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VOLUME 2 EDITION 32 THURSDAY, AUGUST 6, 2015

WEEKLY NEWS

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Gimli celebrates 126th Islendingadagurinn

Viking warriors demonstrated a spirited bout of sword warfare at the MTS Viking Village during the four-day Icelandic festival held in Gimli this past weekend. See page 10 for more photos.

EXPRESS PHOTO BY STEFANIE LASUIK

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Ashern teen has big break in modelling competition

By Jeff Ward

Life changing events rarely come in the form or at the time you choose, but for one Ashern teenager, a birthday trip to Winnipeg has opened up some incredible doors, and maybe a new career.

Jessica Thorkelson, 16, decided that for her birthday she would like to go to Winnipeg to take part in an open audition for the Top Model Search Canada. Thinking it would just be a fun day and not expecting much, she and her mother, Angie, took the drive on April 17 to the big city. As it turns out, Jessica, was universally loved by the judges who told her that she was in and going to Toronto to compete with a hundred other aspiring models.

"I was blown away, really didn't expect to get through," said Jessica Thorkelson.

"It was so amazing to think about what was coming next. I've always had people come up to me in town and say, "oh, you should be a model" but I never paid any real attention to it. When I saw that there was this open audition through Facebook I decided to try it."

That decision turned out to be a pivotal moment in Thorkelson's life and one that could become a new career path.

The trip to Toronto was expensive and with it being eight days long it would be out of reach financially for the family. But, as anyone who's ever thrown a fundraiser will tell you, the community of Ashern is a generous one. Family, friends and some local businesses came together to sponsor Thorkelson for her trip and make her

dream a reality.

"It was incredible the way the community responded to her," said Angie Thorkelson.

"There was no way we could have come up with the money to go, but the town just rallied behind her and we were able to go. It was such a fun week and I was so happy for her. She's six-feet tall with beautiful red hair and freckles. She's definitely cut out for this business."

Thorkelson spent the week learning the ropes of modeling including hair, makeup, the runway walk and everything in between. It was a long week, but it paid off. Thorkelson finished in fourth out of 104 girls. It was a whirlwind for someone who would've

likely spent the summer hanging out around town getting ready for the next school year. She is now getting regular calls from modelling agencies from all over the world.

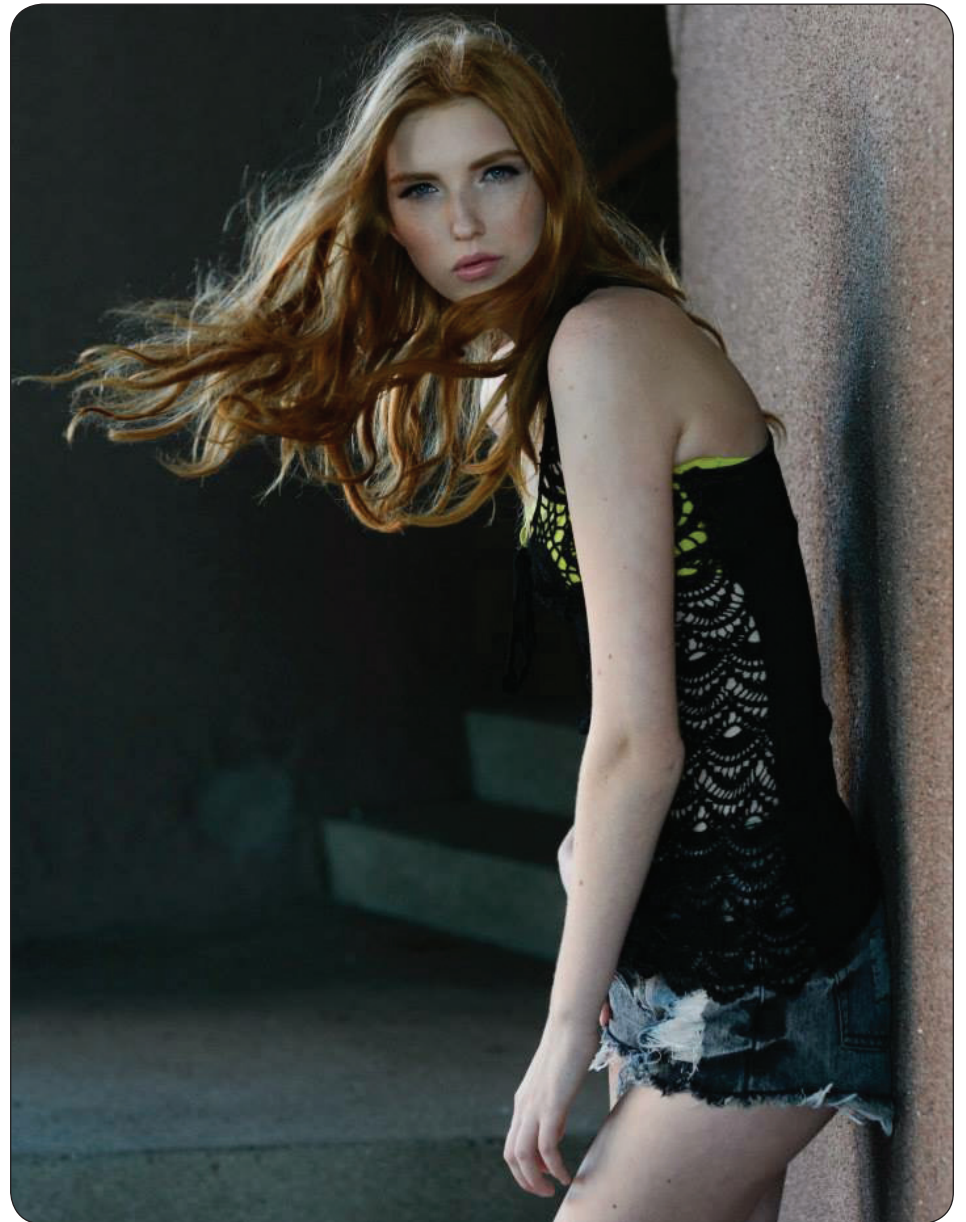
Agents from Milan, Miami, New York and Toronto are calling to check in and say hi. There is a serious interest in Thorkelson who's now thinking about doubling up on school this year so that if next year she's flying around the world modelling she can finish her

high school education easily through correspondence.

"I feel almost overwhelmed right now. So many people want to talk to me and get me into their agency. I'm not sure what path I'm going to take, but I hope to model into my twenties and see how far this takes me. If I like the industry but don't like modelling there's always careers in makeup and designing as well too," said an excited Jessica Thorkelson.

To her credit she isn't letting herself

"I'M NOT SURE WHAT PATH I'M GOING TO TAKE, BUT I HOPE TO MODEL INTO MY TWENTIES AND SEE HOW FAR THIS TAKES ME."



SUBMITTED PHOTO

Ashern's Jessica Thorkelson travelled to Toronto to compete in the Top Model Search Canada competition finishing fourth in the country.

think too far ahead. Her education is important to her and she won't let this new opportunity get in the way of that. Priorities are important and her grade-12 is high on that list.

Thorkelson would likely be modelling this year, but agencies want to wait for her braces to come off before

signing her.

From seeing an advertisement on Facebook to receiving phone calls from Milan modelling agencies, Jessica Thorkelson is riding high and might just be living even higher over the next few years.



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Governments commit funding to Lake Manitoba and Lake St. Martin outlet channels project

News Release

Through the \$4-billion National Infrastructure Component of the New Building Canada Fund, the Government of Canada is providing financial support for projects with far-reaching benefits for all Canadians. The Fund supports infrastructure of national significance that has a strong impact on Canada's competitiveness, productivity and economic well-being.

Manitoba is investing \$330 million in this project as part of its \$5.5-billion, five-year core infrastructure plan that is committed to building and repairing roads, bridges and addressing the unprecedented flooding faced by Manitoba communities in many parts of the province.

The Province will invest \$330 million for the construction of the new Lake Manitoba and Lake St. Martin outlet channel, which has an estimated total cost of \$495 million.

"With unprecedented chronic flooding facing our province, the new Lake

Manitoba and Lake St. Martin outlet channels will protect the lives and livelihoods of Manitoba families living in the Lake Manitoba basin. As part of Manitoba's \$5.5-billion, five-year core infrastructure plan, this investment will create good jobs and give Manitoba communities the protection they need for growth and economic prosperity in the future," said Premier Greg Selinger.

The Government of Canada has selected this project for funding consideration for up to \$165 million under the New Building Canada Fund's National Infrastructure Component. This funding is conditional on the project meeting applicable federal eligibility requirements with respect to the New Building Canada Fund, the signing of a contribution agreement and Treasury Board approval.

"I am proud that the Government of Canada is investing \$165 million

Continued on page 4



SUBMITTED PHOTO

Left to right: MP James Bezan (Selkirk-Interlake), Minister Candice Bergen (Minister of State (Social Development) and Member of Parliament for Portage-Lisgar), Brian Sigfusson (Reeve of the RM of Coldwell), Premier Greg Selinger, MLA Tom Nevakshonoff (Interlake).

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CREDIT UNION

Bifrost-Riverton farmers fed up with flooding

Couple has been struggling with flooded farmland for over 42 years

By Marney Blunt

Flooding: It's a word that no homeowner or farmer wants to even come near.

However, for Sylvia and Morris Sigurdson, it's something they have been dealing with ever spring and summer for the past 42 years.

The Sigurdsons own farmland northwest of Arborg in the Rural Municipality of Bifrost-Riverton. Sylvia's parents previously owned the property for approximately 32 years.

Many of those years are spent with the stress of flooding farmland weighing on their shoulders.

"The water all wants to come this way. It all comes to this corner," explained Maurice, indicating that the north, northwest and west sections of land near them all drain into the ditch beside his property.

Here, the waters bottleneck, flooding his crops and costing significant damages.

"My father-in-law for 30 years was trying to get (the RM) to not have this water back up into the yard here and onto his fields. He failed for 30 years. We've been trying for 40 years and still failed, and it's still not done."

The couple says they have been flooded out so many times throughout the years that they can no longer keep track. One year they even had to evacuate cattle from their property.

Maurice says that certain drains have been made that cause the water to flow quicker north of his property, which is only a three-quarter mile from the Icelandic River. When it reaches the culvert beside his property, it backs up and sits.

"We always got that water, but there was bottlenecks all along the way so it got held back and held back and it

came through slowly. Now with that new drain it comes fast and just overwhelms it," said Maurice, who sometimes in the spring will take his tractor deep in the water to try and nurse the water along.

"This time it rained three or three-and-a-half inches and so that water came and it backed in here, in our yard and over our cropland," he said.

"So I went into that ditch with my tractor to try to knock this grass and bush down to get the water to flow. I did get it to flow a little bit, but it still sat in one of my fields for about a week."

The Sigurdsons are currently growing peas and canola, and estimate that they have lost more than half of their canola field this year due to backed up water.

"The front lawn is not the major problem, but what it did to the crop just past our bush here, it just destroyed so much of it," said Sylvia.

They also say that they have been in constant contact with the RM over the issue, but they haven't seen any changes.

"Being only a three-quarter mile from the (Icelandic River), we plead with them to make that other ditch to deepen it or clean it up, (but) they won't do it," said Maurice.

Sylvia also noted that the stretch of drainage from their property to the Icelandic River has a slight incline to it, making their property even more prone to flooding.

"(The water) is already leaking back into the field before the ditch is flowing. Then whatever water gets left in the ditch, it stays there until it soaks into the ground or evaporates," said Maurice.

"So our land is being used as a hold-



EXPRESS PHOTO BY MARNEY BLUNT

Some of the damages done to Maurice and Sylvia Sigurdson's canola crops due to backed up water from the ditches running by their property and farmland.

ing pond," added Sylvia.

Both Sylvia and Maurice say that the ditch needs to be deeper and the culvert by their place needs to be bigger so that the water can go out at the same pace in comes in.

"It's all totally preventable, that's the thing," said Maurice.

After over 40 years, the couple says the issue is really starting to wear on them.

"We haven't got any satisfaction, yet we continue to pay our taxes on time every year, faithfully. And yes, we continue to live here even though it's been unprofitable in some years and this will be one of those years," said Sylvia.

"If you drive around this RM you would see that there are so many ditches that are useless as ditches, they're holding ponds is what they are."

The RM says that the ditch is deep enough, however they may need to re-assess the culvert.

"(That ditch) was cleaned only about

five or six years ago, and it's a pretty deep ditch. Obviously we may have to do some maintenance on it," said Harold Foster, the Reeve of the RM of Bifrost-Riverton.

"We can only do so many a year, we usually do 20 or 25 miles a year. Right now we've been cutting cattails, we've cut a few miles of cattails and that makes a significant difference."

Foster says flooding ditches is a big problem for many property owners in the RM.

"There are places that have had more damage than that," he noted.

"That culvert may not be big enough. Before the ditch was clean we did cut the road there at one time to get the water going," said Foster.

Foster also says that very few drainage systems can handle large amounts of precipitation.

"There's just too much rain and that's that. When you get five or six inches of rain there's no drainage system that will handle that," he said.

> NEW CHANNELS, FROM PG. 3

through the National Infrastructure Component of the New Building Canada Fund. Once these emergency outlet channels are built, we will be able to ensure that communities, property owners, farmers and ranchers are better protected from extreme flooding. We are ensuring that the devastating flooding which occurred around Lake Manitoba and Lake St. Martin, starting in 2011, will be minimized in the future," said James Bezan, Member of Parliament for Selkirk-Interlake

The \$53-billion New Building Canada Plan provides stable funding for a 10-year period and includes: The Community Improvement Fund, consisting of the Gas Tax Fund and the

incremental Goods and Services Tax Rebate for Municipalities, which will provide over \$32 billion to municipalities for projects such as roads, public transit and recreational facilities, and other community infrastructure.

The \$14-billion New Building Canada Fund, which consists of: the \$4-billion National Infrastructure Component that will support projects of national significance; and the \$10-billion Provincial-Territorial Infrastructure Component for projects of national, regional and local significance. Of this amount, \$1 billion for projects in communities with fewer than 100,000 residents through the Small Communities Fund.

An additional \$1.25 billion in funding for the Public-Private Partnerships (P3) Canada Fund administered by PPP Canada.



2015 PROPERTY TAX STATEMENTS HAVE BEEN MAILED

Any property owner who has not yet received a tax statement should contact the Municipal Office at 204-768-2858.

NEW PROPERTY OWNERS are reminded they may be responsible for payment of the 2015 taxes *whether or not they receive a tax notice in their name.*

2015 property taxes are due and payable on or before September 30, 2015.

Shelly Schwitek, CMMA
Chief Administrative Officer

Gimli Film Festival pays off for Winnipeg filmmaker

Kevin Tabachnick wins RBC \$10,000 Emerging Filmmaker Contest at Gimli Film Fest

By Marney Blunt

They say hard work pays off, and it certainly did for Winnipeg resident Kevin Tabachnick at the 2015 Gimli Film Festival.

In fact, it paid him \$10,000 to be exact.

Tabachnick was the winner of the RBC \$10,000 Emerging Filmmakers Contest, hosted during the Gimli Film Festival.

"It was pretty exciting. It's humbling to know that other people are interested in one of your ideas and I can't wait to put the idea on the screen," said Tabachnick, who had entered the contest for the first time ever this year.

The contest, which is managed by On Screen Manitoba, had Manitoba filmmakers submit a written concept for a film as part of the application process. The selected finalists had to pitch their filmmaking ideas to a panel of industry professionals in front of a live audience. The winner is awarded \$10,000 to take their pitch and make it into a film.

Tabachnick pitched a short film called 'Annabelle'.

"(It's) about a blind man and his seeing-eye dog who recently starts to go

blind. And he himself, living in poverty and on welfare, is unable to support the dog and has to come to the realization that he has to give her up to do what's best for her," explained Tabachnick, adding that he is already starting preproduction this month and hopes to begin filming either late this fall or next spring.

"We're optimistic to hopefully start late fall, but I would say we're probably going to end up waiting until spring," he said.

Tabachnick says he is even considering doing some filming right here in Gimli.

"I shot a film prior in Gimli and I love the location so we might come back out there for a bit."

Previously a still photographer, Tabachnick has only been filmmaking for two years now, but he has already accomplished a lot

"I've been very lucky, but I've worked with a lot of great people who in the end really helped me get this large amount of money to make a film," he said.

"I started out actually in photography, and then I met a friend who recommended that I try doing some film



SUBMITTED PHOTO

(Left to right) Rachel Margolis, partner at Aikins Macaulay & Thorvaldson LLP; Nicole Matiation, executive director at On Screen Manitoba; Kevin Tabachnick, 2015 winner of the RBC \$10,000 Emerging Filmmaker Contest; and Michelle Aitkenhead, the regional vice president Agassiz Market, RBC Royal Bank.

stuff and then I kind of just started shooting and next thing you know people are actually hiring me to do videos."

Tabachnick is also one-third of Marchino Media, a promotional video

company based out of Winnipeg.

"We largely just do promotional videos and such, but we do like to come back to the creative side every so often."

Water advisory signs posted on Lake Winnipeg beaches

News Release

Water testing as of July 30 has shown that levels of Escherichia coli (E. coli) were within recreational water quality objectives at most beaches monitored by Manitoba Conservation and Water Stewardship.

Advisory signs were posted this week at Matlock and Sandy Hook beaches on Lake Winnipeg when E. coli densities were elevated above the recreational water quality objective. Densities have returned to acceptable levels but signs will remain posted to provide information to swimmers.

Bathers are advised to avoid swallowing lake water, wash your hands before handling food and avoid swimming with an open cut or wound, or if you are experiencing illness. On Lake Winnipeg, bathers should minimize water contact if lake levels are high and strong winds are blowing from the north. Research shows E.

coli tend to be elevated during these conditions as they are washed out of the foreshore wet sand and into the bathing area.

People are reminded to avoid swimming in water where severe algal blooms are visible and to prevent pets from drinking water along the shoreline where algal blooms are present.

Home and cottage owners who use lake water as a source for drinking water should be aware that most small treatment systems are unable to remove algal toxins. Therefore, where blue-green algal blooms are present, avoid drinking the water or using it for other domestic purposes.

In addition, since infants consume

more water relative to body weight, parents may wish to use an alternate drinking water source (e.g. bottled water) for preparing infant formula during the summer months if their lake is prone to blue-green algal blooms.

Information on beach water quality results, advisory signs posted at beaches, and swimmer and water safety is available at www.manitoba/beaches.



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Language may offend; Violence **PG**

THE EXPRESS
WEEKLY NEWS



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> ARNIE WEIDL **The tale of the missing boots**

Hi busy summer buddies. Boy this was a surprisingly delightful week, I mean; I kept on running into anglers with a sense of humor and funny fishing stories.

I was over along the southeast shores of Lake Winnipeg last week but couldn't find anyone fishing because of the high winds and waves. On the way back to Selkirk I stopped at a store in Pine Falls for a drink. As I walked back to my car a chap having recognized me came running after me shouting, "hey Arnie I've got a story for you".

Our new friend, local boy, Don Lavigne jumped right into a short tale of how two of his friends were in a boat here on the Winnipeg River and when setting up to start fishing one of them threw the anchor out only to realize the rope wasn't tied to the boat. The angler stood gawking in dismay as the end of the rope followed the anchor disappearing under the water. His partner now angry told him to smarten up then handed forward their spare anchor. The errant anchor dropper now upset glared at his buddy, grabbed the thing and tossed it overboard then stood wide-eyed in shock seeing that a rope wasn't attached to it. They both froze stupefied as again their last anchor insultingly splashed water back at them as it sank from view following its mate to the bottom of the river. Special words were exchanged between the two lifelong friends, then heads down in silence they made for shore. Later, at their respective homes, naturally, two entirely different versions of the anchor mishap arose, which has allowed



EXPRESS PHOTO BY ARNIE WEIDL
Steve Ginter of Grunthal with his catch at the Hecla Island pier.

for endless good-natured teasing between the guys. Thanks Don.

In Selkirk, I dropped by Piston Ring for an item and met Brenda Haynen an always-on-the-go type gal who works there. She told me that her bother Steven Defer, got her into fishing last year. She showed me a picture of a nice walleye she caught in the Norkway channel in Brunkild where they grew up. Nice fish, nice gal.

About mid-week I went visiting anglers on the north beach of the Winnipeg Beach harbor complex. Folks were spread out along the shore on a beautiful calm, sun drenched afternoon facing the water sitting in chairs their extremely long rods anchored in

the sand. I walked along the waters' edge passing the time with folks until I came across a younger, fairly thin guy with light brown hair, soft features and voice by the name of Jeff Sinnock. He gave us a story of a time when his former father-in-law was boat fishing with friends in a small walk-in-only lake by Batula Lake in the Whiteshell. Apparently the boat tipped over and after righting the craft, making shore and straightening out their belongings they realized they had lost a pair of boots. They went back to fishing and sometime later in the day hooked one of the boots. For years after that they called that lake "One Boot Lake". Then almost 12 years to the day when fishing there they snagged the other boot. Now they call that little patch of water "Two Boot Lake."

It's been popping up in the back of my mind that it was time for a visit to magical Hecla again. Driving to it with the tall thin spire-like spruces towering on either side of the road, the charming causeway surrounded by water and in old town the strikingly painted Maritime houses set out stately on perfectly groomed lawns slows one in awe as you drive to the village harbor where mystical Black Island looms eastward out in the haze. On the pier I met another fun-loving guy Steve Ginter here for the weekend with his wife Charlene and daughter Tehya. He kidded around remarking that there were lots of fish coming out of the water here-just not on his hook. Actually he had caught a drum and bass which he held up so I could snap a picture for us. Well, have fun out there guys, bye for now.

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Celebrating a century of education for Hilbre School

By Jeff Ward

Judging by how well the school has been looked after, you'd never believe that Hilbre School has stood for 100 years, but it has, and that's cause for celebration.

Built in the winter of 1915, Hilbre School has stood the test of time and the Hilbre Community Club Board is hoping you'll join them for an open house of the small schoolhouse that educated Hilbre students for more than 50 years. On Aug. 8 and 9 the doors will be open from 1-5 p.m. to take in the wonderful history housed within the schools walls.

"One hundred years is a long time, and I really hope we see some former students come by and reminisce about their days here," said Alphild Lund Drewe, who spent hundreds of hours over the years preserving the school and its history with artifacts.

"This place was used for so many things over the last hundred years. It was the school, but also was a gathering place when it was the community club, it was a Sunday school for the church, weddings and socials were held here. So much history in such a small room."

After the school was shut down in the 60's the school was turned into a community club where many events were held over the years. The building remains an important landmark for the history of Hilbre, and the history of Manitoba education.

The walls are adorned with picture boards showing students and teachers from all the old schools in the RM of Grahamdale. The desks are original and still have the ink well receptacles



EXPRESS PHOTOS BY JEFF WARD
The Hilbre School built in the winter of 1915 will be the centre of a community celebration on August 8 and 9 and the school turns 100 years.

in them. At the front of the classroom there's the teachers desk, which even has the same school bell used all those years ago to usher in students for their studies. It's in incredible shape for a building that's been around for a century, and that's the result of some very hard work and dedication by a small group of people.

"We've done our best to keep the building in good shape, and I've done a lot of work to make sure the history is preserved. We have textbooks from the old school days and some science lab stuff as well. Back then we would play with mercury in science class with our bare hands," remembered Drewe.

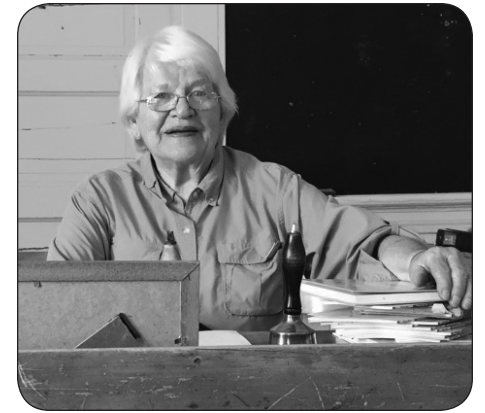
In 1991 there was a school reunion

held to celebrate the school and also to raise some funds to help with repairs and maintenance on the building. Drewe explained that she thought they might see 50 people in total come out, but more than 300 showed up, many of who were former students.

The outpouring of support and interest from the community was incredible and Drewe remembers those past students looking around, being transported back in time to days of their youth. So many memories shared and stories told.

Drewe still remembers her first day of school at Hilbre.

"I couldn't speak any English, just Norwegian so I remember it being tough. My father built our homestead



Alphild Drewe sits at the teacher's desk at the head of class. The desk just one of the many preserved historical artifacts you can see at Hilbre School.

in Dauphin River so when we moved here to Hilbre it was a two-day journey by horse and sleigh. I remember our Christmas concerts well too. We used to move all the desks out of the way and put a stage against the wall," said Drewe.

Drewe would walk two miles to school everyday, and while it wasn't up hill both ways, she did have to endure some harsh winters. The school was heated by a woodburning stove at the back of the class, but it was still frigid inside. During the summer, there was only the wind and an open window to cool off.

Today the school is well cared for and sits just off Hwy. 6 on Dillabough Rd. If you've never been to Hilbre School or haven't been in some time, now is the perfect chance to see the place first hand. 100 years is an important milestone and one that doesn't come around very often.

Biggest Loser competition to help kids in Interlake

By Jeff Ward

In an attempt to help Interlake students with the purchase of school supplies and backpacks, many Interlake residents are shedding pounds to help raise money for the cause.

The Lakeshore Women's Resource Centre in Ashern is putting on the Biggest Loser fundraiser. Participants sign up for \$20 and can weigh in weekly. The person who loses the most weight during the two-month (July and Aug) competition will win a \$300 gift card to Subway. All money raised through the fundraiser will help students purchase their school supplies for the year and supply them with a backpack to carry it all in. School supplies have gotten quite expensive, and even when buying the least expensive items, it can still add up.

"This fundraiser is about reaching out and getting involved with out

kids," said Brianna Kemkaran, executive director of the resource centre.

"My best ideas come to me in the middle of the night and this one woke me up at 2:00 a.m. I was trying to find a way to bring our communities together. I felt that the Biggest Loser would be the best way to do that."

The catchment area for the Resource Centre is huge, and encompasses many communities including everything inbetween St. Laurent to Gypsumville and from Peguis First Nation as far west as Lake Manitoba First Nation. The entire area holds more than 2,000 children.

The Resource Centre was started back in 1983 by a group of women who routinely got together to discuss the difficulties women endured in violent relationships and how they could offer support. The Centre has fulfilled that mission objective admirably over

the last three decades and now in a bit of a transition period, Kemkaran hopes to expand that service to other areas.

"Going forward the Centre won't just be about women who're in abusive relationships. We'll still help out of course, but there are many other people who need help as well and I want to start offering it. Since I've been here (only a few months) I've already seen many families, youth, teenagers come in for counselling. I spend a lot of my day counselling," said Kemkaran.

A nice side effect of this fundraiser is that it will expose new people to the Resource Centre who never knew it existed. Kemkaran mentions that the stigma of counselling still hangs over small communities like these and that there are people who might be embarrassed or ashamed to ask for help.

That needn't be the case though as it's only human to ask for help.

Currently the fundraiser is at the half way point and things are already looking good for the future. Kemkaran has already taken in more than \$1,500 in donations — thanks to a very generous donation of \$1,000 from Noventis Credit Union. She hopes to see more come in over the next few weeks. Kemkaran also will be receiving a large donation of school supplies from the Selkirk Canadian Tire as well.

If you're interested in being apart of the Biggest Loser you can still sign up, by calling the Resource Centre at 204-786-3016. You can also make a donation at anytime directly if you want to help but don't wish to be apart of the competition.

Retired dance teacher recognized for her dedication

By Marney Blunt

The Interlake Municipal Recreation Association recently recognized a retired dance teacher from Riverton for her dedication dance community in the Interlake.

Tracey Bjornson-Collins taught dance in Riverton and Arborg for 34 years, and this spring she was awarded a Heart of the Community Recreation Award from the Interlake Municipal Recreation Association.

"It's kind of funny, it's a thing that I've done for 30-some years and it felt very nice," Bjornson-Collins humbly said.

Bjornson-Collins taught tap dance, pre-ballet and jazz dance in both Arborg and Riverton since 1982. She herself has been tap dancing since she was just four years old.

The Riverton local has taught hundreds of students the art of dance and has put many students through the Evergreen Festival of the Arts.

"Competition wasn't very big before I got married and moved out to the country in 1982, but I did participate

in the first ever Manitoba Dance Festival so that was my one and only dance festival that I participated in myself," said Bjornson-Collins, who grew up in Winnipeg.

Bjornson-Collins' love for dance is something that she wanted to share with her own children. Her daughter, Maddie Bergman, has also helped her with teaching dance throughout the years.

"I just had to do it. It was what I did growing up, it was my passion as a kid," said Bjornson-Collins of her love of dance.

"And it was really important for me that my own children had that opportunity. So even though I was busy raising four kids and running a hair salon, I took one evening a week and eventually two nights a week (for dance) because I wanted my kids to have that opportunity. It just grew and grew."

"It's a very rewarding thing, but it's blood, sweat and tears and so much work, but anything worthwhile is I guess," she added.



EXPRESS PHOTO SUBMITTED

Tracey Bjornson-Collins accepts her Heart of the Community Recreation Award from Rod Cameron of the Interlake Municipal Recreation Association during the Interlake-Eastern Regional Health Authority's Power of Prevention conference this spring.

Interlakers encouraged to embrace your inner Viking

Submitted

Noventis Credit Union is inviting members and non-members alike to show off their 'inner viking'.

"Bold. Fierce. Proud. These are some of the words that might have been used to describe the Vikings. It can also be used to describe someone who has finally started a business. Who saves and then sends their child off to university. Or a strategy for paying

off debt," noted Noventis CEO Kevin McKnight. "We want to see how folks embrace their inner viking to reach their financial goals."

McKnight said those wanting to share their story or image can do so on Instagram by using the hashtag #innervikingncu, or can stop by the booth in front of the Gimli branch from Friday-Monday (weather permitting) to share their story and to

submit a ballot for a chance to win several prizes.

The initiative coincided with the kick off the Icelandic Festival of Manitoba which brings 40,000-50,000 to the Town of Gimli each year over the August long weekend.

Noventis will be celebrating the inner viking initiative throughout the month of August by helping members conquer service fees.

New members will receive six months no service fees while an extended program allows existing members to save up to 75 per cent of fees as a direct cash rebate each month.

"We are here to provide solutions that help members reach their goals," McKnight said. "We know that every little bit brings our members one step closer to reaching their financial goals."

Years of hard work complete for Interlake teachers

By Jeff Ward

It took six years, and a ton of individual sacrifices, but a group of Interlake women have worked hard to become teachers through a very successful education program.

Six students have completed the program with another half dozen to follow later this year and job offers from all over the Interlake are already starting to pour in.

The Interlake Teacher Education Program (ITEP), started in 2009, and is a joint partnership between Fieldstone Ventures Education and Training Centre, Lakeshore School Division and an advisory group representing Frontier School Division and Northwest Interlake First Nation Communities. The ITEP worked with Brandon University who helped facilitate a community based education program

in Ashern where the professors travel to the students instead of students traveling to the professors. This saved students from having to move away from their communities and families to study and also allowed students to maintain full-time employment as well as parenting their young children while gaining their education.

"These are home-grown teachers we have here," said Shelly Bjornson, who helped get the program, started back in 2009. "These ladies live here and are invested in their communities. Their children go to these schools. They've all worked so hard to get to where they are today and will be greatly benefiting their community. They should be extremely proud," said Bjornson.

The journey from 2009 until today has been long, with most students

working full or part-time jobs while providing for their families. Many gave up weekends to take classes and study while working most waking hours and even giving up many sleeping hours to study. The last six years have been tough, and although not everyone made it, each participant in the program should be proud of what they've accomplished.

Real life-changing dreams aren't attained overnight. They're battled for over years of hard work and determination. Each student of the program climbed their own personal Mount Everest to realize their dream of becoming a teacher. "It was hard for them to keep going. They gave up a lot of their free time to work and study. Now that they're done some of them are already getting jobs in school divisions here in the Interlake. It's a very

exciting time for them," said Bjornson.

Six of the students of the program have completed their studies and are just waiting for the teaching certification. The other half dozen will be finishing over the summer and fall. All the graduates will all go through their convocation in the spring next year.

A celebration dinner was held on July 26 and was attended by Brandon University Dean, Heather Duncan who applauded the efforts given by the students and encouraged all of them to continue their learning as they pursue their careers in education. Duncan also invited them to continue their education in the Masters program through Brandon University, which can be done through online classes. For now the students are going to take sometime to decompress and celebrate their accomplishment.

Interlake Quilt Barn Trail unveiled in Arborg

By Marney Blunt

There's a new reason to visit the Interlake.

The Interlake Quilt Barn Trail was unveiled last week, acting as a new tourism asset that can draw people into the communities throughout the Interlake.

A barn quilt is a replica of an actual quilt painted on wood and mounted on either a barn, outbuilding or in someone's yard. The Interlake Barn Quilt Trail will have several barn quilts located throughout the Interlake for tourists and residents to drive around and view.

The first barn quilt, 'Harvest Sun', was mounted on the red barn at the Arborg & District Multicultural Heritage Village.

The project is an initiative in partnership with the Arborg Agricultural Society and the Interlake Tourism Association.

"Originally they all started on barns but because people without barns wanted them they basically went, maybe inspired by an ancestor, heritage or just the love of the block," said Janice Skene, a member of the Arborg Agricultural Society and the Interlake Barn Quilt Trail committee.

Skene says that the first official quilt trail began in 2001 in Adams County, Ohio.

"(Donna Kerns and I) had both seen them down in the States and I had seen them in Ponemah, they had started putting them up just over ten years ago, but they never got into the trail thing," explained Skene.

"So when Donna came back from the States she was so excited that she painted her own."

Conveniently at the same time, the

Interlake Tourism Association was also looking for a new trail to start to draw people to the area, and the Interlake Barn Quilt Trail was born.

"The Interlake Tourism Association



The first barn quilt, 'Harvest Sun' was mounted on the red barn at the Arborg & District Multicultural Heritage Village.

are always looking at ways that we can attract people here, and this is another way (to give) people reasons to come visit our communities. So I think that this is one of those inspiring ways, one that plays to our own local talent and ties in our rural heritage," said James Bezan, the Member of Parliament for Selkirk-Interlake.

"So it's a way to get people out from Winnipeg, it's a way to get people out from other areas of the country and of course attract Americans, because I understand that this is where that concept first started was in the United States."

There are currently 14 barn quilts in the Interlake Barn Quilt Trail, which are spread throughout the Interlake in the communities of Arborg, Ash-



EXPRESS PHOTOS BY MARNEY BUNT

Members of the Arborg Agricultural Society, Interlake Tourism Association and Interlake Barn Quilt Trail officially unveiled the first quilt in Arborg during a ribbon cutting ceremony last week.

ern, Silver, Arnes, Gimli, Winnipeg Beach, Sandy Hook, St. Andrews, Ponemah and Matlock. A large portion of the barn quilts is already mounted and ready for viewing.

"When I first heard about this initiative I thought, 'wow', that's one more tool in our toolbox that we can use to attract people to our communities," said Ralph Eichler, the MLA for Lakeside.

"I refer to our communities as our home and when we show off our home we want to be so proud of it, and I know the work that goes into these just makes it that much more easier to display when you have so much pride

and self-commitment to it."

Arborg Mayor Randy Sigurdson says it's great to see a tourism initiative that will support the town and the Arborg & District Multicultural Heritage Village as well.

"Council is always fully supportive of anything that promotes tourism as this certainly does and we're certainly always very, very supportive of the heritage village.

"This has done so much for the town," said Mayor Sigurdson.

Currently, there are barn quilts in seven provinces in Canada and 48 states.

Holkira Pak among medications added to Pharmacare

By Stefanie Lasuik

On July 27, the government of Manitoba announced the addition of 54 medications to the Manitoba Pharmacare program, including the highly effective Holkira Pak for the treatment of hepatitis C.

The announcement came shortly before World Hepatitis Day on July 28, a day that aims at raising global awareness of hepatitis and encourages prevention and treatment. The latter will be more accessible with Manitoba's newest pharmacare addition. The province claims that Holkira Pak has an above 90 percent cure rate and few side effects.

"We have entered a new era in the

fight against hepatitis C," said Kirk Leavesley, chairperson, Manitoba Hepatitis C Support Community Inc. in a news release.

"Well tolerated treatments are now available with more than a 95 per cent success rate. We now have the means to make a huge impact in the elimination of hepatitis C worldwide and the suffering of those affected."

Other drugs added to the formulary include:

- Anoro Ellipta and Ultibro Breezhaler for the treatment of chronic obstructive pulmonary disease;
- Diacomit for the treatment of epilepsy;
- Fosrenol for the treatment of hy-

perphosphatemia (the presences of abnormally high levels of phosphate in the blood);

- Inspra for the treatment of heart failure;
- Janumet and Janumet XR for the treatment of diabetes;
- Jaydess for contraception;
- Metadol for the treatment of chronic pain;
- Myrbetriq for the treatment of overactive bladder; and
- Tivicay for the treatment of HIV.

Health Minister, Sharon Blady, explained that the addition of Holkira Pak, Anoro Ellipta, Diacomit, Inspra, Myrbetriq, Tivicay and Ultibro Breezhaler to the Pharmacare pro-

gram is a direct result of Manitoba's participation in the Pan-Canadian Pharmaceutical Alliance, which works to negotiate more affordable prices on generic and brand name drugs.

Pharmacare is a universal prescription drug benefit program for Manitobans that is based on family income. It covers all eligible drug costs once the income-based deductible is reached, regardless of medical condition or age. Coverage for all 54 drugs came into effect July 22, a full list of which can be found at <http://www.gov.mb.ca/health/mdbif/sdr.pdf>

Icelandic fun for everyone



EXPRESS PHOTOS BY STEFANIE LASUIK

The annual Icelandic Festival had a lot of fun and activities for all ages throughout the weekend. Pictured clockwise, from top left: Vikings were everywhere through the Icelandic Festival and parade; five-year-old Alex Buck (left) compared bows with Stefan Lindal while both gave their Viking-est snarls; marching bands took to the streets during the annual parade; Kids ages six to nine jumped at and revelled in the opportunity to take arms against the vikings; Cali Giesbrecht (left) and Axel Albertson competed in the three-legged race; The festival's midway rides gave fun and a thrill to all; Two-year-old Jeremy Sterzer of Gimli enjoyed the rides at the festival's midway, smiling and waving from her horse on the merry-go-round; and Julia Gamble adds carrots to the honey glazed root vegetable blend brewing for an Icelandic lunch.



Dunnottar hosts first-ever Water Awareness Day

Event aims to educate public on importance of clean water

By Marney Blunt

Being located close to Lake Winnipeg and surrounded by a variety of rivers, creeks and marshes, it's fairly obvious that having clean water and a healthy ecosystem is important in the Interlake.

Which is one reason why the Village of Dunnottar hosted their first-ever Water Awareness Day at the Matlock Recreation Centre on Saturday, July 25 in partnership with the East Interlake Conservation District and Community Futures East Interlake.

"We all have concerns with the state of the environment and the quality and availability of water around the globe. Safe drinking water, water for agricultural producers and clean water for recreation are becoming increasingly difficult to secure," said Rick Gamble, the Mayor of the Village of Dunnottar, in a news release.

The event was filled with a variety of activities, presentations and movies that were all aimed at educating the public on the importance of clean water. The keynote speaker of the event was Maude Barlow, the national chairperson of the Council of Canadians and a well-known activist and author. Barlow spoke about the health of Lake Winnipeg and climate change.

"It is incredibly important that the Village of Dunnottar informs our residents about the state of Lake Winnipeg," said Gamble in the news release. "We're very excited about Water Awareness Day and believe this event will be a great day full of fun and learning."



Marlo Campbell, the communications director and Candice from the Lake Winnipeg Foundation.



EXPRESS PHOTOS COURTESY OF WENDY BUELOW
 Francesco Zurzolo of Dillon Consulting Inc. explains how the Dunnottar Passive Filter Project works to reduce nutrient loading of effluent prior to release.



Judy from Wild Life Haven introducing Bruce the Children check out the East Interlake Conservation District Water Festival Enviroscape Model.



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Harper triggers longest election in recent history

Staff

Prime Minister Stephen Harper kicked off the longest election campaign in recent Canadian history over the weekend.

Harper held a press conference at Rideau Hall in Ottawa on Sunday after visiting Governor General David Johnston to dissolve parliament for a general election to be held Monday, Oct. 19.

As previously reported in the *Winnipeg Free Press*, Harper argues by calling the election early all the campaigning will be done within the bounds of

election law.

"It's important these campaigns be funded by the parties themselves and not the taxpayer," he said.

NDP leader Tom Mulcair said this election is time for change and Liberal Leader Justin Trudeau said he plans to make change happen for Canadians, specifically the middle class.

The three party leaders are set to face off today during the first leaders' debate. More information about the Selkirk-Interlake-Eastman region candidates will appear in the *Record* in coming weeks.

Living like a viking



EXPRESS PHOTO BY MARNEY BLUNT

The Icelandic Camp in Gimli this year was a success, with a record attendance of nearly 40 children and teenagers and many repeat campers. Several camp counsellors have fond memories from their time at Icelandic Camp as kids. The campers spent the week learning about Icelandic culture, music and language.



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EXPRESS PHOTO SUBMITTED
Special guest Terry Vezina visited the camp twice singing an old Norwegian song, playing a lyre and telling a saga to the campers.

One man's trash is another man's treasure

Eriksdale Great Garage Sale another success

By Jeff Ward

What would likely be either clutter or garbage was turned into cold, hard cash in Eriksdale last weekend at the 24th annual Eriksdale Great Garage Sale.

Hundreds from all over the province attended the sale, which took place Saturday. More than 40 vendors sold items such as books, blankets, clothing, sports gear, records, movies, tools and just about anything you can imagine. The sale benefits not only the vendors but the local Chamber of Commerce with each vendor contributing 10 per cent of their sales up to a maximum of \$150.

"We're turning your recycling into cash," said Al Kelner, the organizer of the event.

"Last year the chamber took in \$1,700 which works out to \$17,000 in revenue made by the vendors. It's really incredible, and it doesn't just benefit the vendors. Restaurants were packed here today, and I heard that the Eriksdale Inn ran out of food."

If you've never been before, the amount of people flooding Eriksdale's streets is staggering. Almost every road, which can fit three cars wide when empty, is reduced to a single lane that can barely fit a small car. The name of the game is foot traffic, but if you want the good stuff, you gotta get there early.

People come ready to spend cash. Fistfuls of hundred dollar bills and pockets ringing with change are ever present during the sale. Many people



Antique lanterns were just some of the popular items for sale at the Great Garage Sale.

making three or four trips to their vehicles to offload armfuls of newly acquired stuff.

The town bursts at the seams during the sale and sometimes, you might even see an old friend.

"I used to be the principal at Berens River School, 40 years ago. And I got to talking with a man I was selling a chainsaw too. He told me he was from Berens River, and we both realized he was a student while I was the principal there. It was a very pleasant day for me, reminiscing about those times," said Kel-



EXPRESS PHOTO BY JEFF WARD

Hundreds scoured the town of Eriksdale last Saturday looking for treasures that could be found at one of the 40 vendors that participated in the Chamber fund raiser.

ner.

There is only one sale a year, and that likely makes it more popular. People know they only have one shot and certainly make the most of their trip. If you missed it this year, you'll have to wait. But if years previous are

any indication it'll be worth it.

At the time of writing this article the total take for the chamber isn't known, but Kelner believes that they'll most certainly be around the same total as last year.

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Eriksdale says goodbye to the smilin' guy

By Jeff Ward

For more than 15 years the sign that's greeted motorists on Highway 6 just south of Eriksdale has been a faded, featureless smiley face that's seen better days. But now a new sign is ready to greet people to Eriksdale.

The smilin' guy, or smilin' cowboy, which has been the town sign since 2000, has been replaced with a simple, clean design that also has a silhouette of a horse and rider. Those things are synonymous with Eriksdale and something that defines the community. It took two years for the Chamber of Commerce to create a design, get a grant and have the sign made, but all that work was definitely worth it. The new welcome sign was installed on July 24 and 25.

"Having a nice updated welcome sign is going to be really good for our community," said Diane Bottrell one of small group of people working to get the new sign in place.

"We submitted a grant application through Hometown Manitoba in 2013 and we were accepted shortly after. We actually wanted the sign to go up in fall of last year, but we just weren't ready and it was already a bit too late in the season to start digging into the

ground. But now that it's all done and it looks great, we're all really happy."

Bottrell said that the feedback from the community has been very positive so far and that there were really no big challenges in getting the project completed. The only real struggle was just deciding on a design for the sign. Originally it was going to be a bull rider, but the annual Bull-O-Rama event has a sign very similar in design so going with the horse rider was a natural second option.

With the Eriksdale Garage Sale happening over the weekend it was a great time to debut the new sign. Many come to Eriksdale from all over the province to buy and/or sell in the large event who will now be greeted by a much sleeker welcome sign.

"With the yard sale this weekend it really will be a nice showcase, the timing is really good. We hope to hear some good feedback about it," said Bottrell.

There is also a plan in the works to bring another sign to the north of Eriksdale as well, but at this point a location for the sign hasn't been decided on.



TRIBUNE PHOTO BY JEFF WARD

Pictured left to right; Merle Day, Diane Bottrell, Keith Lundale and John Wainwright stand in front of the new sign that will now greet motorists coming up along Highway 6. Their hard work has given Eriksdale a gorgeous new welcome sign.

YOUR FIRST CAR

Buying your first car? Plan carefully!

This is the time of year when many students (and parents of students) start thinking about buying a first car. Whether it's to get to school or to work or to go out with friends, a first car is a big step in the life of a young adult. It is a symbol of independence, but it is also a big responsibility.

Car manufacturers understand the importance of this market niche; these days, many vehicles have price tags under \$20,000. What's more, entry level models have never been more attractive, with their modern design, surprising choices of colour, and many options.

When the time comes to purchase a first car, a few criteria should be taken into account. A fuel-efficient model is an important factor for students who have to travel long distances. If they'll be carpooling, passenger space should be considered, while ample trunk space is a requirement for students having to transport large items, such as sports equipment or musical instruments.

LET'S TALK BUDGET

Before making a choice, evaluate the different financing options offered by various car dealers and financial insti-



tutions. Endorsement by a third party, usually a parent, is required for most first buyers. And apart from the cost of the purchase or the lease of a first car, many other expenses should be budgeted for:

- Gas
- Car insurance
- Driver's license
- License plate
- Parking costs
- Maintenance costs, such as oil changes and tire changes
- Repair costs (you never know)



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> MEAL IDEAS

Maple Banana Bread

Ingredients

1 cup (250 mL) whole wheat flour
 1 cup (250 mL) large flake oats
 1/2 cup (125 mL) wheat bran
 1 tsp (5 mL) ground cinnamon
 1 tsp (5 mL) baking powder
 3/4 tsp (4 mL) baking soda
 3 ripe bananas, mashed well
 1/2 cup (125 mL) plain 0% Greek yogurt
 1/3 cup (75 mL) maple syrup
 1/4 cup (50 mL) canola oil
 1 egg

Directions

In a large bowl, whisk together flour, oats, bran, cinnamon, baking powder and soda. In another bowl, whisk together bananas, yogurt, maple syrup, oil and egg. Pour over flour mixture and stir to combine. Scrape into parchment paper lined and sprayed 8



1/2 x 4 1/2 inches (1.5 L) loaf pan. Bake in preheated 350° F (177° C) oven for about 40 minutes or until tester inserted in centre comes out clean. Let cool in pan for about 10 minutes before turning out and cooling completely to slice and serve.

Tip: Wrap bread in plastic wrap once cooled and store at room temperature for about 3 days or overwrap in foil and freeze for up to 2 weeks.

Prep time: 10 min | Cook time: 40 min
 Makes: 12 slices
www.heartandstroke.mb.ca

Lemon Cranberry Biscotti

Ingredients

1 package white cake mix
 1 cup all-purpose flour
 1/2 cup butter or margarine, melted
 2 eggs
 1 teaspoon vanilla extract
 3/4 cup chopped, dried sweetened cranberries
 1/2 cup chopped nuts
 2 tablespoons grated lemon rind
 Semi-sweet or milk chocolate chips, melted (optional)



vanilla in large bowl. Beat at low speed with electric mixer until well blended. Mix in cranberries, nuts and lemon rind. Divide dough in half. Shape each half into a 12x2-inch log; place logs on prepared baking sheets. (Bake logs separately.)

Bake each log 30 to 35 minutes or until toothpick inserted in center comes out clean. Remove from oven; cool on baking sheets 15 minutes. Using serrated knife, cut logs into 1/2-inch slices. Arrange slices on baking sheets. Bake slices 10 minutes at 350°. Remove to cooling racks; cool completely.

Dip one end of biscotti in melted chocolate, if desired. Allow chocolate to set at room temperature before storing biscotti in airtight container.

Makes about 2-1/2 dozen cookies

Preparation

Preheat oven to 350°. Line 2 baking sheets with parchment paper. Combine cake mix, flour, butter, eggs and

The Skill: Raising Nutrition-Savvy Kids



To make healthy eating habits a family affair, it's important to turn kids from part of the problem to part of the solution and get them to work with you instead of against you. And there's

something in it for your kids in the short term, not just the long run. When kids consume a healthy breakfast, for example, they score higher on cognitive function tests and report higher levels than when they skip breakfast, according to research from Loughborough University in the United Kingdom.

To help them with the program, take steps to boost your kids' nutritional know-how so they care about nutrition and can help identify better choices. In a world where beloved cartoon characters entice your kids to eat neon-colored snack foods or sugary cereals, it's hard for them to know what's good for them and what's not. They just know what's appealing on a playful or "cool" level. Once you recognize there's a nefarious influence from television and advertising, you'll realize that you probably have to fight against it. Stand firm and draw the line, because children also need healthy foods in their diets, and many of the foods that are marketed to kids are of questionable nutritional value. For example, when researchers from Yale University examined the nutritional quality of 161 cereals that were available in January and February 2006, they found that cereals that were marketed specifically to children were more concentrated sources of calories, sugar, and sodium and contained less

fiber and protein than regular cereals. What's more, the majority (66 percent) of the kid-friendly cereals "failed to meet national nutrition standards, particularly with respect to sugar content."

Fortunately, you can make nutritional information tangible and relatable to kids, and help them identify healthier choices in surprisingly simple ways. Most kids are naturally curious, and you can capitalize on their inherent curiosity by encouraging them to become supermarket spies, by making a nutrition-detective activity out of reading labels: Encouraging kids to investigate whether packaged foods contain the ingredients they should have in them (fruit juice should be made from real fruit, for example, not water and various sweeteners), despite the big, bold claims on the front of the label. Another fun activity is to compare the nutritional benefits of like-minded products (cherries to dried cherries to cherry juice, for example, or grapes to raisins to grape juice). In the product section, ask them to choose a new fruit or vegetable to try. You can also visit a farmers' market on the weekend to see if you can make some new discoveries together (purple potatoes, anyone?). Then, let them help you prepare a meal with what they chose. This way, they'll have more of an investment in eating healthy foods.

Disease-Proof: "The Remarkable Truth About What Makes Us Well" by David L. Katz, MD, MPH, FACPM, FACP

*Brenda Stafford - Juice Plus - Team Pursuit
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Cranberry Kissed Cinnamon Rolls

Ingredients

2 loaves (1 pound each) frozen white yeast bread dough, thawed, divided
 2 tablespoons butter, softened, divided
 1/4 cup granulated sugar
 1 tablespoon ground cinnamon
 2 cups (12-ounce package) Nestlé Toll House Premier White Morsels, divided
 1 cup sweetened dried cranberries, coarsely chopped, divided
 1 cup powdered sugar, sifted
 3 tablespoons milk



over dough. Combine sugar and cinnamon in small bowl; sprinkle 2 tablespoons over dough leaving 1/2-inch border around sides. Sprinkle with 3/4 cup morsels and 1/2 cup cranberries, firmly pressing morsels and cranberries into dough.

ROLL up dough tightly, starting at short end; seal edges with water. Cut into 6 slices; place cut side up in prepared baking pan. Repeat with remaining bread loaf, butter, sugar mixture, 3/4 cup morsels and cranberries; place in second prepared baking pan. Cover; let rise in warm place until dough almost fills pans, about 30 minutes.

PREHEAT oven to 350° F.

BAKE for 25 to 30 minutes or until golden brown. Cool for 15 minutes in pans on wire racks.

MELT remaining morsels in small, uncovered, microwave-safe bowl on MEDIUM-HIGH (70%) power for 30 seconds; STIR. Morsels may retain some of their original shape. If necessary, microwave at additional 10- to 15-second intervals, stirring just until morsels are melted. Stir in powdered sugar and milk to make a stiff glaze. Drizzle over cinnamon rolls.

Tip: For whole-wheat cinnamon rolls, substitute whole-wheat dough for the white bread dough.

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Eriksdale Equestrian Society to host annual Western Show

By Jeff Ward

The annual Western Show is just a few days away and, like in years past, will provide a full day of entertainment at no cost participants or observers.

Formed in the late 80's the Eriksdale Equestrian Society (EES) has been putting on the annual show every year. It's become a popular event in the community for spectators, but also a popular event for competition. This year's competition, taking place on Saturday, Aug. 8 at the Eriksdale Sports Grounds, will see riders from all over the Interlake bringing their horses in to be judged.

"It's a nice day that we designed for local people to come out and show their horses, ride and have fun," said Kelly Stuart a member of the EES and one of the organizers of the event along with his wife Ruby.

There are many events throughout the day, which begins with halter, an event where judges look for the confirmation of the animal. Everything from how straight the legs are to how well the body is put together. Other events are the showmanship event, which judges the handler of the horse

on how well they can show the animal off. And at the end of the day there are more speed-based events like barrel racing.

Each event draws a different audience as well as drawing a rider.

"My favourite event to compete in is trail," said Selena Stoyanowski who's been riding since she was in Grade two and competition for the last five years.

"I like the obstacle course in the trail event. It's a lot of fun and kind of brings in a bunch of different skills into play at the same time."

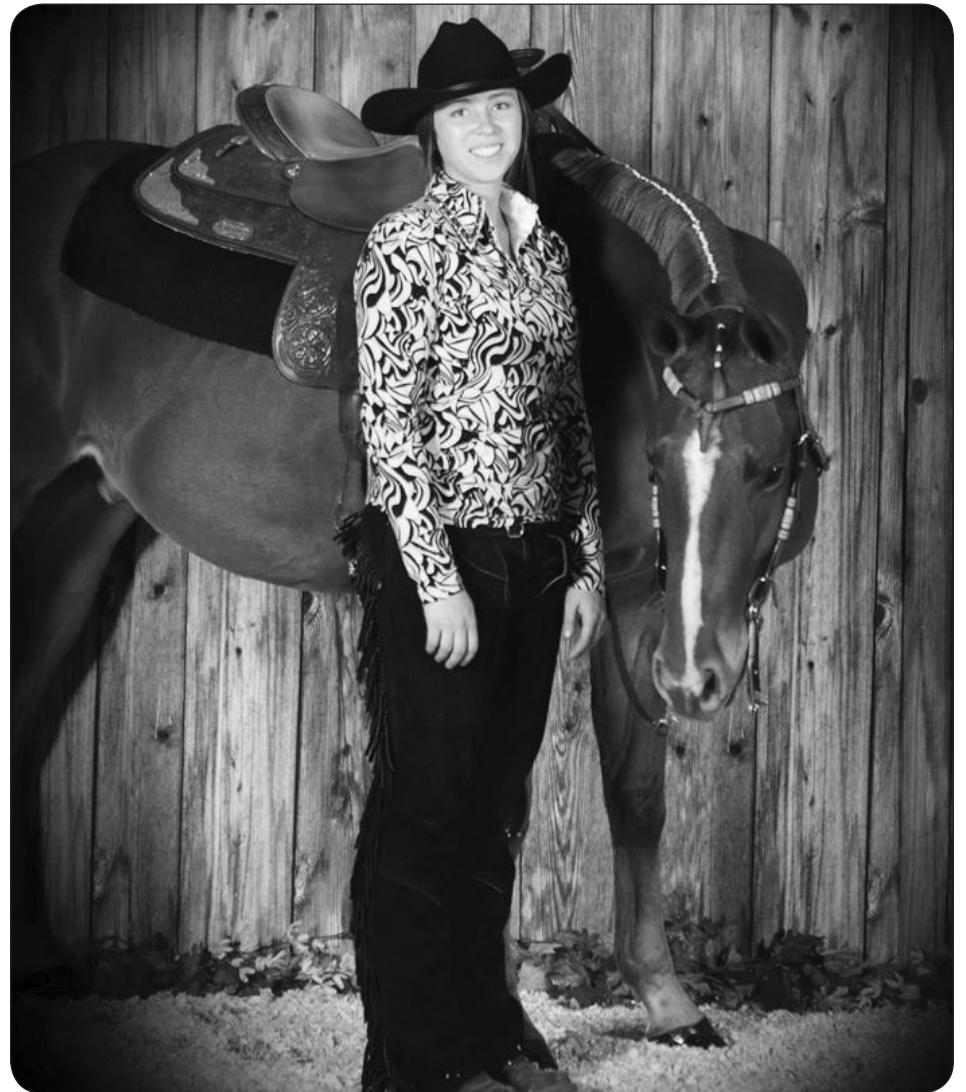
Stoyanowski's horse, Radical Assets, is ready to compete and says the relationship she has with the animal is a big factor in how well she'll compete. Knowing the horse's weaknesses and strengths and developing a training regime that works is a big part of the off time

"EACH HORSE IS DIFFERENT SO ONCE YOU DEVELOP A GOOD TRAINING METHOD IT'S ABOUT FINDING THAT CONSISTENCY TO TAKE YOU FORWARD."

in preparing for competition.

"Each horse is different so once you develop a good training method it's about finding that consistency to take you forward. But you also want to vary the work around a bit so the horse doesn't get bored doing the same thing everyday," explained the expert rider.

The Western Show is free for every-



EXPRESS PHOTO BY RUBY STUART

Eriksdale resident, Selena Stoyanowski will be riding her horse Radical Assets in many of the exciting events during the Western Show in Eriksdale this Saturday.

one so there's no reason to miss any of the action. The competition begins at 9:00 a.m. at the Eriksdale Sports Grounds.



RECORD PHOTO BY CAM BENNETT

Winnipeg-based band Dust Rhinos performed at Winnipeg Beach last Sunday in front of hundreds of fans.

Dust Rhinos rock Winnipeg Beach

Staff

Winnipeg Beach hosted the Dust Rhinos last Sunday.

The Winnipeg-based band's eclectic mix of rock and knee-slapping Irish music had beach-goers out of their lawn chairs and up dancing during their three-hour show.

"The wind howled off the lake for the first set," said Blair McEvoy the band's singer, guitarist and bodhrán player.

He added nearly 600 people were in attendance.

Storytelling songs and traditional instruments, such as the fiddle, mandolin and a bodhrán (a Celtic frame drum that is held by the player), have made the five-piece band popular on the Manitoba music scene. The band now has half a dozen albums under its belt, with "I Should Behave" being released earlier this year.

Fisherton Horse Club celebrates 45 years

By Ralph Tanchak

The hard work of members and volunteers saw the 45th anniversary of the Fisherton Horse Club hold their annual rodeo that began as a 4-H horse club in the fall of 1970 initiated by Elaine Hnatiuk. The rodeo featured team events such as steer doctoring, calf branding, steer mugging, wild cow milking, and barrel racing. Spectators got to see six (four person) teams of modern day cowboys display the rugged and traditional work of ranch hands using not only their wits and skills but extra muscle to compete against energetic livestock that were supplied locally by the E Bar C Ranch.

Colleen Bernier, President of Fisherton Horse Club Inc, had praised the work of the members and volunteers, which are less in number than previous years.

"A lot of people don't realize it, but there is a lot of work going into putting on a rodeo and that is a challenge," says Bernier.

"Organizing people and activities being the biggest (challenge)."

Bernier says, "One of the big things complimented on, was having the rodeo grounds organized in a manner where the spectators and children have their activities in separate areas from where the animals are, safety being first".

Entertainment for younger children included caricature drawing, looking for money in a haystack, mechanical bull riding, karaoke, and face painting. There was a constant line of kids waiting to have their face painted by Amanda Brown.

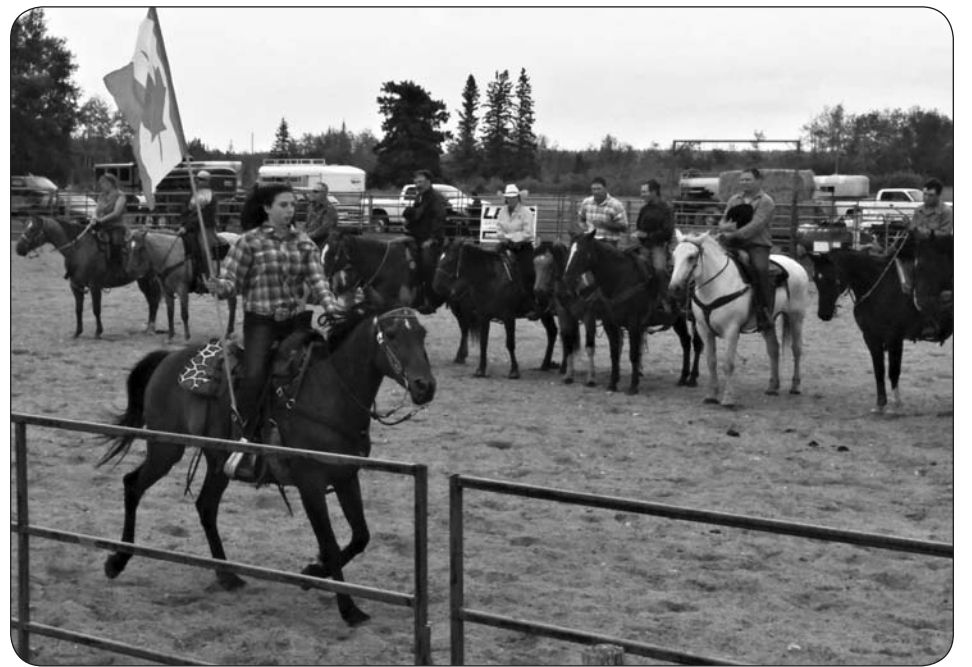
For the adults, there was entertainment by Diamond Doug Keith the "Cowboy Poet" and Ray Martin, formerly of the Foster Martin Band.

And of course there was the grub served by the canteen on the grounds

run by the local people from Fisher Branch with proceeds going to the MS Walk.

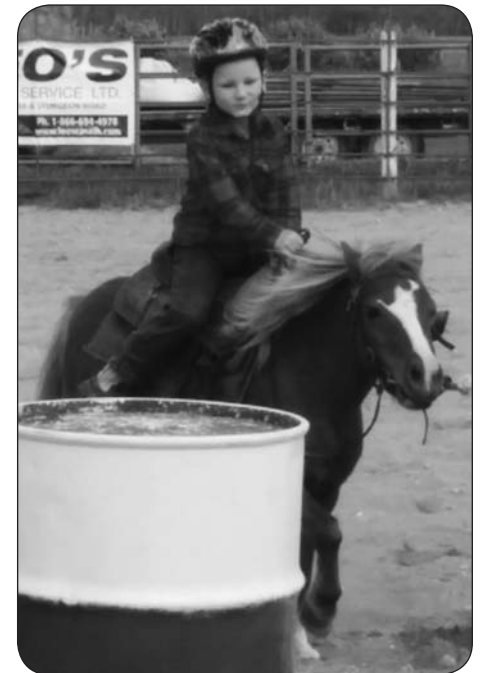
The Saturday evening event featured a steak supper for approximately 200 headed up by Cubby Barrett and crew.

Bernier said, "we're very thankful to our sponsors, crews, vendors in helping put on the rodeo". The "Jackpot Ranch Rodeo" program handed out to people coming in at the admissions gate, illustrated the great local support for this annual local event.



EXPRESS PHOTOS BY RALPH TANCHAK

Pictured, top left to right, clockwise: Entertainers (l to r) Diamond Doug Keith "Cowboy Poet" and Ray Martin formerly of the Foster Martin Band; Opening with the ride around the ring to O Canada; Declan Stuart in the Pee Wee barrel race; the opening ride and Jordan Zarichney on the mechanical bull ride.



Pastor Paul returns to the Interlake

EXPRESS PHOTO BY NATASHA TERSIGNI

Roman Catholic Priest Father Paul Tinguely has been chosen by the Roman Catholic Archdiocese of Winnipeg to serve West Interlake communities including St. Laurent, Woodlands, Lundar, Eriksdale and Lake Manitoba First Nations. Tinguely began his posting Aug. 1 and will divide his time between the communities. Tinguely's most recent parish was St. Charles Catholic Church in Winnipeg and is no stranger to rural communities as he has previously served in Stonewall, Teulon, Inwood, Stony Mountain, St. Lizare, Ste Rose Du Lac, St. Eustache and Elie.

Interlake talent to dance at Folklorama's Ukrainian pavilion

By Marney Blunt

There is going to be a whole lot of Interlake talent headed to the Folklorama Festival in Winnipeg this week, including the Gimli Barvinok Ukrainian Dance Club and the Arborg Ukrainian Dance Club, who will be performing at the Ukrainian Kyiv Pavilion.

"It's exciting for the kids and they know that they're picked because they practice well and they perform well and I would say that we have a lot of pride in our club," said Samantha Michaluk, one of the board members of the Gimli Barvinok Ukrainian Dance Club.

The club has been performing in the Interlake for over 30 years.

"The kids are really actively involved in the club," she added. "They're very committed, right from when they start at four-years-old all the way up into their 20s, they're still dancing and a lot of them have done some instruction for us as well."

Michaluk says there will be performances by their boys' group and a girls' group from ages 12 to 15 and a senior group, which consists of teenagers and 20-somethings.

The group will be performing on the evening of Tuesday, August 11 at The Maples.

"Our group is asked every year to perform. For many, many years they've been asked to perform and it's considered an honour to be asked to Folklorama," said Michaluk, adding that the club usually has about 30 to 35 dancers.

The Gimli Barvinok Ukrainian Dance Club has recently performed at the Canada Day celebrations in



SUBMITTED PHOTO

The girls' group (ages 12-15) from the Gimli Barvinok Ukrainian Dance Club are one of the Interlake groups performing during Folklorama at the Ukrainian Kyiv Pavilion.

Gimli and also at the Beach SCAPE Festival in Winnipeg Beach last month.

"We have been asked to do special events such as weddings or different events that are going on around town. Sometimes the Gimli Ice Festival they

performed at that for their volunteers," added Michaluk, "We also perform at the Ukrainian Cultural Centre in Winnipeg."

For more information on this year's Folklorama Festival, visit folklorama.ca

Immunizations below ideal, Stats Canada study shows

Dr. Singh dispels myths that may deter vaccination

By Stefanie Lasuik

On July 21, Statistics Canada released the results of a nation-wide survey that showed immunization levels of children under the age of two to be high, but still below the figures of a herd immunity.

Herd immunity is the required per cent of a population it would take to be immunized against a particular disease to prevent a chain of illness.

Unfortunately, explained Dr. Davinder Singh of the Interlake Eastern Regional Health Authority, many myths still exist that may deter parents from vaccinating their child.

"The link to autism and various other health conditions have all been debunked or proven wrong," Singh explained, noting that the single report that supported a connection between

vaccines and autism has since been retracted due to falsified information.

Some parents worry that their child will suffer an allergic reaction to the shot, just as they might with any new substance in the body.

However, Singh explained that the risk of experiencing a severe anaphylactic allergic reaction is two in one million, and the hospital setting wherein children receive their shots is well-equipped to deal with such a case. Furthermore, Singh noted, the benefits one gets from avoiding complications of vaccine-preventable diseases far outweighs this risk.

The numbers from pre to post vaccine eras speak for themselves. The peak annual number of measles cases from the pre-vaccine era stands at 61,370, according to the Public Health

Agency of Canada. The rate of death from measles is one in every 1,000. In the post-vaccine era, the peak annual number of measles cases in 752.

Diphtheria affected 9,010 Canadians annually before vaccinations were available, with five to 10 per cent of these cases resulting in death. Now, the peak annual instances of diphtheria stands at four.

Vaccines have also eradicated smallpox worldwide and nearly abolished polio.

In the recent Statistics Canada report, the per cent of immunization for measles was 89, which falls six per cent under the ideal herd immunity of 96 per cent. Diphtheria immunizations were only had by 77 per cent of children.

Five per cent of parents in the survey strongly agreed that alternative practices, such as chiropractic or homeopathy, eliminate the need for vaccines.

Health Canada reported that this is simply not the case. Neither practice is a substitute for vaccines.

Vaccines work by priming the immune system by introducing it to either an outside portion of the virus that cannot make the body sick, or to a weakened live virus that does not carry the risks associated with the wild form of the virus.

The flu vaccination works slightly differently in that doctors must work to predict which strains of the flu will most affect the population each upcoming flu season. Different strains of the virus cause the need for a new flu shot each year, which does not carry the risks that catching the full wild flu virus might have.

Publicly funded immunizations become important in protecting others who may not be able to receive vaccines for a variety of medical reasons, and Dr. Singh hopes to dispel myths surrounding them.

"Vaccines are safe, they're effective, and they're the most effective way to protect themselves and their child from getting vaccine-preventable diseases," Dr. Singh explained.

Cadet Tarnowski at hometown Cadet Flying Training Centre

Submitted by Pam Breuer

This summer we have air cadets from all over Western Canada including cadets from as far North as Yukon and Nunavut participating in the Basic Aviation Technology and Aerospace Course (BATAAC) as well as the Gliding Scholarship program.

This summer the Training Centre is comprised of 72 staff members, 27 staff cadets and 136 course cadets. Seventy-nine course cadets are participating in the Basic Aviation Technology and Aerospace course and 57 course cadets are participating in the Gliding Scholarship program. While the gliding cadets have been waking up early to catch the good weather conditions and working towards achieving their Transport Canada Glider Licenses; the BATAAC cadets have been receiving training in aircraft maintenance and manufacturing, airport operations, and aerospace studies.

Having just completed the BATAAC, Cadet Presley Tarnowski had the amazing opportunity to participate in some really amazing activities including the making of pop-can gliders; building and launching rockets; studying meteorology and having the opportunity to go stargazing. He also had the opportunity to sit in the pilot's seat of a CC-130 Hercules Tanker aircraft at 435 Transport and Rescue Squadron in Winnipeg.

Being from Gimli, Cadet Tarnowski has a very unique perspective on summer training. For most cadets here, they are from towns from all over western Canada, yet Tarnowski has the ability of being able to travel home, only a five minute drive from the Training Centre and enjoy the comforts of his own home when not in training. In fact his regular parade nights are based out of the same building which we are currently using for operations. With this said he is still enjoyed his time here. He said, "I enjoy how hands on this course is, it provides an incredibly interactive learning environment."

Although he is not far from home now, his dreams do not stop in Gimli. He would one day like to wear a set of pilot's wings on his uniform. That is one of the reasons Cadet Tarnowski took this course; to build a solid foundation upon which he can build a future and fulfill his dreams.



EXPRESS PHOTOS BY PAM BREUER

Gimli's Cadet Presley Tarnowski sits in the pilot's seat of a CC-130 Hercules Tanker aircraft at 435 Transport and Rescue Squadron in Winnipeg on a field trip from Basic Aviation Technology and Aerospace Course (BATAAC) training.

The Cadet Program is a national youth development program which aims to grow in youth the attributes of good citizenship and leadership, promote physical fitness, and stimulate the interest of youth in the sea, land and air activities of the Canadian Forces. If you would like more information on the cadets, go to: www.cadets.ca or if you would like more information about what is happening here at the Gimli - CFTC you can email the Gimli CFTC -Unit Public Affairs Officer - Gimli at: Pamela.Breuer@cadets.gc.ca.



Presley built and launched his own rocket at the Gimli training centre.

Thunder teams begin regular seasons Saturday

By Brian Bowman

With August now here, it brings both bad news and good news.

The bad news is that summer is soon coming to an end. The good news, however, is the fact that football season is here.

The Interlake Thunder players and coaches have been very busy getting ready for their respective seasons. The Interlake program will have teams in five different age groups - Midget, Bantam, PeeWee, Atom and Cruncher - suiting up this season.

"We're just getting going," said Thunder president Mitch Obach last Friday. "Everybody is in training camp and we have had a bit of exhibition ac-

tion."

The Thunder's enrollment numbers are up this year and Obach estimated there are 150 players signed up to play football this season. That's a pretty good number and the future looks real good for the Interlake's local football organization.

The Thunder's younger teams will see their first regular-season action on the road this Saturday. The Bantams will play at the North Winnipeg Nomads (10 a.m.) while the PeeWees visit the Fort Garry Lions (9 a.m.). The Thunder Atom team, meanwhile, will make the trip to Transcona to battle the Nationals for a 1:30 p.m. matchup.

Interlake's Midget squad will open

their season Aug. 15 at home against the Sunrise Coyotes at Stonewall Collegiate. Game time is 4:30 p.m.

At that game, the Thunder are planning an event in memory of Stonewall's Charlie Cooke. Cooke was an extremely popular football official, teacher and soccer coach before succumbing to cancer earlier this year.

Obach said he likes the talent that is on the various Interlake teams this season. He also is very pleased with the job being done by the volunteer coaches.

The Thunder have also done a great job with their website and getting their brand known in both the football community and throughout the

Interlake. The hope is to have the Thunder recognized along with the long-standing programs like the North Winnipeg Nomads and the St. Vital Mustangs.

"We were really happy last year with what we got out of the coaching staffs that we had," he said. "From Bantam down, we were looking at just a handful of players that had ever played the game. The Bantam team is a good example because they went .500 with that lineup."

"This year will really show the development because now we don't have just a minority of players with experience."

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Collings wins senior golf championship

By Brian Bowman

Garth Collings' golfing resume is a very impressive one. And it got even better last Friday.

The Matlock native, who golfs out of Breezy Bend, cruised to a four-stroke victory at the Manitoba Senior Men's Golf Championship at the Niakwa Country Club in Winnipeg.

Collings finished the 54-hole event at 8-over par 224. He shot identical 74s in his first two rounds and then wrapped up action with a 76.

He was steady throughout the championship, finishing with seven birdies and just 10 bogeys, a double bogey, and an ugly triple bogey during his second round on the par-5 10th hole.

Collings finished four strokes ahead of Transcona's Mike Berney and Niakwa's Ken Warwick and seven in front of St. Boniface's Bill Zeweniuk.

Elmhurst's Tom Humniski rounded out the top five with a 17-over 233.

Collings, Warwick and Berney will now make up the Manitoba team that will compete at the 2015 Canadian Men's Senior Championship at Desert Blume Golf Club in Medicine Hat from September 1-4.

Selkirk's Mark Starodub finished in a tie for 21st overall at the senior championship with Elmhurst's Imre Nyiri. Starodub carded rounds of 81, 87 and 77 for a 29-over 245.

Meanwhile, Tammy Gibson of the Maplewood Golf Club won the women's senior championship after finishing with a 240 total at Niakwa. She fired rounds of 76, 78 and 86 for a five-stroke victory over Southwood's Rhonda Orr.

Teulon's Barb Lafleche finished fourth with a 255 (85-86-84). She was the first flight winner.

Gibson, Orr and Lafleche will now make up Manitoba's provincial team that will compete at the 2015 Canadian Women's Senior Championship at Sawmill Creek Golf Resort & Spa in Camlachie, Ont. from Aug. 26-28.



EXPRESS PHOTO COURTESY OF GOLF MANITOBA
Matlock's Garth Collings, left, won the Manitoba Senior Men's Golf Championship at the Niakwa Country Club in Winnipeg.

Orioles deserve a standing 'O' at PeeWee 'AAA' provincials

By Brian Bowman

If there ever was a team that deserved a standing ovation despite not winning a championship, the Interlake Orioles PeeWee "AAA" squad would be the first that comes to mind.

The Orioles had an outstanding effort – finishing with a 2-2 record – at the PeeWee "AAA" baseball provincials in St. James last weekend.

Interlake had its season end Saturday evening after a tough 3-1 loss to a very good North Winnipeg Pirates' squad.

"It was (a good game)," said Orioles' head coach Ryan Fines. "It was entertaining, for sure."

Pirates' starter Tyler Smith, the son of former Winnipeg Goldeyes' star pitcher Donnie Smith, pitched extremely well against a good hitting Interlake team.

In 6 1/3 innings, Smith struck out 12 and only allowed two hits and no earned runs. Smith was later picked up by the St. James A's to go to the westerns.

"They threw their best at us," Fines noted. "And we did the same to them."

Jake Unger got the start for Interlake against North Winnipeg and did a great job keeping the ball down and hitting his spots.

"Every time he goes out there, he really does a job for us," Fines complimented.

Davis Fenske pitched in relief of Unger, allowing just one run. Austin Adair scored the Orioles' lone run in the fourth inning.

Both Interlake and North Winnipeg had 2-1 records heading into the final pool game. With the win, the Pirates advanced to one of two semifinal

games Sunday where they lost 9-6 to the eventual-champion A's.

Earlier Saturday, the Orioles outscored South Central 9-6. South Central scored four runs early in the game but the Orioles took control of the game after that.

"I think they threw their three best pitchers at us," Fines recalled. "We had to grind it out and do lots of the little things correctly to get on base and move guys over. We didn't really hit the ball during the first half of the game. We played from behind but the boys kept plugging away."

Interlake started provincial action Friday morning with a solid 14-10 win over Midwest and then was edged 11-10 by Carillon later in the day. In the victory over Midwest, Interlake smacked four home runs.

"The Midwest win was good," Fines

said. "And Carillon had lost their first game, so they threw their best at us but we stuck with them and stuck with them. We were down 11-4 and the boys came way back but just couldn't push that last run across, unfortunately. That (loss) was a real heartbreaker because it would have been really nice to be 2-0 after Friday."

Fines said he was really proud of the Orioles and how much they improved over the course of the season.

"The boys came a long way this year," Fines stressed. "It was the first year of the program after being shut down for a couple. They did really (well) and they made themselves proud. It shows how far they came because every team that played us threw their best pitchers at us."

"That showed us that people were aware of what these boys could do."

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take a break > GAMES

SUDOKU

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

Fun By The Numbers

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

Level: Intermediate

Here's How It Works:

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

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

Sudoku Answer

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

Crossword Answer

X CROSSWORD

CLUES ACROSS

- Molten rocks
- More (Spanish)
- Artists' workrooms
- Radiant light around an object
- More threadbare
- Moses' elder brother
- Become aware of
- Exclamation of relief
- Swiss river
- Mimics
- Colored fabric
- A bunch of bills
- Despised
- "Today's" Roker
- "Twilight Zone" host
- Three-toed sloth
- Actor
- Lawyer's organization
- Maldives capital
- In bed
- Wedgelike metal fastener
- Winglike structures
- Mesoamerican resin
- Glasses
- Green
- Large South American burrowing rodent
- Shoulder blades
- Noah's boat
- A female ogre

CLUES DOWN

- Unkind
- Vestments
- A derisive remark
- Japanese apricot
- They _

	1	2	3	4	5	6		7	8	9
	10	11							12	
	13							14		
	15							16		
17							18			
19			20				21			
22				23	24	25	26		27	
	28						29			30
				33			34			35
				36					37	
		38							39	
	40							41	42	43
44						45	46	47		
48						49				
50						51				

- Soviet Socialists Republics
- Arad river
- Lined up one beside another
- Diego, Francisco or Anselmo
- One who analyzes metals
- To that place
- Expressed pleasure
- Fills with horror
- Find a sum
- Cognizant
- Female making debut in society
- Members of U.S. Navy
- A group of three
- And, Latin
- Fall back time
- What was that?
- Inches per minute (abbr.)
- American/Canadian falls
- North Palestine region
- Bird beak
- Manila hemp
- Smart
- Three-banded armadillo
- Short cloak
- Scops owl genus
- 100 = 1 afghani
- A health resort
- Equal, prefix
- Microgram
- Make imperfect

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ANNOUNCEMENTS

BRIDAL SHOWER



Debbie Magnusson and Vic Hotel invite you to join us in celebrating the upcoming marriage of our son Daniel Hotel to Darcie Snyder
At a Come and Go

Jack and Jill Wedding Shower
Thursday, August 13
6:30 to 9:00 p.m.
Farmers Hall, Gimli

As they will be travelling back to Flin Flon, monetary gifts are more than welcome.



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SHARE OUR EMPLOYEE PRICE **\$38,100***

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MSRP: \$22,214

TOTAL PRICE ADJUSTMENTS **\$1,498**

SHARE OUR EMPLOYEE PRICE **\$20,716***

Employee price does not include Dealer Administration Fee of \$399

Includes Freight and Air Tax: \$1,665



2015 FIESTA HATCHBACK SE

MSRP: \$20,164

Less: Employee Price Adjustment \$1,356
Less: Delivery Allowance \$1,500

TOTAL PRICE ADJUSTMENTS **\$2,856**

SHARE OUR EMPLOYEE PRICE **\$17,308***

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