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Preserving culture

EXPRESS PHOTO BY RAYME THOMSON

A large crowd gathered for National Indigenous Peoples Day at the Gimli Pavilion to celebrate their culture and heritage on June 21.

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 HAPPY CANADA DAY

Winnipeg Beach offers Open Water swim lessons

Registration is open on line for July and August

By Lana Meier

The Town of Winnipeg Beach will offer swimming lessons for all ages and skill levels for July and August this summer.

CAO Sharon Desiatnyk is thrilled to be able to offer lessons to the local children, as well as those spending their summers in Winnipeg Beach.

“Getting children in the water is important, and the earlier, the better,” said Desiatnyk.

“And it is especially important for children to learn to swim when living close to a huge body of water like Lake Winnipeg.”

Desiatnyk is new to the town and doesn't know when the town last offered lessons but said when you have the water here and the people, then it's essential to provide them.

The town is offering open water swimming lessons and will include two pre-school classes, swim levels 1-6 and Rookie Patrol, Ranger Patrol, and Star Patrol.

“We are very fortunate to offer the lessons at an affordable rate and we have an extremely qualified instructor who has moved here from British Columbia. Twenty-year-old Kiera McKay has been lifeguarding and teaching swim lessons for five years and is qualified to teach in a swimming pool and a large body of water,” said Desiatnyk.

McKay is living in Selkirk for the summer and will be in Winnipeg Beach daily. She has been swimming since she was six months old after her mom registered her in a parent and tots program. She has swum most of her life competitively and completed all her levels by 15 years to become a lifeguard. These include a bronze medallion, bronze cross, national lifeguard and a water safety instructor teaching certificate. She always wanted to be a swim instructor.

“Learning to swim is so important, and being able to educate is one of the best things,” said McKay.

“When you are living close to a lake, swimming is a life skill. You never know when something could happen. Kids go out to the water to save a floaty and don't realize the dangers.”

McKay says learning to swim in open water differs significantly from a swimming pool.

McKay is certified to do both. She has her waterfront, ocean lifeguard and waterpark lifeguarding certifications.

“The physical standards are much higher for ocean swimming. In a pool, you are only dealing with a 25-metre radius, but in the ocean, it can be 300 metres from the shore. The training is very tough; there were times when I didn't think I could do it,” said McKay.

“It gives you a different perspective of safety in the water on a lake or ocean compared to a pool. When scanning the water in a lake, you are moving from one direction to the other. You are constantly scanning but not as often in a pool.”

The Lifesaving Society swim program that Winnipeg Beach is offering and McKay is trained to teach will ensure the kids are water-smart before getting in too deep.

McKay stresses the importance of



PHOTO SUBMITTED

Kiera McKay is offering Lifesaving Society Swim lessons in Winnipeg Beach for July and August.

teaching water safety and will be doing hazard awareness at all levels. McKay wants all her swimmers to have the skills necessary to survive a sudden, unexpected fall into deep water or a boating accident.

“I make sure that the kids know about currents in the water and drop-offs,” said McKay.

McKay is offering two classes for preschoolers (ages 3-5 years) with a maximum of four students per class.

The first class is for children who have yet to experience the water. She uses hands-on fun, active games and songs to get the child comfortable while getting wet and their head in

Continued on page 5



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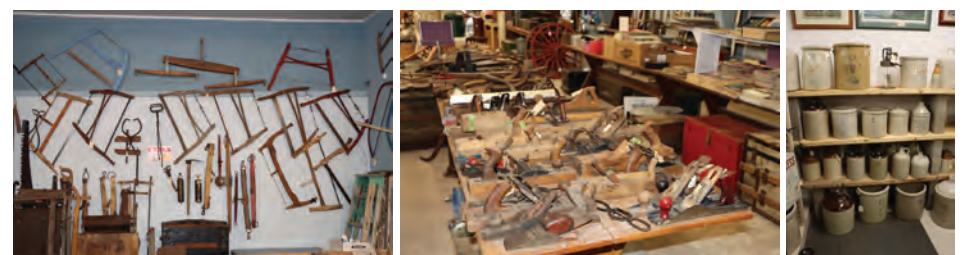
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Gimli celebrates Indigenous peoples culture and heritage

Staff

Gimli celebrated National Indigenous Peoples Day on June 21 at the pavilion at 16 Amisk Dr.

The evening event was an opportunity to celebrate, learn, participate and connect with the Indigenous culture.

On June 21, for National Indigenous Peoples Day, we recognize and celebrate the history, heritage, resilience and diversity of First Nations, Inuit and Métis across Canada.

For generations, many Indigenous groups and communities have celebrated their culture and heritage on June 21 or around that time of year because of the significance of the summer solstice as the longest day of the year.

The colourful festivities included a powwow, drum groups, fiddling, medicine teachings, a pipe ceremony and other special guests and provided a great way for people to observe Canada's National Indigenous Peoples Day.



EXPRESS PHOTOS BY RAYME THOMSON



Blue Crescent Hotel to enhance economic growth in Arborg

By Patricia Barrett

A family-owned hotel development company that specializes in serving rural communities has plans underway to build a hotel in Arborg and help enhance the town's economic development opportunities.

Steel Creek Developers will be building a modern 30-suite hotel called the Blue Crescent Hotel in the Arborg Business Park just south of town, along Highway 68. The hotel will include an indoor pool, water slide and fitness room among other features.

Trevor Rempel of Steel Creek Developers said Arborg is an ideal community for a new hotel because it's centrally located, on a major highway and is committed to attracting and supporting growth opportunities.

"Arborg is centrally located, offering a number of services and is a regional hub for the northern Interlake. Having new hotel room inventory in the community can really help local businesses and organizations," said Rempel. "Big projects like a new hotel, a hospital expansion or a new care home shows growth confidence in a community, and that attracts other new businesses centred somewhere else to expand to a satellite location. This helps stimulate new growth."

Having people stay in Arborg overnight generates revenue not only for a hotel but also for all other businesses in town, said Rempel. Blue Crescent will be ideal for tourists, families travelling with their kids to hockey tournaments and organizations that need temporary accommodations for staff working in the area. It will also serve as a convenient stop-over for people travelling long distances or encountering inclement weather.

"It will allow local organizations in town to expand their activities. A new 30-room hotel with a pool and a waterslide will maybe allow minor

hockey to hold more tournaments or larger tournaments where players and staff can stay for the whole weekend or hold baseball tournaments, curling bonspiels. Maybe the regional health authority will have a conference or training they can now hold in town because there are enough hotel rooms."

The Blue Crescent Hotel will be close to area attractions such as the Arborg Fair & Rodeo about three miles down the road. It'll also be within walking distance of the Arborg &

District Multicultural Heritage Village (museum), and the town of Arborg which offers lazy strolls along the Icelandic River, riverbank picnics, restaurants, boutiques, major retailers and a Co-op grocery store.

Steel Creek Developers is a family-based company made up of three brothers and their dad. Rempel and one of his brothers are based in Saskatchewan and their dad and other brother are based in Manitoba,

said Rempel. They're "farm boys" who grew up in Elm Creek, Man., (north of Carman) and they understand the unique needs of rural communities when it comes to development.

"We understand rural communities and that's the focus of Steel Creek Developers. We started the company to help develop opportunities in rural communities. We found that most developers are urban-based and some think small towns are ghost towns in the making. But we see a lot of opportunity in these communities," he said.

Steel Creek has built Blue Crescent Hotels in Carman and Rivers and turned the sod in March for a 73-room hotel in Niverville. The Carman Blue Crescent, by way of example, has "allowed spending dollars to stay in town," said Rempel.

"WE UNDERSTAND RURAL COMMUNITIES AND THAT'S THE FOCUS OF STEEL CREEK DEVELOPERS. WE STARTED THE COMPANY TO HELP DEVELOP OPPORTUNITIES IN RURAL COMMUNITIES."



EXPRESS PHOTO BY LANA MEIER

Town of Arborg Mayor Peter Dueck, Trudy Dueck and Steel Creek Developers Trevor Rempel

The regional health authority there, which is short-staffed, has a lot of temporary staff staying at the hotel and as do construction, highways and maintenance crews.

"People don't always want to drive an extra hour or so to the nearest large centre to stay overnight," he said. "They like to stay in the area where they're working."

And they've had a "ton of staycations" where Carman residents will rent a room in the wintertime and hold a birthday party and swim. There's also a seniors' swimming group that uses the pool a few times a week.

What's really unique about Blue Crescent's suites is the layout called a split-room design. Guests are divided by a central washroom with a bedroom placed on either side of it.

"People love our hotels for the split-room design. It works perfectly for families and trades workers, the two key customer types that utilize rural hotels. It's a standard hotel room with

the bathroom in the middle of the room and we put beds and a TV on either side of the room so that people have some privacy for sleeping," said Rempel. "Trades who have crews doubling up in rooms prefer these types of rooms. They have their own TV and don't have to sleep two feet away from a co-worker."

The Arborg Blue Crescent will have 30 suites with eight different configurations, including disability access. There will be four one-bedroom suites, which are single rooms with an extra bedroom containing a sofa bed. A two-bedroom kitchenette suite is ideal for wedding parties. The family room can fit six. It features one queen-sized bed in one room and four bunk beds in the other room, each with its own TV. The configuration will save families from having to pay for two rooms.

The Arborg Blue Crescent Hotel is going to cost about \$7.5 million, he

Continued on page 5



COVID-19 personal care home shelters being repurposed

Submitted by the Manitoba

The Manitoba government is donating all of the external visitation shelters installed at personal care homes during the COVID-19 pandemic to First Nations, not-for-profit and cooperative organizations, and municipalities throughout the province to be repurposed to benefit communities, Consumer Protection and Government Services Minister James Teitsma announced.

"We commissioned these visitation shelters during the pandemic so personal care home residents could spend quality time visiting with their families in secure, accessible spaces," said Teitsma. "Now that they are no longer required for this purpose, we are donating them for a range of other wonderful uses for the continued benefit of Manitobans."

The minister noted that 27 proponents have been selected through an open expression of interest to receive the 104 shelters. Specifically, the Department of Consumer Protection and Government Services will donate 43 shelters to First Nations communities, 55 shelters to not-for-profit and community support organizations and six shelters to municipalities.

The shelters will be repurposed for housing and accommodations, recreation and sports, animal care, vegetation, farming and other uses.

The proponents selected by the department for shelters include Assiniboine Park Conservancy, Bear Clan Patrol, Bloodvein River First Nation, Breidavik Nyja Island Historical Library and Resource Centre, Co-operative Geothermal Greenhouse Initiative, Dakota Tipi First Nation, K9

Advocates Manitoba, Keepem Rollin, Long Plain First Nation, Northlands Denesuline First Nation/Northco Management, Norway House Cree Nation, Oak Park Raiders Football Club Alumni Association, Portage la Prairie Community Revitalization Corporation, Rugby Manitoba, Rural Municipality of Argyle, Rural Municipality of Lac du Bonnet, Sandy Lake Drop-in Centre, SCORE Store, Shoal Lake Splash Park Community, St. James Optimist and St. James-Assiniboia Minor Baseball Association, Swan Valley Historical Society (Museum), The John Howard Society, Thunderhill Ski Club, Vita Food Bank, Wildlife Haven Rehabilitation Centre, Winnipeg Folk Festival and York Factory First Nation.

"The visitation shelters donated by the Manitoba government will provide the Assiniboine Park Zoo with a cost-effective, sustainable and flexible solution to ongoing infrastructure challenges and accelerate the modernization of the zoo as we strive to meet the ever-rising standards for animal care and welfare and expand our contribution to wildlife conservation, research, rescue and education," said Dr. Chris Enright, senior director of zoological operations for Assiniboine Park Conservancy. "We are grateful for this opportunity and the province's support of Assiniboine Park Zoo."

The selected proponents will be responsible for all costs related to transporting the shelters to their new locations, the minister noted.

> HOTEL, FROM PG. 4

said, and the shareholder group in Arborg is composed mainly of local Arborg business people.

"We're still looking to raise a little bit more money to reduce our debt-servicing costs," said Rempel. "The Province of Manitoba has a tax-credit program called the Small Business Venture Capital Tax Credit that has been invaluable to us in constructing these hotels. The province will give investors 45 per cent of their investment back as a tax credit. So if an investor puts in say \$100,000 into the hotel, they'll get \$45,000 of that back

in the form of a tax credit."

In addition to Arborg, Steel Creek has been approved to build four additional Blue Crescent Hotels in Manitoba. Communities are not required to use Steel Creek's brand name, Blue Crescent, but Rempel said they're choosing to do so as it identifies the hotel for its value, credibility and unique features.

The Arborg Blue Crescent will create about a dozen full-time and part-time jobs, mainly for local people, he said. They'll include day and evening shifts that will include front desk, housekeeping and maintenance staff.

Construction is anticipated to start

in the fall with about 10 months of construction, said Rempel. They're aiming to open the hotel next summer.

Arborg Mayor Peter Dueck said the Blue Crescent Hotel will be a huge asset to the community and to businesses that will reap the benefits of having more people brought to the area.

"The Town of Arborg is very pleased with the investor confidence in the community. This amenity will be a huge asset for the business community as well as for recreation and tourism," said Dueck. "To have a hotel with a pool and water slide, hot tub and fitness room is a much-needed

addition to the town. We see this project as a catalyst to inspire further development."

For more information about Steel Creek Developers and Blue Crescent Hotels, visit their respective websites: www.steelcreekdevelopers.ca and www.bluecrescent.ca

> SWIMMING LESSONS, FROM PG. 2

the water.

Other lessons include learning about water hazards, always having a buddy and never going in the water alone.

The second preschooler class is for 3-5-year-olds ready to start floating, learning the flutter kick and submerging their head in the water.

Swimmers 1 and 2 (ages 5-12 years) are for those uncomfortable in the water. McKay again uses games and singing to introduce skills like floating, rolling from front to back and flutter kicks. As the swimmers progress through the levels (Swimmers 1-6) they learn more skills.

Levels 3-6 learn and practise full front crawl, diving, treading water, back crawl, breaststroke and butterfly. McKay has a maximum of six students per class for levels

1-6.

McKay will offer Rookie Patrol, Ranger Patrol and Star Patrol lessons for swimmers interested in lifesaving or fitness.

Registration is open online at: rec@winnipegbeach.ca. The town is also looking for additional qualified instructors.

If interested, please email or call rec@winnipegbeach.ca or call 204-389-5126.

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Manitobans need to drive health reform; the public should shape the future of family doctor care

By Alan Katz, Amanda Condon and Tara Kiran

Hardly a day goes by in Manitoba without health care being in the news — and much of the coverage is negative. While there are reports of good, even excellent, individual patient experiences, it is clear that urgent change is needed.

Our health-care system in this province is indisputably struggling. And there is one problem at the heart of our myriad health system challenges: too many Manitobans are struggling to access primary care.

Primary care is the front door to the health-care system. It's typically delivered by family doctors and nurse practitioners, sometimes with other health professionals.

Family doctors should be the first point of contact when you have a new health issue. Family doctors also manage chronic conditions like diabetes and high blood pressure, help keep you well with immunizations and cancer screening tests and coordinate care from other parts of the health system.

When people don't have access to primary care, when they don't have a family doctor and when the front door is closed, nothing works as it should. Emergency departments become crowded, unnecessary medications may be prescribed, there are more missed or delayed diagnoses, and patients suffer the consequences.

We need to do better. But how?

For too long, our health-care system reforms have been mainly informed by "experts" — health professionals, people in government, researchers and administrators. We need bold reform to address the crisis at hand, and

that reform needs to be driven by the public's voice.

With this in mind, a team of researchers and clinicians launched OurCare, a national initiative to engage the public about the future of primary care.

To start, the team heard from more than 9,000 adults in Canada who responded to the OurCare national research survey about their experiences with primary care and what they want to see in a better primary care system.

The findings are alarming — and informative.

More than one in five people who responded to the OurCare survey reported not having a family doctor or nurse practitioner when they need care or advice about their health. Extrapolated to the population of Manitoba, that's almost 300,000 people who don't have access to a family doctor.

So, is the solution more family doctors?

Having more family doctors is an integral part of the solution, but we also need to rethink how family doctors work and how primary care is delivered. Primary care teams place family doctors, nurse practitioners and other health professionals together to benefit patients. Done correctly primary care teams can improve a patient's health, joy at work for health-care team members, and increase the capacity of family doctors to care for more patients.

The OurCare survey found that people in Canada were supportive of team-based primary care. Ninety per cent said they were comfortable getting support from another team

member if their family doctor recommended it. Yet few people said they had access to team-based care.

The OurCare survey also asked people what they thought was most important regarding primary care. People wanted primary care that looked after all their health needs, provided timely access and helped them navigate other parts of the health system. But the most important aspect was having a family doctor or nurse practitioner who knew them as a person and considered all the factors that affected their health.

These patient priorities fit with what we know works. Many studies have shown that people get better care when they have an ongoing relationship with one family doctor who they continuously see for care.

The OurCare survey findings are just the start. In the next phase, OurCare will have deep dialogues with 36 Manitobans — volunteers who will be randomly selected to roughly match the province's demographics.

These members of the public will meet for 30 hours to learn about primary care from experts and then deliberate to come to a consensus on the key issues to address and related recommendations. They will release a report in the fall summarizing their vision for primary care in the province.

The status quo isn't working. We need to fix our primary care system and reforms need to be grounded in the public's viewpoints.

It's time we hear directly from Manitobans and co-create a future that works for everyone. Your voice matters. Help us by joining the Manitoba OurCare Priorities Panel. Visit OurCare.ca

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Eriksdale Creamery Days are back July 1 and 2

By Annaliese Meier

Get ready for a weekend filled with fun and excitement because Eriksdale Creamery Days is back July 1 and 2.

This year's event offers something for everyone, from a free pancake breakfast Saturday from 8 to 9:30 a.m. and tractor pull to the Heartland rodeo at McEwen Park. And that's not all - there will be parades, BBQ lunches, live music by talented local bands, Canada Day events and fireworks, and even a Home Living Section.

The Home Living section exhibits, museum displays, silent auction and ice cream are at the Creamery Museum Grounds with opening remarks at 3 p.m.

Alongside the delicious fair food, there's plenty of activities for kids including an exciting tractor pull at the rodeo grounds. But the highlight of the event is undoubtedly the Heartland rodeo at McEwen Park where locals will be competing to qualify for September's finals. The fun doesn't stop there - catch Shawn Mousseau and Friends performing live at 1 p.m. and indulge in some mouth-watering BBQ lunch put on by grade 6-8 students fundraising for their school trip. And don't forget about Saturday night's entertainment following the rodeo featuring Lost in a Small Town Band from Warren and Woodlands area.

If you're looking to celebrate Canada Day head over to Eriksdale Chamber events and fireworks happening at the North end of Railway Avenue or enjoy it from the beer gardens. And if parades are



EXPRESS PHOTO SUBMITTED

Mutton busting will happen at intermission on Saturday during the Heartland Rodeo.

your thing, join in on Saturday morning, starting at 11 a.m. down Railway Avenue where floats, trucks, tractors, horses will parade around showcasing Red and White theme this year.

With so much excitement happening throughout Creamery Days weekend festivities, it's no wonder

Vienna Kinkead, a member of the Creamery days board, recognizes all those who make these events possible. Kinkead says "it's a great opportunity to get out and enjoy the weekend, visit with friends and neighbours and enjoy an event in the community". - let's come together as a community.

Increased financial support for post-secondary students announced

Submitted by Manitoba government

The Manitoba government is increasing the maximum benefit of the Manitoba Student Loan by \$60 to \$200 from \$140 per week of study as of Aug. 1 to better support students pursuing post-secondary education, Advanced Education and Training Minister Sarah Guillemard announced last Tuesday.

"Access to higher education is critical to growing our provincial workforce and this increase will help reduce financial barriers so more students can pursue post-secondary opportunities," said Guillemard. "As the cost of living continues to increase, our government remains committed to making life more affordable for Manitobans. This increase will provide additional funding to students who have the highest financial need, so they can remain focused on their studies and achieve their

educational goals."

The minister noted the increase aligns with a recent federal government decision to raise the Canada Student Loan maximum to \$300 per week of study for the 2023-24 program year. The Manitoba maximum weekly loan amount was last increased in the 2005-06 program year and the increase will better align Manitoba with other jurisdictions, the minister said.

The Manitoba government also announced an increase in the Manitoba Bursary Fund as part of Budget 2023 through an additional \$1.4-million investment to support eligible students. The Manitoba Bursary Fund provides non-repayable, supplemental financial assistance to help lower-income students access post-sec-

Continued on page 9

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12th annual RBC \$10,000 emerging filmmaker pitch competition finalists

Submitted by GIFF

On Screen Manitoba, RBC and Gimli International Film Festival (GIFF) are pleased to announce the finalists for the 12th Annual RBC \$10,000 Emerging Filmmaker Pitch Competition.

This year, the competition received a record-breaking number of 33 submissions from emerging filmmakers in Manitoba.

An independent pre-selection jury selected five projects to move on to the live pitch competition, which will be held on Saturday, July 29 at 10 a.m. during the Gimli International Film Festival.

2023 Finalists:

Catherine Dulude — “Petit mollesque”

Sarah Luby — “Night Terrors”

Reed Makayev — “Interloper”

Farah Murdock — “Regalia”

Ethan Stark — “Haircut”

The finalists will have three minutes each to pitch their short film idea to a jury of industry professionals and a live audience. Every pitch will be followed by a three-minute question period from the jury. The jury will se-

lect one filmmaker to receive \$10,000 in production funds through RBC, a mentorship from the National Screen Institute – Canada, a \$5,000 equipment rental grant certificate courtesy of William F. White International, a recently increased \$1,000 equipment credit and free membership from the Winnipeg Film Group and a premiere screening of their film at the 2024 Gimli International Film Festival.

Each finalist will receive a one-year membership with On Screen Manitoba; a day pass to On Screen Manitoba’s annual industry forum, All Access 2024; and an Industry Pass to the 2023 Gimli International Film Festival.

“The contest has become one of the most important and exciting funding opportunities for emerging filmmakers in the province,” said GIFF executive director Alan Wong. “With our partners — RBC, On Screen Manitoba, William F. White International, the National Screen Institute, and the Winnipeg Film Group — GIFF is proud to have supported so many filmmakers over the years, many of whom have gone on to establish respectable careers in the film industry. It is truly a highlight of the festival.”

For over a decade, the RBC Emerging Filmmaker Pitch Competition has helped emerging and underrepresented filmmakers take the next step

to bring their diverse and creative story ideas to life, said Terry Burgess, regional vice-president of RBC.

“Through RBC Emerging Artists, we support the best opportunities for diverse artists to accelerate their career trajectory,” Burgess said. “We look forward to seeing more careers ignite as a result of this competition and are excited to hear the pitches from this year’s deserving finalists.”

The RBC Emerging Filmmaker Pitch Competition has been a launching point for the careers of many filmmakers over the past 11 years, said On Screen Manitoba executive director Cali Ramsey.

“On Screen Manitoba is pleased to continue supporting and promoting the next generation of talent through this competition,” Ramsey said.

On Screen Manitoba, RBC and Gimli International Film Festival would like to thank the National Screen Institute – Canada, William F. White International and the Winnipeg Film Group for the generous prizes they provided for this competition. Manitoba’s screen-based media community values their support and looks forward to a continued partnership.

RBC Emerging Artists helps artists bridge the gap from emerging to established, and supports organizations that provide the best opportunities to advance artists’ careers. RBC Emerg-

ing Artists supports arts organizations and artists in a range of genres including visual art, music, theatre, performance, literature and film.

Gimli International Film Festival is Manitoba’s premier film festival and the largest rural film festival in all of Canada. Since 2001, GIFF has welcomed thousands to the shores of Lake Winnipeg for its various film screenings of local, national and international feature films, documentaries, short films and media art. The festival’s premier event, the Beach Screenings, which take place every night of the five-day festival, have drawn people from all over the world to take in one of Manitoba’s most unique summer experiences.

On Screen Manitoba is a non-profit, member-driven provincial industry association that leads, builds and represents the media production industry. It represents an industry that employs over 2,000 skilled, creative Manitobans, and its members include producers, writers, directors, filmmakers, industry professionals, labour organizations, production companies, service suppliers, training organizations, film festivals and other stakeholders. It works collaboratively to improve working conditions, support workforce development, attract new workers and celebrate the accomplishments of its members.

Community Support Service

AA Meetings in Ashern

Open Meeting

Time: 6-7pm Fridays
Starting Friday March 3rd.

Location: #11 2nd Ave North
-Pioneer Manor

(beside the main door entrance
of Pioneer Manor)

Contact AAMBCO@mts.net

AA Eriksdale

Eriksdale United Church building
#7 Main Street, Eriksdale (side door)

Meetings are Mondays
at 6:30 p.m.

AA Winnipeg Beach

Lady of the Lake RC Church
Corner of Hwy. 9 and Lake Ave.,
Winnipeg Beach

Meetings are Saturdays
between 7 and 8 p.m.

Contact Ann J 204-389-3417

Gimli Group AA

Bldg 18 Municipal Rd
Industrial Park

Fri & Sun Mtgs at 7:30 pm
Womens Mtgs Thurs at 10:30 am

AI-Anon

Gimli and Winnipeg Beach

Please join us at 17B North Colonization Road, next to New Horizon building... Gimli at 7:00 pm Wednesday evenings for an hour of support, strength, guidance and Hope. Contact 204-389-4777.

> POST-SECONDARY FINANCING ANNOUNCED, FROM PG. 7

ondary educational opportunities. The upfront grant provides up to \$2,000 to eligible students who apply to Manitoba Student Aid, and up to an additional \$1,500 as a top-up for eligible lower-income Indigenous students.

The minister noted the increases align with the Manitoba government’s Skills, Talent and Knowledge Strategy, which is a shared vision among post-secondary partners, industry and government on the direction and actions needed to accelerate recovery,

advance Manitoba’s economy, and promote positive outcomes for individuals and businesses.

The minister added six out of 10 new jobs created by economic growth over the next five years will require post-secondary education.

The Manitoba government supports post-secondary students by ensuring programs and financial supports are available to help students pursue educational pathways, develop the skills needed to participate fully in the community, and contribute to a growing economy. For more information, visit www.manitoba.ca/aesi/sas.html.

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Manitoba 

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Please share your story ideas at news@expressweeklynews.ca or Phone 204-467-5836

2023 Manitoba's Credit Unions Scholar Athlete Awards presented

Submitted by MHSAA

The Manitoba High Schools Athletic Association, with support from Manitoba's Credit Unions, is pleased to announce the winners of the 2022-23 Manitoba's Credit Unions High School Scholar Athlete Awards.

These \$1,000 scholarships are awarded to four graduating high school student athletes who maintained a minimum 85 per cent average and competed in at least two inter-scholastic sports.

Other criteria included school, community, volunteer and citizenship activities.

The presentation took place at a ceremony hosted by Lt.-Gov. Anita R. Neville at Government House. Awards were presented by the lieutenant governor, MHSAA executive director Chad Falk and Tim Klassen of Manitoba's Credit Unions.

The 43 students nominated this year included Alexandra Attazada Van Dijk – Kelvin High School, Adra Barnett – St. Mary's Academy, Kara Bar-

tel – Rosenort School, Noah Bergen – Northlands Parkway Collegiate, Euan Bohm – St. John's-Ravenscourt School, Reese Bolack – Treherne Collegiate, Fiona Brown – Oak Park High School, Kaden Buhler – Collège Béliveau, Lancedric Catipon – Daniel McIntyre Collegiate, Desiree Chartrand – Teulon Collegiate, Elijah De La Mothe – Sturgeon Heights Collegiate, Kaylee de Rocquigny – St. Claude School Complex, Ryan DeGroot – Vincent Massey High School, Kaila Dennie – Maples Collegiate, Chayse Dube – Linden Christian School, Stacey Dunning – McCreary School, Dylan Fonseca – Daniel McIntyre Collegiate, Alexandria Haip – Collège Béliveau, Kierra Hickman – Ashern Central School, Emilie Jashyn – Morris School, Cassidy Johnson – Elkhorn School, Lena Klassen – Westgate Mennonite Collegiate, Samuel Koncz – William Morton Collegiate, Brandon Lyon – Major Pratt School, Leiva Mann – Miles Macdonell Col-

legiate, Jack McFeetors – St. Paul's High School, Mathieu Methot – Oak Park High School, Joseph Michaw – Grant Park High School, Mika Morand – Collège Jeanne-Sauvé, Lexi Niemczyk – Edward Schreyer School, Rebekah Peacock – Prairie Mountain High School, Hannah Puff – University of Winnipeg Collegiate, Kieran Regehr Reddy – Kelvin High School, Kieran Reid – Nellie McClung Collegiate, Gradyn Ross – Treherne Collegiate, Carter Sagel – Westgate Mennonite Collegiate, Bethany Sanders – Nellie McClung Collegiate, Jerome Sanderson – Frontier Mosakahiken School, Mia Sawatsky – W.C. Miller Collegiate, Marla Teves – Shaftesbury High School, Trinity Turner – Neepawa Area Collegiate, Alex VanDeynze – Portage Collegiate, and Gianna Watt – Hapnot Collegiate.

The four student-athletes awarded \$1,000 scholarships were Fiona Brown of École Secondaire Oak Park High School, Mika Morand of Col-



EXPRESS PHOTO SUBMITTED
Kierra Hickman – Ashern Central School

lege Jeanne-Sauvé, Kieran Reid of Nellie McClung Collegiate and Mia Sawatsky of W.C. Miller Collegiate.

Manitoba Indigenous Tuberculosis History Project launches new Missing Patient Research Guide

Submitted by Manitoba government

The Manitoba Indigenous Tuberculosis History Project (MITHP) has created a Missing Patient Research Guide specific to Manitoba.

University of Winnipeg Canada Research Chair Dr. Mary Jane Logan McCallum says the guide, released June 21 in recognition of National Indigenous Peoples Day, "was developed to assist Indigenous families and communities searching for loved ones who were sent to Indian hospitals and sanatoriums in Manitoba and never returned."

In addition to being available on the MITHP website, you can also access it on UWinnipeg's WinnSpace and printed copies will be sent to libraries and archives around the province.

Adjunct Professor Dr. Anne Lindsay, who began working on the guide as a postdoctoral fellow with the MITHP, explains the connections between Indian Residential Schools (IRS) and hospitals, and how this guide impacts burial research:

"Throughout the history of the IRS, at least some pupils were sent to hospitals when they were ill. Then, beginning in the 1930s, the number of students who were sent to hospitals and sanatoriums, especially Indian hospitals and sanatoriums, increased significantly," she explained.

"Students who passed away at these segregated medical institutions were often buried at cemeteries associated with the hospital or sanatorium. Because of these connections, this guide

may help those searching for loved ones who were sent away to an IRS in their research."

Part 1 of the guide explains how to gather useful details, including names, dates and locations that will help in the search. It also has research tips and a research case study providing a real-life example of research procedures used by a family in searching for their loved ones.

The second part of the guide is organized by health-care institutions and explains how to research the location of patient burials associated with nine different tuberculosis treatment hospitals in Manitoba: Dynevor, Clearwater Lake, Brandon, Ninette, St. Boniface, Fort Churchill Military Hospital, Norway House Indian Hospital, Fisher River Indian Hospital and Pine Falls Indian Hospital at Fort Alexander.

Krystal Payne, MITHP research project director, will be presenting a paper about the guide titled "The Missing Patients Initiative Research Guide: Restoring Belonging for Those Who Are Missed and Missing" at the Association of Canadian Archivists Annual Conference in Charlottetown, P.E.I., on June 28.

"The goal of this presentation is to encourage archivists to create similar resources to help build archival research capacity for families and communities of Indigenous tuberculosis patients in their own regions," said Payne. The MITHP team hopes to get feedback on this first version be-

fore launching the full guide later in 2023, along with a set of video modules that accompany the guide and walk through the process of archival research, including visiting the ar-

chives, examining records, talking to archivists and engaging with people who have undergone similar searches of missing family and community members.



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Manitoba

RM of Gimli considering multiuse trails

By Patricia Barrett

Residents in the RM of Gimli are once again pressing council to address the issue of off-road vehicles (ORVs) on the Rail Trail north of Gimli as they say the vehicles are compromising pedestrian safety.

Under an agreement the RM had made with Trans Canada Trail and its own traffic bylaw, ORVs are not allowed to drive on the 36-kilometre grass and gravel Rail Trail that stretches north from the Diageo distillery to Boundary Road (Road 123N).

But year after year, ORVs (all-terrain vehicles, dirt bikes, motorcycles, other vehicles) continue to zip along the Rail Trail, some at high speeds, raising safety concerns among residents who live in subdivisions along the corridor. Signs restricting ORV use have been torn down.

Resident Lauren Wreggitt, who lives along the Rail Trail, raised concerns about ORVs last month and wrote a letter to council, saying she thinks ORVs should be separated from pedestrian and cycling trails.

She was disappointed to learn that the RM's bylaw officer allegedly said he can't enforce the [traffic bylaw] with regard to ORVs on the Rail Trail, she wrote, and that he's writing a report to get the trail made joint use along with safety rules to "hopefully" make it safe.

"Hopes are not enough when you have fast, heavy motorized vehicles sharing the trail with pedestrians. Currently, there are off-road vehicle who deliberately use the trail recognizing they are breaking the bylaw," wrote Wreggitt, who identifies herself as an avid cyclist and walker, as well as an ORV owner.

She said ORVs pose a "serious risk" to the safety of other trail users and, if council were to change the bylaw to allow motorized vehicles on the Rail Trail, it is "quickly going to become a freeway" for ORVs. If the bylaw officer "feels it is not possible to enforce the bylaw with the current amount of legal use, how will he possibly be able to address the user conflicts and incidents that are sure to arise should more off-road vehicles ride this trail[?]"

The bylaw officer's report to council for April and May does not contain any complaints of ORVs on RM trails.

Council is currently considering whether to designate all or some of its trails as multiuse, and that might mean allowing ORVs on the Rail Trail.

In April Gimli council had held a non-public meeting to discuss RM trails. Calling the meeting the Gimli

E-SERVICE REQUEST

Do you have a service request or question for the council or staff of the Rural Municipality of Gimli? Simply fill out the form below and we will be sure to send to your request at our earliest opportunity.

NOTE: For emergencies please call 911

* Indicates a required field.

First Name: *	Last Name: *
Phone: *	Email Address: *
Physical Address: *	Town/City: *
Postal Code: *	Ward: *
Category Type: *	Request Type: *
By Law: *	Request Details: *

Follow Up Required: Yes No

Request Details: *

Residents with concerns about off-road vehicles on the Rail Trail or other trails can use the "Submit a Service Request" button on the RM's main webpage to access the "E-Service Request" form. They can choose a category (e.g., bylaw) and report their concern or request.

Outdoor Integrated Trail System (GOITS), council invited various organizations to the meeting, including its own Active Trail Advisory Committee, the Gimli Cross Country Ski Club and the Interlake Off Road Club. The RM hired Tammy Dziadek from Community Futures East Interlake to facilitate the meeting. A report is supposed to be issued, but whether it will be made public is unknown.

The Rail Trail runs parallel to PR 222. It was once a Canadian Pacific Railway line that was abandoned in 1987. In 2004 the RM and Trans Canada Trail, which had ownership of the trail, entered into a "gifting agreement" that gave ownership to the RM and that designated the trail's use as a recreation trail for activities such as hiking, cycling, horseback riding, cross-country skiing and snowmobiling.

The agreement states that Trans Canada Trail "does not endorse any form of motorized activity on the trail in the summer months." But with the RM assuming ownership of the trail, it will be "free to choose whatever activities it deems appropriate."

The RM of Gimli's traffic bylaw (No. 18-0022) prohibits ORVs on the Rail Trail. It states that "snowmobiles and all-terrain vehicles are prohibited in all urban areas, rural subdivisions and the Rails to Trails system within the Rural Municipality of Gimli with the exception of designated routes."

The bylaw includes an ATV map of designated routes (municipal roads) on which ORVs are permitted between April 16 and Dec. 15 each year.

Even if the RM's bylaw officer could catch ORVs on the Rail Trail, he can't issue fines as there are no penalties set out in the bylaw.

Gimli council's Active Trails Advisory Committee (ATAC), made up of volunteer community members, de-



EXPRESS FILE PHOTO BY PATRICIA BARRETT

ATV on the Rail Trail north of Camp Morton.

veloped an Active Trails Action Plan that was approved by council. Its mandate is to facilitate and promote the enhancement and safe active use of trails throughout the RM.

It defines "active trails" as trails that encourage "people-powered activities such as walking, hiking, cycling, snowshoeing, dog walking, bird watching and the like [and] that promote physical, emotional, intellectual, meditative and spiritual wellness in nature."

ATAC said it recently met with the RM's assistant chief administrative officer and the RCMP because residents can't get their concerns about ORVs addressed and are reaching out to committee members for help.

ATAC's discussion with the RCMP included incidents on the Rail Trail between ORV drivers and people engaged in physical activity, according to its report. ORV drivers were reported to have said that they can use the trail as long as there's no one on it, that the RCMP instructed them to use the trail rather than the road and that the RM has never enforced its bylaw.

"Numerous overly aggressive and threatening incidents involving ORV operators continue to be experienced and reported by active users. Signage has been purposely removed and destroyed," wrote ATAC. "ORVs on the Rail Trail are a concern for safety, liability and surface repair costs, which is why enforcement is so important. They are a risk to walkers, hikers, cyclists, dog walkers; do damage to the trail surface and vegetation, disturb wildlife, and disrupt the quiet enjoyment of property owners adjacent to

the trail. They are also sources of pollution and potential fire hazards."

ATAC members attended council's June 14 meeting and asked the mayor and council questions about its intention regarding the Rail Trail. The committee was unable to get clear answers as the mayor said council is waiting for the GOITS report.

"We think education and awareness will help, and that the RM should be posting messages on its website and social media site letting the public know what the purpose of this trail is," said Johnson. "We also think the RM should have its bylaw officer at busy spots along the trail to tell [ORV drivers] that this is an active trail with no motor vehicles [allowed]."

Johnson said they told council they are simply an advisory committee and shouldn't be taking complaints from residents about ORVs as that's the bylaw officer and the RM's responsibility.

"ATAC is disappointed that the mayor and council aren't looking at ways to enforce the [municipal traffic] bylaw. It doesn't mean ticketing; it means education and awareness. There are a lot of ways to keep the Rail Trail safe for the walkers, joggers, children running around on it and people pushing strollers. The intent of it is a nature corridor. We want to keep it that way and it appears the RM is not trying to protect it. ORVs are also damaging the trail," said Johnson.

"We're glad the RM is having the assistant CAO deal with this issue.

Celebrating Spirit of Caring program graduates

Submitted by IERHA

On June 16 Interlake-Eastern Regional Health Authority's spiritual health co-ordinator Ferdinand Funk presented 10 people with their Spirit of Caring volunteer education resource certification of completion.

As graduates, the students are eligible to volunteer with the region's spiritual health program, providing spiritual health services to patients and residents of personal care homes under Funk's supervision.

At the graduation ceremony held in the Spiritual Health Centre of Selkirk Regional Health Centre, Funk said the graduates geographically represented eight communities in the region.

"Graduating here today we have people from across the region," says Funk. "These people are the lifeblood of the spiritual care program in the region."

Under the guidance of the spiritual health co-ordinator, Interlake-Eastern RHA's spiritual health-care services are provided by spiritual health volunteers who are trained to provide compassionate, non-denominational care and support upon the request of patients and their families. Spiritual health-care practitioners provide support and services that can include:

- Spiritually attentive listening with

an open mind

- Paying attention and responding to experiences of suffering
- Companionship through life's changes and decisions
- Facilitating connections to clients' religious, spiritual or cultural communities
- Arranging ceremonies, sacraments, rites of people's choosing
- Increasing self-awareness and building inner strengths
- Kindness, compassion and respect from another human being
- Holistic care based on hope, spiritual diversity, inclusivity
- Honouring the mystery of everyday life

Graduate Wilbert Reimer from Arborg shares that he heard about the Spirit of Caring course through his local church.

"I thought I could be a listening ear for patients and applied. Throughout the course, I learned a lot about suffering and spirituality. All of the sharing was so helpful — there was a lot of wisdom too," says the father of five originally from Belize. "I have a deeper understanding and aim to make a difference in more lives."

Interlake-Eastern Regional Health Authority recognizes that spiritual health is an important part of holistic



PHOTO SUBMITTED

Graduate volunteers of the IERHA education program Spirit of Caring course pose for a photo. Left to right: Wilbert Reimer (Arborg); Ferdinand Funk (regional spiritual health co-ordinator); Jan Pleskacz (Lac du Bonnet); Karen Wood (clinical team manager – home care and allied health); Colleen Appleyard (Lundar); Hedi Funk (Selkirk); Janice Tycholis-Lloyd (Selkirk); Donna Fallis (Lac du Bonnet); Heather Frederick (Lac du Bonnet); Darlene Omichinski (Beausejour) and Carrie Peloquin (Pine Falls).

health care that must be considered when exploring patient illness. Taking the time to nurture relationships and recognizing the importance of spirituality in health care is an essential part of providing care to patients

as a whole.

For more information on spiritual health-care services in our region, visit www.ierha.ca and click on About Us and Volunteer Opportunities.

Manitoba government invests additional \$1.5 million to support sustainable commercial fisheries

Submitted by Manitoba government

The Manitoba government is implementing additional proactive measures to ensure Manitoba's commercial fisheries continue to be sustainably managed, including an additional investment of \$1.5 million in the Sustainable Fisheries and Certification Program, Natural Resources and Northern Development Minister Greg Nesbitt announced last week.

"Manitoba's commercial fisheries contribute over \$100 million annually to the provincial economy," said Nesbitt. "Improving the sustainability of our fisheries supports these economic benefits over the long term while also enhancing cultural, social and environmental outcomes for resource users and local communities, both now and for future generations."

The minister noted the additional investment of \$1.5 million builds on last year's investment of \$2.5 million to establish and implement programs that support the sustainability and certification of Manitoba's fisheries.

The Sustainable Fisheries and Certification Program supports commercial fisheries by:

- enhancing the collection of fisher-

ies data utilized to inform fisheries management decisions and support certification processes;

- improving sustainability of fisheries through initiatives such as licence and quota buyback programs;
- providing financial support towards certification processes for Manitoba commercial fisheries; and
- promoting sustainable fisheries certification in Manitoba or market-certified fish from Manitoba.

Fisheries data are analyzed to inform fisheries management decisions, the minister said, adding that full stock assessments of Lake Winnipegosis and Lake Manitoba were completed in 2020. Fish stocks on Lake Winnipegosis are improving but quota levels were above the maximum sustainable yield, and Lake Manitoba is also being fished at unsustainable levels, the minister noted.

To help reduce the annual harvest pressure on walleye and sauger, the Manitoba government, in partnership with the International Institute for Sustainable Development, is offering voluntary licence and quota buyback programs on both lakes. To date, 13

licences and 13 quotas have been offered for purchase from Lake Winnipegosis fishers, while 71 licences have been offered for purchase from Lake Manitoba fishers. The program will run throughout this year, the minister added.

On Lake Winnipeg, similar fishery enhancement measures have been taken in the past few years and stock assessments are also underway. The Manitoba government, in partnership with Indigenous Services Canada through Strategic Partnerships Initiative funding provided under the Indigenous Inland Commercial Fisheries Initiative, has engaged with Indigenous communities on Lake Winnipeg to launch the Lake Winnipeg Fisher Co-op Enhancement Program (FCEP). This program will enhance the long-term viability of the local commercial fishing industry, the minister said.

As part of the Lake Winnipeg FCEP, four fisher co-operatives in the north basin and channel area of Lake Winnipeg are participating and can now purchase individual quota entitlements from local commercial fishers

within their community licensing areas with financial support, ensuring the quotas and their associated economic benefits remain within the community.

The Manitoba government has invested \$250,000 in the program, with an equal contribution from Indigenous Services Canada, which will run throughout this commercial fishing year.

"The Lake Winnipeg Co-op Enhancement Program that the Manitoba government has offered is a step towards truth and reconciliation with First Nations and Métis communities," said Sam Murdock, chair, Lake Winnipeg Indigenous Commercial Fishers Inc. and director of operations for Fisher River Cree Nation. "This program will help our co-ops and communities financially. We commend the Manitoba government in its engagement with our communities on Lake Winnipeg and we hope this positive partnership continues to grow."

For more information, visit www.manitoba.ca/nrnd/fish-wildlife/fish.

Enhancements underway to Arborg's Elizabeth Dueck Memorial Park

By Patricia Barrett

Arborg's Elizabeth Dueck Memorial Park will be undergoing a number of enhancements this season.

Town of Arborg Mayor Peter Dueck said the park is having more structures installed that will enrich outdoor activities for families.

"The Elizabeth Dueck Park is receiving several significant additions this year," said Dueck. "A play structure was just installed and a gazebo will be added in the next few weeks."

The park was created in 2019 by Sid

Dueck, his sister Trudy and their families in memory of their mother Elizabeth Dueck.

The site beside the Arborg arena used to house the former Kinsmen building and daycare. In 2020 sidewalks, lawns, picnic tables and a wheelchair-accessible swing were added to the park, funded by Vidir Solutions.

Because the park provides green space for residents and their children, Arborg's council agreed to fund part of the project.



EXPRESS PHOTO BY LANA MEIER

A new play structure was installed in the Elizabeth Dueck Memorial Park beside the Arborg arena. A gazebo will be installed in a few weeks.

Eriksdale hosts spectacular night with The Spectacles

Submitted by Judith McCudden

On a warm sultry Saturday evening, locals and West Interlake residents experienced the best in jazz, bluegrass and ragtime when The Spectacles performed an outdoor concert at The Music Shop in Eriksdale.

The Music Shop is offering a series of concerts, which are leading up to the RogerKimLee festival Aug. 18, 19 and 20 in Eriksdale.

The opportunity to listen to three talented musicians on banjo, keyboard, guitar and harmonica from Winnipeg, without having to travel to the city, is the brainchild of Derrick McCandless and Dawn Mills, who own and manage the Eriksdale Music Shop.

The range of music genres and amazing musical skills had an audi-

ence foot tapping on the grass.

"Jaxon Haldane on steel guitar and harmonica had me harking back to the great jazz guitarist Django Reinhardt. With Grant Simpson on keyboard and Tim Osmond on banjo and guitar, their interpretation and improvisation of well-known songs and instrumentals showed such flair and originality," said McCandless. "And the sympathy toward each other was wonderful to watch."

These concerts are in a relaxed tree-lined setting with excellent professional sound. Even the bulldog flies were scarce. Looking ahead, McCandless looks forward to more music on summer nights.

Keep an eye out for further concerts by visiting the RKL music festival



PHOTO SUBMITTED

The Spectacles performed an outdoor concert in Eriksdale earlier this month. The Eriksdale Music Shop is looking forward to hosting the RogerKimLee Festival from Aug. 18 to 20.

website: <https://www.rogerkimleemusicfestival.com>

> TRAILS, FROM PG. 10

ATAC has met with him and talked about education and awareness, but we're so disappointed that over the past year or so there has been no real action on trying to enforce the bylaw and keep the Rail Trail safe for active users."

Johnson said residents should report sightings of and incidents with ORVs on the trail to the RM's electronic "Submit a Service Request -- E-Service Request" on its website or app.

In response to questions from the *Express*, the RM said it's currently considering the use of its trails but didn't specifically say whether it's going to allow ORVs on the Rail

Trail.

"Conflicting use of trails is an issue for most rural municipalities. It's difficult to enforce rules or bylaws that prohibit the use of ATVs," said Coun. Thora Palson on behalf of council. "Gimli council is taking the approach of fully developing a more integrated and accessible trail system. This is a forward-looking approach that can be used to address emerging matters, like electric bikes or the desire to use golf carts and similar vehicles on designated paths."

Provincial legislation has recently changed to consider these types of uses, she said, and Gimli council is still in the process of "gathering information and formulating our ap-

proach for this important initiative." Public engagement will occur in the future before any decisions are made.

For now, the current bylaws and enforcement approaches remain unchanged, she said, and council encourages those concerned about any potential bylaw infraction to send an electronic service request to the municipal office.

"Alternatively, a phone call to the office will generate a service request as well. Concerns will be sent directly to the appropriate staff member for a response," said Palson. "The number of types of service requests will be reviewed frequently to ensure the municipality is putting its resources to the best use. With that

said, regardless of the number of complaints, it's difficult to enforce any bylaws for non-compliant ATVs. Education is key and this approach will be considered during the planning process."

Questions from the *Express* regarding the absence of ORV incidents in the bylaw officer's reports, the interests of Gimli businesses that sell ORVs, RCMP jurisdiction over the RM-owned Rail Trail, the future enforcement of ORVs should the Rail Trail be sanctioned for their use and whether funding will be set aside to make repairs to the trail from ORV damage weren't specifically addressed.

Eriksdale Market Garden back for another season

By Annaliese Meier

Mark your calendars because the Eriksdale Chamber of Commerce Market Garden is opening for another

season!

Starting on Saturday, July 1, the market garden will be open every Saturday throughout the summer from 10

a.m. to 2 p.m. Whether you're a local or just passing through, this community event is worth stopping for. With fresh produce, homemade crafts and baked goods from half a dozen vendors, there's something for everyone.

Dolly Lindell, one of the organizers of this event, said, "We try to make it a social gathering for the community

and anyone in town so we can draw people into town."

The market will be set up at the Railway Memorial Park and guests can visit the market and local businesses while enjoying the vibrant atmosphere of Eriksdale.

Continued on page 21



PHOTOS SUBMITTED

The Eriksdale Market Garden is open every Saturday throughout the summer from 10 a.m. to 2 p.m.

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Women for Wishes fundraiser set for July 13

By Jennifer McFee

Make-A-Wish Canada asked 100 women from across the country to participate in a new fundraising initiative, including one from Woodlands.

Silver Peltier and her husband Gary have raised about \$1.6 million for the organization through their annual Ride for a Child's Wish fundraisers spanning more than three decades. Their 33rd fundraiser is coming up on Aug. 26. All funds go towards creating life-changing wishes for children with critical illnesses.

Sean Crawford, director of the Manitoba and Nunavut Make-A-Wish chapter, said Women for Wishes aims to promote women in philanthropy.

"The initial idea was to get 100 women across the country who would all pledge to either give or raise \$10,000 each. In total, it would raise \$1 million, which would grant 100 wishes because our average wish costs about \$10,000. Each of the chapters across the country had goals, and the goal here in our chapter is 10 Women for Wishes to raise \$100,000," he said.



PHOTO SUBMITTED

Silver Peltier is hosting a five-course plated dinner on July 13 at their Woodlands farm for 100 guests to raise \$10,000 for Women for Wishes. Tickets are limited.

"Silver was chosen mainly because of the commitment that she and her husband Gary have shown to the wish-granting organization in Manitoba for over 30 years. We asked if she would like to be one of our Women for Wishes, and she graciously agreed."

The local chapter is already off to a strong start and might even be on the

road to exceeding its goal.

"Manitoba has just confirmed our 10th, 11th and 12th Women for Wishes in the past week. We've got three women who have started their campaign in earnest and they're in the Top 7 fundraisers from across the country, so Manitoba has really embraced this initiative," Crawford said.

"Because this is women reaching out to their peers and talking about this incredible cause and the impact it has on them, it's a lot different than a generic ask. This is a very specific and personal ask for a lot of these women."

For Silver, she was surprised to be chosen but she's looking forward to being involved.

In an effort to raise \$10,000, she plans to collaborate with her family to host a five-course plated dinner on July 13 at their Woodlands farm. She hopes to find a band to provide entertainment, although she's not sure if there will be enough time to make arrangements.

Tickets cost \$100 each and only 100 will be available. A welcome cocktail is included in the price, and a full bar will feature spirits, specialty cocktails, local beers and wines for purchase.

"I thought I would give it a whirl because I believe in the charity," Silver said. "I hope everybody has a good time when they come."

Their son Dustin Peltier is a well-known chef who has his own catering company called Loaf and Honey. He will be designing the menu and cooking an unforgettable meal for attendees.

The first course will feature mushroom risotto rolls, cheese crisps, thyme aioli and blistered tomatoes. The second course is kale and strawberry salad, cucumber ribbons, pickled scapes and whipped ricotta. The third course is seared pickerel, swiss chard, radishes and paddy pans. The fourth course will be smoked pork loin, Saskatoon demi, butternut squash, baby carrots and pickled mustard seeds. The fifth course is a dessert that will be determined by local business Lillies and Lattes.

"The menu is inspired by dishes my mom enjoys," Dustin said.

"I will be sourcing from some of my regular local suppliers. Blue Lagoon out of St. Francois Xavier will have most of our produce. Saskatoons will come from PurpleFit Saskatoons in Warren. The pickerel is coming from a small-scale fishery in Gimli. Leane Funk from Winnipeg Supper Club has come on board to help organize and plan the event."

Volunteers will help in the kitchen and with serving. Anyone who would like to lend a hand can contact Dustin Peltier at loafandhoneycatering@gmail.com.

Tickets are available through Eventbrite at womenforwishes.eventbrite.ca. For more information, contact Silver Peltier at silverpeltier@gmail.com or 204-461-0640.

Donations towards the cause can also be made through Silver Peltier's fundraising page at www.womenforwishes.ca.

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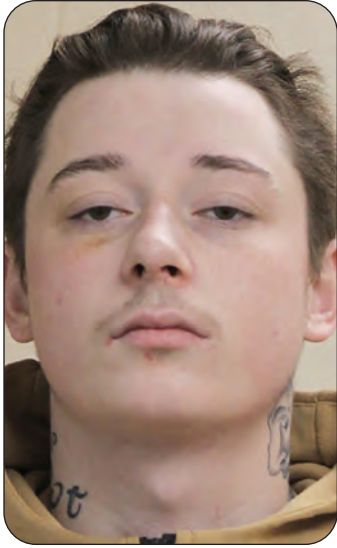




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FRIDAY 9-9
SATURDAY 9-6 SUNDAY 12-5

BIG DOLLAR



Bryce Walker

Fisher Branch RCMP seize guns and drugs

trafficking paraphernalia were also located within the residence.

Walker was not home at the time the warrant was executed and RCMP have a warrant out for his arrest. He is facing multiple firearms and drug charges, as well as breaching court-ordered conditions.

Walker is described as 5'5" tall, 150 pounds with brown hair and brown eyes. He has multiple tattoos, including a skeleton hand on his left hand, a picture of Jesus on his left neck and RIP T-Dot on his right neck.

If you have information regarding Walker's whereabouts, please call Fisher Branch RCMP at 204-372-6329, Crime Stoppers anonymously at 1-800-222-8477 or secure tip online at www.manitobacrimestoppers.com.

Staff

On June 18 at approximately 11:35 p.m., Fisher Branch RCMP executed a search warrant at a residence on Carpathian Street in Fisher Branch.

As a result of the search, a number of firearms and drugs were located. The resident of the home, Bryce Walker, 20, was on conditions not to possess any firearms.

After the RCMP Emergency Response Team cleared the residence. Fisher Branch officers located five firearms hidden throughout the residence, including a shotgun and four rifles. Two of the firearms were loaded. Ammunition, a substance believed to be cocaine, and drug-



EXPRESS PHOTO SUBMITTED

Fisher Branch RCMP seized guns and drugs at a residence on Carpathian Street in Fisher Branch on June 18.

TEULON CANADA DAY Celebrations

BRING YOUR LAWN CHAIRS or BLANKETS

SATURDAY JULY 1ST, 2023

GREEN ACRES PARK at the **OUTDOOR STAGE**

Teulon Canada Day Committee and Events hosted by the GREEN ACRES ART CENTRE



12:00 Noon
OPENING CEREMONIES



In case of Rain event moves to the Teulon Rockwood Centennial Hall
RAIN OR SHINE



FREE KIDS' ACTIVITIES
1:00-5:00 PM
AT THE PARK

Homemade Carnival Games & Prizes

Canada Day Art & Craft Corner

Henna Tattoo & Face Painting

Teulon Rockwood Firefighters Disc Golf

FREE KIDS' ACTIVITIES -ARENA-
12:30-4:30 PM

BALL HOCKEY FLOOR CURL

Sling Shot Golf Target Shooting

Entertainment on the Outdoor Stage
12 NOON TO 4 P.M.



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Old Time Country Music
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TEULON Veselka Ukrainian Dancers

GAAC Spring Dancers

Metis Dancers

Arthur Holroyd

GAAC & Local Musicians on Stage
4:30 P.M. - 7:30 P.M.



GAAC Musicians Gareth McNichol-Briggs Bucky Press
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Draws at 4 PM

Lions Club CANTEN

FARMER'S MARKET
12-4 Vendors contact Diana 204-461-3132

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NEW for 2023
Fireworks will be held on **FRIDAY, JUNE 30th**
at Dusk - Green Acres Park

Teulon Canada Day Celebration is a Family Friendly, Alcohol FREE Event.
Thank You for your cooperation!
For More Information on the Teulon Canada Day Celebrations
Facebook: Canada Day Celebrations - Teulon
www.greenacresartcentre.ca/teulon-canada-day

6 Person Golf Cart Shuttle available at the Park compliments of the TEULON CANADA DAY COMMITTEE
Teulon & District Museum OPEN Noon - 4:00 p.m.
Tours No Charge Compliments of the Teulon Canada Day Committee

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CANADA DAY WEEKEND

FRIDAY JUNE 30
Bonfire, s'mores & music at the pavilion grounds

SATURDAY JULY 01
Country Market
9:00 a.m. - 1:00 p.m. at the pavilion grounds
DINNER \$18.00
6:00 p.m.
Baked ham, three salads, bun, dessert, coffee/tea.
Get your tickets at the park office before they sell out.

SATURDAY FIREWORKS
11:00 p.m.

FREE ADMISSION
at the gate with a dinner ticket

STEEP ROCK BEACH PARK

ENTERTAINMENT
7:00 p.m.
Live Band at the grandstand

Riverton

Friday, June 29th, 2023

5:00-8:00 pm Car Show, Eastside of Riverton Coop
8:30-9:00 pm Parade
Riverton Co-op is sponsoring kids decorating contest. Prizes will be provided to the best decorated bikes. Each kid will get a treat bag that participates in the bike decorating contest. Parade starts at RCI and Ends at Centennial Park. **IMPORTANT: FOR PUBLIC SAFETY REASONS, NO ITEMS ARE ALLOWED TO BE TOSSED FROM YOUR PARADE VEHICLE/FLOAT. THEY MUST BE HANDED DIRECTLY TO THE INDIVIDUAL WATCHING THE PARADE.**

9:00 pm-10:45 pm Street Dance
Between RDFC and Library. Canteen available to purchase Sweet & Salty Treats, Glow Sticks and Tattoos.

Dusk-11:00 pm Fireworks Riverton Collegiate Grounds
Sponsored by Riverton & District Friendship Centre, Municipality of Bifrost-Riverton, Riverton-Bifrost Parks & Recreation Commission and Riverton Elks.

Saturday July 1st, 2023

Location: Centennial Park Bring your own Lawn Chair

9:00 am-12:00 pm Riverton Elks Kid's Fishing Derby
Registration for Kid's Fishing Derby starts at 8:00 am Prizes at 1:00 pm

1100 am-3:00 pm Riverton Fire Department BBQ

1:00 pm - 4:00 pm Inflatables & Kid's Games
Inflatables sponsored by RDFC, Face Painting and Games

2:00 pm Cake & Coffee

3:00 pm - 6:00 pm Local Entertainment on the Stage

4:00 pm - 6:00 pm Djorfung Ladies Aid BBQ

6:00 pm Draw RDFC Traveling Silent Auction

8:00 pm - 9:45 pm Movie at Park
Canteen available to purchase Salty & Sweet Treats, Glow Sticks and Tattoos. Bring a Lawn Chair or Blanket.

Sunday July 2nd, 2023

11:00 am Church Service at Centennial Park
Picnic Potluck after Service

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CANADA DAY




SATURDAY JULY 1ST 2023

LOTS OF FAMILY FUN!

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- CLIMBING WALL
- HORSE SHOES
- WATER FIGHT



- PRIMO WRESTLING
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- FACE PAINT
- BOUNCY CASTLE
- FIREWORKS

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Moosehorn

Outdoor Carnival

Saturday, July 1st • 11 am until 4 pm

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Gimli

JUNE 30
Adam T Elvis Show – 7pm – 10pm Harbour Stage

JULY 1ST
Free Zumba with Jan
at the Harbour Stage 9 – 10am
Kiwanis Pancake Breakfast – 8:00AM – 10:30AM;
grassy area Lake Winnipeg Visitor Centre
Parade – starts 11AM, Begins on 6th Avenue down
Center Street to 1st Avenue to Goldfield Street
Gimli Art Club – Face Painting – 12:30PM – 3pm
Gimli's Got Talent – 12:00PM – 3:00PM
Canada Day Ceremony – 7pm
Live Entertainment – Main Street Exiles –
Rolling Stones Tribute – 7PM – 11PM
Sunset Indigenous Ceremony 9:00PM
Fireworks – 11PM

JULY 2nd
Gimli Active Trails Walk, Run or Bike Adventure
Camp Morton Trails
Save the Lake Fish Fry Fundraiser
– 11:00AM – 3:00PM
Indigenous Drumming ceremony 7 -7:30pm
Darren Lavallee and Art Gladu 7:30 – 11pm Harbour
stage featuring a Metis fiddle & jigging display
during band break.



Town of Arborg
Mayor, Council
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The fair was a family affair for Poplarfield family

The history of Saturn Shows and the Smiths

By Becca Myskiw

A summer job turned into a way of life for David and Bernice Smith, and after 52 years, the rides have stopped, and the couple has decided to slow down and enjoy life a bit differently.

When Smith was 16, his mom told him he needed a job for the summer, so he applied with success at Midwest Shows. What he didn't expect was to fall in love with the fair circuit — but he did, and Smith bought his first fair ride, the swings, in 1970.

"He figured it would be a good way to make lots of money and retire early," said Bernice Smith, his wife. "It doesn't work out that way."

Two years later, David married Bernice, and she joined his life on the road hauling fair rides from town to town. The Smiths soon bought a couple more rides — a children's ride and the Roll-O-Plane. From there, the couple kept adding to their inventory while taking Saturn Shows around Manitoba.

"We thought our show was going to be out of this world," said Bernice with a little laugh at their business name.

And their show was out of this world — or this province, at least. Saturn Shows travelled all over Manitoba with up to 13 different rides at a time, along with concessions stands and games, having every weekend booked from May until mid-September each year. And when they decided to grow their family, the Smiths brought their children each summer, bringing them up with a life on the road.

"It was tough," said Bernice. "Back then it was not a glamorous job. It was a lot of hard work. It was a lot of sweat and tears."

She even had one teacher tell her



Dave and Bernice Smith still enjoy spending time with their grandchildren Nathan Verbong, Jordan Verbong and Kailynn Smith in the concession trailers.

this life was not a good one for her children because of its instability of it.

"But my family was together," said Bernice. "I knew where my kids were, and they made lifelong friends all over Manitoba."

Bernice and David have two sons, Chris and Mike, and a daughter, Teri, who came along a little later than the boys and inherited a love for the fair as they did. Bernice was pregnant with their daughter the summer of 1985 and had her just two months after the season ended. They started taking her on the road the following summer, no one missing a fair season. Soon enough, the three children worked at the fair alongside their parents.

Saturn Shows set up in various towns across the province, going as far north as Thompson and Norway House.

"Our kids saw the entire province," said Bernice. "I think there were certain times my boys missed certain things, but they got to see the different ways all Manitobans lived."

A typical day for the Smiths during fair season started around 9 a.m. They'd get up and eat breakfast with Saturn Shows' employees in an old school bus the Smiths had converted into a cookhouse.

Since they were often set up in towns where restaurants closed before they did, they had to have their own place to eat. So they created one and brought it on the road with them. Their bus cookhouse had a kitchen complete with a grill,



EXPRESS PHOTOS BY LANA MEIER
Bernice Smith and her granddaughter Kailynn Smith had a chuckle making cotton candy.

freezer, fridge and, later on, a microwave. It had room for a dozen people to eat at a time.

Then everyone would go out and prepare the fair for the day. Bernice said they had to make sure each ride was in perfect working condition before they could open at noon for the day.

"The thing is my kids were riding those rides," she said. "So we safety checked everything often."

Once the fair opened, Bernice was doing office work, talking with fairgoers or running the cotton candy and popcorn stand until her daughter was old enough to take over that job. David would work behind the scenes, ensuring everything kept going until close, and their children would be helping and having fun.

They lived each weekend like that every summer for 52 years, persevering through rain, snow, wind and even forest fires — on more than one occasion. During the off-season, David drove a truck and Bernice stayed home with the children. The couple eventually bought their current property in Poplarfield, where they could store and take care of all their equipment, rides and trucks.

She said what people don't see with businesses, especially ones like theirs, is the money going out. Yes, they were bringing lots of money in each weekend every summer, but the Smiths had a lot of money going out too. They had to pay regular bills. They had to pay for maintenance of the rides and the trucks to haul them, along with the gas bills to haul everything. They had to pay their employees, feed their family, and on and on.

"Every business can make a living," said Bernice. "But you don't always see the outgo."

That was just life for the Smiths. Until COVID-19 hit and changed life for everyone, especially those who owned a fair.

"Up until March

Continued on page 21

47 First Ave. in Gimli ready to reveal its magic

Lake views, rooftop patio among perks of 55-plus life lease building

By Patricia Barrett

If your idea of the good life is watching the sun slowly rise over Lake Winnipeg from your own private balcony or rooftop patio and having every major convenience at your fingertips, then 47 First Ave. is the place for you.

From awe-inspiring panoramic views of the lake to viridescent hues of the treetops sweeping past your windows, Winnipeg-based developer Chris Peacock has captured the magic of living in Gimli.

And he's ready to show potential residents his enchanting four-storey, eight-unit life lease building that's mere steps from the soft white sand of Gimli Beach and within walking distance of shops, grocery stores, entertainment and health services.

"There's a great view of the lake from the living room, dining room, bedroom and balcony. And if you're on the third or fourth floor, you'll be high enough to see Gimli Harbour," said Peacock, who has over 20 years' experience in carpentry and construction. "The nice thing about the street side of the building is the big beautiful trees that line the boulevard.

If you're on the higher floors, it looks like a forest from your unit. Come fall time when the leaves start to change, it will be a spectacular view."

The need for more housing in Gimli is no secret as there's a large population of older adults living in a municipality with over 6,500 people. At the same time, there's a housing crisis that includes a lack of rental units, said Peacock, who has family ties in Gimli. That's why he saw a need to



View from a unit balcony.

build more housing for the 55-plus community.

A life lease is a form of rental housing that combines the benefits of care-free renting and the stability of occupation that lasts for the life of the resident. Residents pay an entrance fee and a monthly maintenance or common fee. They can terminate their life lease and

have their entrance fee refunded in accordance with the Manitoba Life Leases Act.

Life leases are convenient for older adults looking to get away from the hassle of having to maintain a house and a yard.

"I think the biggest benefit of a life lease is peace of mind. You can enjoy your retirement without the worries of

home ownership. There's no snow to push and no grass to cut. If your fridge goes, you just make a phone call and the building manager takes care of it," said Peacock. "And the real estate market doesn't affect you the way it could with a condo or a home. If you decide to leave, you'll get your entrance fee back whether the market is up or down."

Each unit is 1,200 square feet and has two bedrooms and two bathrooms. The master bedroom has an en-



EXPRESS PHOTOS COURTESY OF CHRIS PEACOCK

The four-storey building sits at the junction of First Avenue and Keenora Drive.

suite bathroom, a walk-in closet and seven-by-seven-foot windows that let in "massive amounts of light."

All appliances — stainless steel fridge, stove and microwave and a washer and dryer — are included. The kitchen has plenty of cupboards, including drawers for pots and pans, and has quartz countertops. Because each unit has its own HVAC system, residents can control their heating and air-conditioning.

Peacock said he paid attention to reducing acoustic noises between the units, as well as between each unit and the common space that separates the lake-side units from the street-side units.

"The separating walls and the floor are insulated to deaden the noise, and there's Z-bar — which creates a break for noise vibration — and two layers of 5/8-inch drywall on both sides of the wall," he said. "The luxury vinyl plank flooring also has a rubber backing to deaden hits to the floor and also provides a little bit of cushion so it's easier on the knees."

Realizing that people have "stuff," Peacock provided ample storage

space in each unit. There's a five-by-seven-foot storage room, a large closet at the door for coats and shoes, a linen cupboard and closets in the bedrooms.

The building has an elevator and is wheelchair accessible.

Another perk of living in the building will be access to the rooftop patio, which will be fitted out with turf, barbecues and patio furniture. Residents can throw some pickerel fillets or steaks on the grill, pop the cork and enjoy an afternoon or evening of al fresco dining. And the roof will be the one of the best places in town to watch fireworks displays throughout the summer during festivals.

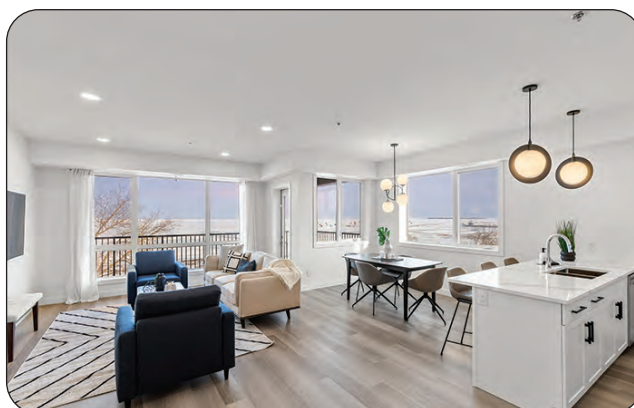
"On Canada Day, it will be the best spot in town to watch the fireworks," said Peacock. "And there's a chance you'll be able to see the movies on the large screen the Gimli International Film Festival sets up each year on the beach."

To arrange a personal viewing of 47 First Ave. or discuss residency applications, email Kim Giesbrecht at Right Choice Realty: kim@rightchoice-realty.ca

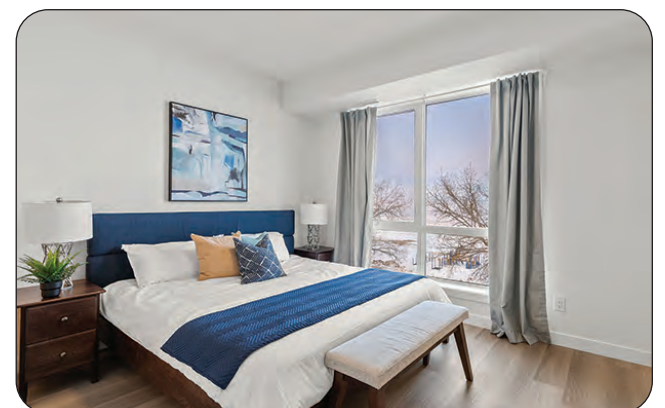
"YOU CAN ENJOY YOUR RETIREMENT WITHOUT THE WORRIES OF HOME OWNERSHIP."



The kitchen offers easy access storage, quartz counter tops and stainless steel appliances.



There is an incredible panoramic view from the living area.



The primary bedrooms are spacious with an ensuite bath.

Smaller beekeeping operations feeling the sting

Manitoba commercial beekeepers receiving \$7.5 million to rebuild their colonies

By Becca Myskiw

Manitoban commercial beekeepers will be able to start recovering from the recent years' losses thanks to the federal and provincial government.

On June 20, the Government of Canada and the Government of Manitoba announced \$7.5 million in support for commercial beekeepers. This is in response to the devastating losses beekeepers have recently faced due to drought, plant stress, wet springs and disease.

Manitoba Beekeepers' Association chairperson Ian Stepler said the last two years had been a struggle for many if not all Manitoba beekeepers. The drought of 2021 brought extreme heat and smoke, which put a lot of stress on honeybee colonies and the plants they rely on for food. That led to malnutrition for the bees, which allowed the disease to take over them that fall. The following spring, five consecutive Colorado lows hit the already vulnerable colonies, killing



Bailey Gitzel is a small beekeeper by Homewood, not eligible for the government support.



EXPRESS PHOTOS SUBMITTED

Ian Stepler is a commercial beekeeper by Miami, eligible for government support to rebuild his beehives. The federal and provincial governments are giving \$7.5 million in support to commercial beekeepers in the province to help them rebuild after devastating losses.

devastating losses as of late, they were producing 18 million to 20 million pounds of honey annually and contributing enormously towards crop pollination, which comes out to a \$150-million contribution annually. This means agriculture as a whole is feeling the ef-

fects of the honeybee losses.

Because the losses were felt across Canada, getting replacement stock became harder and harder. Stepler

Continued on page 21

DAMN STRAIGHT
AY CHIUPKA ALEN GRIECO
DEAN HUNTE
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AT THE SHORESIDE gm
Grand Opening
IN GIMLI
Saturday, July 22

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> BEE GRANT, FROM PG. 20

was bringing in packages from overseas and from beekeepers in B.C., but it still wasn't anywhere close enough to replace everything he lost.

"It's just a huge spectrum of hardship," said Stepler. "It was going to take four years for producers to recover from those losses."

Luckily, that should no longer be the case.

Of the 115,000 colonies in the province, 95 per cent of them (almost 110,000) belong to commercial beekeepers. The province sees commercial beekeepers as anyone with 50 or more colonies. Those registered with the government can apply for the program to purchase replacement stock.

"Beekeepers and healthy bee populations play a vital role in the sustainable production of many high-value agricultural crops," said Marie-Claude Bibeau, Minister of Agriculture and Agri-Food. "With support to help overcome this unique sector challenge and recover unexpected colony losses, beekeepers will be better equipped for future growing

seasons."

To be eligible for the Canada-Manitoba Bee Morality Assistance Program, commercial beekeepers registered with the province must meet the following criteria and finish their applications by Aug. 31, 2023:

- Be 18 years or older when applying and not be funded by the government or an institution

- Have a valid Manitoba beekeeper registration number as of Nov. 1, 2021

- Have owned and prepared 50 or more colonies for the 2021-2022 winter

- Have owned eligible inventory and experienced extraordinary losses between Nov. 1, 2021, and May 21, 2022

- Report farm income and expenses for income tax purposes

- Be liable to pay income tax in Manitoba (or is specifically exempted but is a permanent resident in Canada)

The \$7.5 million is shared between the two governments, with the Province of Manitoba giving \$3 million. Beekeepers can apply under the Sus-

tainable Canadian Agricultural Partnership and AgriRecovery.

"This financial aid from the government is quite welcome to our industry," said Stepler. "It's going to allow beekeepers to reach out further to access replacement stock to fill boxes."

He said with the government's financial help, a four-year recovery might now look like a three-year recovery.

"This should help beekeepers fully recover by next year," he said.

Stepler noted the attention from the provincial and federal governments helps everyone in the agriculture industry. It will allow beekeepers to get back on their feet and let the bees get back into the fields.

Not all beekeepers in the province get the leg up, though. Bailey Gitzel has 35 honeybee colonies by Home-wood — just 15 short of being eligible for the program. By the time summer 2022 came, she was down to three.

"It was devastating," said Gitzel. "It was a long winter. The girls just didn't have enough life left in them to make it through."

She split the two strongest hives last year and got five honeybee colonies

for the year. This year, she still has those five, which is reassuring, but it's still not 35.

Gitzel has tried to get replacement stock, but even with their scarcity, they've nearly tripled in price from when she started beekeeping over a decade ago. So she's buying honey by the barrel from commercial beekeepers to meet her customers' needs. Before the losses, she was also selling her honey at markets all year. This year, she's registered to do just one.

"It's great to see the government helping out Manitoba beekeepers after these devastating losses," said Gitzel. "Manitoba honey is top notch, and we need to get our overall hive numbers back up but unfortunately I don't qualify for this funding."

Her small operation is struggling the same as everyone else with the difference being she doesn't qualify for government funding. In other words, Gitzel must rebuild her honeybee operation with her out-of-pocket money.

"It almost feels like we're getting forgotten about," she said. "We're a part of the beekeeping community too."

> FAIR, FROM PG. 18

2020, we were still going, getting everything painted, the trucks safetied and the rides inspected," said Bernice. "Everything was ready to go, and then we couldn't."

The pandemic hit the Smiths hard. Their primary source of income and their way of life had ceased to exist. David started driving a truck full-time until 2022 when they cautiously started preparing to go back on the road with Saturn Shows.

Bernice said they didn't know until the 12th hour that they could indeed go ahead for the summer, so that year's preparation was hard. They had to get everything ready and they had to find employees — fast.

"We just realized that we could be ready to go, and they could still tell us no," she said.

But they got the green light. And

though 2022 proved one of their best years in business, Saturn Shows had run its course. Bernice had stopped going out on the road 15 years ago, and last year David had decided (with great difficulty) to retire.

"You have to be a special kind of person to be in this business," said Bernice. "I loved it. I really, really did, but it got to the point where I needed to be home to do certain things."

And 72-year-old David knew it was time to take it easy in life. So 2023 will be the first summer since 1980 without Saturn Shows.

The Smith's daughter opens the doughnut trailer in Poplarfield when she has time and Bernice will sometimes sell cotton candy and popcorn out of their fair concession stand. They still have all their fair equipment, but Bernice said they'll likely sell it this fall.

"There were ups and downs like in

every business," said Bernice. "But I wouldn't trade it for anything."

The Smiths will have their conces-

sion trailers in Steep Rock for Canada Day if anyone wants to take in and celebrate a bit of Interlake history.

> MARKET, FROM PG. 13

Every vendor must make it, bake it or grow it themselves before selling their products at the market.

Vendors change weekly and the products vary from week to week, sometimes depending on the time of the year.

As we get closer to the end of summer, and the garden harvest, there will be special treats likes decorative corn and pumpkins.

And with entertainment and

food options changing every week, there's always something new to discover. There are tables available where visitors can sit down with their purchases while enjoying coffee or other refreshments.

If you're an entrepreneur, artisan or farmer who makes your own produce or bakes your own goodies and would like to be a vendor, contact Dolly Lindell via email at EriksdaleChamber21@gmail.com.



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sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Lundar to represent Interlake at provincials

By Brian Bowman

The Stonewall Blue Jays were big winners at last weekend's Mervin Farmer Memorial Tournament at Quarry Park.

Stonewall won the U11, U13 and U15 AA baseball regionals. All three teams have now advanced to provincials.

"It's pretty exciting, there's no doubt about it," said Stonewall Minor Ball president Shaun Dalgliesh. "For the most part, there was some good ball being played by all of the teams."

All three Stonewall teams expect to be competitive at provincials, with the U13 Stonewall squad predicted to be a team that could do some damage.

Stonewall is hosting a seven-team U13 AAA

provincial qualifier for rural teams, in conjunction with the U13 AAA Interlake Orioles, on July 21-23.

Dalgliesh said their committee will soon be getting out into the community looking for sponsorship and donations.

"There will be different packages available," he said. "And with volunteers and that type of thing, with this type of event. ... It will require volunteers to host the two diamonds and to make sure that we're putting the events on to be as successful as possible."

Anyone interested in volunteering or providing a donation or sponsorship can email at stonewallminorball@gmail.com.

Earlier this month, Stonewall host-

ed 13 U9 teams and six U11 teams at tournaments.

"We had great success at those tournaments," Dalgliesh said. "The 50/50 and the bat draw did extremely well for Stonewall Minor, which continues to fill the bank account which is fantastic. We're looking forward to next year. The plans are ultimately in progress for Stonewall Minor Ball to host an extremely large 9U tournament.

"WE HAD GREAT SUCCESS AT THOSE TOURNAMENTS."

We made some purchases over the last year to put us in position to host an extremely favourable event. Our goal is to host upwards to 30 or 40 teams in the 9U tournament next year."

Stonewall continues to be one of the best locations to host elite baseball and softball events in the province.

"That's kind of our board's mantra. We want to be hosting as much as we can," Dalgliesh said. "The great thing is both the junior and senior teams have continued to host a lot of events. Our Interlake Phillies' teams host a lot of events and now Stonewall Minor Ball is really putting the emphasis on getting into hosting provincials, hosting qualifiers, and we had to decline the prospects (tournament) because it was the same weekend as the Phillies' provincials. Otherwise, we could have potentially hosted the prospects as well.

"Our board is pretty eager to host as much as we can to show off the facilities that we have. The board is constantly looking to build the cash flow to put back into the program."



EXPRESS PHOTOS BY LANA MEIER

Lundar will represent the Interlake in the 15U A Baseball Manitoba provincials in Niverville on July 14-16. Back row, left to right, Brad Drews (coach), Draven Meisner, Maculla McKay, Carter Reykdal, Sigge Bjornson, Seth McLeod, Jersi Godfrey (assistant coach), Jesse Bindle (assistant coach); front row: Emmett Miller, Mason Bauch, Riley Johnson, Austin Hickman, Erik Johnson and Bernie Cronje.



Lundar's 11U team will travel to Hamiota July 7-9 for Baseball Manitoba provincials. Pictured, left to right, back row coaches, Rob Bauch, Donny Malcolm, Jordon Thorsteinson, Blaine Fortin, Colin Johnson; middle row, Lisa Bauch (coach), Damien Mark, Jackson Pricemski, Marcus Bauch, Jack Reykdal, Xavier Kaartinen, Zendaya Desjarlais, T.J. Diell, Halle Johnson; front row, Charley Miller, Ethan Monkman, Gavin Bauch, Elie Malcolm, Hayden Halldorson, Dillynn Kinkead, Logan Goodman and Ayden Campbell.

Blue Jays lose doubleheader to Elmwood

Staff

The Interlake Blue Jays dropped a doubleheader to the Elmwood Giants in Manitoba Junior Baseball League action on Sunday.

Elmwood won by scores of 13-3 and 10-5.

On Friday, Interlake was blanked 5-0 by the Carillon Sultans in Steinbach.

Last Wednesday, the Blue Jays de-

feated the Altona Bisons 6-1 in Altona.

Interlake, now 9-11 and in sixth place in the eight-team league, will play the Winnipeg South Wolves on Wednesday (7 p.m.) at Charleswood Park.

The U18 AAA Interlake Orioles were scheduled to play Pembina Hills in a doubleheader on Sunday but no scores were posted on the league website at press time.

Last Thursday, Interlake had a great battle with the Elmwood Giants, losing 10-8, at Atree Field.

The Orioles will visit the St. James A's this Thursday (7 p.m.) at Optimist Park.

The Stonewall Blue Jays were slated to play the West Winnipeg A's in Winnipeg Senior Baseball League action on Saturday and the South Winnipeg

Longhorns last Thursday.

No scores were available.

On June 20, Stonewall was defeated 15-5 by the Carillon Sultans.

The Blue Jays played South Winnipeg on Tuesday and will host the North Winnipeg Pirates this Thursday (7:30 p.m.) at Fines Field.

Gimli body builder wins provincial competition

By Becca Myskiw

Jeri Jamieson has only been part of the bodybuilding community for half a year — but she's already a pro.

What started as a personal challenge for the 28-year-old turned into a World Natural Bodybuilding Federation (WNBF) championship title and the chance to compete internationally. She started a six-week kickboxing challenge two years ago to lose six per cent of her body fat. Jamieson lost 11 per cent.

"I realized that I could apply myself to the challenge," she said. "I realized I could do it."

Soon after that challenge, though, she moved home to Gimli from Alberta, and fitness took a backseat to life.

"I kind of fell off fitness for a few months and was looking for another challenge to do," she said.

While researching her options, Jamieson came across dazzling women in sparkling bikinis and high heels on a well-lit stage. In other words, she started learning about bodybuilding.

Though she thought that type of body and the sparkly swimsuit was unattainable, Jamieson decided she would try bodybuilding — and she turned out to be a natural. She joined the WNBF Canada organization and hired a coach who could help build her from the ground up.

The WNBF is an all-natural bodybuilding organization, meaning they take extreme measures to ensure each of their athletes is drug-free and their bodies are entirely natural. That's why Jamieson chose them.

Erica Smith started working with Jamieson just before Christmas in 2022, giving her a strict diet and workout routine to follow. The next few months of Jamieson's life played out somewhat like this: Wake up, do 30 minutes of cardio, go through the day, train. She trained five days a week every week, taking two days off to let her body rest and catch up with the changes. Each day, she'd train a different muscle group like her lower body, back and arms.

"Recovery is really important, so those rest days, I had to take those or I could stagnate my muscle growth," said Jamieson.

Her diet wasn't what you'd expect — she ate 50 per cent carbs, 30 per cent protein and 20 per cent fat each meal. It was easy enough, most of her food becoming chicken, rice, salad, and her favourite: protein oats and fruit. She also got one free meal each week where she could have bigger portions and had "treat meals" here



Jeri Jamieson from Gimli won her first WNBF bodybuilding competition earlier this month.

and there.

On Friday, June 16, Jamieson went to Glenlawn Collegiate for 10 a.m., where the Winnipeg Naturals took place. With the students still in class, she went into a room where she took a lie detector and drug tests. Those are the two main ways the WNBF monitors drug use within their athletes and it's a requirement for stepping on stage.

Jamieson said of the 47 contestants, all of them passed both tests.

After that, she returned to her hotel and did her hair and makeup for the show. She then returned to the school and got her spray tan touched up along with everyone else. Bodybuilders have to be spray-tanned for competitions for the lights to properly show their muscle definition to the judges.

On competition day, the men went first. While the women waited backstage, they worked their muscles, pumping them up for the show. Then, all the women contestants walked onto the stage in their bright bikinis and posed for the judges.

There were eight poses each contestant had to do — front double biceps, front lat spread, side chest, side triceps, rear double biceps, rear lat spread, abdominal and thighs. The judges look at each contestant's overall balance and conditioning, the size and definition of their muscles and whether they performed each pose in a timely manner or not.

Each contestant gets time to shine with a stage walk while their biogra-



EXPRESS PHOTO SUBMITTED

Jamieson, middle, with other winners from the Winnipeg World Natural Bodybuilding Federation competition. Jamieson has qualified to compete at the International Championships in Calgary this October.

phy is read, showing off their personality to the crowd. They then line up at the back of the stage as the judges read the scores.

The top five women were brought to the front. Fifth place was called, then fourth, third and second until Jamieson was the only person left on the stage.

"I was in shock at first," she said. "I just couldn't believe it."

Jamieson is a single mom of two. Her children were at their grandma's house while she competed, and right after the show ended, she video chatted with them to show her gold medal.

"My five-year-old was like 'Is that gold, Mom? You got the gold?'" she said. "They were over the moon proud. My whole family was."

Because of her winning title, Jamie-

son will now compete at the WNBF Pro/Am International Championships in Calgary this October.

"Originally, I didn't know how life would look after the show," she said. "I planned on scaling back but maintaining my healthy physique."

Not everything goes to plan. The stakes are higher than ever now and for at least the next four months, Jamieson will be living just like she has been, eating strictly and training even stricter. She's nervous about what's next because her competitors will likely be more experienced than her, but she's more than excited to go.

For anyone interested in following World Natural Bodybuilding Federation (WNBF) Canada Jamieson's journey, you can follow her on Instagram at @gymitwj.

Impact downed by Richmond United

Staff

The Interlake Impact were defeated 2-1 by the Richmond United in Manitoba Major Soccer League 4th Division action last Thursday at the Buhler Recreation Park.

Joseph Barkman scored for the

United. Richmond United goals were tallied by Muhammed Ambali and Teslim Akendele.

Interlake, now 1-4, will battle Stonewall United this Friday at the Buhler Recreation Park. Game time is 7 p.m.

Arborg pickleball duo win bronze at Manitoba 55+ Games

By Annaliese Meier

The 40th annual Manitoba 55+ Games presented by PlayNow.com kicked off in grand style, marking four decades of celebrating the spirit of competition and community among seniors.

From June 20 to 22, nearly a thousand athletes from all corners of Manitoba converged on Portage la Prairie for three fun-filled days of friendly rivalry across a range of sports. Athletes participated in everything from cribbage, pickleball and golf to bowling and slo-pitch.

Arborg's Susan Eyolfson and Donna Gislason were among those competing in pickleball, specifically the 3.5 level. The ladies played hard during the round robin tournament and finished in one of the top four positions, earning them a spot in the finals.

The duo won their first playoff game (12-10) to advance to the final, but lost in a close final 11-8.

Gislason said, "We enjoyed competing in the Games because it gave us an opportunity to play against others at our level. We meet a lot of great people. There is a lot of camaraderie in the pickleball community."

The ladies enjoyed the tournament and were pleased with their outcome.

"Stride Place is a fantastic facility and there were many volunteers so it all ran very smoothly. It was definitely a memorable experience," said Gislason.

Ron Rogowsky and David King, also from the Arborg club, competed and had a great tournament. Unfortunately, they narrowly missed the podium, losing in the bronze medal game.



Susan Eyolfson and Donna Gislason of Arborg earned bronze medals in pickleball at the Manitoba 55+ Games in Portage la Prairie last week.

To see more photos of your favourite Interlake Athletes



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> MEAL IDEAS



Peanut Butter and Jelly Popcorn

In large bowl, stir popcorn and jam until evenly coated. Transfer to parchment paper-lined baking sheet.

In small heatproof bowl over small saucepan of barely simmering water, add white chocolate chips and peanut butter. Cook, stirring occasionally, 3-5 minutes, or until smooth and melted.

Drizzle peanut butter mixture over popcorn mixture. Sprinkle with strawberries and cranberries.

Refrigerate 10 minutes, or until peanut butter mixture is set; break into pieces to serve. Store in airtight container in refrigerator up to 1 week.

- Servings: 4-6
 8 cups popcorn
 2 tablespoons raspberry jam
 1/2 cup white chocolate chips
 3 tablespoons smooth natural peanut butter
 1/4 cup freeze-dried strawberries
 1/4 cup dried cranberries



Graham Cracker Picnic Mix

- Yield: About 12 cups
 1/4 cup vegetable oil
 1/4 cup sugar
 5-6 drops pink neon liquid food color or

desired color

- 1/2 cup unpopped popcorn kernels
 1 package mini pastel marshmallows
 1 cup bear-shaped graham crackers
 1 package white fudge-covered pretzels
 1 cup mini cookies

In large pot over medium heat, stir oil, sugar and food coloring.

Stir in popcorn kernels; cover. Cook until popcorn begins to pop. Shake pot over heat until popping slows.

Remove pan from heat and pour popcorn into large bowl.

Add marshmallows, graham crackers, pretzels and cookies then toss lightly.



Grab and Go Pizza Popcorn

- Yield: 6 quarts
 6 quarts popped popcorn
 olive oil cooking spray

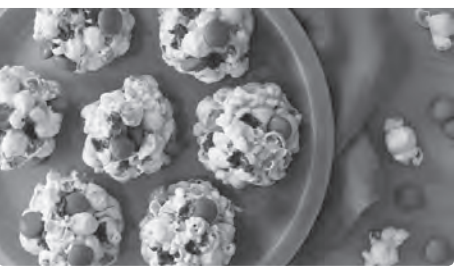
- 1 cup grated Parmesan cheese
 2 teaspoons garlic salt
 2 teaspoons paprika
 1 tablespoon Italian seasoning

Place popcorn in large, sealable plastic container or 2 1/2-gallon plastic sealable bag.

Spray popcorn lightly with cooking spray.

Sprinkle cheese, garlic salt, paprika and Italian seasoning over popcorn and shake to distribute evenly.

To serve, scoop popcorn into reusable plastic cups.



Minty Green Popcorn Clusters

candies

Place popcorn in large mixing bowl.

In saucepan over medium heat, melt marshmallows, butter and salt, stirring occasionally, until smooth. Remove from heat; stir in food coloring and peppermint extract.

Toss marshmallow mixture with popcorn; cool 2-3 minutes, or until cool enough to handle. Toss with chocolate candies.

Shape 3 tablespoons of popcorn mixture into small cluster; repeat with remaining popcorn mixture. Place on wax paper-lined baking sheet; cool completely.

- Yield: 32 clusters
 12 cups unsalted, unbuttered, popped popcorn
 4 cups mini marshmallows
 2 tablespoons butter or light olive oil
 1/2 teaspoon salt
 1 tablespoon green food coloring
 1/4 teaspoon peppermint extract
 1 cup green candy-coated chocolate

Ask the Money Lady



Christine Ibbotson

Dear Money Lady, my concern is with my financial advisor and the volatility he has had me in for years. I am now 79 and wonder if this should be changed. My investments are mainly in equities: TFSA 83%, RRIF 72%, and US RRIF 99%. I have questioned him before and have done well over the years. I feel I need another opinion. Thanks, Sue

Dear Sue – you are right, it is too high for someone in their 70's, it may even be too high for someone in their 50's.

I agree with your advisor, to take advantage of market growth you must be invested in securities and equities, however I don't agree that your advisor should have the above percentages in equities at your age. This is far too risky, especially now. The problems arise when we have downturn market swings, and you are still withdrawing funds from your portfolio. The cyclical trends that helped build your portfolio, now can cause severe damage when assets are cashed-in for retirement income. In fact, if the down turns are deep enough, it can cut your retirement portfolio in half. A retiree should expect to endure between 3 to 5 downward swings to the equity markets during a typical 25-year retirement. This is why most retirees trim down their exposure to the equity market as they age. If you are heavily invested in securities, you will need to have enough time to wait for the recovery without taking out funds when the market goes down. The question is: can you reframe from routine withdrawals when you have a depressed portfolio? Remember, you need all securities to stay in the portfolio to take advantage of the recovery. This is why it is better to use fewer volatile investments as you age and to lessen the exposure to securities. Here are 5 tips to consider when investing in retirement.

1. Set up withdrawals from money market funds only. Do not choose fluctuating investments such as equity funds, income trust funds, balanced funds or even bond funds.

2. Distributions from mutual funds, income trusts, dividends and interest payments from bonds should accumulate in a money market fund instead of being reinvested.

3. Avoid rebalancing your portfolio too often. Frequent rebalancing causes significant damage to your portfolio. TIP: If your withdrawal rate is 5% or less, it is better to rebalance once every four years (preferably at the end of the US presidential election year).

4. Discuss withdrawal rates with your advisor and what you will need to do if your portfolio suffers a 10%, 20%, or even 40% loss. Make sure you understand the products you are in to determine not just their potential, but also their risk. Consider RRB-Real Return Bonds (fixed assets with inflation protection), or high interest ETF saving accounts, (Exchange Traded Funds), check out: evolveetfs.com.

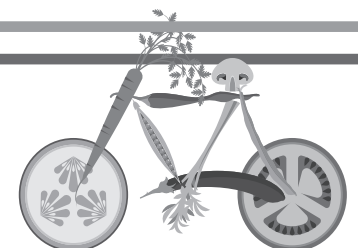
5. Indexation and management costs will increase over time and will put pressure on the portfolio to have increased gains to break even. Determine how the advisor/firm are paid and make sure it's worth it.

vested.

When it comes to securing your finances, try not to spend too much during the early years of retirement. You want to preserve capital and live more modestly. Do not take on any large renovations, big ticket purchases, or unnecessary expenditures that eat away at your base capital. And – make sure you do not retire with debt.

Good Luck & Best Wishes,
 ATML - Christine Ibbotson
 Written by Christine Ibbotson, Author, Finance Writer, National Radio Host, and now on CTV Morning Live, and CTV News @6. Send your money questions (answered FREE) through her website at askthemoneylady.ca

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GARAGE SALE
Community Wide Garage Sale at Steep Rock, MB. on Sat. July 1 & Sun. July 2, 9:00 a.m. - 3:00 p.m. 20 locations - pick up the list of addresses at: 4 community bulletin boards in Steep Rock; bulletin boards in Moosehorn Coop & Hotel; Ashern Resource Centre, Dollar Store, Post Office, Library; Steep Rock Beach Park.

Giant garage sale Friday, June 30th, 3-8 p.m. & Sat., July 1st, 8 a.m. - 3 p.m. 14 Stefansson Rd., Arnes (Silver Harbour).

GARAGE SALE
TURN YOUR UNUSED ITEMS INTO CASH! One location for a community garage sale. Also looking for vendors for Farmer's Market & Flea Market. For more information call 1-204-807-0747.

HELP WANTED
Farmhand required at Stonewall Elk Ranch, Balmoral area. Part-time 2-4 days per week, including weekends. Valid drivers license, will be working with livestock and farm equipment. If interested, text 204-770-3554.

HELP WANTED
Allstar Environmental Services, Petersfield, is currently looking to hire a septic truck driver for the surrounding areas of Matlock, Petersfield, Sandy Hook and Gimli. Full time days including a Health Benefits Plan. Must have Class 3 with Air. If interested, please call: 204-738-2336 or email: allstarenviron@gmail.com

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Box 280, Fisher Branch, MB R0C 0Z0
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EMPLOYMENT OPPORTUNITY

Recreation Coordinator - 1 Year Term Position

The Rural Municipality of Fisher is accepting applications for a Recreation Coordinator.

The coordinator will be responsible for facilitating the development and delivery of public recreation and leisure programs in order to provide safe opportunity for sports and recreation and to promote a healthy lifestyle for all residents within the Rural Municipality of Fisher.

Complete job description and salary range can be obtained from the Municipal office by calling (204) 372-6393 or by emailing fishercao@mymts.net Deadline for applications is July 4, 2023 at 4:00 pm or position open till suitable candidate is found.

Kelly Marykuca, CMMA
Rural Municipality of Fisher

Box 280, Fisher Branch, MB R0C 0Z0
Tel: 204-372-6393, Fax: 204-372-8470

QUOTATIONS FOR BRUSHING

The Municipality Invites Quotations for Brushing in the following:

Quotation #1 - Ward 4 - 3.5 Miles
Quotation #2 - Ward 3 - 6.5 Miles
Quotation #3 - Ward 5 - 4.5 Miles
Quotation #4 - Ward 6 - 6.5 Miles
Quotation #5 - Ward 7 - 10 Miles

Maps can be obtained at the municipal office. Each site must be visited prior to application of tender. Please bid per ward separately. Public Works Supervisor available to visit each site to answer any questions before hand. Most locations refer to both sides of the road. All contractors are to provide workers compensation and proof of insurance. Timelines for brushing will be done promptly, following migratory bird provisions.

Any questions please contact the municipal office at 204-372-6393. Tenders to be dropped off in person to 30 Tache Street, Fisher Branch. Email tenderstofishercao@mymts.net (it is the responsibility of the contractor to verify that documents have been received.) Tenders Due July 4, 2023 at 4:00 pm.

Kelly Marykuca, CMMA
Chief Administrative Officer
Rural Municipality of Fisher

RURAL MUNICIPALITY OF GIMLI

EMPLOYMENT OPPORTUNITY

ASSISTANT CHIEF ADMINISTRATIVE OFFICER

Position Summary

The RM of Gimli is inviting applications to join our Senior Management Team as Assistant Chief Administrative Officer (CAAO).

Reporting to the Chief Administrative Officer, this key management position is responsible for a wide variety of administrative and legislative functions supporting the RM of Gimli in providing effective and efficient support to the constituents of the RM.

Working closely with the other members of the Senior Management Team the Assistant Chief Administrative Officer will plan, direct and management programs and services as directed by the Chief Administrative Officer. The CAO will support the CAO related to preparing for Council Meetings and ensuring the appropriate actions are taken following Council meetings. The CAO will support RM strategic and operational planning and will function as the CAO in their absence.

Qualifications:

- Possess a CMMA designation and/or other relevant post-secondary education such as Public or Business Administration, Human Resource Management
- A minimum of five (5) years' experience in Municipal management
- Experience working with Collective Agreements, and some experience with collective bargaining would be an asset.
- Experience with Policy development and implementation.
- In-depth knowledge of relevant legislation, and knowledge of and experience with building and maintaining strong municipal governance.
- Highly developed oral and written communication skills, with experience in managing a wide variety of situations with the public and staff and preparing a wide variety of documents and reports.
- Well-developed organizational and time management skills, with demonstrated experience managing multiple projects simultaneously.
- Ability to work extended hours as required.

This is a full-time management position. The RM provides a comprehensive compensation and benefits package. The position will remain open until filled. Applicants will commence being considered commencing July 10, 2023. Resumes and a cover letter can be sent to: Laurel Repski Human Resource Consultant for RM of Gimli repskihr@gmail.com

We thank all applicants for their interest in this position but only those selected for an interview will be contacted.

Reporter/Photographer Wanted

Are you a natural born storyteller with an eye for photography and a passion for community news? Carman-Dufferin Standard is currently seeking a full-time reporter and photographer to join its multi award-winning weekly community newspaper.

We are looking for someone who is both motivated and passionate about being the best outlet of interesting and breaking news stories and event coverage in the Carman-Dufferin area and surrounding area communities.

Qualifications:

- A post-secondary degree/diploma in journalism or equivalent experience in a related field
- Strong photography and writing skills with an interest in social media
- Self-starter with the ability to exercise solid news judgement
- Ability to establish professional relationships to consistently source and write a wide range of stories and cover events in a fair, balanced and accurate manner
- Able to work both independently and as a team on a flexible work schedule including both evenings and weekends to meet our weekly editorial deadline
- Experience covering council and school board meetings
- Knowledge of CP Style and about the Interlake and its surrounding communities would be an asset

Please forward your resumé along with three writing and photography samples to:

Lana Meier
Email: news@stonewallteulontribune.ca

Classifieds



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WANTED

Buying large amounts of coins & coin collections!



Old coins, old money, collectors coins, rare coins, coin collections, pre-1969 10¢, 25¢, 50¢, \$1., Olympic coins, coin sets, Royal Canadian Mint Coins, Franklin Mints Sets, buying Entire Collections & Estates. USA, Canada & world collections wanted. Also purchasing bullion, jewelry, scrap, nuggets, sterling, gold, silver, platinum.

Todd
250-864-3521

WANTED

Firearms wanted. Looking for all unwanted firearms. Fully licensed for both non-restricted and restricted. Anywhere from individual items to estates. Cash buyer, paying top dollar. Please call or text Adam at 204-795-2850.

Wanted old advertising: dealership signs, service station, gas pumps, globes, oil cans, Red Indian, White Rose, Buffalo, Husky, Ford, GM, Dodge, Tire signs, Coke, Pepsi etc. Call 306-221-5908.

NOTICES

URGENT PRESS RELEASES - Have a newsworthy item to announce? An exciting change in operations? Announcing a scholarship? Though we cannot guarantee publication, MCNA will get the information into the right hands for ONLY \$35 + GST/HST. Call MCNA 204-947-1691 for more information. See www.mcna.com under the "Types of Advertising" tab for more details.

NOTICES

SUMMER HIRING? SOMETHING FOR SALE? HAVING AN EVENT? Book your Blanket Classified Ads NOW in the 32 Weekly Manitoba Community Newspapers to have your messaging seen all over the province! Call 204-467-5836 or call MCNA at 204-947-1691 for more details or to book ads. MCNA - Manitoba Community Newspapers Association. www.mcna.com

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. Stonewood Elk Ranch Ltd., 204-467-8884 or e-mail stonewood elkbranch@mymts.net

NOTICE TO CREDITORS

IN THE MATTER OF THE ESTATE OF: EVELYN CATHRINE LOEWEN (also known as EVELYN CATHRINE LOEWEN), late of Lundar, in Manitoba, Deceased. ALL claims against the above estate, duly verified by Statutory Declaration, must be filed with the undersigned at their offices, 72A Centre Street, P.O. Box 6500, Gimli, Manitoba, R0C 1B0, on or before the 31st day of July, 2023. DATED at Gimli, Manitoba, this 29th day of June, 2023. BAKER LAW CORPORATION SOLICITORS FOR THE EXECUTORS Attention: Grant D. Baker

FIND THE RIGHT PERSON FOR THE POSITION with an **EMPLOYMENT/CAREERS AD** in **THE EXPRESS WEEKLY NEWS**
204-467-5836

— You're Invited —
St. Michael's Ukrainian Catholic Church - North Foley
Invites you to join us for
"Praznik" on Saturday, July 8th
Church service to be held at 11:00 a.m., with a BBQ/Canteen lunch and Silent Auction to follow.
Everyone is welcome.
Please bring a lawn chair.
(Hwy 8 to Road 107N, then 3 1/2 miles west)

INTERLAKE CATTLEMENS CO-OPERATIVE ASSOCIATION LTD.
REMOVAL OF MANURE
From the Ashern Auction Mart
The contractor of the successful tender will be responsible for the removal of manure, hauling and piling or spreading of manure either at a location of our choosing approx. 2 1/2 miles from the auction mart or to an alternate location if written permission is obtained from landowner.
Tenders to be received by July 15, 2023 (4 p.m.)
Removal of manure to be done by August 10, 2023
For more info call Kirk at 204-768-0019 Interlake Cattlemen's Coop Assoc Ltd. Box 599 Ashern, MB. R0C 0E0 Fax: 204-768-3690 Email: icca@mymts.net License # 1128

INTERLAKE CATTLEMENS CO-OPERATIVE ASSOCIATION LTD.
Ashern Auction Mart SUMMER TENDERS
Tenders are now being accepted for
1,000 ROUND BALES OF GOOD QUALITY UPLAND HAY/ALFALFA GRASS MIX,
800 LARGE ROUND BALES OF STRAW
2 SEMI LOADS OF SMALL SQUARE BALES
Smaller amounts considered
Please quote price per tonne delivered to Ashern Auction Mart with a brief description of the hay, and a completed feed quality test, bales will be moisture tested on arrival. Please quote price Bale Delivered on straw (Large and Small). Also state what the bales are tied with. Lowest or any tender not necessarily accepted. High moisture bales rejected.
Deadline for tender: July 27, 2023
For more info call: Kirk @ 204-768-0019 (cell) or send quote to: Interlake Cattlemen's Co-op Assoc. Ltd. (Hay Tender) Box 599, Ashern, MB. R0C 0E0 Fax: 204-768-3690 Email: icca@mymts.net Lic. 1128

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RURAL MUNICIPALITY OF GIMLI
EMPLOYMENT OPPORTUNITY
DIRECTOR OF FINANCE
Position Summary: Director of Finance
Reporting to the Chief Administrative Officer, the Director of Finance will plan, direct, coordinate and supervise the day-to-day financial operations of the Municipality to manage the annual budget. The Director will be responsible for overseeing the operations of all municipal accounting functions, will prepare monthly financial statements and reports and will supervise finance department staff. Coordinates, develops and prepares the annual budget for Council review and approval. Prepares and presents monthly and annual financial statements for Council, including variance analysis and financial forecasts. Manages and administers the RM's reserve funds. Develops and implements strong financial policies, procedures, systems and controls to support the effective financial management. Serves as the key contact for the municipal audits. The Director also serves as a member of the RM's senior management team and participates in strategic and operational planning.
Qualifications:
- Possess a relevant degree in Accounting, Finance, Economics etc with specific knowledge and experience with municipal accounting functions a definite asset. Possessing a CPA would be a definite asset.
- Certificate in Municipal Administration would be an asset.
- A minimum of five (5) years of experience in a financial management capacity, with previous experience in a municipal environment preferred.
- Demonstrated experience with budget planning and control, preparation of financial statements, including variance analysis and financial forecasting, preferably some of which has been gained in a municipal or related environment.
- A proven leader, with experience managing a variety of staff within a collective agreement framework.
- Experience with strategic and operational planning, and a demonstrated capability to manage multiple projects simultaneously and effectively.
- Strong oral and written communication skills, with significant experience preparing a variety of reports and correspondence.
- Experience developing and implementing financial policy and procedures.
- Strong financial systems experience, with experience utilizing Asyst an asset
This is a full-time management position. The RM offers a comprehensive salary and benefits package.
The position will remain open until filled. Applicants will be considered starting July 10, 2023.
Resume and cover letter to be sent to: Laurel Repski Human Resource Consultant RM of Gimli repskihr@gmail.com
We thank all interested applicants, however only those selected for an interview will be contacted.

Rural Municipality of FISHER
Box 280, Fisher Branch, MB, R0C 0Z0
Tel: 204-372-6393, Fax: 204-372-8470
CALL FOR PROPOSALS
Supplying, Crushing, Loading & Hauling Traffic Material
The Rural Municipality of Fisher invites proposals for the supplying, crushing, loading or stockpiling, hauling and depositing of traffic material onto municipal roads during the period ending September 4, 2023.
Proposal forms may be obtained at the Rural Municipality of Fisher Office, Friday, July 7, 2023 at 3.00 p.m., 30 Tache Street, Fisher Branch, Manitoba.
Proposals must be received by 9:00 a.m. July 17, 2023 at which time they will be considered by Council at a Special Meeting.
Envelope must be sealed and marked "Gravel Proposal".
The RM of Fisher reserves the right to reject any or all proposals, to waive irregularities and informalities therein, and to award the proposal in the best interest of the RM of Fisher in its sole discretion.
Kelly Marykuca, CMMA
Chief Administrative Officer
Rural Municipality of Fisher
Box 280
Fisher Branch, Manitoba R0C 0Z0
Phone: (204) 372-6393 Ext 4

Classifieds



Book Your Classified Ad Today - Call 204-467-5836



AUDITED FINANCIAL STATEMENTS

Public Notice is hereby given that pursuant to Section 194 of The Municipal Act of Manitoba, the audited financial statements for the Rural Municipality of Fisher for the year ended December 31, 2022 have been completed and are available for inspection by any person during regular office hours at the Rural Municipality of Fisher Municipal Office, 30 Tache, Fisher Branch, Manitoba.

Kelly Marykuca, CMAA
Chief Administrative Officer

MANITOBA FORAGE SEED ASSOCIATION

SUMMER CROP TOUR

Plan now to attend the MB Forage Seed Association Summer Crop Tour being hosted in the Arborg area and learn about the crop production research presently being conducted in the forage seed industry. The meeting point will be PESAI site, 2 miles west of Arborg on highway 68.

Date: July 12, 2023
Time: 4:30 pm (PESAI)
Dinner: 6:00 pm (Arborg & District Heritage Village)
Highlights

- > Perennial Rye and Meadow Fescue establishment under liberty link canola
- > Pre-seed herbicides on Alfalfa, trefoil, meadow fescue and perennial rye
- > Chaperone/Classic herbicide on alfalfa

To Register please call Lisa @ 204-376-3309 or loneill@forageseed.net

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Email: Skyland8542@gmail.com

take a break > GAMES

SUDOKU

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

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!

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

Sudoku Answer

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

Crossword Answer

X CROSSWORD

CLUES ACROSS

- Excited movements
- Soap opera actress Patsy
- Unknowing
- Dangerous mosquitos
- Exaggerated and sensationalized
- Military policeman
- Touch softly
- Wrap
- A story of one's life
- Midway between east and southeast
- Toward the mouth or oral region
- A list of dishes available at a restaurant
- Changes the meaning of
- Semitic Sun god
- Sneaker parts
- Capital of Zimbabwe
- Breezed through
- Partner to pedi
- Becomes less intense
- Bottoms
- Tested
- Vistas
- Take care of
- Traditional rhythmic pattern
- S. African political party
- Cologne
- Men
- The Science Guy
- Gospel author (abbr.)
- Act of signing up
- Human feet
- A very short time
- Streetcars
- Cuplike cavities

CLUES DOWN

- A type of pool
- Malaise

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

- Seasoned
- A pair
- Young male
- Make a mistake
- Experienced
- It often accompanies injury
- Old world, new
- Commercial
- Course of lectures
- Promote
- Female horses
- Greek mythological figure
- Small amount
- Orthodox church altar
- Actress Tomei
- Excited
- Looked directly at
- Popular cold desserts
- More reasonable
- Disk above the head of a saint
- Devoted to the extreme
- Make an effort
- It's in the surf
- Member of aboriginal people of Japan
- Discounts
- Cliff in Hawaii
- Extremely wild person
- All persons
- Aromas
- Popular kids' game
- A difficult situation
- Popular Georgia rockers
- It's in all living cells
- Unspoken language
- 'Talk to you' abbreviation
- Influential lawyer

Classifieds Announcements



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CARD OF THANKS

We wish to express a heartfelt thank you to our family, friends, and neighbors for the kindness shown after the passing of Jim Leduchowski. To the ladies who prepared the funeral lunch, thank you so much! We also wish to express our gratitude to Ken Loehmer Funeral Services, Pastor Jennifer for her wonderful service, and Hedy Bjornson and Dennis Carlson for their beautiful music. Thank you to those people who made donations in Jim's memory at Ardal-Geysir Lutheran Church. Thank you to all who brought food, baking, and sent flowers. Your kindness has been a great comfort.

-Vivian Leduchowski, David Leduchowski, Cathy Ramsay and Donna Gislason

CARD OF THANKS

I want to express my thanks to all my family and friends for their help and support following my injury and road to recovery. Thank you to my friends and family who took care of my house, farm, and animals while I was recovering. Everyone stepped up and helped in so many ways and I will be eternally grateful for your deeds and kind thoughts. The health care system that I encountered through my recovery were so professional and caring. Thank you to the first responders, physicians, nurses, occupational therapists, physiotherapists, Lab and Diagnostics, health care aides, allied health staff, environmental services, maintenance, and the dietary staff that fed me so well while I was recovering. My recovery is going well thanks to everyone's hard work and dedication, and I am so appreciative of all that you do.

-Bob Williamson

The Express Weekly News Classified booking deadline is Monday at 4 p.m. prior to Thursday's publication Please Call 204-467-5836

GRADUATION



Connor Milne
Congratulations on your graduation!
We are all very proud of you, and your hard work and dedication. Your future is bright and you are unstoppable.

-Love, Dad and Jenn,
Grandma Diane and Grandpa Mel,
Uncle Jon and Auntie Treena

IN MEMORIAM



Richard Kishka
July 21, 1960 - July 4, 2022

We thought of you with love today,
But that is nothing new;
We thought about you yesterday,
And days before that too.
We think of you in silence,
We often speak your name;
All we have are memories,
And your picture in a frame.
Your memories are our keepsake,
With which we'll never part;
God has you in His keeping,
We have you in our hearts.
Always Cherished and Forever Loved.

-Your family

IN MEMORIAM

Einarson, Jonas
January 27, 1930 - June 26, 2005
A special person we all loved,
Always thoughtful and kind;
A cluster of precious memories
Left behind.

-Lovingly remembered and sadly missed,
by wife Ollie and all the family

IN MEMORIAM



Victor Krupnik
March 30, 1965 to July 2, 2010

On July 2, 2010 of a tragic accident, God placed Vic's hard working hands to rest into eternal peace in heaven.

Vic was a jack of all trades, and a master of all. He restored the family farm and cottage from top to bottom. He'd been good to everyone and never complained of the toils of work.

-Greatly missed,
never forgotten,
brother Ed

MANITOBA'S AWARD WINNING PASSION PLAY
July 7, 8 & 9, 2023 6:30pm Nightly
Gates open at 4:30pm
July 14, 15 & 16, 2023 7:30pm Nightly
Gates open at 5:30pm
Oak Valley Outdoor Theatre La Riviere, MB

Organize a bus with your church, family, or friends. Bring your lawn chairs and come and enjoy the life of Jesus Christ unfold before your eyes in a beautiful outdoor setting. Sunday July 16, 2023 at 4pm Outdoor Mass Gates open at 3pm for the Mass 7:30pm for the performance

INFO / BOX OFFICE
888-264-2038
passionplay@passionplay.ca
Adult: \$20 Advance*
\$25 Gate
Youth (12 & under): \$12
*Advance until 10 pm the day before
Family & Group Rates Available
Check out our website: www.passionplay.ca

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EXPRESS
WEEKLY NEWS
204-467-5836

McSherry Auctions
12 Patterson Dr.,
Stonewall, MB

Online Timed Auctions @ iCollector.com

Estate & Moving
Closes July 5 @ 7:00PM

Estate & Moving
Closes July 12 @ 7:00PM

Booking On Site Spring Auctions

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Contact this newspaper NOW or MCNA at 204.947.1691 or email classified@mcna.com

www.mcna.com

Senior Pastor Wanted

Carman Mennonite Church is an independent Anabaptist congregation seeking 0.5FTE pastoral position with the possibility of full-time. Located in Carman, MB.

For more info contact:
cmcpastoralsearchcommittee@gmail.com



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Classifieds Announcements



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OBITUARY



Ann Nixon Hoogstraten
March 26, 1956 - June 25, 2023

Peacefully, with dear ones by her side, our beloved Ann Hoogstraten passed away on June 25, 2023 after a long illness. Ann defies description, but those who knew her will remember a loving wife, mother, sister, aunt, grandmother, cousin and friend. She had a special connection with all of her beloved animals. Only squirrels were not tolerated.

Ann was brilliant. She had an international reputation as a bird photographer and a vast knowledge of computer technology, mechanics and pretty much anything else that caught her interest. In her job as the "Gimli Gardener," Ann was a wonderful ambassador for the town, and her exuberant hanging baskets showed the joy she took in her work.

She was without a doubt the most impressive lawn cutter that has ever tackled the Big Lawn at Stephenson Point, where she mowed with style and a great tan. Above all, Ann loved her family, her pets and her home on Lake Winnipeg.

She leaves behind her beloved Jim Cook, their late son Dylan's wife Mika and grandchildren Aki and Jun, Ann's brother Taylor (Laurie) as well as the much-loved nieces, nephew and cousins and friends who share so many memories of Ann and life at Stephenson Point.

The family is especially grateful to Deb Romeyn, Ann's lifelong friend, whose unconditional love and helpfulness never wavered.

Thanks also to the staff at the Gimli Medical Centre for their compassion and care. We will miss her dearly.

NEIL BARDAL
FUNERAL CENTRE
204-949-2200
neilbardalinc.com

OBITUARY



Ralph Philip Cook

It is with heavy hearts that we announce the passing of our beloved husband, father and papa, Ralph Philip Cook.

"Ralph grew up on a farm near Moosehorn, MB, and later resided in Lundar, MB, Canora, SK, and Niverville, MB, where he spent the last 30 years."

Ralph was predeceased by his in-laws Norman (1973) and Gunna (1999) Goodman; son Drew (2013); father Wesley (2021); and brother-in-law Doug Goodman (2022).

Remaining to cherish his memory are: his loving wife Dorothy, son Drayton (Deanna) and grandchildren Annika and Andrew, daughter Karissa, mother Martha, brother Lyle (Pam) and family, sister Alana, and brother-in-law John Goodman (Marlene) and family.

Ralph graduated high school and immediately started working for CN Rail. He worked his way to crew foreman, then track supervisor. He enjoyed his 25 years on the track but chose to take retirement in 1999. In 1982 he attained his gunsmithing certificate from Red River College and ran Ralph's Gun Shop & Repairs for several years in Lundar. He became a Remington recommended dealer. He was an entrepreneur at heart and enjoyed the challenge. He was incredibly talented at fixing, repairing, and building; he'd always be excited to help build, fix or modify anything. In the fall of 2019, he retired from his sales job at the hardware store in Niverville. He loved his job meeting people and helping them with their projects.

Ralph taught himself to play the guitar and banjo. He could sing, and enjoyed entertaining at functions and playing in church. Ralph was a man of Faith and was always ready to share the Good News with anyone. He taught Sunday School and lead youth groups for several years. He had a big heart for children and young adults. Ralph greatly enjoyed sports and coached hockey for many years. He was always either coaching or cheering on his kids from the sidelines. He was a great encourager not only in sports but in life in general. His happy and fun attitude seemed to shine a little light into the lives of those that knew him. He enjoyed hunting, fishing, gardening, playing games with his children and then grandchildren, and making silly little jokes at any opportunity.

Ralph's life was sadly cut short by a mix of dementias that developed into ALS. His loving wife of 42 years cared for him at home to the end until one week in palliative care. He passed peacefully with his wife and daughter by his bedside. There will not be a public funeral. A private family graveside service at Otto Cemetery will be held at a later date.

In lieu of flowers donations in his memory may be made to Teen Challenge.

Romans 10:9-10

Remember Your Loved Ones
with an Announcement in the

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

Your memory will live forever Engraved within our hearts

NOTICE OF CANCELLATION

REGULAR COUNCIL MEETING

Notice is hereby given, under Clause 8.4 of the Rural Municipality of Fisher Procedures By-Law No. 1133/10 that the Regular Committee Meeting scheduled on Wednesday, August 2, 2023 at 9:00 AM. has been **CANCELLED**.

The next Regular Meeting will be held on **September 6, 2023 at 9:00 AM**

Notice of Cancellation
Regular Committee Meeting
LOCAL URBAN DISTRICT OF FISHER BRANCH

Notice is hereby given that the Regular Committee Meeting schedule on **Tuesday, August 1, 2023 at 6:00 p.m.** has been **CANCELLED**.

The Next Meeting is scheduled for **Tuesday, September 5, 2023 at 6:00 p.m.**

Dated at Fisher Branch, Manitoba this 20th day of August, 2023.

Kelly Marykuca, CMMA
Chief Administration Officer
Phone: (204) 372-6393 Ext 4
Fax: (204) 372-8470
Email: fishercao@mymts.net

Box 280, Fisher Branch, MB R0C 0Z0
Tel: 204-372-6393, Fax: 204-372-8470

LAWNMOWERS FOR TENDER

Please submit bid in a sealed envelope indicating which tender you are applying for to the RM office (30 Tache Street in Fisher Branch) by **July 3, 2023 at 4:00 pm**. Please call RM office to arrange for viewing. Lawnmowers sold as is, where is.

Tender #1
2018 Husqvarna
Zero Turn Mower
Model Z242F
634 Hours
42 inch deck

Tender #2
2011 Husqvarna Lawn Tractor
Model YTH24V42LS
1942.6 Hours
42 inch deck

RECYCLING NOTICE FOR JULY/2023

Riverdale Place Workshop Inc. **will not** be picking up recycling on the below mentioned dates

Tues. July 4
at Arborg curbside pickup

Thurs. July 6
at Riverton curbside pickup

Tues. July 18
at Arborg curbside pickup

Thurs. July 20
at Riverton curbside pickup

The workshop will be closed Monday July 3rd.

Please rinse your containers

Thank you for recycling

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