

Peguis First Nation Chief Cindy Spence officially opened the Peguis Pow Wow on July 21. Young and old dancers, musicians and singers celebrated their heritage with traditional clothing sparkling with ornate beading and sequins and lavish headdresses brimming with fur and feathers. Hundreds of First Nations people from Canada and the USA took part in the cultural festival.

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



Celebrating culture and tradition at Peguis Treaty Days



EXPRESS PHOTOS COURTESY OF PEGUIS FIRST NATION TREATY DAYS The Annual Treaty Days held in Peguis July 18-26 included the \$30,000 Monster Bingo, Men's Fastball, Women's Fastball, Minor Fastball and Slo-Pitch Championships throughout the weekend at Edgar Stevenson Jr. Memorial Park, nightly dances, a talent show, baby show, jigging, mud bogging, a triathlon, 20K 4-man relay, adult and youth canoe races, 20K pro canoe races, 10K marathon, youth triathlon, horseshoe tournament, a strongyouth and strongman competition, 4 on 4 ball hockey and the colourful Pow Wow along with the Wonder shows midway.



— KIOTI SAVINGS EVENT – choose: 0[%] № 72_{мо*} № ^{UP} ^{\$3400* CASH} то ^{\$3400* CASH} (tractor, loader & backhoe)</sup>

There's a lot to love in the CK2510. Such as the industry's simplest maintenance and an ultra-quiet, low vibration, environmentally friendly Daedong diesel engine. Stop by and take a test drive.



POFfer available 4/1/2015 - 6649/2015 - Offer based on the purchase of eligible new equipment defined in promotional arogena. Some restrictions apple, transming subject to readie approval. Prior purchases are not eligible Offer cannot be combined with any other offer or low rate financing. Offer subject to change without prior notice. See dealer for full details. Kioti.com

GIMLI

Countryside Lumber Fisher Branch

matt@cslumber.com 1-204-494-0560 HAVE A GREAT Islendingadagurinn!

> GIMLI FORD WILL BE CLOSED ON Saturday Aug. 1st Sunday Aug. 2nd Monday Aug. 3rd

> > EST. 1977

Gimli Ford Highway #9 Gimli, MB R0C 1B0 Sales 1 (866) 455-7718

The Express Weekly News Thursday, July 30, 2015 3





Pictured top left, the Baby Show was a highlight for those participating with the top three winners receiving the prize money; bottom left, Roland Sinclair was this year's winner for the triathlon, 18-39 years finishing with a time of 1:15. Sinclair says, "I finally beat my Dad, only took me a lifetime." The children enjoyed the bounceroos and midway.





Become a member and Conquer service fees. Ask us how.

Join the conversation on Instagram and show us how you embrace your inner viking.

noventis.ca



Bezan announces funding for recreational fisheries project

East Interlake Conservation District receives grant for fish habitat

"WE HAVE A LOT

OF COMMERCIAL

FISHERS IN OUR

LIVING, AND

IF THAT GETS

DESTROYED,

THEY'RE DONE."

RM. THAT'S THEIR

By Marney Blunt

other species of fish swimming near the shorelines of Lake Winnipeg will have an improved habitat to live in, thanks to a \$20,525 federal grant awarded to the East Interlake Conservation District (EICD) through the Recreational Fisheries Conservation Partnerships Program (RFCPP).

The funding will go towards projects that work on conserving and restoring fishery habitat along the shorelines of Lake

Winnipeg and some of the rivers and creeks that feed into the lake, including Willow Creek, Fisher River and the Icelandic River.

The funding will benefit both sport and commercial fishing industries.

"One thing I like about this program through the recreational fisheries conservation plan is that it not only is a benefit to the species that we're trying to enhance in the sport fishery, like walleye, pike, trout — the ones everybody is after — but by improving the fisheries habitat, we're also improving the commercial fishery as well," said

James Bezan, member of Parliament Walleye, northern pike and any for Selkirk-Interlake, on behalf of Gail

Shea, the minister of Fisheries and Oceans. "So many here, especially in Gimli, are relying on (commerical fishing) as their main source of income."

The funding will support EICD projects that enhance both fish habitat and the overall health of Lake Winnipeg.

"Our job is to improve Lake Winnipeg for tourism and growing commercial fishing and sport fishing, and most of what we do is with the health of

Lake Winnipeg in mind," said Harold Foster, a board member of the EICD.

"We keep checking the water quality to make sure it is OK, right down to nitrates and everything else. We fence cattle off to keep them out of the streams. Just about everything we do is for the health of Lake Winnipeg."

Foster says erosion is another large area of concern, for the health of both the shorelines and the water quality.

"We talk about nitrates getting into the lake from cattle and farms, but nitrates also get into the lake from erosion because they attach to those



EXPRESS PHOTO BY MARNEY BLUNT

The East Interlake Conservation District received a \$20,525 grant from the federal government through RFCPP. Pictured, left to right: Brigitte Dermarchuk, EICD administrator; Armand Belanger, EICD manager; Rick Gamble, EICD board member; Harold Foster, EICD board member; James Bezan, MP for Selkirk-Interlake; and Jeff Wharton, Gimli PC candidate.

little soil particles that are getting washed into the lake, and it's massive amounts. So erosion is a problem and a major problem," said Foster.

"We have a lot of commercial fishers in our RM. That's their living, and if that gets destroyed, they're done."

The EICD will begin on fishery habitat restoration projects this fall.

"(EICD) gets to work with land owners with an area of shoreline that is eroding and lost soil and not vegetated well, and then we turn around and re-vegetate it and immediately we see benefits of growth," said Armand Belanger, the manager of EICD.

"And with the growth comes bugs that feed the fish, and the shade provides a good water quality for the fish as well. So it's one of those projects that we get to see immediate benefits with, right off the start."

Under the fourth round of RFCPP, the Government of Canada has made up to \$167,795 available for six projects in Manitoba.

The Universal Child Care Benefit explained and how to access it

Politics aside, here is what you need to know about the new UCCB

By Stefanie Lasuik

Last week, cheques heftier than usual began rolling in to families with children due to the enhanced Universal Child Care Benefit (UCCB) put forth by the Canadian government.

According to the Government of Canada's website, the UCCB was "designed to help Canadian families, as they try to balance work and family life, by supporting their child care choices through direct financial support."

This means that every family with children aged six to 17 are now eligible for monthly payments, and those who previously received \$100 a month under the old UCCB for children under the age of six will now receive \$160 monthly. The government is introducing a \$60 benefit each month for those in the six to 17 age category.

It also means that parents and guardians may use the cheques in their own parenting choices, as the payments are not restrictive to daycare uses.

These payments are retroactive to Jan. 1, 2015, and apply to all families regardless of economic income. Parents or legal guardians must live with their child and be primarily responsible for his/her care.

Families who have been receiving payments under the prior UCCB established in 2006 need not register. Neither do parents with children under 18 who have applied for or received the Canada Child Tax Benefit (CCTB). They will see their cheques in the mailbox or via direct deposit automatically. Those who aren't registered under the UCCB or CCTB must apply online by using "Apply for child benefits" through the Cana-

da Revenue Agency's "My Account" or by sending Form RC66, Canada Child Benefits Application, to a local tax centre with any required documentation identified on the form.

The UCCB is a taxable benefit, which will not count towards a family's net income when calculating the Canada Child Tax Benefit or HST/GST. However, it is included as a part of a family's adjusted net income.

The Canada Revenue Agency is reminding parents and guardians of youth aged 14 to 17 in particular to apply for the current UCCB, as the youth would have been too old to be registered under the previous UCCB.

St. Laurent to host annual Metis Days celebration

By Jeff Ward

An explosion of rich Metis culture will be on display in St. Laurent this weekend for the annual Metis Days Celebrations.

The annual event will see hundreds converge in the small town to enjoy a weekend of Metis culture including jigging, fiddling and mud bogging. The events take place over Saturday and Sunday this weekend (Aug. 1 and 2) and with new attractions like the Metis traditional games as one of the major activities, it might just be the best celebration yet.

"We did a lot of work as a new board

to make sure the celebrations are what people expect but also to give it our own take," said Metis Days chairperson Jaqueline Leclair.

"It's very exciting to be so close to the event, but at the same time, it's nerve-racking because we're still learning. We just want people to enjoy themselves and be surrounded by Metis culture."

In that regard, Leclair and her board have accomplished that mission by having so many events that show off that culture in spades. The Metis Traditional Games will be a huge event that has people competing in pack races, a slingshot competition, a knife game and horseshoes — all culminating in an array of cash prizes and trophies for the winners.

There's also a new talent show, which hopes to show off the Interlake's most talented fiddlers, jiggers, singers and square dancers. The celebration kicks off at 10 a.m. on Saturday with a parade.

Work for the celebration started months ago after the celebration for Louis Riel Day was complete.

"This being our first year, we wanted to put the time in to make sure we got things right. People have an expectation about Metis Days and we want to make sure we maintain that," said Leclair.

If you're interested in taking in the celebration, tickets will cost \$10 for Saturday and \$15 for Sunday, but a weekend pass will only cost you \$20. Tickets can be purchased at the gate.

The new board is hoping you'll enjoy the weekend festivities and they can't wait to hear feedback from the community.

Metis Days are an annual celebration of Metis culture and heritage and began in 1967.

Manitoba gov't seeks insight on integrated driver's licence

Staff

The province is eyeing the idea of integrating the Manitoba health card with Manitoba drivers' licences and identification cards issued by Manitoba Public Insurance.

The change would mean Manitobans would be able to access Manitoba health-related services by presenting their photo identification card or driver's licence, Health Minister Sharon Blady announced last Thursday.

"There are a number of benefits to using identification cards and driver's licences to access health-care services," Blady said in a news release. "In addition to reducing the number of cards Manitobans have to carry, we would be better protected against identity theft because drivers' licences and ID cards are securely issued and tamper proof."

Blady noted another benefit of this concept is that all current health card holders would have access to photo identification. Currently, some Manitobans don't have photo ID, which can make it difficult for them to obtain certain services.

"The Winnipeg Poverty Reduction Council supports a vision where people of all ages, ethnicities, income, health and education are respected and have opportunities to achieve their potential," co-chair of the Winnipeg Poverty Reduction Council Cynthia Foreman said."Simplifying access to health-care services and providing our most vulnerable citizens with access to photo identification that can be used to access other important programs and services would be a positive step towards achieving this outcome."

If the concept is approved, a new provincial registry of identity would be created, Blady said, and no personal health or drug records would be shared with MPI. Similarly, no driver's licence information or driver history would be shared with Manitoba Health. The auto insurer would only be responsible for verifying the identity of anyone issued a card.

"This is an opportunity for government to eliminate duplication of services and costs with no impact on MPI ratepayers," Attorney General minister responsible for Manitoba Public Insurance Gord Mackintosh said."The new cards would make use of the corporation's existing identity management processes."

MPI already issues driver's licences and identification cards to more than 850,000 customers or 70 per cent of Manitobans.

Starting in September, Manitobans will be invited to provide feedback on the proposed concept through the MPI website, online surveys and informational displays at shopping malls throughout the province, Blady said. Health-care providers will also be consulted along with the Office of the Manitoba Ombudsman to ensure that personal information will continue to be securely protected, she added.

Suspects in Arborg break and enter arrested in Alberta

Staff

On July 20, 2015, at approximately 9:40 a.m., Arborg RCMP were called to a business on 1st Ave. where investigators confirmed that a break and enter had occurred.

Further investigation revealed that in fact two separate break-ins were perpetrated at the same location over the two previous nights. Over \$20,000 worth of industrial equipment was reported stolen from the business.

Investigators from the Arborg RCMP detachment and the Winnipeg RCMP

Forensic Identification Services found that both break-ins were committed by the same persons and two suspects were soon identified.

On July 21, 2015, the two suspects identified earlier were located and arrested in Alberta by Sherwood Park RCMP. The pair was still in possession of a large amount of the stolen property, which investigators were able to link to the Arborg break-ins. The stolen property was recovered for the owners. "Police database, forensics and surveillance technology were essential in finding the individuals responsible for these crimes" says Sgt. Bert Paquet of the Manitoba RCMP.

"Beyond just solving the case, our officers truly enjoy being able to return stolen property to their rightful owners."

Jeremy Gordon Smith, 29, and Kevin Edward Ehrich, 31, both from Arborg, have been charged with Possession of Property Obtained by Crime Over \$5,000 and Possession of Property Obtained by Crime for the Purpose of Trafficking Over \$5,000. Both individuals are currently held in custody with further charges pending.









PUBLISHER Lana Meier





SALES

Robin Chestnut

REPORTER/PHOTOGRAPHER

Marney Blunt

DISTRIBUTION

Christy Brown

Reanne Dawson

SALES **Rick Reimer**



REPORTER/PHOTOGRAPHER Jeff Ward



REPORTER/PHOTOGRAPHER Austin Grabish



PRODUCTION



Nicole Kapusta

ADMINISTRATION Allana Sawatzky



ADMINISTRATION Jo-Anne Procter

> CONTACT US By phone: 204-467-5836 fax: 204-467-2679 Find us: 74 Patterson Dr., Stonewall, MB R0C 2Z0 Office Hours: Mon. - Thurs.: 8:00am-5pm Friday: 8:00 a.m. - 4:00 p.m.



SALES

Hi fellow anglers. How was your week? It almost makes one feel like we're in the tropics as day after day the heat and afternoon rains bear down on us.

By Arnie Weidl

Happily, those rain clouds were nowhere in sight last weekend as I slowly drove along Silver Creek Road into the Silver Harbor beach and rock reach. Silver's low-lying rock spit makes it such a pleasure to bring your fishing gear, find a nice spot there, and throw out your line and just sit back to enjoy the beauty of the bay.

I had a mind to find a story here but I didn't make it that far because on the other side of the approach road is Bruce Benson's place. There with the blinding sun reflecting off a concrete patio sat Bruce, his wife Linda and some friends.

I pulled alongside them, and as I got out of the car, I jokingly asked them if they had a fishing story for us. Now, for those who are not familiar with Bruce, this towering, extremely fit, long blond-haired, chiselled-featured, high-energy guy is an award winning author. With his engaging personality, you can't help but like the guy.

So, as we stood around trading stories, his buddy Bill Bracegirdle suggested Bruce share how they saved two anglers last year. Bruce went right into the story telling how in the very early spring, a zebra mussel containment crew was treating the harbour here. Two of them saw anglers about a half-mile offshore in a canoe suddenly tip over in the rough waves. The crew members began shouting in alarm, knowing that in these frig-



CC RED RIVER > CHALET BEACH > LAKE WINNIPEG

> ARNIE WEIDL Hot weather, good fishing in the summertime

EXPRESS PHOTO BY ARNIE WEIDL Val Huskinson holds up her catch from the Red River.

id waters the two anglers would not last long. Bruce, his son, Ti, and three other fishermen heard the cry for help quickly jumped into their fishing boat and tore through the choppy waves to rescue them.

On the way to shore, Bruce, being the character he is, impressed upon his shivering survivors their unwise use of a canoe that day, along with the name of his favourite beverage that might be accepted in payment for their Samaritan act. Bruce laughed, saying that once ashore, they quickly took off, never to be seen again!

Early last week driving along the 320 north of Selkirk, I swear the lush reeds, tall grasses and giant trees under the hot, humid sun made me feel like I was in Louisiana. Every once in a while at the end of a vehicle trail leading to the edge of the Red River bank, I could see folks camping and fishing.

As I was about to pass one of these lanes, I saw a fellow who was in the process of taking a bass off his hook while a woman watched. I pulled in and called out to the couple, now relaxed under the cool shelter of a massive overhead tree by the water.

The guy proved to be very quiet and reserved, but the lady, Valarie Huskinson, was very outgoing. These Winnipeggers had caught some bass, and Val obligingly held them so I could take a picture.

After we got to know each other a bit, she gave the story of when last year they were fishing here in the early spring and a friend's car"drowned" in the soupy mud. They had come to fish and got stuck so they called a buddy to come help, who also got stuck. They then got a tow truck that, yes, got stuck too. With no other choice, they left the car overnight and when they returned the next day, the whole front of the car was totally submerged in muddy water. The car became a write off! You've got to watch that stretch of river bank. It can be tricky!

A few days ago, I went over to the Winnipeg River stopping at various spots in my never-ending search for anglers and their wonderful stories. Truth be told, fewer folks are fishing in shallow warm waters right now. I did find a young, friendly chap, Andy Yuen of Winnipeg, downstream from Powerview who was doing pretty well catching bass in a rocky deep spot he had found. Well, try to keep cool and we'll see you later. Bye now.

> CONTACT US Express Weekly News - Interlake Graphics 74 Patterson Drive, Stonewall Industrial Park Phone 467-5836 Fax 467-2679



News: news@expressweeklynews.ca

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



TROUBLE WITH PAPER DELIVERY?

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

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

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



ADMINISTRATION Tracy Farmer

> **TO PLACE AN AD or for COMMERCIAL DESIGN & PRINTING** Robin Chestnut 204-641-4104 ads@expressweeklynews.ca

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

or call our office at 204-467-5836

SelkinkRecord

Tribune

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

Marney Blunt (Arborg, Gimli, Riverton, Fisher Branch) 204-461-0714

marney@expressweeklynews.ca Austin Grabish 204-785-1618

austin@selkirkrecord.ca

Smithsonian exhibit returns to St. Laurent

By Jeff Ward

One of the centrepieces of the Metis wing of the Smithsonian Institution's National Museum of the American Indian is returning home to St. Laurent after being away for more than a decade.

The piece is a bombardier which was purchased by the National Museum of the American Indian (NMAI) back in

"PEOPLE WERE

COMING UP TO

AND TELLING US

WHERE THEY'RE

METIS TOO!'

FROM."

the early 2000s after the Smithsonian Institution named St. Laurent one of eight communities from North, South and Central America that would be included in the museum. That exhibit remained permanent for the last 10 years and is now being dismantled, and although the Smithsonian owns the bombardier, they are loaning it back to the community. "We've been in con-

tact with the curators

over the years and told them we'd like to continue the exhibit here in St. Laurent," said Jacinthe Lambert, one of five curators who helped create the original NMAI exhibit.

"We'll be working over the next few years to put the exhibit back together here because it's such an important thing for us. For those who never saw the exhibit in Washington, this will stand for future generations."

During the curation of the exhibit,

the Smithsonian tasked the St. Laurent committee to put together a contemporary showcase of Metis culture. It was no easy task, being asked to fit the more than 100-year history of St. Laurent into a space of around 500 square feet. But it was also exciting, going through all the important parts of Metis culture and being able to showcase and celebrate with the world.

It took a few years and with the help of curator from the Smithsonian, the small committee was able to include some artifacts from the community. There were **US SAYING 'WE'RE** panels with pictures and explanations of the artifacts and their significance as well as videos detailing Metis life and culture.

"Those videos had almost everyone from the community in them. Our people are

immortalized in those videos and so is the culture. It was an incredible experience to see our exhibit when the museum opened, one that I'll never forget," said Lambert.

The museum opened on Sept. 21, 2004, in Washington, D.C., where a procession was held to celebrate the opening and more than 150 people from St. Laurent were a part of the celebration. Lambert has each second of that important day burned into her



EXPRESS PHOTO SUBMITTED

Jacinthe Lambert stands next to the historic bombardier that for the last decade has been apart of an incredible exhibit in the Smithsonian. The piece of Metis history is now back in St. Laurent waiting for its new home.

memory as well as each emotion.

"People were coming up to us saying 'We're Metis too!' and telling us where they're from," remembered Lambert.

Flash forward now nearly 11 years later and the bombardier is back in St. Laurent as well as the other artifacts that were loaned to the museum. The plan is now to recreate the exhibit in St. Laurent permanently. To do that, though, it's going to take time and a place to house the exhibit.

"We're planning to renovate the welcome centre, extend it and have it become the St. Laurent Metis Museum," said Cheryl Smith, reeve of St. Laurent, who also added that the name isn't official.

If everything goes according to plan, the museum would open during the 150th anniversary celebration of the confederacy.

you can make it, bake it or grow it, you can sell it

By Jeff Ward

An exciting new way to share locally grown food and locally made items is coming to Eriksdale, and its organizer hopes it will be a big hit.

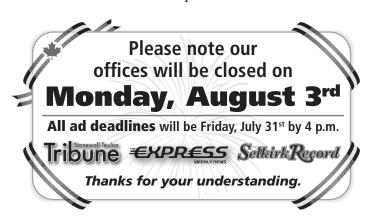
After more than two years trying to get the idea off the ground and a poor gardening season last year ruining its debut, the Eriksdale Market Garden is finally ready to have it's inaugural day of selling. The market will have it's first official day Saturday, Aug. 15 under the pavilion in Railway Memorial Park, the same day of Eriksdale's Creamery Days.

"It's a good time for us to debut because of how many people are going to be here over the weekend," said Dolly Lindell, the organizer of the market garden.

"Other communities have markets like this and there's a lot of interest in them. Our hope is that this becomes an annual thing."

The rules are make it, bake it or grow it. Lindell said that you could expect to see lots of baked goods, jams, breads, fresh veggies and even more unique craft items. Although the rules confine the market into those three categories, the amount of variety within them is quite deep.

If you're interested in becoming a seller, there's still time to be a part of it. There is no rental fee for space un-



der the pavilion and all you have to do buyers. is provide your own table.

Lindell is confident that the interest from the community so far will help at 204-739-2628.

kick off the markets on a good note and that with

there

following

each

Saturday,

will be more ven-

dors and more

For more information on becoming a vendor, you can contact Dolly Lindell



Ashern Jump Club holding weeklong Bible camp

By Jeff Ward

For the third year in a row, the Ashern Jump Club is having its annual summer Bible Vocational School (BVS) program. And if the years past are any indication, kids involved in the program likely won't want to come home.

The Jump Club is organized and run by Tanya and Alex Vasylievil, who, along with members of the Ashern Gospel Chapel, organize an after-school program for kids and teenagers of Ashern and the surrounding areas. These after-school programs have been extremely popular, and naturally the success of the program rolled into creating a summer day camp program as well. This year, the program runs from Aug. 3 to 7 and has kids aged six to 13 years, joining in on activities like arts and crafts, signing, dancing, train rides (courtesy of Steep Rock Campground) and more.

"We want all the kids to have something fun to do, but also we want to help them with any problems they might have," said Tanya Vasylievil, who's extremely passionate about her work with the church and the Jump Club.

"The theme for this summer is [Mount Everest] and every day of the camp, they will meet a different animal who lives around the mountains, and they teach them different lessons. They will teach them that God provides, and he can help you and

> "THEY WILL TEACH THEM THAT GOD PROVIDES, AND HE CAN HELP YOU AND HEAL YOU."



EXPRESS PHOTO BY TANYA VASYLIEVIL Many of these kids from the Jump Club will be engaging in many activities during this year's Bible Vocational School being held Aug. 3-7.

heal you."

Tanya Vasylievil wants kids to know that no matter the hardship they're facing in their life that God is always there for them. Relating that information to kids who might be having a particularly tough time in their lives is something that the camp helps with. One of the more important factors about this day camp is that it comes at no cost to parents. The church helps provide all of the supplies for the day camp, and donations to the church and the Jump Club are made frequently. "We have some friends in Winnipeg who went to the states this winter and talked about our program and some people down there bought us a new trampoline. We've never even met them," said a grateful Tanya Vasylievil.

There have also been a number of donations made by local Ashern businesses as well that help keep the club and the BVS going.

If you're interested in enrolling your child in the program, you can contact Tanya Vasylievil at 204-449-2305 for more information.

The great garage sale to take over Eriksdale

By Jeff Ward

For one day each year, Eriksdale residents turn the entire town into one huge garage sale, which not only puts money into vendors' pockets but also supports the local Chamber of Commerce.

It's been 24 consecutive years for the garage sale, which last year saw 55 vendors taking part. Each year the sale grows in popularity with more vendors, more money and more people from all over the province sharing in the experience. This year's sale takes place this Saturday, Aug. 1.

"Each year we see people from a different part of the province whom are here for the first time," said Al Kelner, who's been running the garage sale since its inception.

"It's a very popular event and one that helps put money in people's pockets, helps put money into the Chamber and brings in tourism. It's just always such a great day and people are very excited to be apart of it each year."

The Chamber of Commerce takes a cut of 10 per cent for each dollar a vendor makes, up to a maximum of \$150 dollars. If a vendor makes over \$1,500, they still only pay the Chamber of Commerce \$150. Kelner believes that the Chamber will benefit either way, so letting a vendor who's selling well keep the extra profit only makes them want to sell again the following year.

The collection of dollars is done on the honour system. People bring in 10 per cent at

the end of the day. "Some people give us more than 10 per cent. The town really comes together to work for the greater good during the sale. We've never had a problem with the honour system here," said Kelner.

According to Kelner, people even donate items to be sold if they don't want to sell themselves. Whatever money the item brings in is donated entirely to the Chamber of Commerce. A woman who was selling her home donated a bunch of items for this year's sale. Her late husband's

old tools have already sold for \$420 and there are still a few hundred dollars' worth of items yet to be sold, said Kelner. The sale has its familiar faces, of course, and one of the most popular vendors in town is Gomer Plantz,who's been selling since the sale started 24 years ago.

"It's changed quite a bit since the beginning, defi-

nitely gotten a lot bigger. There's always such a wide array of things to buy and sell as people either move away or pass away," said Plantz.

You'll see a little bit of everything from Plantz at the sale. He, in fact, sells such a wide variety of items that would be impossible to list, he said. If you're interested to see what he has, he sets up at Big Al's shop in town.

Plantz isn't the only one, though, as there will be many more vendors will be in town selling things all day.

The sale runs from 9 a.m. to 5 p.m. and Kelner recommends getting there early, as the morning tends to be the best time to buy.

"IT'S JUST ALWAYS SUCH A GREAT DAY AND PEOPLE ARE VERY EXCITED TO BE A PART OF IT EACH YEAR."

Gimli Ice Festival proposes Cooley's Ice Park

By Marney Blunt

Gimli council had a special visitor during last week's meeting.

Cooley, the mascot of the Gimli Ice Festival, made an appearance at council with Peter Holfeuer, the co-chair of the festival, to present their proposal to create Cooley's Ice Park.

The theme of the upcoming 2016

Gimli Ice Festival is to be "Celebrating Gimli's Commercial Fishing Culture and Heritage," and creating Cooley's Ice Park in January 2016 would be the first part of that theme.

The park would be intended to promote winter tourism in Gimli and have members of the community and tourists enjoy the outdoor park in the weeks leading up to the 2016 Gimli Ice Festival, which is scheduled for March 5 and 6.

Cooley's Ice Park would consist of various snow sculptures and a small skating rink in front of the Gimli Art Club and the Lake Winnipeg Visitors Centre. There would also be a skating trail weaving throughout the Gimli Harbour.

Local Stonewall artist Ralph

Tanchak, who originally hails from Fisher Branch, will be creating five snow sculptures for the park and a snow coaster, which is a roller coaster made from mounds of snow. Tanchak also does the weekly editorial cartoon in the *Stonewall Teulon Tribune*.

"He was actually recommended by the Gimli Art Club to get in touch

"WE'RE ALWAYS

EXCITED ABOUT

SOMETHING

NEW THAT'S

HAPPENING IN

JANUARY AND

FEBRUARY."

with this individual, as it's something that he specializes in," said Holfeuer, adding that Tanchak has represented Canada in the International Snow Sculpture Symposium at Festival du Voyageur in 2010.

"He's actually a very accomplished artist," he said.

Tanchak will also be providing six hours of snow sculpting instruction to students from the Gimli High

School, in partnership with both the Gimli Ice Festival and the Gimli High School's art program.

Holfeuer requested that the RM look after installing lighting for the park and the skating area in November or December and disassemble the lighting after the Gimli Ice Festival in



EXPRESS PHOTO BY MARNEY BLUNT

Peter Holfeuer, co-chair of the Gimli Ice Festival, and Cooley, the festival mascot, presented their idea of Cooley's Ice Park to Gimli council.

March. He also requested the RM connect the lighting to a power source, instal promotional signage for the park in January, keep snow cleared from walking area in the park, and provide necessary insurance coverage for the park in addition for all other events of the Gimli Ice Festival. "It sounds beautiful. I'm really excited for what it could do for Gimli this winter," said Coun. Thora Palson.

"That sounds great. We're always excited about something new that's happening in January and February," said Deputy Mayor Peter Peiluck.

Annual poolside dinner to support Lundar Pool

By Jeff Ward

A nice, relaxing poolside atmosphere with great food, wine and company all make for a memorable evening.

The fifth annual Lundar Pool Fundraising Gala is happening on Saturday, Aug. 8 and the wildly popular event is likely to sell out quickly. All money

raised from the event goes towards the Lundar Pool, which will be used this year as a way to help cover operating expenses.

"It's a great evening for people who come and they can also feel great knowing they're helping us keep the pool

open," said Michelle Christensen, the main organizer of the event.

"The people that come really enjoy the event, and we've gotten great has sold out quickly. Christensen ex-

reviews from the community. It's a small, relaxing evening with some great food and an atmosphere that's hard to match."

Christensen starts planning the annual event in May, picking the date and getting the food and permits organized. Feeding 100 people is now

second nature to the fundraising pro, as she and her team work to provide a glamorous experience for dinner guests.

When you arrive, you're escorted to your table with your choice of wine for the cocktail hour. Once the food is ready, people casually line

up for their choice of either a chicken or steak dinner cooked to perfection. It's a popular night and in years past has sold out quickly. Christensen expects this year to be the same.

"We have a 20 table maximum, which means 100 people total. We keep it at that number to make sure that the event doesn't get too big. I want to keep it a more personal laidback event, quiet and relaxing," explained Christensen. If interested in booking a table for four, you're encouraged to call Christensen as soon as possible at 204-762-5957.

Last year's gala fundraiser raised \$3,400.

Gimli Community Health Centre Non Urgent Walk-In Medical Clinic

A non-urgent walk-in medical clinic will be available 10:00 a.m. to 6:00 p.m. on Sat., Sun. and statutory holidays starting May 16 until September 1, 2015.

Appointments for the non-urgent medical clinic are not necessary.



This clinic is in the physicians' offices in the Gimli Community Health Centre. Please use the 6th Avenue entrance (204-642-4595).

Interlake-Eastern Regional Health Authority The emergency department will be available for urgent health concerns only.

"I WANT TO KEEP IT A MORE PERSONAL LAID-BACK EVENT, QUIET AND RELAXING."

Record crowds enjoy hot weekend at Gimli Film Festival

The 15th Annual Gimli Film Festival was a memorable five-day Festival

By Marlene Ness

The rain showers on Thursday did not dampen the spirits of film-goers as indoor attendance hit an all-time high of 3,853 throughout the festival.

Hot, humid weather dominated the last three days of this year's festival, causing the total beach attendance at the RBC Sunset Screenings to swell to over 5,000 people.

When a rain storm hit the beach halfway through Sunday's film, *Dr. Strangelove*, it resulted in a record breaking tear down. In total, over 9,400 attended this year's dynamic lineup of films and events.

The most talked about films at the festival included *Amy*, a sad, riveting, and brutally honest film about the life of Amy Winehouse that examines the complex balance between art and celebrity; Red Army, a documentary about the USSR hockey team also included an in-depth panel discussion with three NHL hockey players from that era; Monsoon is Sturla Gunnarrson's visually striking, awardwinning documentary about India's weather system; Iris, the story of 93-year-old fashion diva Iris Apfeld of New York, played to rave reviews for three packed screenings ... we are now looking for our Gimli maven.

Several other films that stirred up a range of emotional responses at this year's Festival were *Salt of the Earth* ("stunning imagery," "stirring"), *It Follows* ("terrifying," "audience screams"), *Force Majeure* ("tense," "difficult to watch") *Grandad* ("most laughs," "Icelandic humour"), *Ex Machina* ("sexy," "inventive"). Approximately 200 people attended

Approximately 200 people attended Saturday night's closing reception at Johnson Hall. The biggest highlight of the evening was the introduction of two new awards which will both be awarded annually at the Gimli Film Festival.

The Alda Award — a word which means"wave" in Icelandic — was generously donated by Janis G. Johnson in celebration of excellence in circumpolar filmmaking. The Alda is representative of the close relationship, which has evolved between GFF and the circumpolar world, and the first Alda Award was presented to Sturla Gunnarrson, director of the documentary *Monsoon* and long-time supporter of GFF.

The Jack Clements "Livin' the Dream" Lifetime Achievement Award was the second inaugural award in-



Canadian Senator, Gimli Film Festival chair Janis Gudrun Johnson.



Manitoba's 25th Lieutenant Governor Janice Filmon and her husband Gary Filmon attended the VIP reception.

troduced on Saturday, in recognition of Clements' contribution to the rich history of film in Manitoba.

Michael Scott was named the first recipient of the "Livin' the Dream" award, having mentored a generation of exceptional filmmakers who went on to create a thriving Manitoba Film Community.

One of the ongoing missions of the Gimli Film Festival is the support and growth of local filmmakers.



EXPRESS PHOTOS BY BRETT MITCHELL

The Gimli Film Festival officially began with the VIP Reception in Johnson Hall in the Cultural Centre on July 22. The reception was attended by Festival sponsors, volunteers and filmmakers. The soiree included catering by Bergman's, a Farmery Beer tasting station, RBC photo booth, elegant décor by Lifa Home, and lighting by the Christmas Light Guys.



The festival's organizing committee from left to right: Stefanie Johnson, Emily Lair, Leona Johnson, Aaron Zeghers, Kristine Johnson. Missing from the photo Marlene Ness, Cole Torfason, Don Steinmetz and Lori Hiscock.

James McLellan won the Manitoba Film & Music Audience Choice Manitoba Short Film Award for his short film *Period Piece*, a film which poses the question "What kind of world do we want to create?" McLellan said, "The Gimli Film Festival is so important in terms of exposure for Manitoba filmmakers. The opportunities we get here are invaluable."

"I'm grateful to have an opportunity to tell an idea that I wanted to go to screen," said Kevin Tabachnick, who won this year's RBC \$10,000 Emerging Filmmakers award. "RBC is funding one of the only programs in Manitoba that sets up emerging filmmakers with a basis for a long and successful career. It gives young filmmakers a voice and a goal."

Ben Williams of Winnipeg Film Group, who organized this year's 48

Continued on page 11



Beach attendance at the RBC Sunset Screenings swelled to over 5,000 people at this year's Gimli Film Festival. EXPRESS PHOTO BY HEATHER DAWSON

Gimli Film Festival premieres hundreds of films, documentaries

How to Change the World one of many great documentaries premiered at festival

By Marney Blunt

To make a difference in the world, you sometimes just have to stand up for what you believe is right, even if it's in front of a whaling harpoon, near a nuclear test zone or in front of a moving ice breaker ship.

Those were just a few of the radical things that the Greenpeace pioneers did in How to Change the World, a documentary that had its Manitoba premiere at the 2015 Gimli Film Festival last week.

The documentary captured a group of hippie friends from British Columbia, who in 1971 set sail along the west coast to a nuclear test zone to protest U.S. President Richard Nixon from executing a nuclear bomb test on the Amchitka Islands in Alaska.

Although their first mission wasn't accomplished, the group of friends, led by journalist and fearless activist Bob Hunter, were treated like heroes when they returned to Vancouver from their Alaskan activist voyage.

It became the birth of a series of revolutionary environmental activist movements and protests and would eventually become Greenpeace, an independent global campaigning organization that acts to change attitudes and behaviour to protect and conserve the environment and to pro-

mote peace.

Although Greenpeace became a larger organization, the founding members still participated in radical activist movements, including protesting massive whale hunts and seal hunts.

The film, which was directed by Jerry Rothwell, didn't have much for high definition footage but an amazingly vast collection of vintage footage and photos from the founding Greenpeace members' ventures to stand up for the environment and peace.

One amazing clip of footage captured during the whale hunts included when some of Greenpeace's founding members put themselves in the line of fire of a harpoon from a Russian whaling ship or, as they put it, a killing factory on water. The ship eventually fired the harpoon, sailing over the activists' head by 15 feet. They say a photo is worth a thousand words; well, a video must be worth even more because captured footage from the whale hunt started a whole new level of public protest against the whaling industry.

The narrator of the documentary is supposed to be the voice of Bob Hunter telling his side of the story an interesting and sometimes emotional way to tell the story.



PHOTO COURTESY OF REX WEYLER/GREENPEACE

Greenpeace pioneers chase after a Russian whaling ship to protest the massive whale hunt off the coast of California.

Hunter passed away from cancer in 2005, and his daughter followed in his footsteps with environmental activism with Greenpeace.

The end of the documentary was a heart-wrencher, as Hunter's daughter spread her father's ashes on top of an Antarctic iceberg during a campaign against a Japanese whaling fleet.

How to Change the World was one of hundreds of films premiere during the Gimli Film Festival, which was held July 22-26. For more information on the Gimli Film Festival, visit gimlifilm.com.

to our



15th Annual

Voice

> FILM FESTIVAL, FROM PG. 10

Hour Film Competition said that filmmakers at this year's festival seemed elated at the prospect of being involved in future festivals. Williams noted, "Everything seemed to be elevated this year: the attendance was elevated, the energy level of the filmmakers and their work was elevated, and the overall fusion of the 48-hour contest with Gimli was just electric."

The florescent pink and cyan branding for the 2015 Gimli Film Festival, with its dramatic "split sun" symbol on a fluid horizon was only the beginning of big digital changes for GFF this year.

A freshly designed website and a newly released App made the user experience for this year's festival a breeze, allowing for devices of all kinds to access the full film schedule from virtually any location. Digital ticket sales accounted for 50 per cent of this year's total sales (almost doubling last year's online percentage).

GFF has a survey online collecting information that will help to make next year's Gimli Film Festival even wider-reaching and more dramatic than ever.



Street hockey tourney keeps a young man's spirit alive

Evan King memorial tournament set for

Aug. 22-23

By Austin Grabish

The spirit of a young Gimli man who lost his life in a fatal car accident will continue to live on when the annual road hockey tournament that celebrates his life happens next month.

The sixth annual Evan King Memorial Road Hockey Tournament is scheduled to take place Aug. 22-23, and it's not too late to sign up in the tourney.

"There's lots of spots left," said Jordan King, brother to the late Evan King, who was killed in 2010 affter getting into a fatal car crash less than two miles from his Gimli home.

Evan was 20 at the time of the crash and has been remembered by friends, family and the community every year at the tournament.

King said because Gimli is a small community, the death hit home for many.

He said his brother was a funny kid who loved sports and sports trivia.

"He was a good buddy of mine. I never really realized how good of a friend he was until he was gone," he said.

King said the two-day long tournament will take place in the parking lot across from the Noventis



EXPRESS FILE PHOTO BY AUSTIN GRABISH

The sixth annual Evan King Memorial Road Hockey Tournament takes place August 22 - 23 in Gimli.

Credit Union and there will be food, drinks and a silent auction thanks to some generous donations.

"We asked for donations, and the town has been great and has always donated us the silent auction prizes and food, and anything that we've raised goes right back," he said.

Money from the event pays for scholarships that are handed out annually

to graduates at Gimli High School. Anyone can sign up as a player or with friends as a team in the tournament and the cost to enter is \$20 per person. It includes the cost of a shirt, which has a picture of Evan on it.

Anyone wanting to sign up can contact King by phone at 204-955-8871. The deadline to sign up is Aug. 16.

We thrive on pushing limits. But what happens when you've gone too far?



Let us help. Physiotherapy • Massage • Orthotics Acupuncture - Reflexology Nursing Foot Care



QUARRY PHYSIOTHERAPY SPORTS INJURY & MASSAGE CLINIC

Direct Billing to most private insurances

Gimli 204-642-5353 Arborg 204-376-2406 quarryphysio.ca

Annual creamery days in Eriksdale only a few weeks away

By Jeff Ward

In just a few short weeks, hundreds will gather in Eriksdale for the 11th annual Creamery Days celebration.

The weekend celebration, which takes place Aug. 14-16, is a town-wide event that has activities for kids and adults. It's the second year that the celebration includes the Heartland Rodeo, which was a major success last year. The Eriksdale Creamery



Museum board worked together with the Rodeo Association to help bolster the celebration, which is put on every year to showcase the museum and celebrate how important the creamery is to the Town of Eriksdale.

"It's a very important landmark for our town," said Andrea Sweetland, one of the organizers of the annual event.

"It's the only one of its kind in Manitoba, and we wanted to do something that brought people into the community to come and see it."

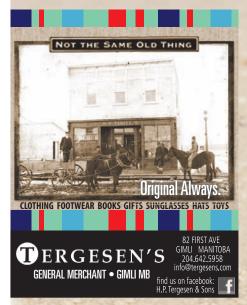
That plan has succeeded and the celebration continues to grow in popularity each year. There are more events, more activities and more fun for the whole family.

The parade starts at 11 a.m. on Aug. 15 as well as a pancake breakfast, barbecue lunch and free all-day access to the museum. Of course, there's the rodeo events as well with the tractor pull and barrel racing to name a few.

Creamery Days is a family-friendly event and a great way to spend a weekend in the Interlake.







ub Cade

Incredible strength and comfort

ADVERTORIAL

16 Weeks

The Parts You Need, Twice Daily

If you're taking the kids out to Arborg's waterpark, you may as well pick up the parts you need at Interlake Auto and Tractor Parts. They have everything and they're easy to find (first left off Main Street on the way into town). You may already know of them, they've been growing their business for over 35 years now. But you may not know of their humble beginnings.

Owner, Bruce Sigurdson, started out at Standard Auto Glass in Winnipeg and went from sweeping to store manager. He got to know the neighbor there, a parts distributor, and the seed was planted that Arborg could benefit from such a place. He'd start from scratch again, this time opening his own parts store in the old Fedora's grocery store. "There was no running water," recalls Bruce.

Times were tight, but he had support. His brother Jeff started with him at 16 and together with growing patronage from their customers they were able to build a new shop five years later. From the beginning he kept one thing in mind, "Treat people the way you want to be treated, in other words service, service service. We take it as a point of pride to have such loyal customers and want to take this opportunity to thank them." Says Sigurdson. "We have customers who work in Winnipeg and as far away as Alberta, but make a point of shopping at Interlake Auto and Tractor Parts when in town, and that's pretty special." He attributes this loyalty to fair prices and a courteous knowledgeable, friendly staff who do their best to make sure the customer is taken care of.

Interlake Auto also supports many local charities, hockey and curling events, and community organizations.

Together with their suppliers at Piston Ring Auto Value, Applied Industrial Technologies, Air Liquide and many others they supply parts for all vehicles, from light auto to heavy equipment. If they don't have the part or tool you need, they have deliveries twice a day from Winnipeg. So call ahead, you'll get the part you need, and you can be sure you'll be treated right!

> PIZZA • PASTA • RIBS • SHRIMP • SALAD CHICKEN WINGS • GREAT APPETIZERS

> > 70 First Ave., Gimli (across from the Lakeview Resort)

LICENSED

DINING ROOM

• TAKE-OUT •

DELIVERY

204-642-5555

P 777

SPECIAL

2 Medium - 2 Topping

2 litre Pens

6.49

NORDAL'S 📷 🔜 autopac

Your COMPLETE Automotive

& Autobody Repair Center!



in the Express





Notion's and Patterns *Come to the Bear Country Quilt Show* June 6 at the Centennial Hall

Ashern, MB Call for details. (204) 768-2120

 from the ground up

 RANDY'S
 TIRE 5 SPORT

 TOUCH NAME TOUCH STUFF

 P.O. Box 316, 24 PTH Hwy 6 Lundar, MB

 (204) 762-5815

 www.randystire.com

(72



WWW.HEALTHY-CHEF.CA LOCATED IN THE ERIKSDALE INN VILLA (ROOM RENTAL \$68) Direct Billing Available HIWAY 6 TEMPO 204-739-2027

• BEER VENDOR • LOTTO • MOTEL • GAS • VLT LOUNGE • BUS DEPOT Our food is made especially for your

developed taste buds, for enjoyment in a casual dining atmosphere or take-out.

Domestic / ethnic fusion cooking. Bridging the gap between tasty & healthy.

DINE-IN • TAKE-OUT • PRE-ORDER • RESERVATIONS • CATERING • 18+ AFTER 9PM

OPEN MONDAY – SATURDAY 8am – Midnight OPEN SUNDAY Noon – Midnight

Chef Syam 11am – 10pm Daily

COME MEET THE NEW FACES OF THE HEALTHY CHEF!

Reviewed as having the Best Burgers, Stir Frys, Curry, and Samosas. Satisfaction Guaranteed or it's Free.

Erflæsdale inn Tempo

8 Soft Ice Cream Flavours Vanilla, Chocolate, Orange Cream, Cotton Candy, Mint Choco, Cookies n Cream, Nuts & Caramel, Birthday Cake

Slush Puppy

Blue Raspberry & Cherry

Tiksdale Beer Vendor



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

Winnipeg Beach locals taking their talents to Folklorama

Susan and Paul Hammer scheduled to play at annual Winnipeg festival

By Marney Blunt

Susan and Paul Hammer truly love music and make the effort to share their passion for music with others as often as they can, whether it's by hosting local jam sessions, putting on events or forming community organizations.

And next week, the Winnipeg Beach couple will be sharing their musical passion at the Folklorama Festival in Winnipeg.

"My husband and I have performed at Folklorama for many, many years," said Susan Hammer.

The Hammers have performed at the Irish Pavilion at Folklorama in the past, and this year they are performing at the United Kingdom Pavilion, an appropriate fit considering Susan grew up in England.

"It's a really great pavilion because it incorporates England, Scotland, Wales and north of Ireland," said Susan.

"So for myself, growing up in England and growing up

with English and Scottish and Welsh music, I have Welsh roots in my family. It also gives me a chance to showcase some of the music that is a part of my heritage. So it's a really, really amazing pavilion."

Susan says she loves to return to Folklorama year after year because of the camaraderie.

"At the UK Pavilion, everybody is pulling together to make this work. It's a huge undertaking. It requires a

huge number of volunteers, a lot of organizing and a lot of co-operation between all the people who are involved in putting it on — the performers, the organizers, the volunteers," said Susan.

"I've been involved in different activities over the years put on by various organizations, but I find this UK



EXPRESS PHOTO SUBMITTED

Paul and Susan Hammer will be sharing their musical passion at the Folklorama Festival in Winnipeg.

Pavilion is absolutely wonderful and I get to see a lot of people that I don't get to see very often — friends, musicians. It's a great gathering place. It's a lot of fun."

Susan and Paul will also be play-

ing a bit with Susan's brother, Ray Moss, who lives in Ponemah. The three of them will be playing the continuous music between the scheduled sets at the United Kingdom Pavilion, which begins on Sunday, Aug. 2 at 3:45 p.m. at the Punjab Cultural Centre at 1770 King Edward St.

The Hammers have a wide variety of musical experience as they both took music at the University of Manitoba and taught music for decades while liv-

ing in Winnipeg. In 2010, they sold their house and moved to Ireland and the United Kingdom and spent a year indulging in music overseas.

"It's just something we love to do. It's a passion," said Susan. "It's a passion to play music and share it with other people through performing and teaching. It's like breathing for us. It's something that we've always done."

In 2011, they returned to Canada and moved to Winnipeg Beach, where they remain heavily involved with the music and arts scene and still teach lessons in fiddle, guitar, mandolin, banjo, Irish tin whistle, bodhran (drum) and concertina.

For the last three years, the couple has been hosting weekly Celtic jam sessions in Winnipeg Beach and also formed the local arts organization, SCAPE (Stronger Communities Through Arts Participation for Everyone).

"We've come together with local artists and storytellers and writers and musicians and formed this organization to help further our activities in this area. It's a non-profit organization. The plan is to help further the activity in the community by bringing artists and the community together for all disciplines," explained Susan.

SCAPE hosts a variety of art shows and workshops and has created Beach SCAPE, a large arts festival held every June in Winnipeg Beach.

If you're interested in learning more about or getting involved with SCAPE, contact Susan Hammer at 1-204-894-4499 or at hammersmusic@ gmail.com.

"IT'S A PASSION TO PLAY MUSIC AND SHARE IT WITH OTHER PEOPLE THROUGH PERFORMING AND TEACHING."

set inspired



Ginger Lemon Beef and Broccoli

- Ingredients
- 1 cup (250 mL) 1% milk
- 2 tbsp (25 mL) cornstarch
- 2 tsp (10 mL) grated lemon zest
- 3 tbsp (45 mL) reduced-sodium soy sauce
- 1 tbsp (15 mL) liquid honey
- 1/4 tsp (1 mL) hot pepper flakes, or to taste
- 2 tsp (10 mL) vegetable oil, divided
- 1 lb (500 g) boneless beef grilling steak,
- cut into thin strips
- 1 onion, cut in half and sliced 6 cups (1.5 L) broccoli pieces (1 lb/500 g)
- 2 tbsp (30 mL) grated fresh ginger root (or 1 tsp/5 mL ground)
- 2 tbsp (30 mL) freshly squeezed lemon juice

Directions

In a bowl, whisk a little milk into the cornstarch to make a smooth paste. Whisk in remaining milk, lemon zest, soy sauce, honey and hot pepper flakes; set aside.

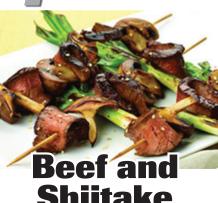
Heat a wok or large skillet over high heat. Add half of the oil and swirl to coat. Add beef and stir-fry for 3 minutes or until browned; transfer to a bowl. Add remaining oil to pan, then onion and stir-fry for 1 minute. Add broccoli and ginger and stirfry for 3 minutes or until onion is tender. Return beef and accumulated juices to pan.

Whisk milk mixture and pour into pan. Cook, stirring and scraping up brown bits, for about 2 minutes or until thickened. Stir in lemon juice.

Prep time: 15-20 min | Cook time: 10 min Makes: 4 servings

www.heartandstroke.mb.cat





Shiitake Mushroom Kabobs

Ingredients

1/2 cup teriyaki marinade, divided2 (7-ounce) Flat Iron Steaks, thinly sliced(3 1/2-ounce portion equals 1 serving)

- 2 ounces shiitake or white mushrooms, thinly sliced
- 6 green onions, trimmed (about 6 inches long)
- 1 teaspoon toasted sesame seeds (optional)

Preparation

In large, shallow baking dish or plastic bag, pour 1/4 cup marinade over steak. Cover, or close bag, and marinate in refrigerator 30 minutes.

Remove steak from marinade, discarding marinade. Evenly skewer steak, mushrooms and green onions onto wooden skewers (soak in water about 30 minutes before using). Grill or broil, brushing with remaining 1/4 cup marinade, until steak is desired doneness. Sprinkle with sesame seeds.

Preparation Time: 20 minutes Hands on Time: 30 minutes Cook Time: 10 minutes

4 servings



204-641-4033

Steak With Gorgonzola Thyme Crust

Ingredients

- 2 teaspoons Worcestershire sauce 2 (6 ounce) beef tenderloin or small rib eye steaks, cut 3/4-inch thick
- 1 large or 2 small cloves garlic, minced
- 1/4 teaspoon freshly ground black pepper 2 teaspoons chopped fresh thyme or 1/2
- teaspoon dried 1/2 cup (2 ounces) crumbled Gorgonzola
- 1/2 cup (2 ounces) crumbled Gorgonzola cheese

Preparation

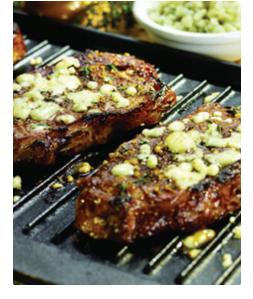
Preheat broiler. Spoon Worcestershire sauce over both sides of steaks; let stand 5 minutes.

Sprinkle garlic and pepper over steaks. Place steaks on rack of broiler pan. Broil 3

to 4 inches from heat source, 3 to 4 minutes per side, for medium-rare steak.

Remove pan from broiler. Sprinkle thyme, then cheese over steaks. Return to oven and broil 2 minutes or until cheese is golden brown.

Makes 2 servings





Transform your life with IN.FORM

Announcing the 13-week, transformational Journey to a healthier, happier you...that begins now!

In just 13 weeks, IN.FORM, the new breakthrough weight management and wellness program can transform your health and life. Guided by Certified Coaches, John and Gladys Dueck, this proven program includes all of the following.

You'll receive health education, gaining knowledge and life skills to achieve lasting health. You get social support. It's so much easier to achieve success when friends with similar goals are there to cheer you on. Weekly accountability sessions keep you on track. Our unique BioTracker measures weight, body fat percentage, hydration levels, lean muscle mass, metabolic age, bone mass and more! And you'll receive a personalized, flexible program, so you can eat what you enjoy and we'll customize a Nature's Sunshine products supplement program to meet your individual needs. No pre-packaged meals!

John & Gladys of Why Herbs in Arborg invite you out to a free information session on August 4 to explain how IN.FORM can transform your health and life in just 13 weeks. Long time owners of Why Herbs, John and Gladys have recently moved to Arborg so they have more time to help those seeking a natural path to health with herbs and supplements, and they feel the IN.FORM program is the fastest and surest way to transform your life.

Join them at The Connexion, 1st Ave in Arborg, on Tuesday Aug. 4 at 7 pm to learn more. Follow up sessions begin on August 11 at 6:30 pm. Call for more information (204) 376-2876, or (204) 641-3764.

IN.FORM

BURN FAT | BE FIT | FOR LIFE

TRANSFORM YOUR LIFE WITH IN.FORM ANNOUNCING THE 13-WEEK, TRANSFORMATIONAL JOURNEY TO A HEALTHIER, HAPPIER YOU... THAT BEGINS NOW!

NATURE'S SUNSHINE

The proven program includes the following:

- Health Education
- Social Support
- Weekly Accountability Sessions
- Personalized, Flexible Programs

Learn more from Certified IN.FORM Coaches, John & Gladys Dueck (Why Herbs) for a free information session,

Aug. 4th at 7pm at The Connexion, 1st Ave. in Arborg, MB. Call for details: (204) 376-2876 or (204) 641-3764



Campground and resort approved by Gimli council

Offroad Industries Ltd. receive unanimous support for campground by Gimli council

By Marney Blunt

Gimli council has given approval for a campground in Gimli after a reconvened conditional use hearing last week.

Offroad Industries Ltd. is proposing to develop a fully serviced overnight campground and recreational resort in the RM of Gimli.

The campground would be located on a 40-acre lot north of the Gimli sports park near Loni Beach. Offroad Industries proposes that the campground would be open seasonally from May to October.

The project is planned out in three phases. Phase 1 would include a campground office, small convenience store and washroom and shower facilities. Phase 2 would involve developing the campsites on the northern portion of the campground, and Phase 3 would include the development of a family recreational component.

"(It would be) roughly 150 sites, give or take. Until you have an engineer in there, it can't be said for sure," said Laura Ledger, the applicant of the campground. Both Ledger and her husband, Dennis, grew up in Gimli.

"People come in and they want to spend a week. There's no place to do that."

Offroad is also considering the po-

tential of making a portion of the campground seasonal camping spots.

Ledger confirmed that there would be a 125-foot buffer zone from Road 222 and that the only public entrance to the campground would be on North Colonization Road and that signage would be put up to direct patrons to the entrance. Offroad also proposed to connect the campground to the municipal sewer and water system.

The only objector Offroad faced was Diageo Distillery, best known for making Crown Royal, located across the road.

Diageo presented a few concerns at council, mainly centered on the potential of campground patrons making complaints about the distillery located nearby.

"I guess the long of the short of it is that we were hoping to have an agreement so we could ask some additional questions and maybe get some additional information," said John Stefaniuk, a lawyer representing Diageo Distillery from Thompson, Dorfman Sweatman Law. Stefaniuk presented at the council meeting with Craig Dryburgh, the site director of Diageo Distillery.

Stefaniuk also noted some concerns surrounding the potential of having a seasonal or permanent portion of the campground.

"What it does is it generates the greater likelihood that people are going to make complaints about the industrial area next door," said Stefaniuk.

"That is something they have to accept the fact that there is an industrial zone (beside them)," replied Mayor Randy Woroniuk.

Diageo also wants to have a safety and evacuation plan for the campsite in case of emergency. Stefaniuk and Dryburgh also pointed out that there could be potential complaints about the noise or odour emitted from the distillery.

Several council members noted that none of

them have issues with the smell or noise from the distillery, and they haven't received complaints from residents either.

"It smells like baked bread," pointed out Woroniuk.

"When people come here that have never been here before and ask hat that smell is, I'm proud to tell them that this is where Crown Royal comes from," said Deputy Mayor Peter Peiluck.

Stefaniuk says they are concerned that not everyone coming in out and of Gimli will have the same opinion.

Council called a recess in the middle of the public hearing to consult with the RM lawyer, David King of Taylor McAffrey Law.

"PEOPLE COME

SPEND A WEEK.

IN AND THEY

THERE'S NO

PLACE TO DO

WANT TO

THAT."

After the recess, council reached an

agreement subject to several conditions, including that the only access to the campground would be off North Colonization Road with signage indicating so; that a buffer zone of 125 feet from Road 222 be established; that patrons in the campground be made aware of potential hazards including noise and odours from Diageo Distillery; that an evacuation plan be established in the

event of an emergency; that campground patrons must sign a waiver to acknowledge the risks and make no complaints against Diageo Distillery; and that the developer acknowledges the right of Diageo to emit noise and air emissions over the property up to what Diageo's Environment Act licence permits.

Council unanimously passed the motion.

New Horizons receives grant for flooring upgrades

Federal government announces support for seniors' centre

By Marney Blunt

The New Horizons 55 Plus Centre in Gimli got a funding boost last week, as the federal government announced a grant of \$15,000 for the flooring upgrades project at the seniors' activity facility.

"We have done over 26,000 projects since 2006 across Canada, and this year alone we're doing 1,850, including what we saw here in Gimli with replacing the flooring," said James Bezan, the member of Parliament for Selkirk-Interlake, on behalf of Alice Wong, the minister of State (Seniors).

"We're proud of the fact that the Government of Canada has invested \$15,000 into Gimli News Horizons 55 Plus Centre, because that (will) ensure that everyone here will have a place where you can gather and have fun and stay fit and healthy and you've got such a great group of volunteers, board of directors and staff that ensures that you guys have a place where you can gather and get together."

The 2014 economic action plan has increased funding for the New Horizons program by \$5 million per year, making for a total of \$50 million in funding annually.

"The program has been enhanced

up to \$50 million per year, and we will continue to stand with you our seniors. You're the ones that not only built this country, but you're also the ones that are there providing membership to our next generation and also we just want to make sure we have our communities where our seniors can stay fit and have fun."

The New Horizons 55 Plus Centre in Gimli has upgraded the flooring in the main hall, the entranceway, the hallway and the coatroom, with only another two rooms left to upgrade. The upgrades were much needed for a centre that offers a variety of activities for local seniors, including ballroom dancing, yoga, meals and more.

"The thing is with the flooring, it

starts to crumble and deteriorate over time, so what we've done is bring it into stages," said Peter Magnusson, the president of the board of directors for the New Horizons 55 Plus Centre in Gimli. "So there's two other rooms that need to be done yet. But we do it in stages; we can't do it all at once. We do it as the funding is available."

"We really appreciate it," added Magnusson.

Magnusson says that Gimli New Horizons currently has approximately 600 members, and they're always looking for more.

"I think we're one of the largest 55 plus New Horizon clubs around," noted Magnusson.

Icelandic Festival of Manitoba returns to Gimli

Icelandic Festival of Manitoba 126th Islendingadagurinn launch party

Staff

Gimli is gearing up to become the third largest city in Manitoba when the 126th Islendingadagurinn returns August Long Weekend, July 31 to Aug. 3.

As the festival gets underway, all wonder which warrior from the MTS Viking Village will be chosen to avenge the murder of Magnus?

Always adventurous, this year's Viking re-enactors explored "Social Media — Viking Style" starting with the Saga of Gudrun at the official Icelandic Festival Launch Party taking place at the Brogue Gastropub (Round Table) this past Thursday.

The Lawmaker ordered Gudrun to find a champion to avenge her husband's murder, but she must wait until the Vikings return to Harbour Park Hill over the Festival weekend to exact her revenge.

Approximately 100 re-enactors live like authentic 800 A.D. period Vikings at the MTS Viking Village over the August Long Weekend, and "battle" each day at 3 p.m. The Village is open from 11 a.m. to 6 p.m. for visitors who want to see Norse jewelers, wood carvers and other demonstrations of authentic Viking life.

New this year is the appearance of Kathryn Magnusson Drummond, a Viking herbalist who will put on a homeopathic display.

Winnipeg artist Sol James will perform with a unique take on roots/ blues with a soulful flair. Sol James' music is joyful and honest, leaving her audiences smiling, dancing and celebrating the great stuff of life. Also performing over the festival weekend are entertainers such as Conduct (Friday night) and children's entertainer Sand Skyscraper on Saturday afternoon. Saturday evening features Duotang, Atlas, Benni Hemm Hemm (from Iceland), Attica Riots and Somebody Language. On Sunday, the Alternative Folk Festival features Laura Leif, Woodpigeon, SC Mira, Embassylights and the D Rangers. All acts are performing on the Lakeview Free Stage, which has been moved to Gimli Park



Chris Brown, Icelandic Festival's incoming executive director, gets into the spirit at the launch party. Brown is replacing Shelly Narfasson.

this year because of repairs being undertaken to the main pier.

Pancake breakfasts and authentic Icelandic food are available all weekend. The Wondershows Midway and Rides open in Gimli Park on Friday night and run until Monday. Saturday features Beach Volleyball, Pole Vault, Shot Put and Sandcastle contests on the beach as well as the chance to "Get Dinged" by dressing up in a traditional Viking costume, eating a piece of Hardfiskur (dried fish), drinking a shot of Brennivín, chanting "Islendingadagurinn" three times, and showing us your best Viking roar!

All are welcome to attend an information session about the new park being created adjacent to the Viking Statue on Saturday at 1 p.m. in Johnson Hall at the Waterfront Centre. In honour of the Festival's 125th anniversary, the Icelandic Festival is working with partners to create the vibrant and accessible green space. All donations over \$125 will receive named space in the park and, in addition to helping create the park, donations will be invested to ensure the festival can pro-



EXPRESS PHOTOS BY ROBIN CHESTNUT

The Icelandic Festival of Manitoba's official launch party was held at the Round Table in Winnipeg July 23. Along with Icelandic treats, the MTS Viking Villagers served up some entertainment as they feasted in the Mead Hall. Winnipeg artist, Icelandic musician Sol James, lead guitar, played two sets to kick things off.



The MTS Vikings will re-enact authentic 800 A.D. period vikings daily at the viking Village in during the Festival Weekend.

vide family-friendly events at low or no cost for generations to come.

Jazz enthusiasts will enjoy Music on the Rooftop on Saturday night, featuring Sol James Forsyth and the Brandon Jazz Collective. Saturday is topped off by fireworks provided by the award-winning Archangel at Gimli Pier.

On Sunday, visitors can continue to enjoy craft vendors, the Culture and Heritage Pavilion, Music and Poetry in the Park, the Fine Art Show and the MPI Fris-Nok Tournament. The Monday Parade begins at 10 a.m. at the Gimli Recreation Centre and travels through town, family sports begins at 12:30 p.m. and the Traditional Program gets underway at 2 p.m. in Gimli Park.

The Icelandic Festival of Manitoba is pleased to extend a warm welcome to Agnes M. Sigurðardóttir, Bishop of Iceland. Bishop Sigurðardóttir will be presenting the Toast to Canada during the Traditional Program in Gimli Park at 2 p.m. on Monday afternoon. The festival is also delighted to announce that Dr. Keith Sigmundson will be presenting the Toast to Iceland. For a full program of events, and to check out the Festival's new promotional video, please visit www.icelandicfestival.com.



Growing season off to a good start

Farmers credit warm weather, rainfall for healthy crops

By Lindsey Enns

It may be too early to tell, but some rural Manitoba farmers are already thanking Mother Nature for gifting them a good growing season so far.

Geoffrey Dyck, who farms four acres of vegetables at Boundary Creek Farm located five miles west of Winnipeg Beach, said it's been a"stand out year."

Dyck said they grow a long list of vegetables at the farm and this year they have been coming out bigger and better than ever.

"I can't think of one thing that stands out," Dyck said.

Dyck credits good growing temperatures mixed with just the right amount of rainfall for producing healthy veggies.

As for Keystone Agricultural Producers president Doug Chorney, who farms 1,500 acres of land in East Selkirk, everything seems to be off to a good start.

"Canola has finished the flowering stage and it looks quite nice," Chorney said. "It still requires a lot of nice weather ... but with it being the middle the July, there's a good probability that we'll have another month and a half of nice weather."

Chorney's field crops include canola, wheat and soybeans, and the family also runs a fruit and vegetable stand on their property located on Highway 59 at Highway 4 seven days a week.

Chorney admits vegetable production has been a challenge over the last couple of years due to cooler spring temperatures and steady rainfall. But from the looks of the big and colourful raspberries, carrots, broccoli and onions for sale last week, things are going well this year.

"This year has not been perfect but fairly decent," he said.

As for whether or not smoky skies caused by forest fires in northern Saskatchewan benefited his crops at all this summer, Chorney said he's waiting on scientific evidence to prove that.

"It's kind of a popular concept more than a fact," he said. "However, in the western part of the province they had extremely smoky weather much more than we had here so in some areas that may have shielded some of the heat from the canola."

Dyck said he's also skeptical about whether or not the haze benefited



EXPRESS PHOTOS BY LINDSEY ENNS Doug Chorney stands in his sweet corn crop on his land in East Selkirk last week. Chorney and his family also run a vegetable and fruit stand on their property on Highway 59 and Highway 4 seven days a week.

his crops at all. But he admits it made working outside a bit more comfortable.

"The haze actually made working outside bearable because it was almost like a cloud cover," he said.

Pam de Rocquigny, the province's cereal crops specialist, told the *Winnipeg Free Press* recently the smoky conditions likely acted as a buffer to protect crops from the sun and heat.

"That smoke and haze helped moderate a lot of the hot temperatures that we typically see at this time of year," Rocquigny told the *Free Press*. "Most regions are reporting that the crops are in good condition."

As for the rest of the growing season, Chorney said he's hoping the warm weather will stick around.

"Quality really isn't known until you start harvesting and that can have a huge impact on your value," he said, adding they'll likely begin harvesting sometime next month depending on the weather."We do need to have continued warm weather ... and not a lot of rain."





Popular parks set to reopen after major renovation effort

By Jeff Ward

With construction wrapping up over the next few weeks, two very popular parks in St. Laurent are set to reopen after a sizeable construction effort to revitalize the area.

Construction started late last month on Meindl Park and Gros Arbre (Big Tree) and will be all covered by Disaster Financial Assistance (DFA). Both parks were destroyed by floodwaters in 2011 and then again suffered damage when the parks were used as access roads to set up super sandbags and geotubes for last year's flooding. Now, after a month-long renovation effort, the parks are almost ready to reopen.

"Once construction is done, the parks will never be used for that type of access again," said Cheryl Smith, reeve of St. Laurent.

"We have public access roads for emergencies and things like that. The construction project will really bring these parks back to the way we all remembered them before the flood. We anticipate that construction will be completed in the next few weeks."

The RM council recently made a res-

olution officially naming Gros Arbre Park, previously referred to as Sandpiper Park, because of the historical significance of a very large tree at the park. Wedding parties of St. Laurent residents often wind up at the tree to take pictures, and during the flood of 2011, residents were commonly heard asking if the tree would be OK.

Gros Arbre received the lion's share of the attention from construction crews, needing significant leveling of the land as well as the cleanup of many dead trees. After the area had been cleared, crews laid new topsoil and then sod. There's also the additions of a new bathroom facility that's mobile.

"If for whatever reason the lake floods again, the washroom unit can be towed away quickly. The facility is air conditioned and has a tank on it that we'll fill with water for the flushable toilets and the sink," said Smith.

With both parks being closed for the better part of a half-decade, residents should be excited to have such a beautiful spot reopened and ready to be enjoyed.



EXPRESS PHOTO BY JEFF JONES

Gros Arbre is only a few weeks away from being returned to its former glory days. The park has gone through some extensive renovations over the past month to reclaim the area from flood damage from the 2011 and 2014 floods.

Workshops offer new way to explore Lower Fort Garry



EXPRESS PHOTO BY AUSTIN GRABISH Marlee Mykietowich (left) and Heather McVetty (right) wash clothes during the fluff and fold workshop at Lower Fort Garry. The workshop is one of several activities visitors can participate in at the national historic site this summer.

Historic site hosting hands-on activities throughout summer

By Austin Grabish

On the outside it may seem like just aged bricks and mortar, but there's much more to Lower Fort Garry on the inside, and staff at the national historic site hope you'll be enticed to come and check it out this summer.

"It's really a gem of Manitoba's history," said David Lavallee, a Parks Canada communications officer.

Built during the 1830s, the site was a logistical hub for the Hudson's Bay company during the fur trade era.

The fort has a rich history and is the site where the first federally recognized treaty between the Crown and First Nations was signed.

Nearly two centuries later, Fort Garry still has a spur of regular activity happening inside.

Pay for a ticket to take a step inside the Fort and interpreters doing firstperson accounts of the 1850s are there to greet you.

The men and women are dressed in clothing from the Victoria era and talk

to you as if it was almost 200 years ago. "When people come here, it's as if they've stepped into the 1850s," Lavallee said.

Walk around the fort and you'll see the oldest collection of historic buildings in Canada preserved to make it appear as if nothing's changed.

There's live fires all around the property with interpreters at their side working on making hot chocolate, tallow candles, and even doing laundry — 1850s style.

All the activities are meant to depict life in the 18th century, and officials with the fort are hoping to take you back in time by letting you participate in several mini workshop stations that will be available this summer.

Lower Fort Garry invited media to tour the site and try out various workshops including the wash and fold station earlier this month.

Better yet was the hot chocolate making station where visitors get to sample the drink after grinding up pieces of chocolate by hand and boiling water over a fire.

Lower Fort Garry is in St. Andrews off of Highway 9 and is open daily from 9:30 a.m. to 5 p.m. with hours extended to 8 p.m. on Thursdays.

Spontes are down

Orioles advance to PeeWee 'AAA' provincials

By Brian Bowman

The Interlake Orioles did exactly what they set out to do at the PeeWee"AAA" qualifier last weekend in Ile des Chenes – they earned a spot in the provincial tournament.

But the Orioles feel they should have done better. Interlake finished the six-team round robin in fourth place with a 2-3 record. The top five teams advanced to this weekend's provincials, which will take place at St. James' Optimist Park.

"Our end goal wasn't to make it (to the provincials), by any stretch," said Orioles' head coach Ryan Fines. "I was very confident that we were going to make it. Finishing fourth out of six teams is what it is. Whatever, it's not the end of the world."

The Orioles pounded Midwest 18-10 Friday evening and then lost to Carillon (5-1) and Oildome (16-4) on Saturday. Carillon threw their best pitcher against the Orioles, Fines noted.

On Sunday, Interlake trounced Red River 14-4 in a must-win game and then was beaten 10-4 by Bonivital.

"The (Red River game) was one we earmarked and our boys hit the ball, that's for sure," Fines said.

The Orioles used last weekend's qualifier to get their players some much-needed at bats.

"Some of the kids haven't had much playing time over the past month," he noted. "So, we're making sure to get those guys back in the swing of things. A lot of the guys started slow but they finished strong and you really can't expect them to start strong when they really haven't had any real "AAA" game action in a while."

Fines really liked what he saw from his club in their very first game against Midwest. Interlake trailed 10-3 early in the contest but rebounded to score 15 unanswered runs.

"We totally shut that one team down for six innings after they scored 10 in the first inning," Fines recalled. "That really could have set the tone for the weekend but Cale Woods came in and pitched and shut them right down. He was really, really good at a critical time with the first game of the weekend." Fines is confident that the Orioles will have a better showing at the provincials.

"We'll be seeing a lot of the better arms this weekend," predicted the Orioles' head coach."But I think we're one of the favourites coming out of that pool. It's a five-team pool and the top two teams make (the playoffs on Sunday)."

Interlake has been placed in Pool 2 along with Carillon, Midwest, North Winnipeg, and South Central.

The Orioles open action Friday (8:45 a.m.) against Midwest and then will battle Carillon later in the day (4:45 p.m.).

On Saturday, Interlake will face South Central (1:45 p.m.) and North Winnipeg (6:45 p.m.).

Bonivital, Oildome, Winnipeg South, St. James and Pembina Hills will make up the teams in Pool 1. Any tiebreakers will be played at 10 a.m. on Sunday, followed by the semifinal games at noon.

The championship game will be played at 4 p.m.



EXPRESS PHOTOS BY LANA MEIER Arborg's Austin Adair throws a pitch during the PeeWee "AAA" qualifier last weekend.

Impact play to draw with Azzurri

By Brian Bowman

The Interlake Impact are human after all.

After reeling off 11 consecutive victories to start their Manitoba Major Soccer League season, the Impact failed to earn a win last Saturday as they played to a 2-2 draw with Azzurri at the Winnipeg Soccer Complex.

Andrew Harder scored both Interlake goals while Jamie Hemlow and Derek Fritzsche replied for Azzurri.

Harder is now a co-leader in goals in the MMSL's 7th Division along with Fritzsche, each with 14 through 12 games.

With the tie, the Impact earned a point and now has 34 on the season. That's well ahead of second-place Grunthal (8-2-2).

The Impact, which has outscored its opponents by a 42-12 margin, will play Arnott Financial Selects tonight at the Vince Leah Community Club. Game time is 7:30 p.m.

Peguis Braves to host national native fastball championships

By Brian Bowman

This weekend will be a real busy one as The Canadian Native Fastball Championships come to Winnipeg's Buhler Park.

Several local teams from Peguis will be participating in the three-day event, which begins Friday and wraps up Sunday (weather permitting).

The Manitoba Indigenous Cultural Education Centre, Inc won the bid to host the national native championships. The Peguis Braves will be the host team.

"We have teams from B.C. and a couple coming from Ontario," said tournament co-chair Dennis Daniels, noting Winnipeg last hosted the nationals back in 2011 at John Blumberg."(The level of ball) will be next to professional for the senior men's."

An estimated 1,500 athletes and 79 teams – competing in various divisions – will come to Win-

nipeg for the nationals. Teams will be playing for over \$80,000 in prize money distributed in the senior men's, senior women's, Master's men's and women's (aged 40 and over), and the 21-and-under boys' divisions.

Each year the event is hosted by a different province. The MICEC and the Braves won this year's bid at a meeting of the Canadian Native Fastball Association at last year's national tournament in Prince Albert.

This weekend's event will have plenty of activities outside of the games.

On Friday afternoon, organizers will host a Cultural Awareness Festival. There will also be a vendor area for local businesses and a pitching clinic – led by Greg Bouchard - for younger players on Saturday afternoon.

On Saturday evening, there will be a social at The Oak.



HOUSES FOR SALE

NEW SHOW HOME - Now available for viewing 14 Prairie Gate South, Balmoral. For appt call: Henry Vroom 204-295-2866 or visit, www.houseforsalebalmoral.com

PROPERTY FOR SALE

163 acre farm with approx. 1100 sq. ft. furnished, house. wood stove, summer kitchen, sheds, ideal for cattle or grain. Quiet country living. Off Hwy 7, near Meleb, MB. Asking \$139,000. (204) 338-1703.

MANUFACTURED HOMES

Don't overpay! rtmi-"Your homes.com Smart Housing Solution" Canada's largest provider of manufactured housing. Text or call (844-334-2960). In stock 16'/20'/22' Homes on Sale Now!

RENTALS **AVAILABLE**

Rome disk rental, 11 ft. wide, 32" disks, hyd. trans, 636LB/ disk, \$500/day or \$4000/month. De-\$4000/month. livery and pickup available, www.hirdequipment.com. 204-256-2098, Winnipeg, MB

HELP WANTED

Town of Snow Lake Public Works Foreman. IBEW Union \$33.36/hour. Level 2 Water and Wastewater courses. Experience repairing water breaks, managing staff, and budgets. Contact Jordan at 204-358-2551 snowlake@mts.net for complete details.

quire travel to various locations throughout Manitoba. Camp accommodation will be provided. Qualified persons can expect competitive wages and a comprehensive benefits package. Send resumes to: 101 Dawson Rd North, Winnipeg, MB R2J 0S6 Fax: (204) 237-8337 Email: hr@ nelsonriver.com. Only

contacted.

1

6

8

6

2

З

t

F

G

thing to prove, and who are ready to hit the ground running with a proven sales system. Not everyone will make the cut... self-starting individuals with sales experience, drive, focus, and ambition will receive preference. How we're awesome: Selkirk-based company, rapid growth, competitive wade. those considered for commission. and benefi ts. Show us employment will be why you're our #1 candidate by applying at hr@blastofffire-

works.ca today!

1-855-768-3362 start training for your work-at-home career today!

BUSINESS OPPORTUNITY

Get free vending machines. Can earn \$100,000 + per year. All cash - locations provided. Protected territories. Interest free financing. Full details call now 1-866-668-6629 website www.tcvend.com description of the hay. Also state what the bales are tied with. Lowest or any tender not necessarily accepted.

DEADLINE FOR TENDER: August 15, 2015 For more info call Kirk @ 204-768-0019 (cell) or send quote to: Interlake Cattlemen's Co-op Assoc. Ltd. (Hay Tender)

Manitoba is accepting applications for

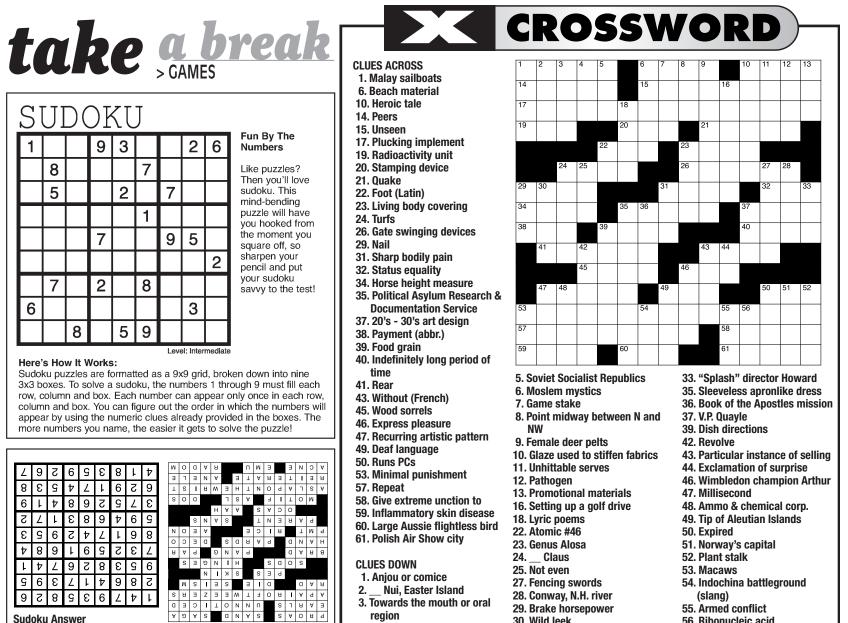
- **Certified Health Care Aides Casual**
- RN 0.40 Permanent Dav/Evening

Nursing applicants may qualify for up to \$6000 NRRF grant for rural/long term care nursing

Please forward your resume to: Margaret Worth

- Director of Resident Care
- Betel Home Foundation Box 10, Gimli, MB R0C 1B0
- mworth@ierha.ca
- Phone 642-5556 ext 22355

Classified booking deadline is Monday 4 p.m. prior to Thursday's publication. Call 467-5836



Crossword Answer

- 4. 4th Caliph of Islam
- 30. Wild leek
- 31. Prefix for before
- 56. Ribonucleic acid



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



Ashern Home Hardware 28 Railway Ave, Ashern or fax: 204-768-2629

EM<u>cSherry</u> Auction Service Ltd

MOVING & ESTATE Wed Aug 5th @ 4:00 pm

Stonewall, MB #12 Patterson Drive Yard Items, Tools, Antiques, Household, Always Lots of Exciting Items! Along with Quality Antique Furniture!

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



Must be honest, hardworking and not afraid to get dirty. Full time employment.

Email resume, or drop off in store, or fill out application in store.



P.O. Box 316 24 PTH #6 Lundar, MB ROC 1Y0 Ph: 204-762-5815 randystire@mts.net



CLOSING DATE FOR BOTH TENDERS: Monday, August 10, 2015 at NOON

The Rural Municipality of Gimli is accepting tenders for the following:

1. Road Repairs to Lakeshore Drive and South Colonization Road

2. Sidewalk Renewals in the Urban Centre

Detailed Tender packages are available to interested bidders on the RM of Gimli website at www.gimli.ca or at the Municipal Office between the hours of 9:00 am to 5:00 pm, Monday to Friday.

Sealed submissions will be received by the undersigned at the address below until **Noon, August 10, 2015**. Late submissions will not be accepted.

Submit sealed tenders to:

Rural Municipality of Gimli, PO Box 1246, 62 2nd Avenue , Gimli, MB ROC 1B0 Attention: Kristin Strachan, Assistant CAO

Questions or concerns in respect to the tender can be directed to: Darcy Hjelmeland, Manager of Public Works, Phone: (204) 642-6688

The RM of Gimli reserves the right to reject any or all bids, to waive irregularities and informalities therein, and to award the tender in the best interest of the RM of Gimli in its sole discretion. Lowest bid may not be accepted. Council may consider a 10% price variance for local bidders. Contractors must comply with Municipal requirements for liability insurance, WCB coverage and business licencing to be eligible to be awarded the contract.



lassifieds

THE MUNICIPALITY OF BIFROST – RIVERTON WILL ONLY HOLD 1 MEETING IN AUGUST August 12, 2015 8:00 am

L. Grant Thorsteinson, CMMA Chief Administraive Officer

AUCTION SALE ESTATE OF RONALD REIMER Saturday August 15 @ 10:00 am

Sperling, MB #15 Charles St. 7 of 11 Vehicles Shedded

w Low Mileage in Original Cond. Collectors don't miss this one! More Treasures will be found by sale date! Contact: (204) 866-4605 or (204) 750-1304

97 Dodge Dakota Ext Cab 43,731 Km Sft * 76 Ford Courier 26,031 Miles * 77 Plymouth Volare 79,745 * 73 Dodge Dart Sport 2 D 60,053 Miles * 72 Toyota Carolla 84,343 Miles * 68 Dodge 100 Custom 49,293 Miles Exc Cond * 62 Studebaker Vanity 54,424 Miles Exc Cond * 62 Dodge Seneca 2 Dr * 60's Dodge 100 w Stepside Box * 49 Chev Mdl. 1433 1 Ton * Yard Items * Tools * Guns * Large Amt of Antique Furniture * Farm & Household Antiques * Signs & Toys * Black Cat Sign * Die Cast Toys * Pressed Metal & Wind Up Toys * Musical Instruments * Go To Web for Pics & Complete Listing

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

BUSINESS OPPORTUNITY Great Canadian Dollar Store franchise opportunities are available in vour

available in your area. Explore your future with a dollar store leader. Call today 1-877-388-0123 ext. 229; www.dollarstores.com.

FINANCIAL SERVICES

Need a loan? Own property? Have bad credit? We can help! Call toll free 1-866-405-1228. www. firstandsecondmortgages.ca



CAREER

TRAINING

tionists are in huge

demand! Train with

Canada's top Medical

Transcription school.

Learn from home and

work from home, Call

1535 www.canscribe.

com. info@canscribe.

MISCELLANEOUS

Province-wide clas-

sifi ed. Reach over

weekly. Call us at

mcna.com for details.

Transcrip-

1-800-466-

readers

classifieds@

or

Medical

today!

com.

400,000

email

204-467-5836

Providing quality mineral sod for commercial and residential applications

Both field pick up and convenient delivery available. Farm located 15 minutes NE of Stonewall on Rd 84N

For pricing and information, please contact our office at 204-895-4329

Gimli Ford your Interlake Ford dealer Is currently seeking an Automotive Technician

At Gimli Ford, we are currently seeking a certified technician who works well in a team environment ands takes pride in quality workmanship.

We offer competitive wages and a company benefit package which includes health/life insurance.

GM / Chrysler and all Journeyman Techs welcomed and most training recognized thru Ford. Applicants must be willing to further their automotive knowledge through on going training.

The successful applicant must be able to diagnose and repair vehicle, which includes A/C, Transmissions, Braking Systems, Differentials, Suspension and Steering, knowledge with scan tools and experience with diesel engines would also be a definite asset.

The applicant must also own their own tools.

Contact: Warren Lahaie Service Manager Gimli Auto Ltd. Ph: 1-204-642-5137 Fax: 1-204-642-9890



AUTO MECHANIC JOURNEYMAN Roadrunners Ashern is hiring an Auto Mechanic Journeyman to join our team of professionals in our busy shop. Benefits &

competitive wages. Drop off resume or email: Roadrunners Auto Ashern 204-768-2667 roadrunners@mts.net

MISCELLANEOUS

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



www.batteryman.ca

CANADA STAMPS Used Canada stamps (1870+) for collectors. 200 different, \$5; 300 different, \$10; 500 different, \$15. Send money order or certifi ed cheque to Box 2254, Winkler, MB. R6W 4B9. Cell phone 1-204-362-7770.

HEALTH

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



Service Ltd EQUIPMENT CONSIGNMENT August 16th 10:00 am Stonewall, MB #12 Patterson Drive Tractors, Equip, Vehicles, Trailers, Yard & Recreation. Farm Misc, Tools. Consignments Welcome! Stuart McSherry (204) 467-1858 or (204) 886-7027 www.mcsherryauction.com



AUTO BODY TECHNICIAN - ASHERN

I-Car Certified Body Shop is looking for a motivated, hard working Autobody Apprentice (minimum Level 2) or Journeyman to join our team of professionals. Benefits & competitive wages. Drop off resume or email:

Roadrunners Auto Ashern 204-768-2667 roadrunners@mts.net

Classifieds Announcements



Call 467-5836 or Email classifieds@expressweeklynews.ca

POTATOES FOR SALE

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

Red potatoes for sale. 50 lb. - \$15. Located at 7293 Henderson Hwy. Ph. 204-757-2155.

FEED AND SEED

Looking for organic grain from organcertified arowers, contact Jason Charles at 1-763-999-7550 or Tom Sawatzky at 1-204-272-5514



FARM

EQUIPMENT

2140 JD tractor with

148 loader, bucket

and gravel fork; Lau-

rie chain mover; rub-

ber tire wagon with

deck and seats that

fits sleigh; two horse

collars, 26" and 28";

a set of heavy har-

ness and lines; 15"

stock saddle. Phone

204-886-2665.

ANNOUNCEMENTS BIRTHDAY



Happy 50th Birthday Wojo! From your family and furry friends. Cheers to another 50 years If you should see this handsome fellow on Saturday, August 1 be sure to wish him a happy 50th!

RY SERVICES

Vince

861-0487

Darren

861-0028

Commercial

& Residential

Serving Hwy 9 North to Gimli







OBITUARY

Lynn Boss

On July 25, 2015, our Lynnee passed away peacefully with her family by her side after a short but courageous battle with cancer. She was predeceased by her mother Gladys Forsyth, fatherin-law Nick Boss, mother-in-law Elsie Boss, brother-in-law Lorne Smith and nephew Jason Boss.

Lynn will be greatly missed by her loving husband of 46 years, Lorne Boss, daughter Nicole (Randy) Dreger and son Derek Boss. She was a loving grandmother to Amber Dreger, Aaron Dreger and Decan Boss.

She was a loving daughter of Arthur Forsyth; sister to Doug Forsyth, Shelley (Lyle) Sigfusson and Pat (Ken) Robinson; sister-inlaw to Donna (Rick) Collins, Len (Gail) Boss and Ila (Ernie) Tindall. Many nieces and nephews will also miss her presence; Marnie

(Richard), Michelle, Cindy (Dennis), Doug (Erika), Alicia (James), Haley (Ben), Kelsey, Brett, Carissa, Brian (Leana), Blaine, Shayne (Mande), Angela (Stewart), Amanda, Leona, Carla (Kelly) and Nick. Also loved by many aunts, uncles, cousins and 30 great nieces and nephews. She leaves behind special friends Debbie, Keith, Sandra, Marlene, Jan and Donna.

Beverly Lynn was born in Eriksdale. MB on March 29, 1950 to Arthur and Gladys Forsyth (nee Longmuir). She attended Eriksdale Collegiate until her 12th year, where she graduated from Glenlawn Collegiate.

She married the love of her life, her childhood sweetheart, Lorne, on November 30, 1968. They welcomed their daughter Nicole in 1969. In 1971, Lynn attended the St. Boniface School of Nursing and obtained her Licensed Practical Nurse Diploma. They became a family of four in 1973 when Derek came along.

Lynn loved working as a nurse, however she and Lorne decided to join the hotel business in 1978 until 1989 when they returned back to Eriksdale. Lynn then went back to school to take a refresher course for nursing in 1990 and started working again at the E.M. Crowe Hospital in Eriksdale until 2012 when she decided it was time to retire. Born and raised in Eriksdale, she loved this town.

Everyone she met will remember Lynn's kindness, compassion and patience. She had a beautiful smile and a gentle soul that lasted right up to her final day.

Lynn is known for her skills in the garden and kitchen alike. She always had a beautiful garden and a delicious meal on the table. Lynn loved to host family gatherings in their home, making sure everyone had something to eat and drink before worrying about herself. Everyone was always comfortable in the Boss home. Her homemade wine became a staple at meals and on many family occasions.

Lynn and Lorne loved to travel, whether it was far away to see new sights or closer around home to see family and friends. Many trips were made to Alberta, BC and Ontario, as well as trips down south to places like Arizona, Mexico, Barbados, Florida and Hawaii.

One of Lynn's greatest joys in life was her grandchildren. She always enjoyed having them around and took them places like camping at Long Point beach. She loved making them their favorite meals when they came to visit, and was always thoughtful of their needs. She was the best at buying presents.

Lynn kept close friends throughout her life, and they took many winter vacations together. In the later years, some of these ladies became known as the "Red Hat Society" which gave them even more of an excuse to get out and enjoy some wine and each other's company.

Lynn's last days were spent at her cabin at Silver Bay, surrounded by family, and many visits from friends. We enjoyed the sun, many good meals, bonfires and each other's company

The family would like to express their gratitude to Dr. Burnet and all the staff at the E.M. Crowe Hospital for going out of their way making Lynn comfortable during her short stays there and then going beyond the call of duty once we brought her home. Your kindness and generosity is not forgotten.

To all her family and friends thank you for the meals, the flowers, the cards, phone call and visits; words cannot express how much that meant to us. We passed along every single one to Lynn and, those words of encouragement, helped to keep us going during the difficult times.

There will be a private interment with immediate family to be held on Monday, August 17, 2015 officiated by Melanie Kauppila followed by a public Celebration of Life later that evening to be held at 7:30 pm at the Eriksdale Recreation Centre.

In lieu of flowers, we would like any donations to be made to the E.M. Crowe Hospital Guild, c/o Irene Sigurdson, PO Box 474, Eriksdale, MB R0C 0W0 to be used for the purchase of another air mattress, which was invaluable to us while we had Lvnn at home

> The Last Summer The verdict is in The end will come And so we wait. In our 'happy place' We savour the sun, the wind, the water, each other. With love and patience, care of the best kind, Laughing about past days, past antics, Crazy mixed up conversations filled with laughter and love Glimpses of the past, flashes of personality, Quiet times. Only us and the sunset. One day blends to another, precious and endless Yet closer to an inevitable conclusion. This time is ours.

Arrangements by: ARNASON FUNERAL HOME Ashern – Lundar 1-204-768-2072 • 1-866-323-3593

24 The Express Weekly News Thursday, July 30, 2015



Top 10 Used Picks, Must Go, Certified Festival Specials

Low kilometers, very clean unit, safety certified.

Sport Trac 4x4

Festival Special

Nice unit, safety certified. Was \$14

^{\$12.900}

\$**7999**



2005 Ford Escape Limited 4x4

2007 Ford Explorer Limited











2013 Dodge Dart SXT Ralley Demonstrator, low, low kilometers Was \$20,999 For Viking Warriors ^{\$}17.499



Corner of Hwy 8 & Prov. Rd. 231, Gimli. Manitoba 1-888-642-8555

2010 Dodge Grand Caravan SE safety certified, ready for your summer. trip Was \$11,900 **Explore new lands** for only \$9.9

2013 Jeep Grand Cherokee Overland

Very nice SUV, fully loaded Was \$39,990 **Festival Special**



Come check us out during Festival week!