family oriented festival.



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# FESTIVAL EVENTS

**Icelandic Festival of Manitoba**  
**Gimli, MB July 29**  
**- August 1, 2016**

## Friday July 29



### VIKING VILLAGE

LOCATION: Harbour Park Hill  
 FRIDAY - 1:00-5:00 PM,



### WONDER SHOWS MIDWAY AND RIDES

LOCATION: Gimli Park  
 FRIDAY - STARTS AT 5:00 PM

### SIGUR RÖK - LIVE MUSIC

LOCATION: Gimli Harbour Stage  
 7:00 PM UNTIL 11:00 PM

## Saturday July 30



### PANCAKE BREAKFAST

LOCATION: New Horizons Centre  
 SATURDAY - MONDAY, 8:00 AM - NOON



### BEACH VOLLEYBALL TOURNAMENT

LOCATION: Gimli Beach North  
 CHECK IN - 8:30 AM - STARTS - 9:00 AM

### OUTDOOR VIKING ZUMBA CLASS

LOCATION: Viking Statue  
 10:00 AM - 11:00 AM

### CRAFT AND FOOD VENDORS

LOCATION: Gimli Harbour  
 SATURDAY - MONDAY,  
 10:00 AM - 6:00 PM



### SANDCASTLE CONTEST

LOCATION: Gimli Beach North  
 REGISTRATION - 9:30 AM,  
 START - 10:00 AM

### VIKING VILLAGE

LOCATION: Harbour Park Hill  
 SATURDAY 11:00 AM-5:00PM

### WONDER SHOWS MIDWAY AND RIDES

LOCATION: Gimli Park  
 SATURDAY STARTS AT NOON

### CHILDREN'S ENTERTAINMENT

LOCATION: Gimli Harbour Stage  
 2:00 PM - 6:00 PM

### BIG GAMES - OVERSIZED BOARD GAMES

2:00 PM - 6:00 PM



### VIKING BATTLE

LOCATION: Harbour Park Hill  
 SATURDAY 3:00 PM - 3:45 PM

### GET DINGED! BECOME AN HONOURARY ICELANDER

LOCATION: Lakeview Hotel and Resort, Wave Patio  
 3:00 PM



### SATURDAY NITE AT THE PIER - LIVE MUSIC

LOCATION: Gimli Harbour Stage  
 6:00 PM UNTIL MIDNIGHT

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## VIKING ADVENTURE DAY CAMP!

Join us at the New Iceland Heritage Museum for an exciting, week long Oiking themed camp for children ages 7-12.

The camp will run from Monday August 8th to Thursday August 11th from 11:00 AM to 3:00 PM.

**For More Information and to Register:**  
 Please call the New Iceland Heritage Museum at 204-642-4001 or email us at [nihm@mts.net](mailto:nihm@mts.net)

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# FESTIVAL EVENTS

**Icelandic Festival of Manitoba  
Gimli, MB July 29  
- August 1, 2016**



**MUSIC ON THE ROOFTOP - LIVE MUSIC**  
LOCATION: Waterfront Centre,  
Johnson Hall  
7:30 PM - 10:30 PM



**JAN'S ONE MILE FUN RUN**  
LOCATION: Gimli Park Pavilion  
REGISTRATION 7:30 - 8:15 AM, STARTS  
AT 8:30 AM



**CRAFT AND FOOD VENDORS**  
LOCATION: Gimli Harbour  
SUNDAY 10:00 AM - 6:00 PM



**FRIS-NOK TOURNAMENT**  
LOCATION: Gimli Park  
REGISTRATION - 12:30 PM, START - 1:30 PM



**FIREWORKS**  
LOCATION: Gimli Harbour  
10:30 PM



**AMMA'S KITCHEN**  
LOCATION: Gimli Park Pavilion  
SUNDAY - 10:00 AM TO 4:00 PM

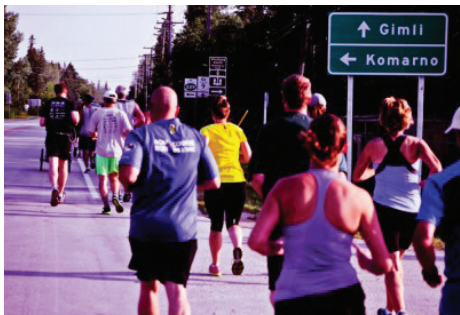


**FINE ARTS SHOW**  
LOCATION: George Johnson Middle  
School  
NOON TO 5:00 PM ON SUNDAY



**MUSIC AND POETRY IN THE PARK**  
LOCATION: Gimli Park, Main Stage  
START - 2:00 PM

## Sunday July 31



**10 MILE ROAD RACE**  
REGISTRATION - 6:30 - 7:30 AM, STARTS  
AT 8:00 AM

**PANCAKE BREAKFAST**  
LOCATION: New Horizons Centre  
SUNDAY 8:00 AM - NOON

**ICELANDIC CULTURE AND  
HERITAGE PAVILION**  
LOCATION: Gimli Park Pavilion  
SUNDAY - 10:00 AM TO 4:00 PM,

**WONDER SHOWS MIDWAY AND RIDES**  
LOCATION: Gimli Park  
SATURDAY - STARTS AT NOON

**VIKING BATTLE**  
LOCATION: Harbour Park Hill  
SUNDAY 3:00 PM - 3:45 PM  
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## Sunday July 31

### VOLUNTEER MEETING

LOCATION: Gimli Park Pavilion  
START - 7:00 PM



### OUTDOOR VIKING ZUMBA CLASS

LOCATION: Viking Statue  
10:00 AM - 11:00 AM

### VIKING VILLAGE

LOCATION: Harbour Park Hill  
SUNDAY 11:00 AM - 5:00 PM

## Monday August 1

### PANCAKE BREAKFAST

LOCATION: New Horizons Centre  
MONDAY, 8:00 AM - NOON

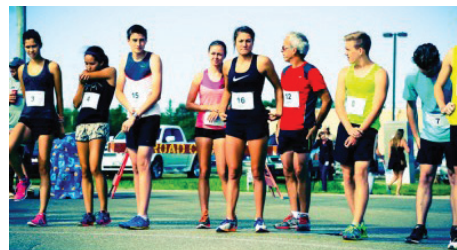


### PARADE

LOCATION: Gimli Rec Center  
REGISTRATION - 9:00 AM  
START - 10:00 AM

### CRAFT AND FOOD VENDORS

LOCATION: Gimli Harbour  
MONDAY, 10:00 AM - 6:00 PM



### MCMAHON MILE RACE

LOCATION: Gimli Park  
REGISTRATION - 9:00 AM, START - 10:00 AM

### FINE ARTS SHOW

LOCATION: George Johnson Middle School  
NOON TO 5:00 PM ON MONDAY

### AMMA'S KITCHEN

LOCATION: Gimli Park Pavilion  
MONDAY, NOON TO 4:00 PM

### ICELANDIC CULTURE AND HERITAGE PAVILION

MONDAY, NOON TO 4:00 PM

### VIKING VILLAGE

LOCATION: Harbour Park Hill  
MONDAY - NOON-4:30 PM

### WONDER SHOWS MIDWAY AND RIDES

LOCATION: Gimli Park  
MONDAY - STARTS AT NOON



### ICELANDIC CHOIR

LOCATION: Gimli Park, Main Stage  
12:30 PM - 1:00/1:15 PM



### FAMILY SPORTS

LOCATION: Gimli Park  
12:30 PM - 2:00 PM



### SCHOLARSHIP ANNOUNCEMENT

LOCATION: Gimli Park, Main Stage  
1:00 PM



### TRADITIONAL PROGRAM

LOCATION: Gimli Park, Main Stage  
2:00 PM

### VIKING BATTLE

LOCATION: Harbour Park Hill  
MONDAY, 3:00 PM - 3:45 PM



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For a complete schedule or for more information on the Noventis Aquatic Centre please visit the Town of Arborg's webpage ([www.townofarborg.com](http://www.townofarborg.com)) or contact the facility directly at 204-376-2236 or the Recreation Office 204-376-5576.

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# Out-beaked: thieving pelican takes on gulls at Laurentia



EXPRESS PHOTOS BY PATRICIA BARRETT

A plump dead pickerel that washed ashore on Laurentia Beach Thursday afternoon kept several gulls happy until an American white pelican caught sight of the beachside feast and rudely crashed the party. The big bird swam towards the beach and then lunged for the fish and gulped it down in one go. The gulls could only watch.

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## Diesel Maintenance at Your Local Auto Service Provider

A lot of Interlake residents are excited about the **new diesel engines** that are becoming available in passenger cars and SUV's and they're curious about the preventive maintenance requirements for diesels. Interlake residents may not know that diesel engines have long been used extensively in Europe and Asia. In fact, in some markets, there're nearly as many diesel powered passenger cars as there are gasoline.

You may ask, why has diesel taken so long to be widely adopted in North America? There are a bunch of reasons like fuel tax policies and such, but the biggest hurdle was that North American diesel fuel had a high sulfur content – too high for the latest generation of highly refined diesel engines. Recent government mandates to remove sulfur now opens North America up to the engines the rest of the world has been enjoying for a long time.

Why are diesels so popular worldwide? Well, for starters, **diesels get up to 30% better mileage** than gas engines. And they last a lot longer. And modern diesel engines are refined, quiet and powerful – and there's none of that black smoke we used to see. Some Interlake residents may think that diesels create more pollution. But, you need to rethink diesels. Environmental pollution standards for diesel cars and light trucks are scheduled to be as strict as they are for gasoline vehicles.

A modern diesel engine is as clean as a gas engine. And, there are not a lot of trade off's with diesel in terms of performance. A modern passenger car diesel is very smooth, quiet and quick. Most Interlake residents wouldn't notice any difference. For folks who tow trailers and haul heavy loads, diesels will be an improvement.

Now diesel engines are heavy duty, so they cost more than gas engines. But they get better mileage – so the break-even point is largely dependent on the difference between gas and diesel prices at your Interlake pump and how many kilometers you drive. And diesels have a higher resale value in most provinces.

Now, let's get back to diesel maintenance in the Interlake. Diesels do require very clean fuel, air and oil, so their filters are much higher capacity than gasoline filters and cost more. The engine air filter needs to be changed more frequently as well. Repair costs in Interlake are similar. As with gasoline engines, proper maintenance is the key to long engine life and to avoiding repairs. So pretty much what we have come to expect with gas vehicles; coolant system service, transmission service, power brakes, power steering, differential, filters, fuel system, and so on. And the payoff for you, if you're one of the Interlake residents that likes to keep your vehicles for a long time, is that a **properly maintained diesel engine can last for hundreds of thousands of kilometers.**

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# St. Martin and Gypsumville Community Pride weekend

By Stefanie Lasuik

The communities of St. Martin and Gypsumville were filled with hugs and laughter on July 16 and 17. The towns' community pride weekend brought together old and new friends in a family-oriented celebration.

"Everything was absolutely fantastic," said organizer Lorraine Kitchur.

Saturday kicked off with a pancake breakfast followed by a 22-float parade. Leading the parade was the community's oldest resident, 101-year-old Walter Syrotiuk. Behind him were the towns' oldest businesses, Rawluk's Fine Foods and St. Martin Garage.

Saturday's baseball tournament brought life back to the St. Martin ball diamonds after about 15 years of inaction. After the flood of 2011, they were nearly ruined but a local farmer, Ken Kitchur, hayed them.

In April, Lorraine Kitchur began cutting and trimming the grass in preparation for community pride. Seven teams slipped and slid on the wet grass, smiling throughout. Team Rohl won the tournament and the \$125 prize.

"There were so many people that turned out just to come watch," said Kitchur.

Meanwhile, the kids climbed aboard the kiddie train led by Wallace Hickman and lent by Steep Rock Beach Park. About 30 children partook in games from sack races to balloon busting, earning cash prizes along the way. They ended with a hugely popular candy scramble.

Displays of miniature school houses, old yearbooks and jerseys from the Hi-Jackers, Challengers and St. Martin Hotel fast-ball club stirred up nostalgia for the older crowd.

Lori Kole and her husband, Barry Driedger, played to over 200 people on the Saturday night.

"It was absolutely amaz-

ing," said Kitchur.

They returned the next day for the acoustic show. Kyle Michaniuk, Richard Lund, and Norah and Harry Driedger took turns entertaining the crowd as well. Sunny Gould and his family provided halftime music.

The pancake breakfast raised funds for the Gypsumville Community Hall, while the musical performances contributed to the St. Martin Community Hall. The 50/50, silent auction and beer gardens raised money for the Northern Interlake Recreation Centre. The amounts fundraised have yet to be calculated, but the reunions Kitchur witnessed were priceless.

"We had people come that haven't been here for years," said Kitchur.

She said a special thank you to the Gypsumville RCMP for assisting with the parade, to Wallace Hickman for operating the kiddie train, to Gord Kirbyson for providing the conservation yard for the parade, and to all the volunteers for helping to create a memorable weekend.



EXPRESS PHOTOS SUBMITTED

Rohl's Team won first place in a seven-team ball tournament that brought the inactive St. Martin diamonds back to life.



Walter Syrotiuk led the parade as the towns' oldest resident. Syrotiuk is 101 years old.



The Manitoba Conservation float turned heads at the community pride parade on July 16.



Rawluk's Fine Foods helped lead the parade as one of the communities' oldest businesses.



St. Martin Garage, one of the communities' oldest businesses, showcased the old to the new snowmobiles in their parade float.



All were aboard the kiddie train as it made its rounds through the pride celebration on July 16.

# get inspired

> MEAL IDEAS

## Grilled Flank Steak With Chimichurri



Makes 4 servings

- 1/4 cup dried porcini mushrooms
- 1 carrot, peeled and thinly sliced into rounds, about 1/2 cup
- 1 stalk celery, thinly sliced into half-moons, about 1/2 cup
- 1 Vidalia onion, cut into thinly sliced strips
- 1 clove garlic, thinly sliced
- 1 tablespoon ground black pepper
- 1 cup red wine
- 2 pounds flank steak, trimmed
- 1 cup Chimichurri (see box)
- Grapeseed oil
- Salt

1. Combine the mushrooms, carrots, celery, onion, garlic, black pepper, and red wine in a large zip-top plastic bag. Add the steak, press out all the air and seal the bag. Refrigerate for 8 hours or overnight.

2. Heat a grill for direct high heat. Pull the meat out of the marinade and brush off any vegetables or herbs. Pat the meat completely dry with paper towels and brush all over with grapeseed oil. Aggressively season both sides of the steak with salt.

3. Scrape the grill clean and coat it with oil. Set the steak over direct heat on the grill with the grain at a 45-degree angle to the grates; grill for 5 minutes. Rotate the steak 90 degrees and grill for 3 minutes. Flip

the steak so the grain is again at a 45-degree angle to the grates; grill for 5 minutes more. Rotate 90 degrees and cook to rare (120 to 125 F internal temperature), about 2 minutes longer. Transfer the steak to a plate and let the meat rest for 5 minutes. Slice the steak very thinly across the grain. Serve with the chimichurri sauce. PC146263

**SIDEBAR: Chimichurri**  
Makes about 1 cup

- 1/4 cup fresh flat-leaf parsley leaves, chopped
- 2 tablespoons chopped fresh oregano leaves
- 1/4 cup olive oil
- 2 tablespoons red wine vinegar
- 1 tablespoon dried oregano
- 1 teaspoon salt
- 1/4 teaspoon Espelette pepper
- 1 tablespoon finely chopped red onion
- 1 tablespoon finely chopped roasted red pepper
- 2 teaspoons garlic, minced
- 1/2 teaspoon dried red pepper flakes

Mix the parsley, fresh oregano and olive oil and set aside. The oil prevents the herbs from oxidizing (turning brown). In a separate bowl, whisk the vinegar, dried oregano, salt, and Espelette pepper until the salt dissolves. Stir in the onion, roasted red pepper, garlic, and red pepper flakes and set aside. Just before serving, mix the oil mixture with the vinegar mixture.

Prep ahead: You can make the chimichurri up to 8 hours ahead; just refrigerate the oil mixture and vinegar mixture in separate bowls. Combine them just before serving. Chimichurri is versatile. Try it on any grilled meat, on grilled shrimp or even on roasted oysters.

### Directions

In large resealable plastic bag, combine balsamic vinegar, canola oil, pepper and garlic.

Add asparagus and squeeze bag to coat asparagus with marinade; seal bag. Let stand for 30 minutes. Remove asparagus from marinade. Discard marinade.

Grill asparagus over medium heat on grill pan or outdoor grill, turning occasionally, until tender, about 5 to 7 minutes.

## What to Do When the Sky Feels Like It's Falling

What do we do when it feels as though our whole world is coming crashing down around us? This feeling can come as a result of external circumstances, but it can also be triggered by inner mood shifts. At such times, life seems incredibly hard, and a future filled with that kind of pain seems utterly unbearable. There is a feeling either of hopelessness, or an urgency to change the external situation. Sometimes there is an urge to escape, either through death or addictive behaviours including alcohol, drugs, work, and perhaps even eating or television. Notwithstanding the fact there may truly be a need for some concrete life changes, let us look at how we can deal with the sense of emotional devastation in the short term.

Remember how we all learned that if we find our clothes on fire, we should not run, but instead we need to "drop and roll". To run would only fuel the flames, and we could not run away from the fire because it is right there with us. Dropping to the ground and rolling removes the oxygen source, without which the fire cannot continue. When we have emotional pain, and we try to run from it, we similarly fuel that pain. We are not doing anything to alleviate it. When we formulate catastrophic expectations and worst case scenarios, we add fuel to the fire. When we berate ourselves we fan the flames. Emotional pain is generally not extinguished as easily as a fire might be, but we can learn how to survive it, and how to control it.

Ironically, the best way to handle these feelings is to accept them,

and allow ourselves to feel the pain for a while. It is not the time to abandon ourselves. Even if we feel we have been rejected, abandoned or betrayed, it is not the end of the world. Even if we cannot find anything to like in ourselves or our situation, it is not the end of the world. These situations may force us to see we must make changes, but change is always possible. If we realize we must take a new path, we must remember there will be new people and situations there, and there could be a bright new world waiting just around the corner.

There would have been little progress for the human species if there had not always been individuals who were willing to venture into the unknown. We all have the capacity within us. The unknown aspects of our own consciousness, or our own potential futures, can seem as daunting as the wilds of Africa, or the jungles of South America. But we can call upon the traditions of our ancestors to give us the strength to explore beyond the safety of our known circumscribed reality.

Someone once said that faith is knowing, as you hold desperately to the edge of the cliff, that if you let go one of two things will happen. Either there will be someone there to catch you, or you will be shown how to fly. Know that whatever happens for you, you can choose to be all right. Things may be different, perhaps even hard, but you can still be all right. Don't ever forget that. Alright?

*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](http://www.gwen.ca)*

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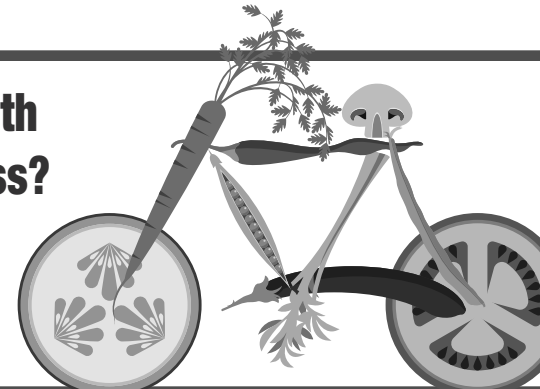
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- 1/4 cup (50 mL) balsamic vinegar
- 2 tbs (25 mL) canola oil
- 1/2 tsp (2 mL) freshly ground pepper
- 1 clove garlic, crushed
- 24 asparagus spears, trimmed

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# Riverton's Handivan on the way out

By Patricia Barrett

Riverton's 16-seat Handivan is ready for the wrecking yard and its board has requested funding from the RM Bifrost-Riverton for a replacement.

The imminent collapse of the bus, which the RM owns, threatens community programs and individuals that rely on it for transportation.

"I'm worried," said Handivan board member Sherry Rozecki, who spoke with council about the bus at its regular meeting July 13. "If I have 16 kids on a bus with Ivan [driver] and we break down in the middle of nowhere, how am I going to get those 16 kids?"

Rozecki said the Handivan service is very busy, taking clients to and from adult day programs at health-care centres, shuttling seniors and children to and from recreational events in the Interlake and Winnipeg, and providing transportation for weddings.

"If I lose this bus right now, I lose all Rec Commission runs because they're booked every Tuesday, Thursday ...," said Rozecki. "We need this van."

Handivan board member Jonas Thorarinson, who accompanied Rozecki to council, said carrying out further repairs to the van may be a waste of money.

"We've run into another ... crisis with the substantial breakdown of the machine," said Thorarinson. "The estimate for repairs is \$4,300 ... for the transmission. But our concern is ... that [the] vehicle is turning into a money pit."

The bus, which is wheelchair accessible, serves residents in Riverton and surrounding areas. It has clocked up about 345,000 kilometres and over the

past two to three years has needed a number of repairs to the motor, windshield and body.

It cost the board \$1,700 last month to replace a passenger door that fell off.

"It's an old van," said Thorarinson. "It has pretty much served its useful life."

Rozecki said the board would like to order a new one, but that could take up to six months.

"I don't know how much more life we have," she said. "I don't know if we have six months."

She said parts for the van are obsolete.

"The computer is obsolete," said Rozecki. "They [the garage] don't know if they can find another one. There's gears in the transmission that ... they had to go on to Kijiji to find parts for it last time we were there."

Funding for the bus is another issue facing the board. It's funded primarily by provincial grants that are administered through the RM. The board has to apply every year for the money. It can get up to \$50,000.

But the board is ineligible for that money because the audit of the RM's past financial statements has not yet been completed, said Coun. Colin Bjarnason.

The board has searched the local area — Fisher River, Peguis, Gimli — looking for a van they could lease on a temporary basis but came up short. It also investigated the possibility of leasing a van from a dealer but found that option unsuitable.

"The lease payments are high," said Rozecki, "but the thing that is kind of scary is that it's locked for a year. So even if we were eligible for the grant



EXPRESS PHOTO BY PATRICIA BARRETT

Jonas Thorarinson, left, and Sherry Rozecki from the Riverton Handivan board spoke with Bifrost-Riverton council about purchasing a Handivan.

... I'm not sure if we could get that money and put it in trust. It may need to be put on a vehicle."

Reeve Harold Foster agreed that leasing programs are not a good option.

"When you turn them in at the end of the lease, they nail you for every scratch and dent," he said.

Thorarinson said the board found a 2015 14-seat wheelchair-accessible bus from Crestline in Edmonton. It has about 6,000 kilometres on it and costs \$89,000.

The board has about \$20,000 in its kitty that could be put towards the purchase, plus another \$13,000 in grant money from community organizations.

The RM would have to contribute the rest.

"I don't think there's any question around this table that it's needed," said Foster. "The question is how we're going to pay for it."

He asked the Handivan board to check with its local credit union to see whether it can obtain a loan or whether the RM itself has to apply for it.

If the RM has to apply for a loan, it would be required to hold a public hearing and then consult with the municipal board. That process could take a minimum of two months.

The RM said it will start the process while the Handivan board checks on loan requirements.

# Country singer headlines at hometown hall

St. Martin native and singing phenomenon returns from Calgary to play locally

By Stefanie Lasuik

Lori Kole filled St. Martin Hall with her Stevie Nicks-sized voice on July 16 and 17, when the country star played her hometown venue for the first time.

After her shows, Kole's former teachers reminisced about the time she sang "The Rose" as a 12-year-old in the school's choir. Kole remembers her knees knocking together before that performance, but since then she's recorded two albums and released five songs to radio. Her knees weren't

knocking ahead of last weekend's performance.

Kole has known she wanted to be a singer since she was six. She sang to the Mini Pop records around her house near St. Martin, hoping to one day be the girl on the cover. But at that time, releasing music was a big dream, a far-away imagining that Kole loved to just think about.

But at 18, Kole fell in love with country and her audiences fell in love with her. She won a karaoke contest

in Moosehorn before scooping up the QX 104 Vocalist of the Year award at the World Famous Palomino Club when she was 20 in 1995. Shortly after, Kole sought the instruction of Canadian Country Music Hall of Fame inductee Ray St. Germain.

On the same day St. Germain heard Kole sing for the first time, he asked her to sing four songs with his band at the Holiday Inn Airport West in Winnipeg.

Kole then moved to Calgary with her husband at the time, when she was 22. She recorded her first tape called *Lori Kole Debut* in 1996. Just as her career was taking off, Kole became pregnant with her first child, Brendan. She took

a break from the music scene to raise him.

"I chose to put my career second and I don't ever regret that. ... I just love him so much. This is the way my life was supposed to go," said Kole.

Two years later, Kole had a daughter, Hayley. She had Bryce six years after that. In 2009, she was able to go to Nashville to record her second album, called *Lori Kole*.

Both albums are on iTunes. They have been there for six years, but her son only stumbled across them two weeks ago.

"My mama is on iTunes!" he texted

# Quarry Physio to host barbecue fundraiser

## Event to support teams for Biking to the Viking and Manitoba Dragon Boat Festival

By Jennifer McFee

An upcoming barbecue fundraiser will allow people to satisfy their hunger while supporting two good causes at the same time.

Quarry Physiotherapy will be hosting a barbecue on Friday, July 29 in Stonewall from 11 a.m. to 4 p.m. to raise funds for the Biking to the Viking fundraiser for the MS Society as well as for the CancerCare Manitoba Dragon Boat Festival.

Quarry Physiotherapy has been involved in the Biking to the Viking event for more than a decade as a participating team. They also offer free massages for to up to 300 cyclists on the Saturday afternoon of the event.

"We're in the health-care profession so these things are important to us. But we also like to give back to the communities that we're involved in. We have clinic locations both in Stonewall and Gimli, so it makes sense to us to be involved as a corporate sponsor because of our proximity

to the event," said owner Scott Allan. "We've actually raised close to \$130,000 now over the last 11 years participating, so we're quite proud of that."

As for the dragon boat races, this will be the first year that Quarry Physio will enter a team.

"In terms of the CancerCare, I think that everybody has a family member or friend who has been inflicted with cancer, so we have a strong connection to that charity as well," he said, adding that the funds will be specifically targeted for the Children's Hospital.

They are hoping to raise \$7,500 for the cycling team and another \$2,500 for the inaugural dragon boat team.

The fundraising barbecue will take place at the Stonewall location of Quarry Physiotherapy, located at West Side Plaza. Supporters can also buy tickets for a draw for an iPad Mini. "We just thought the barbecue

**"WE ALSO LIKE TO GIVE BACK TO THE COMMUNITIES THAT WE'RE INVOLVED IN."**



EXPRESS PHOTO BY STEPHANIE DUNCAN

The Dragons inMotions will be participating in the FMG Dragon Boat Festival Sept. 9-11, with all proceeds going towards CancerCare Manitoba Children's Hospital Foundation. Kyla Lenio-Slack, far right, received a red paddle in 2014 after personally raising \$1,000. Pictured left to right: Beth Gutkin Roy, Christopher Loewen, Kelsey Moeller Brown, Kaitlin Thomas, Rachael Holod, Melanie Karlenzig, Scott Allan, Kyla Lenio-Slack.

would be a good chance to give some thanks back to the community and also give them a chance to help support our causes," Allan said.

The Biking to the Viking event is set for Aug. 20 and 21. Additional cyclists are welcome to join their team, called Quarry Physio Quivering Quads. The Manitoba Dragon Boat Festival will take place from Sept. 9 to 11 at The

Forks.

Donations to Quarry Physio's dragon boat team, called Dragons inMotion, can be made online at <http://support.cancercarefdn.mb.ca/goto/dragonsinMotion>. Donations to the Quarry Physio Quivering Quads team for the Biking to the Viking event can also be made online through <http://mssoc.convio.net>.

# Ashern woman's video resurges on anniversary of missing woman

## Shawn Cote made video to help search for Thelma Krull

By Stefanie Lasuik

July 11 marked the one-year anniversary of Winnipeg woman Thelma Krull's disappearance. In the bustle of everyday life, it's not something a lot of Interlakers are thinking about — but Ashern's Shawn Cote is.

Despite never having met Krull, Cote became invested in her story through social media. In March, Cote realized the "Thelma Krull Missing" Facebook page didn't have any videos. That's when she decided she would make one herself.

"I thought, 'What if instead of a photo or a poster, it's something with music that elicits emotion and gets people more immersed than just looking at a poster,'" said Cote. Cote makes videos as a part of her business, Blue Raven Design and Print.

She called Krull's family, discussed the details, and created a three-min-

ute video that put the case's details together in one memorable message.

Shortly after the video was posted, it had over 60,000 views. It had 1,095 shares from the "Thelma Krull Missing" Facebook page, bringing some commenters to tears and overwhelming others.

On July 11, the video made a resurgence on the Internet. Cote heard from locals in Ashern who hadn't seen the video before.

Cote is glad for the success of the video but only because it might help the family get answers.

"The focus really needs to be on finding this woman," said Cote.

Over 10,000 Facebookers now subscribe to Thelma Krull's missing page, which the family regularly updates. They've continued to search, hang posters and sell Thelma Krull whistles to promote the fact that Krull's still

missing.

Over the past year, police have kept in touch with Krull's family but had no news to share, according to family spokesperson Connie Muscat.

On July 11, police came forward with an image of a woman who was walking in Krull's location when she disappeared. The next day, the woman came forward but police say they have no new leads.

They believe Krull underwent some kind of distress and she may have been abducted the day she went missing.

Cote hopes the family will have more answers soon. In the meantime, she hopes others will help strangers if they have the skills to.

It shouldn't be amazing that someone helped a stranger, said Cote.

"If you can do something, you should do it," she said.



EXPRESS PHOTO SUBMITTED

Shawn Cote had no association with the Krull family but dedicated more than 20 hours to making a video about Thelma Krull's disappearance.

# Mother's battle with cancer inspiration for relaying for a cure

## Ashern Relay for Life cancer fundraiser is planned for Aug. 27

By Stefanie Lasuik

Ashern will host its second Relay for Life in support of the Canadian Cancer Society on Aug. 27.

From 6 p.m. until midnight, teammates will take turns walking or running around Wayside Park to raise awareness and funds for cancer research and support. Organizer Kristen Stoneham is also planning music, activities and ceremonies to run throughout the day. She hopes the event will raise over \$15,000 so those battling cancer can win.

When Stoneham was nine years old, her mother, Virginia Leifso, was diagnosed with breast cancer. Stoneham didn't quite understand what cancer was. But she knew she missed her mother, who ended up staying close to her doctors in Winnipeg while Stoneham remained at home in Flin Flon.

"It was scary because she took suitcases to Winnipeg and I didn't understand why until probably my 10th birthday," said Stoneham.

That's when people began telling her she had to help her dad take care of her two younger brothers.

"It was really, really hard on all of

us," said Stoneham. Stoneham doesn't remember the full timeline due to her youth at the time, but she knows her mother underwent chemotherapy for one to two years before going into remission.

What Stoneham does remember is being excited when her mom finally returned home.

On Sept. 21, 2013, Leifso watched her daughter walk down the aisle, a day she was afraid she would miss 20 years ago.

Now, Leifso is a support for others who have cancer and helps run the Relay for Life in Flin Flon.

Stoneham, who moved to Ashern six years ago, helped at Ashern's first Relay for Life in 2014. They had about 10 teams and raised approximately \$10,000. Stoneham is working to make this year's event even more successful.

In addition to the games and activities, there will be a luminary ceremony in which people can dedicate luminaries to loved ones they've lost to cancer or those currently in the fight. The ceremony, games and activities will be open to the public not partici-



EXPRESS PHOTO SUBMITTED

Virginia Leifso, right, watched her daughter Kristen Stoneham walk down the aisle after fearing she would miss the day when she was diagnosed with breast cancer over 20 years ago. Ashern will be relaying for life so more survivors can accomplish their goals on Aug. 27.

pating in the relay.

Those who do wish to participate can contact Christy Ring at cring@mymts.net or 204-227-6684. Those who wish to donate can contact Stoneham at

kstoneham84@gmail.com. They can also search "Ashern Relay for Life" online.

# Condo dream becomes reality for Riverton Elks

Submitted

What was once a dream for several members of the Riverton Elks Lodge is slowly becoming a reality.

Len Loewen, chair of the housing committee of the Elks, announced today that a 55+ community condo project on the south edge of the town is ready to enter its next stage of development.

"Over the years, as we watched several of our seniors vacate Riverton for other destinations — largely because there were no housing options available — we began talking amongst ourselves about how to change all that", Loewen said. "While several exciting housing projects have emerged over the past few years, this one caters to people who aren't ready for the seniors lodge or apartment environment."

The Elks project, in Phase 1 of the development, proposes four units of 1,086 square feet in size with attached heated garage. Each unit would feature two bedrooms and two baths, as

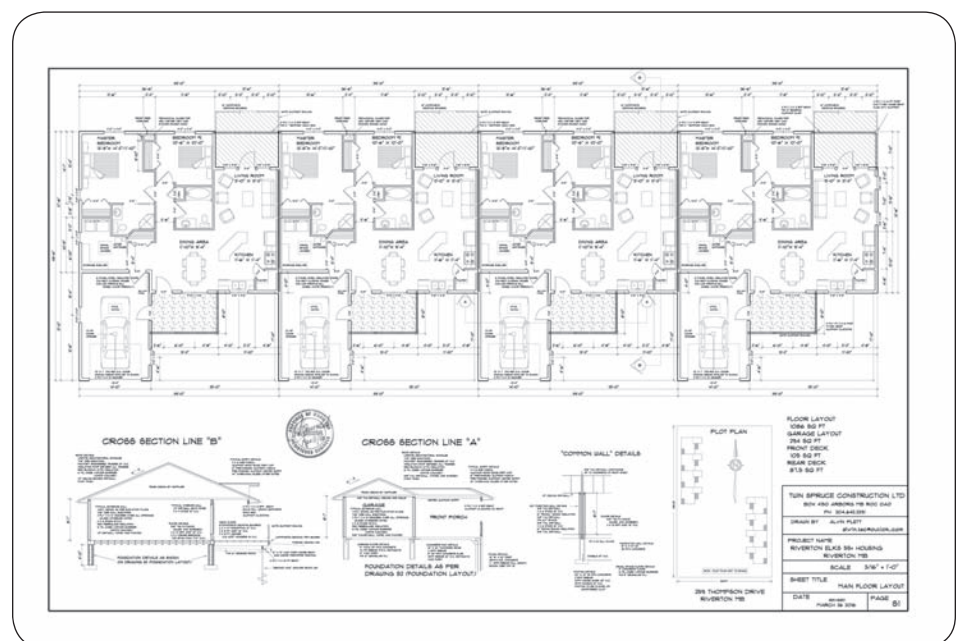
well as front veranda and back deck. The property is located on Thompson Drive, across from Riverton Collegiate.

A tender process for the project is complete, and the successful builder is Alvin Plett of Twin Spruce Construction Ltd. The next step in the process is to go to market and seek out expressions of interest from potential buyers.

"We're ready to sit down and talk with people who are at the point in their lives where they would like to say 'so long' to grass-cutting, show-shovelling and the like. Our position right now is that if we have three committed buyers by September, we will start breaking ground."

According to Loewen, the property can easily accommodate another four-unit complex, and that would become Phase 2 if everything goes as per plan.

Interested parties should contact Loewen at 204-378-2771 or Kelvin Einarson at 204-378-5207.



EXPRESS PHOTO SUBMITTED

Riverton Elks one step closer to 55+ community condo project.

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

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EXPRESS WEEKLY NEWS

# sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

## Blue Jays struggle at senior provincials

By Brian Bowman

The Blue Jays played great hosts at the Senior "AA" All Stars Provincials in Stonewall last weekend.

But their play on the field, unfortunately, didn't match that level of hospitality.

The Blue Jays finished the provincials with a disappointing 0-3 record.

Stonewall started play Friday with a 3-1 loss to the Elmwood Giants. The Blue Jays then were edged 6-5 by Brandon on Saturday afternoon. Later that evening, the Blue were beaten 6-1 by Southwest.

Southwest went on to win the senior provincial championship after edging Elmwood 8-4.

In Winnipeg Senior Baseball League play, Stonewall visited the Kildonan Mudcats this past Tuesday and then hosted Elmwood Wednesday but no scores were available at press time.

Heading into those two games, the Blue Jays were 5-9 and 7.5 games back of the first-place St. Boniface Legionnaires.

Stonewall played just one game last week, losing 4-1 to St. Boniface.

Orrin Hogue scored the Blue Jays lone run in the first inning but the Le-



Blue Jays' righthander Matt Benn delivered a pitch during Saturday evening's game.

gionnaires came back with three runs in the fifth. St. Boniface then added another run in the sixth.

The Blue Jays were limited to hits



Stonewall catcher Josh Drews narrowly misses the out at home in the Blue Jays' 6-1 loss to Southwest.

by Josh Stolar, Rory Tycoles and Tyler Paul.

Stonewall is back in action with a pair of games next week. The Blue

Jays will play Kildonan at Koskie Field next Tuesday and then Stonewall will host Elmwood on Wednesday.

Both games have 7:30 start times.

EXPRESS PHOTOS BY LANA MEIER

## Thunder hosts successful Pre-Season Jamboree

Staff

The Interlake Thunder hosted its third-annual Pre-Season Jamboree last Sunday at Stonewall Collegiate Institute.

An estimated 100 young athletes from the Cruncher to Bantam football program learned football fundamentals for an hour and a half in the morning and the afternoon.

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

The jamboree featured some serious workouts for the players learning how to strip a ball or block a player.



Football players from across the Interlake took part in the third-annual Interlake Thunder jamboree last Sunday.

EXPRESS PHOTOS SUBMITTED



> LORI KOLE, FROM PG. 21



EXPRESS PHOTO SUBMITTED

Kole performed in front of family and friends in St. Martin on July 16 and 17 during their Community Pride days.

to Kole. Kole was surprised he didn't know that.

"I'm just mom to them," she laughed. In the midst of her busy schedule, between her part-time job as a nurse and playing two gigs a week with her band, Kole enjoys the surprises her kids bring.

She answered a call from Brendan on July 1 while he was at a party in Regina. Her music was playing in the background of her son's party and Brendan's friends were all yelling

"We love you, Lori!"

"It's cool to see your kids appreciate the hard work that I've put into all these years," said Kole.

Kole married producer and her band member Barry Driedger in 2013. The couple recently recorded covers, which will comprise Kole's third album set to come out in August. Kole plans to release one of the songs to radio, although she won't yet say which one.

## Icelandic choir coming to Arborg



EXPRESS PHOTO SUBMITTED

The mixed choir Samkór Kópavogs from Iceland will perform at the Ardal Geysir Lutheran Church in Arborg on Aug. 2. The choir of some 60 singers will be visiting Icelandic communities in both North Dakota and Manitoba. The performance begins at 6:30 p.m. with a \$5 admission fee and lunch to follow. All are welcome.



## Why does your dog bark so much?

Do you feel that your dog spends its entire life barking? You need to understand that it's natural for dogs to bark, the same way as it's natural for humans to talk. Indeed, some people — and dogs — love the sound of their own voices. However, if you've noticed that your pet's barking is excessive and that you're unable to silence it, or if it barks incessantly when alone, there are ways of remedying the situation.

- Always use the same word to silence your dog. For example, you could say "be quiet" in a low voice. Above all, do not shout, because your pet may bark even louder.

- Immediately after saying "be quiet," give your pup a treat. Your dog should stop barking if it wants to have the treat, and this way it will associate obeying you with getting a reward.

- Teach your pet to be quiet when it stays home alone. Leave the house without speaking to it or petting it,

and then come back in a few minutes, continuing to ignore it. Wait for your pet to calm down before giving it any attention so that it does not think that its barking made you come back.

- If you have to go out for a few hours, allow your pet to burn off some energy before leaving. Take it for a walk, play with it or go through some obedience training exercises. A tired dog will spend more time sleeping than barking.

**Barking comes naturally to dogs, just like talking does to human beings.**

Before resorting to an anti-barking device, it is preferable to talk with a canine behaviour consultant. Above all, remember that your dog always barks for a reason: your pet is stressed, excited, anxious, or maybe just happy. For all of your pet needs, and pet training needs, visit Canvasback Pets in Lockport, Mb. (204) 757-2701.

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### NOTICE TO CREDITORS

In the matter of the Estate of **Emily Agnes Lindal**, late of the town of Arborg, in the province of Manitoba, deceased.

All claims against the above estate, duly verified by Statutory Declaration, must be filed with the undersigned on or before August 23, 2016.

Dated at Fisher Branch, Manitoba, this 14th day of July, 2016.

Executors; Marilyn Hryhorchuk, Allan Lindal, Lori Shepell  
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R0C 0Z0.

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We thank all applicants for their interest, but only those candidates selected for an interview will be contacted.

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> GAMES

## SUDOKU

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

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Sudoku Answer

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

Crossword Answer

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

## X CROSSWORD

### CLUES ACROSS

1. Blackbird (Scot.)
5. Part of (abbr.)
8. Large fish
11. Of urea
13. Mauna \_\_, Hawaiian volcano
14. Organized crime head
15. Bird genus
16. Curve
17. Greek sophist
18. Thick river fish
20. Negative
21. Young woman (French)
22. Extra features
25. Luckily
30. Pounced
31. Congressman
32. 92543
33. Flemish names of Ypres
38. Spherical body
41. Imply
43. Popular zombie TV show
45. Drink
48. Used to have (Scottish)
49. Former hoopster Heard
50. California graffiti artist
55. Managed
56. Irish military organization
57. Felt ill
59. Larkin, Rose, Bench
60. Used to catch fish
61. Jewish spiritual leader
62. Andahuaylas Airport
63. Google development expert
64. Cheek

### CLUES DOWN

1. Central European river
2. Actor Bana
3. 20th letter of the Hebrew alphabet

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									61			
62					63					64		

4. Southeast Asian ethnic group
5. Celestial body
6. Investigator
7. Tangible
8. Type of television
9. Opaque gems
10. Portion
12. Carriage
14. Women's undergarment
19. Of sound mind
23. Mentally ill
24. Office skill
25. Follicle-stimulating hormone
26. An obligation to repay
27. Read-only memory
28. The lower end
29. Billy knew a girl from here
34. Not the beginning

35. He wrote "The Raven"
36. When you'll get there
37. Celtics legend Auerbach
39. Making fun of
40. Made dim
41. Heston character El \_\_
42. Small integers
44. Unarmed combat
45. Made of wood
46. Rex and Sorenson to name two
47. Affixes
48. Wife of Zeus
51. Swiss river
52. Prejudice
53. Actor Idris
54. Runnin' \_\_: UNLV nickname
58. Criticize



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