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PHOTOS BY DOUGLAS LITTLE PHOTOGRAPHY/PROVINCE OF MANITOBA

Grey Lambley from Fisher Branch was the first person inoculated on May 29 at the opening of the new Gimli vaccination super site in the town's recreation centre. He said he wants to protect his family, his friends and his community.

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Fisher Branch student first to get the COVID jab at Gimli super site

By Patricia Barrett with files from the IERHA

The province's newest COVID-19 vaccination super site at the Gimli Recreation Centre opened last Saturday and Interlake youth were among the people queuing for a jab.

Grey Lambley from Fisher Branch was the first person to get the shot. He said he received a round of applause from immunization staff after his vaccination.

He wanted the vaccine in order to protect his loved ones, his friends and the overall health of his community from the virus that has now killed over 1,000 Manitobans.

"It was quick, easy and painless and you can protect everyone in your community, your friends and your family," the 15-year-old Fisher Branch Collegiate student told the *Express* by phone last Sunday.

While the needle itself was painless, he said he's now experiencing a very common side effect – a sore arm. That began on Sunday.

Teens in his age group have discussed getting vaccinated against COVID, he said, and his impression is that they're all for it.

"From what I know, everyone wants to get the vaccine," said Lambley. "My friend got it the same day I did."

Lambley received the Pfizer-BioN-



Matthew Long from Gimli was among the people receiving a vaccination at the recreation centre last Saturday.

Tech mRNA COVID-19 vaccine, which has been approved by Health Canada for adolescents aged 12 and older.

According to the science behind the COVID vaccines, it will take about two weeks to develop a certain level of protective antibodies (for the first dose). The build-up of immunity, however, doesn't mean people can let down their guard. Wearing a mask, avoiding gatherings, social distancing and good hand hygiene are still required to reduce the transmission of the virus.

Some of the virus's variants are more resistant to certain COVID vaccines while other variants are not. The Pfizer vaccine, for instance, is less potent against the P1 variant, which first



EXPRESS PHOTOS BY DOUGLAS LITTLE PHOTOGRAPHY

Front row from left IERHA CEO Dr. David Matear, Health Minister Kelvin Goertzen and Gimli Mayor Lynn Greenberg. Back row from left IERHA Board of Directors Chair Glen West and Interlake-Gimli MLA and Municipal Relations Minister Derek Johnson. They toured the new super site the day before it opened.

arose in Brazil, but is highly effective against the B117 variant, which arose in the U.K. The AstraZeneca COVID vaccine is said to be substantially less effective against the B1351 variant, which was first detected in South Africa. Scientific studies are ongoing.

Although Lambley said he will feel

safer at school now that he has had his first dose, he'll continue to wear a mask.

"I've been cautious all year wearing my mask every day," he said, "and the vaccination will take away a little bit

Continued on page 5

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Lunch's on us: Farmers Hall treats Gimli teachers, launching catering arm

By Patricia Barrett

Teachers at Sigurbjorg Stefansson Early School (SSES) in Gimli were treated to lunch last week when the owners of the Farmers Hall and staff from their new catering service popped by with platters for about 40 people.

Elaine and Darrell Klym and the team behind their soon-to-be-launched catering service, called the Farmers' Bistro & Catering Co., wanted to show their appreciation for teachers who have gone above and beyond for students throughout the COVID-19 pandemic.

"These dedicated and professional folks have had to reinvent teaching as we know it, adapt to a world of uncertainty with daily risk to their health and an intensified vigilance in our schools all while making it look like just another day at the office," wrote the Klyms and their catering company team in a social media post.

Lunch consisted of taco salad with homemade nachos, an elk slider (small hamburgers), a saskatoon berry milkshake and a choice of chocolate, lemon or blueberry torte.

SSES principal Rosanna Cuthbert said staff really appreciated the hot lunch.

"This act of kindness and generosity could not have come at a better time for us as it has been such a challenging year," said Cuthbert by email. "This lovely luncheon for almost 40 staff members brightened our day and lifted our spirits!"



Elaine and Darrell Klym, owners of the Farmers Hall and Event Centre and Farmers' Bistro & Catering Co. partners.

Cuthbert said she has much admiration for the Klyms and what they've built up over the years with their hall and event centre. Their gesture aligns with what the school teaches its youngsters about community and the power of giving.

"This gesture is yet another example of how they're [the Klyms] always striving to give back to their community and make our world a better place," said Cuthbert. "At SSES this is something we believe is so important to teach and model for our young students. It's also something to not lose

"THESE DEDICATED AND PROFESSIONAL FOLKS HAVE HAD TO REINVENT TEACHING AS WE KNOW IT."



EXPRESS PHOTOS COURTESY OF ELAINE AND DARRELL KLYM
From left Alvina Reimer, Jen Finlayson and Ryan Finlayson of the Farmers' Bistro & Catering Co. with Sigurbjorg Stefansson Early School principal Rosanna Cuthbert.

sight of as an adult, especially during such hard times. We're all in this together and we know that businesses are struggling right now, too."

Farmers Hall, located on PR 231 about two miles west of Gimli, served as a community hall for over 80 years. It was restored by the Klyms and reopened in 2014. It now serves as a wedding venue and can also be rented out for socials, private parties, wellness retreats and other events.

Continued on page 9



SSES staff got to feast on taco salad with homemade nachos, elk slider, a saskatoon berry milkshake and a choice of chocolate, lemon or blueberry torte.

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Passionate principal pays respects to Fisher Branch school

By Nicole Brownlee

A Fisher Branch principal is returning to the Maritimes to retire after 32 years in education.

Roger McCulley, current principal of Fisher Branch Early Years School, has worked in several levels of education over the years, teaching students from kindergarten to Grade 12, working for the Lakeshore School Division and leading as a principal for 17 years.

"I love to teach," said McCulley. "It really is my passion."

Born and raised in Nova Scotia, McCulley first saw a Manitoba job posting on a corkboard at St. Francis Xavier University while finishing his undergrad in education.

"In Nova Scotia, there really aren't that many jobs as a young teacher," said McCulley reflecting on starting his career at 22 years old. "I wanted to teach more than anything."

At the time, McCulley had a job at a youth training centre in Nova Scotia, which worked with children with developmental challenges, but he decided to leap and apply for the teaching position in Manitoba.

In 1989, McCulley was hired to teach in Garden Hill First

Nation, and within four days, he packed his bags, booked a ticket with Air Canada and moved across the country.

Living in a First Nations community and learning Indigenous languages and culture stands out as one of his most impactful experiences in education, said McCulley.

"[The Interlake] sort of became my home," said McCulley.

McCulley was transferred later to Little Saskatchewan First Nation before returning to Nova Scotia to finish his master's degree in education in 1997.

The following year, McCulley returned to Manitoba, working throughout the Interlake in Fisher River, Prairie Rose and Ashern.

"When I was working in Fisher River, I always wanted to be at Fisher Branch Early Years," said McCulley.

McCulley was familiar with the community, the families and the staff of FBEYS and was enthusiastic about joining the team.

"They were like family," said McCulley. "It's always been traditionally a very good school, but we've built it up to a point where, you know, we're quite proud of it, where I think we sit at about 86 per cent of our kids read at or above grade level."

McCulley has been leading FBEYS as principal for nine years.

"[Fisher Branch has] been a real family to me and, you know, I've loved the experience, and I'm going to miss it."

McCulley said he plans to return to Nova Scotia for his retirement to spend time with his family, but he'll continue to work part-time as a substitute teacher and assist at a group home.

"I know in retirement that I'm going to continue to hear great things about the kids and the teachers in the school," said McCulley. "I know these kids are going to do well."



PHOTO SUBMITTED

Fisher Branch Early Years School principal, Roger McCulley, is retiring in June after leading FBEYS for nine years and working as an educator for over 30 years.

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Power lineman designs powerful industry clothing line

By Nicole Brownlee

An Interlake power lineman has launched a clothing company to showcase pride and community in his profession.

Mulvihill local, Bo Lindell, has worked in the power line industry since he was 14 years old, following in his father and grandfather's footsteps, who also worked in the field. Lindell, 31, launched Locked and Tagged in early 2021 after mulling over the idea with his colleagues for months.

"Most of the power line clothing is all directed towards lineman and journeymen," said Lindell, referring to electricians and electricians in training who work on outside wiring like telephone and electrical lines.

"There's a lot more to building a power line," said Lindell. "There's a lot of people involved."

The brand name itself refers to the process of "locking out" a power line or interrupting energy from flowing through the line and "tagging" the line to signal that you're the operator on the line. Despite the name focusing on a lineman's action, Lindell wanted to include operators, specialists, office staff and the many other imperative roles to the power line industry in his clothing line.

"I wanted to start a brand that represented power lines as a whole and, kind of, had something for everyone," said Lindell.

Working with several vendors, Lindell has designed shirts, sweaters, hats and several other products and accessories for men, women and children for sale in his online store.

"I really want to focus on just getting



everything dialed in and putting out a Lindell often finds himself reaching for a piece of paper to quickly jot down new ideas.

good stylish product that people can wear," said Lindell.

His goal is to dress clients from head to toe, which fuelled his idea to develop shoes.

"Through my life, I've had a certain style of shoe that I like... and that's something you don't see, really, in like the power line world as far as apparel," said Lindell.

The Locked and Tagged website lists several sneakers and flip flops in an array of colours online and a pair of nylon canvas boots. Lindell's enjoyed his design for durable sneakers so much he's hardly taken them off.

"Once I put mine on, I haven't worn any other shoe," said Lindell. "These things have been holding up wicked. I'm really proud of them."

Lindell continues to work as a full-time lineman, travelling and working



EXPRESS PHOTOS SUBMITTED

Mulvihill's Bo Lindell launched Locked and Tagged, a clothing line that showcases pride in the power line industry in early 2021.

long hours, but he dedicates his evenings and spare time to Locked and Tagged. During his time off, Lindell assembles, designs and delivers products while developing his website and social media accounts.

"I don't run on a whole lot of sleep," said Lindell. "I get four hours of sleep, and I'm well-rested in the morning."

His coworkers often send Lindell photos of them wearing their Locked and Tagged apparel off-duty to show their support. One of Lindell's most popular designs is the Champ Hoodie which features the signature lightning bolt or company logo.

"I'm getting a ton of positive feedback," said Lindell.

"I never thought that I would be designing clothes when I was building

power line, I can say that for sure," said Lindell with a laugh.

He's always been able to draw, but Lindell said he's noticed he's improved while working on Locked and Tagged and often finds himself reaching for a piece of paper to quickly jot down an idea.

Lindell said he plans to continue adding more products to Locked and Tagged in the next few months and is working on launching a non-profit focused on mental health initiatives with his girlfriend, Lindsay Mcoid, in the next year.

To shop the brand and learn more about Locked and Tagged's monthly giveaways, visit lockedandtagged.com or @lockedandtagged on Instagram.

> SUPER SITE, FROM PG. 2

of the stress of that."

He said his mom was "very excited" for him to get the shot.

Children, teenagers and young adults aren't immune to serious health complications that the virus and its more deadly variants can deliver. A Manitoba woman in her 30s died last week during an out-of-province transfer, and the provincial government reported last Saturday that two males in their 20s died, one of whom had the B117 variant.

Matthew Long, who works in the movie production industry and who moved back home to Gimli after living in Toronto, also got vaccinated at the recreation centre on Saturday.

"We all have a societal duty to get out there and get vaccinated," Long told IERHA staff.

Winnipegger Claire Signatovich also attended the Gimli super site on Saturday. She just finished her second year of engineering at the University of Alberta and will be working at University of Manitoba this summer.

She wanted to get vaccinated in order to protect her 93-year-old grandmother.

"I'm really hoping if restrictions are loosened, everyone

can visit and give her a hug," Signatovich told IERHA staff.

The day before the Gimli vaccination site opened, Gimli Mayor Lynn Greenberg, Interlake-Eastern Regional Health Authority CEO Dr. David Matear, IERHA board chair Glen West, health minister Kelvin Goertzen and Interlake-Gimli MLA and municipal relations minister Derek Johnson took a tour of the site.

The Interlake-Eastern region also has a vaccination super site in Selkirk. When booking an appointment for a COVID vaccination, people are free to choose whatever super site they'd like to use.

As of last Friday, 718,835 Manitobans had received their



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first dose of a COVID vaccine while 103,715 had received two doses. The majority of vaccinations have taken place at a super site.

People eligible for their second dose can make an appointment online or call the vaccine booking line toll free at 1-844-626-8222.

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> Got news?

Strict public health orders in effect to June 12

By Lorne Stelmach

Manitoba last week further extended stricter restrictions as it continued to struggle to get the third wave of COVID-19 under control.

A combination of both new and strengthened public health orders went into effect last Saturday and will remain in place at least until June 12, and Premier Brian Pallister and chief provincial public health officer Dr. Brent Roussin both urged Manitobans to stay at home as much as possible to reduce COVID-19 transmission rates and help protect the health care system.

The announcement last Thursday came on a day when the province recorded eight more deaths, which was the highest daily number during the third wave.

Pallister said the ongoing restrictions are necessary to protect and safeguard Manitoba lives and to bend our COVID curve back down.

"While Manitoba's COVID-19 case counts have somewhat improved ... our health care system is still facing critical pressures," said Pallister, as he particularly emphasized the need to target gatherings, workplaces, and retail establishments.

"Manitobans must stay home as much as possible ... so that our hospitals and our medical teams have the capacity to care for Manitobans, have the ability to care for people when

they need that help.

"These decisions are not easy ones ... these are tough measures because we're in a tough situation," said Pallister. "We need the full participation of all Manitobans ... the more we follow the rules, the more we beat COVID."

The public health orders included the following restrictions:

- Indoor public gatherings are not permitted, and visitors are not permitted on private property except in certain circumstances.
- Employers are required to allow employees to work from home as much as possible.
- Outdoor gatherings with anyone from outside a household are not allowed. This applies to all recreation spaces including playgrounds, golf courses, parks and sports fields.
- Retail businesses may only operate at 10 per cent capacity or 100 customers, whichever is fewer, and only one person per household is allowed to enter a business, with some exceptions such as a single parent with children or someone who requires a caregiver.
- Increased requirements for malls to manage capacity and access to eliminate gatherings and ensure compliance with shopping.
- Many businesses and organizations will remain closed for in-person service including gyms and fitness clubs, restaurants and bars, personal

service businesses, museums, galleries and libraries.

Kindergarten to Grade 12 schools currently learning remotely in the cities of Winnipeg and Brandon as well as in the Red River Valley and Garden Valley school divisions will continue to do so until at least June 7.

Additionally, Roussin noted they will utilize health hazard orders to close businesses if necessary where there are multiple cases and transmission is a risk.

"You will begin to see Public Health more actively use orders under the Public Health Act to close individual facilities, businesses and workplaces where we're seeing multiple cases and transmission," he said. "We know we have to take stronger action to help protect the health system and the health of Manitobans."

"We are implementing these new, strengthened public health orders because our health system is facing critical pressures that are not sustainable. Manitoba's ICU numbers and hospitalizations are extremely high and are still expected to climb in this third wave," said Roussin.

"Our health care system is under great strain. Manitobans are tired, but our health care system is depending on us to bring down these numbers," he concluded. "Our health system depends on all Manitobans doing their part."

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letter to the editor

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Gimli roads are in need of repair

It's time for the Gimli municipality to open the vault and spend money on repairing our streets. I'm certain that the thousands of visitors to our great community are not impressed with streets that have been dug up, for whatever reason, and simply filled in with gravel and not asphalt. Governments over the years have failed to maintain our infrastructure and now is the time to take a proactive approach to this issue. Unless action is taken, we will end up with Winnipeg streets. Street decay is one of our enemies and it's time for council to attack.

- Denis LeGros, Gimli



EXPRESS PHOTO BY PAULA HOFER

Every day can be a beach day in Matlock regardless of the weather. Last Thursday five-year-old Camron Lavalle-Thang and cousin two-year-old Harper Moar traded in their bathing suits and sandals for their hoodies and rubber boots as the temperature only reached 12 degrees. Help the Express record the weather of the week and send in your photos of friends or families enjoying the outdoors. Email: weather@expressweeklynews.ca.

Second dose vaccine eligibility continues to expand

By Ashleigh Viveiros

Manitoba public health officials reported 303 new cases of COVID-19 on Monday, bringing the province's active caseload to 4,504.

Officials noted, however, that due to technical issues the day's numbers were an undercount of actual case numbers. Tuesday's report—released after this edition went to press—was expected to include the missing cases.

The Winnipeg health region continues to see the greatest daily increase in cases, reporting 226 on Monday. Next up was 37 new cases in Southern Health-Santé Sud, 15 in the Prairie Mountain Health region, 13 in the

Northern health region, and 12 in Interlake-Eastern.

Manitoba has seen a total of 1,053 deaths due to the virus and 45,533 recoveries.

At press time, there were 308 people in Manitoba hospitals with COVID, including 71 in ICU. Another 35 Manitobans have been sent for ICU care in Ontario and Saskatchewan.

In the Interlake-Eastern region, every district recorded active cases on Monday. Arborg/Riverton with four, Beausejour four, Eriksdale/Ashern 50, Fisher River/Peguis nine, Gimli two, Northern Remote 33, Pinawa/Lacdu-Bonnet 4, Powerview/Pine Falls 119,

Selkirk 13, Springfield 16, St. Clements 7, St. Laurent 2, Stonewall/Teulon 13, Unknown 9, Whiteshell two and Winnipeg Beach/St. Andrews 23.

Interlake-Eastern also recorded two additional deaths last week bringing the total to 41.

On the vaccine front, all Manitobans age 12 and up are eligible for their first dose.

Second dose eligibility continues to expand rapidly. At press time, anyone who had received their first dose on or before April 13 is able to book their second dose.

All Indigenous people as well as individuals with specific health con-

ditions are also eligible to book their second dose, as long as they meet the minimum time interval between doses.

The province has announced that anyone who received a first dose of AstraZeneca/Covishield is now eligible to receive a second dose of any mRNA vaccine (Pfizer or Moderna), provided they meet provincial eligibility criteria for their second dose.

Detailed eligibility criteria and booking information is available online at manitoba.ca/covid19/vaccine. You can also call 1-844-MAN-VACC (1-844-626-8222) to make an appointment

Study shows Moderna's COVID-19 vaccine in adolescents safe and effective

By Patricia Barrett

Moderna announced last week that a preliminary study of the use of its mRNA two-shot COVID-19 vaccine in adolescents was 100 per cent effective against the virus and showed no significant safety concerns.

Researchers found no cases of COVID in adolescents 12 to under 18 years of age after they received two doses of the vaccine. After the first dose (after a period of 14 days), vaccine efficacy was 93 per cent.

The study, called TeenCOVE, en-

rolled 3,732 American children.

"We are encouraged that mRNA-1273 [Moderna COVID vaccine] was highly effective at preventing COVID-19 in adolescents. It is particularly exciting to see that the Moderna COVID-19 vaccine can prevent SARS-CoV-2 infection," said Moderna's chief executive officer Stephane Bancel in a news release dated May 25.

Researchers also found that the adolescents experienced no serious side effects.

The vaccine was "generally well tolerated with a safety and tolerability profile generally consistent with the Phase 3 COVE study in adults. No significant safety concerns have been identified to date," states the release. "The majority of adverse events were mild or moderate in severity."

Common side effects were pain at the injection site, headache, fatigue, myalgia (muscle aches) and chills.

The company said it will continue to gather safety data, but in the mean-

time will submit its study data to U.S. regulators and to other regulators around the world in early June and request that its vaccine be authorized for use in adolescents.

"We remain committed to doing our part to help end the COVID-19 pandemic," said Bancel.

Pfizer-BioNTech's mRNA COVID-19 vaccine has already been approved by Health Canada for use in adolescents.

Get to know your Winnipeg Beach by-election candidates



Jean Gendron

1. Provide a brief biography of yourself.

I am a Citizen Services Specialist with Service Canada, providing community outreach and liaison services. I work in partnership with a variety of service providers ensuring even the most vulnerable have access to government programs and services. I have over 30 years' experience interpreting and applying legislation, policies and procedures while serving Canadians.

2. What community do you live in? How long have you lived there?

We have been three-quarter Winnipeg Beach residents, first to arrive in the spring, last to close up in the early winter, for 26 years.

3. Have you ever run in a political election before? If so, when?

This is my first time running for political office; however, I am no stranger to the gallery in council chambers. I have been keenly interested in and attending council meetings for over 20 years. I have often been asked for advice on council procedures and if I would consider running for council. With plans to retire in November now is the right time for me to put my name on the ballot.

4. In your opinion, what are some of the major issues facing the community?

For years council has operated with autonomy as there was little or no public interest. Change is happening and more people are taking interest in their community. They want to be heard and assured what they have to say will be considered by council when decisions are made. People have also expressed that they want to be able to go to their elected officials with their questions and expect to get answers.

5. In your opinion, what are

the best/strongest assets in your community?

Town staff are some of our strongest assets. The beautification of our town last summer was stellar! Also, the local businesses that are thriving despite the on-again, off-again COVID restrictions and the community members who have rallied to support their survival.

6. If elected, what do you hope to achieve during the remainder of this term?

If elected I will focus my initial efforts on communication. I would like to see changes to the town website and Facebook page to provide information proactively to the residents, local businesses and visitors. I would also like to see a communication policy that allows councillors to reply directly to constituents' questions rather than acting as a go-between. I would also like to start a conversation with the province around making Prospect an active living route in the summer months.

7. Why should voters support you?

When speaking to members of the community a comment I often hear is change needs to happen. That change started with last summer's byelection and I am committed to keeping the momentum going.

8. Have you been involved in local community service clubs, volunteered for a charity(ies) or taken part in other local community causes?

In 2020 I volunteered my time for the annual Halloween event for kids in the Winnipeg Beach community and have already signed up for 2021. I have been a workplace volunteer with United Way for over 20 years. I also financially support local fundraising for Heart and Stroke, Relay for Life and the Grade 7 grad trip to Winnipeg and have supported the fire department's annual boot drive.

9. What do you like to do in your spare time?

We like to take day trips to explore the Interlake. I am an early riser on weekends, scouring the community for garage sales in and around Winnipeg Beach, and I am treasurer for the Manitoba Antique Association.

10. Anything else you would like to share.

Whether you support me, or my worthy opponent, please take time to vote.



Mark Sisetski

1. Provide a brief biography of yourself.

I was born and raised in Winnipeg. I'm the oldest of two. As a young child, I spent many weekends in the Gimli-Winnipeg Beach area. I had two uncles posted to the Gimli base until its closure. I spent my youth playing hockey and soccer. I'm the father of three great kids and grandfather to one granddaughter. I spent many years volunteering with different organizations. I volunteered as a scout leader, speaker for Prevent Alcohol and Risk-related Trauma in Youth (PARTY) program, member of the Emergency Response Service week group, Chief Steward for MGEU local 911 and trainer for the Seven Oaks Raiders Major Junior Hockey Club. I was a member of HMCS Chippawa for five years. I worked as a paramedic for 26 years, retiring in 2019. I live with my service dog, Pumpkin.

2. What community do you live in? How long have you lived there?

I have lived in the Town of Winnipeg Beach full time since May 2017.

3. Have you ever run in a political election before? If so, when?

I have never run for political office before.

4. In your opinion, what are some of the major issues facing the community?

The major concerns for this town are as follows: the neglect of proper maintenance and upgrade to the water and sewer system. The inability of this town to keep employees here for any period of time. The rundown appearance of downtown. Lack of recreational facilities for all ages. The need to improve tourism in town and bring in new businesses to spur economic growth.

5. In your opinion, what are the best/strongest assets in your community?

Our strongest asset is the people that live here and the cottagers that come

out every summer. This is a symbiotic relationship that requires each other to survive. I believe we are the friendliest town in Manitoba. As you walk down the street, people are always saying hi or waving at you in cars.

6. If elected, what do you hope to achieve during the remainder of this term?

With just over a year to the general election, I would like to focus my energies on our infrastructure. We as a community cannot grow until the infrastructure can support it. After we improve infrastructure, we can add more housing and businesses. With more businesses and residences come more taxes, and with that we can fund other projects.

7. Why should voters support you?

Voters should support me because I'm level-headed and I search for answers. Once I have the facts, then I present them. I have dealt with rumours as the Chief Steward of MGEU and I find them more interesting than the truth, but I have investigated to determine the facts. I have dealt with negotiations involving contracts and my previous employer. I have also taken many courses on health and safety, respectful workplaces, dealing with difficult people/situations, dealing with stress, and mentoring programs.

8. Have you been involved in local community service clubs, volunteered for a charity(ies) or taken part in other local community causes?

Recently, I helped to raise money for the Winnipeg Beach Day Camp building fund. I sold my carvings to help with this cause. I was fortunate enough to raise \$200. I still have more carvings that I can sell and all the proceeds will go to the Winnipeg Beach Day Camp.

9. What do you like to do in your spare time?

In my spare time, I whittle little caricatures, build some furniture, complete some home renovations, garden, sail, canoe, kayak, collect boats (I have 11), spend time with my granddaughter, ice skate, snowshoe, paint and help out my neighbours and friends however I can.

10. Anything else you would like to share.

I hope you will vote for me. More importantly, come out and vote; I believe that when you vote, you have the right to complain if your elected councillors don't perform to your standards. Remember, the mayor and councillors work for you and only on a temporary basis. A politician only holds a term position.

Take the Gutsy Walk for Crohn's and Colitis this weekend

By Lorne Stelmach

Her own experience is all the motivation that Darrah Horobetz needs to help build awareness and support for Crohn's and Colitis Canada.

Having lived with Crohn's for 14 years, the Winnipeg resident now serves as a development co-ordinator for the organization and is seeking to help further their cause, including seeing this weekend's Gutsy Walk fundraiser grow across the province.

"We would love to spread the word ... there's still so many people who don't know about it and about us," said Horobetz.

On Sunday, June 6, thousands of Canadians will walk as part of the virtual Gutsy Walk, which has raised over \$46 million nationally since 1996 and is the largest fundraiser in support of the 270,000 Canadians living with these chronic diseases.

The Gutsy Walk helps Crohn's and Colitis Canada provide vital support programs and fund promising research into what are the two main forms of inflammatory bowel disease.

Crohn's disease and ulcerative colitis are diseases that inflame the lining of the gastrointestinal tract and disrupt your body's ability to digest food, absorb nutrition and eliminate waste in a healthy manner.

These are lifelong conditions, and people can experience acute periods of active symptoms and other times when their symptoms are absent or in remission.

Signs and symptoms can include abdominal pain and cramping, severe diarrhea, rectal bleeding, blood in stool, weight loss and diminished

appetite.

The exact causes of Crohn's disease and ulcerative colitis remains unknown, and there is no cure for either illness. Causes and risk factors of Crohn's and colitis include genetics, the environment and microbiome.

Horobetz, now 27, was diagnosed with Crohn's disease at age 13.

"It was not an easy diagnosis. I was sick for seven months, and they didn't really know what was wrong with me," she recalled. "It was an adjustment. I had to adjust to a new normal and get used to how my life was going to work and know that I'm going to have my good and my bad days. Now, I've adjusted to that, but it still has its challenges."

"It seems to affect everyone differently," Horobetz noted. "There's a lot of similarities between people's experiences, but no two stories are the same. They're all different in some way. You would think it would be a little more consistent, but that's just not the case."

Horobetz first got involved as a volunteer with the chapter in Winnipeg in 2014 and started doing the Gutsy Walk herself.

"The volunteering became a passion for me, and I fell in love with the organization and what they are doing, and obviously I have a personal stake in it," she said, noting she did not hesitate when the opportunity to work for the organization came to her. "I jumped at the chance ... it's been a journey for sure, but I love what I do."

Thinking about how her family knew nothing about these conditions drives her to help others, said Horobetz.



CROHN'S AND COLITIS CANADA PHOTO

Crohn's and Colitis Canada's annual Gutsy Walk takes place virtually this weekend.

"Now it seems like everybody knows somebody with Crohn's or colitis. The numbers just keep rising, which is unfortunate, but that's just the case," she said.

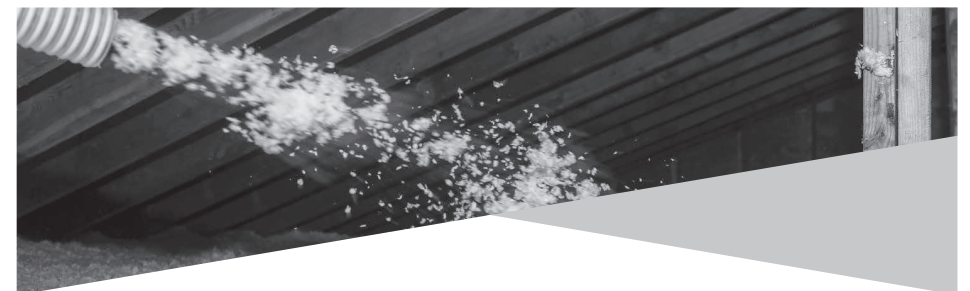
The Gutsy Walk today takes place in about 70 locations across the country, with Manitoba usually hosting events in Winnipeg, Westman, and Thompson as well as the virtual walk for all other participants.

The virtual participation remains the

only option for now under pandemic restrictions, but Horobetz would love to see them expand further to include more communities in the future.

"Usually in Manitoba we have close to 500 walkers in total for all our walks," she said. "And we would love to have a walk in every small town. That would be my dream."

For more information or to make a donation, head to www.gutsywalk.ca.



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> FARMERS HALL, FROM PG. 3

The catering service is set to launch June 3 with a "wild yet tame big game" Manitoba specialty dish. Alvina Reimer from the Okno/Vidir area and Ryan and Jen Finlayson from Lockport – all of whom have catering and/or restaurant experience – are the culinary team and operations assistants.

Elaine Klym said they plan to offer the Bistro on Thursdays and may expand it in future.

"We have ... plans to expand this operation to more nights throughout the weekend and provide in-house catering as well for any events and weddings that are able to happen this season," said Klym by email.

Farmers Hall was affected by the COVID-19 public health restrictions, said Klym. They had a "very quiet summer" in 2020 with only one wedding consisting of nine people. Other

bookings had to be cancelled or rescheduled. In the fall they were able to offer regular yoga classes, a wellness retreat and farmers markets, but for the most part the venue was quiet.

"We've done a big pivot and will be opening our doors this spring with a regular Thursday evening farmers market featuring local 'Makers, Bakers, Growers and More.' We have a great variety of vendors coming out each Thursday with fresh produce, honey, crafts, vintage items, bedding plants, baking, Ukrainian food and jewellery," she said.

They've also added an outdoor patio, upgraded their commercial kitchen and spruced up the hall for a fresh new look.

For more information about Farmers Hall and the catering company, call (204) 296-0540.

Natural gas efficiency programs are funded in part by the Low Carbon Economy Fund.

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Manitoba

New doctor aspires to practice in home community

By Nicole Brownlee

A medical school graduate plans to return to first nations communities to supply remote medicine.

Brooke Cochrane graduated from the University of Manitoba's Max Rady College of Medicine on May 20. The following day, Fisher River Cree Nation congratulated Cochrane on Facebook and announced her status as the first female medical doctor from Fisher River.

"Our community is extremely proud of her accomplishment," said Chief David Crate in a statement. "Brooke is a role model for youth in our community, and with persistence anything is possible."

Cochrane and her peers needed persistence while finishing their final years of study during the COVID-19 pandemic.

"When the pandemic started, I was right in the heat of doing my in-hospital rotations, so there were a lot of changes that happened really quickly," said Cochrane.

The students had to interact with more patients virtually, limited physical contact and wore full PPE at all

times, said Cochrane.

"There was a lot of changes that I think, hopefully, will have provided us with a lot of unique and different skills that will help us as we go through the rest of residency and things like that," said Cochrane.

Throughout her time in medical school, Cochrane sought out opportunities to help in remote health care facilities to experience the unique challenges medical professionals face with limited supplies.

"I always knew that I wanted to work within Indigenous communities," said Cochrane.

After her first year in medical school, Cochrane headed north to Sanikiluaq, Nunavut, an Inuit community of 850 people.

"I got to work in a really small nursing station with two other nurse practitioners," she said.

The teal blue Sanikiluaq Health Centre sits on the west end of the community, surrounded by rolling hills.

"I just got a lot of in-depth training within remote medicine with limited resources, working with trauma and

emergency, and it was just a very life-changing, eye-opening kind of spark, I guess, that really led me on my path to going down family medicine," said Cochrane.

With experience in several other communities like Thompson, Dauphin and Winkler, Cochrane knew that she wanted to complete her two years of residency after medical school in a remote community.

Cochrane plans to start her residency at the Boundary Trails Health Centre in July, then hopes to continue working in rural and remote Indigenous communities and potentially her family's hometown.

"All of my family still lives in Fisher River," said Cochrane, who grew up in Winnipeg. "I feel very closely knit with my community... I have a very great support system there."

Fisher River doesn't have a medical centre in the community, but Cochrane aspires to provide care to the area one day.

"That would be my ideal goal," said Cochrane.

The Fisher River Facebook post announcing Cochrane's achievement has almost 500 comments, over 600 shares and countless well-wishers.

"It's very overwhelming, and I'm just so thankful to be able to be in this position," said Cochrane. "Hopefully,



PHOTO SUBMITTED

Brooke Cochrane is the first female medical doctor from her family's home community of Fisher River Cree First Nation. Cochrane graduated from the Max Rady College of Medicine on May 20.

people seeing [my] story will be able to see that this type of thing is possible for Indigenous people and that there really is no limit... If you put your mind to something, then you're able to achieve it."

Homebound seniors connect with new app

By Nicole Brownlee

A B.C.-based app offers convenient entertainment and helpful services for seniors with an age-friendly design.

Co-founder Barry Jones launched Stayhome-living in Jan. after recognizing the harsh impact COVID-19 restrictions had on seniors' social lives.

"For most people our age, it's doable but very inconvenient. For the seniors, it was a much harder experience for them," said Jones.

Seniors rely on social circles to stay engaged and connected with their community, and because of COVID-19 restrictions, they become isolated, said Jones.

"Many of us have the luxury of having to work from home and keep connections up through technology," said Jones. "I saw this firsthand through my parents in their late 80s, very social people suddenly all of their social angles, their weekly get-togethers for potluck dinners, cocktail parties... all of that just fell away dramatically."

Jones wanted to create a free resource for seniors to help them regain some connection to their friends and family. With the help of his business

partner Carolyn Glazier, and Glazier's father Tom, the team built the Stayhome app last summer.

"We did a survey of about 150 seniors in the community and sort of asked them what they would like and what they would find useful in it, and it sort of grew organically from those roots," said Jones.

The app looks like a house. Portals for entertainment, healthcare services, local resources and social media apps are located in windows and doors.

Videos walk the user through setting up the app, like joining their Facebook or email to the "connect" page or showing users how to book a medical appointment online.

"People have really enjoyed [the instructional videos], you know, they can ask 10 times, and they're not embarrassed, and nobody's losing their patience if they have to pause it and go back and watch again," said Glazier.

As users become proficient with the app, they can access different features like playing online games, ordering food from delivery services and arranging transportation depending on their region.

"It's just a wonderful mentality that this age group has," said Jones. "They have a 'give it a go' mentality, and it's refreshing."

"YOU SEE AND HEAR OF NEW APPS BEING LAUNCHED, BUT REALLY NONE OF THEM HAVE SENIORS IN MIND."



PHOTO SUBMITTED

Barry Jones said he wanted to create an app that would help seniors like his parents reconnect with their friends and family during the COVID-19 pandemic.

First launched in Surrey, B.C., the team hopes to expand its reach across Canada and continue adding new services to the app.

"You see and hear of new apps being launched, but really none of them have seniors in mind," said Jones.

To learn more about the free app and access instructional videos on how to install it, visit <https://www.stayhome-living.com/>.

The search for the owner of a historic drum



By Jennifer McFee

A Stonewall resident is hoping to drum up some information about a musical instrument that she hopes to reunite with its original owners.

This resident, who prefers to not share her name, bought a drum from McSherry Auction Service more than a decade ago. She believes it's from the Second World War era since the drum is inscribed with names and dates from that time period.

These inscriptions include Bruce Ball, 1946; Bill Beverids; Russell Stock or Stack, 1943-44; Harold Bellingham; Wayne Carver; Dave Sloane, 1954-53; Cpl. Earle Cooke, Nov. 27, 1945; and Bill White.

"I can see some dates without names. And there are more names, but it's hard to make them out. Some of the names have faded, and whoever owned it spilled some coffee on it," she said.

"I don't know who owned it. I just want to find out if anybody knows who these people are and where this drum should go."

To her, it looks as though it's a snare drum.

"It looks like the drum they would hold in their hand. It's wood banded on the outside. It's very worn but well kept," she said.

"This skin is original because the names are only once written — and they're all different writings and letters, so it's not done by one person."

She also wonders if the drum might have Indigenous origins.

"I'm Métis. That's why I bought the drum. I don't know if these people are Métis or they're First Nations. Some of my great-uncles were in the Second World War. Some came home and some didn't," she said.

"With this corporal, I'm wondering if these are men who were at powwows and they signed their names and that guy happened to be in the army. Who knows where this drum is from and how far it has travelled."

Originally, she thinks she only paid about \$35 for the drum from the auction.

"I didn't pay very much for it and this is a piece of history. When they held it up front-wise, these names are in the inside of the other side of the drum so it's a piece you wouldn't see,"

A local women who purchased an historic drum at McSherry's Auction a decade ago is hoping to find some information about it and possibly a new home.

she said.

"I'm getting on, and I don't know if my kids are interested in something like this. Maybe there's somebody out there who says it used to belong to their dad or uncle or that should belong to the First Nations people or to the Métis. As long as it goes to the right place, I'm not looking for money out of it. I just want to make sure it gets to the right people."

If you have any information about the drum, please contact the Tribune newspaper at news@stonewallteulon-tribune.ca or 204-461-5352.

EXPRESS PHOTOS SUBMITTED

Speaking out! #ForEvergreen

A weekly message from Evergreen School Division regarding Bill 64

(Facebook: Evergreen School Division Speaking out on Bill 64; Twitter: @evergreen_sd; Web: www.esd.ca)



Did you know?

Evergreen School Division has had a Jr. Kindergarten in place for over 15 years. Originally it was a part time program called: "Kindergarten Here We Come" and operated in May, June. It now operates under the name "Jr. Kindergarten" and the program is two half-days a week for the full school year. The JK Instructors are graduates of the Early Childhood Education Certificate program (or similar) and bring a wealth of knowledge, creativity and commitment to the program. The Evergreen Board of Trustees has supported the JK program.

They understand the importance of early years learning and developing the foundation for being readers, writers, mathematicians, and citizens. Parents and students benefit from becoming familiar with the school, our staff, and the learning community that they will be with for many years.

Will that change if Bill 64 becomes law?

That's a big unknown. Currently, JK programs in schools are neither mandated, nor are they funded by the Provincial Government. The School Divisions that have JK programs (many do not) have them because locally-elected school boards have allocated local funding to support them. Bill 64 eliminates local school boards in favour of an appointed central "Authority" to direct the activities of all schools in the province. Will the Authority continue to fund JK programming in the schools and communities that are fortunate to have these programs? We know that our communities see the value in this programming... but will local voices count?

"We see how early childhood experiences are so important to lifelong outcomes, how the early environment literally becomes embedded in the brain and changes its architecture." ~ Andrew S. Garner



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Gimli may step up beach enforcement after complaints of gatherings, ignoring COVID rules

By Patricia Barrett

Despite Premier Brian Pallister and his public health team issuing tighter public health restrictions around COVID-19 just before the May long weekend, visitors descended on Gimli and its sandy beach.

And those gatherings could have resulted in the chickens coming home to roost, so to speak, in terms of new infections and community spread of the virus and its more transmissible variants. But one thing for certain is that the municipality of Gimli is considering stepping up enforcement of not only its beach in town, but also its other beaches that stretch along the west shore of Lake Winnipeg.

Gimli Mayor Lynn Greenberg said last Thursday he did receive complaints on the long weekend about people breaking public health orders, which were issued to stop them from putting further stress on the foundering health-care system and hospitals. The cool, rainy weather that weekend didn't deter visitors.

"I was told it was very, very busy on the beach. People should know by now to not gather because we've all heard the messages from public health and they're covered by every media outlet. People have been told to physical distance. They've been told to wear masks," said Greenberg by phone. "Everybody knows this, but they still come out and it's hard to police them. We've got 20 miles of beach."

Greenberg said the RM is currently looking at hiring security officers to patrol beaches and the town as the RM's lone bylaw officer "is doing the best he can."

"We want to put some extra security out there, particularly on long weekends," said the mayor. "We have to try to look after folks the best we can and help keep them safe."

When concerned members of the public see large groups



EXPRESS FILE PHOTO BY PATRICIA BARRETT

Groups of people on Gimli Beach enjoyed the August long weekend last year.

gathering or not wearing face masks, contrary to provincial public health orders (extended to June 12), Greenberg said they should report it.

"They can call the bylaw officer. They can call the RCMP. There's a phone number [COVID violation tip line] that's affiliated with provincial health that they can call," he said. "And Manitoba Conservation officers can hand out tickets, I've been told. Make that phone call; you've got to phone the authorities."

A woman posted on a Gimli and area social media site that while she was out for a bike ride that weekend, she saw a large group on the beach, breaking public health orders.

"I am going along the board walk [sic] and there is a group of maybe 30 or more people BBQing, playing ball, all hanging out together and not a mask in sight. I literally stopped my bike and bawled. I'm so done. I'm sure they must have been there all day, didn't just show up around 8 before the rain," Julia Walton wrote.

Walton didn't specify what town she was in; both Gimli and Winnipeg Beach have boardwalks. She went on to question why there were no enforcement authorities present and who's suppose to enforce the law.

"It was a huge gathering in a public place," she wrote.

The Express reached out to Walton for comment.

The RM of Gimli's bylaw enforcement officer Chris Steinke, who has an extensive area to patrol for COVID-related public health violations, as well as other duties such as attending to noise complaints and sightings of off-road vehicles in areas in which they're prohibited, confirmed there were violations during the May long weekend.

"All the health code rules around COVID in general – at the beach and in town – were violated, for sure. People stopped following those rules," said Steinke by phone last Friday. "Over the last few weeks, it has been becoming a problem. And it's increasing quite rapidly."

There's a new system in place for him to address crowds safely from a distance, he said.

"We've got a loud speaker and I'll be patrolling and voicing from a distance. But ultimately, if any tickets have to be issued, I will have to make contact with people at that point," he said.

If the RM moves ahead with its proposal to hire more security, he said it would "definitely help the situation until we can get ahead of COVID."

According to public health orders, people who live in the "same private residence" can gather in public spaces such as parks and playgrounds as long as they maintain "a reasonable distance from others." Otherwise, public and private gatherings indoors and outdoors are prohibited.

COVID numbers were at a high a few weeks ago, with new daily infections at times surpassing 500. After a slight dip for most of last week, case numbers ramped back up last Friday with 497 new infections.

As of that day, the government had shipped out 27 Manitobans to Ontario and Saskatchewan hospitals as Manitoba's health-care system was unable to cope with non-stop COVID admissions. Surgeries, some life-saving, have had to be postponed. The province also broke a record last Thursday for the most deaths (during the third wave) in a single day when eight people died from COVID.

Manitoba has had 50,499 lab-confirmed COVID cases and 1,045 people have died (data: Manitoba government, May 29).

While provincial health orders offer leeway for people to gather in public, the message from Pallister last week was to stay home.

"Manitobans must stay home as much as possible over the next two weeks so that our hospitals and our medical teams have the capacity to care for Manitobans ... when they need that help," said Pallister during a news conference May 27.

Members of the public can report COVID public health order violations by calling the toll-free COVID Tip Line 1-866-626-4862 (press 3 on the call menu) or by filling out an online report form on the government's website.

Now accepting applications for Local Health Involvement Group (LHIG) volunteers!



LHIGs provide an opportunity to have a voice in topics related to the delivery of health care services in our region. When we work together, we can better ensure that health care reflects the needs of residents.

We welcome people of all ages and backgrounds to volunteer, and we look forward to having you contribute to meaningful conversations that can help to shape health care in your community!

For more information or if you would like to join a LHIG, contact Pamela McCallum, executive director of Interlake Eastern Health Foundation at pmccallum@ierha.ca or 204-785-7044.



Interlake-Eastern
Regional Health Authority

Lake Winnipeg Foundation raises funds with lucky stones



EXPRESS PHOTO BY KIEK FOTOGRAHY

Jewelry pieces made by Johanna Brierley for the Lake Winnipeg Foundation.

All proceeds raised from one-of-a-kind jewelry collection inspired by 'lucky stones.'

By Sydney Lockhart

The Lake Winnipeg Foundation is collaborating with local jewelry designer Johanna Brierley in the launching of her new collection created using lucky stones from the beaches of Lake Winnipeg.

For this collaboration, Johanna Brierley has created 10 unique fine jewelry pieces that are now available to purchase with all proceeds going to the LWF.

"I've been going [to Lake Winnipeg] with my family since I was a kid, and my family would collect these lucky stones," she said.

Lucky stones are smooth stones with a naturally occurring hole in them that wash up on the shores of Lake Winnipeg and other lakes.

For this collection, she asked community members from both the east and the west shores to send her lucky stones that they found to be used in the creation process of her jewelry.

The rocks themselves are not a part of the finished product, instead, a cast is made of the rocks and then filled with melted metal to cool into an exact solid replica.

"They're not covered. The stone isn't underneath a shiny surface. They are actually pure sterling silver

or bronze," she said, "Redesigning it into something that people will actually wear, it's been amazing."

The lucky stones are commonly seen in areas such as Gimli where there is lore of the stones warding off bad spirits and bringing luck to whoever has them.

Brierley said she agreed to do the collaboration because she wanted to do something to help out the lake communities.

"I think just having [community mindedness] is so important, as an individual but especially when you have a business," she said.

This collaboration fits well with Lake Winnipeg Foundation's goal of improving Lake Winnipeg.

"[The Lake Winnipeg] Foundation was founded in 2005 by concerned citizens who saw what was happening on Lake Winnipeg and wanted to get involved in solutions," said Marlo Campbell of the Lake Winnipeg Foundation.

She said she hopes the partnership not only helps raise funds for the foundation but also gives people an opportunity to purchase jewelry that they will treasure forever.

"It's reminding people of the importance of this beautiful lake in our backyard and this collaboration came about as part of that ongoing outreach and fundraising that we do," she said, "This, in a sense, is a ready-to-wear physical reminder of your love for the lake."

Brierley started her business in 2007 after she went to jewelry school in Toronto and learned how to work with fine metals.

She said she hopes the limited collection sells well so that she can help do her part to restore the waters of the lake

"The lake and nature and our environment give us so much. I mean creatively, mentally, psychologically, so how could I not kind of give back to the lake. Because it's given me so much," she said.

Brierley named each unique piece inspired by Lake Winnipeg. Iceland Earrings, Elk Necklace, Flora Necklace, Viking Earrings, Gimli Necklace and Interlake Pin are a few examples.

The collection went on sale May 20 and any unsold pieces will remain on www.johannabrierley.com until the end of the year.

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Catch the wave when it returns this September

Wave Tour cancelled for June 2021 but new artists plan to be back next time

By Katelyn Boulanger

Two new artists, Shannon Lebel and Dawn Mills, had planned to join the Wave Tour this June, however, due to COVID provincial restrictions they will be waiting until September. Wave organizers and artists are regrouping and now planning for a September tour.

"We can't have a physical [tour]. Which is to our sad understanding, because we [as artists] are businesses working out of our homes and that is so restricted now," said Helma Rogge Rehders, co-founder of the Wave Tour. This year would have been the 20th anniversary of the tour for the region and there would have been 47 artists opening up their studios for residents to tour if the restrictions hadn't cancelled the event.

The event coordinators are still planning to host the fall session of the Wave Tour when hopefully restrictions will allow people to meet in person once more.

Dawn Mills

Mills was disappointed that the tour had to be cancelled but is understanding about the need to keep people safe at this time.

"At Oak Hammock Marsh, we have a really nice setup where everybody could just be outside. There's lots of green space out in front of the studio, and where the kiln shed is so it would have been quite appropriate for social distancing," said Mills.

The studio, which would have been part of the tour, is one that she shares with her brother in law, Al Lacovetsky, however, she has recently set up a new studio for herself in Eriksdale where she has a small electric kiln.

"I'm predominantly a functional part potter. It was my first vocation out of high school. I was a studio Potter at Mostly Stoneware for seven years and was apprenticeship taught," said Mills.

Mills says that she loves to make aesthetically pleasing items that people can use in their everyday lives.

"I make a variety of mugs and bowls. I like making Buddha bowls — you know people eating a one meal deal from one bowl. I like making every sort of range of bowls from a smudge bowl to a drinking vessel to like making baskets for utensils and flowers," said Mills.

Her space, because of the way she practices her art, has both wood fire

and salt fire kilns as well throwing wheels so that she can make her pieces.

Mills said that she was interested in joining the group because she likes the culture and the feel of a team and cooperative.

"I'm so hopeful that some form of the September will go ahead," said Mills.

Sharon Lebel

Lebel was also understanding when she found out that the tour would have to be cancelled this season.

"I was saddened by it a bit but it was kind of expected," said Lebel.

Lebel has a unique way of painting with acrylic paints that gives it the feel of watercolour paints.

"It's really kind of light and airy and I do mostly birch trees and birds, but I'm always kind of dabbling in other areas. I kind of started a little bit in pottery. Now I'm starting to do some mermaids. I'm just always trying to do something different," said Lebel.

This changing of creative outlets means that her Gimli studio space often changes with her but right now she prioritizes it being a welcoming place with pictures up on the walls and plants. She also likes to have a diffuser on and peaceful relaxing music.

She wanted to be part of the Wave Tour because it seemed like a great thing to be a part of that was close to home.

"I've lived in the Interlake for over 20 years and I thought it would be nice. We have this amazing tour going on and I should, we should be part of that," said Lebel.

She says that she will for sure want to participate in the event when it is safely able to happen again.

To connect with Lebel visit her at her Facebook <https://www.facebook.com/birchandfeathers> or her Instagram <https://www.instagram.com/birchandfeathers/>. Dawn Mills can be found on Facebook at <https://www.facebook.com/Dawn-Mills-Pottery-272630479896466>. The best way to keep up with the Wave Tour is through their website at thewave.ca or their social media on twitter at <https://twitter.com/waveartiststour>, on Facebook at <https://www.facebook.com/waveartists>, or on Instagram at <https://www.instagram.com/waveartiststour/>.



Dawn Mills in her studio



Shannon Lebel painting.



EXPRESS PHOTOS SUBMITTED

Some of Lebel's acrylic artwork that has the light feel of watercolour painting.



The wood fire kiln in Mills's studio

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JUNE IS TURKEY MONTH IN MANITOBA

Let's talk turkey

By Tyler Searle

In 1952, two brothers hatched a plan to start a turkey farm on a plot of land four kilometres west of Gunton.

Nearly 70 years and three generations later, the Charisons Turkey Hatchery is one of the largest turkey hatcheries in Canada and still family-owned and operated.

Stan and Alex (pronounced Alec) Charison started with a few meat birds, a flock of breeder hens and an informal agreement to produce eggs for a hatchery in Winnipeg.

"They were shipping eggs, and after about six weeks, the guy said, 'I got too many eggs, I don't need yours,'" recounts Curtis Charison, son of Stan Charison and owner of the Charisons Turkey Hatchery.

"He said, 'do whatever you want with them, but I'm not taking the eggs.'"

Left in a lurch with thousands of eggs and no way to incubate them, Stan and Alex took it upon themselves to find a solution, Curtis continued.

The brothers purchased two used incubators/hatchers that they saw in the Manitoba Co-operator and the Charisons Turkey Hatchery story began.

The Charisons now had two incubators but no electricity to run them. So, they struck a deal with their neighbour Harold Cosens who had a dairy farm and electricity.

"He said, 'well, there's room in the corner of the barn here, if you want to put them there and plug them in—go ahead,'" Curtis recounts.

The men produced eggs on their farm and incubated them at the neighbours—travelling half a mile

in each direction every four hours to turn the eggs. Curtis remembers his father sharing the story of how his dad paid \$15 for hydro that year.

The following year Manitoba Hydro installed an electrical line on the Charisons property.

In 1952, there were 28 turkey hatcheries across Manitoba, with each one vying for its share of the market. That year, the Charisons hatched 13,000 baby turkeys, known in the industry as poults.

Today, the hatchery produces between 7.5 to 8 million poults annually. It can hatch 13,000 in three hours and is the second-largest hatchery in Canada.

Suffice to say; the operation has evolved over the years, and any time you eat turkey today, there is a very good chance it originated from the Interlake.



EXPRESS PHOTOS BY LANA MEIER

Cameron and Curtis Charison with Thursdays hatch.

before reaching maturity. Once they enter their laying cycle, they move to the layer barn, where they are artificially inseminated on a weekly basis and produce eggs for up to 32 weeks.

While inside the barns, birds roam freely with 24/7 access to feed, water and fresh air.

The Charisons carefully choose their staff when hiring and ensure that everyone knows the importance of their FLAW protocol - Food, clean Litter, lots of fresh Air and clean Water.

The Charison's primary concern is always the welfare of their birds, said third-generation turkey farmer Cameron Charison.

Cameron works in the hatchery and manages their two breeders barns alongside his father Curtis to ensure the daily operations run smoothly—it's a responsibility he takes seriously.

The Charisons protect their barns and hatchery with stringent biosecurity protocols, which require employees and visitors to remove their clothing and footwear and take a shower before entering each barn.

This process ensures the birds' health and prevents the spread of viruses such as the avian flu, said Cameron.

"The better job we do of taking care of our birds, the better job they're going to do of laying eggs."



The fertilized eggs are stored in a temperature controlled room for up to 20 days before being placed in the incubators.



The incubators are all controlled electronically to control temperature, humidity, ventilation and egg turning cycle.

The modern facility consists of the hatchery, a shop and a truck bay.

On separate sites, the Charisons have a commercial turkey farm that produces birds strictly for processing, two grower barns where birds reach maturity, and two-layer barns where staff collect eggs.

Silver Turkey Breeders, Bay Shore Farms, Frontier Farms, Bedrock Farms and Bonkowski Turkey Breeders also work as contract farms, grow turkeys and produce eggs for the hatchery.

The hens spend 33 weeks inside the growing barns



Curtis and Cameron inspect a shipment of toms headed to the U.S. on Wednesday.



Once the poult breaks the shell, it uses a scissor tooth on its beak to saw its way out. Within three days, most of the eggs have hatched and the turkeys are on their way to their forever farms.

FEATURE - CHARISON TURKEY HATCHERY

Every bird can lay four to five eggs per week, and the collection process is largely automated. Hens are naturally inclined to seek privacy when they lay, so they enter specialized pens on their own accord.

Once inside, a door closes behind them to prevent other birds from entering. After 45 minutes, a mechanized plate coaxes the hen out and collects her egg.

A conveyor belt transfers the eggs into another area where staff date and assess their integrity—ensuring they have no cracks and are a proper size.

Healthy eggs move on to the hatchery.

The hatchery boasts 42 incubators, with each capable of storing 24,960 eggs. Rows of incubators line the hallways. Electronic alarms blurt out sporadically, alerting staff of fluctuations in humidity or temperature and a strong current of fresh air streams through vents in the ceiling.

The hatchery can process as many as 60,000 poults in one day.

After 25 days of incubating at an average temperature of 99 degrees F., staff transfer the eggs into a hatcher where the eggs will remain for the next three days.

“Once we transfer the eggs over and put them into the hatchers, then we’re going in there and manually checking to see what stage the birds are at,” said Cameron.

The staff enters the hatchers four times per day to monitor the eggs and poults. They can adjust temperature and humidity levels to soften the shells and facilitate the hatching process.

Contrary to popular belief, poults do not peck their way out of their eggs. The birds hatch using a temporary egg tooth on the tip of their beak, which they use to saw out of their shells. The process takes approximately 20 minutes and resembles a can-opener effect.

From the hatchers, birds move on to be sexed and sorted for shipping.

A team identifies the sex of the poults and separates the toms and hens and counts them into groups of 100.

The entire sexing and sorting process takes less than one second, and the Charison’s take pride in their staff’s 99.5 per cent sex accuracy rate, said Cameron.

Finally, these birds are ready to be shipped.

The Charisons employ just under 100 staff, including 11 drivers who operate a fleet of 10 poult delivery vehicles—ranging from vans to 48’ trailers.

The delivery trucks are temperature-controlled and fitted with vents to allow ample airflow during transit. Drivers operate them in tandem, alternating between sleeping and driving. The longest road trip for the poults would be those travelling to Vancouver Island. The poults will arrive at their new farm within 36 hours of being hatched.

Each poult has a yolk sac that provides enough nutrients for up to five days, so the birds never go hungry.

Charison’s turkeys travel to family and commercial farms across western Canada and into the U.S. When the turkeys reach maturity, most are harvested for their meat for grocery stores, restaurants, and homes.

Hens will finish between 10-20 lbs and are more suitable served whole for turkey dinners, while toms are typically 45-50 lbs and are separated into cuts of meat.

Amusement parks like Disney World sell whole tom drumsticks, while chain restaurants such as Subway use processed tom meat in their sandwiches.

Turkey isn’t only a festive meal of the holiday season, but it can benefit your overall well-being throughout the year. It is a powerhouse of many nutrients and contains minimum fat and cholesterol content. Turkey comes with amazing health benefits that include strengthening the immune system, boosting metabolism, maintaining psychological health, and supporting weight loss. It also promotes cardiovascular health, is a good source of protein, supports teeth and bones health, maintains cholesterol levels, manages diabetes, treats anemia and promotes healthy skin.

The Charisons Turkey Hatchery is one of the largest employers in the Teulon, Gunton and Balmoral area. It has employed not only the Charisons but their friends, neighbours, and community members for generations.

“Our biggest strength is our team of management and our dedicated staff who show up daily that make this place run,” said Curtis.



Charison Turkey Hatchery will be celebrating 70 years since their first batch of poults in 2022.

The Charisons show their gratitude in the form of community donations. Their most significant contributions being toward the Fireman’s Ball and the Christmas Cheer Club.

“Basically, anything that comes up locally here we end up being a part of

and supporting,” said Cameron.

The Charisons Turkey Hatchery will soon enter its 70th year with no signs of slowing. The Charison family hopes to keep the legacy alive for many decades—and generations—to come.



Grilled Herb-Infused Turkey Pieces

Ingredients

- 3.5 lbs (1.5 kg) turkey cuts; (drumsticks, boneless, skinless breast or thighs.)
- 2 tbsp (30 ml) olive oil
- 1 tsp (5 ml) balsamic vinegar
- 3 tbsp (45 ml) fresh poultry herbs; (sage, thyme, rosemary & parsley)
- 1 tbsp (15 ml) garlic, finely chopped
- 1 tbsp (15 ml) shallot, finely chopped
- 1/2 tsp (2.5 ml) sea salt
- 1/4 tsp (1 ml) ground pepper

Directions

Preheat barbecue to 375°F (190°C). Combine all ingredients in a bowl to make rub and coat turkey well. Grill pieces over indirect heat. Pieces should be turned once after 30 minutes. Pieces are cooked when a digital thermometer reaches 170°F (77°C). Remove from grill, cover loosely with foil and let stand for 10-15 minutes before serving.

Find more recipes & cooking tips at turkey.mb.ca



The poults are sexed, sorted into hens and toms and then counted into 100s in a state of the art facility that is sanitized after every hatch.



Poults are shipped in colour coordinated air vented boxes, green for toms and white for hens.

Arborg high school students spruce up school grounds

By Nicole Brownlee

Arborg Collegiate Institute students have put their green thumbs to the test by sprucing up their school’s garden and volunteering to plant flowers around the community.

“We had some really keen students in Grade 10 who were wanting to help out,” said Krista Borgfjord, a Grade 10 teacher at Arborg Collegiate. “Beautifying the school, the front grounds, as well as the town.”

Eight Grade 10 students are gardening alongside teachers at Arborg Collegiate including, Kylee Emms-Finnsson, Rayna Lea, Nevaeh Menzie, Maya Friesen, Mackenzie Hibbert, Miranda Gislason and Adriana Gislason.

This project is one of the few activities students could work on as a group because many school clubs were suspended for the year because of COVID-19, said Borgfjord.

“Anything that we can do to help get the kids involved in the community, it’s really important,” said Rachel Orbanski, an art teacher and guidance counsellor at Arborg Collegiate.

“Volunteering is so important when they’re in high school and being engaged and making their community a better place. We definitely try to pro-



EXPRESS PHOTO SUBMITTED

Eight Grade 10 students at Arborg Collegiate have planted flowers in the raised garden beds near their school to help spruce up the communal space. Pictured from left, Kylee Emms-Finnsson, Rayna Lea, Nevaeh Menzie, Maya Friesen, Mackenzie Hibbert, Miranda Gislason and Adriana Gislason.

mote that.”

Orbanski helped the students plant wave petunias, purple fountain grass and dwarf Egyptian papyrus from Friendly Flowers Garden Centre in the raised garden beds near the front of the school.

Former student, Lawson Zagozewski, built the wood seating area and flower beds with the help of a few classmates last May, said Decon Deck, shops teacher at Arborg Collegiate.

The space includes two long wooden benches facing each other across a square base surrounded by flower beds.

Zagozewski along with his fellow handy peers graduated in June 2020.

“It’s been a good addition to the front of the school,” said Orbanski. “It’s been a great place to gather—social distance wise.”

Most of the students helping with the garden said they’d worked with

plants before and hope to work with the garden again next year.

“[We] wanted to help out the community and help the town look nice,” said Emms-Finnsson.

Lea added that planting the flowers was a way the students could contribute to the community.

The students plan to coordinate where the flowers will be planted and maintained in the town in the coming weeks.

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Optimize your posture and performance while working from home

Local physiotherapist offers advice on workspace ergonomics and stretching

By Tyler Searle

Poorly designed office spaces can lead to neck, shoulder, and back strain, and—in the worst cases—chronic degenerative problems or repetitive stress injuries said Physiotherapist Scott Allan.

Allan is one of the owners of the inMotion Network. He and his team operate eight clinics in Manitoba, including three Quarry Physiotherapy locations in the Interlake and another up in Gillam.

Since the beginning of the pandemic, Allan has seen an increase in patients working from home.

“A number of people have changed their workplace to their homeplace, and quite often, their work-station at home is a couch or a kitchen table,” he said.

“Needless to say, those type of ergonomic or positional spots where they’re working are not ideal.”

The key to preventing injury or strain is optimizing your workspace. Always work at the correct height and face forward, change position frequently, and take breaks to stretch, Allan said.

The optimal position should see: shoulders relaxed, arms close to the body with elbows bent, forearms resting with wrists in a neutral position, back straight with lower back against a backrest, thighs parallel and feet resting on the floor, and screen-distance one arm lengths away and directly in front of the face.

Allan recommends choosing a desk and chair that are customizable to suit your ergonomic needs.

A good office chair should feature adjustable

height and armrests, lumbar support, and high-back support. People should choose chairs that are on rollers and swivels, so they can avoid twisting their torso when reaching for work materials.

Desks should also be adjustable in height, and the best ones can accommodate both sitting and standing positions.

It is crucial people proactively change positions and stretch. Do not wait for pain to indicate when it’s time to move, Allan said.

“Maybe every half an hour or forty-five minutes, a reminder timer goes off, and you simply do a couple of office stretches or get up, move around, get a glass of water. That type of thing.”

Allan advises people working from their smartphones to invest in a tablet, laptop, or desktop if possible to avoid damaging their necks or inducing repetitive stress injuries like carpal tunnel.

Not only can poor ergonomics affect your physical well-being, but it can also diminish work performance, Allen said.

Workspace accessories like footrests, headsets, ergonomic keyboards and mice promote a comfortable environment and a more efficient workday.

The inMotion Network offers virtual appointments so physiotherapists can connect with patients via video call, review their workspace, and offer advice regarding adjustments and stretches.

Allan has prepared a digital program for his patients which offers tips and tutorials on optimizing a workspace and stretching in the office.



EXPRESS PHOTO BY KYLA LENIO-SLACK
Physiotherapist Scott Allan treats a patient at the Quarry Physiotherapy clinic in Arborg.

Seek medical attention if you are suffering from numbness, tingling, headaches, or neck strain, Allen said.

People curious about ergonomics can reference the Manitoba Physiotherapy Association for more information.

Or book an appointment at Quarry Physio <https://www.inmotionnetwork.ca/Quarry-Physiotherapy/Quarry-Physiotherapy/>

Alex's story - getting her smile and confidence back

By Elisha Vador
ACTUAL PATIENT AND STORY

Alexandra (Alex) has the most infectious laugh that compliments her bubbly personality well. However, her dentures were doing her a disservice when it came to her everyday eating and speaking. As a public speaker she was constantly fighting with the dentures, trying to keep them in while sometimes stumbling over her words as the dentures wanted to flip out and around. “I didn’t like my old teeth from day one, says Alexandra. They always felt out of place and like my chin was protruding. Not to mention that you couldn’t even see my lower teeth.”

“The dentures were giving her the ‘Piranha bite’, which means the lower denture pushes out the jaw and bites over the top, making it difficult to chew, says Brock Vador, Denturist. It happens

when your teeth are worn out. Your mouth closes too far and the denture slides forward.”

To give Alexandra her smile and confidence back we made a new upper and lower denture for her with our 4-step denture appointment process. This process allows us to create a completely unique and complimentary denture for each patient we see. If you could zoom into the picture, you would see that we rounded Alex’s front teeth giving her an upward happy look to compliment her personality; to which she gave us the thumbs-up approval when she saw the teeth in her practice denture at her third appointment called the ‘Try-in’. At this appointment the denture is made out of wax so we can perfect the bite and make any additional necessary or requested changes to the smile before the finale at the fourth and

final appointment.

Now came time for Alex’s fourth and final appointment to fit-in and see her new dentures. This is what she had to say: “Oh my, what a difference! The teeth are comfortable and they fit together. These teeth look like my natural teeth I had 15 or 20 years ago. What a big help you guys have been! I feel so much better about myself. I thought this is just what happens when you get older and I would have to live with it. I found out it doesn’t have to be that way at all. I can chew food properly, which is very beneficial to my health. You can still have your youthful smile too! Thank-you.”

If you’re nervous, don’t know if you need new dentures, or are needing to replace with new, call us to book your free consultation. We are happy to help you get your smile back.



Alexandra poses with Brock, the Denturist showcasing her new dentures at Vador Denture Centre.

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Provincial Park beach mats let families make memories

By Iris Dyck

Manitoba Parks is rolling out accessibility mats that will allow some Manitobans to experience the beach for the first time.

On May 27, Manitoba Parks announced on social media that nine provincial park beaches would be outfitted with Mobi-Mats. The mats provide an even, non-slip path through the sand, allowing wheelchairs and scooters to access the water.

For Kim VanDaele, 35, the mats mean the difference between spending time with her family and sitting on the sidelines.

“I’ve missed out on a lot of family fun because they weren’t available before,” she said.

VanDaele, who uses a mobility scooter, often spent her time sitting “who knows how far away” from her husband and son as they played on the beach. Without accessible infrastructure or accessories like Mobi-Mats, getting her scooter to the water was out of the question.

Mobi-Mats are roll-out carpets made from recycled plastic. Once laid out, they stay firmly in place on uneven or sandy surfaces. The mats act as a portable sidewalk for those with wheelchairs, scooters, strollers, or anyone who needs easier access to the beach. Sand and water can pass through the mat’s woven structure, so they won’t

be buried on the beach or swept away by waves.

Winnipeg Beach Provincial Park is one of the nine parks to get the mats. The park already has a paved walkway along the length the beach, with ramps leading down to the sand. The Mobi-Mat will connect the ramp with the water, so that those with mobility issues can get there more easily.

In his 12 years as mayor of the Town of Winnipeg Beach, Tony Pimentel has noticed the difference accessible options have made in his community.

“I have seen an increase of people with mobility issues coming up to the beach and enjoying the town,” he said.

While Manitoba Parks and the Town of Winnipeg Beach have separate responsibilities, accessibility improvements in one inevitably affect the other. After a storm damaged the park’s boardwalk in 2015, the province built the concrete walkway with accessibility in mind.

“People did indicate it was difficult to get down to the beach,” said Pimentel, but now “people are more comfortable coming out.”

It’s certainly the case for VanDaele and her family. They’ve often visited Stephenfield Provincial Park because it was closest to their home in Winkler, Manitoba, but since hearing about the Mobi-Mats, their summer plans have changed. They are going to organize



PHOTO SUBMITTED

Mobi-Mats will make nine provincial park beaches accessible for those with mobility issues.

their trips around the beaches that have them.

“I am a young mom, and I would be overjoyed to be able to actually participate in making family memories,” she said.

VanDaele’s first experience using a Mobi-Mat was last summer at Bird’s Hill Provincial Park. She was thrilled, and feels grateful now that people of

“all shapes, sizes and ages” can enjoy a day at the beach.

The nine provincial parks with Mobi-Mats are Bird’s Hill, Clearwater Lake (Pioneer Bay), Grand Beach, Lunder Beach, Rainbow Beach, Spruce Woods, St. Malo (Sunset Shores Beach), Winnipeg Beach, and Whiteshell (Falcon Lake).

Gimli wall mural touch up

EXPRESS PHOTO BY TYLER SEARLE

Gimli Art Club member Erika Hanneson touches up a mural on the Gimli Seawall Gallery on May 18. The protective sea wall is adorned with art depicting the life and history of the Interlake. Some of the murals are decades old and artist have restored them numerous times.



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Winnipeg Beach School continuing its K-8 music program next year

By Patricia Barrett

Winnipeg Beach School will continue to offer its music curriculum to all students in the fall and had to send out a letter to parents last week after someone posted on social media that the Evergreen School Division decided to do away with the school's music program for kids in kindergarten to Grade 5.

"It is not true that the music curriculum will not be offered next year. WBS has been allotted the same amount of teacher instructional time for the music program as in recent years," wrote principal Jamie Gilbert in a letter dated May 27.

The letter was shared by the Evergreen School Division after the *Express* contacted it about the rumour.

Gilbert said the kindergarten to Grade 8 school will be undergoing some staffing changes – not staffing cuts – and the music curriculum is going to be taught by new teachers: Ms. Clarke, Ms. McDevitt and Mrs. Arnason (early years programming).

Provincial public health imposed a

number of restrictions on music programming in schools across the province because of the COVID-19 pandemic. Those restrictions included a ban on singing and the playing of wind instruments. Students at WBS, nevertheless, benefited from music, drama, dance and visual arts instruction.

WBS will actually see an increase in teaching staff for the 2021-2022 school year despite "funding cuts from the provincial government," wrote Gilbert. In order to safeguard student learning, the division made "significant cuts in other areas (such as operations and division staff) to ensure early middle schools have the support that is required."

It's unclear at this point how COVID infections in the fall may affect music programs in terms of singing and wind instruments.

Gilbert said the school intends, in a post-pandemic world with no restrictions, to offer the music curriculum in dedicated time periods for all students.



EXPRESS FILE PHOTO BY PATRICIA BARRETT

A Winnipeg Beach School public music performance in 2018 featured a Beatles tribute band.

"As well, we will be introducing dance to our early years students which overlaps with the arts and physical education curriculums. We will continue to have the artist-in-the-school program prioritizing music," he

wrote. "Although we are planning for some staff changes and adjustments to programming for the fall, we will continue to offer our rich programming in literacy, numeracy, arts, music, French and physical education."

Gimli Film Festival 21st annual festival highlights

Submitted by GFF

The Gimli Film Festival (GFF) announced its 21st Festival events recently, which will take place over an extended 2-week period in July 2021. For the first time ever, GFF will host a special contactless RBC Sunset Drive-In Theatre, alongside other virtual film screenings and special live-streamed events.

In an effort to offer virtual filmgoers more time to access the best films from the past year, GFF is extending their Virtual Film Festival to a full 2-weeks (an increase from 5 to 14 days). GFF On Demand – the Festival's Netflix-styled film streaming platform, once again fuelled by Red River Co-op – runs Mon., July 12 to Sun., July 25 and can be watched from the comfort of your bed, shed, yard, or boulevard. Tickets for GFF On Demand go on sale on June 1 at noon on GFF's Website.

New to the Festival this year, GFF announced plans to offer the first-ever RBC Sunset Drive-In Theatre in the Town of Gimli, pending further public health restrictions. The contact-less RBC Drive-In experience would tentatively run for five nights (Wed, July 21 to Sun, July 25) with nightly 10 p.m. screenings. GFF recognizes the severity of Manitoba's current COVID-19 outbreak and will carefully align our operations with public health orders to ensure the safety of our commu-

nity and film fans – above all. Tickets for the RBC Sunset Drive-In Theatre can be reserved starting on July 3rd at Noon, with more details on GFF's Website. Those interested in attending are encouraged to sign-up for GFF's e-Newsletter to stay informed about Drive-In ticket sales.

In 2021, GFF is also proud to celebrate the 10th anniversary of the RBC \$10,000 Emerging Filmmaker Pitch Competition, marking a total \$100,000 distributed to Manitoba's most talented emerging filmmakers. To celebrate this milestone, GFF will be showcasing a Retrospective Screening of the past 10 years of pitch-winning films, including *Anak* by Joanne Roberts – the 2020 Competition winner.

"Going into my first solo film was the scariest thing I'd ever done, but the Pitch Competition made sure I always had someone I could turn to when I needed help," said Roberts. "I had a dream team to work with; every single person has gone above and beyond. I don't think that any film from this point forward will capture the same kind of magic that this one did, and I am truly grateful. Thank you for making this a highlight of my career and of my life."

GFF 2021 will also honour Manitoba's delayed 150th celebration, with a special MB150 Film Retrospective. This special Manitoba Film Retrospective will showcase underrepre-

sented and hidden gems from Manitoba's filmmaking past, alongside the premiere of a number of new MB-made films commissioned by the Festival for the occasion.

"I think these days it is easy to take for granted Manitoba's established film industry and artistry of independents working away at their latest creative project," said Kevin Nikkel, the director of a new documentary on Manitoba's filmmaking history. "What I've really found fascinating in making my film *What We've Pulled Off... So Far* is the how far back our creativity and cinematic ambition goes as Manitobans. We really do have an amazing cinematic family tree."

Continuing in the same virtual vein, GFF will also be hosting "Take 5", a new workshop series presented by Film Training Manitoba and Manitoba Film & Music. The Take 5 sessions will provide industry participants with insider knowledge during five 90-minute panel discussions. Attendees can learn tips and tricks to help advance their filmmaking career, while also adding more depth and skill to Manitoba's film and TV industry workforce.

GFF will once again offer a number of free live-streamed events, including the virtual GFF Awards Reception, the Manitoba Short Films in Competition, and the 48 Hour Film Competition which will showcase 18 brand new locally made short films. Also be-

ing live-streamed for free online is the 2021 RBC \$10,000 Emerging Filmmaker Pitch Competition and a special 10th Anniversary Pitch Retrospective Screening, featuring the past 10 years of pitch-winning films.

New this year, GFF will hold a special interactive online VIP Opening Reception in a virtual Town of Gimli, powered by the interactive Gather platform! Explore the virtual city and beach, chat with other Festival goers, and catch an exclusive concert at the virtual Ship & Plough – all from the comfort of your home! Opening Reception events are only available to Super Pass holders, so get yours starting June 1st.

This year, both GFF Virtual Film Passes and Super Passes go on sale Tues., June 1 at noon and can be purchased on the GFF Website. Patrons who buy a Super Pass will be able to unlock an unlimited number of Virtual Festival Films, while the regular Virtual Film Pass will be limited to 20 program unlocks. The Super Pass also provides access to attend GFF's Take 5 Workshop Series and includes an invitation to GFF's Opening Night Reception.

RBC Sunset Drive-In Theatre Tickets will be made available through a registration process in early July, as detailed on GFF's Website.

Gimli council may secure land for ATVs; rail trail along PR 222 remains prohibited

By Patricia Barrett

A former CPR rail line that runs north-south along PR 222 has been prohibited to all-terrain vehicles (ATVs) for over a decade, but after the snow melts, they hit the trail.

The rail trail, as it's referred to, has once again become a bone of contention between people driving ATVs, golf carts and dirt bikes and the walkers, cyclists and horseback riders who are authorized to use it.

Last week area residents took their concerns to Gimli council to ask it to enforce the law that bans motorized vehicles from the rail trail. They reported large groups of quadders on the trail over the May long weekend.

A resident who lives along PR 222 and is speaking on behalf of a "whole group of us" said quadders on the rail trail do a number of things: endanger the people allowed to use it, especially when they drive at high speeds, create large ruts in the path that the RM doesn't fix and that make it hazardous for cyclists, destroy flora, chase off birds and mammals, discard beer cans and disrupt area residents' peace. Quadders also rip down RM-installed signage forbidding them from using the trail. They either throw the signs in the ditch, on residents' property or steal them.

The resident said she understands that "quadding is fun" but it's not compatible with the rail trail.

"We're not saying not in my backyard. We're saying the 'ATV people' should have a place they can ride and the 'nature people' should have a place where they can safely be," said the resident who doesn't want her name used because of past incidents she and others have had with aggressive or angry ATV drivers. "This is the one safe place where people can walk or bike and access the [Camp Morton] park's walking/ski trails because PR 222 is too dangerous. The rail bed is an essential resource for us."

The trail starts north of Gimli, winds through Camp Morton park and stretches past the campgrounds and subdivisions all the way up to Arnes. The trail flanks a very narrow PR 222, which has no shoulders south of the park and negligible shoulders north of it, making it too dangerous for people to walk or bike on.

With the municipality's businesses fighting for tourism dollars during the COVID-19 pandemic



EXPRESS FILE PHOTO BY PATRICIA BARRETT
A youngster on an ATV kicks up the dust on the rail trail beside PR 222 in July 2018.

and people desperate to enjoy the outdoors, the resident said the RM should be promoting its natural assets along the shore of Lake Winnipeg.

"One of my big complaints is the RM doesn't promote the nature trail system we have. They don't see it as an asset. They don't see that people come out here because they want to go cycling and they want to go hiking and running," she said. "This is such a good resource and so useful right now because we can't use the rec centre or the gym. We have to get outdoors to be healthy and well but maintain physical distance. Walking and cycling are the things that are available to us."

There are designated routes on which ATVs can drive, and "not every trail" in the RM has to be accessible to motorized vehicles, said the resident. The problem is a lack of enforcement on the rail trail. Neither the municipality nor the RCMP have issued a ticket to an ATV driver, as far as she's aware. That lackadaisical approach essentially gives ATVs carte blanche to do what they want.

"We've talked to the RCMP and they say it's the jurisdiction of the bylaw officer. We talk to the bylaw officer and he says it's up to the RCMP. Pass the buck, pass the buck," she said.

Complicating matters is council's "promotion of quads" because they bring people into town and bring money into businesses, she said. "Well, so do cyclists and so do walkers."

In his month-end report for April, bylaw officer Chris Steinke noted that he patrolled for off-road vehicles on the weekend of April 17 (zero) and April 18 (two) and on the weekend of April 24 (zero) and

April 25 (three). It's not stated whether any warnings or fines were issued.

Deputy Mayor Richard Petrowski said council has received "a lot of complaints" about ATVs and a motion was made at the May 26 meeting to vote on whether to permit ATVs on the rail trail. The motion could have been defeated or approved, but no councillor would "first and second" it, so the motion died on the table.

He said the RM is having a hard time enforcing the ATV ban.

"We do send our bylaw officer up there and we've asked the RCMP several times to enforce it. And sometimes people call the RCMP," said Petrowski by phone. "But it's hard to enforce because the ATVs drive on the trail and then they're gone."

Going forward, Petrowski said council will be looking at a number of options, including whether the rail trail can be shared with ATVs (with strict rules) or whether another location for ATVs can be found, something that's already in the works and something that "pleased" the ATV club, which attended the council meeting.

"We are looking for solutions to make this a safer environment for people. We know we have to find a better solution to what's going on," said Petrowski. "We may not bring back a new resolution to this, but we're going to have discussions on how to fix this problem between the two opposing sides."

Mayor Lynn Greenberg said he's aware of ATVs unlawfully using the rail trail and that it has been going on for years.

He said he's currently looking into the feasibility of letting ATVs use a three-or-so-mile stretch of RM-owned road allowance west of Highway 8.

"I think the ATV club would be happy with that," said the mayor by phone.

The RM won't be selling the road allowance, an undeveloped stretch of land located about a mile from the highway, but council would have to pass a resolution and come up with an agreement with the club, he said.

"The road allowance will give them an area they can use. [The rail trail] has always been a very contentious issue and it's difficult to police," said Greenberg. "But if there's a place for ATV drivers to go and have some riding space, it could take a lot of them off the rail trail."

Education property tax rebate cheques being mailed to Manitobans

Submitted by Manitoba government

The Manitoba government will begin mailing education property tax rebate cheques in the next week to the owners of residential, farm and commercial properties in Manitoba, Finance Minister Scott Fielding announced Thursday.

"Our government promised to start phasing out the education property tax in 2021, which will return nearly \$250 million this year to Manitobans who own homes, farms and businesses," said Fielding. "The education property tax phase-out represents the largest tax savings in Manitoba history and protects Manitobans' hard-earned incomes by offering much-needed tax relief."

Budget 2021: Protecting Manitobans, Advancing Manitoba committed \$248 million in education property tax rebates to the owners of approximately 658,000 eligible properties, based on municipal assessment information. Depending on the municipi-

ality, owners of multiple properties may receive one combined bill.

To provide property owners their rebate as soon as possible, the government has passed new legislation and will begin the printing and mailing process in the week ahead. Manitobans do not need to apply for the rebate, as the province will calculate the amount and automatically mail cheques before the municipal property tax due date.

In 2021, home and farm owners will receive a 25 per cent rebate, which will increase to 50 per cent in 2022. Other property owners will see a 10 per cent rebate this year. The average rebate will be an estimated \$1,140 per property over the next two years. The province will also reduce various related credits and rebates to ensure all property owners are paying 25 per cent less on residential and farm properties, regardless of whether they qualify for existing credits and rebates.

"By keeping our promise to begin phasing out the education property tax this year, we are fulfilling our \$2,020 Tax Rollback Guarantee one full year ahead of schedule," said Fielding. "We are modernizing Manitoba's tax structure and this rebate will be paid for entirely by government so it will not affect funding to schools."

The minister noted Manitoba is the only province that uses school property taxes, which are set locally by each different municipality, to fund the education system. The rebate will not impact the amount of school taxes that fund local school divisions.

The legislation also makes a change to the Residential Tenancies Act to freeze the rent increase guideline at zero per cent in 2022 and 2023.

For more information about Manitoba's education property tax rebate, visit www.manitoba.ca/education/propertytax or call Manitoba Government Inquiry at 1-866-626-4862.

Arborg seniors wait for hope

By Nicole Brownlee

An Arborg senior living facility is moving one step closer to expanding housing to respond to a growing need in the community.

On March 10, the RM of Bifrost-Riverton approved a letter of support to expand Arborg's House of Hope. This move encourages House of Hope's plan to expand their supportive housing units from 16 units to 24.

"We're kind of at a standstill right now," said Maureen Sigurgeirson, property manager of House of Hope.

"It's not a guarantee that we'll be moving ahead."

House of Hope opened in 2011 and offers independent living for seniors with supportive staff available 24/7. Sigurgeirson said services like House of Hope have increasingly been in demand.

The seniors complex is located adjacent to St. Phillips Drive, near the banks of the Icelandic River, and is close to shopping and restaurant facilities.

The first phase of House of Hope was inspired by Willy and Elizabeth Dueck, who provided the seed money, and was built on land donated by Trudy and Peter Dueck.

As of the 2016 census, 6.9 per cent of the total population of Arborg, which is 1,225 residents, are 85 years and older, and 24.9 per cent are 65 years

and older.

Despite receiving support from the council, the budget for House of Hope's expansion needs to be approved by the residence's board.

"[The expansion] would help the community in a huge way," said Sigurgeirson, who also works with the Seniors' Resource Council.

"It enhances the community as a whole if you can keep your seniors."

"They're the ones that built the community," said Sigurgeirson. "It's very beneficial to have them remain in the community, with all of their knowledge."

Expanding House of Hope would also create jobs for community members and encourage seniors to stay in Arborg.

"It's a valuable asset to our community," said Sigurgeirson. "It also adds to [seniors] wellness and well-being."

As Manitoba's population changes, there are growing needs throughout the health-care system to support people better at home, said Greg Reid, regional lead of health services, community and continuing care with the Interlake-Eastern Regional Health Authority.

A section of the provincial Clinical and Preventive Services Plan addresses the health-care needs of seniors and prioritizes placing seniors in environments suitable for their needs,



EXPRESS PHOTOS BY JANICE GULAY

On March 10, RM of Bifrost-Riverton approved a letter of support to expand Arborg's House of Hope.

said Reid.

"It also recognizes that people prefer to live in their home communities as long as it's safe and appropriate to do so," he added.

Reid said the province looks forward to continuing to support House of Hope through the provincial plan

and working with other organizations committed to providing senior residents with the health care supports they need.

To learn more about Manitoba's Clinical and Preventive Services Plan visit, <https://is.gd/ManitobasCPSP>.

Einarson recovering after tick bite eight years later

By Jules Stevenson

"The pain at times was so severe that I understood compassionate death. The pain was so bad and there was no diagnosis. I actually prayed for death," said Joni Einarson on her battle with anaplasmosis, a disease she got from a tick bite.

Up until 2013, Einarson lived a normal, healthy, and happy life. She was in very good shape – she went to the gym five days a week and worked in her yard often.

Einarson began feeling tired and lethargic, and developed pain in her neck. She went to see a doctor and was prescribed antibiotics, but the symptoms persisted.

"I couldn't even walk from one side of my house to the other. I literally had to lay down on the ground," she said. Some of Einarson's symptoms included inflammation in the back of her throat, severe pain in her legs, and lethargy.

"Any kind of tick born disease that

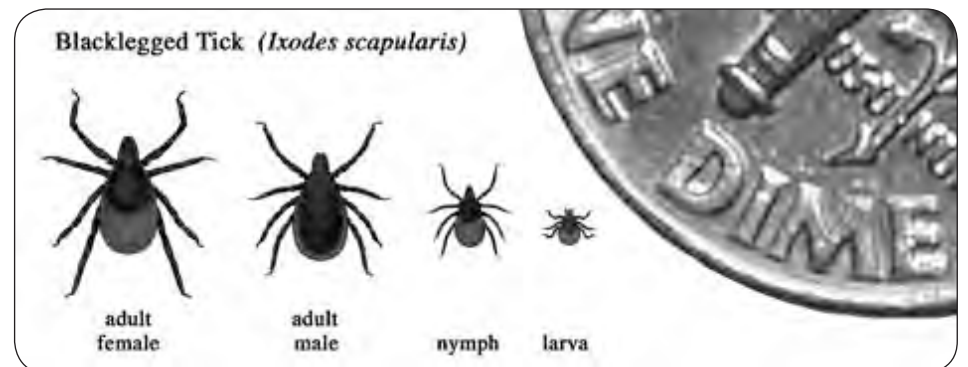
becomes chronic, you will have that for the rest of your life. There is no cure for it," says Einarson.

Einarson says she's doing much better now but is still dealing with the long-term effects. "I'm still tired, I still have difficulties, and I can't do what I used to do," she says.

According to Manitoba Public Health, blacklegged ticks can carry Anaplasmosis, Babesiosis and Lyme disease.

Sarah Cormode, a consultant with the Canadian Lyme Disease Association and host of the podcast Looking for Lyme, says it's important to remove ticks properly, with fine tipped tweezers, to try and get the entire tick so it can be sent in for testing. When first bit by a deer tick, Cormode says seeking antibiotics is the best course of action.

Cormode recommends having a tick removal kit nearby, especially when working outdoors. Tick removal kits can be found at stores like CanLyme



EXPRESS PHOTO SUBMITTED

Blacklegged (deer ticks) have the ability to transmit tick-borne diseases to humans.

and Canadian Safety Supplies.

She says it's hard to test for Lyme Disease in people, but if the tick is collected and sent to the private lab Geneticks, it can be tested for Lyme Disease and other diseases.

"A tick is pretty small. It can't jump, it can't fly. It can only get on your body by crawling so it'll either start at the top or the bottom and crawl until it finds someplace warm," says Cor-

mode. She recommends wearing long clothing and tucking pants into socks to help stop them.

"Ticks are most likely going to be in those hot places like your head, armpits, groin, in the back of your knee," says Cormode. She says to check not only yourself, but also your pets and children for ticks.

North Interlake 4-H clubs hosting a virtual show and sale beef auction

Bidders can buy locally produced beef, advertise their business, and support 4-H youth

By Tyler Searle

North Interlake 4-H beef clubs are banding together to ensure their youth can still lead their prize steer to auction.

The Lundar 4-H Beef Club, Dolly Bay Club, and Interlake Trailblazers are hosting a virtual, live-cattle auction in place of their annual show and sale.

In a typical year, 4-H youth select a calf in the fall and prepare it for slaughter over the winter and spring months. When the steer is ready, the youth can enter them in the summer show and sale.

The process teaches the kids about responsibility, farm life, and cattle rearing, said Lundar 4-H Beef Club head leader and North Interlake chairperson Cynthia Wirgau.

Last year, pandemic restrictions forced the clubs to cancel the auction entirely, and when it was clear live events were not going to resume, club leaders adapted, Wirgau said.

"This year, we just kind of put our foot down and said 'no, we're going to make this work and do something for the kids,' so I just hope it's successful."

Following the lead of other 4-H clubs who have found success with virtual auctions, the North Interlake beef clubs have decided to host the show

and sale online via a Direct Livestock Marketing Services (DMLS) Farm Gate timed auction.

The DMLS Farm Gate service offers real-time bidding over 24 hours and allows buyers to bid on multiple cattle simultaneously.

The event begins at 10 a.m. on June 12 with a virtual showing of the cows up for auction. The 4-H club has asked the youth to submit videos of their animals so potential buyers can assess the cattle, and a panel of judges can determine a champion steer from each club.

"You want a steer that's got a lot of red meat over the ribs, a wide rump, a strong top line," Wirgau said.

A single steer can yield roughly 600 lbs or more of usable meat in the form of roasts, steaks, ground meat, and more. This translates into thousands of dollars in savings compared to buying meat from a grocery store, Wirgau said.

Commonly, local businesses purchase steer at the show and sale to support 4-H youth and as an advertising tool. If a business wants to buy a steer for advertising purposes but does not want to retain the beef, Wirgau will connect them with a buyer who will take the steer at market price.

DMLS charges a three per cent com-



EXPRESS PHOTO BY CYNTHIA WIRGAU

4-H member Brady Wirgau stands beside his 1000 lbs. steer Smokey. The animal will be up for auction during the virtual show and sale auction on June 12 and 13.

mission on every sale, and the remaining proceeds go to the youth involved.

After the show, bidding opens at 6 p.m. and soft-closes June 13 at 4 p.m. After the soft-close, the sale will switch format into what DMLS calls "Racehorse style," where bids add a small amount of time to the clock—if nobody bids, sales are final.

To participate, bidders create an account on the DMLS website. Once registered, they can browse the animals and place offers.

The 4-H club will accept payment in e-transfer or cheque payable to the North Interlake 4-H Council.

The club would also like to thank Consumers Co-op for their \$500 donation, making the online sale possible.

For more information contact Cynthia Wirgau at 204-886-7683

To register and participate in the auction visit: <https://farmgatetimeductions.ca/auction/12874>

Gimli Rotarians planting trees for future generations

Submitted by Rotary Club of Gimli

The Rotary Club of Gimli belatedly celebrated the 2020, 150th birthday of the Province of Manitoba and the RM of Gimli by planting 80 trees to beautify the ball diamond/soccer pitch parks at the north end of Gimli. The project originated in 2019 in a meeting with Mayor Greenberg and Councillor Holfeuer who following the presentation by the Rotary, approved the proposal. In addition to the seed the monies provided by the Rotary Club of Gimli, grants were received from the Westshore Community Foundation, the Province of Manitoba, R.M. of Gimli and Marg and Oli Narfason to facilitate the project.

In 2020 concerns of the ongoing COVID pandemic and the well being of anyone partaking in the plantings it was decided to delay the project until such time as

the pandemic had passed or the Ministry of Health provided safe guards to protect those involved.

In the spring of 2021 it was decided to proceed with the project and it was agreed that rather than plant throughout of townsites it would be better to plant the trees in the baseball/soccer fields near the 55+ facility. The park, for the most part, is an unattractive flat field with a drainage ditch passing through the middle separating the baseball diamonds from the soccer fields. There are no trees on the field as to provide shade or wind breaks and it lacks overall definition and colour.

Twelve different varieties of trees were purchased from Minerva Tree Farms and were planted by Rotarians and friends. In addition to the trees, the Municipality is planning to install a walking path beside the line of trees.



EXPRESS PHOTO SUBMITTED

Rotary Club of Gimli President Ken Krebs planting a tree at the Gimli Baseball/soccer fields near the 55+ facility.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Humeniuk plays final collegiate baseball game

By Brian Bowman

Ryan Humeniuk's outstanding collegiate baseball career is now over.

Humeniuk's University of Louisiana Monroe Warhawks were defeated 9-5 by Georgia Southern last Friday in pool play at the Sun Belt Championship.

Louisiana Monroe trailed 8-0 after just three innings before mounting a comeback.

"The coach did a good job of getting everyone in the lineup Friday and he let some of the older guys play a bit knowing it was potentially the last game for some of the guys in their careers," said Humeniuk from Louisiana on Sunday afternoon. "I appreciated the guys showing some fight in the last game and it would have been easy to just fold it in, give up two more runs, and just play seven innings. But we made them put a couple of arms out there and play defence behind our guys. You couldn't ask for much more than that but we would have liked to finish (the season) with a win."

Humeniuk finished the game going 1-for-2 with a walk. He singled in his final collegiate at bat.

It was obviously tough for Humeniuk to end his collegiate career.

"It's a whole range of emotions, of course," said the Stonewall native. "You're obviously sad because one chapter of your life is ending and it's something that you have been devoted to for so long. So many hours and so much blood, sweat and tears that you put into it. So many long drives and moving around the country and you look back on that but, at the same

time, it's a happiness because the next chapter is starting whether that is for me either playing professional baseball or coming back and finishing my Masters Degree or joining the work world. I don't know yet, time will tell, but it's exciting because it's a new chapter in my life.

"These were the best years of my life so far. I have nothing but good things to say about it. I would recommend this ride to anyone, for sure."

The Warhawks were earlier downed 9-6 by Georgia State on May 25 which eliminated Louisiana from further action after pool play ended.

Louisiana Monroe finished the season with a solid 26-26 record while playing against some of the top teams in the country. Humeniuk loved his time with the Warhawks and feels the program is definitely going in the right direction.

"This is a special place for me and it's always going to have a place in my heart," he said. "The people are special, the program is special, and they are just going to continue to get better. I'm really excited for what the future holds for this school and this program."

For Humeniuk, he will anxiously await Major League Baseball's annual draft in July. If he is not selected, there is a chance he can be picked up by an organization as a free agent.

Humeniuk definitely put up offensive numbers that should attract attention. He batted .291 this season with 57 hits (tied for first on the team), 33 runs scored, 28 RBI with four home runs.



EXPRESS PHOTO SUBMITTED

Ryan Humeniuk's stellar collegiate baseball career came to an end last Friday as his University of Louisiana Monroe Warhawks were defeated 9-5 by Georgia Southern at the Sun Belt Championship.

"It was a good year," he said. "I would have liked to have seen a little more in my power numbers but early in the year I was squaring up the ball a lot and was hitting singles. If I hit the ball hard, I lined drove it towards the centre fielder. That's not a bad thing but I wasn't getting the ball up in the air a

lot, which you would like to see, especially in your last year. I hit the four home runs and (eight) doubles and stole (14) bags.

"From my standpoint it was a good year but it wasn't anything crazy. But I hope it's enough to give me an opportunity to play at the next level."

What's *Your* story?

We want to hear from you.

The Express Weekly News connects people through stories to build stronger communities.

Do you know someone who has a unique hobby? Will be recognized by a local organization for volunteer service? A teacher that goes above and beyond? A hometown hero? A sports star?

A business celebrating a milestone or expansion? A senior celebrating their 100th birthday? A young entrepreneur starting out?

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

THE EXPRESS
WEEKLY NEWS

2021 NextGen Prairie Championship cancelled

Submitted by Golf Manitoba

With the current province-wide restrictions in effect, Golf Canada has cancelled the 2021 NextGen Prairie Championship scheduled for June 10-13 at the Quarry Oaks Golf Course in Ste. Anne, Manitoba.

This regional junior championship is not feasible given the current mandatory 14-day quarantine for all people entering the province of Manitoba.

Golf Canada will continue to evaluate provincial health and travel restrictions related to COVID-19 to make informed and responsible decisions related to our 2021 championship schedule. The safety and well-being of our championship competitors, tournament staff and volunteers along with event stakeholders and our host community at large is paramount to Golf Canada.

Classifieds

THE EXPRESS
WEEKLY NEWS

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

The Gimli Seniors Resource Council Inc.
Invites Interested Members of the Public
to attend their

Annual General Meeting

Tuesday June 22, 2021
at 10:00 a.m.

Gimli Community Health Centre
Multipurpose Room

If unable to meet as a group, then
the meeting will be held virtually.

To preregister please call
204-642-7297 by June 11, 2021.
Your support is greatly appreciated.



Join our
Virtual Walk
June 1-29
during

**SCLERODERMA
AWARENESS
MONTH**

Raise funds for
scleroderma
research and
patient support.

Registration
or Donation
Information at:
sclerodermamanitoba.com

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TORS, COMBINES,
FARM SCRAP, ANY
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ANY FARM MACHIN-
ERY. PH LONNIE AT
204-886-3407 LVE.
MESSAGE OR CELL
AT 204-861-2031.

EQUIPMENT

D4 Caterpillar, approx.
1950's, in running con-
dition. Ph 204-768-
0142.

PROPERTY MANAGEMENT

Do you own rental
property in Winnipeg?
Are you tired of dealing
with long term renters
and the mess they can
leave? We can provide
you with a different
option to earn a rental
income. Pawluk Realty
204-890-8141.

APARTMENT FOR RENT

Tollak Place has 1 & 2
bedroom suites, locat-
ed at 40 Eveline Street.
Spacious suites, with
F/S, A/C, storage
areas and large bal-
conies; utilities are
included, parking is
extra. Tollak 2 is a 55
plus bldg., river view
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F/S, DW & microwave;
large storage area
off the kitchen and a
balcony; utilities and
parking extra. Call the
onsite office 204-482-
2751 for AVAILABIL-
ITY.

PROPERTY FOR SALE

2 PREMIUM LAKE-
FRONT LOTS - Lake
Manitoba. Sand
beach, ready to build
on. Last 2 lots left.
Auction June 10. Go to
beckvillebeach.com or
mcdougallbay.com

HELP WANTED

Part time Class 1 driv-
er required. Mileage
ranging from 250 miles
to 1,500 miles per
week into Northwest-
ern Ontario and Mani-
toba. \$0.45 per mile
plus drops. Minimum 3
years experience. Call
Derek 204-785-3984.

Busy roofing company
hiring full time roofer/
labourer. For more
information call 204-
641-5200.

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wood and working
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production workers.
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could be helping your
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204-467-5836 or email
classified@mcna.com
for details. MCNA -
Manitoba Community
Newspapers Asso-
ciation 204-947-1691.
www.mcna.com



RM of West Interlake 2021 Dust Control

The RM of West Interlake will again offer to apply dust
suppressant at the expense of the property owners who request
it to be applied in front of their residential property. The cost this
year for an application is as follows:

Length Feet	Width 12' or 16'	Dust Control Cost
200	12	\$ 170.00
200	16	\$ 228.00
300	12	\$ 255.00
300	16	\$ 342.00
400	12	\$ 340.00
400	16	\$ 456.00
500	12	\$ 425.00
500	16	\$ 570.00
600	12	\$ 510.00
600	16	\$ 684.00

Regardless if you've had dust suppressant applied in
the past, you must call to the municipal office at 204-739-
2666 (Eriksdale) or 204-768-2641 (Ashern) or submit your
request/payment in writing. Please note, payment must be
made in full prior to application being made. Please be sure
to let the office know if you have any special requests as to the
location where the suppressant is to be applied.

All requests and full payment for application of dust control
must reach the municipal office by 4:00 p.m. on June 18,
2021. Because the dust suppressant is a pre-booked custom
application and the product is preordered, no requests for dust
suppressant will be accepted after June 18, 2021.

The Public Works Department will schedule the application
of dust suppressant once gravel has been applied which is to
begin as soon as possible.

Do not hesitate to contact the office with any questions or
concerns.

Forms are available on our website, www.rmofwestinterlake.com

Eddie's Gravel Supply Ltd. is

Hiring Heavy Duty Diesel Mechanics

2 Full Time Positions Available
Health Benefits
Direct Deposit
Competitive Wages
Email: info@eddiesgravel.com
Phone: 204-389-2023

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

Summer Employment Opportunity

Maintenance Assistants in various facilities for
various locations within the IERHA:

Locations: Arborg, Ashern, Eriksdale, Fisher Branch, Lunder,
Teulon, Selkirk & Stonewall

Competition number: IERHA 1663/21

Please refer to complete job posting at: <https://selfservice.ierha.ca> and search under "View All" and scroll to :

Student Maintenance Assistants.

Deadline for submissions is

Thursday, June 10, 2021 at 11:59 pm.



Interlake-Eastern
Regional Health Authority

Employment Opportunity

In cooperation with the Interlake-Eastern Regional
Health Authority and the Manitoba Métis Federation,
the following summer student positions are available:

Student Activity Assistants: Various Locations in the IERHA
• Must be Metis, Non-Status or Inuit.

• Must be students between the ages of 16-29

Please see: <https://selfservice.ierha.ca/> and search under:
"Direct Support" and scroll to find:

Student Activity Assistant for the complete job postings.

Please apply on-line at <https://selfservice.ierha.ca/> under
the competition you are interested in with resume attached.
Deadline for submissions is Thursday, June 24, 2021 at 11:59 pm.



Interlake-Eastern
Regional Health Authority

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Semen tested
& Delivered

Phone Bob Thruthwaite
204-372-6515

TENDER

Tenders are now being accepted for the

REMOVAL OF MANURE

From the Ashern Auction Mart

The contractor of the successful tender
will be responsible for the removal of
manure, hauling and piling of manure
at a location of our choosing approx. 2
½ miles from the auction mart.

Tenders to be received by
June 14, 2021 (4 p.m.)

Removal of manure to be done
by August 1, 2021

For more info call Kirk at 204-768-0019
Interlake Cattlemen's Coop Assoc Ltd.

Box 599, Ashern, MB. R0C 0E0

Fax: 204-768-3690

Email: icca@mymts.net

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Classifieds

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NOTICES

Urgent Press Releases - have a newsworthy item to announce? Having an event? An exciting change in operations? 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 or Email classified@mcna.com for more details.

WATER TREATMENT

Waterite dealer. Water softeners 30,000 grain \$598. All sizes. Five stage reverse osmosis systems \$246. Filter 10" sediment \$3.40 and 10" carbon \$6.40. Greensand iron/odour/manganese removal filters \$780. All Seasons Furnishings 204-661-8581.

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

Whispering Pines Independent Living

112 Beach Road, Teulon, MB
Newly renovated 55+ living.
Starting at only \$650/month including heat/hydro/water
No stairs, in building laundry, new kitchen and wonderful common area!
Extremely close to all of Teulon's amenities.
Call Kirt 204-886-7717 to get your chance to view your next home!



FULL TIME EMPLOYMENT OPPORTUNITY

We are looking for a dedicated, organized and self motivated individual for the position of

OFFICE ASSISTANT

Duties will include answering phone calls & emails, invoicing customers, taking payments and other general office duties. High school diploma is required. Proficiency in Microsoft office programs and experience using QuickBooks is an asset. Only applicants selected for an interview will be contacted. Deadline for applications is Wednesday, June 9th, 2021 and can be sent to sales@jbrandtent.com



Town of Winnipeg Beach EQUIPMENT FOR SALE



1 only used grader snow gate "as is"



1 only 2003 Ford Excursion "as is"

For further information, contact CAO@winnipegbeach.ca or call the CAO at 1-204-389-2698.
Deadline for submitting quote is June 15, 2021.



Thank You

The Arborg Agricultural Society would like to acknowledge Powerbend Tirecraft Service owner JEFF & LISA ABUDA for their continued support of the Tractor Pull Event. The donation of tires for the skid is very much appreciated.

The Arborg Ag Society continues to grow and plan for the future. It is our hope that despite the challenges we all face right now, our community is as excited as we are to gather once more at the Arborg Agricultural Fair in 2022.

FULL-TIME CAREER OPPORTUNITY



Full-Time MEAT/DELI Clerk

At the Ukrainian Farmers Co-op we provide our staff with a competitive starting wage, a wide range of available courses and training opportunities and a comprehensive benefits package including dental, vision, extended health, and a pension plan to all qualifying employees.

The successful candidate will be an energetic, self-motivated, hardworking individual who is a team player and enjoys working with the public.

If you would like to join our team, please fill out an application or submit a resume to our store office.

Closing date for all applicants is set for June 11, 2021.

For more info, please see Kyle Yaciuk at our store office.

Ukrainian Farmers Co-operative Ltd, Box 160, Fisher Branch, Mb, R0C-0Z0



Rural Municipality of GIMLI

INVITES APPLICATIONS FOR SEASONAL & FULL TIME POSITIONS

General Skills & Qualifications for all positions

Candidate must have excellent communication, organizational skills and must be able to work independently or in a team environment.

SEASONAL POSITIONS

(Part-time June & September and Full-time July & August)

Park Patrol – Duties include monitoring and maintaining a clean safe beach and park areas as well as other public facilities. Greet visitors, provide tourism and environmental information. Shifts are varied; seven days per week; 8:00AM to 10:00PM.

Park Patrol Supervisor - Duties include supervising and monitoring Park Patrol staff. Maintaining a clean safe beach and park areas as well as other public facilities. Greet visitors, provide tourism and environmental information. Shifts are varied; seven days per week; 8:00AM to 10:00PM.

FULL TIME POSITION

Recreation Programmer – Duties include plan, organize and promote recreational, leisure, sport and related tourism program opportunities for the residents and visitors to the RM of Gimli. Shifts are from 9:00AM to 5:00pm Monday to Friday. Occasional evenings and weekends may be required.

Completed applications stating the position(s) applying for, with resume and references, are to be submitted to the Recreation Office located at 45 Centennial Road by 4:00 p.m. on June 17, 2021.

Tyler Yellowega
Manager – Parks & Recreation
Rural Municipality of Gimli
PO Box 1258, 45 Centennial Road
Gimli, MB R0C 1B0
Email: tyellowega@rmgimli.com
Fax: (204) 642-4307

We thank all applicants; however only those selected for an interview will be contacted.



RM of West Interlake PUBLIC NOTICE

Regarding By-Law No. 7-2021 and Local Improvement Plan 1-2021

PUBLIC NOTICE is hereby given pursuant to subsection 318 of *The Municipal Act* that the council of the RM of West Interlake has scheduled a public hearing at the Ashern Municipal Office, 38 Main Street, Ashern, on the 29th day of June at 11:00 a.m. Council will hear any potential taxpayer who wishes to make a representation, ask questions, or register an objection to the following local improvement plan:

To construct a new fire hall and grader garage in Ashern to be levied on all taxable, otherwise exempt, and grant-in-lieu properties in the RM of West Interlake. Total estimated cost of project is one million, three-hundred seventy-five thousand, two hundred dollars (\$1,375,200.00) of which the RM of West Interlake has secured funding from:

W2 Fire Department Reserve in the amount of \$75,200.00
Borrowing from the Province of Manitoba in the amount of \$1,300,000.00

The particulars of borrowing are for one million, three hundred thousand dollars (\$1,300,000.00) over a 20-year term at an interest rate of 3.375% per annum.

Based on the 2021 Assessment Roll (annual payment / assessment figure) an estimated mill rate of 0.889 will be required. Calculated on a residential property valued at \$100,000.00 (portioned value of \$45,000.00), a \$40.00 local improvement tax will be levied annually for 20 years.

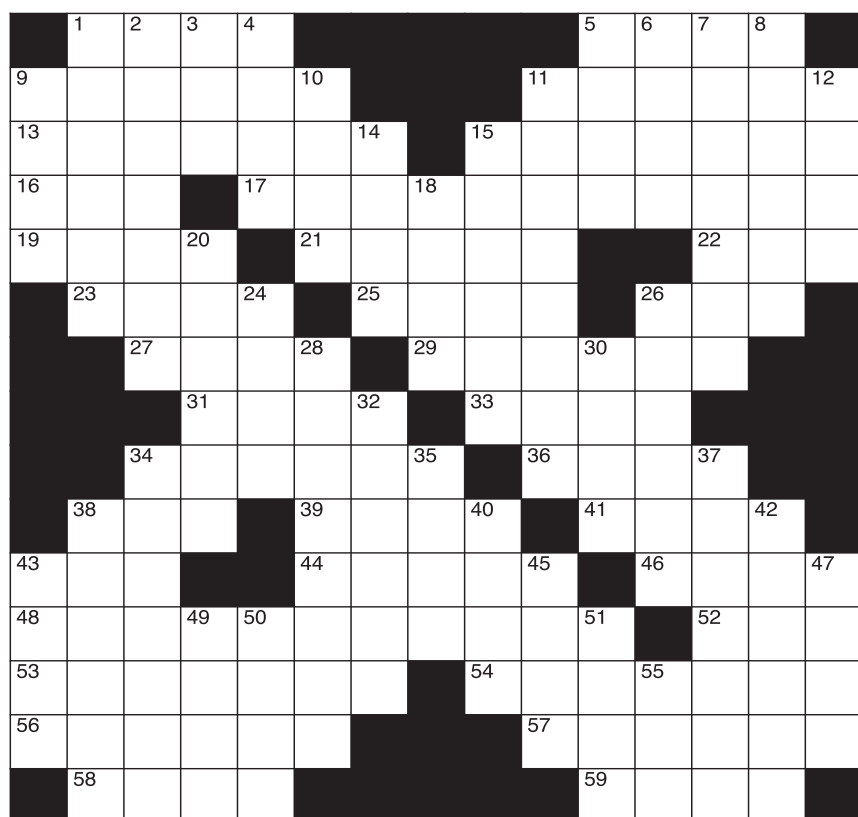
Potential taxpayers wishing to object to the local improvement plan may file a notice of objection, by mail or in person, with the Chief Administrative Officer, at Box 370, Ashern, MB, R0C 0E0 no later than the 29th day of June, 2021 at 11:00 a.m. A notice of objection must contain the name and address of the person filing the objection, identify the property in respect of which is filed and state the grounds of objection.

Due to COVID-19 restrictions, please register with the Ashern (204-768-2641) or Eriksdale (204-739-2666) Municipal Office prior to attending the Public Hearing.

Copies of the Local Improvement Plan No. 1-2021 are available for review and may be examined by any potential taxpayer during the regular office hours of the municipal office at 38 Main Street, Ashern or 10 Main Street, Eriksdale.

Courtney Roehl
Chief Administrative Officer
RM of West Interlake
May 27, 2021

X CROSSWORD



CLUES ACROSS

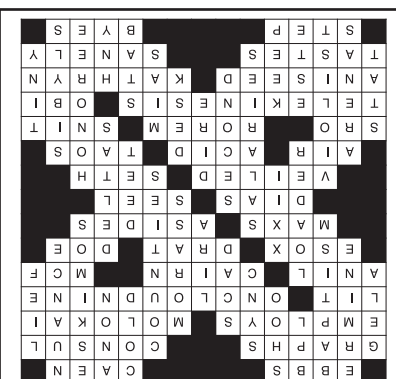
1. Partner to "flows"
5. French industrial city
9. Diagrams
11. Diplomat
13. Hires
15. Hawaiian island
16. Set aflame
17. Very happy
19. Blue dye
21. Small terrier with short legs
22. One thousand cubic feet (abbr.)
23. Northern pike genus
25. Expression of annoyance
26. Female deer
27. Casella and Kellerman are two
29. Actor's lines to audience
31. Days (Spanish)
33. Close a person's eyes
34. Cloaked
36. Comedic actor Rogen
38. It's all around us
39. Neutralizes alkalis
41. Native people of New Mexico
43. No seats available
44. Famed "Air Music" composer
46. Fit of irritation
48. Psychic phenomena
52. Knicks' first-rounder Toppin
53. Seed used in cooking
54. "WandaVision" actress Hahn
56. Samples food
57. In a lucid way
58. Stair part
59. Adieu

CLUES DOWN

1. Type of moth
2. A Christian sacrament
3. It lends books to Bostonians (abbr.)
4. Turn away
5. Impersonal

6. Shortly

7. Indigenous Alaskans
8. Subtle difference of meaning
9. Sicilian city
10. Put in harmony
11. Administrative divisions
12. As happily
14. Horse mackerel
15. Muddy or boggy ground
18. Monetary unit of Italy
20. Construction site machine
24. 22
26. Tracts at the mouths of rivers
28. Earnings
30. Insect repellent
32. Runner-up
34. Musician
35. Serious or urgent
37. Esteemed one
38. Where rockers play
40. Work furniture
42. Greek prophetesses
43. Quantitative fact
45. Missing soldiers
47. Minute
49. This (Spanish)
50. Maintain possession of
51. Assault with a knife
55. Holiday text message greeting



Crossword Answer

Classifieds Announcements

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

CARD OF THANKS

The family of the late David Zuk would like to send out a huge thank you to everyone for their heartfelt condolences and support shown to us at this time. Thanks so much for the calls, gifts of food and the flowers we received. It is so much appreciated.

-From Valerie,
Jason and Theresa,
Garrett and Sawyer,
Kelly, Roland, Gavin and Ryder

CARD OF THANKS

Clegg - My family and I would like to thank friends and family for all the food brought to our door, phone calls, cards of sympathy, flowers, charitable donations, the wonderful nursing staff and Arnason Funeral Home for their dedicated help in the death of our beloved husband, father and grandfather, Lloyd. We are so blessed.

-From Lorna and family

CARD OF THANKS

The family of the late Marvin Stocki would like to express our thanks for all the kindness, prayers, phone calls, emails and support shown to us during this difficult time. Covid has made it impossible to share our grief with family, friends and neighbors. We really appreciated all the meals, trays of food, cards and flowers we received before and after Marvin's passing. Trees have been planted in memory of Marvin. Thanks to those who have made charitable donations. A huge thank you to Pastor Hans Elgby, and Fisher Funeral Home for your service and compassion.

-Janet, Kevin, Kristen and Khloe



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

EMPLOYMENT OPPORTUNITY

CUSTODIAN

CASUAL ON CALL BASIS

WASTE DISPOSAL SITES – FISHER BRANCH, POPLARFIELD, HODGSON

The Rural Municipality of Fisher invites applications for the position of Custodian (permanent/part time/on call) for our three Waste Disposal Sites. This is an on-call basis to cover sick days and vacation time. Maybe called in to assist on additional days.

Requirements for this position are:

- Valid driver's license
- The applicant must be prepared to obtain any legislated certification that is required for the position.

Job Description:

The Custodian is required to direct waste disposal and recycling activities, and perform other duties relating to maintenance of the site as assigned.

Days/Hours:

The Disposal Sites are open three (3) days a week - Tuesdays, Thursdays and Saturdays. Hours vary depending on the season.

The R.M. of Fisher offers a competitive wage for this position. Salary is set out in the CUPE Local 4348 Collective Agreement.

Written applications including resume, cover letter and three work related references to be submitted in confidence. **Deadline for applications is June 15, 2021**

Rm of Fisher "Custodian Position"

P.O. Box 280, Fisher Branch, MB. R0C 0Z0
Phone: (204) 372-6393 Fax: (204) 372-8470
Email: fishercas@mymts.net



Is seeking additional staff for the following positions:

- **Service Technician**
- **Parts/Counter Person**

Experience not necessary but a definite asset. Benefit plan available.

Apply in person, fax, mail

or e-mail resume to:

276 Ardal St., Box 190,

Arborg, MB R0C 0A0

shachtays@hotmail.com

Ph: (204) 376-5233

Fax: (204) 376-5234

Locally owned and operated.

Serving the Interlake for 55 years.

McSherry Auctions

12 Patterson Dr.,
Stonewall, MB

Online Timed Auctions
@ iCollector.com

Estate & Moving

Closes Wed June 9 @ 7:00 pm

Estate & Moving

Closes Wed June 16 @ 7:00 pm

Consignments Welcome!

(204) 467-1858 or
(204) 886-7027

www.mcsherryauction.com

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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
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classified@mcna.com
www.mcna.com

ANNIVERSARY



Happy 40th Wedding Anniversary to
Ken and Sharon Stadnek

The happy couple was married June 6th, 1981 in Arnes, Manitoba where they lived as newlyweds until moving to Arborg. Wishing you many more happy and healthy years of fishing, camping, golfing, and travelling together.

-Love all of your family

IN MEMORIAM



John Kuryk

February 9, 1925 - June 2, 2016

How constantly we think of you,
With hearts and eyes that fill;
The love in life we had for you,
In death grows stronger still.
Let the winds of love blow softly,
And whisper for you to hear;
We love and miss you dearly,
As it dawns another year.

-Loved, missed, remembered forever
by your wife, Lovey;
your children: Linda, Iris and Ron;
by your grandchildren and great-
grandchildren,
Dawn, Joe, Rylan, Abby
Heather, Russell and Aiden

Classifieds Announcements



IN MEMORIAM



In Memory of
Josephine Anderson

April 28 1938 - June 6 2020

In tears we saw you sinking,
We watched you fade away;
You suffered much in silence,
You fought so hard to stay.
You faced your task with courage,
Your spirit did not bend;
But still you kept on fighting,
Until the very end.
God saw you getting tired,
When a cure was not to be;
He put His arms around you,
And whispered, "Come to Me".
You didn't deserve what you went through,
So He took you home to rest;
God's garden must be beautiful,
For he only takes the best.

-Loved and missed by your husband Beggie,
your kids, Grant, Blaine, Shianne, Kevin
and your grandkids

IN MEMORIAM



Orest Oucharek

February 6, 1940 - June 7, 2020

Dad ... a year has passed since your family and friends were faced with the sorrow of our sudden loss.

As the days pass, your memory never fades and you stay with us as light in our hearts. Our family has grown with new wives, girlfriends, boyfriends and puppies; one son retired, another hoping to soon; a loving wife still active in her community; and a network of very dear friends, still helping us manage at every turn. You would be proud of the strength you left within us and know that we hold your memory tightly with each passing day.

-Lovingly remembered by
Lorraine, Greg and Jo-Anne,
Robb and Carole
and their families

**Remember Your
Loved Ones**
with an Announcement in the

THE EXPRESS
WEEKLY NEWS

Call 467-5836 or
classifieds@expressweeklynews.ca

Narrows Sunset Lodge Inc.

**WE ARE
HIRING!**

**Year Round Manager
Culinary Chef
and Store Help!**

Living Quarters available
Send resume to
office@narrowssunsetlodge.com
or call Irv at
204-981-2831

**Ready to enjoy your
days by the water and
with some of the best
people in Manitoba?**

Interlake Co-op

You're at home here.

CO-OP

**NOW HIRING: Full Time
Senior Produce Clerk
&
File Maintenance Clerk
Eriksdale Location**

Our Team Members receive competitive salaries, a comprehensive benefits package, staff purchase incentive Program and an employer-contributed pension plan. We encourage our Team Members to take advantage of learning opportunities, to grow and develop and to foster a culture of teamwork and innovation.

Drop off application and resume to Tori or Samuel

Submit questions/applications to:
rmeriksdale@Interlakecoop.com
Phone : 204-739-2116



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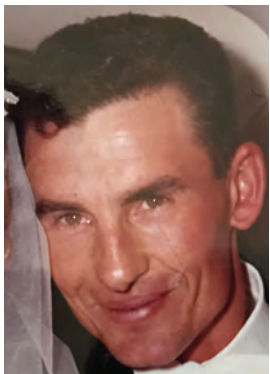


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OBITUARY



Robert Wuskynyk
September 16, 1936 - May 28, 2021

It is with heartfelt sadness that we announce the passing of a beloved husband, father and Gido, Robert, at the age of 84.

Robert is survived by his loving wife of 56 years, Marlene; along with their children: Russell (Lorraine) Knibbs, Doris Ann (Glenn) Hildebrand, Dawn (Sean) Krah, Robert (Erin) Wuskynyk, Michael (Sarah) Wuskynyk. Our beloved grandchildren: Jack and Amy Hildebrand, Gillian and Lydia Krah, Emily and Olivia and their mother Courtney Wuskynyk, Michaela and William Wuskynyk, also his dog and buddy, Sheba.

Robert (Bob) was predeceased by his parents Peter and Anne Wuskynyk, sister Emilia Shindak, brothers Lawrence, Michael and sister-in-law Jennie Wuskynyk and Bob's beloved police dog Roscoe whom he had cremated. Bob is survived by his two sisters:

Bernice Zgliczynski, Ollie (Joe) Kohut and many nieces and nephews.

Bob worked hard all of his life as a farmer and also was proud to be a school bus driver and his Class 2 license. He loved the outdoors, and especially hunting and snowmobiling.

Bob was an active member of St. Michael's Ukrainian Catholic Church at Red Rose, Mb. Bob served every priest at the church during services all his life, following in his father's footsteps. He was the main maintenance person at the church. Bob was heartbroken when the church was demolished.

Bob was also named Honorary Fire Guardian for many years by the Dept. of Conservation. Bob was always there to help the Dept. of Highways when any of their equipment broke down and snow plow his neighbours' roads at no charge. Bob was always ready to help his community whenever he could. Bob was an amazing self-educated mechanic and would look after his vehicles and help others whenever he could. His sons often phoned him for his wise advice on what "could" be wrong if their own vehicles weren't working right.

Bob also brought many orphaned bear cubs home to the delight of his children. He loved all animals and brought many baby calves born in cold weather into the house to warm them up and be nursed by his happy children.

Whenever we got a chance to travel, which being a farmer was rare, Bob was so happy. Bob was wonderful to travel with as we always had fun and enjoyed everything along the way to our destination.

Bob was so proud of all of his children and each of their achievements. He loved his children and grandchildren with all his heart. Bob called Marlene his sweetheart and when he arrived at Fisher Branch Care Home six days before he passed, he saw his wife and said, "My Sweetheart".

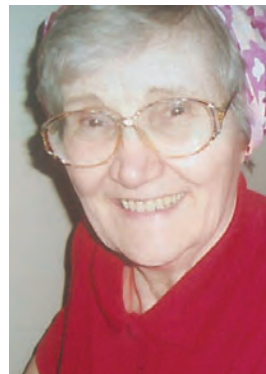
Our thanks to Dr. Kristin Heinrichs, our family doctor through the years and to Dr. J. Donnelley, Dr. Mann, Bobbi Thompson, Tammy Jonasson, Jennifer Spencer and all the amazing staff at Arborg Hospital and Fisher Branch Personal Care Home.

God saw there was no cure for Bob's illness and whispered "Come to Me".

Bob's dream was to "walk again". In that enlightenment, in lieu of flowers donations can be made in Robert Wuskynyk's name to: Manitoba Possible, 1857 Notre Dame Ave., Winnipeg, Manitoba R3E 3E7.

FISHER FUNERAL HOME INC.
In care of arrangements.
204-372-6803 or 204-739-3363

OBITUARY



Tillie (Tekla) Franz

Tillie Franz (nee Chobotiuk), aged 95 years, passed away peacefully on May 23, 2021, at the Fred Douglas Lodge.

Tillie was born in Meleb, to John Chobotiuk and Mary Zapotochny, sister to Nicholas, Steve and Rose. In her late teens she moved to Winnipeg in 1942 and worked at Peerless Laundry - packing clothes. She lived with sister Rose and lived on Cumberland Street.

In 1944 Tillie met and married Adam, her husband of 66 years, and they farmed on the Franz family homestead until they retired to Gimli in 1974. In 2004 ill health forced Adam to move to Red River Place in Selkirk, while Tillie moved to Winnipeg (2004). On December 7, 2007 she moved to Fred Douglas Lodge. Adam predeceased Tillie in 2010.

Tillie will be remembered for her garden, her flowers, her cooking and baking.

She is survived by her children, Ardene, Robert, Reverend Frank, Lorraine (John), Loretta, Vernon (Jayne), Arnold, Perry, Glen (Janice) and Debbie (Glen); also grandchildren, great-great grandchildren, and numerous nieces and nephews.

Thank you to all staff at Fred Douglas Lodge for the excellent care.

In keeping with her wishes, cremation has taken place and no formal service will be held.

In lieu of flowers, donations may be made to a charity of your choice.

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

Gilbart Funeral Home, Gimli in care of arrangements.



OBITUARY



Esther Townsend (nee Yankie)
May 14, 1934 - May 25, 2021

It is with heavy hearts we announce the passing of our mom. Esther was the second youngest and passed the second last of 14 children.

Esther married Arthur Townsend on December 10, 1953. The couple raised three daughters in Winnipeg, MB.

Esther leaves to mourn her three daughters, Debbie (Russ), Cindy (Steve) and Renee; grandchildren, Cory, Chad (Janyne), Amy (Derrick), Jen (Jeff), Kayla (Brian), Kari (Matthew) and Connor; great-grandchildren, Quaid, Tory, Jade, Haleigh, Georgia, Kemery, Colt and Max; sister, Elsie and sisters-in-law, Joyce and Helen and countless nieces and nephews. Esther was predeceased by her husband of 27 years, Arthur; mother and father, Ernestina and August; son-in-law, Tony; grandsons, Blaine and Burke; brothers, Fred, August, Arthur, Willie and Charlie; sisters, Helen, Tillie, Ida, Martha, Annie, Alma and Olga; sisters-in-law and brothers-in-law.

The family would like to extend their thanks to the staff at Boundary Trails Health Centre in Winkler for the loving care they showed our Mom and Nana.

As per Mom's wishes, she was cremated and a private family ash interment in Ashern will take place at a later date.

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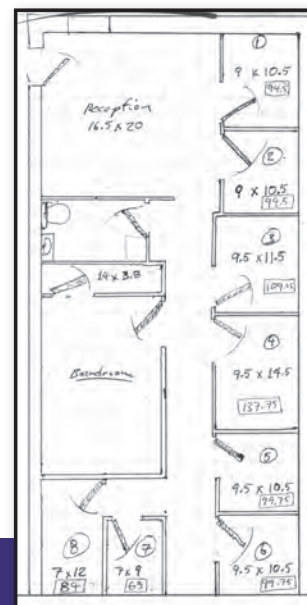
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