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Supporting our youth

EXPRESS PHOTO BY RAYME THOMSON

The Gimli Car Club celebrated its 20th anniversary while holding the annual Cruisin Gimli Beach car show on July 9. The Manitoba Association of Auto Club presented two \$500 scholarships to deserving graduates who will be pursuing further studies in an automotive-related field. John Hykawy, president of the Gimli Car Club, presents a cheque to Nathan Schofield of Lord Selkirk School.

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Local horse rescue taking in animals of all kinds



Gracie is a Maine coon awaiting adoption.

By Becca Myskiw

A local horse rescue is doing a lot more than saving horses.

Dreamweaver Lane Sanctuary-Rescue in Fraserwood recently took over Manitoba Horse Rescue. The rescue is run by Susan Hrynchuk and her granddaughter, Aubree Flanagan, since 2021. After ending up with a disability, Hrynchuk didn't know what to do so she moved to Fraserwood.

"My granddaughter and I were on Kijiji and we saw this horse," said Hrynchuk. "She goes, 'grandma, is that blood on its nose or dirt?'"

That horse had already been rehomed by the time they inquired



EXPRESS PHOTOS SUBMITTED

Dreamweaver Lane Sanctuary-Rescue owner Susan Hrynchuk with one of a number of horses that she has for adoption.

about it, but that person had another they could take — so they did. That first horse was a wild miniature, and it wouldn't be alone at the now-rescue for long.

To learn horse husbandry, Hrynchuk read almost everything she could. She got a trainer out to her farm to teach her and, soon enough, she was a horse whisperer, able to touch the most untrusting horse within weeks.

Dreamweaver Lane Sanctuary-Rescue started taking in more horses, chickens, cats and dogs soon after they opened. The organization rescued 127 cats in its first year and rehomed 49 dogs.

Hrynchuk is at a horse auction most weekends, trying to save what she can. But recently, she skipped the auction one weekend to get what she was told was five horses from a farm. She came home with 16 horses, some pregnant and nursing, and has already rehomed 11.

Along with auctions, Hrynchuk watches Kijiji, and people are always calling with animals needing help. Online, she looks for really low prices for the animals since that's always telltale something is happening.

"You don't want the meat man get-

Continued on page 8



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Cyclist rides across Manitoba in support of Ukrainian newcomers

By Jennifer McFee

An octogenarian cycling enthusiast is pedalling across the province for a good cause.

Fred Enns of Winnipeg plans to raise funds for Ukrainian newcomers by biking about 3,000 kilometres across southern Manitoba in 30 days.

His ride will be entirely self-supported, and all funds will go directly to the Ukrainian Canadian Congress Manitoba.

Over the years, Enns has embarked on many long-distance cycling tours, including one that took him from Inuvik on the Arctic Ocean all the way to the Gulf of Mexico.

He also participated in Odyssey 2000, which travelled to 45 countries by bicycle. Destinations spanned the globe, including South America, Africa and Europe, with participants cycling an average daily distance of 130 kilometres.

When the war in Ukraine began to dominate the news, Enns felt compelled to find a way to help.

"When I started watching the news with the Ukraine issue, I simply got the feeling that this cannot be happening in the 21st century — but it was. It became more difficult to watch these broadcasts," said Enns, one of nine children born to parents who immigrated to Manitoba around 1923 from a Ukrainian settlement in Tiegenghagen, Molotschna, Russia.

"It's like history repeating itself. I was wondering what on earth I could do. Well, I know how to ride a bike, so that's what I'm doing."



PHOTO SUBMITTED

Fred Enns will bike 3,000 kms in southern Manitoba in 30 days to raise funds for Humanitarian Aid for Ukrainian newcomers in Manitoba.

For those who are interested, he recommends reading the book *Red Famine: Stalin's War on Ukraine* by Anne

Continued on page 14

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Prize-winning mealworm biodegradation research by local teen

St. Mary's student Marissa Magsino going above and beyond

By Emma McGill

Just having finished 11th grade at St. Mary's Academy, Marissa Magsino is studying and experimenting with environmental science and biodegradation through the use of mealworms.

Magsino has been involved in science fairs since the sixth grade and started her first project involving mealworms in the eighth grade. She discovered a mealworm's incredible ability to biodegrade polystyrene foam (Styrofoam) through her pets.

"I have a gecko and a turtle, and they consume mealworms as a part of their diet," she says.

Her inspiration to develop her projects stems from a research article that came out of a collaboration between Stanford University and Be Hang University in China, which Magsino ties a lot of her own research back to.

"I've never seen any other invertebrate that could do this incredible process," she shares.

Because of a mealworm's natural instincts for survival and reproduction, Magsino finds, they are stimulated by their consumption of polystyrene, which is a huge producer of waste and pollution and can take up to 500 years to degrade. Initially interested in environmental sustainabil-



Marissa Magsino with her silver medal from the National Science Fair and her Sanofi certificate.

Continued on page 12

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Celebrating 20 years of revving engines and dancing in the street

By Annaliese Meier

The Gimli Car Club celebrated its 20th anniversary at the annual Cruisin Gimli Beach car show.

The show was attended by thousands, including dignitaries from Municipal and Provincial government. Obby Kahn, the Minister of Sport, Culture and Heritage, minister responsible for Travel Manitoba was in attendance to proclaim Collector Car Appreciation Day on July 9, an annual declaration made by the province in partnership with MAC (Manitoba Association of Auto Clubs).

Approximately 300 cars took part and was a sight that made any automotive enthusiast excited.

This year's Gimli Car Show held a special meaning as it was dedicated to the memory of Dave Philip, a beloved member of the community and the Car Association in Gimli. Philip had a profound impact on the lives of those around him, and his friends decided to honor him by dedicating this year's show in his name. Philip's love for cars was well-known, so it seemed fitting to commemorate him with something he loved. John Hykawy, the president of the Gimli Car Association for 18 years and one of its founding members, shared a close bond with Philip.

"Dave was a longtime friend. He used to drag race in Gimli back in the 70s. That's where I met him and his wife. They had returned to Gimli to retire a few years ago and just finished their dream home."

The Gimli Car Association was established two decades ago when seven individuals came together with a common interest and love for special interest cars. Their goal was simple - share their enthusiasm with others in the community and gauge their interest. And boy, did they strike gold! In their very first year, an impressive 110 cars signed up for the show. Since then, the car show has continued to flourish every year.

Hykawy believes in constantly improving upon previous years' events. He said, "he strives to make each show even better than before by introducing new elements that appeal to everyone who attends."

The community event provides entertainment, as well as raising funds for various community initiatives. Over time, these fundraisers have made an incredible impact on Gimli and its residents' lives. The donations collected from both the car show and Operation Red Nose activities organized by Gimli Car Association amount approximately \$80k over past years alone!

"This year the funds will be donated to Gimli Minor Hockey, one of Dave's loves," according to Hykawy.

Hykawy also acknowledged the volunteers who generously give their time and effort into making this event happen seamlessly each year.

"None of it would be possible - from organizing logistics behind-the-scenes to ensuring attendees have an unforgettable experience," said Hykawy.



EXPRESS PHOTOS BY RAYME THOMSON



Lundar Lighthouse breaks ground for new church facility

By Jennifer McFee

A Lundar church group is taking a leap of faith by building a new facility for its growing congregation.

Lundar Lighthouse hosted a groundbreaking event on June 18 on 3rd Street South at the site of its future building, which will span 6,111 square feet.

Pastor James McGillan said they're outgrowing their current facility so they bought a property in a better location near the highway.

"We're busy, excited and nervous all in one," he said. "The congregation is growing, which is a good thing."

In total, the congregation is now around 50 people, and the current facility only has seating for 55.

"We have people that come from Fraserwood, Fisher Branch, Oak Point, Hilbre and Lake Manitoba First Nation. There are people coming from Woodlands and Stonewall and, of course, Lundar," McGillan said.

"People want more space, especially



EXPRESS PHOTOS SUBMITTED

Board members, left to right, Riley Eyolfson, Rudy Singbiel, Jason Olafson, Dwight McGillan and Pastor James McGillan.

since COVID. The new church will seat around 150. It will be in a better location that's visible from the highway."

The Pentacostal church is currently located at 74 Railway Ave. in Lundar, and all are welcome to attend. Sunday morning worship takes place at 11 a.m., followed by a youth meeting on Sunday evenings at 6 p.m. The Kidz Club meets Monday evenings at 7 p.m., and a mid-week Bible study takes place Wednesdays at 7:30 p.m.

"We're known as a friendly environment," McGillan said. "We have a fair amount to offer for a church in a small town."

Funding for the project has come from the congregation, as well as some donations from community members.

"We haven't asked for anything outside our congregation, but some people in the community have also

Continued on page 9

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Return of interpretive tours at Kennedy House this summer

Submitted by Red River North Tourism

Red River North Tourism and The Kennedy House Renewal Committee are pleased to announce that an interpreter will be on site again this summer at the Captain William Kennedy Heritage Site in St. Andrews.

This summer an interpreter will be available to share the significant stories of Capt. William Kennedy and his historic exploits, his family and other notable figures in the Red River community.

Tours began July 14 through Aug. 31, seven times weekly. There are three weekday evening tours at 7 p.m. on Wednesdays, Thursdays and Fridays and four afternoon weekend tours at 1:30 p.m. and 3 p.m. on Saturdays and Sundays.

The 30- to 45-minute Walk-and-Talk interpretive tours of the property and gardens will offer an overview of both Kennedy and his famed house constructed in 1866. Visitors will meet in the riverside parking lot south of the house and also will have ample opportunity to enjoy the well-tended gardens on the property.

The tours are free of charge.

Kennedy was a Métis fur trader,

arctic explorer, entrepreneur and political trailblazer — a truly remarkable figure in early Canadian history. He commanded two expeditions in search of Sir John Franklin's lost Arctic voyage. He was a founding member of the Winnipeg Board of Trade and Manitoba Historical Society, as well as a magistrate and board of education member.

Kennedy was an early vocal proponent for Manitoba's confederation and a political agitator against the Hudson's Bay Company's monopoly over Rupertsland. He also served as a peacekeeper during the Red River Resistance, negotiating with Louis Riel for non-violence, and in the 1880s advocated for the establishment of a railway to Churchill and much more.

Kennedy House is located at 417 River Rd. in St. Andrews. Visitors will note that some repairs to the historic structure have been undertaken by the province and it is hoped the house will reopen to the public in the near future.

The Kennedy House Renewal Committee is a community-based committee of Red River North Tourism that has been authorized by the RM of St.



EXPRESS PHOTO SUBMITTED

Photos from a tour at Kennedy House.

Andrews to consult with the province on the future of this historic house.

River North Tourism at info@redrivernorthtourism.com.

For further information, contact Red

Highway Traffic Act updated to prohibit driving on closed roads

Submitted by Manitoba government

The Manitoba government's amendments to the Highway Traffic Act under Bill 46 has come into force, which creates new offences for driving on a road that has been closed to traffic, Transportation and Infrastructure Minister Doyle Piwniuk announced last Friday.

"We have heard from the RCMP that drivers ignore road closure signs and barricades and proceed to use roads that have been closed due to severe weather and other hazardous conditions," said Piwniuk. "This puts motorists, law enforcement, emergency responders, operators of snow-clearing equipment and road maintenance staff in danger. That is why our government has enacted an amendment to the Highway Traffic Act to make it an offence to drive on closed roads."

Amendments to the preset fines and offence description regulation under the Provincial Offences Act establish the following preset fines for new Highway Traffic Act offences:

- \$298 for driving a light vehicle (such as a car, SUV or pick-up truck) on a closed road;

- \$672 for directing a person, such as an employee, to drive a light vehicle on a closed road;

- \$672 for driving a heavy vehicle on

a closed road; and

- \$1,296 for directing a person, such as an employee, to drive a heavy vehicle on a closed road.

In addition to fines, individuals convicted of driving on a closed road will be penalized two demerit points. Law enforcement will also have the option of sending drivers to court in very serious cases where fines may be applied of up to \$2,000 for offences involving light vehicles and up to \$5,000 for offences involving heavy trucks and buses, the minister noted.

"Far too many times we have seen vehicles ignore the barricades or find ways around them, such as using service roads, and it is very dangerous," said Insp. Michael Gagliardi, officer in charge of traffic services, Manitoba RCMP. "It has always been illegal to go around a road-closure barricade, but these amendments provide a more effective way for us to enforce this type of offence as it is now a specific charge under the Highway Traffic Act. This will help us in our efforts to keep Manitoba roads safe for everyone."

The amendments bring Manitoba in line with other provinces including British Columbia, Ontario and Saskatchewan, which have already made it an offence to drive on closed roads.



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PUBLISHER
Lana Meier



SALES
Brett Mitchell



SPORTS EDITOR
Brian Bowman



REPORTER/PHOTOGRAPHER
Jennifer McFee



ADMINISTRATION
Corrie Sargent



REPORTER/PHOTOGRAPHER
Patricia Barrett



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Increase support announced for people living with disabilities

By Jennifer McFee

Increased support is now available for eligible low-income Manitobans and adults living with disabilities.

The provincial government is providing more than \$13 million in additional funding to index Rent Assist benefits for eligible low-income Manitobans.

In addition, the provincial government is also indexing basic needs benefits for the first time for people enrolled in the new Manitoba Supports for Persons with Disabilities income assistance program.

Through the Rent Assist program, eligible households receiving Employment and Income Assistance or benefits through Manitoba Supports for Persons with Disabilities are provided shelter benefits as part of their monthly assistance. Low-income renters not receiving income assistance can also apply to receive benefits.

Now Rent Assist benefits for families receiving income assistance will be indexed to ensure that maximum rates reflect 77 per cent of the median market rent. Rent Assist benefits for families not in receipt of income assistance will be indexed to 80 per cent of the median market rent.

The provincial government also amended the Disability Support Regulation to now include a formula to index these benefits to inflation annually.

Further, the provincial government is seeking an agency to deliver community-based assistance through a one-year pilot project called Manitoba Supports Community Helper.

Through this project, community helpers will identify and assist potentially vulnerable persons enrolled or seeking enrolment in Manitoba Supports for Persons with Disabilities to access services and programming of-

fered by the provincial government and in the community. This service aims to help them meet their financial needs, build support networks within their community and achieve greater access and social inclusion.

Jimm Simon, executive director of Community Living Interlake, said this announcement is good news.

"Any increase in funding for people living with disabilities is a good thing. Not only does this change to the program help vulnerable people through increasing their support levels, it also creates a new category of employment assistance for vulnerable people that should help them access funding more easily," he said.

"Lastly, this program allows for vulnerable people who are able to obtain some employment the opportunity to work more without affecting their income assistance."

> HORSE RESCUE, FROM PG. 2

ting them," she said.

Hrynchuk said people's pets often need rehoming due to sudden life changes like health problems or financial problems. It's not always someone's fault their animal needs to go, so Hrynchuk tries to support the people as much as the animals. Some of her volunteers have surrendered pets to her, so they still get to see their animals here and there.

"People have a rough time finding good homes for them," she said. "So, I try to be a place where they can feel good about leaving them here."

Dreamweaver Lane Sanctuary-Res-

cue has 14 horses, including two foals and five pregnant mares. They have countless chickens, 13 cats and kittens and many dogs. On her 120 acres of property are horse stables and pastures, chicken coops and her house, which the cats and dogs are allowed to go in and out of.

As the rescue is still quite new, Hrynchuk is always adding to her facilities, making new barns, more chicken coops and building more fences.

"It gets pretty chaotic," she said. "I basically deal with poop from the moment I wake up until I go to sleep."

Hrynchuk said when she first started the rescue, she wasn't sure if she was saving the animals or if they were saving her. She now knows it was both and still is.

To stay afloat, Dreamweaver Lane Sanctuary-Rescue has adoption fees and accepts donations. Adoption fees are all different, based on what Hrynchuk has had to spend on each animal. Various volunteers help with every job and help Hrynchuk and her granddaughter with the rescue too.

One of the recent cats to come in was Gracie, a Maine coon. She came in declawed and with extra skin that grew to account for her tons of mats. The rescue has another Maine coon for adoption too — a black and white boy named Clover.

You can view all of the rescue's adoptables at www.dreamweaverlanerescue.com/adoptables.

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ADVERTISING OR PRINT CONTACT INFORMATION

Lana Meier 204-292-2128
ads@expressweeklynews.ca
PHONE 204-467-5836
FAX 204-467-2679

OUR EDITORIAL STAFF

Brian Bowman Sports Reporter
sports@expressweeklynews.ca
Patricia Barrett - Reporter/Photographer
Cell 204-407-6099 patricia@expressweeklynews.ca

PAPER DELIVERY OR FLYER CONCERNS

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

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Letters to the Editor: letters@expressweeklynews.ca
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Funded by the Government of Canada



\$8 million announced to clean up Lake Winnipeg

Protecting our lake for future generations, mitigating basement floods

Submitted by Manitoba government

The Manitoba government is supporting the City of Winnipeg by providing approximately \$8 million for wastewater infrastructure projects to help protect Manitoba's precious freshwater resources, Environment and Climate Minister Kevin Klein announced Monday.

"One of our government's top priorities has been to clean up Lake Winnipeg and work with the City of Winnipeg in a collaborative way to advance the much-needed upgrades to the North End Water Pollution Control

Centre," said Klein. "Together, we are taking another step forward to improve the health of our waterways. These upgrades will provide immediate pollution relief to the Red River and Lake Winnipeg and mitigate flood risks for many homes in Winnipeg and the surrounding area."

The Manitoba government is announcing its support for the City of Winnipeg and critical wastewater infrastructure projects, including \$7.5 million for the southwest sewer interceptor project and \$433,000 for the risk mitigation infrastructure at the Darcy Sewer Lift station. This project is part of the City of Winnipeg's long-term combined sewer overflow project to build additional system capacity, get more wastewater to the South End Sewage Treatment Plant while reducing nutrient loading into the province's freshwater systems.

The announcement followed a recent meeting of a provincial-municipal

task force on advancing wastewater projects. The task force, chaired by the minister with Brian Mayes, City of Winnipeg councillor, serving as vice-chair, works collaboratively alongside academics and experts to advance wastewater infrastructure projects that will improve environmental outcomes for Lake Winnipeg and the overall quality of life for Manitobans.

"I would like to thank Minister Klein and the premier for their support of wastewater projects," said Mayes. "The southwest interceptor and Darcy Lift station projects are much needed in the city's old and new neighbourhoods in the southwest part of Winnipeg."

In 2013, Lake Winnipeg was designated the most polluted lake in Canada. Since 2016, the Manitoba government has been working diligently to protect the province's lakes and ensure they are clean and accessible for future generations, Klein said.

"The work the Manitoba government continues to do in partnership with the City of Winnipeg supports organizations like ours, to tackle these shared issues together," said Garry Wasylyowski, board chair, Manitoba Association of Watersheds. "Working together toward our shared vision to enhance our water infrastructure and environment will benefit us all, our children and our grandchildren."

The wastewater projects support the Manitoba government's water management strategy framework, the first comprehensive plan of its kind in nearly 20 years, along with the initial water action plan, which was unveiled in early July, the minister noted.

For more information on the Manitoba government's water management strategy, visit: www.manitoba.ca/water.

> LUNDAR LIGHTHOUSE, FROM PG. 6



Construction will commence on the Lundar Lighthouse property in the coming weeks with plans to be complete in mid 2024.

given, which is nice," McGillan said.

If anyone would like to contribute, they can contact McGillan at pastorjames@lundarlighthouse.ca.

"We're hoping to get the construction started in about two weeks, and we're hoping it will be done in 2024," he said. "We'll have to see how it transpires, but that's our goal."

McGillan shared gratitude for the outpouring of support.

"We are overwhelmed with the support and gen-

erosity that we have received from not only our congregation but community members as well," he said.

"And we are truly thankful for the support from the RM of Coldwell counselors. We appreciate their vision for the community and interest in development."

The new facility will serve the entire community for large events like weddings and funerals, he added.

"We are a family-oriented church and our motto is 'Love God, Love People' —



Pastor James McGillan addressed attendees at the groundbreaking ceremony for the Lundar Lighthouse church.

and that is what we strive to do," McGillan said.

"Everyone is always welcome to come and worship with us and get connected with our church community. We are excited to be a part of this project and serve the people of

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Lundar and surrounding area." To learn more, visit the Facebook page called "Lundar Lighthouse."

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FRI-THURS JULY 28 - AUGUST 3
THEATRE CLOSED THIS WEEK

Interlake organizations receive accessibility funds

By Jennifer McFee

It will soon be even easier for Manitobans with reading disabilities to foster their love of literacy.

The South Interlake Regional Library is receiving a \$27,900 grant from the provincial government through the Manitoba Accessibility Fund.

Clint Curle, director of the South Interlake Regional Library, explained the impact of this grant during an announcement last week at FortWhyte Alive.

"In 2022, thanks to the generous support of the Province of Manitoba, our rural libraries in the province have access to CELA, the Centre for Equitable Library Access, which makes available to patrons with print disabilities 1.2 million titles in accessible formats," he said.

"This is fantastic — and for most library users, all you need is a smart device to access these materials in accessible formats."

However, this approach doesn't work for all library users.

"What we've learned in engaging

with library users with lived experience of print disabilities is that the realities in rural Manitoba are a little bit complicated. Many of our patrons simply do not have access to a smart device — and there's a few reasons for that," he said.

"One of the barriers is economic; some patrons cannot afford one. Some patrons in their senior years are not comfortable using a smart device, and if they became print-disabled later in life, the learning curve to use a smart device is steep indeed. The third barrier is technological. For a lot of the folks living in rural Manitoba, they do not have access to high-speed internet, so it can be really challenging to access those 1.2 million titles through CELA if you've just got dial-up."

As a result, not everyone can easily access library materials.

"For patrons who love books, this is a really tragic and unfair situation. Our project offers a solution to this super barrier. Our concept is to use an adaptive technology called a Daisy Player, load those players with CELA books of a patron's preference at a library and the lend the CELA player the same way you lend any library book," Curle said.

"And furthermore — and this is the part I think is brilliant — using the interlibrary loan system in rural Manitoba, which has been in operation for decades, we could lend these CELA players right across the province. Anyone who's got a library card in the province of Manitoba can now borrow for free a CELA player and get access to all of those print materials."

In addition, the project includes a training component for all participating libraries.

"We'll be offering training, awareness raising of the AMA standards and assistance to help foresee, prevent and remove barriers for Manitobans who are living with print disabilities," Curle said.

"We are so excited to implement this project and we believe that literacy is a human right that belongs to every Manitoban. We simply could not do this without the Manitoba Accessibility Fund."

In total, this fund is providing more than \$890,000 to 42 Manitoban organizations that are undertaking projects to promote accessibility and remove barriers.

These projects must fulfill one of three objectives: raising awareness about the prevention and removal of barriers; developing tools, resources and training to support compliance with legislated standards; or removing barriers to information and com-



The Province of Manitoba announced funding for \$890,000 to 42 Manitoban organizations that are undertaking projects to promote accessibility and remove barriers.

munications electronically, in print and in person.

The RM of Woodlands is also receiving \$17,388.95 through the fund towards the purchase and installation of an induction hearing loop system in the reception area of the municipal office. In addition, the funds will also go towards the installation of a DigiMaster system.

Judy Olson, chair of the RM of Woodlands Accessibility Committee, said the municipality is currently in the process of ordering the equipment.

"When presented with the opportunity for grant funding from Manitoba Accessibility, we chose to pursue assistive listening devices as this was an identified need on the RM accessibility plan. We were so fortunate to receive grant funding for both a mobile induction hearing loop system for our reception area as well as a DigiMaster system for both council chambers and our multipurpose meeting room," she said.

"The hearing loop system is a copper wire induction loop, which surrounds the area where the listening device is located and produces a magnetic field. This is the gold standard of assistive listening devices and is used to enhance communication for hearing aid wearers as the magnetic signal is picked up by a hearing aid when the aid is set to a T-coil setting."

For users without this setting, or for those without hearing aids and who have a hearing impairment, a headphone and receiver on a belt pack can be worn to benefit from the system, she explained.

"The mobile unit was an adequate size for the reception area but un-

fortunately not a fit for the meeting rooms, and the meeting room flooring was not amenable to a larger permanent hearing loop system. We alternatively chose a DigiMaster system for these areas," Olson said.

"This system uses SoundField speakers to dynamically detect the room's sound and adjusts acoustics to an optimal level for all present. A neck loop and headphones are an option for those with more severe hearing loss to direct-hear at ear level."

The greatest benefit will be for individuals experiencing hearing impairment since they will hear more of what is being communicated and can participate in a more relevant way, Olson noted.

"They will have equal access to information and communication. Indirectly, the family, friends and neighbours will benefit through shared knowledge," she said. "The demographic most likely affected by hearing loss will be seniors. The community benefits from not only an informed public but from a shared pride in an accessible community."

The RM of Woodlands has responsibilities identified in the Accessibility for Manitobans Act, Olson added.

"The council is committed to identify and remove barriers in our communities to ensure accessibility and inclusiveness for all citizens and visitors. This grant is very helpful in achieving this goal," she said.

"The Canadian Hard of Hearing Association (CHHA) has been very supportive of our research and application for funding with offers of

Community Support Service

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(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

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Gimli and Winnipeg Beach

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

New Exhibit at New Iceland Heritage Museum tells of the Journey West

By Becca Myskiw

A new exhibit at the New Iceland Heritage Museum (NIHM) is filling in the gaps between Icelanders leaving their home country and settling in Manitoba.

On July 3, the *Sails, Rails, River and Trails* exhibit opened in Gimli's museum — it's only the second time ever it'll be on display. The exhibit was created by Cathy Josephson in Iceland and is available to view until Oct. 3. She said she created the entire exhibit purely because she's interested in the history of the Icelandic people.

Julianna Roberts, executive director of NIHM, said they were able to get Josephson's exhibit here after she gave a presentation on it during the Icelandic Festival one year. Every year, on the Sunday of the festival, the museum and the Icelandic Roots Genealogy Database put on a workshop where they help local Icelanders find distant relatives and learn about the culture.

Josephson volunteers with Icelandic Roots and before the workshop once, she gave a presentation on her exhibit *Sails, Rails, River and Trails*. After that, she gave Roberts the entire display on a USB and Roberts printed it here to avoid hefty shipping costs.

Now, the 17-panel display is up at NIHM.

"We talk about why Icelanders left Iceland," said Roberts. "There were volcanic eruptions, the sheep plague. They were starving and Canada offered them a better life, so they left Iceland."

The museum's permanent display is mainly about what happened when

the Icelanders arrived. It shows their settlement, their hardships and their successes.

"But this exhibit talks about the time in between," said Roberts. "It talks about how they got here."

Getting to Manitoba from Iceland was not an easy feat. They would first have to board a ship that likely took them to Scotland. From there, they'd go to Halifax, down the St. Lawrence Seaway and then take a train to Winnipeg. Once in Manitoba, the Icelanders were offered land outside the city, and their Canadian lives began.

"THIS EXHIBIT TALKS ABOUT THE TIME IN BETWEEN," SAID ROBERTS. "IT TALKS ABOUT HOW THEY GOT HERE."

Naturally, the journey wasn't so cut and dry. They didn't speak any of the languages they encountered on their way, they battled sickness, and those with children who died on the ships were likely to see them get thrown overboard into the waiting mouths of sharks.

Sails, Rails, River and Trails shows all that and more. The display is full of information and photos depicting what life was actually like on the way to Manitoba. Roberts said a few school groups, locals and tourists have been by to see it, but she's expecting large numbers to come through the doors during this year's Icelandic Festival.

"There's lots of information to be gleaned from it," she said.

On Aug. 6, the Sunday of the festival, Josephson will be back at NIHM to discuss her exhibit as it surrounds her. Until then, people can visit it for themselves or learn more from Josephson's YouTube video on it at <https://youtu.be/DtQMdhKKVvg>.

> ACCESSIBILITY FUNDING, FROM PG. 10

ongoing education for individuals with hearing impairment, including families and friends. This is a great opportunity. We would like to acknowledge sincere appreciation to both Manitoba Accessibility and the CHHA."

Another funding recipient is the Town of Winnipeg Beach, which will receive \$23,650 towards the redesign of existing signage to be visibly and physically accessible. The town will work with the local historic society, professional interpretive sign designers and inclusive sign makers with experience in creating Braille signage.

In addition, Lord Selkirk School Division will receive \$16,800 towards the placement of core communication

boards in every school playground in the division. Divisional speech-language pathologists will design the boards in an effort to meet students' communication needs.

The Winnipeg Foundation manages the Manitoba Accessibility Fund, which launched in 2021 with a \$20-million investment. The fund promotes increased compliance with the Accessibility for Manitobans Act, which became law in 2013 to ensure accessibility in important areas of everyday life. The act's accessibility standards focus on government and public sector organizations, businesses, non-profit groups and municipalities

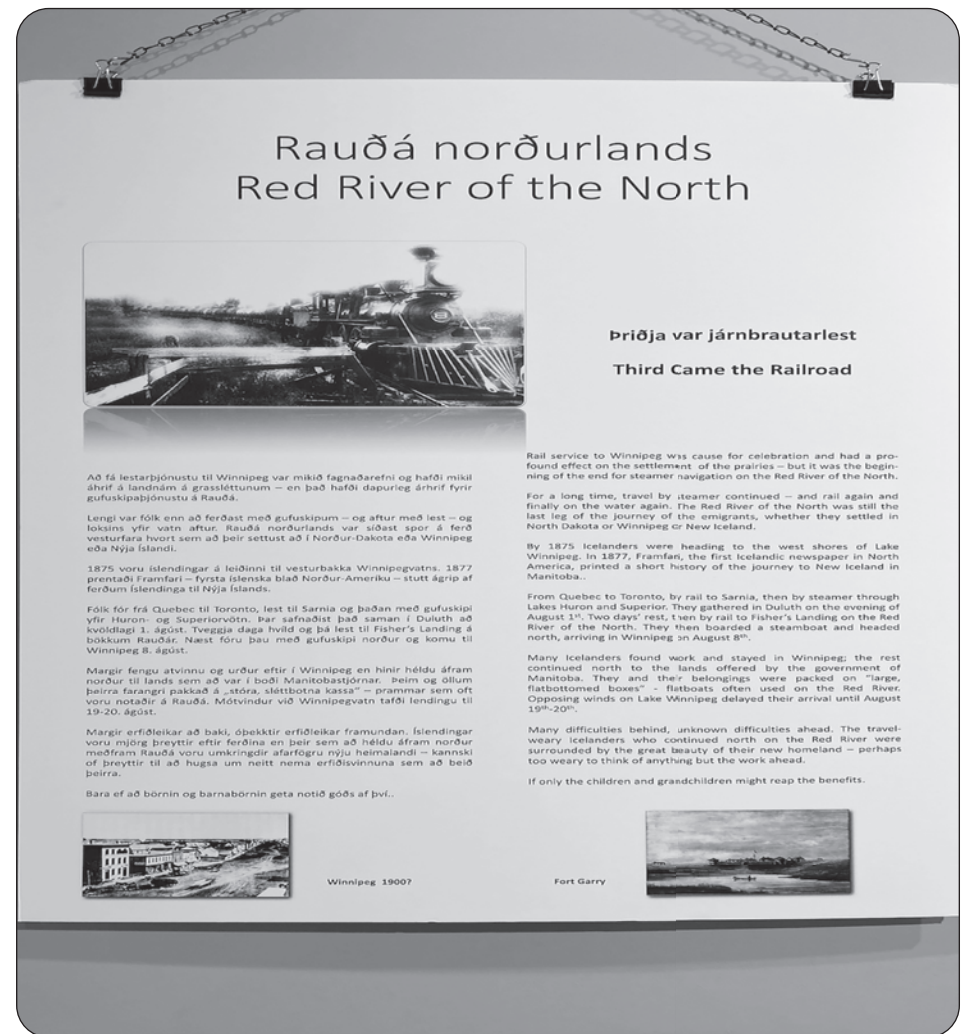


PHOTO SUBMITTED
The new exhibit at the New Iceland Heritage Museum was created by Cathy Josephson.

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- indexing benefits for Manitobans with disabilities
- changes to income tax brackets
- increases to employment and income assistance

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Manitoba 

> MEALWORM, FROM PG. 4

ity, Magsino is looking to these mealworms to help find practical solutions that will help the planet. She experiments with different dependent environmental variables, materials and prominent chemical compounds to find out the best way to positively stimulate these mealworms, also known as *Tenebrio molitor*, and alter their consumption rates.

In the past, she has used natural oils and extracts that are toxic to mealworms to increase their consumption rate, and now she uses three chemical compounds of different concentrations to determine which is the most efficient without causing fatalities.

She has implemented a Styrofoam recycling station at her school where students can bring their Styrofoam products to give to the mealworms, and she is the leader of her school's green team.

Through her work, Magsino has become highly awarded and has obtained special awards including Mid-Canada AOAC Award, Engineer and Geoscientists of Manitoba Award, Wise Kid-Netic Energy Award and the Sanofi Biogenius special award for an outstanding biotechnology project.

She was one of six students representing Manitoba in person at the Canada-Wide Science Fair in Edmonton, which is the largest science fair in Canada, and she won the grand

award of Best Overall Project at the senior level. She has won a silver medal and the Sanofi Biogenius Canada award, both at a senior level as well. She has also had the opportunity to represent Canada at the International Biotechnology Convention in San Diego, Calif.

Magsino has had the opportunity to work closely with Dr. David Levin, a professor in the department of biosystems engineering at the University of Manitoba over the last six months. With Levin, she had the opportunity to receive his guidance and insights on her experimental setup and use an SEM microscope.

She currently holds one of 11 seats on the Youth Advisory Climate Council for the Manitoba government, and she's very grateful to be able to use her voice in that way to make an impact for environment science by providing her own perspective.

"I realized that science fairs and research encompass most of my areas of interest that I already enjoyed, such as utilizing my public speaking skills and exploring how I can make a positive impact on the environment. I also live in a rural town outside of Winnipeg and I see the beauty of nature from a different perspective, and I want others to be able to enjoy it in the future," shares Magsino.

Once she realized the potential of



EXPRESS PHOTOS SUBMITTED

Magsino sitting proudly with a scanning electron microscope.

mealworms for a biological solution to waste, she knew she had to test the ways she could maximize the benefits of this process, and possibly one day implement her findings into society.

Outside of scientific interests, Magsino is involved in track, debate and works two part-time jobs. Before St. Mary's Academy, she attended Christ the King School and currently resides just outside of East St. Paul in St. Clements. Her parents are Michelle and Rom, and her father is a communications manager at Bell MTS. While their backgrounds aren't very science-

related, they're very supportive.

Magsino hopes to pursue a biochemistry degree after high school graduation and stay focused on all the different components of what she's doing with her current research. She hopes to become a researcher or doctor and currently wishes to stay in Manitoba for university, hoping to attend medical school after her first bachelor's degree.

"I know there's a lot of different possibilities for what I could do in the future," says Magsino.

Speeding is a growing concern in Manitoba

Staff

Speeding on Manitoba roads continues to be one of the top contributing factors in serious and often deadly collisions.

The results of an Manitoba Public Insurance study show 40 per cent of vehicles were found to be travelling above the posted speed limit, and seven per cent of these vehicles were travelling more than 10 kilometres above the limit.

The 2022 study included over 1.2-million vehicles at over 50 different urban and rural locations throughout the province, and it was aimed at better understanding how frequently drivers were speeding on Manitoba's roadways.

MPI plans to use the findings to improve existing programs and develop new targeted initiatives to reduce speeding.

"MPI data has consistently shown us that speed is a contributing factor in almost 20 per cent of all fatal collisions annually, and this latest study tells us that remains a common and

risky habit for many drivers," said Satvir Jatana, MPI's chief customer officer. "No matter what road you're on, when you're behind the wheel it's important to drive the speed limit for that area and remember to adjust for weather, road and traffic conditions."

Preliminary fatal collision data shows speed was the primary contributing factor in about 30 per cent of the fatalities on Manitoba roads to date in 2023.

To increase drivers' awareness of their travelling speeds, MPI is launching a new program this fall to provide electronic speed display signs to interested municipalities and First Nations.

As part of the program, MPI will fund the purchase of up to 35 electronic speed reader signs in 2023 and an additional 20 signs in 2024 with no cost to communities.

"The results of our pilot program conducted last year found electronic signs are effective in reducing vehicle speeds and making our roads safer for all road users," Jatana said.



EXPRESS FILE PHOTO

Preliminary fatal collision data shows speed was the primary contributing factor in about 30 per cent of the fatalities on Manitoba roads to date in 2023.

MPI also encourages drivers to follow these road safety tips to always keep speed in check:

- Plan your route and give yourself enough time to safely reach your destination.
- Use cruise control to avoid inadvertently going over the speed limit.
- Maintain a safe following distance, which means a four-second distance

in ideal driving conditions.

- Remember when passing by a roadside emergency vehicle, you must move to the farthest lane from the scene whenever possible. In this situation, drivers also are required to slow down to 40 km/h when the posted speed limit is below 79 km/h or 60 km/h when the posted speed limit is 80 km/h or higher.

Gimli's Psychic Fair sees more than 400 people

By Becca Myskiw

Psychics of all kinds banded together last weekend to share their gifts with Gimli.

The first of its kind to happen in town, the psychic fair was hosted by Amy Potten, a psychic herself. The last event like this was before COVID-19 and was of a much smaller scale. This year, it took place at the Gimli Park Pavilion from 11 a.m. to 7 p.m.

"After COVID, we all felt [bad]," said Potten. "We were kind of lost, looking for purpose."

So she organized the event to give people a channel to help with whatever they were going through. Whether it be the loss of a loved one, financial issues, love issues or something else, 13 Manitoban readers and mediums set up tables to help people through it, and over 400 people came to it. Upon entering the event, Potten told people to go to the reader they were most drawn to.

A 30-minute reading at the Psychic Fair was \$50, typically costing at least double that. Each reading is different. Some psychics read tarot cards, some receive messages from spirits, some have spirit guides, some tap into souls, some are flame readers, candle readers, rock readers, and some are palm readers.

While people waited their turn for their reading, there was plenty to keep



The first Gimli Psychic Fair saw over 400 people on Saturday.

them busy. An 11-vendor market was set up at the fair as well, with people selling everything from custom crystal crowns and crystals to incense, tarot cards, candles with intentions and natural skin creams.

Along with the readings and the market, the fair had a workshop almost every half hour. There was a pendulum workshop where people could learn to use a pendulum as a vibrational tool for connection and healing. There was an ethical foraging workshop, where people learned how to use only what they need from plants. The fair also had workshops on magical herbs, meditation, yoga, chakra dance and more.



EXPRESS PHOTOS SUBMITTED

A dozen psychics and mediums did readings all day at the fair.

"It's all about mind, body and soul and connecting them," said Potten.

As July is one of the busiest months in Gimli for tourism, she felt it was the right time to host an event like this.

"I felt like the people who needed this would be there," she said. "COVID distanced us from people, and a lot of us had an awakening in the

pandemic. We can now come together with like-minded people."

Potten foresees the psychic fair as being an annual event. Along allowing psychics to share their gifts with a large number of people, the fair is an opportunity for psychics to show the community "it's not all hocus pocus."

Manitoba government providing over \$221,000 to support community festivals

Submitted by Manitoba government

The Manitoba government is providing over \$221,000 in grants to 38 rural and northern communities to support festivals that promote understanding, awareness and appreciation of their heritage, culture and identity, Sport, Culture and Heritage Minister Obby Khan announced last week.

"Manitoba is known to have incredible festivals that truly showcase the unique character and spirit of our province and we encourage all Manitobans to get out and enjoy these celebrations," said Khan. "I love the diversity, inclusiveness and cultural heritage in these great communities, and our government is proud to support all forms of community festivals in all corners of this great province."

The Community Festivals and Events Program provides operating grants to festivals that take place over a minimum of two days in rural and northern Manitoba. These festivals are recognized as the community's signature annual event and encourage youth participation and leader-

ship, the minister noted.

"As Ste. Agathe's signature community event for nearly 35 years, the Festival d'été Cheyenne Summer Festival has become an integral part of our town's history," said Eric Gagnon, chair, Festival d'été Cheyenne Summer Festival. "Having been an organizer for almost a decade, I can say this is in no small part because of the continued support provided by the Manitoba government through the Community Festivals and Events Program."

UPCOMING EVENTS SUPPORTED

THROUGH THE PROGRAM INCLUDE:

Festival d'été Cheyenne Summer Festival in the Rural Municipality of Ritchot from July 14 to 15, which celebrates Manitoba's francophone culture and heritage with a traditional pancake breakfast, parade, fireworks, live entertainment and a baseball tournament.

Summer Winds Family Music Festival in Victoria Beach from July 21 to 22, which includes activities such as

a live musical entertainment, a farmers market, car show and children's activities.

Icelandic Festival of Manitoba, Islendinadagurinn, in Gimli from Aug. 4 to 7, which celebrates the largest Icelandic population outside of Iceland with a Viking village with re-enactment actors, food and craft vendors and children's activities.

4P Festival in Powerview-Pine Falls from Sept. 1 to 4, which celebrates the area's historic resources of pickerel (walleye), peas, power and paper, and includes activities such as a pancake breakfast, sculpture contest, heritage museum tours and children's events.

The Community Festivals and Events program support events that:

- encourage youth participation and leader-

ship;


- reflect, celebrate and profile the unique character of communities;

- foster a sense of identity and pride; and

- contribute to local tourism and economic activity.

This year's funding increased from last year to allow additional funds for community celebrations, the minister added.

For more information about the Community Festivals and Events program, visit www.gov.mb.ca/chc/grants/heritage_grants.html#cfe.



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> UKRAINE, FROM PG. 3

Applebaum. Enns said this book outlines the history that parallels today's catastrophes — and it inspired him to get involved.

Enns began his month-long ride on July 19 through multiple communities en route to Steinbach, where he spent the first night.

After traversing the province for several more days, he'll make stops in Grand Marais, Libau, East Selkirk, Lockport and Birds Hill Park on July 25.

On July 26, he plans to cycle through Selkirk, Clandeboye, Winnipeg Beach, Sandy Hook, Gimli and Valhalla.

After that, he'll be in Arnes, Hnauasa, Arborg, Poplarfield and Eriksdale on July 27, followed by Mulvihill, Camper, Ashern and Narrows on July 28.

Later in his journey, he'll bike through Darlingford, Thornhill, Morden, Winkler, Schanzenfeld, Gnadenthal and Altona on Aug. 13.

After that, he'll be in Rosenfeld, Morris, Rosenort, Osborne and Domaine on Aug. 14, before heading to LaSalle, Sanford, Brunkhild, Sperling, Carmen and Elm Creek on Aug. 15.

On Aug. 16, Enns will ride to Fannystelle, Elie, St. Eustache, Marquette, Warren and Stonewall, followed by Lockport, Birds Hill, Oakbank, Dougald, Lorette, Landmark, Ile des Chênes and Winnipeg on Aug. 17.

He'll wrap up his journey on Aug. 18 at the Ukrainian Folkorama Pavilion in Winnipeg.

"I'll be self-contained and self-equipped. Whatever expenses I incur are mine," said Enns, a retired teach-



To donate, link through the QR code.

er. "But it's not about me. It's about the Ukrainian newcomers."

Joan Lewandosky, president of Ukrainian Canadian Congress Manitoba, expressed appreciation for Enns' efforts.

"This fundraiser will help UCC Manitoba deliver important support to Ukrainian displaced persons in Manitoba who have arrived here because of the Russian invasion of Ukraine," she said.

"UCC Manitoba is helping with settlement support, job finding, material and educational aid."

All donations must be made directly to Ukrainian Canadian Congress Manitoba rather than to Enns.

To make a donation by e-transfer, email fundraising@uccmanitoba.ca and fill out the obligatory e-transfer form at <https://forms.office.com/r/8qFJieQFEf>.

Another option is to write a cheque payable to UCC-MPC, Box 3567, Redwood Postal Outlet, Winnipeg, Manitoba, R2W 3R4.

To learn more about Ukrainian Canadian Congress, visit www.uccmanitoba.ca.

For additional information, visit the

Ukrainian Canadian Congress Manitoba Facebook page at <https://www.facebook.com/uccmb>.

RIDE FOR UKRAINE - 2023

Day-by-Day Cycling Route

(N) = Night stay

July 18 City bike routes

July 19 Official start – Creek Bend Road, St. Adolphe, Niverville, St. Agathe, St. Pierre-Jolys, La Rochelle, St. Malo, Grunthal, Steinbach (N)

July 20 La Broquiere, Giroux, St. Anne, Anola, Beausejour (N)

July 21 Vivian, Elma, Whitemouth, Rennie, Red Rock L. (N)

July 22 Seven Sisters, Lac du Bonnet, McArthur Falls, Great Falls, St. Georges (N)

July 23/24 Pine Falls, Fort Alexander, Victoria Beach, Lester Beach (N)

July 25 Grand Marais, Libau, East Selkirk, Lockport, Birds Hill Park (N)

July 26 Selkirk, Clandeboye, Winnipeg Beach, Sandy Hook, Gimli, Valhalla (N)

July 27 Arnes, Hnauasa, Arborg, Poplarfield, Eriksdale (N)

July 28 Mulvihill, Camper, Ashern, Narrows (N)

July 29 Eddystone, Shergrove, Ste. Rose du Lac, Ochre River, Dauphin Beach (N)

July 30 Ashville, Ethelbert, Garland, Pine River (N)

July 31 Cowan, Renwer, Minitonas, Swan River, Kenville, Durban, Benito (N)

Aug. 1 San Clara, Roblin (N)

Aug. 2 Inglis, Russell, Angusville, Birdtail, Rosburn, Vista, Oakburn (N)

Aug. 3/4 Menzie, Elphinstone, Sandy Lake, Erickson, Onanole, Wasagaming, Ukrainian Festival (N)

Aug. 5 Ochre River, Ste. Rose du Lac, McCreary, Norgate, Kelwood, Riding Mountain (N)

Aug. 6 Eden, Neepawa, Minnedosa, Forrest, Brandon (N)

Aug. 7 Carrol, Souris, Deleau, Pipestone, Melita (N)

Aug. 8 Melrose, Deloraine, Boissevain, Ninga, Killarney (N)

Aug. 9 Lena, Cartwright, Baldur, Neelin, Glenboro (N)

Aug. 10 Cypress River, Holland, Austin, Gladstone (N)

Aug. 11 Woodside, Westbourne, Oakland, Portage la Prairie, Southport, Newton, Oakville, Elm Creek (N)

Aug. 12 Haywood, St. Claude, Rathwell, Notre-Dame-de-Lourdes, Manitou (N)

Aug. 13 Darlingford, Thornhill, Morden, Winkler, Schanzenfeld, Gnadenthal, Altona (N)

Aug. 14 Rosenfeld, Morris, Rosenort, Osborne, Domaine (N)

Aug. 15 LaSalle, Sanford, Brunkhild, Sperling, Carmen, Elm Creek (N)

Aug. 16 Fannystelle, Elie, St. Eustache, Marquette, Warren, Stonewall (N)

Aug. 17 Lockport, Birdshill, Oakbank, Dougald, Lorette, Landmark, Ile des Chênes, Winnipeg (N)

Aug. 18 Ukrainian Pavilion

Government continues to invest in work on Perimeter Highway

Submitted by Manitoba government

Work to upgrade the Perimeter Highway to meet freeway standards is ongoing, with a number of projects completed, and continuing works planned for this summer, Transportation and Infrastructure Minister Doyle Piwniuk announced Tuesday.

"The Perimeter Highway around Winnipeg is one of the most important economic corridors in Manitoba and across the country, providing a key link to the Trans-Canada Highway and to the U.S. border," said Piwniuk. "Substantial progress has already been made over the last four years and I'm looking forward to the further steps forward we will make this summer."

The Manitoba government developed a 10-year investment plan to support the roadmap of long-term improvements required to upgrade Winnipeg's Perimeter Highway to freeway standards. To move this work forward, consultants were engaged to undertake functional design reviews of the South Perimeter Highway, which was completed in 2020, and the North Perimeter Highway, which began in 2022 and is expected to be completed by December 2024, the minister noted.

To address immediate safety concerns, the Manitoba government completed work, including extensive median closures and removal of uncontrolled access points on both the South Perimeter Highway and North Perimeter Highway, as well as intersection improvements and service road upgrades to support alternate routes for these closures. These improvements have been critical for traffic safety on the Perimeter Highway, both at present and for future development, Piwniuk said.

The minister noted a number of projects are also underway and in the planning stages including:

- new interchange at St. Mary's Road, one of Manitoba's busiest trade corridors, with construction started in 2022 and anticipated to be complete in summer 2024;
- new interchange at PTH 3 (McGillivray Boulevard) with preliminary functional design work expected to be completed in late 2023;
- new interchange at St. Anne's Road is in development, with design work expected to begin in 2024-25;
- paving work on the north PTH 101 service road from Provincial Road (PR) 236 to Lilyfield Road

near PTH 7, with construction expected to be completed in 2023; and

- median opening closures and uncontrolled access point removals, which will be ongoing through the 2023 construction season.

The minister noted that motorists using the Perimeter Highway should expect delays, and are advised to exercise caution and patience during construction.

Manitoba Transportation and Infrastructure will update impacts to traffic through the Manitoba 511 information system at www.manitoba511.ca/en/index.html.

The Perimeter Highway renewal work supports the Manitoba government's 2023 Multi-year Infrastructure Investment Strategy, which outlines \$4.1 billion in strategic investment in roads, highways, bridges, airports and flood protection over the next five years, and confirms the Manitoba government's commitment to building the economy and investing in the future, the minister noted.

For more information on the multi-year strategy, visit <https://gov.mb.ca/mit/myhis/index.html>.

SHORESIDE



Grand Opening

IN GIMLI

Saturday, July 22

10am - 6pm



3 Club Antique

Car Show



Appearing

LIVE

3-6pm



- Bouncy Castle for the kids • Live Music
- Beer Gardens 3-6pm • Food & More!

Your FARM



This year's Saskatoon berry harvest, fast and furious

By Emma McGill

Interlake Saskatoons had one of their fastest and earliest harvests on record this year, lasting all of eight days.

This year's harvest ran smoothly but was short due to a windy spring season.

"It took a lot of blossoms off the trees before the berries set, so we had a smaller harvest than usual," said Wendy Rutherford of Rutherford Farms.

United as Interlake Saskatoons, five orchards across the area have been working together to bring quality Saskatoon berries to surrounding communities since 2013.

Though the majority of the orchards themselves were planted around 2007 or 2008, it took about five to eight years, using the DDJ orchard as a specific example, for the orchard to grow



Delicious Saskatoon berries that double as antioxidants.

enough berries to make harvesting them worthwhile.

Harvesting across all five orchards



EXPRESS PHOTOS SUBMITTED

Continued on page 28

The processing line at Warren's DDJ orchard.



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Day 1 OFFSITE ITEMS will be closing on July 26th starting at 10am Sale Day 1 offsite

Robert Noulette – Ile Des Chenes Mb
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Day 2 ONSITE ITEMS will be closing July 27th starting at 10am On-site

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Riverton celebrates grand opening of new fire hall

By Patricia Barrett

The Riverton Fire Department held a party and ribbon-cutting ceremony June 24 to celebrate its new fire hall and to thank the Municipality of Bifrost-Riverton and donors who sup-

ported the construction of a modern building, which was completed last October.

Work on the new 7,760-square-foot fire hall began in 2021. It replaces the community's old hall, which was only

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EXPRESS PHOTOS COURTESY OF VAL KLYM

Fire Chief Jason Comeau (sitting, front row, second from right), with volunteer firefighters and municipal representatives outside the new 7,760-square-foot fire hall.

2,650 square feet and not big enough to house all the department's vehicles and equipment under one roof. The department serves Riverton and the eastern half of the Municipality of Bifrost-Riverton.

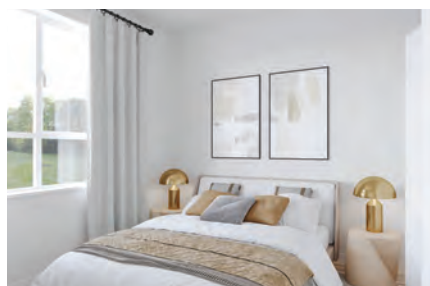
served with the department for 30 years (21 years as fire chief), said the fire department has overcome a number of challenges over the years and is proud of its accomplishments.

Fire Chief Jason Comeau, who has

Continued on page 29

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Gimli International FILM FESTIVAL
JULY 26-30, 2023 SCHEDULE

The Gimli International Film Festival and Royal Bank of Canada are proud to announce our 2023 line-up for our legendary Beach Screenings!

A film viewing experience unlike any other!

We are famous for our 11 metre tall film screen that stands strong in the waters of Lake Winnipeg during our Festival. Every night during the GIFF, you have the chance to catch a flick (and maybe some Northern Lights) under the stars and on the beach. We showcase all genres of film including some vintage favourites.

Films commence at 10 pm every night of the festival (except Sunday) pending weather conditions (Rain Venue: Dr. George Johnson Middle School). Please keep in mind that we have chair-free seating directly in front of the screen and a separate area for lawn/beach chairs. Please be courteous to others by using low sitting chairs, we want everyone to be able to enjoy the film.

Join us for contemporary hits and classic flicks on the beach, every night at dusk! As always, our films are ABSOLUTELY FREE at the RBC Sunset Screenings on Gimli Beach.

BEACH FILM TIPS:

Shows start at dusk, but good spots go fast. Get there early!

The marked-off area in front of the screen is the chair-free zone. If you bring a chair, make sure it's low-profile as a courtesy to others.

Mosquitoes are rare, but sometimes put in a cameo appearance, so be prepared.

Bring layers as it may get chilly at night.

Please respect other people's space.

Please respect the beach and keep it clean. No dogs allowed.

Grab some goodies from the Snack Shack!

RBRBC Sunset Screenings: Champions (Free Event)

Wednesday, July 26, 2023 9:45 PM

RBC Sunset Beach Screening

Opening the festival this year is Bobby Farrelly's Manitoba shot, "Champions". Featuring some familiar Manitoba faces, the movie was filmed in and around Selkirk. It highlights members of the intellectually-disabled community, and for this screening, we are happy to welcome members of that community who have made arrangements to join us in Gimli!

RBRBC Sunset Screening: Song of the Sea (Free Event)

Thursday, July 27, 2023 9:45 PM

RBC Sunset Beach Screening

The story of the last Seal Child's journey home. After their mother's disappearance, Ben and Saoirse are sent to live with Granny in the city. When they resolve to return to their home by the sea, their journey becomes a race against time as they are drawn into a world Ben knows only from his mother's folktales. But this is no bedtime story; these fairy folk have been in our world far too long. It soon becomes clear to Ben that Saoirse is the key to their survival.

RBC Sunset Screening: The Greatest Showman (Free Event)

Friday, July 28, 2023 9:45 PM

RBC Sunset Beach Screening

Inspired by the imagination of P.T. Barnum, The Greatest Showman is an original musical that celebrates the birth of show business & tells of a visionary who rose from nothing to create a spectacle that became a worldwide sensation.

RBC Sunset Screening: Top Gun (Free Event)

Saturday, July 29, 2023 9:45 PM

RBC Sunset Beach Screening

Continued on next page



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Exhibit created by Cathy Josephson

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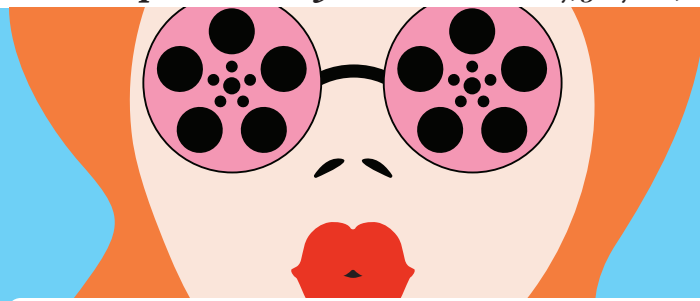


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Welcome to our 2023 Gimli International Film Festival




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Gimli International FILM FESTIVAL JULY 26-30, 2023 SCHEDULE

	10am	11am	12pm	1pm	2pm	3pm	4pm	5pm	6pm	7pm	
WEDNESDAY, JULY 26											
Asper Theatre at Gimli Unitarian Church				1pm – Summerlight... And Then Comes the Night			4pm – Smoke Sauna Sisterhood			6:30pm – Until Branches Bend	
Lady of the Lake Theatre at NIHM				1:15pm – Before I Change My Mind			3:30pm – Shorts 3: Memorophilia + Q&A			6:30pm – Shorts	
Lutheran Church Theatre				1pm – Going To Mars			3:30pm – Someone Lives Here			6:30pm – Confessions	
Gimli Theatre				12:30pm – Champions (Free)				4pm – Piaffe			
Johnson Hall at Waterfront Centre				1:30pm – Federal Policy Discussion with DOC							
RBC Sunset Screenings at Gimli Beach										Festival Village	
LakeView Hotel – Darren Hall				Industry Room – Open from 10am – 5pm							
THURSDAY, JULY 27											
Asper Theatre @ Gimli Unitarian Church				1pm – Beautiful Beings			4pm – Soviet Barbara: The Story of Ragnar Kjartansson in Moscow				
Lady of the Lake Theatre @ NIHM				1pm – Shorts 1: inhabit/inhibit + Q&A			4pm – Shorts 2: LGBTQIACAB + Q&A				
Lutheran Church Theatre				1pm – Before The Sun			4pm – The Maiden			7pm	
Gimli Theatre				12:30pm – Young Filmmakers Program (Free)		3pm – Best of Manitoba Festivals – Shorts (Free)					
Johnson Hall @ Waterfront Centre		10:30am – DocuMentality: Mental Health in the Documentary Sector			1:30pm – What To Do With Your Old Home Movies?		3:30pm – The State of Storytelling in Post-Pandemic Times			5:30pm – Young Filmmakers Program	
RBC Sunset Screenings @ Gimli Beach										Festival Village	
LakeView Hotel – Darren Hall				Industry Room – Open from 10am – 5pm							
FRIDAY, JULY 28											
Asper Theatre at Gimli Unitarian Church				1pm – Concrete Valley			3:30pm – Someone Lives Here			6pm – Shorts 2: LGBTQIACAB	
Lady of the Lake Theatre at NIHM				12:30pm – Brand Upon the Brain! + Q&A			3pm – The Store			6pm – Subject + Q&A	
Lutheran Church Theatre				12:30pm – I Lost My Mom + Q&A		3pm – Overcoming the Darkness		5pm – Winnipeg Indigenous Filmmaking Collective Shorts (Free)		7pm	
Gimli Theatre				1pm – Seeking Fire + Q&A			3:30pm – Showing Up			6:45pm	
Johnson Hall at Waterfront Centre	10am – One-on-One Meetings with DOC + special guest Elizabeth Klinck			1pm – You See it, You Hear it, Let's Clear it			3:30pm – What can DOC do For MB Filmmakers?			6pm – Women in Post-Production	
RBC Sunset Screenings at Gimli Beach										Festival Village	
LakeView Hotel – Darren Hall				Industry Room – Open from 10am – 5pm							
SATURDAY, JULY 29											
Asper Theatre at Gimli Unitarian Church	10am – Showing Up			12:30pm – The Maiden		3pm – Pamfir				5:30pm – Kite Zo A	
Lady of the Lake Theatre at NIHM				12:45pm – Until Branches Bend + recorded Q&A		3pm – Twice Colonized				5:30pm – Seeking Fire + Q&A	
Lutheran Church Theatre		10:30am – Still Small Voice		12:30pm – Subject + Q&A		3pm – Confessions of a Good Samaritan				5:30pm – Arutinae + Q&A	
Gimli Theatre	10am – RBC \$10K Pitch Comp (Free)			1pm – Manitoba Shorts in Competition + Q&A			48 Hour Film Festival Premiere Screening + Q&A			6:30pm – I	
Johnson Hall at Waterfront Centre				1pm – Live Read!			3:30pm – Virtual Production				
RBC Sunset Screenings at Gimli Beach										Festival Village	
LakeView Hotel – Darren Hall				Industry Room – Open from 10am – 5pm							
SUNDAY, JULY 30											
Asper Theatre at Gimli Unitarian Church				1pm – Smoke Sauna Sisterhood			3:30pm – Arutinae + Q&A			6:45pm	
Lady of the Lake Theatre at NIHM				1pm – The Green Fog + Q&A			3:30pm – Going To Mars			6:30pm	
Gimli Theatre				1:30pm – Award Winning Shorts + Unarchived			4pm – Audience Choice Award Winner				
Johnson Hall at Waterfront Centre				1:30pm – Stories in Sound			4pm – Tales from Guy Maddin: A Fireside Chat				
RBC Sunset Screenings at Gimli Beach										Festival Village	
Gimli Rec Centre	10am – Volunteer Appreciation Pancake Breakfast										
LakeView Hotel – Darren Hall				Industry Room – Open from 12 noon – 5pm							

Continued from previous page

For Lieutenant Pete 'Maverick' Mitchell and his friend and co-pilot Nick 'Goose' Bradshaw, being accepted into an elite training school for fighter pilots is a dream come true. But a tragedy, as well as personal demons, will threaten Pete's dreams of becoming an ace pilot.

RBC Sunset Screening: *Buffy Sainte-Marie: Carry it On* (Free Event)

Sunday, July 30, 2023 9:45 PM

RBC Sunset Beach Screening

Buffy Sainte-Marie: Carry It On features never-before-seen archival material, new performance footage and interviews with Sainte-Marie, Joni Mitchell, Sonia Manzano, John Kay, Robbie Robertson, Jackson Browne and others.

Over a career spanning six decades, Cree musician, artist and activist Buffy Sainte-Marie has used her platform to campaign for Indigenous and women's rights and inspired multiple generations of musicians, artists and activists.

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7pm	8pm	9pm	10pm	11pm	12am
Until Branches Bend + recorded Q&A					
n - Shorts 1: inhabit/inhibit + Q&A					
- Confessions of a Good Samaritan					
6pm - Opening Night Reception					
9:45pm - Champions					
7pm - Still Small Voice					
7pm - The Store					
7pm - Radical Dreamer (with Elizabeth Klinck)					
ers Program/Festival Organizers Dinner					
9:45pm - Song of the Sea					
SBTQIACAB + Q&A					
8:30pm - Diaspora + Q&A					
ject + Q&A					
8:30pm - Tales From Gimli Hospital + Q&A					
7pm - Before I Change My Mind					
9pm - Before The Sun					
6:45pm - Twice Colonized					
9pm - Beautiful Beings					
roduction					
9:45pm - The Greatest Showman					
8pm - Soviet Barbara: The Story of Ragnar Kjartansson in Moscow					
8pm - Shorts 3: Memorabilia + Q&A					
Q&A					
30pm - I Lost My Mom + Q&A					
9pm - Hello Dankness					
7pm - GIFF Awards Reception					
9:45 pm - Top Gun					
6:45pm - Piaffe					
6:30pm - Concrete Valley					
7pm - Grand Jury Prize Winner					
9:45pm - Buffy Ste. Marie: Carry it On					



NORSEMEN AUCTION

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Derek Johnson
MLA for Interlake

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JULY 22 & 23

ARBORG Agricultural Society

Arborg Fair & Rodeo Schedule - Saturday, July 22

- Gates open at 11:00
- Merchant Mall 11:00-6:00
- Turn & Burn registration @11:00-competition @12:00
- Food Trucks 12:00
- Huge Kids Zone 12:00
- Ricklyn petting zoo 12:00
- Main Stage Show 1:00
- Beer Garden 12-6 at tractor pull end



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Arborg Fair & Rodeo Schedule - Saturday, July 22

Beer Garden 6:00-1:00 am Stage Area
 Antique Tractor Pull 1:00
 Photo Contest
 Agricultural Equipment Display
 ATV Mud Buggers Competition 3:00
 - Silver Trading Post
 Heartland Rodeo 5:00 pm
 SOCIAL 8:00 PM - 1:00 AM
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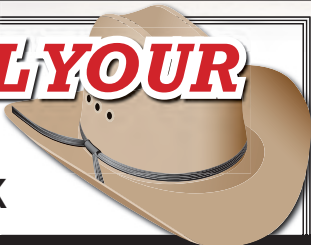
Arborg Fair & Rodeo Schedule - Sunday, July 23

Pancake Breakfast 9-11:00 Hall
 Cowboy Church 11:00 AM Main Stage
 Tractor Pull 12:00
 Food Trucks 12:00
 Merchant Mall 12:00
 Photo Contest Winners 12:00
 Kids Zone 12-4:00
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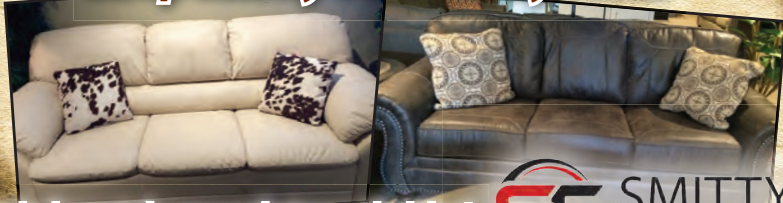
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Arborg Fair & Rodeo July 22 & July 23

It's in the blood: Narcisse family rodeos together every weekend

By Becca Myskiw

A typical workday for Terence Caumartin looks a lot like the rodeo — the only difference is one is for fun.

Caumartin started competing in rodeos shortly after he started a career as a cowboy. Straight out of high school, he started working for the Prairie Farm Rehabilitation Administration (PFRA), a Agriculture and Agri-Food Canada branch.

PFRA essentially took useless land in Western Canada and turned it into grazing land. The federal government then hired people to look after the land and other people's cattle on it. Caumartin still does this job today, looking after 14,000 acres every day of the week.

"It kind of just evolved," he said. "Evening practice was basically what you did at rodeo, so a few years after I started this job, I got into rodeos on the weekends."

With his horse already broken for the tasks, he came out hot doing team

and calf roping. Caumartin's dabbled in other events, but these two remain his strongest to today.

He's part of the Heartland Rodeo Association (HRA) now, which does nine rodeos a year. Caumartin's been with other rodeo associations, but he likes that HRA is family-focused, having only one rodeo a weekend. Family-focused was a big selling feature for him as Caumartin's daughters rodeo with him.

All three of his daughters competed in rodeos at one point, but his oldest has since moved on. Raelyn, his middle daughter, and Karen, his youngest, load up their horses and hop in the truck with their dad every weekend to head off to that weekend's rodeo.

The girls started competing as soon as possible, meaning they did it once they were old enough to sit on the horse while their dad led them around. His oldest daughter did her first barrel racing pattern at four years



EXPRESS PHOTO SUBMITTED

Karen Caumartin and Raelyn Caumartin learned to rodeo from their Dad, Terence.

old.

Today, Raelyn and Karen compete in team roping, breakaway roping, and barrel racing. The horses they compete with have been trained from birth to do the job as Caumartin uses them for work.

"It's just part of our life so the horses just learn that cause they have to," he said.

The family has eight horses right now — four are their usual rodeo horses, a couple are older and have done their time, and a couple are on their way up. At home, the family trains in their arena with barrels, live cattle, and roping dummies. On Monday, Caumartin gives roping lessons

to other people, on Tuesday, Raelyn gives barrel racing lessons to other people, on Wednesday, they go roping, and on Thursday, they rope the live cattle. The Caumartins practice at least four nights a week, then go off to the rodeo each weekend.

Come winter, though, they take some time off.

"My philosophy is if I want to rope more, I'll do it in the summer," he said. "I don't have to do it in the winter."

The Caumartins will be competing at the Arborg rodeo this weekend. Along with the nine HRA rodeos, they'll do some jackpots, hoping to make finals.

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Regular eye exams can catch potential vision problems early on and prevent them from worsening. This is especially important during a child's formative years when learning and development are happening rapidly.

Undetected vision issues can lead to problems in school performance, difficulty concentrating, and even social challenges. By getting your child's eyes checked regularly by the Optometrists at Oakley Vision Center, you can ensure that any potential issues are caught early and appropriate measures are taken to address them.

In the ever-changing world of eyecare, Oakley Vision Center has remained a beacon of excellence and dedication to its patients. For almost 70 years, generations of families have entrusted their

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Father-son bikers continue cross-Manitoba trek

By Lorne Stelmach

A father and son duo with a passion for cycling have been busy traversing the province over the last couple of years as a lead-up to their ultimate adventure.

The end goal for Josh Vosper and his father James is to cycle right across Canada, but they are enjoying the ride right now as well as documenting their journeys.

"My dad and I have always had a passion for biking, and we've always talked about doing these bike trips before," Josh said last week as they looked forward to another leg that brought them to the Morden-Winkler region over the long weekend. "Another thing, too, is we really wanted to showcase our country. That was always one of the main things we wanted to do."

Calling the town of Plumas home and going to school in Gladstone, where he graduated from this spring, Josh has been riding across the Prairies on bikes with his father been over the last five years.

Along the way they have been documenting their rides on video, filming what they are calling *The Mega Manitoba Movie* for their YouTube channel From Here 2 There.

The *Mega Manitoba Movie* playlist has well over 50 episodes and counting as they continue to edit and upload footage from their trips throughout the province.

In the summer of 2022, they focused most of their bike rides in the Interlake region, including stops in Ashern, Steep Rock, Arborg, Riverton, Hecla Island, Gimli and Winnipeg Beach.

They are now going further through southern Manitoba after having previously hit Miami and Roland in 2021 and Elm Creek, Fannystelle and St. Claude in 2022.

This year they've ridden in the Portage area and plan to swing through Steinbach next after their ride in the Pembina Valley.

It's not surprising to James that his son is so keen to take on this challenging adventure.

"We used to live in Saskatoon, and when Josh was extremely young, he just loved biking. We would bike when he was maybe four or five years old, literally around the entire city ... and then, after we were done, he would be saying, 'Let's do that again,'" James said.

"So from a very young age, he just had this desire to go very, very long distances on his bike, and that kind of developed into thinking about biking all across Canada."

Over the last two years, they have largely stayed closer to home in Manitoba. Part of that was thanks to the pandemic, but they also got some sage advice from a loved one.

"My mom had said, well, try Manitoba first ... and then see how that feels so you can kind of get an idea of how the doing the whole country would feel," Josh recalled.

"It was just something I've really enjoyed doing," he added, noting "it's really special because the time we have together is amazing ... all the joking, the fun we have ... it's such a unique experience, and I really enjoy the time we get to spend together. It's also nice to visit all of these communities in Manitoba and showcase the communities to other people."

They really enjoy visiting the communities and try to go to local restaurants or see the attractions, added James.

"Meeting people in the communities is actually one of the things I enjoy the most about the bike ride. It's not only when we visit a community physically in person on the bike trip," he said.

"We have this online community where we'll try to post the video on the Facebook page of that community, and then we get dialogue going with people who watch it."

There obviously needs to be a lot of thought and preparation put into it each time they venture out somewhere.

"It's just going out biking as much as you can," said Josh. "We have an exercise bike, so it's even just biking on that to maintain yourself throughout the winter."

They're a little more prepared now, noted James.

"We've got extra equipment, all the tools we need so that at least we can get to the next major centre," said James, who recalled one especially "desolate trail" that took them to Moose Lake, but it was so rough they had to cut their day short.

And how far they can get at any given time is quite variable depending on the local conditions.

"It depends on the terrain and the day. If you're biking in the mountains, you're not going to get that far, but if you're biking in the Prairies, you're going to go further, and it also depends if you've got a headwind or a tailwind," said Josh.

It really depends on all the weather conditions, added James.

"That would really be the major factor," said James, who noted they also need to work within what is available for holiday time, so they will often have to break up trips over time.



EXPRESS PHOTOS SUBMITTED

Father-son duo Josh and James Josh Vosper were in Riverton last year as part of their goal to cycle across Manitoba and, eventually, all of Canada.

"I think one of our longest days was about 225 kilometres. ... On a good day, if there's very little wind, you can probably get 200 kilometres-plus in," he said. "I remember on another day, we were going into a wind that was maybe 70 km/h in Saskatchewan. ... In one hour, I think we covered 24 kilometres. But when the wind picked up, it took us four hours to do the exact same amount because the wind was so strong. We actually had to stop our ride that day because we were walking faster."

On those days, it can feel discouraging, but you've got to just push through those days, Josh noted.

All their experiences to date buoy their spirits in contemplating their cross-Canada adventure, where they hope to begin in British Columbia, biking across the mountains, Prairies, Canadian Shield, southern Ontario, Quebec and the Maritimes until they get to the eastern most point of North



The Vospers visited the Viking in Gimli and (below) the Sharptail Grouse in Ashern.

America: Cape Spear Lighthouse National Historic Site.

"I think it definitely does encourage us to take on Canada," Josh said. "That was kind of the goal from the start."



> SASKATOONS,
FROM PG. 16

is done mechanically. Each orchard owner farms individually, but they harvest, spray for fungus three times before harvest and fertilize annually collectively.

Interlake Saskatoons, also branded as PurpleFit Saskatoons, consists of Rutherford Farms in Grosse Isle, the Research Orchard in Stonewall at the South Interlake Agricultural Centre, the Jensen Orchard just east of Stonewall (the oldest of the orchards established in 1999) and two Warren-based orchards: the DDJ Orchard and the Riddell Seed Farm Orchard.

The DDJ Orchard, named as an acronym for the three siblings that ran the farm, Doug, Dennis and Jennifer, began in 2008 as a commemorative orchard for their parents who loved Saskatoon berries that grew on left-over family land.

It comes time for harvest when approximately 60 per cent of the berries are purple. They ripen about 43 days after the petals drop, which tends to be at the end of May or in early June. This year's harvest was spotty and, therefore, less than average for all orchards except the largest, but returns of the crop are shared among the board members of Interlake Saskatoons.

"We sell several thousand pounds fresh right out of our building in Warren," said Doug Langrell of the DDJ Orchard. The berries not sold to Warren and surrounding communities are frozen and then sold all across Canada and parts of the northern United States.

"One thing about saskatoons is, even though they're perennials, after 15 to 20 years, the trees get very large," shared Langrell.

He and his sister are currently in



Christine Lichti and Lorraine Walton enjoying a day of picking.

the process of chopping the orchard down so that rejuvenation of the new trees will happen from the tree's crown up. Because the orchard was planted 16 years ago, the trees are older, so their energy is going more into sustaining the wood rather than the leaves and berries, as it would if the tree were younger. Berries begin to grow only on the top and sides of the plant. This creates diminishing returns for harvest, with fewer and fewer berries as the orchard becomes overgrown, making it time for a trim.

Saskatoon berries are known for their sweetness and accessibility to the prairie populations and are most often used for delicious jams, pies, tarts and pastries.

"We like them, of course, for the taste," said Langrell.

People don't often know about these berries' many health benefits. They are very high in antioxidant properties that help protect and enforce our immune system and reduce the risk of diseases, including heart disease, diabetes and cancer. They also contain anti-inflammatory properties.



In Grosse Isle, Rutherford runs a U-Pick orchard where people of all ages can enjoy the berries they've picked directly from the trees. The U-Pick started about 12 years ago when the trees were still too small to harvest the berries mechanically. It began with friends coming to try it out, and later many mothers and children came. Even after the harvesting could be done by machine, it kept running.

"It is my happy place and a happy place for a lot of people," shared Rutherford. "The income is a bonus."

There has never been a huge number of people to come and pick, but some come every year and are considered "lifers." The orchard is off the beaten path, and it may take a bit of effort to find, but it's accessible with lots of berries and room to roam.

"It's a more traditional way of picking saskatoons, and people often do it for nostalgic reasons," said Langrell.



Harvest has been done by machine since the trees were large enough.

Board members of Interlake Saskatoons and PurpleFit are enthusiastic about the upkeep of their orchards, the benefits of the berries they harvest and getting them to the Interlake.

WCF grants out another \$1K in support of Lake Winnipeg rejuvenation

By Becca Myskiw

The Westshore Community Foundation (WCF) has started a fund to save Lake Winnipeg.

The WCF's environmental fund began last year as a way to conserve the natural environment, support climate initiatives and assist projects related to the improvement of water, air and food supply. The fund is focusing its efforts specifically on improving the health of Lake Winnipeg by supporting organizations on projects with advocacy, education and research related to the issue.

WCF president David Douglas said since Lake Winnipeg is so prominent

in the area and is the reason for much of the tourism in Gimli, they wanted to align themselves with like-minded organizations. The environmental fund is how they can do that.

"The purpose of it is to conserve our natural environment," he said.

The fund gave its first grant last year when \$1,000 went to the Red River Basin Commission for their Netley Marsh restoration project. This year, at the Save the Lake function, they granted out another \$1,000 for education involving youth. The WCF environmental fund gave \$500 to the Lake Winnipeg Research Consortium and another \$500 to the Lake Winnipeg

Foundation to support their summer camps in Gimli.

Douglas said because the fund is new, it'll take time to build up more money to grant out at a time. He said they're sticking to supporting one or two organizations a year because they want to ensure they're granting out enough money at a time to make a difference.

So far, the fund has been received extremely well, getting countless donations from locals concerned about Lake Winnipeg.

"If you look around, clean air and clean water is critical to sustaining the population, especially Gimli," said

Douglas. "Gimli is very tied to the health of Lake Winnipeg, which gives us lots of tourism. A lot of people have invested a great deal of money and property that goes along the lake, so there's interest in conserving it."

He said the WCF is on the right track with the fund. It's developing more and more each day.

On Canada Day weekend, the WCF held a free screening of *Aboard the Namao*, a documentary about the research vessel in Gimli. That event supported education about the lake, and Douglas is excited to support more things like that in the future.

New PCH in Arborg reducing threat of seniors leaving the community

By Becca Myskiw

Twenty more personal care home (PCH) beds will soon be available for seniors in Arborg.

Announced on July 7, the provincial government is opening six new PCHs, four of which are in the Interlake-Eastern Regional Health Authority (IERHA). Along with Arborg, Lac du Bonnet, Stonewall and Oakbank will get new homes for seniors of the communities. Two more will be built in Winnipeg — one in Bridgwater and one on Portage Avenue. Sites were selected based on areas with the highest needs for more beds.

This announcement comes after the province opened new PCHs in Carman, Niverville and Steinbach under the small house model. The new homes in the IERHA will follow the same housing model since it gives residents a feeling of home and community.

The Manitoba government said this model of care “purposefully incorporates social interaction, functionality and intergenerational contact while taking affordability and safety into consideration.” It relates directly to the new senior’s strategy, promoting the development of virtual and physical village models with various supports.

The small house model of care has each resident living in clusters that have a shared kitchen and living space, giving them a neighbourhood feeling within the PCH. Each resident will have their own room, their own bathroom, a private lounge space and their own laundry area. There will be communal outdoor spaces and larger indoor spaces outside of each cluster as well.

“As the mayor, it’s just thrilling to see the government support the community in this way,” said Peter Dueck, mayor of Arborg. “This is going to be very nice just in case we have to isolate some patients at any point.”

Arborg currently has 40 beds in the PCH connected to the hospital. This new PCH will have a total of 60 beds, increasing capacity by 33 per cent. It’s going to be built on the north side of the community centre.

“What this will really do is prevent seniors from having to be transported one, two or three hours out of Arborg, which is what was happening a couple years ago,” said Dueck. “Seniors in their most vulnerable years shouldn’t have to face the threat of being taken out of their community.”

Scott Johnston, minister of Seniors and Long-term Care for the Province of Manitoba, said it’s critical the prov-

ince has a plan to provide housing options that meet the needs of our aging members of society.

“With the newly released seniors strategy, our government is working towards making Manitoba an ideal place to age,” he said. “We have learned many lessons in recent years and are building on that to create housing options for Manitoba seniors that are among the best in Canada.”

Along with the small house model of care, Arborg’s new PCH will be equipped with modern conveniences like exam rooms and the hardware to add a lift to any room. Dueck said because of that, now when a resident goes from not needing a lift to needing one, they don’t have to move to a new room.

Arborg council has been working with an architectural team and design specialists on the blueprints for the new PCH. Dueck said they aren’t finalized yet, but he’s hopeful and pushing for shovels to be in the ground this fall. The government authorized \$15 million total for these projects to advance their planning and design phases.

Once construction on the new building is finished, residents will be moved from the current PCH into it. The current PCH will then be repur-

posed. The council is still planning what it will be repurposed into.

Dueck stressed the need for more PCH beds in the town. He said the hospital almost always has a couple beds with people waiting to get into the care home, so when the new one opens, he has no doubt residents will also be coming from hospital beds.

Lac du Bonnet will get 95 beds in its new PCH, Oakbank will get 96, Stonewall will get 144, Bridgwater will get 143 and Portage Avenue will get 140.

Dueck doesn’t yet know how many jobs the new build will create in town but he’s excited to find out. For now, he’s focusing on what they do know. He said this project is truly one of those things that couldn’t be happening without the support of at least a dozen people.

“This has been something that we’ve waited for, and we’ve worked towards this for a decade,” he said. “It’s been a labour of love for a number of individuals and organizations.”

Dueck believes the new PCH will inspire investor confidence in the community of Arborg. He said it will likely bring new opportunities economically to the community, helping Arborg to grow positively.

> RIVERTON CELEBRATES, FROM PG. 18

“Every year we get stronger and work towards improving our department for our community,” said Comeau. “I would like to thank all of our fire department members for the dedication they show towards this department. We are a small group, but what we lack in size, we gain in determination on getting the job done. A huge thank you to the wives and families for letting us do what we love to do. Knowing that our families are supporting us helps during those 2 a.m. call-outs.”

With urging from the fire department for a new building, the Municipality of Bifrost-Riverton decided to build a new hall on Reggie Leach Drive, just east of Highway 8. The department not only serves the needs of its own municipality but also lends a hand to neighbouring fire departments.

“This building will be the centre of our emergency responses. Having a modern facility like this will help us in moments where minutes means saving lives,” said Comeau. “I applaud council for seeing our vision and building this hall for tomorrow’s needs, not today’s. I foresee this building being used for many years to come, serving the residents of Bifrost-

Riverton and beyond. This building was built for all of us and we should all be proud of it.”

The ribbon-cutting was MCed by Bifrost-Riverton Coun. Gordon Klym, who sat on the committee overseeing the construction of the new fire hall, and included guest speakers.

“We had Sarah Pinsent-Bardarson [NDP candidate for the Interlake-Gimli riding] and James Bezan [Conservative MP for Selkirk-Interlake-Eastman riding] as guests and Bifrost-Riverton Reeve Brian Johnson,” said Klym. “After that we held a lunch and took people on tours of the hall. It was a really nice event with about 200 guests attending.”

The department’s volunteer firefighters set up tables and chairs for the celebration and cleaned up after the event. Riverton’s Mixed Grill restaurant provided a pulled pork luncheon.

Comeau thanked a number of individuals for helping make the grand opening a success. They include fire department wives Theresa Bjornson, Luella Brandt and Deena Oleski for helping serve the lunch and cake, Access Credit Union staff, Jody Johnson, Darlene D’Hont, Kelly Johannesson and Tammy Menard, Riverton Co-



The Riverton fire department’s volunteer firefighters serve the town of Riverton, the eastern half of the Municipality of Bifrost-Riverton and help neighbouring fire departments.

op’s Darlene Yaremus, Municipality of Bifrost-Riverton CAO Larissa Love and Lindsay D’Hont for all the behind-the-scenes organization, committee members for their work on the new hall (chair and councillor Gordon Klym, former councillor Colin Bjarnason and citizen representative Peggy Vigfusson), Mitch Johnson for the use of his sound system, Kristi Popowich Meek for the use of large ribbon-cutting scissors and Vickie Johnson for

taking beautiful pictures.

Comeau thanked all the organizations and community residents who made donations towards the new hall and fire equipment.

Anyone wishing to donate to the fire department is encouraged to reach out to the department. Donors’ names are inscribed on a glass plaque in the fire hall.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Locals win RBC Golf Scramble event in Minnedosa

By Brian Bowman

A local foursome of Carson Ouellette, Curtis Beck, Ryan McMahon and Jerzy Stadnichuk won a RBC Golf Scramble event at the Minnedosa Golf & Country Club on July 8.

The foursome finished with a total net score of 53.6. The event attracted nine teams.

"It was pretty awesome. It was a really fun day," said Beck. "We did it a couple of times last year so it was really fun to win one."

The competition was very tight with a bunch of really good golfers taking part.

"When we were playing it was a really close day between all the teams scoring-wise," Beck said. "We knew we were close to the lead and had a chance to win, but it ended up coming down to the 18th hole. The group we were playing with made a par and finished second, while we made a

birdie to finish first."

This was the local team's second year playing in the RBC scramble events. It's a best-ball competition.

"You have to use at least three of everyone's drives and, other than that, it's pretty standard. You just pick the best ball and go from there," Beck explained. "They have a rule where when you're on the green, it's a maximum two putts to speed up the game."

Now, the local foursome will play at a regional qualifier at Quarry Oaks on Aug. 28. The team that wins that event will move on to the nationals in Nova Scotia.

"We're really looking forward to it and we're just happy that we qualified," Beck said. "We're just going to try our best at the next one. We're really looking forward to the next one to see what that's like."



EXPRESS PHOTO SUBMITTED

Carson Ouellette, Curtis Beck, Ryan McMahon and Jerzy Stadnichuk won an RBC PGA Scramble at the Minnedosa Golf & Country Club last Saturday. They will now compete for a chance at nationals in Cabot on Aug. 28.

Stonewall Blue Jays bounced by St. B in MJBL playoffs

By Brian Bowman

The Stonewall Blue Jays' quest for a Manitoba Junior Baseball League title this season ended on Friday.

Stonewall was defeated 3-1 by the St. Boniface Legionaires at Whittier Park in Winnipeg.

St. Boniface won the best-of-three first round series 2-1.

"It was a good game Friday night, that's for sure," said Blue Jays' head coach Dave Meyers. "It was 3-1. We had a chance in the third or fourth inning and we had the bases loaded and we managed to score one run. If things go right in that inning, we score a few and it's a different story. That's part of the game, you never know what you're going to get every

night."

On Thursday, Interlake took one on the chin in a disappointing 20-1 home loss to St. Boniface.

"I think we kind of blew it on Thursday night. They didn't pitch anyone that good and things just didn't go our way," said Meyers. "Everything went bad that night and then they threw their best at us Friday night and they got the best of us."

The Blue Jays took a 1-0 series lead with a solid 10-7 road victory over the Legionaires. Interlake chased St. Boniface's best pitcher Ethan Minaker out of the game. Minaker then pitched again in Game 3 of the series.

"The kids battled real hard," Meyers said. "We were down 6-3 and they

came back and went up 7-4 and then they tied it up. We managed to do a good job and (our guys) were really fired up."

In the other MJBL playoff series, the Carillon Sultans, Elmwood Giants and Altona Bisons have each advanced to the second round of the playoffs.

Despite being ousted from the MJBL playoffs, Interlake's season is not done. The Blue Jays will be hosting the U22 nationals at Quarry Park from Aug. 3 to 6.

"We're excited about it. I think our players are excited," Meyers said. "We're going to go at this nationals thing hard and I hope to put on a good show. To be honest with you, I

hope we get to be playing on Sunday - that's the goal. If you make it to Sunday then you're doing all right."

Meanwhile, the Stonewall Blue Jays put it all together against the St. Boniface Brewers in Winnipeg Senior Baseball League action last Wednesday at Fines Field.

Stonewall blasted St. Boniface 13-0 to improve its record to 7-6 this season.

Stonewall played Pembina Hills this past Monday but no score was available. The Blue Jays will take on the West Winnipeg A's at Charleswood Park on July 25. Game time is 7:30 p.m.

Impact defeats Southside FC

Staff

The Interlake Impact defeated Southside FC 2-1 in Manitoba Major Soccer League 4th Division action last Friday in Winnipeg.

Garett Hillmer and Kyle Buhler scored for Interlake while Benjamin

Danylchuk replied for Southside FC.

Interlake, now 3-5 and in sixth place in the 10-team division, will take on Central Plains FC this Thursday in Portage la Prairie. Game time is 7:15 p.m.

Dunstone rink awarded a spot in 2024 Brier

Staff

Winnipeg's Matt Dunstone's rink has been awarded a spot in the 2024 Brier national men's curling championship.

The team, which includes Winnipeg Beach's Colton Lott, pre-qualified based on its Canadian Team Ranking

System performances last season.

Brad Gushue of St. John's, N.L., will return to the Brier as defending champion while 15 spots still have to be filled during the upcoming season.

Dunstone won the 2023 Manitoba championship but lost to Gushue in the Canadian final.

Fauquier running the race for her mother's life

By Joshua Frey-Sam

"One foot in front of the other."

It's a personal message that's pushed Stephanie (Steph) Fauquier in the most challenging moments over the last 11 months and what she will continue preaching as she completes the race of her, and her mother's, life.

Fauquier, 34, is in the midst of a 16-week nationwide endeavour that would make even the most elite athletes a bit skittish.

The Toronto product is attempting to complete 10 triathlons or half-ironmans, each in a different Canadian city, over the next four months to raise money for research toward Alzheimer's disease. Fauquier, who is five races into her journey, coined #RaceWithSteph, has raised almost \$250,000 since she started swimming, biking and running in May.

Her Canadian race made a pit stop in Hecla Island on Saturday, when she competed in the Hecla Triathlon — a 750-metre swim, 22.5-kilometre bike ride and five-kilometre run. It was the fifth stop on her tour.

It's the reason Fauquier took on the ambitious journey that has inspired supporters, though.

Fauquier's mother, Dr. Robin McLeod, a world-renowned surgeon and officer of the Order of Canada, was diagnosed with Alzheimer's in 2021. Knowing the disease was fatal, Fauquier set her sights on making her mom's remaining days something the country could rally around.

"My mom had the best work ethic. She was tireless; she did everything," said Fauquier. "She achieved so many amazing things — being named to the Order of Canada — but then she was also an amazing parent and I think that was because she was very consistent, very deliberate — she was very focused with the time that she gave and was giving to you. So I see a lot of parallels coming together through this endeavour. We see my mom a lot."

Fauquier, who had already run 10 triathlons in her life and was a cross-country runner during her time at St. Thomas University in Fredericton, N.B., began training for the four-month challenge last August. Indeed, the task has been demanding as she had imagined, especially after fracturing her toe



Stephanie Fauquier, an amateur athlete, has undertaken an endeavour in honour of her mother, a renowned surgeon who was diagnosed with Alzheimer's disease two years ago. Through #RaceWithSteph, she has raised nearly \$250,000 to support Alzheimer's research and is boosting awareness about a disease that affects 747,000 Canadians and their families. Pictured left to right: Stephanie Fauquier with her parents, Dr. Robin McLeod and John Fauquier.



Inside the suit shows two photos Stephanie keeps close to her heart during her races.



Stephanie Fauquier competed in the cycle course of the Half Ironman Triathlon in Victoria, B.C., in May 2023.

during a race almost two months ago.

"There's been two really interesting things that have come from this: the first being I've always been very ambitious and I've always taken on different challenges. But through training this year, I have really gotten into this idea of 'one foot in front of the other.' That is, by putting and being very consistent and deliberate, all the small pieces together make big outcomes," she said.

"So often when I'm racing, I've just thought to myself, 'It's one foot in front of the other,' and you're totally unstoppable when you do it. And you get that feeling of consistency and discipline."

Fauquier finished third overall — first in her age group — at the Hecla Triathlon on Saturday. She made no reference of the importance of her finishes but said it's great to see people who are supportive.

"When a family member goes through a change like Alzheimer's or a cognitive impairment, you don't really talk about it at first because there's embarrassment and all these sort of feelings. I felt like my mom went from being seen as an amazing person to people almost writing her off and saying, 'OK, well, this is the end.'"

"It's not the end; it is a next chapter and it's an important chapter and one that we should talk about. I felt that this was something I could do for my mom and start this conversation and make a disease like Alzheimer's disease, which is terminal and no one wants to talk about it — talk about it and educate people," said Fauquier, adding she decided to do a Canada-wide endeavour because the disease affects the whole country.

"I just felt like there's this uniquely patriotic thing — like let's race across the country, let's be united in this fight and let's have a conversation about it."

Andrew Flynn has been training Fauquier six days a week since she decided to race 11 months ago. While Flynn, who has coached all forms of ultra-endurance athletes for the last 15 years in Toronto, said he's seen others try to run multiple triathlons in a short period, he noted a few things that have separated Fauquier's journey.

"What's unique about this is the triathlon, coupled with doing it in every province, coupled with the philanthropic arm of it," said Flynn, who will



EXPRESS PHOTOS SUBMITTED

Dr. Robin McLeod celebrates with daughter Stephanie Fauquier at the finish line of the Western Cycle Triathlon at Stony Plain, Alta, in July 2023.

cheer on Fauquier at a couple of races this summer.

"It's been a real pleasure working with Steph. One of the things that I really love about endurance pursuit is as we pursue these endurance goals, we really get in tune with who we are as people, so I really am able to see transformation through people."

That transformation for Fauquier, he explained, has come in the form of resilience and persistence, which were tested greatly once she broke her toe.

"The mental fortitude but also the trust — at some point, we have to trust ourselves and really get connected to who we are, and trust and believe in ourselves, and that was a real turning point for her with the broken toe because she had to believe and trust that her fitness was going to be there to support her," he said.

"Even though what most would consider to be a roadblock with a fractured toe really just became a resistance for her to figure out."

Fauquier will take the next couple weeks off before flying to the Maritimes for three races. She'll finish her journey with a triathlon in Montreal and a half-ironman in Toronto. She said she's already considered making it an annual endeavour but would like to find a way to make

#RaceWithSteph more inclusive going forward.

"I said I was going to do it and I just did it," Fauquier said. "It's really cool to see all the people who are so supportive and get on board with your ideas and rally behind you."

If anyone is interested in donating, they can visit racewithsteph.com. They can also email associates.utoronto.ca and indicate that your gift should be directed to support the Tanz Centre for Research in Neurodegenerative Diseases and mention Race with Steph.

"IT'S NOT THE END; IT IS A NEXT CHAPTER AND IT'S AN IMPORTANT CHAPTER AND ONE THAT WE SHOULD TALK ABOUT."

Interlake athletes competing at North American Indigenous Games

Staff

The North American Indigenous Games (NAIG), held in Kijipuktuk (Halifax), N.S., on the territory of the Mi'kmaq, began last Sunday and will wrap up this Sunday.

This is the 10th edition of the NAIG. The event is the first since 2017 because of cancellations due to COVID.

The NAIG are an international sporting competition that occurs every three years in different locations across North America.

Team Manitoba has 30 teams, with athletes aged 13 to 19, competing in 16 different sports.

It is the largest indigenous gathering in Atlantic Canada's history and CBC has coverage throughout, including 1,500 hours of streamed events.

The NAIG has 750 nations coming together, more than three times the 200 that will compete at next summer's Paris Olympics.

Interlake athletes that are competing at the NAIG, along with coaches,

include: ARCHERY 3-D 16U Female Chanelle Sumner - Pinaymootang First Nation, ATHLETICS 19U Male - Blaze Benediktson - Gimli - Hollow Water First Nation, 19U Female - Seanna Price - Steep Rock - Metis Interlake, 14U Female - Addison Price - Steep Rock - Metis Interlake, BADMINTON U16 Male - Reese James - Stonewall - Peter Ballantyne Cree Nation, BASEBALL 19U - Rylan Slatcher - Stonewall - Metis Interlake, coach - Roger Langlais Garson - Metis Southeast Region, BASKETBALL-14U FEMALE Aliyah Amin - Grand Marais - Poplar River First Nation Puya Amin - Grand Marais - Poplar River First Nation, U14 - MALE Noah Kuzyk - St.Laurent - Metis - Interlake, U16 - MALE Aidan Lambert Park - St. Laurent - Metis - Interlake, 19U - FEMALE Jayna Maytwayasking - Lake Manitoba First Nation, 19U - MALE Lawson Spence - Peguis First Nation, Tyson Christensen - St.Laurent - Metis Interlake, CANOE/KAYAK 14U Fe-

male Kaitlyn Courchene - Peguis First Nation, 16U Female Kinly Cochrane - Fisher River Cree Nation, 19U Male Brayden Bear - Peguis First Nation, 19U Male Robert Spence - Fisher River First Nation, coaches Frederick Spence - Peguis & Shawna Joint - Warren - TR'ONDEK KWECH'IN UK, GOLF 19U Male Cole Link Fisher River Cree Nation, 19U Female Reghan Kirk - Stonewall Metis Winnipeg, LACROSSE 16U Male Box - coach Cruz Jimenez - Selkirk - Metis Interlake, 19U Female Box, Mackaila Bruce-Tapley - St. Laurent - Metis Interlake, Shanice Stevenson - Peguis First Nation, SOCCER 19U Female Riley Korosil - West St. Paul Brokenhead Ojibway FN, SOFTBALL 16U Female - Danica Chaske - Stony Mountain - Sioux Valley Dakota Nation, 16U Female - Paige Powroznik - Teulon - Metis Interlake, 16U Male - Bernie Garson - Fisher River Cree Nation, 16U Male - Josiah Govereau - Fisher River Cree Nation, 16U Male

- Norman John Lacquette - Warren - Peguis First Nation, 16U Male - Trent Forster - Peguis First Nation, 19U Female - Aniya Monkman - Lake Manitoba First Nation, 19U Female - Madison Dauphinais - Peguis First Nation, 19U Female - Taylor Audette - St. Adolphe - Metis Southeast, SWIMMING 16U Male - Riley Anderson - Pinaymootang First Nation, VOLLEYBALL 16U Female Alyssa Cadore - Selkirk - Metis Interlake, 16U Male - Owen Giesbrecht - Lockport - Metis Interlake, 19U Female - Madison Hefferman - Peguis FN, coach Tristan Dreilich Selkirk - Metis Interlake WRESTLING Female Kaidence Tran - Peguis - Grassy Narrows FN, Margret Brunei - West St. Paul - Peguis First Nation, Anaka Chartrand - St. Laurent - Metis Interlake, Kierstan Sinclair - Peguis First Nation, Emma Bear - Peguis First Nation MALE coaches Savannah Chapman-Cochrane - Peguis First Nation and Winona Morrison - Peguis First Nation.

Markusson wins Mid-Masters Golf Championship

Staff

Winnipeg's Curtis Markusson of the St. Charles Country Club earned a two-stroke victory over Niakwa's Todd Fanning to win the Mid-Masters Championship last week.

Markusson, formerly of Gimli, fired rounds of 78, 72 and 75 for a nine-over 225 total.

Selkirk's Ben Bandura, who plays

out of the Elmhurst Golf & Country Club, tied for 14th after carding rounds of 84, 77 and 82.

Patrick Perrin of the Elmhurst Golf & Country Club won the Diamond Athletic Men's Mid-Amateur Championship by a stroke over Shilo Country Club's Drew Jones.

Both players carded a four-over par 76 in their final round.

Jeri Lafleche of the Clear Lake Golf Course made an eagle on the par four, 17th hole from 152 yards to secure the Diamond Athletic Women's Amateur Championship at the Pine Ridge Golf Club.

Carding a final round of three-over par 75, Lafleche finished four strokes better than Golf Manitoba Public Players Club member Cala Korman to

win this championship for the second straight year.

Marissa Naylor of the Niakwa Country Club won the Mid-Amateur Championship by two strokes over Charmaine Hayden of the Breezy Bend Country Club.

Interlake teams compete at baseball provincials

Staff

The Stonewall Blue Jays posted an 0-4 record at the 15U AA baseball provincials in La Broquerie last weekend.

Stonewall started the provincials with a tough 4-2 loss to Mitchell last Friday morning.

Later in the day, the Blue Jays were defeated 14-4 by Bonivital.

On Saturday, Stonewall was

edged 7-6 by St. James and then downed 18-1 by Brandon.

Lundar also finished with an 0-4 record at the 15U A provincials in Niverville.

They were defeated by Seine River (16-0), Neepawa (7-4), Winkler (16-0) and Niverville (9-8).

At the 13U AA provincials in Winkler, Stonewall played

some great baseball, finishing with a 2-2 record.

They pounded Portage 18-5 and then crushed Charleswood 12-2.

But Stonewall's winning streak ended with a tough 6-5 loss to Virden on Saturday afternoon and then they were beaten 11-3 by Winkler Sunday morning.

Stonewall also competed in the 11U AA provincials in Altona, finishing with a 1-2 record.

They defeated Portage 3-1 but then lost to St. James (6-1) and Hartney (10-0).

To see more photos of your favourite Interlake Athletes

GO TO Stonewall Teulon Tribune | flickr

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Please share your story ideas at

news@expressweeklynews.ca or Phone 204-467-5836

THE EXPRESS WEEKLY NEWS

get inspired

> MEAL IDEAS



Harvest Bowl Salad with Balsamic Vinaigrette

- 2 cups arugula
- 2 cups kale
- 1 cup Brussels sprouts petals, roasted
- 2 Honeycrisp apples, diced
- 2 tablespoons roasted pecans, unsalted
- 2 tablespoons roasted pepitas, unsalted
- 2 tablespoons dried cranberries

To make balsamic vinaigrette: In food processor, process avocado, avocado oil, shallots, Dijon mustard, balsamic vinegar, honey and water to smooth consistency. Set aside.

To make salad: In large bowl, combine avocados, sweet potatoes, quinoa, arugula, kale, Brussels sprouts petals, apples, pecans, pepitas and dried cranberries. Pour balsamic vinaigrette over salad mixture.

Toss salad to coat. Keep refrigerated until ready to serve.

- Servings: 8
 Balsamic Vinaigrette:
 1/2 Avocado From Mexico, diced
 1 tablespoon avocado oil
 2 tablespoons shallots, minced
 1 tablespoon Dijon mustard
 3 tablespoons white balsamic vinegar
 1 tablespoon honey
 3 tablespoons water
 Salad:
 2 Avocados From Mexico, diced
 2 sweet potatoes, roasted and diced
 2 cups quinoa, cooked



Quinoa Overnight Oats

- 1/2 cup pomegranate seeds
- Prepare quinoa according to package directions. Let cool completely.
 In large bowl, combine almond milk, oats, bananas and cinnamon. Stir in quinoa and blueberries.

Cover and refrigerate overnight. Divide among four serving bowls and garnish with pomegranate seeds.

Tips: For added sweetness, drizzle with honey, maple syrup or agave syrup, to taste. For a grab-and-go breakfast, combine overnight oats mixture and divide in resealable, single-serving jars or containers. Seal and refrigerate overnight.

- Prep time: 15 minutes
 Cook time: 10 minutes
 Servings: 4
 1 bag Success Tri-Color Quinoa
 2 cups almond milk
 1 cup quick-rolled oats
 2 bananas, mashed
 1/2 teaspoon ground cinnamon
 1 cup fresh blueberries



Caterpillar Sandwich

- 1 green onion
 - 2 Roma tomato slices
 - 6 cucumber slices
 - toothpicks
 - mayonnaise or cream cheese
- Using bread, ham, lettuce and cheese, make two ham and cheese sandwiches and two lettuce and cheese sandwiches.
 Cut cherry tomato in half. Cut green onion into circles.

Using small biscuit or cookie cutter, punch out two rounds from each sandwich.

Arrange sandwich rounds on sides, alternating slice of cucumber and tomato between each. Use toothpick to secure.

Place halved cherry tomato on each end.

Using small amount of mayonnaise or cream cheese, "glue" green onion rounds to cherry tomato for eyes.

- Total time: 25 minutes
 Servings: 6
 4 Nature's Own Butterbread slices
 4 ham slices
 2 lettuce leaves
 4 American cheese slices
 1 cherry tomato

Ask the Money Lady



Christine Ibbotson

Dear Money Lady, I have been offered a new job as a contractor and I am not sure if I should take it. Could you tell me what the difference is between an employee versus a contractor. Thanks, Jenn.

Dear Jenn, great question – one that most people should know!

Most Canadians, if given the chance to take a contracted position over an employee position will always choose the employee placement, thinking it is more secure and better than being labelled an independent contractor. This is a false notion, one that always leaves a lot of money on the table. Long-time contracted Canadians know the benefits of this employment choice and often would never opt to go back to a "so-called" coveted employee position. So, let's discuss the differences and you can choose for yourself which is better.

The main difference between an employee and an independent contractor is the taxation, deductions, and benefits. As a contractor you will be responsible for paying your own taxation and CPP (Canada pension plan) and because you are not an employee, you most likely will not have any health or dental benefits. Because of this, contractors are always paid more than employees and often have a lot more freedoms.

Contractors can work for many different clients or companies, they have less restrictions, and are usually free to perform their duties the way they want to, provided the contracted work is completed within the time frame agreed upon. They are always paid without deductions, so it is necessary for a contractor to budget for taxation and setup a savings strategy for retirement. Personally, I have been an independent contractor since I was 22 and I would never go back to an employment position. As a contractor you are always paid more and have the ability to write off personal expenses to reduce your overall income. Cell phone fees, car expenses (gas, mileage, depreciation, or lease payments), home office, stationery and office expenses, equipment, gifts, meals, and entertainment are just a few of the write offs most contrac-

tors use to lower their taxable income. In my opinion, it is your take-home earnings that matter most. Someone who earns a six-figure income but is taxed at the highest marginal tax rate and then has multiple deductions off their pay is far worse off than a contractor that makes less but takes home more.

As an employee you normally do not have the opportunity to profit from your work. You would not need to make any investment into performing your job other than showing up and providing the services required by the employer. You are entitled to benefit plans, along with group health and dental insurance. All required deductions and taxation will be calculated by your employer, and you will receive your net income in the form of a regular pay cheque. Most people believe that as an employee you are "safer" than a contractor with more job stability. This however may not be true, since anyone who is not doing their job runs the risk of being fired.

Many industries today don't have contracted positions, however if you have the opportunity to try it in your working career, you should. You may find, like myself, that you never want to go back to an employee position ever again.

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



Fluffernutter Sandwich

- Total time: 10 minutes
 Servings: 1
 2 tablespoons peanut butter
 2 Nature's Own Butterbread slices
 2 tablespoons marshmallow fluff
 Spread peanut butter on one bread slice. Spread marshmallow fluff on second slice.
 Put two bread slices together to form sandwich.

Classifieds



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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.

HELP WANTED

Babysitter required. Selkirk/Clandeboye. Part time hrs can be based on schedule. Phone number: 204-990-6292. Text or call.

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

HELP WANTED

Collision Corrections is now looking to hire a full-time person to help with several duties. We are willing to help train the right candidate to join our team. Apprentice or an experienced auto body tech would be great asset. Wages greatly depend on experience in the trade. Although auto body experience is an asset it is not necessary if a candidate possess some mechanical and computer skill, also experience with dealing with the public. Some of the duties for this position are: look after customers at times; cleaning vehicles and the shop; delivering vehicles to and from the city; changing bumpers and fenders (small jobs); answering phone and delivering vehicles when manager not around; cutting grass. Please forward resume to collisioncorrections@hotmail.com or call Glen at 204-229-9152.

MORTGAGE SALE

The land and building known as SW 13-21-2 EPM, Rembrandt, in the Rural Municipality of Armstrong, Manitoba, as described in Certificate of Title No. 2737153/1 will be sold at auction on Wednesday the 16th day of August, 2023 at 10:00 a.m. The auction sale will be held by way of video or teleconference. There will be no in-person attendees at the auction. In order to participate you must pre-register at least 24 hours prior to the auction by contacting Dan Ransom at either 204-988-0443 or dransom@tmlawyers.com. On the date of the auction, an email will be sent to all attendees at the email addresses provided. The attendees will need to follow the instructions in the email, which will include a video link or teleconference call-in information. The successful bidder shall have a period of 24 hours to provide the deposit in certified funds payable to Taylor McCaffrey LLP and sign the auction sale conditions.

Title No. 2737153/1

Land Description: SW 1/4 OF 13-21-2 EPM EXC FIRSTLY: WLY 1320 FEET PERP AND SECONDLY: ROAD PLAN 12364 WLTO SUBJECT TO THE RESERVATIONS AND PROVISIOES CONTAINED IN THE GRANT FROM THE CROWN

Civic Address/Location: 11053 Road 122 North East. The property is located about 11km South of Arborg. Head South from Arborg on Highway 7 for about 11km. Turn East onto Road 324 and head East for about 2.5km. The property is on the North side of Road 324.

TO THE BEST of the Vendor's knowledge, the subject property is approximately 85.65 acres in size, consisting primarily of bush and hay pasture, and with a residential yard and residence. The residence is a 1 storey, 3 bedroom, 2 bathroom house built in 2015, with vinyl plank and tile flooring throughout. The house has approximately 1,428 square feet of living space, with a full basement with 9 foot ceilings. The house has electric forced air heating, an electric hot water tank, air conditioning and a fireplace. The exterior has a wood deck. There is a double attached garage located on the property, which is approximately 380 square feet.

PRIOR ENCUMBRANCES: NIL

REALTY TAXES (excluding any accruing water charges) are paid to December 31, 2021.

TERMS OF SALE: a deposit of **\$25,000.00** by way of cash, certified cheque or bank draft payable to Taylor McCaffrey LLP, and the balance according to conditions which will be available for public view at the Auctioneer's address above prior to the auction. The property will be sold subject to a Reserve Bid of \$177,000.00 plus such other additional and incidental costs which may be incurred by the Vendor from the 10th day of June, 2023 to the date of auction and which costs will be announced prior to the commencement of the sale. The maximum amount of cash that may be provided as part of the deposit is **\$7,500.00**. The auction sale will be conducted pursuant to an Order for Sale issued by the District Registrar. Certain parties may be prohibited from purchasing the property, including but not limited to, parties who by virtue of their employment or relationship to a person involved in the sale process would have special knowledge of the circumstances pertaining to the sale. For more information and a list of prohibited purchasers please visit: www.teranetmanitoba.ca. FURTHER information may be obtained from:

TAYLOR McCAFFREY LLP
2200 – 201 Portage Avenue,
Winnipeg, Manitoba, R3B 3L3
ATTENTION: Daniel Ransom
Phone No.: 204-988-0443
File No.: 55451-106

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Meleb Waste Disposal Grounds Operator

The Rural Municipality of Armstrong is inviting applications for the position of a permanent, part-time operator for the Meleb Waste Disposal Grounds.

Under the supervision of the Public Works Coordinator, the Disposal Grounds Operator operates the site in compliance with the Waste Disposal Ground Operating Permit, municipal by-laws and policies, and applicable federal and provincial regulations. The successful applicant must be willing to take the Manitoba Landfill Operator Certification Program and any other certificate/course as required from time to time.

Permanent, part-time position – sixteen (16) hours per week: Tuesday (4 hours), Thursday (4 hours), and Saturday (8 hours) – Please check with the RM office for exact hours. From time to time additional hours may be required to complete associated duties.

The Operator:

- Directs all users to appropriate disposal or storage locations for all items being disposed and ensures source separation of garbage and recyclables and all other items accepted by the site.
- Maintains daily records/logs of volume and category of waste entering the site.
- Keeps all buildings and areas of the landfill site clean and well-maintained.
- Monitors requirements for movement of waste out of the site.
- Reports all concerns to the Public Works Coordinator.
- Must be punctual, motivated, self-starter, and able to work without supervision.
- Good interpersonal skills to deal politely and effectively with the public.
- Ability to meet physical demands of the position and have an excellent safety record, and must be able to work in adverse weather conditions.
- Must be able to safely operate equipment associated with the maintenance of the site and perform light maintenance of the equipment.
- The RM requires the successful applicant to hold a valid Class 5 licence and a clean criminal record check.

Interested candidates should submit a resume with three references to:

E-mail: cao@rmfarmstrong.com
Mail/Drop-off/Other: R.M. of Armstrong
1094 PTH 17, P.O. Box 69, Inwood, MB R0C 1P0
P: 204-278-3377 F: 204-278-3437

Application deadline is Thursday, July 27, 2023 at 4:30 p.m. Posting will remain open until a suitable candidate is found. We appreciate your interest in this position, however, only those applicants chosen for an interview will be contacted. This position commences as soon as possible.

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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



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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.

Summer/Fall **HIRING?** SOMETHING FOR SALE? **HAVING AN EVENT?** Book your Blanket Classified Ads in the 31 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

ADVERTISE YOUR UPCOMING EVENTS IN THE EXPRESS

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

WANTED
Buying large amounts of coins & coin collections!
Old coins, old money, collectors coins, rare coins, coin collections, pre1969 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

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 stonewoodelkranch@mymts.net

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12 Patterson Dr., Stonewall, MB
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Closes July 27 @ 6:30PM
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Lakeview Hecla Golf Course
PESTICIDE APPLICATION PROGRAMS PUBLIC NOTICE
Lakeview Management and the Lakeview Hecla Golf Course intend to conduct the following pesticide control program from July – November. IPM (Integrated Pest Management) strategy will be used with all pesticides.
1. To control fungus on Lakeview Hecla Golf Course. Fungicides used may include propiconazole, triticonazole, penhiopyrad, metconazole, azoxystrobin, etridiazole, fludioxonil, hydroden peroxide, azoxystrobin.
2. To control weeds on the property herbicides being used may include dimethylamine salt, glyphosate, dicamba 2, 4-D and mecoprop.
3. Growth regulators may include polymeric polyoxyalkylene trinexapac – ethyl.
The public may send written submissions or objections to SPECIFIC pest control programs within 15 days of publication to the department noted below:
Environment and Climate
Environmental Approvals Branch
14 Fultz Blvd, Winnipeg MB. R3Y 0L6

McSherry Auction Service Ltd
McSherry Online Auction
Estate of John Bergman
Closing Date; Thursday August 10th, 7:00pm
Gimli, MB
North 10 Miles on HWY 8, 2 3/4 Miles West on Valhalla
Beach Road Lane # 16001 Contact: 204-641-4115
Featuring; 10 Tractors, TD9 Crawler, Cockshutt 30, Case 700, 930, DC JDB, 25 Cars 15 to 80 Years Old; '38 Buick Inline, '48 Int P/U, Some Implements, Yard Items, Tools, Collectibles
Detailed Listings with Pictures, Directions, Viewing + Pick Up Dates, Online Bidding Go To; McSherryauction.com
204-467-1858 & Mcsherry@mymts.net

McSherry Auction Service Ltd
McSherry Online Auction
For Ken Van Hulle
Closing Date; Wednesday August 9th, 7:30pm
Woodlands, MB - Take Hwy #6 to Rd 9 then 2.5 Miles South on Rd 9- Driveway# 79070 Contact: 204-383-0041
Featuring; J.D. 7520 4WD Tractor, J.D. 3020 – not running, 4 Haybines; Hesson 1170, 1160, 1014, Case IH 8380, Morris #881 Auto Bale Wagon, New Idea 485 Rd Baler, White 9700 Axial Combine, More Equip., Tools, Livestock Feeders
Detailed Listings with Pictures, Directions, Viewing + Pick Up Dates, Online Bidding Go To; McSherryauction.com
204-467-1858 & Mcsherry@mymts.net

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

EMPLOYMENT OPPORTUNITY
Interlake Auto & Tractor Parts Ltd.
ARBORG, MANITOBA
..your **Auto Value** source **Parts Stores.**

Is seeking immediate additional staff for the following position
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Duties include accounts payable, inventory maintenance and other general office duties. Competitive wages & benefits.
Apply in person or email
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iautoar@aol.com
204-376-2667
www.interlakeauto.ca
Locally owned and operated for 40 years.
We thank all those who apply, but only those considered for an interview will be contacted.

Eddie's Gravel Supply Ltd. is Hiring
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info@eddiesgravel.com
204-389-2023
102086 Hwy 9, Wpg Beach, MB

www.meyersauctions.com
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Austin, MB
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Consignors Welcome!

SALES CAREER OPPORTUNITY
Big and Colourful Printing & Publishing
is looking for a dynamic, highly motivated person to become part of our advertising sales team in the Interlake area.
The successful candidate will thrive in a fast paced sales environment where a competitive nature, strong work ethic and excellent customer service skills are required and rewarded. This opportunity involves building relationships and representing our newspapers to new and existing customers. Qualifications: The successful candidate must be professional, dependable, energetic, goal-oriented, self-starter, can work within deadlines, well organized and friendly. Customer service, sales experience and passion is a must.
-Strong computer skills, including Microsoft Office
-Excellent communication skills and a genuine love of people
-Willingness to learn
-Ability to work independently
If you fit this description please email resume to Bigandcolourful@mts.net
Stonewall Teulon
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Classifieds



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Insurance Specialist

Competition: #2023-14-15
Location: Arborg, Manitoba

Manitoba Agricultural Services Corporation (MASC) has an exciting opportunity for you to be a part of a team that values building relationships, enables change, and supports the agriculture industry in Manitoba. Come join our team as we offer an engaging work environment, competitive pay, a comprehensive benefits package (including pension plan), and we encourage a healthy work-life balance.

Reporting to the Client Service Manager, the Insurance Specialist is responsible for providing a high level of personalized customer service to Manitoba producers. The successful candidate will be the insurance expert for the service centre team. In this role, you will be responsible for ensuring that MASC's insurance products are administered effectively and resolving client issues. You will also be responsible for planning and implementing the insurance-related goals and targets as part of the service centre and divisional strategic plans.

MASC values excellence, integrity, and accountability. We strive to enhance existing products and develop new products, transform service delivery to enrich the client experience, pursue customer driven organizational change, and maximize performance, engagement, and development of all employees.

MASC has five core competencies: communication, decision making, initiative & innovation, leadership, and organization. Competencies relate to every position at MASC and along with the technical requirements, are included in the qualifications for all positions at MASC.

ESSENTIAL QUALIFICATIONS

- Post-secondary education in agriculture and related experience or an equivalent combination of related education and experience may be considered.
- Experience providing a high level of customer service.
- Experience interpreting and applying regulations, contracts, policies, and procedures.
- Experience in the agricultural industry.
- Knowledge in sales and marketing.
- Knowledge of agricultural insurance.
- Ability to use Microsoft products (SharePoint, OneDrive, Excel, Word, Outlook, PowerPoint) in a cloud-based environment.

CONDITIONS OF EMPLOYMENT

- Must be legally entitled to work in Canada.
- Must possess a valid driver's licence, access to a vehicle and the ability to travel within the Province of Manitoba.

APPLY

This position has a salary range of \$60,295 to \$72,399 per annum (amended rate of \$64,985 to \$79,586 to be implemented in coming months, the successful candidate will be entitled to adjustments that are made to that level of the pay scale). Interested candidates are requested to send their résumé and cover letter, marked Confidential, no later than **July 24, 2023** to:

Competition: #2023-24-15
MASC – Human Resources
Unit 100 – 1525 First Street S.
Brandon, MB R7A 7A1
E-mail: hr@masc.mb.ca

We believe diversity strengthens our ability to provide excellent customer service in a positive work environment. We encourage all to apply. Only those selected for further consideration will be contacted.



www.masc.mb.ca



RURAL MUNICIPALITY OF GIMLI

PUBLIC NOTICE TO ALL PROPERTY OWNERS

PUBLIC NOTICE IS HEREBY GIVEN THAT ALL 2023 PROPERTY TAX STATEMENTS HAVE BEEN MAILED.

Any property owner who has not yet received a tax statement should contact the Municipal Office at 62 2nd Avenue, or telephone 642-6650.

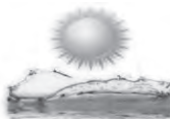
New property owners are reminded that they are responsible for payment of the 2023 taxes, whether or not they receive a tax notice in their name.

2023 property taxes are due and payable on or before August 31st, 2023.

In the event of a Postal disruption, please contact the Municipal Office regarding correspondence and Utility Bills sent out of this office.

Kelly Cosgrove
Chief Administrative Officer
Rural Municipality of Gimli

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



EMPLOYMENT OPPORTUNITY Lakeshore Family Resource Centre in Ashern is Hiring

- 3 permanent full-time (37.5 hours/weekly) positions
- 2 Counselors + 1 Child/Youth Counselor
- Salary \$18+ depending on qualifications & experience
- Training Offered
- Mileage Reimbursement Offered

Our Mission

LFRC assists families in the Northwest Interlake by implementing changes towards personal growth, increased independence and empowerment.

Qualifications

Education and Experience

- Strong ability to build supportive relationships with clients
- Comprehensive interpersonal skills and team oriented
- Knowledge of child and youth development (for Child/Youth Counselor)
- Capacity to initiate, develop, and maintain programming
- Excellent verbal and written communication skills
- Experience working in a community based setting is an asset
- Relevant education and life experience will be considered
- Understanding of Microsoft Office, Teams, Power Point and Zoom

Additional Requirements

- Valid Class 5 license; Access to a safe and reliable vehicle
- Satisfactory Current (within 3 months) Criminal Record Check/Adult Vulnerable Sector, and Child Abuse Registry/Adult Abuse Registry Checks
- Ability to lift 25lbs

Submit applicable checks and 3 references to the Hiring Committee: Hiring.lfrc@gmail.com

Application Deadline July 28th, 2023. Positions will remain open until filled

Lakeshore Family Resource Centre is an equal opportunity employer for all job applicants, including those self-identifying as a member of these groups: People with a disability, Indigenous people, Newcomers of Canada and Visible minorities.

Lakeshore Family Resource Centre welcomes applications from people with disabilities. Accommodations may be available upon request.

We thank all who applied with their interest, but only those selected for an interview will be contacted.

Lakeshore Family Resource Centre may contact former employers.



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Camp Wannakumbac 75th Anniversary Family Camp August 4-7, 2023

Everyone invited especially current & alumni campers, counsellors, staff, families & supporters for all or part of weekend. Enjoy decade reunions, campfires, beef pit BBQ & dance. Info on fees, detailed program & registration at: www.campwannakumbac.com or Ph: 204 848-2380

Email: info@wannakumbac.com

Registration Deadline July 21, 2023



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- Very cost effective means of getting your message out to the widest possible audience

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

www.mcna.com

Classifieds Announcements



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SERVICE ANNOUNCEMENT



Michael Kaartinen
July 31, 1971 - May 26, 2023

A Celebration of Life will be held at 11:00 a.m. on Saturday, July 29, 2023 in the Eriksdale Recreation Centre for our son, brother, uncle and nephew Michael Kaartinen. An interment to be held at a later date. In honour of his love of sports, wear your favourite jersey, t-shirt or sports hat if you choose.

The family would like to thank John and Karen Gray of Arnason Funeral Home for the arrangements.

Arrangements by:
ARNASON FUNERAL HOME
Ashern - Lundar
1.204.768.2072
1.866.323.3593

CELEBRATION OF LIFE

Audrey McDougall

Friends and family are welcome to attend a Celebration of Life for Audrey McDougall on Saturday, July 29th at 10 a.m. at St. Bartholomew Anglican Church in Winnipeg Beach (291 Churchill Road). Refreshments to follow after the service.

OBITUARY



Laura M. Marks
August 21, 1949 - July 13, 2023

It is with deep sadness that we announce the passing of Laura on July 13, 2023 at the age of 73.

She was predeceased by her parents John and Margaret Marks and brother Marvin and his grandson McKenzie.

She will be missed by her brothers Ken (Marjorie), Andrew (Linda), James (Charlotte); sisters Lisa (Andrew), Ruth (Richard); sister-in-law Arlene; many nieces, nephews, cousins and friends.

Laura was raised on the family farm in Camp Morton, MB. She worked at various companies in Winnipeg, and retired in Gimli. She enjoyed long walks and sitting by the lake reading a book, listening to the sound of the waves. She also enjoyed spending time with family and friends.

In keeping with her wishes, cremation has taken place and a private family graveside service will be held.

Special thanks to Gimli Homecare services, Gimli Senior Resources, Gimli Community Health Centre and all the nurses and Doctors that cared for her.

In lieu of flowers if so desired, donations may be made to St. Benedict's Church, Box 4, Camp Morton, MB, R0C 0M0.

Those we love,
Don't go away
They walk beside us everyday
Unseen, unheard
But always near
So loved, so missed
So very dear

Condolences may be left on her tribute at www.gilbartfuneralhome.com

Gilbart Funeral Home, Gimli in care of arrangements.



Your memory will live forever Engraved within our hearts

OBITUARY



Carmine Armenti

It is with great sadness and heavy hearts that we announce the passing of Carmine Armenti, beloved husband and caring father on the morning of Saturday, July 8, 2023. Carmine passed away peacefully at the age of 76.

Carmine was born on October 20, 1946 in Castelpetroso, Italy to Berardino and Domenica Armenti. He was one of two children. He immigrated to Canada with his parents in search of a new and better life settling in Manitoba in 1952 at the age of six. Carmine lived in Molson, MB with his family until 1960, when his family moved to Winnipeg. He grew up and lived in his family home then met and married the love of his life, Sylvia Kuchma. Together over the years, they welcomed and raised two children, Desiree and Devin.

He was a hard-working, dedicated and generous man. His main goal in life was always to provide for his loved ones. His most cherished moments were spent with his family along with spending time with good friends and family on the golf course.

Carmine will be sadly missed and is survived by his wife Sylvia, children Desiree (Jason) and Devin Armenti, his brother Luciano (Gloria) Armenti, his good friend and closest confidant Brian Woloshen along with nieces and nephews, cousins and numerous other relatives.

Carmine is predeceased by his parents Berardino and Domenica Armenti, in-law Justina Kuchma and numerous other relatives.

A special thank you to the amazing staff at Gimli Community Health Centre for the care and compassion provided to both Carmine and his family.

In keeping with his wishes, cremation has taken place. In honour of Carmine, a Celebration of Life will be held in October, 2023. Further details will be provided to family and friends at a later date.

In lieu of flowers, should family or friends desire, donations made in memory of Carmine to the Canadian Cancer Society would be greatly appreciated.

Condolences may be offered at gilbartfuneralhome.com

Gilbart Funeral Home, Gimli in care of arrangements.



OBITUARY



Bjarni (Barney) Einarson
1936 - 2023

Peacefully, with family by his side Barney passed away on Sunday, July 16th, 2023.

Memorial Service will take place Sunday, July 23rd at 1:00 p.m. at the Arborg Bifrost Community Center.



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FINANCIAL ASSISTANT



Green Acres Art Centre Inc (GAAC) is a non-profit organization offering arts, culture and wellness programs for residents of all ages in the Town of Teulon, RM of Rockwood and surrounding municipalities. We're driven by community, optimism, and the belief that everybody can grow.

The GAAC is seeking an experienced, positive, enthusiastic and reliable individual to join our team as the Financial Assistant who will provide support with financial records and assisting with the general operations of the finance for the GAAC's Board of Directors.

The Financial Assistant will be responsible for handling a broad spectrum of accounting duties such as general bookkeeping, accounts payable and accounts receivable, project/grant tracking and reconciliations. Financial Preparation and Reporting to the board of directors required for monthly board meetings.

Salary will be determined based on experience. Please email resume and cover letter to info@greenacresartcentre.ca Subject: Financial Assistant or mail resume to Box 545 Teulon, MB R0C 3B0. No phone calls please. Only candidates considered for an interview will be contacted. This position will remain open until the position is filled.

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 19046 Ukrainian Park Road
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 204 376 5177
 204 642 2980
 Intglass@mymts.net

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Easy Start

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Utility 3"
Easy Start

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9" Lightweight

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Mid-Tine 21"
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EFI

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CRF125 125 C.C.
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Electric
Start, EFI

\$4800⁰⁰

(ALL IN PRICE)



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