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Melody from Tiny Tots daycare presented Royal Canadian Legion Branch No. 61 1st vice-president Clint Kennedy with two handmade poppies to thank him for his service to the country during a celebration last Saturday to mark the Winnipeg Beach Ladies Auxiliary's 90th Anniversary. See story on page 10.

EXPRESS PHOTO BY PATRICIA BARRETT

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# New children's book, Spud Goes to School, remembers Gimli in days of yore

By Patricia Barrett

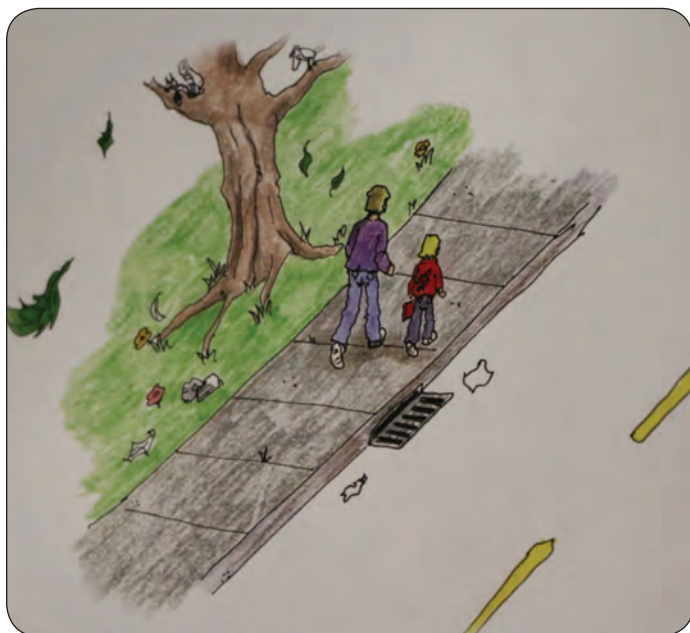
An illustrated children's book by a Sandy Hook-based author will take adult readers back to their first day of school, along with all the emotions they likely experienced, and help kids overcome their fears about starting school.

Spud Goes to School is Gimli-born Bruce Kardal's first children's book. Named after his own and his son's nicknames, the story follows Spud from the time his mom wakes him up in the morning on his first day of Kindergarten to his walk home from school with – spoiler alert here – a special somebody.

Kardal attended Gimli Public School (1915-1974) on Second Avenue. The school was converted into the town hall, but visitors are free to wander around a preserved classroom with all of its historical memorabilia.

Kardal said he remembers feeling a little scared about going into the big brick school on his first day of Kindergarten. Luckily, he had an older brother to guide the way. And inspired by his grandchildren, he wrote the book to teach kids that school actually turns out to be quite a lot of fun.

"I do remember my first day and I wasn't happy about going. Spud's nervous, too, so his older brother goes with him to the school," said Kardal, who met the *Express* at Gimli's Sand-



Spud's older brother walks him to school on his first day. Dallas Hollett used sketches Kardal drew to illustrate the book.

stone Gift Essentials where manager Elena Olafson was arranging a display of his book. "Spud ended up having a great day."

He really didn't know how to go about writing a book, he said, but had had plenty of practice reading to his two sons. Taking the book's central message to heart – overcoming your fear of trying something new – he dove straight in.



**EXPRESS PHOTOS BY PATRICIA BARRETT**  
Sandstone Gift Essentials manager Elena Olafson with Gimli-born author Bruce Kardal. Sandstone is carrying Kardal's first book, Spud Goes to School

"I found it a bit challenging making sure the theme flowed from the beginning to the end," said Kardal, who moved with his wife to Sandy Hook from the city last year after he retired from his job as an engineer. "And I

wanted to have bits of Gimli in it and my sons' memories."

You can tell someone with a sharp eye for detail and a flair for precision was behind the overall concept and

Continued on page 5

## Food bank donation



**EXPRESS PHOTO BY LORA LEE BJORNSON**

The Gimli Yacht Club donated \$690 to the Evergreen Basic Needs food bank last Friday. The funds were raised from the Scallywag sailing race on July 6. This year, 23 boats registered and 18 raced. With the boat registration, the boat owner has the chance to win a free membership for the following year. This year's winner was Bonny Blue owner Peter Isaac. Andrew Meyer and Lora Lee Bjornson organized a lobster roll, salad and dessert dinner, and sold T-shirts for Scallywag and the Gimli Yacht Club's 50 anniversary. Following dinner was live entertainment on the deck with Tracy Martin, Sean Mourre and a surprise appearance by recording artist Mark Reeves.

Pictured left to right: Andrew Meyer, Lora Lee Bjornson, Elaine Gibbs, Mayor Lynn Greenberg, Karen Bowman and Gimli Yacht Club Commodore Charlie Burns.

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# Ombudsman report on CCG boathouse recommends public engagement

By Patricia Barrett

An investigation and subsequent report by the Manitoba ombudsman into the Canadian Coast Guard boathouse that was built in Gimli's harbourfront area has found the municipality of Gimli to have erred by not holding public hearings prior to issuing a building permit.

The RM had consulted with stakeholders in the immediate vicinity of the boathouse and had also held a public meeting in council chambers with members of the Coast Guard and the public after it approved the permit.

The ombudsman investigated the matter after a complainant contacted its office, and the report was issued Feb. 11, 2019. It is not available on the ombudsman's website or on the municipality's website. A copy of the report was forwarded to the *Express* a few weeks ago by an RM resident.

The ombudsman says it cannot determine whether the RM was legally bound to hold a public hearing, but in future it should consider the "most transparent approach possible" given the community's high interest in the harbourfront area.

"While we cannot definitively state

that the RM was legally required to conduct a public hearing with respect to the conditional use application for the boathouse before issuing the building certificate, the ambiguities in the ZBL [zoning bylaw] suggest that, in the public interest, it would have been prudent to have conducted a public hearing," it says.

The report states the RM had followed "proper policy and procedures with respect to the process for the leasing of the land upon which the Coast Guard building is being constructed." But there is significant ambiguity in the ZBL that makes it difficult for a "citizen or casual reader" to understand requirements and expectations.

The boathouse was built on a parcel of municipally owned land fronting First Avenue, across the street from the Waterfront Centre, which houses condominiums, businesses and the New Iceland Heritage Museum. The provincial and the federal governments own much of the land in the harbourfront area.

The CCG carries out search and rescue missions on Lake Winnipeg, and it needed a facility in which to store and repair its vessel, the Vakta. Stor-

ing the boat outside in the winter had led to deterioration.

The report found no issue with the RM and the federal department of Fisheries and Oceans, which oversees the CCG, having entered into a 19-year lease agreement. The lease, effective January 2017, is renewable upon expiry in 2035 for another 19-year period. The CCG pays the RM an annual rental fee of \$1 plus a grant equal to the property taxes. The CCG is responsible for paying all the operating

costs associated with the land.

In 2017, local residents noticed work proceeding on the boathouse's foundation and they began asking questions about the process.

One of the several residents concerned about the way the municipality handled the process is DJ Sigmundson. He told the *Express* he feels the process was "flawed" and that municipality failed to "respect the checks

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EXPRESS PHOTO BY PATRICIA BARRETT

The Canadian Coast Guard's boathouse houses its Lake Winnipeg search and rescue vessel, the Vakta.

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# Faith and remembrance: Sylvan church turning 100 years old

By Patricia Barrett

Members of the Sylvan community will mark the 100th anniversary of the Transfiguration of Our Lord Ukrainian Catholic Church next month and are hoping to see some of the families who grew up in the area at the celebration.

The church's board members, made up of John Burak, Kenny Lubinski and Grace Slavinski, along with volunteers, are currently putting plans in place to mark the day.

"Several volunteers from the Sylvan community are helping put together the anniversary," said Burak, who serves as the board's vice-president.

The church was built by the community's Ukrainian settlers and their families in 1919. Located on the border of the municipalities of Fisher and Bifrost-Riverton, the Transfiguration was the first church of the parish, according to the 1991 publication titled *Ukrainian Catholic Churches of Winnipeg Archeparchy*.

Before the church was built, worship services were held in the home of John Shewchuk. Parishioners started fundraising efforts in 1918. They cut and sold a cord and a half of wood, and in 1919 they donated \$1.45 and 800 feet of wood. The head carpenter was Anton Mryglod. John Sen-nyk donated an acre of land for the church, which is 36 feet long and 18 feet wide.

Ukrainian settlers moved into the Sylvan area before the First World War (1914-1918), states the book. The community is about 17 kilometres east of Fisher Branch along PR 233. People from communities north of the Sylvan and from Morweena to the south would travel to the church to worship and sent their children to catechism classes in the summer. Fathers from Komarno served the parish from 1916 to 1923.

The rectangular-shaped church has a small ornate cu-



EXPRESS PHOTO BY JOHN BURAK

Transfiguration of Our Lord Ukrainian Catholic Church will celebrate its 100th anniversary this year on Saturday, Aug. 17.

pola on the top of a gable end and a small tower for a bell. The interior has a choir loft, eight wood pews, a chandelier with candle lamps and religious paintings depicting Mary, Christ and the Transfiguration.

In its 97th year, the church weathered a flood. Two heavy rainfalls a few weeks apart in 2016 marooned the church and water crept up through the floorboards, soaking the carpeting.

"We never had that much water before. It filled the whole yard," said Burak. "Volunteers tore out the carpets and repainted the floor."

The parishioners themselves undertake the maintenance

of the church, he said. They hold fundraising events such as raffles and people make donations. A service and supper are held once a year on the Aug. 19 (Julian Calendar) holiday celebrating the Transfiguration of Christ.

The 100th Anniversary this year will be held on Saturday, Aug. 17. The day will start with a service at the church at 10:30 a.m. followed by a visit to the Sylvan and Morweena cemeteries where Fr. Harry Chuckry will bless the graves. A full-course catered supper will be held in Morweena followed by an after-supper program.

Burak said families and their descendants who now live in Winnipeg have been notified of the event and they've expressed interest in attending.

The event is open to everyone, but they must make a supper reservation by Aug. 10. Supper tickets are \$25.

For more information about the anniversary event and to reserve a ticket, contact Nellie or John Burak at 204-364-2343.

## Cougar spotted in Teulon

Staff

On Monday, July 15 at about 8 a.m., RCMP received a call about a cougar sighting on 1st Avenue NW in Teulon.

The caller said there was a cougar in the backyard that had walked into the bush. RCMP made a patrol of the area, and Manitoba Conservation was advised of the sighting.

No other sightings or calls were received by the police about the cougar.



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Manitoba Sustainable Development has received a proposal pursuant to The Environment Act regarding the following operation and invites public participation in the review process:

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An Environment Act Proposal has been filed by Gimli Redi-mix Ltd. for the continued operation of a concrete batch plant at 113092 PTH 8 (S ½ of S ½ of NE ¼ 31-19-4 EPM) in the Rural Municipality of Gimli, Manitoba. Gimli Redi-mix Ltd. operate Stephens Concrete Plant equipped with silo tops bag house filtration system to produce concrete batch and supplies to customers in Gimli and surrounding area. The concrete is manufactured from aggregate stone, sand, cement, flyash (if required), admixtures and water.

Anyone likely to be affected by the above operation and who wishes to comment on the proposal should contact Eshetu Beshada, Environmental Engineer, in writing or by email at [eshetu.beshada@gov.mb.ca](mailto:eshetu.beshada@gov.mb.ca) or by telephone at 204-945-7023, not later than August 23, 2019. Further information is available from the Online Public Registry: [www.manitoba.ca/sd/eal/registries/index.html](http://www.manitoba.ca/sd/eal/registries/index.html)

Information submitted in response to this proposal is considered public information and will be made available to the proponent and placed on the public registry established in accordance with Section 17 of The Environment Act.

Environmental Approvals Branch  
Manitoba Sustainable Development  
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Website: [www.gov.mb.ca/sd/eal/registries/](http://www.gov.mb.ca/sd/eal/registries/)



# Icelandic Festival of Manitoba celebrating 130 years

By Becca Myskiw

Gimli is ready to host the 130th Icelandic Festival of Manitoba on the August long weekend, Aug. 2 to 5.

Islendingadagurinn came to Gimli 86 years ago and has a rich history of celebrating Icelandic culture and heritage. Executive director Kristine Sigurdson said the board doesn't have anything special planned for the anniversary because they celebrated 125 years recently, but they have introduced a few new things and brought some favourites back.

The festival regained ownership of the annual 10-mile race this year after being run by a club in Winnipeg. Sigurdson said the board felt like the race had lost its significance to the festival and they wanted to bring the culture part back into it. The race runs from Winnipeg Beach to Gimli.

Along with the original 10-mile race, the Icelandic Festival of Manitoba is hosting a five-kilometre race as well. The 5k gives more people in different levels a chance to run and creates more opportunities for people to get involved. The race will go along the waterfront and will give runners a chance to join friends or family.

"It's for people who want to do something in a nice place," said Sigurdson.

Both races are on Sunday and still have room for people to register. Sigurdson encourages people to pre-register as spots fill up fast and are limited.

The theme for the festival this year is "Take a Viking Voyage / Farið í Víkinga Ferðalag," and Icelandic Festival pres-

ident Grant Stefanson reflects "we are all on a variety of literal and figurative voyages throughout our lives. We hope that you will take the time to think about your voyages and our voyages together as we celebrate Icelandic culture in Gimli. The Icelandic Festival weekend is the perfect time to embark on a voyage with friends and family and enjoy some valuable time together under the sun in Gimli."

The Icelandic Festival of Manitoba is also celebrating 50 years of The Art Show. Past winning entries from the festival collection will be on display at the show, Saturday to Monday at George Johnson Middle School, and at the Music on the Rooftop event on Saturday at Waterfront Centre-Johnson Hall.

Sigurdson said arts and culture is an important aspect of the festival and they are bringing back the Icelandic Fashion Show, which will be at Waterfront Centre-Johnson Hall. The fashion show will be on Saturday and will feature different types of modern Icelandic clothing for all ages.

"The vision and mission statement is really to maintain and promote Icelandic heritage," said Sigurdson.

A partnership with the Gimli Film Festival will bring screenings on Saturday of Icelandic films *Woman at War*, (*Kona fer í stríð*) and *The Deposit*, (*Tryggð*) to Waterfront Centre-Lady of the Lake Theatre.

Vingólf Beverage Gardens is back in the Gimli Harbour area, Friday to Sunday, and festival-goers can enjoy drinks, including Icelandic beer and specialty Brennivín and Crown Royal



EXPRESS FILE PHOTO BY PATRICIA BARRETT

The parade will start at the Gimli Rec Centre at 10 a.m. on Monday, Aug. 5.

cocktails. The food truck area is close by, hosting many different vendors with a great selection of food.

After last year's success, they will be hosting a 50/50 draw once again, with draws taking place on each day of the Festival. Tickets can be purchased online at [fundingchange.ca/icelandic-festival](http://fundingchange.ca/icelandic-festival) and from Festival volunteers on the weekend.

The Icelandic Festival of Manitoba is pleased to extend a warm welcome to Lilja Dögg Alfreðsdóttir, the Icelandic Minister of Education, Science and Culture, who will be presenting the Toast to Canada during the traditional program at Gimli Park starting Monday at 2 p.m. The festival is honouring long-time volunteer and past-president Tim Arnason, who will present the Toast to Iceland. They

are also honoured to hear greetings from this year's Fjallkona (Maid of the Mountain), Margaret Thorlakson Kernsted, and Her Honour, Lt.-Gov. Janice Filmon.

Festival-goers can also enjoy live music all weekend long starting Saturday evening at the Harbour Stage.

Sigurdson said the Icelandic Festival of Manitoba keeps the connection between the Icelandic community and Manitobans alive. It promotes the culture and heritage in an interactive, memorable way.

"It's all about coming together," she said.

The festival runs Aug. 2 to Aug. 5 in Gimli and has the theme of "Take a Viking Voyage."

## > CHILDREN'S BOOK, FROM PG. 2

layout of the illustrations. Kardal's hobbies include carpentry, sketching and painting, and he put all those skills – plus a lot of creativity – into the book.

Using old photographs and his own and his son's memories of their first day at school, Kardal sketched each moment of Spud's journey, right down to the details of his Red Rocket Jacket and matching lunch pail, his teacher Miss Nisbit's and the unique window frames of the school. He then turned those sketches over to Dallas Hollett, who illustrated the book.

The book's cover is an illustration of the Gimli Public School based on an old photograph. Simple prose makes the story easy for kids to follow. Kardal also paginated the book with Roman numerals so that kids can learn the system.

Over the course of last winter, Kardal edited the book and laid out the illustrations in such a way that they stand out on every page.

"I wanted story shots," he said. "I didn't want to bring the images right to the edge of the page."

Kardal said he really liked the process of writing and putting together the book, and he's got plans to write more children's stories.

The self-published book was professionally bound by Art Bookbindery in Winnipeg and has an ISBN.

Spud is available at Gimli's Sandstone Gift Essentials in the Lakeview Resort and in Hnaua at the Hnaua General Store at the junction of PR 222 and Highway 68.

Kardal will be signing copies of his book outside Sandstone on Saturday, Aug. 3 and Sunday, Aug. 4 during the Icelandic Festival weekend. People are welcome to stop by for a chat (he's got good Iclander stories).

Take care of details so they don't have to. *Just ask Ken.*

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## Fortunately Lake Manitoba fisherman found safely

By Evan Matthews

Media reports documented a rare instance near Lundar last week.

The reports suggested the Canadian Armed Forces aircraft could be seen flying overhead, RCMP search and rescue were on the case, as a man drifted upwards of 50 kilometres in his boat.

The man who went missing was reported to have been camping at Vakker Beach on the east side of Lake Manitoba and was seen fishing around 5 p.m. but wasn't seen the next morning at his campsite. The man was said to have drifted across the lake to the Lundar area.

He was found alive and well and in good spirits the following day, according to media.

While this story has a happy ending, this could have gone so much worse, and this man is extremely lucky.

There are so many variables at play.

What if the weather was poor? It would have made his survival efforts more complicated.

What if some of the other campers didn't notice, or care, that he had disappeared?

Frankly, the stars aligned on Sunday to save this man's life.

Mother Nature didn't take advantage of him and, by all accounts, he was sharing a campground with some very caring people.

When an instance like this occurs, it's a good chance to remind ourselves to take the necessary precautions when participating in potentially dangerous activities.

According to the province, in Canada, boating results in the greatest number of drowning incidents, with failure to wear personal floatation devices and alcohol consumption being the most common contributing factors.

So there are two pretty easy precautions: have a PFD on board and don't drink too much.

Thankfully, other people knew this man had disappeared, but it doesn't sound like he deserves the credit for

that.

So there's another precaution: Make sure people know where you've gone and when you're coming back. If someone is expecting you, they're less likely to shrug it off if you don't come back.

In this instance, the man spent roughly 24 hours on the water. The media reports didn't touch on whether or not he had access to food and water.

But in the worst-case scenario, you need to sustain yourself. Pack enough food and water in case of the worst happening.

The best precaution one can take, however, is to be aware.

Watch your surroundings and environment, and if the weather or water is taking a turn for the worse, cut your day short.

Your life is worth more than a day on the water.

The water is no joke. Prepare accordingly.

## Westshore Community Foundation building a lasting legacy

Submitted by Tim Arnason, President, Westshore Community Foundation

The first half of 2019 has been very busy at Westshore Community Foundation (WCF), your Community Foundation, and here are some of the highlights.

New Year's was very successful New Year's Eve Gala Ball at the Lakeview Resort Gimli. Great dinner, fantastic music from the Cracked Egg Shell, prizes and much more. The dance floor was packed all night and, from all reports, fun was had by all! I know we don't want to think about winter plans this time of year but stay tuned

for similar New Year's Eve plans.

Our annual general meeting was held Jan. 30 and new officers were appointed as follows: Tim Arnason – president, David Douglas – vice-president and financial secretary, Michele Couture – treasurer; Tristin Tergesen – past-president.

Our financial position is stronger than ever and has rebounded nicely from the market downturn in late 2018. A combination of a stronger market and increased support from donors, both to our community fund and designated funds have created very positive results. We are also de-

lighted to report the establishment of several new funds, both on the scholarship side and our designated funds.

Spring takes us into our granting cycle and this year saw an increased number of applications from across our catchment area. We were able to distribute \$40,000 in grants this year and after a very thorough review and grading of the applications, grants were awarded to the following not for profit organizations:

Betel Home Foundation - Demen-

Continued on page 8

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## Why don't you throw a line in?

Hi fellow fishers.

Many anglers like to travel farther from home in the summer seeking new and exciting fishing spots. Early last week, I had occasion to meet Tyler Peters, a young, athletic, blond-haired chap from Steinbach who told me his look-alike brother Brandon thought nothing of travelling from Steinbach to Betula Lake in the Whiteshell for a day of fishing.

Last summer, according to Tyler, Brandon was there and chose to fish away from the resort camps venturing out along the lake's rocky shoreline. No matter what lure or baited hook he tried, hour after hour, he could not get a bite. Finally his patience and the heat of the blaring sun "baking" him on the large rock outcroppings caused him to give up. He collected his gear and began walking along the rough, rocky trail back to camp when he saw something splash in a water pocket in the rocks. He picked his way over and, peering down into the clear water, saw a huge walleye swimming in the fairly large pool. Brandon instantly realized he might not have to go home empty-handed. But what to do!

Only a few rocks separated the pool from open water and he had forgotten his net in the car. He stared down at his possible prize languishing in the water and then resolved, dropped his gear, stripped down to his skiv-

vies and slowly crept into the pool. The fish saw him and began swimming away. Brandon sank down on his hands and knees for stability on the slippery rocks and quickly "dog walked" through the water at the fish. Whether it was Brandon's great splashing or his yelling, the walleye became so excited it flipped out of the water. Brandon, now kneeling, with a scooping action, connected with the side of the fish, tossing it up onto the rocks. Good job, Brandon!

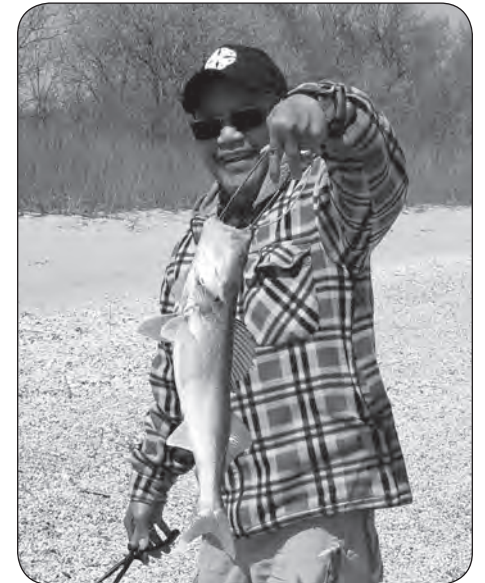
Late last week, I went visiting anglers on the Red River bank by Selkirk and met a kind, pleasant Winnipeg couple. Cheryl Emer, a lovely robust lady with short greying hair, took great joy in sharing these humorous fishing stories. Her husband Harvey, a rugged outdoors man, stood by her. He simply smiled and nodded as Cheryl told of a time years ago when she, Harvey and her brother Ron were fishing on Netley Creek by Petersfield. As they had done many times before, the men fished and Cheryl would bring a book along to read instead of fishing. One day, Ron remarked in exasperation, "For crying out loud, Cheryl, why don't you throw a line in?" Cheryl quietly put her book down, picked up her rod, baited her hook and cast out. Within minutes, she had a vicious strike. She reeled in and soon the fifth largest bass registered with

the Manitoba Fishing Guide for that year lay flopping on the floor of their boat. A short time later, she got another strike and soon the fourth largest bass for that year lay with the other master bass in the bottom of the boat. The men kept their silence after that. Cheryl continued with another story.

Realizing they were enjoying fishing at that time in their lives, Cheryl and Harvey got the bright idea of building an ice shack. They checked out other friends' shacks then went to work building their beautiful, quite expensive shelter. Filled with the expected joy of ice fishing, they hauled it out onto the Red the next winter. Every weekend they would load up fishing gear, food and firewood and hurry to their little home on the ice. After many weeks with only a few nibbles, our angling sister and brother began questioning whether building the shack was worth it.

"I'm going to run home. I forgot lunch on the table," Cheryl said one Saturday when they had just gotten to the shack.

Later, back from her run home, she pulled up to the shack, jumped out of the truck and crunched across the snow to the door. Her jaw dropped as she opened it, seeing Harvey holding a small jack he had just taken off his hook. He looked at her and dropped it back down the ice hole. They sat fac-



EXPRESS PHOTO SUBMITTED

Manny Tongol of Winnipeg with his walleye catch off the Winnipeg Beach Marina shore.

ing at each other for a short time and then Cheryl stated, "Enough!"

They packed up everything and went home. Come spring, they parked the shack in their back yard where it resides today serving as a pricey storage shed.

The swimming and fishing areas are separate areas at the Winnipeg Beach Marina. Last weekend, I met Manny Tongol from Winnipeg as he cast far out into the water off the fishing beach. Although Manny didn't have a story, he put his rod down and proudly displayed the walleye he had just caught. Thanks Manny.

See you next week, anglers. Bye for now.

## > CCG BOATHOUSE, FROM PG. 3

and balances within the municipal system" to prevent situations like this from arising.

"The RM did things secretly and privately despite their own legislation," said Sigmundson. "And I imagine they did so knowing there'd be public pushback on this."

The RM had argued that the federal and provincial governments can override municipal law — and in this case, the federal government's interest in continuing to provide emergency services to lake users was important — but the ombudsman noted otherwise.

"The Planning Act does not provide an exception for federal or provincial entities. The Provincial Planning Act directs a municipality with respect to procedures for zoning and a municipal by-law cannot override a provin-

cial statute, unless, as noted earlier there is a federal or provincial statute that provides for a priority in specific circumstances (examples are aeronautics law or CRTC regulations)," states the report.

The fact the RM has yet to make the report publicly available also concerns Sigmundson.

"They've been pretty secretive from the time the foundation [was poured] and they're still being secretive," he said. "I've not had an opportunity to provide my input into harbourfront development despite all of my efforts."

But looking to the future, Sigmundson said the RM can change course and consult with the public on potential developments in the harbourfront area. He also suggested the RM put together an overall economic devel-

opment plan using that feedback.

A "good" process would see the RM first consult with everyone who uses the harbourfront area, including fishers, the Farmer's Market, the Art Club and so forth, then speak with stakeholders such as the Yacht Club and nearby residents, he said. The RM could then draft an overall plan, present it to the entire community, gather feedback and tweak the plan before issuing a final document.

"If we continue to give away pieces of our waterfront to the federal government and sign long-term leases, and continue to allow people to build buildings in that area, it closes doors and prevents us from a better future," said Sigmundson.

The ombudsman noted that the RM — at the date of the report's release

— had not made any progress on completing a development plan for the harbourfront and recommended a "community-supported" plan to serve as a blueprint for future development.

CAO Joann Murphy told the Express the municipality had (at the time the boathouse idea arose) consulted with the organizations occupying the harbour area and it had followed its zoning bylaw. Nevertheless, the Eastern Interlake Planning District will review the bylaw once it completes its current review of an "existing development plan" for the municipality. That review also takes in the harbour area.

"Moving forward, significant projects proposed by the municipality in the harbour would include a public consultation component," said Murphy.

# Fraserwood's Honeybee Meadows has the crowds buzzing in Gimli

By Patricia Barrett

Fraserwood farmer and beekeeper Gilles Lantagne could barely keep up with the crowds at his stall during the Gimli Farmer's Market last Saturday.

Lantagne makes some of the best honey in the area, according to the customers patiently queuing at his stall near the Gimli Art Club.

Lantagne said he started making honey on his Fraserwood farm (located along PR 231) in the early 1990s and sells under the name Honeybee Meadows.

You'll find plain creamed honey as well as honey with a fruity and spicy twist. Lantagne makes cinnamon, maple, strawberry and lemon-flavoured creamed honeys. And there's an art to making

such delectable spreads.

"I will mix in natural maple, for example, to the creamed honey," he said. "But you have to be careful. If the moisture content is too high, the honey will ferment."

"I love his honey," said Gimlite Gail Loos, who stopped by Lantagne's stall to stock up.

Lantagne also makes natural lip butter, beeswax bars, beeswax-dipped pinecones (used as fire starters) and candles in a variety of sizes.

He also sells wild berries such as saskatoons and red currants grown on his farm, along with mint, dill, Thai basil and green onions.

Lantagne sells at both the Farmer's Market in Gimli and at the Farm Gate Market in Fraserwood.



EXPRESS PHOTO BY PATRICIA BARRETT

Gail Loos of Gimli made a sweet purchase on Saturday from Fraserwood farmer and beekeeper Gilles Lantagne, who sells a variety of creamed honey, wild berries and beeswax products.

## > LASTING LEGACY, FROM PG. 6

tia Therapy Aids - \$1,500; New Iceland Heritage Museum - Humidifier - \$4,000; Icelandic Festival of Manitoba - Active Transportation Initiatives - \$2,500; Riverton Memorial Arena

- Lighting Upgrade - \$6,000; Riverton Centennial Park - Revitalization - \$2,500; Evergreen Basic Needs - Recycling Shed - \$1,000; Gimli Children's Centre - Building Improvements

- \$2,500; Gimli Film Festival - Family Friendly Activities - \$1,000; Cornerstone Enterprises - Accessibility Equipment - \$2,000; Gimli Lutheran Church - Kitchen Upgrade - \$4,000; Coalition of Manitoba Motorcycle Group - Sadie Grimm Commemoration (Wpg Beach) - \$3,000; Gimli Glider Museum - Display Upgrades - \$2,000; Gimli Chamber of Commerce - Active Transportation and Safety Project - \$4,000; Riverton and District Friendship Center - Circle of Drums Project - \$1,000; Gimli Seniors Resource Center - Age Friendly Initiatives - \$1,000; Winnipeg Beach Community Center - Building Upgrade - \$2,000.

There is a further opportunity to support youth-led projects within our catchment area through a partnership with RBC Future Launch Community Challenge. An additional \$15,000 will be awarded for project(s) that address critical needs in our community. The window is currently open on this program and you are encouraged to visit our website for more information.

It is timely to mention that our ability to "Build a Lasting Legacy" through our grant and scholarship programs exists because of you. Our strength is drawn through the support of our donors, partners and sponsors. As our assets grow, the direct dollars we place back into our communities also grow. Our grant and scholarship support is drawn through the income earned on our endowment funds.

Our scholarship committee has also been very busy. Awards have been made to graduating students in our catchment high schools and applications have been received for our stu-

dents already enrolled in post-secondary studies

As we move into the latter half of 2019, our work continues.

The 15th Annual Lakeview Gimli Resort Benefit Golf Tournament is planned for Aug. 26 at Links at the Lake in Gimli. Again this year, the tournament is presented in support of the WCF. This tournament is quickly becoming a "can't miss" event for those who have participated in the past. It is a full day of great golf, great food, great prizes and great fun. The time is now to register for this event and/or to support through prize donation or volunteering. Check our website for further details.

August/September is a busy time for the scholarship committee as they evaluate an ever-increasing number of post-secondary applications. These awards will be presented at our Donor Appreciation and Awards Evening, which will be held in October.

November will mark the Endow Manitoba 24-hour giving challenge, which is an important day for all Community Foundations in Manitoba. This is a day where your donation is stretched through support from the Winnipeg Foundation and the province of Manitoba.

The 2018 annual report will be released shortly and will be available on our website as well as hard copy format. Changes and updates to the website will also be completed later this year.

To learn more about the WCF, your community foundation, please visit us at [www.westshorefoundation.com](http://www.westshorefoundation.com) email us at [westshorefdn@hotmail.ca](mailto:westshorefdn@hotmail.ca) or call us at 204-642-9796.

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# For money or for art: Gimli Art Club holding raffles

By Patricia Barrett

The Gimli Art Club is holding a 50/50 draw and a raffle for six works of art produced by local and area artists as part of a 50th anniversary fundraising initiative.

"People buying a 50/50 ticket will win half the money," said artist and club secretary Olive Hnatiuk, who was welcoming visitors to the gallery last Saturday. "And the six pieces of art will be part of our art draw."

Up for grabs are a watercolour by Gwen Harp, an acrylic by Ainslie Davis, an enlarged colourful photograph of a Fisher River pow wow dancer by Linda Dorian, pendants by Janet Cruise Thompson, a glass candle holder by Dan Pona and an acrylic by Neva St. Dennis.



EXPRESS PHOTOS BY PATRICIA BARRETT

Left photo, Linda Dorian's Fisher River Pow Wow Dancer; middle photo, Neva St. Dennis' Out For a Walk. Right photo, the Gimli Art Club is holding a raffle for six works of art.

The individual works, valued between \$50 and \$195, are on display in the "big gallery" of the Art Club,

which is located at the harbour across from the bandstand.

The art draw will take place Sept.

10 during the club's general meeting, and the 50/50 draw takes place Dec. 1. Tickets are available at the club.

## APTN announces new executive director of News and Current Affairs

Submitted

APTN is excited to announce Cheryl McKenzie is the new executive director of News and Current Affairs.

McKenzie is a proud Anishinaabe and Cree woman from Hollow Water and Peguis First Nations. She began her journey with APTN as a reporter in 2001. In 2005, she played a key role in the launch of APTN's *National News: Daytime*, the network's second live daily newscast as host/producer. She moved on to host and produce APTN's current affairs program, *Contact*, in 2007. In 2009, she began hosting and producing *APTN InFocus* and *APTN Investigates*. McKenzie came back to the news desk in 2012 to host *APTN National News*, making history conducting the first Indigenous media outlet interview with a sitting prime



Cheryl McKenzie

minister. With hundreds of broadcast hours under her belt, McKenzie became the executive show producer in

2016.

Throughout her career at APTN, McKenzie has received widespread acclaim and recognition for her work. She was nominated for a Gemini Award and a Canadian Association of Broadcasters award in 2004 for her work on a series of stories about the impact of asbestos-contaminated insulation in on-reserve housing.

"Cheryl brings a breadth of leadership and experience to this role, and the network is pleased that she has taken on the challenge of leading APTN's award-winning News and Current Affairs team," says Jean La Rose, APTN CEO. "I know she will

work hard with her team and the entire network to carry out APTN's

mission of sharing our people's stories."

McKenzie started her new position on July 22 and succeeds Karyn Pugliese, who will be departing on July 31 after seven successful years at the helm of *APTN National News*. Pugliese has made significant contributions toward media rights and investigative journalism throughout her career. Her work has earned her many awards, including the 2019 Hyman Solomon Award and the Gordon Sinclair Award. Pugliese will attend Harvard University in the fall as a recipient of the 25th Martin Wise Goodman Canadian Nieman Fellowship.

## GFF will kick-off with three opening night films

On Wednesday, July 24, Manitoba's largest film festival kicks off its 19th year with three Opening Night Screenings, including the Canadian premiere of the Sundance award-winning doc *Jawline*, with director Liza Mandelup in attendance.

The Festival opens at 3 p.m. with one of the most acclaimed documentaries of the year, *For Sama*, an intimate and moving portrait of a mother's experience of war in Syria. *For Sama* won the Grand Jury Prize at Sundance 2019, and has gone on to win awards at Cannes, Hot Docs, Telluride and more. In the form of a love letter from a young mother to her daughter, the film tells the story of Waad al-Kateab's life through five years of the uprising in Aleppo, Syria. She falls in love, gets married and gives birth to Sama, all while cataclysmic conflict rises around her.

Next at 6 p.m. is *When the Storm Fades*, a Canadian-made comedic-drama set in post-Typhoon Yolanda Philippines, and two bumbling voluntourists from Canada who are there to

"help" directed by Sean Devlin.

Wednesday's indoor screenings will cap off with the Canadian premiere of *Jawline* with director Liza Mandelup in attendance. This Sundance award-winning documentary follows Austyn Tester, a 16-year-old attempting to ride a wave of social media optimism to become the world's next big internet crush. You'll dive deep into Internet fame and leave with a deeper understanding of what human connections looks like in the post-millennial age.

Super Pass holders will have the added opportunity to attend the GFF Opening Reception at 7 p.m. in Johnson Hall before hitting the beach at 10 p.m. for Amy Heckerling's classic *Clueless* on Gimli Beach. This is the first of five "Summer School" themed RBC Sunset Screenings at GFF 2019, which also includes *Mean Girls* (Friday), *School of Rock* (Saturday) and the audience

Continued on page 11

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# Winnipeg Beach Legion Ladies Auxiliary celebrates 90 years of service

By Patricia Barrett

The Ladies Auxiliary of the Royal Canadian Legion Branch No. 61 of Winnipeg Beach recognized their own and their veterans for their service during a celebration last Saturday to mark their 90th anniversary.

The two-hour event at the legion included tributes from the auxiliary executive and special guests, the presentation of life member awards, the recognition of female and male veterans who served Canada and a surprise appearance by the Tiny Tots daycare. Members of the Gimli cadets served lunch and refreshments to guests.

The Ladies Auxiliary provides vital support to the branch's veterans and to the activities of the branch. They also help organize Remembrance Day services, fall suppers (Sept. 7 this year), hotdog days for the school, and whist and cribbage games for seniors. They also lend the legion hall to groups such as Healthy Baby and to the United Church, according to branch president Lorraine Andrushuk and auxiliary president Norah Campbell.

Guest speaker Diane Nesbitt, chair of the provincial Ladies Auxiliary Council, paid her respects to auxiliary members, thanking them for their years of dedication.

"Behind every good branch is a good Ladies Auxiliary," said Nesbitt. "We want to remember and celebrate the contributions the ladies of this branch have made."

Nesbitt also brought greetings from other auxiliaries, including Selkirk and Transcona. Among the guests were peacetime veterans Sandie Williams (navy) and Audrey Cook (air force). Both women served as teletype operators, translating and sending coded messages to support military activities. For the *Express*, Williams sang a few lines from 76 Trombones, a military marching song written in the 1950s, and was just as good as Judy Garland.

Two auxiliary members turned 90 this year and were given a standing ovation for their service as was Second World War veteran Walter Scoular, 96, who attended the celebration

with his granddaughter. He said he joined up in 1940 and served until the end of the war in 1945.

Twin sisters Mia and Melody were among a group of children from the Tiny Tots daycare, which dropped by mid-afternoon with a special gift. They presented large handmade poppies to the veterans to thank them for their service. Melody had a such a good time meeting the veterans that she handed two poppies to the legion's 1st vice-president Clint Kennedy.

The auxiliary also put together a scrapbook of photos and events from the past for the guests to enjoy. The military-themed cake was made by sergeant-at-arms Liz Anderson's daughter, Miranda Murphy.



WB Deputy Mayor Pat Green said council will install a commemorative brick on the boardwalk to mark the auxiliary's 90 years.



EXPRESS PHOTOS BY PATRICIA BARRETT  
Second World War veteran Walter Scoular, 96, was recognized for his years of service.



Shelby Hanuschuk, district commander of the Ladies Council (left), presented Norah Campbell with a congratulatory certificate.



Children from Tiny Tots presented the vets with poppies.



Miranda Murphy made a stunning military-themed cake for the occasion.



Cutting the cake.



Pat Thompson (centre) received a life membership award.



Peacetime veterans Sandie Williams (left) and Audrey Cook served as teletype operators in the navy and air force respectively.



Sonya Dodd (centre) received a life membership award.



Two members of the Ladies Auxiliary turned 90 this year. They were given a standing ovation for their service.

# Mother-daughter pair powwow dances at Arborg fair



The colours worn in the butterfly dance are bright like the insect.

By Becca Myskiw

Kelly Chinchilla and daughter Rylee Sandberg showcased powwow and hoop dancing during Arborg's fair and rodeo weekend last Saturday.

Chinchilla did fancy shawl dancing, or the butterfly dance. She said it's the newest style of dance for female powwow dancers and is the hardest and most energetic dance.

Fancy shawl dancing requires a lot of footwork and spinning to fast-paced music. It started when a group of young women wanted to dance as fast as the men did and compete with them, so their dance evolved from being part of the men's fancy dance into its own. The fancy shawl dance is also known as the butterfly dance because of the way it became its own beautiful thing.

Chinchilla started dancing the butterfly dance seven years ago and said



Sandberg, left, and Chinchilla participate in powwows all over the province.

the hardest part is doing the arm, body and leg movements all in sync to the beat of the music. She got into powwow dancing seven years ago after sitting on the sidelines and watching Sandberg, who started dancing at two.

"I guess I kind of felt the pull of the powwow circle and felt like I should be dancing too," said Chinchilla. "The only way my daughter's going to carry on is if she sees me doing it too."



EXPRESS PHOTOS BY BECCA MYSKIW

Sandberg makes an eagle with the hoops.

Chinchilla grew up without learning about her culture and traditions. She had an identity crisis in high school and was battling depression, so she started reading and teaching herself, then learned more in university. Chinchilla wanted her daughter to have a strong identity and know about her culture and putting her in powwow dancing was the way she did that.

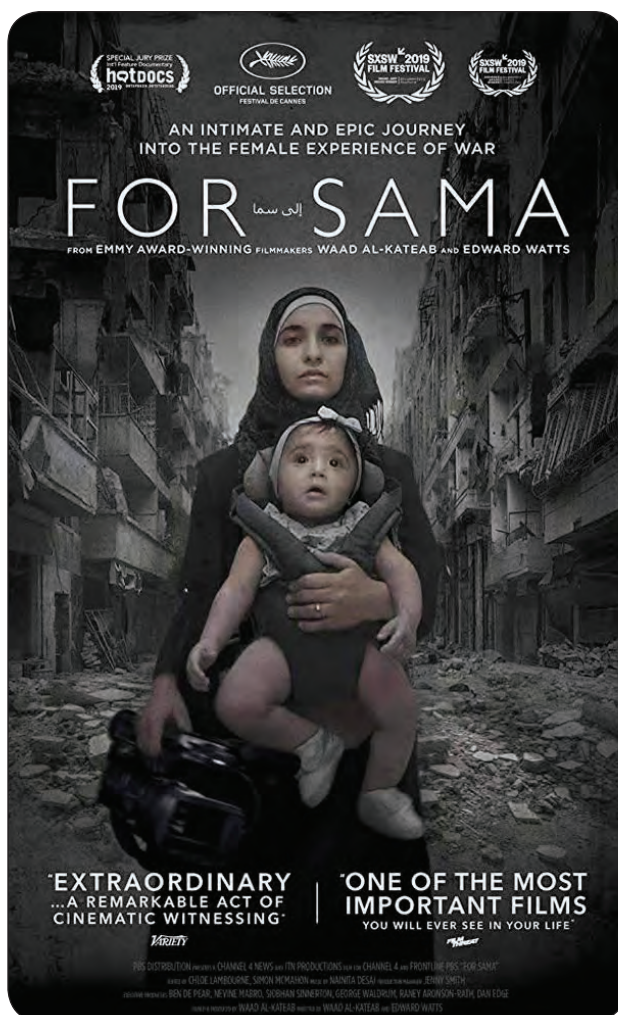
"I wanted to take her to powwow club and learn how to dance when

she was young," said Chinchilla. "And then she'd grow up already knowing how to do that."

Sandberg started dancing at two and got into the hoop dancing when she was four years old. She dances with 13 hoops and makes different formations like the eagle, the eagle's nest, a cowboy and a bear during the dance.

Three years ago, Sandberg competed in the World Hoop Dance Championship in Phoenix, Arizona. She was the youngest in her category of 31 children aged six to 12 and placed third. Chinchilla said they went for the experience and were shocked at how well Sandberg did.

Sandberg also dances ballet and hip hop, is starting lyrical and acro this year and is in gymnastics. Chinchilla said Sandberg is always trying to get better at something when she is committed to it.



## > FILM FESTIVAL, FROM PG. 9

choice selection The Breakfast Club (Sunday).

With higher than ever Pass Sales and a 38 per cent increase in advance individual ticket sales, all signs point to another record-breaking Gimli Film Festival in 2019. Last year, the Festival also posted a record turnout with over 12,000 attending overall and nearly 6,000 attending paid indoor film screenings, making GFF one of Manitoba's fastest growing festivals.

The first day of the Festival highlights three critically acclaimed films and one Canadian premiere. Throughout the weekend, film fans will have the chance to meet and take special Masterclasses with Penny Lane (Hail Satan?), Wendy Crewson, and Mani-

toba's own Shelagh Carter (Into Invisible Light) & Mike Maryniuk (The Goose). GFF is excited to screen over 130 films and celebrate the work of Manitoban, Canadian and international filmmakers at this year's festival.

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# Arborg Ag Society celebrates summer in style

By Becca Myskiw

The annual Arborg Fair & Rodeo was a multi-generational weekend of fun and festivities for friends and family. Organizers had a jam-packed schedule from start to finish.

The weekend kicked off on Friday with a bud, spud and steak along with the classic car and truck show. Saturday started off with a pancake breakfast followed by the parade and antique tractor pull, freestyle motocross, Crazy Jumpers agility dogs, a photography contest, stage entertainment, a petting zoo, a kid zone, flea market, beer gardens, a concert and of course, the Heartland Rodeo and Grit & Grace Gymkhana horse show.

The Classic Rockers, Frankie & the Poor Boys, and Creedance Clear Water Revival And John Fogerty Tribute Bands entertained into the wee hours on the Main Stage Saturday night. The rodeo continued on Sunday along with Dr. Von Houligan's Carnival of Calamities Circus to close off a fun weekend.



Bull riding was a highlight at the Saturday rodeo.



Parade-goers lined the streets Saturday morning.



There was a lot of horse power being pulled at the tractor pull.



William takes a bite out of his cotton candy.



Kyra rode a horse covered in butterflies in the parade.



Liam watches the dogs from his dad's shoulders.



EXPRESS PHOTOS BY BECCA MYSKIW AND ROBERT E. WILSON



The Crazy Jumper dogs showcased their talents Saturday.



Olivia and Jeremy in the bouncy castle.



KC Ursel was the flagbearer.



A drummer beat his way through town atop a tractor.

# get inspired

> MEAL IDEAS



## Banana Pecan Cherry Oatmeal

- 1 cup old-fashioned oats
  - 2 cups water
  - 1/2 cup pecan milk
  - 1 banana, sliced
  - 1/4 cup pecan halves
  - 1/4 cup dried tart cherries
  - 1/4 cup honey
- In large, microwave-safe bowl, combine

oats and water. Microwave on high 3-4 minutes, or until oats are cooked through. Watch carefully to avoid boiling over. Remove from microwave, stir and divide between two bowls. Pour 1/4 cup pecan milk over each bowl. Divide sliced banana, pecan halves and dried tart cherries between each bowl and drizzle with 2 tablespoons honey. Serve immediately.



## Cherry Pecan Energy Bites

toasted pecans, dried cherries, dates, oats, cacao powder and vanilla extract.

- Makes: 10-12 energy bites
- 1 cup toasted pecan halves or pieces
  - 1 cup dried cherries
  - 4 medjool dates, pitted
  - 1/4 cup old-fashioned oats
  - 1 tablespoon cacao powder, plus additional, for coating (optional)
  - 1 teaspoon vanilla extract
- In bowl of food processor, combine

Pulse until ingredients begin to bind and form loose, dough-like ball. Roll into 1-inch balls. Roll balls in additional cacao powder, if desired, and transfer to airtight container. Refrigerate until ready to serve, up to seven days. Note: To make gluten-free, substitute 1/4 cup of certified gluten-free old-fashioned oats.



## Skillet-Roasted Potatoes with Mushrooms and Pancetta

- Serves 4
- 4 ounces pancetta, cut into 1/4-inch cubes (see note)
  - 3 tablespoons olive oil, plus more if necessary
  - 1 pound Yukon gold potatoes, unpeeled, scrubbed and quartered
  - Kosher salt
  - Freshly ground black pepper
  - 10 ounces cremini or brown mushrooms, quartered
  - 6 garlic cloves, peeled and halved crosswise
  - 2 teaspoons dried thyme
  - Several fresh thyme sprigs for garnish (optional)
1. Arrange a rack at center position and preheat the oven to 400 F.
  2. In a large, heavy, ovenproof frying pan (preferably cast iron) set over medium heat, sauté the pancetta until golden and crisp, 5 to 7 minutes. Remove with a slotted spoon to drain on paper towels.

3. Remove all but 2 tablespoons of the drippings from the pan. (If you don't have 2 tablespoons, add olive oil to make this amount.) When hot, add the potatoes and sauté, stirring, until they start to take on a little color, 5 to 7 minutes. Season with salt and pepper and place the frying pan in the oven. Roast for 15 minutes.
4. Remove the frying pan from the oven and add the mushrooms, garlic and the 3 tablespoons of olive oil. Add the dried thyme and season with more salt and pepper. Toss to coat well.
5. Return the pan to the oven and roast until the potatoes are golden brown and tender and the mushrooms are softened, about 15 minutes more. Remove the frying pan from the oven and stir in the reserved pancetta. If desired, garnish the center of the pan with fresh thyme sprigs. Serve warm.

Note: If buying pancetta from a deli, ask for it to be cut thickly into 1/4-inch slices. Prepackaged pancetta is often thinly sliced.



## We Should Counteract the Negative Effects of Stress

tions. If there is nothing we can do, we need to stop thinking about it. Deal with a crisis when it happens, not when we do not know for sure that it will happen. Learning to relax makes a huge difference, but is not always easy to do.

Engaging in relaxing activities can help, as can exercise. Spending time with animals is often helpful. Some find prayer or meditation soothing. It is true that it is not so much what is happening that creates stress, but rather how we think about and respond to what is happening that creates a problem.

One of the best ways to eliminate stress is to quiet the busy mind. Spend some time not thinking and just being in the present moment. Really notice the world around you. Look at the sky, look at nature.

If you are unable to break the stress pattern yourself, a therapy sessions can be useful in speeding your progress. In fact, few people truly know how to completely relax the body and still the mind.

It is possible to change how you look at things, and to learn to control the way your body reacts to stress. Doing so is a wise investment in your health, and the quality of your life.

Gwen Randall-Young is an author and award-winning Registered Psychologist practicing in Sherwood Park, Canada. For information on her books, MP3 recordings and resources go to [www.gwen.ca](http://www.gwen.ca). Follow her on Facebook for daily inspiration.



## Bacon and Tomato Scramble

inch dice. Scatter the bacon pieces evenly in a nonstick skillet and cook over medium-low heat until golden brown, about 5 minutes. With a slotted spoon, remove the bacon from the pan and drain on paper towels. Pour off almost all of the fat from the skillet, leaving just a thin glistening. Return the skillet to medium-low heat and add the butter and shallots. Sauté until the butter has melted and the shallots begin to sizzle, about 2 minutes. Add the eggs and cook, stirring occasionally with a wooden spoon and scrape the bottom of the skillet, until the eggs form very moist, creamy curds. Stir in the tomato and bacon pieces, season to taste with salt and pepper, and continue cooking to your liking, taking care that the eggs remain on the soft and creamy side. Serve garnished with the basil.

- Makes 4 to 6 servings
- 4 Roma (plum) tomatoes
  - 6 strips good-quality lean smoked bacon, cut crosswise into 1/2-inch pieces
  - 3 tablespoons unsalted butter
  - 2 shallots, minced
  - 12 extra-large eggs, beaten until slightly frothy
  - Salt
  - Freshly ground black pepper
  - 2 tablespoons finely shredded fresh basil
- With the tip of a small, sharp knife, cut out the cores of the tomatoes. Cut each tomato in half crosswise and, with a fingertip, scoop out and discard the seeds. Cut the tomatoes into rough 1/2-



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# Manitoba doctors look to bring affordable eyewear options to Selkirk

By Gabrielle Piché

Two Manitoban doctors have set out to bring cheaper high-quality glasses to stores, and now a collection they've designed is available in Selkirk.

JBlom officially launched at Clarity Vision Centres earlier this month. However, brothers Andrew and Christopher Aiken have been working on their eyewear line for five years.

The brothers are from Neepawa. Andrew works at Clarity Vision Centre and has been a practising optometrist for 11 years.

"Everyone knows the price of eyewear is quite expensive," Andrew said.

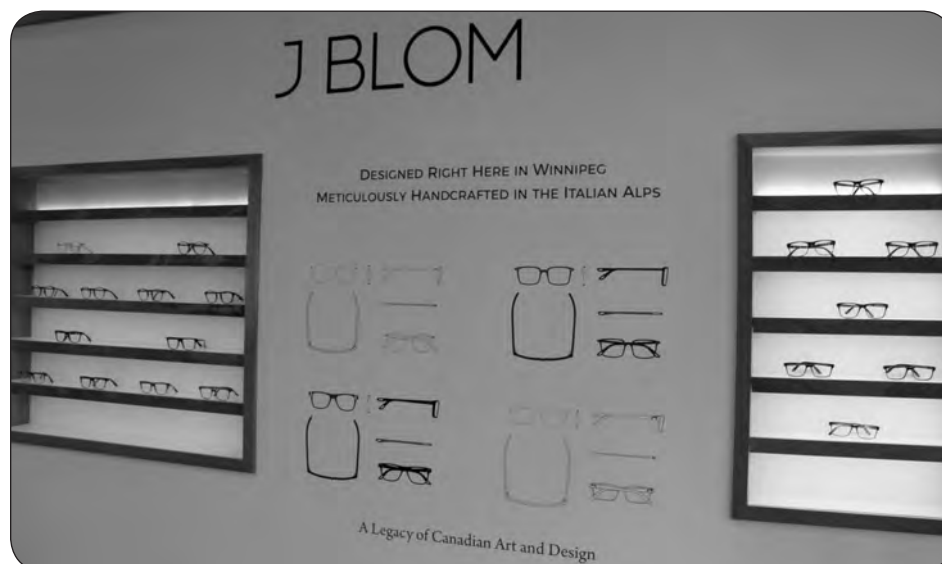
He and his brother wanted to skip the processes that large corporations go through to make glasses. Their goal was to go straight to the manufacturer for production. By doing this, they could market their glasses at a lower price.

The Aikens wanted to ensure they were working with someone who'd make high-quality frames.

"It took three trips to Italy and pounding the pavement day and night to find the proper fit," Andrew said.

The brothers found a company in the Italian Alps to partner with. The manufacturer uses high-quality Italian acetate to make its glasses.

Back in Winnipeg, the Aikens designed their frames.



EXPRESS PHOTO SUBMITTED

JBlom eyewear is currently available at Clarity Vision Centre in Selkirk.

"I wasn't really sure how to take an idea and turn it into an actual product," Christopher said.

Christopher is a family medical resident. A friend of his, an architect, told him about a software called AutoCAD where users can draw 2D and 3D models on the computer. Christopher learned how to use the program, and soon, he was creating JBlom's frames.

The brothers took their online designs to North Forge Fabrication Lab. There, they used a 3D printer to print

out models of their frames.

The Aikens tried on their models and changed the frames' measurements based on their findings.

"I'm not sure how many models we printed, but (there were) hundreds of different prototypes," Andrew said.

The brothers tested their models on different face shapes before finalizing their designs.

"It's quite amazing how even a small millimetre changed here or there can completely change the esthetic of a frame," Andrew said.

The Aikens sent four types of frames to their Italian manufacturer: wayfarer, round, square and rectangle.

The brothers kept their great uncle James Blomfield in mind while creating their glasses. He's the inspiration behind the name JBlom.

Blomfield was an artist. He designed the city of Vancouver's official crest, and many of his paintings and stained-glass pieces are still found in different parts of British Columbia.

Andrew said he wanted to recognize his great uncle's role in Canadian history through JBlom.

"We're hoping to create a unique Canadian brand," Andrew said.

People can buy JBlom glasses at Clarity Vision Centre offices. They have sites in Selkirk, Winkler, Portage la Prairie and Winnipeg.

A pair of JBlom glasses costs \$279. This includes the cost of the frame and the lens.

"We typically sell that lens itself for \$189," Andrew said.

Customers would then pay upwards of \$300 for a high-quality frame.

He added he hopes to eventually sell JBlom eyewear across Canada. Since the company is new, the brothers are focusing on growing their business in Manitoba.

## Hot and humid weather perfect conditions for tornadoes

By Evan Matthews

Hot and humid weather over the last week led to some extreme weather in parts of the Interlake.

While Dauphin Lake experienced "water spouts" — tornadoes touching down on the surface of the water — a funnel cloud also appeared eight kilometres west of Camper in the Ashern area.

"The report we have is on July 18 at about 5:30 p.m.," said Environment Canada meteorologist Blaine Lowry.

"At this point, we only have the one picture, and it's a bit inconclusive. We're classifying this as a possible tornado, but it's unconfirmed."

Environment Canada is hoping to obtain more information through photos and videos from people who were in the area at the time, according to Lowry.

So far in 2019, only three tornadoes have touched down in Manitoba, with the third being the water spouts at Dauphin Lake on the same day, July 18.

The most common tornado type in Manitoba, according to Lowry, are

called supercell tornados and are produced by high levels of heat and humidity in the atmosphere.

"Another element needed (for a tornado) is what's called wind shears," said Lowry.

Wind shear is a difference in wind speed and direction over a relatively short distance in the atmosphere. Lowry said to think of wind shears as layers of different wind speeds and directions at various elevations throughout the atmosphere.

"Those wind shears is what produces low-level rotation. ... The storm develops; the wind changes direction as you increase in altitude, and that helps the storm to start spinning," he said. "If all the ingredients are right, you get a concentration of that rotation at lower levels, which is a tornado if it touches down."

Environment Canada encourages people to stay vigilant and aware during extreme weather, said Lowry.

The Environment Canada website and WeatherCAN app on a smart device are both excellent ways of staying up to date.



EXPRESS PHOTO SUBMITTED

A photo posted by @mbstormchasers on Twitter is the only documentation of the funnel cloud near Ashern.

# sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

## Bauch and son brilliant at national arm wrestling competition

By Brian Bowman

Shane Bauch and his son Marcus were outstanding at the Canadian National Armwrestling competition held in Edmonton from July 12 to 14.

Shane placed third in the left arm and fourth in the right arm men's under-85 kg divisions.

Marcus, meanwhile, won national titles in both the left and right arm divisions in the under-25 kg youth class.

"I didn't expect to do that well with my left because usually my right is more dominant," Shane said last Saturday. "I kind of messed up a little bit, maybe because of nerves, but I was pretty pleased with it."

Shane had a 5-3 record with his left arm and was 4-3 with his right in the triple-knockout style tournament.

The competition at nationals was, of course, very steep with a ton of great talent.

"It's the best in Canada and Canada is known for good arm wrestlers," noted Shane, who lives in Moosehorn. "We're always in the thick of things."

Shane was extremely proud of how well his six-year-old son, Marcus, did at his first nationals. Marcus stole the show with a pair of national titles.

"He won gold in both arms," Shane noted. "This is his first year. I took him to one tournament and he was tied for third and then I took him to provincials and he ended up winning both arms at provincials."

With practice, Marcus has steadily improved in the sport. In fact, Shane thought confidently that he might win at nationals.

"I'm not a real emotional guy but I

was kind of emotional when he won," Shane said. "He did some pretty good things there. He was bouncing off the roof (after the wins), so now daddy's not the strongest person in the world any more."

Technique, said Shane, is a very big aspect of the sport. It's not all about size and strength.

"You can have guys really, really strong and you can have guys that are super smart at the table and they know the technique," he said.

"It makes for good matchups to see who could win on that whether you're pulling with technique or strength. I tend to go with more technique and speed and there are some guys that just go with brute force."

Shane has now competed at the nationals four times. He is really looking forward to next year's competition, which will be held in Winnipeg.

"Any time that you can compete in your home province, it's special," said the 37-year-old.

"You usually train harder, it seems. Nationals were in Alberta this year and Alberta had a strong team. It's so different. You go to provincials and you're against your province. You're trying to beat your province but when you come out of provincials and go to nationals, you're with your team right now, people you were pulling against."

There is a great chemistry and camaraderie amongst arm wrestlers in Manitoba.

"One time you're against them and one-time, there with you," Shane explained. "Everybody gets together as Manitoba and they're helping you out

**"I DIDN'T EXPECT TO DO THAT WELL WITH MY LEFT BECAUSE USUALLY MY RIGHT IS MORE DOMINANT."**



EXPRESS PHOTO SUBMITTED

Moosehorn's Shane Bauch, left, and his son Marcus competed very well at the Canadian Armwrestling Nationals in Edmonton from July 12 to 14. Shane placed third in left arm and fourth in right arm in the men's under-85 kg division. Marcus, meanwhile, won national titles in both the left and right arm divisions of the under-25 kg division.

with different things between matches and telling you what to do and what you were doing right, stuff like that."

## Interlake teams compete at 'AAA' baseball provincials

Staff

Interlake finished in sixth place at the eight-team 15U "AAA" provincials last weekend in Altona.

Interlake defeated Brandon 9-7 in its final game on Sunday afternoon. Earlier in the day, Interlake edged Pembina Hills 7-6.

"The kids played real well and the bats came to life on Sunday," said Interlake head coach Dave Meyers in a text message. "We pitched pretty good and they were a great bunch of players that really like to play the game."

Interlake started play Friday evening, suffering a tough 11-10 loss to

Midwest. Their record dropped to 0-3 after losses to Carillon (10-0) and Brandon (11-7) on Saturday.

South Central won the 15U "AAA" provincials after defeating Midwest 9-1 on Sunday.

In 13U "AAA" provincial action in Seine River, Interlake finished with

an 0-4 record.

They were defeated by Midwest (17-6), Carillon (14-2), Brandon (12-2), and Parkland (12-11).

Oildome won the provincial title after outscoring South Central 17-13 in the final Sunday evening.

# sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

## Interlake Impact on rare losing streak

### Staff

The Interlake Impact are on a rare losing streak.

Interlake has now lost two consecutive games after dropping a 3-1 decision to Sinjar FC in Manitoba Major Soccer League 5th Division action last Thursday at Memorial Park.

Humberto Saldivar scored the Impact's lone goal off a nice header in the first half.

But later in the second half, Saldivar received a red card, forcing Interlake to play a man short for 25 minutes.

Sinjar took full advantage, scoring three quick goals.

On July 12, Interlake was edged 2-1 by Kucame FC.

Kamle Kaler scored both Kucame goals. Tristan Grigg replied for the Impact.

Interlake, now 7-3-2, is tied for first place with Kucame FC (6-1-5). Both teams have 23 points, three ahead of the Portage Cobras.

The Impact will close out July by playing the North Winnipeg United Friday at the Ralph Cantafio Soccer Complex. Game time is 10 p.m.



EXPRESS PHOTO BY LANA MEIER

The Interlake Impact's Humberto Saldivar, right, scored the Interlake Impact's lone goal in a 3-1 loss to Sinjar FC in MMSL 5th Division action last Thursday.

## Blue Jays bash Giants to even MJBL semifinal series

### By Brian Bowman

The Interlake Blue Jays are giving the Elmwood Giants a great battle in their Manitoba Junior Baseball League semifinal series.

Interlake evened their best-of-five series at a win apiece after bashing Elmwood 15-5 in five innings on Monday in Stonewall.

"We ended up really taking it to them (Monday) night and got it back to 1-1," said Blue Jays' head coach Adam Kirk.

The Blue Jays scored three runs in the first inning and then exploded for 12 more in the third.

"I think we sent about 15 guys to the plate in between outs," Kirk said. "It was astronomical how many people went to the plate and nobody got out. It was one of the biggest innings that I have ever been a part of."

Ben Anderson, Derek Petrasko, and Baily Proctor each scored three runs

for the Blue Jays.

Emerson Klimpke earned the win on the mound.

The Giants took a 1-0 series lead with a 4-3 home win in the bottom of the ninth inning Sunday evening in Winnipeg.

Game 3 of the series will be played Wednesday at Koskie Field while Game 4 is set for Thursday at Fines Field. If necessary, a series-deciding Game 5 is slated for Friday. All games start at 7 p.m.

The Blue Jays advanced to the MJBL semifinals after defeating the Altona Bisons 2-1 in a best-of-three series. Interlake won Game 3 9-8 in Altona last Thursday.

"(That series win) sent a message to the league that we're not the team that our record shows," Kirk said. "We had a lot of tough-luck baseball games this year and the Altona guy told me all series long 'You guys are

better than your record.'"

The series win for the Blue Jays will be a big boost to their program.

"Our program has had good success since we have come back into the league but not in the playoffs so far," Kirk admitted. "We've been ousted pretty quickly both years, (The win) was huge, especially for the third-year guys that helped start this program. At least they won a series while they were here because we hadn't won too many playoff series so far."

Interlake evened the series at a win apiece after doubling Altona 6-3 last Wednesday at Fines Field.

Klimpke picked up the complete-game victory.

Anderson, Cole Olfert and Jeremy Wasilewski each had two hits apiece.

The Blue Jays started the series with a very tough 5-4 road loss in 11 innings to the Bisons on July 16.

Altona trailed 4-0 with their final

at bat but scored four runs to tie the game and force the extra innings.

Wasilewski pitched well in his 6 innings of work, allowing just four hits and three earned runs.

The Blue Jays scored runs in the third and fourth innings and then added a pair in the sixth.

Noah Nockaert-Ducharme led the Interlake with three hits while Klimpke and Andrew Everitt each had two hits.

Klimpke also scored twice while Everitt and Olfert also crossed the plate safely.

Stonewall outhit Altona 12-8.

In the other MJBL first-round, best-of-three series, the St. Boniface Legionnaires beat Carillon 2-1 while the Pembina Valley Orioles swept St. James 2-0.

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## RURAL MUNICIPALITY OF GIMLI INVITATION TO TENDER JANITORIAL SERVICES AT THE FITNESS CENTRE

The Municipality of Gimli is accepting tenders for the 2019 Janitorial Services required at the Fitness Centre located at 45 Centennial Road in Gimli.

Tender documents, complete with specifications, are available at www.gimli.ca or at the Municipal Office between 9:00 am to 5:00 pm, Monday to Friday. Sealed tenders will be received at the Municipal Office until noon, Friday August 2, 2019.

**Tyler Yellowega**  
Manager of Parks and Recreation  
Rural Municipality of Gimli

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## MUNICIPALITY OF BIFROST-RIVERTON PUBLIC NOTICE BOARD OF REVISION

Public Notice is hereby given that the 2020 Assessment Roll for the Municipality of Bifrost-Riverton has been delivered to the Municipal Office at 329 River Road, Arborg, Manitoba and is open for public inspection during regular business hours. Applications for revision may be made in accordance with section 42 & 43 of *The Municipal Assessment Act*.

### APPLICATION FOR REVISION

42(1) A person in whose name property has been assessed, a mortgagee in possession of property under section 114(1) of *The Real Property Act*, an occupier of premises who is required under the terms of a lease to pay the taxes on the property, or the assessor may make application for the revision of an assessment roll with respect to:

- liability to taxation;
- amount of an assessed value;
- classification of property; or
- a refusal by an assessor to amend roll under subsection 13(2).

### APPLICATION REQUIREMENTS

43(1) An application for revision must:

- be made in writing;
- set out the roll number and legal description of the assessable property for which a revision is sought;
- state the grounds on which the application is based; and
- be filed by:
  - delivering it or causing it to be delivered to the office indicated in the public notice under subsection 41(2), or
  - serving it upon the secretary,
 at least 15 days before the scheduled sitting date of the board as indicated in the public notice.

The Board of Revision will sit on Wednesday, September 11, 2019 at 1:00 P.M. in the Council Chambers of the Municipality of Bifrost-Riverton at 329 River Road, Arborg, Manitoba to hear applications.

The final date on which applications must be received by the Secretary of the Board is Monday, August 26, 2019.

Dated this 17th day of July, 2019  
Cindy Stansell - Secretary, Board of Revision  
Municipality of Bifrost-Riverton  
Box 70, 329 River Road, Arborg, MB R0C 0A0  
Email: [bifrost@mymts.net](mailto:bifrost@mymts.net)



## TOWN OF ARBORG PUBLIC NOTICE

## 2019 PROPERTY TAX STATEMENTS HAVE BEEN MAILED

Any property owner who has not yet received a tax statement should contact the Town Office at 204-376-2647.

**NEW PROPERTY OWNERS** are reminded they may be responsible for payment of the 2019 taxes, *whether or not they receive a tax notice in their name*.

2019 property taxes are due and payable on or before **September 30th, 2019**.

Lorraine Bardarson, CMMA  
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### SHOWER ANNOUNCEMENT

It's a Gift Card Shower  
honouring the bride-to-be  
**Julie Sigurdson**  
daughter of Laurence and Daniel Sigurdson  
Saturday, July 27, 2019  
Riverton Fellowship Circle - 50 William Ave.  
1:00 - 3:00 p.m.  
The bride would appreciate gift cards from  
Canadian Tire, Cabela's, Costco, Winners  
Ikea and Home Depot  
Community donations may be left at  
Riverton Co-op

### ENGAGEMENT



#### Tompkins - Russo

Clayton and Judy Tompkins of Arborg are pleased to announce the engagement and forthcoming marriage of their daughter, Heather to Eugene, son of Louie and Rachel Russo of Ottawa. Wedding to take place in Ottawa, September 21, 2019.

### IN MEMORIAM



#### William Percy Cochrane

August 1, 1927 - July 10, 2015

It has been four years since you took to the sky as "Flying Eagle" (Cree given name). I was in Gimli in our home for many moons, enjoying the usual coffee at Robin's Donuts. Your hobby or get around was being paddled by grandparents, moms, teenagers and youngsters on the "Bike" with training wheels. You had us exercising and being environmentally friendly at the same time. Teulon's Centennial brought many family members out and we enjoyed fairs, pow wows and other events. So like the photo of Wild Bill, Bill, Willie, Cowboy, share a grin, give a smile, tell a joke, tap your toes and say a prayer for each other. Our favourite event will soon be upon us, the Teulon Rodeo August 24 and 25 and I hope to see you there and "Flying Eagle" will watch over from above.

-Love you Cowboy,  
Dorothy and family  
and brother Dennis



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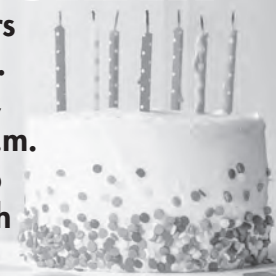
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## COME AND GO BIRTHDAY PARTY FOR NORMAN SHAW

who will be turning 98 years  
of age on Friday, July 26th.  
Stop by the Arborg Legion,  
306 Main St., between 2-4 p.m.  
We would like everyone to  
come out and celebrate with  
our veteran Norman.



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## OBITUARY

**James Fudge**

It is with heavy hearts we announce the sudden passing of Jim Fudge, of Gimli Manitoba. Longer obituary to follow.



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## OBITUARY



**Shirley Anne Mayer**  
(nee Sigurdson)  
September 18, 1947 - Gimli, Manitoba  
July 4, 2019 - Calgary, Alberta

It is with deep sadness that we announce the passing of Shirley Anne Mayer, of Calgary, AB, at the age of 71 after a brief but courageous battle with cancer. She passed away peacefully, surrounded by her family, in the evening of Thursday, July 4, 2019.

Shirley is survived by her sons, James (Kathy), Murray (Robin), and Shane (Andie); stepdaughters, Michelle (Matt) and Veronica (Chris); grandchildren, Jesse, Ethan, Sydney, Jaina, Lewis, Tim, and Violet; her siblings, John (Bev), Reggie (Kim), Irene, Linda (Ken), Frank, Kathy (Brian), Jeff (Jinny), and Ron (Yana); as well as the many cousins, nieces, nephews and their children in her extended family. She was predeceased by her beloved husband

Wally; her father Sigurjon; her mother Doris; her sister Joan; her infant brother Leslie, and her stepfather Donnie.

A Celebration of Life will be held on Saturday, July 27 at 1:00 p.m., Geysir Community Hall, Geysir, Manitoba.

Condolences may be forwarded through [www.McInnisandHolloway.com](http://www.McInnisandHolloway.com)

In living memory of Shirley Mayer, a tree will be planted at Fish Creek Provincial Park.



**Miriam Roberta Magnusson**

Peacefully on July 18th, Miriam Roberta Magnusson passed away at the Gimli Community Hospital at the age of 70.

She is survived by sons Aaron (Crystal) and Shawn (Della); grandchildren Bailey, Alexis, Olivia, Lilly, Julie and Johannes; sister-in-law Victoria Shaw; brothers-in-law Harold (Helen) and Norman (Lois) as well as several nieces and nephews. She was predeceased by her husband Marvin, parents David and Vera Dunning, two infant sisters, father-in-law Johannes and mother-in-law Anna, sister-in-law Judy Magnusson and brother-in-law David Shaw.

Roberta was born on February 18, 1949 at Ste. Rose du lac Hospital. She earned her degree in teaching after high school and moved to Riverton to teach in 1970 which is where she and Marvin met. They were married on July 8, 1972. They did everything together from checking cattle in the middle of the night to doing gravel checks as part of Marvin's duties as councillor. Roberta taught for three years and then she decided to stay home to raise her sons. She substituted through the years until she became a school trustee. From time to time she picked up jobs with Statistics Canada and various positions during Federal and Provincial elections. Along the way she bought a fishing license and joined Marvin on the lake. Spring season was her favourite season and she found being on the lake very relaxing, watching the sun rise and set.

Roberta enjoyed being a mom and took great joy in watching her sons play sports. She spent many hours driving Aaron, Shawn and their friends to play hockey and curl. She was often found at the curling rink watching Marvin, her sons and grandchildren curl. She would follow them around the province and was everyone's biggest fan! This past winter she made the trip to watch Bailey and Alexis in High School Provincials. She was a proud Amma and made her grandchildren very happy with her support. Family meant the world to Roberta.

After Marvin passed away Roberta sold their house and moved into the Icelandic River Lodge. She enjoyed living there and actively participated in the different activities and events organized by the Lodge. Roberta enjoyed spending time with her grandchildren and watching them in their various activities. She was a loving wife, mother and grandmother; she will be dearly missed by her family.

A viewing was held from 12:15 to 12:45 p.m. on Monday, July 22, 2019 at the Riverton Community Hall. Burial took place at the Hnausa Cemetery at 1:00 p.m. A celebration of her life was held at 2:00 p.m. at the Riverton Community Hall.

In lieu of flowers, donations can be made to the Riverton Hnausa Lutheran church.

Condolences may be left on her tribute wall at [www.gilbartfuneralhome.com](http://www.gilbartfuneralhome.com)

Gilbart Funeral Home, Selkirk in care of arrangements.



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