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Celebrating diversity

EXPRESS PHOTO BY RAYME THOMSON

The rain held off for the most part but it certainly didn't dampen spirits for Gimli's Pride community as they made their way down Centre Avenue on Sunday afternoon. The rainbow flag is a symbol of (2SLGBTQ+) Two-Spirit, lesbian, gay, bisexual, transgender, queer (or questioning), pride and social movements.

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Team Asher and SSES students raise over \$2,200 from community for juvenile diabetes

By Patricia Barrett

Sigurbjorg Stefansson Early School (SSES) students raised over \$2,200 last week to help find a cure for juvenile diabetes after they rallied to the cause to support a classmate and raise awareness of the condition.

They raised \$2,235.30 after a few weeks of fundraising, educational sessions and promotional activities.

Grade 1 student Asher Johnson is the only student at SSES with Type 1 diabetes, said his mom, Melanie Johnson, and he and his classmates wanted to raise money for the Canadian Juvenile Diabetes Research Foundation (JDRF), as well as raise awareness of what it's like to live with diabetes.

"Asher was diagnosed when he was one years old, and he is now six. He's the only Type 1 at the school," said Johnson. "This is second year that SSES has been involved in Dimes for Diabetes for JDRF, and the first year they're doing a walk to raise awareness."

Last year was the 100th anniversary of the invention of insulin, said Johnson, and different classrooms at the school held events geared around the anniversary. Because of COVID precautions, there was no walk. Students raised over \$1,000 last year.

JDRF is a non-profit organization that funds Type 1 diabetes research to find a cure and prevent and treat the



EXPRESS PHOTOS COURTESY OF MELANIE JOHNSON AND LISA MICHALUK

Room 113 and Asher's family on the morning of the walk on June 13.

condition. Type 1 diabetes is an autoimmune disease in which the pancreas stops producing the hormone insulin, which allows the body to generate energy from the sugar found in food. The risk of complications later in life from chronic high blood sugar includes kidney failure, heart disease, nerve damage and blindness.

Johnson said Asher needs to inject insulin at least five times a day, and she goes to the school every lunch hour to inject his insulin.

Asher, who's in Room 113, led a "kickoff assembly" for the entire

school on May 31. It included a presentation on diabetes that was "so beautiful and heartwarming" and a silent auction from donations the school had from a few years back but couldn't auction off because of COVID restrictions, said Johnson. To prepare for their June 10 walk, Room 113 students penned a letter to parents, welcoming donations, made signs and flyers, and created a map of their route from the school through downtown Gimli. They named their fundraising team "Team Asher."


Room 113 teacher Lisa Michaluk said Asher is one of the "bravest kids" they know, never complaining about his diabetes and educating other students about what it's like to live with the condition.

"He never complains about living with diabetes or lets it stop him from experiencing anything a kid his age would do," said Michaluk after the walk last Friday. "He has taught us so

much about diabetes throughout the year; he shared this information at the kickoff assembly — our first in-person assembly in the gym since COVID — with the whole school on May 31. Many of his classmates joined him in speaking at the assembly, sharing details about Dimes for Diabetes and the upcoming walk. We also shared an information video from JDRF about living with Type 1 diabetes."

Michaluk said her class discussed why the fundraiser was important. Some of students said, "It's important that they find a cure and our money will help the scientists and researchers," "My heart feels so happy talking about doing this for other kids just like Asher," and "People will want to help us and we have to take care of each other." One of the students asked if only kids get Type 1 diabetes and she told them that adults do, too,

Continued on page 12



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Beloved skydiver killed in Skydive Manitoba accident in Gimli Saturday

By Autumn Fehr

Friends of the skydiving community got together last Saturday at the drop in the Gimli Industrial Park in remembrance of their beloved friend, who died in a fatal accident just the week before.

Experienced skydiver and Winnipeg filmmaker Jean du Toit, 53, died last Saturday evening while attempting a solo skydive at Skydive Manitoba, located in the Gimli area.

Although three other skydivers were in the plane with du Toit when she jumped, she exited the plane alone.

Jay Vanstone, a staff member of Skydive Manitoba on the scene when the accident occurred, said it wasn't unusual that du Toit exited the plane alone.

But the unexpected can happen, even with skydiving equipment frequently assessed and replaced.

All jumpers must sign a waiver before jumping at Skydive Manitoba, and waivers are renewed annually.

Vanstone said du Toit was a very experienced skydiver and had been jumping for four years, Skydive Manitoba being her home jump zone.

According to the Canadian Sport Parachuting Association (CSPA) the sport's governing body, with every

148,000 skydives in Canada, about one ends in death.

In 2020, the United States Parachute Association (USPA), the CSPA equivalent, reported 11 skydiving deaths out of 2.8 million jumps that year — a fatality rate of 0.39 per 100,000 jumps.

In 2019, numbers were also low for fatality due to skydiving, with 15 deaths out of 3.3 million jumps.

Du Toit was certified to pack her parachute and did that day.

She also had other certifications, including the CSPA Certificate of Proficiency (CoP), which meant she could be completely self-supervising, meaning no instructors had to follow her, watch her or instruct her in any way.

But even with a parachute that is properly packaged, it still has the risk of failure.

The Chicagoland Skydiving Center says that one in every 1,000 parachutes does not operate at 100 per cent efficiency.

"She activated her main parachute at the proper altitude, and it appeared she had a malfunction. The parachute was spiralling," said Vanstone.

When a parachute spirals, it loses altitude quickly and the rate of descent is very high.



EXPRESS PHOTO BY GERRIE DU TOIT

Jean du Toit is celebrated in remembrance of her camaraderie by the skydiving community she was a part of for four years.

Du Toit landed away from the drop zone amongst the buildings in the Industrial Park.

"People around the landing area saw her have this malfunction and saw her disappear behind the trees and the buildings and realized it was serious and called 911 right away

within seconds," said Vanstone.

Vanstone said immediately after the malfunction, a bunch of the staff went to their vehicles and went to find her, even though they didn't know exactly where she was.

Continued on page 4



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Celebrating Diversity - June is 2SLGBTQ+ Pride Month



EXPRESS PHOTOS BY RAYME THOMSON

Gimli hosted its second Pride event last weekend, raising awareness about the importance of inclusiveness, providing opportunities to learn more about gender identity and expression, and celebrating diversity in the community. The Pride Gimli committee organized a number of activities including the Pride Walk Rally on Sunday, along with the lighting of the Viking statue in Pride colours.



> SKYDIVER, FROM PG. 2

After five minutes or so of searching, we found her and provided first-aid, said Vanstone.

"The EMS (Emergency Medical Services) 9-1 was called within a minute, less than a minute, like 20 seconds after she just disappeared behind the building, somebody was already calling 911," said Vanstone.

Despite the quick call from those

who saw the accident, it wasn't enough.

The ambulance took 36 minutes to arrive on the scene, said Shared Heath.

Du Toit was pronounced dead on the scene.

"I only know they need to do better. The paramedics aren't to blame. I suspect budget cuts are," said Vanstone.

The last fatality at the location was

in May 1998.

Vanstone says they can only speculate why the parachute spiralled out of control, as it could have been several things that caused it to happen.

Vanstone recovered du Toit's gear at the scene and gave it to the RCMP so they could further conduct the investigation, along with the CSPA.

The CSPA has an investigations committee that looks into fatal accidents like du Toit's as they are

knowledgeable about parachutes and how to look at the gear.

Du Toit was beloved by many in the Manitoba film and skydiving community.

"Jean was an adventurous, beautiful woman. She had lots of friends in the skydiving community. It's a tight-knit community, and we bond pretty closely because it's just a part of the nature of our sport," said Vanstone.

Canadian Premium Sand rebrands as solar glass company

By Patricia Barrett

Alberta-based Canadian Premium Sand stated its intent last year to move away from mining silica sand for oil and gas fracking to mining it for a multi-million-dollar solar glass plant the company says it intends to build in Selkirk.

But critics say CPS' rebranding from a mining company for the oil and gas industry to a solar glass company is a greenwashing exercise that will divert attention from the detrimental impacts that sand mining will have on the environment and on human health.

Don Sullivan of What the Frack Manitoba says he's not opposed to solar energy, but the extraction of sand from CPS' mine near the shore of Lake Winnipeg will create acid drainage that will contaminate the land, waterways and groundwater in the area, generate greenhouse gas (GHG) emissions and potentially cause silicosis.

"The two primacy impacts will be acid mine drainage and silica dust. Acid mine drainage occurs from pyrite [a mineral consisting of iron disulfide] that's in the sand there. Pyrite is a sulfur-generating mineral, and when it's exposed to water and air, it oxidises and creates acid, which then leaches toxic heavy metals," said Sullivan, who worked for the Manitoba government as a special advisor for seven years and is the recipient of the Queen's Golden Jubilee Medal. "Acid drainage will occur; it's not a question of if it will occur. And it will impact streams, rivers and the groundwater aquifer in the area."

At an abandoned silica sand mine on Black Island, just west of CPS' mine site, "the water is completely red — that's acid drainage," said Sullivan.

CPS' quarry leases are near Seymourville and Hollow Water First Nation on the east side of Lake Winnipeg, across from Hecla Island-Grindstone. Its project, called the Wanipigow Sand Extraction Project, is not yet operational.

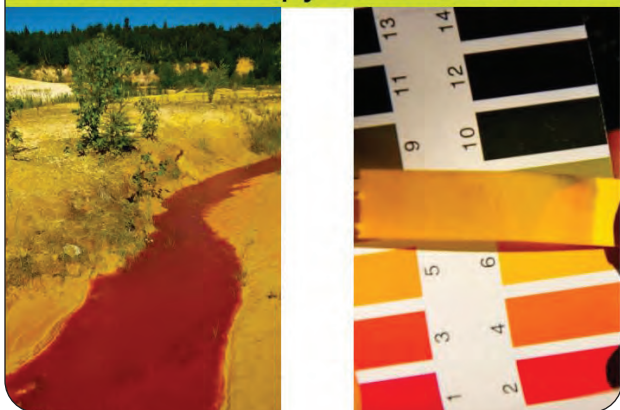
Sullivan said employees who will be working at CPS' mine, those living closest to it (Seymourville and Hollow Water) and cottagers in the area will be exposed to fine silica dust, which when inhaled can lead to incurable silicosis.

Sullivan helped formed What the Frack Manitoba in 2018 in response to CPS' plan to mine sand for fracking. The incorporated, not-for-profit organization provides advice about sand mining in Manitoba, including CanWhite Sands' Vivian Sand Project in the RM of Springfield. Sullivan said What the Frack works with Hollow Water First Nation community members who are opposed to CPS' mine and who formed Camp Morning Star on Hollow Water territory to protect their land after band council waived their Section 35 rights, signed a memorandum of understanding with CPS and agreed to an initial payment of \$250,000.

CPS received a licence from the provincial government in May 2019 "for a completely different project," [i.e., sand mining for the fracking industry], said Sullivan, and a new Environment Act proposal is required.

"Within that [2019] license are three review and revocation clauses. All three clauses are now triggered," said Sul-

Hematite and acid in water from oxidation of iron pyrite at Black Island



EXPRESS IMAGES FROM DON SULLIVAN

Acid on Black Island, created by a former silica sand mine.

livan. "One of the clauses says that if they hadn't proceeded to the construction phase of the project within three years of the issuance of the licence, the project would be revoked. They haven't, and May 16 has come and gone."

CPS' website says the company had originally proposed to extract 1.2 million tonnes of sand a year, 24 hours a day, seven days a week over 12 months of the year. It's now proposing to extract 300,000 tonnes a year, 10 hours a day, seven days a week over six months of the year. It will size, scrub and remove magnetic iron at a wet plant. It will truck out the sand two to four times an hour, 10-20 hours a day, five to seven days a week for 10 months of the year. Whereas the original mining proposal had a timeframe of 54 years, the latest proposal has a timeframe of 35 years.

Once the mine is up and running, CPS intends to truck the sand to Selkirk via PR 304 and Highway 59 — the main route to Grand Beach and other cottage and tourism-heavy towns on the east side of the lake. Trucking will impact safety on the single lane roads and generate greenhouse gas emissions, said Sullivan.

He said trucking alone (there will also be a carbon footprint from mine excavating equipment, which will run on diesel, the wash plant and the solar glass plant), based on 80 loads of sand a day from Hollow Water over 20 hours, will produce 15,600 kilograms of GHG a day. Over 300

Wanipigow Silica Sand Resource



Map showing CPS' sand quarry leases on the east side of Lake Winnipeg and the old mine on Black Island.

days a year [10 months], trucking will create 4,680,000 kilograms of GHG.

What the Frack Manitoba's science researcher Dennis LeNeveu, who attended a CPS meeting on May 26, says CPS dodged the acid drainage issue. In a May 28 article titled "Canadian Premium Sand Lacks Basic Knowledge of Their Own Technical Data," LeNeveu wrote that CPS "has not admitted" that the silica sand to be extracted is acid-generating, even though CPS' own data, from its technical report, proves that it's acid-generating. The company intends to water down sand stockpiles to prevent silica dust exposure.

"The watering will increase acid production from the silica sand that will run off," LeNeveu wrote. ".... The acid water and heavy metals coming off those silica sand piles will drain off and [go] straight into the community below and into the groundwater, the lake and at the mouths of both the Wanipigow and Manigotagan Rivers."

Continued on page 7

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Call Patricia Barrett
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COVID deaths in Manitoba surpass 2,000; monkeypox cases increase across Canada

By Patricia Barrett

The number of Manitobans who have lost their lives to COVID surpassed 2,000 last week.

The provincial government's latest weekly COVID-19 surveillance report, May 29 to June 4, shows the total number of Manitobans who have died because of the virus now stands at 2,004. It also shows 337 new COVID infections that week, 100 new hospitalizations and seven deaths.

Overall case counts for the month of May — including June 1 to 4 — show there were 2,920 new infections, according to the weekly reports. That number is an undercount as it is based on PCR lab tests that are restricted to select Manitobans. For the majority of May, lab testing decreased and that caused the positivity rate to also drop. The reports for that time period also show a total of 677 new hospital admissions and the death of 55 Manitobans.

COVID outbreaks continue at Selkirk's Betel Personal Care Home (declared May 30) and at Lunder Personal Care Home (declared June 3), according to the Interlake-Eastern Regional Health Authority's website (as of June 10).

Canada's chief public health officer Dr. Theresa Tam said hospitalization rates across the country remain "elevated and variable," but severe illness

trends are continuing to decline.

"Nevertheless, as we expect the SARS-CoV-2 virus to continuously evolve, we are closely monitoring the domestic and international situation and preparing for new variants, including possible recombinant variants that can arise from genetic mixing during co-infection with two variants," she said in a June 3 statement posted on the Public Health Agency of Canada's website.

Other health news:

- The total number of monkeypox cases in Canada is now 112. The Public Health Agency of Canada reported one case of the virus in British Columbia, 98 in Quebec, nine in Ontario and four in Alberta (as of June 10).

Dr. Tam said last Friday that all cases to date have been in males between 20 and 63 years of age, and that the majority reported that they had sexual contact with other men.

"However, this virus can spread to anyone through close contact with an infected person," said Tam.

Canada's National Microbiology Lab is testing a number of suspected cases, and Tam said there could be more monkeypox cases confirmed in the coming days and weeks.

PHAC issued a travel precaution, advising Canadians that monkeypox has been reported in several countries outside the virus' endemic region of

central and west Africa. Travellers could experience problems returning to Canada from their trips.

"During your travel, you may be subject to procedures at your destination put in place to limit the spread of monkeypox, such as isolation, should you become infected," states PHAC in a June 10 update on its website. "You may have limited access to timely and appropriate health care should you become ill, and may experience delays in returning home."

Monkeypox, which resembles chicken pox, is spread through contact with blisters, scabs or bodily fluids, through respiratory droplets (coughing and sneezing) and through contaminated towels, linens and objects and surfaces. Symptoms can begin within five to 21 days after exposure.

The World Health Organization's tracking of the virus shows 780 lab-confirmed cases of monkeypox detected so far (as of June 2) from 27 member countries that are not endemic for the virus.

"Most reported cases so far have been presented through sexual health or other health services in primary or secondary health care facilities and have involved mainly, but not exclusively, men who have sex with men (MSM)," states the WHO in a June 4 update.

RRC Nursing program gets 30 new training seats

Submitted by Manitoba government

The Manitoba government is investing over \$830,000 to add 30 new nurse training seats to help sustainably increase the number of nurses working in the province in the years to come, Health Minister Audrey Gordon and Advanced Education, Skills and Immigration Minister Jon Reyes announced last week.

"Our government is strengthening health care," said Gordon. "Investing in nurses who are an integral part of our health-care team is building our province's health human resource capacity. We have been working closely with post-secondary institutions to sustainably increase the capacity of existing nursing programs throughout the province."

"Our government's multi-faceted action plan is responding effectively to labour market shortages in the health-care system that were amplified by the COVID-19 pandemic," said Reyes. "This investment brings us even closer to fulfilling our July 2021 commitment to add 400 seats in nursing

Continued on page 7

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EXPRESS PHOTO BY JACKIE SAURETTE

Jackie Saurette photographed this stunning mirror image of Lake Winnipeg just after the ice was off at the end of May. Help the Express record the weather of the week and send in your photos of friends or family enjoying the outdoors. Email: weather@expressweeklynews.ca.

> SOLAR GLASS, FROM PG. 5

The *Express* asked CPS by email how it will handle iron in the silica sand. It sent the newspaper a Frequently Asked Questions document in PDF (slightly different from the FAQ page on its website). The PDF FAQ states: "Very small traces of iron are found naturally in the sand at Hollow Water which makes it suitable for producing solar glass. Our sand treatment process, which includes scrubbing and the use of large magnets, removes most of this iron."

Sullivan said that in addition to the environmental impacts generated by CPS' mining operation, CPS is still interested in using the sand for fracking; the company itself says so in its 2021 Technical Report, which is available on SEDAR.com.

"They identified 25 million tonnes of sand for fracking in their 2021 NI 43-101 Technical Report. They still see this as a material business interest," said Sullivan. "[Solar] is a greenwashing exercise right from the get-go."

The technical report states the "main emphasis" is on sand for the solar glass plant, but sand for fracking is still "material to," or important to, CPS. The Oct. 14, 2021, technical report, which replaces and supersedes previous reports, states:

"Frac sand resource and reserve estimations as part of a Preliminary Fea-

sibility Study effectively dated March 19, 2020 are summarized in this report, but the main emphasis is on the Wanipigow Silica Sand Glass Project and its respective maiden resource estimation. The frac sand resource/reserve, which pertains to hydraulic fracturing in the energy industry, is still material to CPS. The 2020 frac sand resource and reserve estimations, and associated economics, from the Preliminary Feasibility Study are reiterated in this, the current CPS Technical Report (page 19)."

Sullivan added that there's nothing stopping CPS from requesting an alteration to its Environment Act licence at a future date "to increase the amount of silica sand mined annually."

CPS states on its website (cpsglass.com) that it has no interest in supplying sand for oil and gas extraction, and that it is a solar glass company.

The *Express* asked CPS whether it plans to sell some of the sand to the oil and gas industry. It referred to the PDF FAQ document, which states: "Does CPS plan to sell any percentage of the extracted sand to the oil and gas industry? No. CPS will use all of the sand it extracts to manufacture glass for solar panels."

The City of Selkirk's chief administrative officer Duane Nicol said the city has not received a proposal from CPS to sell or lease land for the pro-

posed solar glass plant.

As to where CPS would get abundant quantities of water — which could include the Red River — required for the manufacturing of solar glass, Nicol said the city is "hopeful" that reclaimed water from its wastewater treatment plant could be used.

"We've submitted water quality tests to the company for their consideration," he said. "If this water meets their needs, this would drastically reduce, if not eliminate, the need to draw water from any other source for their manufacturing processes."

Nicol did not say whether there will be any pollution impacts associated with the solar glass plant, but the environmental impacts of "any industrial activity" are of great concern to the city, and it would work with the provincial and federal governments — which oversee environmental regulation — to ensure the health and safety of Selkirk's citizens and the local environment.

"In our engagements with CPS, we have seen a serious and responsible approach to minimizing any potential impact of their operations," said Nicol. "We await the results of the formal environmental reviews conducted by the expert regulators."

A spokesperson for the provincial department of environment, climate and parks would not say whether CPS' 2019 licence was revoked, but

> SEATS, FROM PG. 6

programs at post-secondary institutions across the province."

Funding will add 30 new seats to the nursing program at Red River College Polytechnic (RRC Polytechnic). It will help renovate necessary learning spaces, add laboratory equipment and support new staffing, supplies and other operational needs, the ministers noted.

"The work we do at RRC Polytechnic anticipates and aligns with the nursing and health-care needs of Manitoba and this announcement recognizes the importance of investing in post-secondary institutions that provide highly trained graduates," said Fred Meier, president and CEO, RRC Polytechnic. "We are ready to grow and expand our programs as needed to prepare students to contribute on day one and in turn strengthen our province. We expect that all 30 seats will be filled by the end of the 2022-23 academic year."

With this latest expansion, the Manitoba government has committed more than \$30 million to establish 289 nursing seats that will support recruitment for the health-care system. The ministers noted work remains underway on the next phase of the plan to further expand training to meet the 400 space commitment made in 2021.

For more information about RRC Polytech's bachelor of nursing program, visit <https://catalogue.rrc.ca/Programs/WPG/Fulltime/NURBF-DG>.

said CPS has "not submitted" a new Environment Act proposal for a new licence.

"The company has publicly communicated that it plans to submit a notice of alteration to their existing Environment Act licence for the sand mine," said a departmental spokesperson. "The department will assess any proposed alteration under The Environment Act when it is received."

When asked if the department has any concerns about acid drainage and toxic heavy metals generated by the mining operation, the spokesperson said:

"While evaluating the proposal, the department assessed all potential environmental impacts, including risks of acid drainage and discharge of metals. The Environment Act Licence has limits, terms, and conditions to protect human health and the environment, including surface and sub-surface drainage. Canadian Premium Sand must comply with the terms and conditions of its licence."

Flying high at Gimli's Lakeside Flight School

By Jennifer McFee

The sky's the limit for LS Airways Flight Academy/Lakeside Flight School, which aims to encourage girls and women to take an interest in the industry.

Lakeside Flight School, which operates a company-owned hangar at the Gimli Airport, offers multiple options for anyone who would like to take to the skies.

To embark on the first step in aviation, the school provides training through a recreational pilot program. The program incorporates 25 hours of flight training time, including five hours solo. Although the 40-hour ground school component isn't mandatory, it's recommended.

Graduates of the recreational program can fly for fun by day only in a certified airplane, home-built aircraft or an ultralight anywhere in Canada with one passenger.

The private pilot program includes a 40-hour ground school component plus 45 hours of flight training time. Graduates can fly for fun in a Canadian registered aircraft in the daytime anywhere in the world, along with multiple passengers.

The commercial pilot program includes an 80-hour ground school component plus 65 hours of flight training time. Another 200 hours of additional experience are needed, including 100 hours as pilot-in-command and 20 hours of cross-country.

Graduates of the commercial pilot program can fly for hire in a single-engine Canadian registered aircraft in good weather conditions.

Noura Gharib has soared above

expectations as owner of the flight school since she took over two years ago.

Originally from Egypt, Noura Gharib got her start in the aviation industry in 2006 working as an accountant for a flying school in Dubai (AlAIN).

"At the time, this flying school was working only with helicopter flights. When they decided to start training people on airplanes, they were looking for a woman to show Middle Eastern girls that women can fly the planes," said Gharib, a Gimli resident.

"I was in the meeting and I said I would do it. After that meeting, my life became attached to aviation. I got my private licence in Dubai. After years of flying, I found myself wanting to get more quality training, so I came to Canada. Here, I got my commercial pilot licence with my instructor rating."

She began working at Lakeside Flight School as a flight instructor and eventually rose up to become the chief flight instructor.

Two years ago, after she became a permanent resident, Gharib bought the flight school. And now she aims to encourage other girls and women to give aviation a try.

"We'd like to increase the number of Canadian and international girls learning about aviation here," she said.

"We'd like to see a new generation of girls interested in aviation."

The industry has already piqued the interest of Lena Sprague, who recently completed the recreational flight program. Her dad is an aircraft mechanic engineer by trade, and she remembers her fascination during a "take your kid to work day" when she was in Grade 9.

"My dad's work arranged a variety of aviation activities around the business, including a flight around Winnipeg and a chance to try the simulator," said Sprague, who grew up in Grosse Isle.

"This day sparked the idea and has



EXPRESS PHOTO BY NOURA GHARIB

Lena Sprague says Lakeside Flight School is a great place to learn to fly. She's working on her private pilot's licence.

continued to grow as the most exciting and interesting option for me."

Sprague recently completed her very first solo flight, and she's still flying high from the excitement.

"It was awesome and freeing, like driving a car solo for the first time but way cooler. I am excited to keep going," she said.

"Lakeside Flight School is a great place to learn to fly, offering a welcoming and personal experience. The school, Noura and my instructors have been very flexible in working with me around my schedule and life. Plus, Gimli is beautiful."

For Sprague, the recreational program launched an interest in flying that is now taking off.

"I am currently working on my private pilot's licence, so I'm still a student pilot as of now," she said.

"I plan to continue on to commercial licence in the fall, followed by other ratings to build knowledge, experience and hours to pursue a career as a pilot."

Based on her positive experience at Lakeside Flight School, Sprague encourages others to enjoy a scenic sightseeing flight.

These 45-minute flights cost \$119, providing up to three people an aerial tour of Gimli and Winnipeg Beach areas.

Gharib says these short flights can be a great way to celebrate milestones while also providing passengers with a glimpse into a potential hobby or career.

"These sightseeing flights can help people to celebrate birthdays, anniversaries, Mother's Day, Father's Day, engagements — to celebrate anything. You can see the sunset or sunrise from the air," she said.

"It will also help you to see if you love flying — and maybe you'll discover that it's something you'll want to do in the future."

To learn more about Lakeside Flight School, visit www.lakesideflight-school.ca.

Community Support Service

Al-Anon Gimli and Winnipeg Beach

Meeting place
17B North Colonization Rd.
Gimli (Next to the New Horizons)

**Meetings are Wednesdays
between 7 and 8 p.m.**

Contact 204-389-4777

AA Winnipeg Beach

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

**Meetings are Saturdays
between 7 and 8 p.m.**

Contact Ann J 204-389-3417

Gimli Group AA

Bldg 18 Municipal Rd
Industrial Park

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

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



The Evergreen Teachers' Association would like to congratulate all Evergreen graduates!
Evergreen teachers are happy to have supported you in your learning over the past many years.

Public hearing to allow the micro-cultivation of cannabis in Fisher Branch

By Autumn Fehr

A public hearing will take place on Wednesday, July 6 at 10 a.m. at the Ukrainian National Home in Fisher Branch to determine if a micro-cultivation unit to grow and sell cannabis should be allowed.

Tyrone Abas and his friend and cultivation director, Josh Careme, have proposed this plan to the town of Fisher Branch in hopes to provide a better-quality product that is more affordable in the market.

Abas grew up and has lived in Fisher Branch all his life.

"This community has given me so much, and I'm willing to give back tenfold," said Abas.

In 2018, he opened his glass shop, Pot Country Bongs, and later opened a cannabis dispensary, Bud-ees Dispensary, in 2021.

"The fact that the dispensary has been in this community for the last couple of years, just shows the community is looking for these products so it only makes sense from a business perspective to supply our own product to sell at the storefront," said Careme.

Abas said bringing Careme on board will bring more experience, which will drive the industry into a new dynamic where they can bring a quality product to the market that's at a reasonable price.

"One of the issues with the current legal cannabis market is the product isn't quite to what it should be. It requires a unique skill set to grow cannabis. Just because you own a huge cultivation centre doesn't guarantee that the end product is going to be what the marketplace is looking for," said Careme.

Careme has been growing cannabis at a commercial scale for over a decade and looks forward to bringing his experience to the table.

Abas and Careme are looking to vertically integrate cultivation operations, which means producing cannabis with the storefront to distribute it and make it available to their customers.

Careme said allowing them to grow their own cannabis will allow the community to purchase a locally grown product that is of high quality that will stand out from what's available on the market today.

With the legalization of cannabis being enacted less than five years ago, the topic is still taboo for some, and many still have questions regarding the product.

Careme said they are going into the hearing with the key goal of educating the public on the product.

Some of the concerns and questions Abas and Careme are aware that the public may have is how they will control the smell, ensure proper security measures are used to guard the product and ensure the product doesn't end up in the hands of the town's youth.

Abas says that he understands the main concern is the safety of the youth in the community.

With the backing of the LGCA, and the rules they put in place regarding the use of cannabis, Abas has also put in place his own rules to give their cultivation unit and the community an extra layer of safety.

"This meeting is just giving the RM and the communities all peace of mind to know that we are going to be doing it in the proper fashion of how everything should be done, where nobody has to worry about anything," said Abas.

Abas and Careme said they are prepared to answer the resident's questions and put their concerns at ease.

"This is just another legal business at the end of the day. We aren't go-



Josh Careme, cultivation director for the proposed micro-cultivation plan.



PHOTO SUBMITTED

Tyrone Abas in front of his two businesses, Bud-ees Dispensary and Pot Country bongs.



The dispensary is a work in progress to allow for a walk-in type of dispensary.

ing to operate in such a way that it's harmful to the community or any individuals," said Careme.

The public is welcome to attend the hearing, where all their questions and concerns regarding the project will be

answered.

The Express did reach out to the reeve of the rural municipality of Fisher, Shannon Pyziak, for more information, but she was not available to comment.

Interlake-Eastern RHA student bursary deadline June 30

By Jennifer McFee

Do you know a student pursuing education in a health-care profession? If so, this program might help them reach their goals.

Student Education Funding is an Interlake-Eastern RHA program offered through human resources, and the application period is open until June 30.

With a focus on recruitment and retention, Interlake-Eastern RHA developed a funding program for students enrolled in educational programs for health-care professions. The fund provides a pre-determined monetary

contribution towards tuition and books to full-time or part-time students per year.

Examples of applicable occupations include nurses, health-care aides, health information management professionals, pharmacists, occupational therapists, physiotherapists and social workers.

"This program is extremely beneficial to our region to help recruit and retain qualified individuals in health care," said Kerri Simcoe, human resources generalist.

"With education costs rising, every little bit helps. This is a win-win for

the individual pursuing their education and for the IERHA."

The funds, which are conditional upon a return-of-service agreement, aim to assist full-time or part-time IERHA employees, self-identifying Indigenous students and Interlake-Eastern residents. The recipient must apply for posted vacant positions and start employment with IERHA within three months of graduation.

Students can apply for funding a maximum of two times. They can receive up to \$2,500 for a four-year program, up to \$1,500 for a two-year program, and up to \$500 for programs

that are one year or less.

To apply, applicants need to complete a funding application form and submit it to Human Resources as well as a cover letter, resumé, confirmation of registration or transcripts and two reference letters.

For more information, contact Human Resources at hr@ierha.ca or Kerri Simcoe, human resources generalist, at ksimcoe@ierha.ca or 204-485-5436.

More information is also available online at www.ierha.ca.

ParticipACTION prize entices Arborg to come on top

By Autumn Fehr

Kids carrying bulging gym bags full of equipment with a water bottle in hand, and sweaty gym clothes will become more popular in Arborg this summer, especially this month when the community tries to take it all the way.

The town is part of a program that will see kids, and adults alike, get more active this month, in hopes they will bring home a special prize for everyone.

In the month of June, communities across Canada register for the ParticipACTION Community Better Challenge, in hopes to get active enough to claim the crown of Canada's Most Active Community and win \$100,000.

The challenge is simple.

All you have to do is remain active in any way — whether it's playing sports or doing housework — and track your minutes through the ParticipACTION app on your phone or through the website. All minutes submitted by community members from June 1 to 30 go towards your community's final score.

At the end of the month, 50 communities across Canada will be chosen to submit an application telling ParticipACTION why they deserve the title of Canada's Most Active Community.

Last year, Arborg participated in the challenge for the first time and lost to The Pas in the provincial final.

"Our goal is to go one better this year," said Tom Chwaliboga, Arborg Bifrost parks and recreation director.

As a national non-profit organization, ParticipACTION encourages Canadians and gives them the support and incentive needed to make physical activity a priority in their lives, every day.

ParticipACTION partners with organizations in the sector of sport, recreation and physical activity, including corporate and government sponsors, to get Canadians on their feet and to reduce the amount of time they are on their butts.

"The goal is to get everyone moving in some form or fashion," said Chwaliboga.

No doubt, COVID-19 put a damper on physical activity for many, as we were all stuck at home comfortable on our couches with our favourite snacks nearby.

"I think there's a need for families and youth to start becoming a little bit more active," said Chwaliboga.

By participating in this challenge, the community is doing just that, as they come together as a community to get moving, in hopes of reclaiming the prize.

"Part of this challenge is to change people's mindsets — to get people to just get out there and realize that any activity or any movement is good," said Chwaliboga.

Chwaliboga says they are reaching out to everyone in the community, such as the schools, businesses, friends and family, to download the app or challenge each other as businesses or friends to be more active.

Although the prize is the cherry on top, it isn't the main reason why the community chose to get involved. Instead, it's about making activity an integral part of their lives for their health and well-being.

"I think ParticipACTION is trying to get into everyone's minds to just do something. It doesn't have to be a lot, but every little step counts," said Chwaliboga.

Residents and youth of the town of

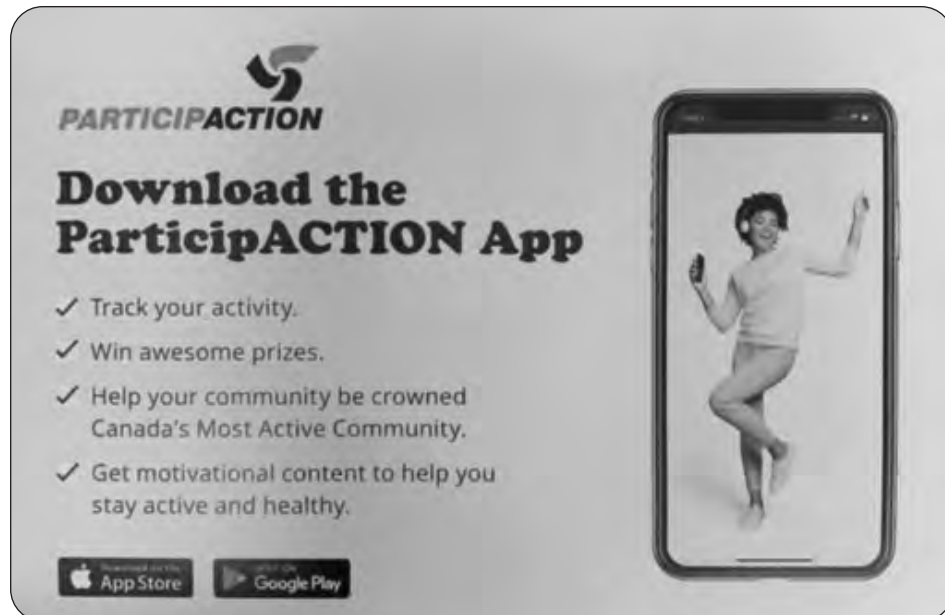


PHOTO SUBMITTED

Canadians are being encouraged to take part in the ParticipACTION Community Better Challenge in hopes of winning \$100,000 for their community.

Arborg won't find it hard to find ways to get active for the challenge either.

"We are trying to keep people active, providing them with options for all age groups throughout the summer, but also throughout the year," said Chwaliboga.

From baseball to soccer, and swimming in the pool at the Noventis Aquatic Centre that opened for the summer last week, the kids of Arborg are finding ways to get active to encourage their parents to get active too.

In addition to the recreational sports available, Arborg will also welcome back their summer camp from July to August, welcoming kids from ages six to 11 with a variety of games, crafts and scavenger hunts. The camp will take place at the Arborg Bifrost Community Centre, Monday to Friday from 8:30 a.m. to 5:30 p.m., and there are still spots available to register.

Chwaliboga said Arborg's programs are very affordable compared to neighbouring communities.

"We try and keep that factored into how and when families can become involved in activities," said Chwaliboga.

Although the challenge provides a good incentive to be active this month, it doesn't mean the activity should stop there. Physical activity should be a part of everyone's daily life to maintain a healthy body in the long term.

"Being active is something that everybody needs to do, whether it's walking the dog, going for a bike ride or gardening. Being active doesn't mean you have to run two miles a day or you have to walk five miles a day. It can just be getting outside and doing something," said Chwaliboga.

Music to our ears: Arborg and Riverton music students host concert

By Patricia Witzke

On June 9, the bands and choirs from the Arborg and Riverton schools performed for an admiring audience at the Arborg Bifrost Community Centre.

Stephanie Marks, the band and choir director said, "Our last concert was supposed to be in June 2020, but was cancelled due to COVID. It is such a thrill to be able to entertain family and friends this evening."

The evening began with the Riverton Indigenous Youth Drum Group performing three powerful drum songs. They were the songs of the Bear, Turtle and Windigo.

They played their drums and various percussion instruments while singing. Their entertaining numbers

were enjoyed by their families and friends.

Soon the beginner band, which consists of grades 7 and 8 students from the Arborg Early Middle Years School, shared their dynamic song, The Siege. It wasn't long before the grades 9 to 12 students from Arborg Collegiate and Riverton Collegiate joined them for a superb version of the *Star Wars* theme. The audience was captivated by the talents of the mass band.

After a short intermission where 50-50 tickets were sold, the concert band, consisting of senior high students, played on their own. They started their performance with an incredible version of *The Avengers* theme. Their second song was Seven Nation Army.

This song was well received by the audience.

The evening concluded with four, amazing songs sung by the vocal ensemble. The first song Kuimba was sung acapella, while the second song Who Lives, Who Dies, Who Tells Your Story, was accompanied by instrumental music with a solo by Svea Kardal. The last, two songs, Fix You and Why We Build the Wall, were both accompanied by Zen Finnson on the electric guitar and Stephanie Marks, the choir director, on the keyboards. Sheldon Courchere performed a solo during the last one. The tones and beautiful melodies of the songs kept the audience mesmerized.

Rob Jantz, the English teacher and

vice-principal of Riverton Collegiate, attended the musical recital.

He said, "I was very impressed with the students' performances. It was great to hear such an incredible group of talented students working together to perform in their bands and choirs."

The concert from start to finish was amazing. The hours of practice and the dedication of the students to developing their craft was impressive. The students want to continue to progress in their skills and will be lead by an amazing band and choir director, Stephanie Marks. The relatives and friends look forward to future concerts. Music is here to stay in the Interlake.

Uncertain weather conditions cause difficult times for farmers

By Autumn Fehr

First thing in the morning, Joe Bouchard goes out on his land in the RM of Fisher to be reminded of the tough last few years that his land has endured.

After dealing with not-so-ideal weather conditions the last four years, Bouchard finds himself in a balancing act with Manitoba's unpredictable weather when it comes to seeding his crops.

To seed a fruitful crop, seeds need the proper amount of moisture, air, temperature and light conditions. Without the proper balance of these four essential conditions, seeding isn't possible.

This is a reality that some Manitoba farmers face this season.

"It's not a great situation shaping up right now, on top of all the lost income because of the bad years we've had up to now," said Bouchard.

For 20 years, Bouchard has taken on the family occupation alongside his dad, Donald. They farm 18,000 acres and feed 400 cows on their farm located two miles north and two miles east of the town of Fisher Branch.

"It's just something in your blood," said Bouchard.

Out of the 18,000 acres of land, 11,000 is a cash crop, growing wheat, canola, oats and cereal silage, and the rest is left to grow corn and cereal silage and millet to feed the cows.

They also have 700 acres of hay and the pasture acres for the cattle.

Bouchard was born and raised on the farm, always helping his father and grandfather, but he never thought the conditions of farming would look the way they do today.

"It's sure been a trying occupation the last four years out in this area,"



Joe Bouchard's land due to overland flooding.

said Bouchard.

At this time of year, normally Bouchard would be putting the seeding equipment back in the sheds and doing some cattle work, but this year is different.

"With the commodity prices the best we've ever seen, everyone was kind of hopeful and were kind of getting

excited, and then we got knocked down with the weather. It's kind of frustrating," said Bouchard.

This year, they have just got the cattle out and haven't started the seeding because the land has been too wet.

"We're hoping to get some crop in here, but the weather hasn't

been very co-operative," said Bouchard.

Bouchard says they are usually one of the earlier guys to start their seeding and for many years they have been done before May long weekend — rarely do they ever seed into June at all.

Back in April, there was a lot of



EXPRESS PHOTO SUBMITTED

The conditions of the crop due to weather conditions make it impossible to put seeds in the ground.

moisture, which isn't ideal for seeding conditions.

Just as things were starting to dry up so the farmers could start seeding, the Interlake got about three and a half inches of rain at the end of May over four days.

"It was wetter after that than after the spring run-off, and we just had so much run-off this year," said Bouchard.

The water on Bouchard's land is draining but not fast enough for the amount of rain they've been getting.

"The land just can't take any more moisture," said Bouchard.

Bouchard says that in the Fisher Branch area, well under five per cent of the crops are seeded.

The crop insurance deadlines for farmers are approaching, which means they are running out of time before they can't seed at all this year.

The earlier you seed, the better chance for yields. But if farmers seed too late, they run into issues in the fall for harvest, said Bouchard.

"With these multiple tough years in the area, it's been very tough on the agriculture sector in lots of parts of the province, but it's been a really tough go in the Interlake region, for all sectors," said Bouchard.

For mixed farmers like Bouchard, who raise cattle as well as yielding crops, the closest to seeding that will take place is putting in feed for the cattle, but that doesn't help on the grain end of it for generating income.

"There's gonna be pressure for the cattle producers," said Bouchard.

Bouchard says there won't be a lot of seed around until people start backing out of seed orders because they can't seed.

"The agriculture sector in the area, it's hurting," said Bouchard.

Farmers in the Interlake area hold on to hope as they brace for the outcomes of the weather conditions of the next few weeks to determine whether seeding will happen this year.

The province's June 7 crop report showed provincial seeding progress is at 65 per cent completion, behind the five-year average of 96 per cent for this time of year. Due to repeated weather delays, crop progress is a month behind, and farmers have been forced to work longer than normal hours to get their crops in. The central region is about 70 per cent completed.

The MASC seeding deadline for most crops is June 15 or June 20, except for soybeans, which was June 8, and sunflowers, canola area 2, hemp and dry edible beans, which was June 10.

Correction

Staff

In last week's *Express Weekly News* in the photo and cutline for the Pride logo contest winner, we identified Gimli High School teacher Heida Arnbjornson as a student. The *Express* apologizes for the error.



Bouchard and his family on their farm in the fall of 2020.

> TEAM ASHER, FROM PG. 2

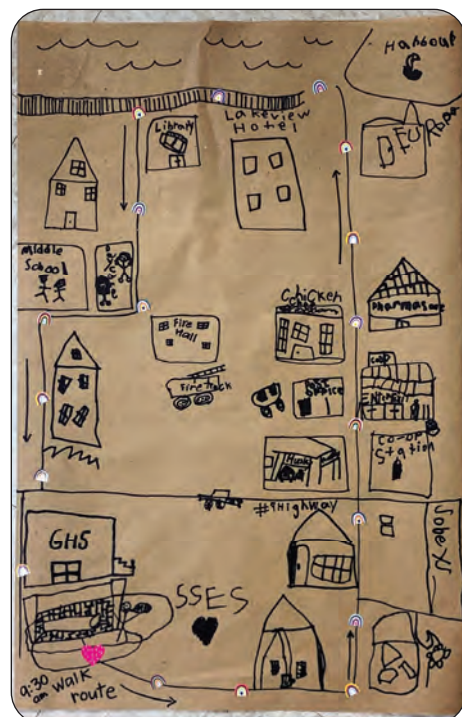


Grade 1 SSES student Asher Johnson, with his bear Rufus. Both Asher and Rufus have Type 1 diabetes and helped educate other students about the condition during a presentation May 31 at the school.

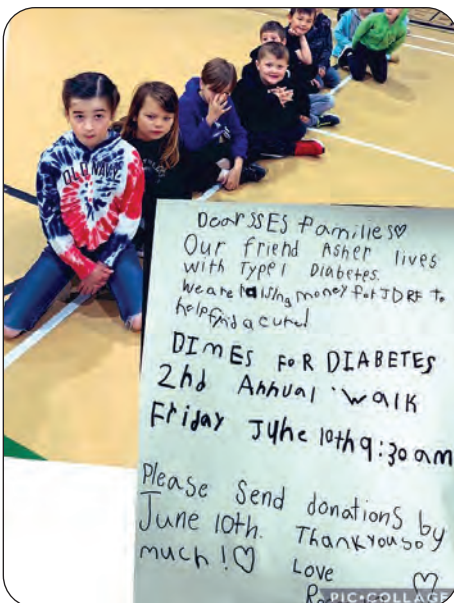


EXPRESS PHOTO BY LISA MICHALUK

Asher Johnson (right) with Rufus the bear, and his classmates hold banners on their Dimes for Diabetes fundraising walk for the Juvenile Diabetes Research Foundation. Students walked through Gimli on June 10 to raise money that will go towards research to find a cure.



The students created a map of their walking route.



The students penned a letter to families to raise awareness of their fundraiser.



SSES students held a Dimes for Diabetes kick-off event and a silent auction on May 31.

and when Asher grows up, he will still have it.

"Asher looked up at me and said, 'But maybe I won't.' One of the kids asked why, and Asher responded with the most hopeful statement: 'Because they're going to find a cure one day,'" said Michaluk. "And that's why we walked — for hope, for the kindness and generosity they witnessed throughout this experience and for a cure because we really believe that Asher's hope will come true."

The class created a to-do list for the fundraising event, made posters and delivered silent auction tickets to the classrooms, she said. The past few weeks saw classrooms collecting donations and making fundraising goals.

"SSES families were beyond generous. This morning on our walk, we were met with friendly waves, honks, cheers and donations from community members along the way," said Michaluk. "Our class couldn't believe the kindness of a stranger; as we passed the Tim Horton's parking lot, he asked if we were taking donations and then presented us with a \$100 bill. Our class will remember this incredible act of kindness long after the walk."

The Gimli Children's Centre daycare collected dimes leading up the event, she said, and the "littlest fundraisers" passed their dimes to our class as we walked by, which was a "most beautiful moment." Dr. George Johnson Middle School's Grade 5 and 6 classes also came outside and cheered as they made their way past.

"When we got back to SSES, a treat was waiting — granola bars, generously donated by Asher's family and discounted by Co-op, juice boxes donated by Asher's grandparents and delicious popsicles donated by our local Sobey's," said Michaluk. "We were so grateful for these treats."

Michaluk extended a special thank you to Gimli resident Rodney, who rode his bike along with them on the route and helped them cross the roads safely.

When the donations were tallied up, Michaluk said they raised \$2,235.30.

"To say we were blown away by the generosity of our families and community is an understatement," she said. "There aren't words adequate enough to say how truly grateful we are to everyone that donated, cheered us on and helped with this special event."



We are Celebrating our 60th Anniversary!

Please join us for a
BBQ lunch and cake,
THURSDAY, JUNE 23rd
from 11:30 a.m. to 1:30 p.m.
at our Gimli office.

Enter
our
**FREE
DRAWS!**

**JELLYBEAN
JAR GUESS!**

Stop in at any of our offices from June 20th to 24th to enter our draw for a chance to win a gift basket (1 basket per location) and pick up a thank you gift (while quantities last).

56 Centre St,
Gimli
204-642-8501

315 Main St,
Arborg
204-376-2679

184 Main St,
Selkirk
204-482-5806

33 Main St,
Riverton
204-378-5172

Peguis Mall,
Peguis
204-645-4078

www.interlake.mb.ca • www.interlakeinsurance.com

Gimli Sobeys celebrates 45 years with customer appreciation event

By Patricia Barrett

Gimli Sobeys is celebrating its 45th anniversary this week to thank its customers for their patronage.

Store managers Doriane Johnson and Kara Peiluck have a wide range of discounts and in-store specials planned for the three-day event, which runs this Thursday to Saturday, as well as a barbecue and bouncy castles for the kids on Saturday.

"We're holding a customer and community appreciation event to thank everyone for all the support they've shown us over the years and for staying loyal to us," said Johnson. "We lived through the pandemic and we've continued to grow — that's only because of our customers."

On Saturday, the store will be treating customers to an outdoor barbecue and treats from 11 a.m. to 2 p.m., said Peiluck. Hungry shoppers will be offered hotdogs, snow cones and cotton candy. The kids can get their faces painted and work off their boundless energy in the bouncy castles the store will have set up.

"We're also having in-store draws and offering a 10 per cent discount," said Peiluck.

Johnson and Peiluck's parents, In-



Ingvar Karvelson in front of Gimli IGA in 1977.

gvar and Doreen Karvelson, who grew up in Arborg and Arnes respectively, moved to Gimli in 1977 and purchased what was then an IGA

store. The original 3,000-foot store was located on the corner of Centre Street and First Avenue. From 1977 to 1988, the family renovated and updated the



Gimli Sobeys store managers Doriane Johnson and Kara Peiluck with their father Ingvar Karvelson are looking forward to celebrating their 45th anniversary with their loyal customers and friends.

store three times before they bought an 11,000-square-foot building three blocks up the street. The new IGA of-

Continued on page 18

Proud to have been serving our Community for 45 Years!!!

45th Anniversary Celebration

Thanks to our customers!

Saturday June 18th, 2022

Enter to WIN a Bicycle

In-Store Draws

Free BBQ, Bouncy House, Face Painting, Snow Cones from 11am - 2 pm

Win a prize on the PLINKO Board

Instore Specials all day:

Instore Baked Cookies \$3.99	Burns Hotdogs \$1.99	Spenst Pizza (Made in Manitoba) \$7.99
Whole Watermelon \$5.99	English Cucumbers \$0.99	Manitoba Smoked Goldeye \$1.99/100g
<div style="display: flex; justify-content: space-between;"> <div> Interlake Packers Fine Garlic Sausage \$1.09/100g </div> </div>		

Grand Prize: Enter to win a \$500 Sobeys Gift Card

Sobeys

Gimli

94 7 Ave Gimli, MB 204-642-5995

(While supplies last no raincheques)

Barvinok Ukrainian dancer says farewell to second family

By Patricia Barrett

After years of performing, teaching and mentoring younger dancers, a veteran performer with the Gimli Barvinok Ukrainian Dance Club has hung up her boots.

Stephanie Johnson said she “grew up in the club” and retired from dancing after about 18 years. But she continued to instruct and support the club’s junior dancers for about four or five years while performing with Winnipeg’s Troyanda dance club and pursuing post-secondary education.

Johnson’s enthusiasm for Ukrainian dance and charismatic artistry shone through during the club’s yearly performances and Malanka celebrations at home in Gimli, at Folklorama and at local and international Ukrainian dance festivals. The club’s precision, athletic feats and dazzling costumes came down to the club’s dedication to Ukrainian culture and always striving to have its dancers literally put their best foot forward.

Johnson said Barvinok taught her a number of life skills, including the importance of teamwork, perseverance, helping others succeed, passion and drive, which she was able to apply to other aspects of her life and to her career as a social worker with the Downtown Community Safety Partnership (DCSP) in Winnipeg.

“The audience will be entertained by the dancing and the beautiful costumes, but they won’t see what goes on behind the scenes, the blood, sweat and tears that go into every practice and every per-



EXPRESS FILE PHOTO BY PATRICIA BARRETT
Stephanie Johnson, centre, with instructors and dancers at the Gimli Barvinok Dance Club’s 2017 Malanka celebration.

formance — and that shapes you as a person,” said Johnson a few weeks ago. “I don’t think I’d be-

doing the work I do now if I hadn’t learned from dancing with a group. Everyone cared so much. Your instructors cared about you and wanted you to succeed. The club became my second family.”

Johnson said she has many fond memories of dancing with Barvinok, including a tour to Chicago when she was 16, Costa Rica when she was 21 and the Ukrainian dance festival in Vegreville, Alta.

“I really liked touring with Barvinok. We did a lot of a lot of touring for competitions in other cities. When you dance together for that many years, you really tend to bond. And those long hours on tour bring you closer together,” she said. “I especially loved performing at Folklorama; you get a Ukrainian meal after a show and it was never disappointing.”

She performed with Winnipeg-based Troyanda Ukrainian Dance Ensemble while she continued to teach Barvinok’s junior dancers in Gimli. But after full shifts of outreach work on the streets of Winnipeg, helping people living in poverty or people with mental health or addiction issues, the travelling to and from Gimli became wearing.

“The only reason I left Barvinok is because my job is very intense. It just got too hard to do a 10-hour shift then drive out to Gimli and teach dance afterwards,” she said. “I’m out and about with DCSP, patrolling the streets. We respond to situations that maybe don’t require police intervention. If a mem-

Continued on page 20

Only dummies get tickets.

Wear your seatbelt.

Wearing your seatbelt is the law –
and enforcement is out there.



MANITOBA
PUBLIC INSURANCE

Artists open their doors



EXPRESS PHOTO BY JO-ANNE PROCTER

Interlake artist Alan Lacovetsky joined 20 local artists who opened their home studios to the public for the Interlake Artists' Studio Wave Tour held last weekend. Lacovetsky uses clay, an antique foot-powered potters wheel and a wood-burning kiln that he built himself to make pottery. Artists will open their studios for the next tour taking place Sept. 3 and 4. Full details can be found at watchthewave.ca.

Fisher Branch Women's Institute serving the greater good



EXPRESS PHOTO SUBMITTED

Fisher Branch Women's Institute collected items for Ukrainians immigrating to Manitoba.

Submitted by Debra Barrett

The Fisher Branch Women's Institute (WI), long respected for its charitable service to the community, held a household item drive to assist in supplying the Ukrainian people immigrating to Manitoba.

The drive focused on collecting the necessary items required to set up their new homes. As usual, the people of Fisher Branch and area more than met the challenge. The WI collected, catalogued and packaged 63 boxes of household items and eight bags of mixed bedding, quilts and some clothing. The items were delivered to Winnipeg for distribution.

Fisher Branch's WI have contributed to the Manitoba Women's Institutes (MWI) "Made in Manitoba Project" annual appeals since the projects began in 2019. The aim of these projects is to support organizations in Manitoba, which strive to make life easier and healthier for our vulnerable populations. The Made in Manitoba Proj-

ects was conceived by the MWI members fulfilling their goal to enhance the lives of women and their families within their communities, provincially, nationally and globally.

Fisher Branch WI has participated in each annual project. The first project focused on collecting items to support rural cancer patients living at A Port in a Storm during their treatments in Winnipeg. Subsequent projects were Backpacks for Street Children, which provided backpacks with supplies for those attending School, Brandon Bear Clan clothing drive for vulnerable peoples, Nova House Women's Shelter donations of personal items, and now Building a Foundation which welcomes the Ukrainian Refugees with necessary homemaking supplies.

For further information about the Manitoba Women's Institutes and the dedication of the local Women's Institute in your area, please visit www.mbw.ca or email mbwi@mymts.net.

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133rd Islendingadagurinn to host strongman competition

By Patricia Barrett

Get ready for a traditional show of strength this year at the Icelandic Festival of Manitoba's 133rd Islendingadagurinn, where strongmen from Iceland and other countries will be hoisting stones, lifting logs and performing other raw acts of power.

The festival has partnered with Magnus Ver Magnusson, an Icelandic powerlifter who has won the World Strongest Man competition four times, to host the MVM [Magnus Ver Magnusson] Strongman Classic.

"This alignment is excellent for both of our organizations and continues to expand the Canada-Iceland connection and tradition," said Magnusson in an IFM news release.

Professional strongmen from around the world will carry stones, hoist them to their shoulder, lift logs and use other Icelandic/Viking inspired implements to prove their mettle.

Festival president Jenna Boholij said Magnusson had previously attended Gimli's Islendingadagurinn and this

will be the festival's first-ever strongman competition at this scale and capacity.

"Professional strongman athletes from around the world are invited to apply and invitations will be issued to roughly a dozen athletes to attend," said Boholij.

Manitoba athletes can enter the competition if they meet the requirements and are selected, she said.

Magnusson's Strongman Classic in 2021 featured athletes from Iceland, Canada, Germany, France, Great Britain and the U.S.

The MVM Classic Gimli winner will receive an invitation to participate in the MVM Classic Iceland, which will be held in November. This event qualifies the winner for a spot in the World's Strongest Man Competition.


The Icelandic festival runs from July 29 to Aug. 1. Visit icelandicfestival.com for more information.

Athletes can register from the strongman competition online at MagnusClassic.com.




EXPRESS PHOTO COURTESY OF ICELANDIC FESTIVAL


Magnus Ver Magnusson, four-time World Strongest Man



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Argyle museum set to launch Platinum Jubilee exhibit

By Jennifer McFee

Settlers, Rails and Trails museum boasts a new crowning achievement with a special exhibition launching next weekend.

On Saturday, June 18, the Argyle-based museum will open its doors for guests to check out a brand new exhibit called *What the Crown Means to Us*, which focuses on Queen Elizabeth II's Platinum Jubilee.

Shayne Campbell, the museum's president and executive director, said Settlers, Rails and Trails is one of only 22 organizations across Manitoba chosen to present this milestone exhibition.

"The museum is very proud to have been chosen by the Department of Canadian Heritage to represent this important milestone for Her Majesty. Our volunteers created an application for funding, with a complete exhibition plan, and we were funded in full," Campbell said.

"As a small rural heritage organization, we are excited to tell the story of how we are connected to the royal family. The exhibit runs until June 2024 when the *Manitoba Brick & Block* exhibition starts."

Guests can look forward to perusing a photo display depicting the royal family and the queen's visits to Manitoba over the years. Famous flags will also be on display, with a focus on



Canada's Platinum jubilee logo.

ones that have a connection to royal history. As well, collectibles and royal artifacts will be displayed for all to see.

In addition to launching the year-long exhibition, the museum will be planting seven large white spruce trees — Manitoba's provincial tree — on the museum's 12-acre park property, located north of Argyle.

"Each tree represents a decade of Her Majesty's reign and will be accompanied by an interpretive panel explaining important events from each decade. We are also planting three Regal Celebration Maple trees at the park. These trees were specially crossbred to combine the hardiness of western maples with the bright red fall foliage of maples from eastern



Queen Elizabeth II's coronation on June 2, 1953.

Canada," Campbell said. "Their leaves are reminiscent of the one found on the national flag of Canada. The Manitoba lieutenant-governor presents these trees to commemorate Manitobans who receive the annual Award for Historic Preservation & Promotion."

For his work with Settlers, Rails and Trails, Campbell received this award



EXPRESS PHOTOS SUBMITTED

The Golden Jubilee of Elizabeth II was the international celebration held in 2002 marking the 50th anniversary of the accession of Queen Elizabeth II.

in 2015.

"The museum has invited the lieutenant-governor to officially plant these trees in the autumn of this year,"

Continued on page 20

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> SOBEYS, FROM PG. 14

ferred customers a broader range of services, according to a history the family shared with the *Express*.

Peiluck returned to the store on a full-time basis in 1994 and Johnson in 1998. They manage the day-to-day operations. With the passing of Doreen in 2005, the family was undecided about whether to move forward to the next chapter of their business — Sobeys. But in 2006, they and their dad decided to move to a new 25,000-square-foot building at their present location, the corner of Highway 9 and Centre Street.

The full-service Sobeys opened on June 14, 2007, with a deli, floral department, seafood and lobster cases, ready-to-eat foods, including rotisserie chicken, and a bakery. It also supplies customers with locally produced products.

"We support local and have a strong made-in-Manitoba presence in our store. We have signage throughout the store and all local items are identified with shelf-markers and tags," said Johnson. "We are very proud to support local products. We try to do that as much as we can."

Camp Arnes looking to fill summer lifeguard position

By Autumn Fehr

This summer, Camp Arnes needs your help.

From July 4 to the end of August, Camp Arnes is looking for a lifeguard to fill the space in their newly built lifeguard tower on the sandy beach. The camp is looking for an individual who has their full lifeguard certification per provincial standards. The lifeguard will be responsible strictly for the beachfront on the grounds of Camp Arnes, from 1 to 5 p.m., Mon-

day to Friday. The position is paid, and remuneration will be discussed with the qualified applicant. If you are interested, please go to camparnes.com for more details and to apply.

Camp Arnes is a blended Christian, summer camp for children and youth, ages six to 17 years old, families and various other groups.

There are other summer positions available if you are not qualified for this position or it is not of interest. Visit camparnes.com.



EXPRESS PHOTO SUBMITTED

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> DANCER RETIRES, FROM PG. 15

ber of the public, for example, sees another person who's not doing too well and might need assistance, or someone who could be experiencing psychosis or could be overdosing, they can call us and we will attend."

The DCSP is a non-profit organization that was established in 2020 to improve the health, safety and well-being of downtown Winnipeg. Johnson said teams of outreach workers are equipped to treat people who are overdosing on drugs. They can help people get hospital care and will try to find homeless people housing, said

Johnson. They also can respond to calls about people living in city bus shelters.

Interlakers who come to Winnipeg for sports events or shopping can also call the DCSP (204-947-3277) if they see someone in need, she said.

"People from the Interlake will probably see a lot of concerning things happening in the downtown area, and if they see someone they think needs a wellness check and they're not sure who to call, they can call us," said Johnson.

> JUBILEE, FROM PG. 18

Campbell said.

A plaque will accompany all the trees to indicate their connection to Platinum Jubilee.

Settlers, Rails and Trails, located in the lower level of the Argyle Community Centre on Highway 322, will be open on Saturday, June 18 from 1 to 4 p.m. with free admission.

"In addition to the exhibit, our special guest Doug Adams from Brandon, Man., will be bringing important pieces of royal china from his massive

collection to display that day," Campbell added.

"He has what might be the largest collection of royal china in Manitoba."

The museum is usually open the first Saturday of each month from 1 to 4 p.m. for free and by appointment by emailing argylemuseum@gmail.com.

For more information about Settlers, Rails and Trails, visit www.settlersrailsandtrails.com.

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Grilled Turkey Caesar Wraps

<ul style="list-style-type: none"> 1 Boneless, Skinless Turkey Breast 1/2 tsp 2.5 ml sea salt 1 tsp 5 ml mild paprika 1/2 tsp 2.5 ml mustard powder 1/2 tsp 2.5 ml dried roasted garlic 4 strips Applewood Smoked Turkey Bacon 2 tbsp 30 ml fresh grated Parmesan cheese 3 cups 750 ml romaine, chopped 1/2 cup 125 ml croutons 3 tbsp 45 ml Caesar salad dressing 1 tbsp 15 ml fresh squeezed lemon juice 1/4 tsp 1.25 ml fresh ground pepper 4 10" flour tortilla wraps 	<p>Preheat bbq to medium-high (375°F 190°C). Mix salt, paprika, mustard and garlic & coat turkey breast with rub. Grill over indirect heat until fully cooked (170°F 77°C), about 40 minutes. Let cool then cube. Grill bacon over indirect heat for 5 minutes on each side. Set aside to cool then slice. In a large bowl, combine cooled turkey and all other ingredients excluding wraps. Divide into 4 equal portions, wrap each in a wrap and serve.</p>
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More BBQ Turkey Recipes at:
turkey.mb.ca

Lundar's agricultural fair returns for 68th year

By Emma Honeybun

The 68th annual Lundar Fair went ahead this year, breaking out of a two-year hiatus caused by the COVID-19 pandemic. The fair did not count the last two previous years, continuing from the 67th Lundar Fair in 2019.

The fair was full of new and recurring events, performances, attractions and fundraisers. The fair grounds "came to life" for the parade Saturday and remained active over the course of the afternoon.

Arlene Darknell with the Lundar Agriculture Society, who was at the fair as administrator, expressed that the comeback received a good turn out.

"It was really busy," she said on Saturday. "There's just lots of people around in general. The rides were busy and yeah, the beer gardens were full."

New events for this year included the model plane display set up for the duration of Saturday in the Lundar Arena.

The baby judging competition also made its return, something that Darknell said was still just done as a fun tradition. Leading up to the fair, the



Model R/C plane on display in the arena, presented by the Lundar Sports Flyers Club.

team hadn't been sure it would still be going forward.

It's not competitive and done primarily for the families who have cared about it for the years it's been active. All participants were awarded certificates as mementoes.

Lundar Fair was put together by a large team of directors, organizers and volunteers. Every aspect of the fair relies on volunteer aid and collaboration. It raises awareness for local business, agriculture and members of the community.

"I would say it's a community get together, and it does help us to fund our operations," said Darknell.

An example of the fundraising included the beef lunch, a meal that



From left to right: Emily Laradd, Michelle Raciot, Scarlett Raciot, Roi Brandson and Jason Bird.



The beef show was held at the Agri-Ed Centre.



EXPRESS PHOTOS BY NICOLE BROWNLEE

Arlene Darknell and Consulate General of Iceland Vilhjalmur Wium at the fairgrounds.

most fairgoers participated in right after the parade had concluded. It raised funds for the Lundar Gymnastics Club, with adult tickets going for \$15.

There wasn't a confirmed approximate number of fairgoers this year, but there was a large number of guests who came from as far as Winnipeg.

The Lundar Fair will be back for 2023 on June 9 and 10.



Jayden Nickel, Shetland Ponsin and Dakota. This was their first time competing at the Lundar Fair.



Home living exhibition.



Interlake Steppers performance

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Interlake splits doubleheader with Pembina Valley

By Brian Bowman

The Interlake Blue Jays won their first game of the Manitoba Junior Baseball League season.

Interlake split a doubleheader with the Pembina Valley Orioles on Sunday, losing 11-7 and then winning 11-7.

"It would be nice to get less than seven on the board but pitching has been an issue," said Blue Jays' manager Adam Kirk. "We're starting to figure it out now. We have a couple of new faces and stuff so I told the guys

that traditionally we're not the fastest starting team but as the summer goes on we're going to play better ball. It sounds like it's getting a little bit better."

Last Wednesday, Interlake was defeated 11-1 by the four-time defending-league champion Elmwood Giants.

Interlake will visit the Altona Bisons on Wednesday (7:30 p.m.) and the St. Boniface Legionnaires Friday (7 p.m.).

The Blue Jays' record is now 1-8 on the season. Interlake should get some

confidence after winning their first game.

"We weren't playing badly in most of the games," Kirk said. "Dave Myers is the coach this year and, after talking to him, he said 'We're in it until the fourth or the fifth. It's 2-1, 3-2 and we have one bad inning and it blows up on us and it's a blowout.'"

The Stonewall Blue Jays, meanwhile, were scheduled to play the W Winnipeg A's last Thursday at Quarry Park but no score was on the league website at press time.

Stonewall hammered the Elmwood Giants 14-5 on June 7 at Quarry Park.

On June 6, the Blue Jays defeated the South Winnipeg Longhorns 12-8.

The Blue Jays, now 3-0, will play the Pembina Phillies on Wednesday (7 p.m.) at Braves Field and then will take on the Bona Vital Brewers Thursday (7 p.m.) at Whittier Park.

Stonewall's next home game is June 21 when it hosts Pembina for a 7:30 p.m. game at Quarry Park.

Special Olympians on track

Submitted

On June 4 and 5, Special Olympics' teams from across the province converged on the University of Manitoba Stadium.

Athletes had the opportunity to participate in the 50-metre, 100m, 200m, 400m, 800m and 1500m races, as well as shot put, mini-javelin (new this year) and standing and running long jump. And while times and distances were recorded, the focus for Interlake Athletics was to get together with oth-

er athletes, meet up with old friends, and have fun being active.

The Interlake team was small, but mighty, consisting of Alysia Roy, Erik Andersen and Justin Hebert. Three other athletes, Nolan Penner, Alec Baldwin and Shirley Lavalee, were not in attendance because they were part of Team Manitoba for the World Winter Games that were to be held in Moscow this year. In recognition of their efforts for qualifying, Special Olympics Canada flew team mem-

bers to Toronto for a weekend of celebration and fitness training but unfortunately the dates coincided with the Manitoba provincial meet.

Erik Andersen opened the meet with a national anthem solo, and the two days of competition ran like a well-oiled machine.

Here are the local athletes' results:

100m – Erik Andersen – fifth M1, Alysia Roy – second F1

50m – Justin Hebert – first M1

Mini-javelin – Alysia Roy – second

F1, Justin Hebert – first M1, Erik Andersen fourth M4

Shot put – Justin Hebert – third M1, Erik Andersen – third M4

Running long jump – Erik Andersen – fifth M4

Standing long jump – Alysia Roy – fifth F3

In addition to the six athletes listed, Jordy Middleton is happy to be back at practices, but eight other athletes who were regulars pre-Covid have not returned yet.

"Everyone has different comfort levels with in-person activities," said parent, Tanis Baldwin. "Hoping that fall, and the desire to get back into a routine, will bring more back."

Track and field excellence



EXPRESS PHOTOS SUBMITTED

The Gimli Lakers' Ivy Alexander, pictured left, placed first overall in the province in the junior varsity girls' discus after a great throw of 24.95 metres. Arborg Collegiate's Sydney Burak set a provincial record in the pentathlon high jump after clearing the bar at 1.56 metres.

Impact shut out Dirty Garrys

Staff

The Interlake Impact shut out the Dirty Garrys 2-0 in Manitoba Major Soccer League 4th Division action on June 8 at the Buhler Recreation Park.

Dalen Penner scored both Impact goals.

Interlake, now 3-0, played the Ha-

nover Strikers in Steinbach this past Tuesday but no score was available at press time.

The Impact will battle the YFC Saints this Thursday (7:30 p.m.) at Kinver Park. Next Monday at 7:30 p.m., Interlake will take on Richmond United at Buhler.

To see more photos
of your favourite
Interlake Athletes

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GARAGE SALE

MULTI FAMILY: Admirals Drive and Buceaners Cove, Silver Harbour, Arnes, Manitoba. (Signs will be posted). Saturday, June 18th from 9-3 p.m. & Sunday, June 19th from 9-3 p.m.

COMPUTER PROBLEMS

Computer problems - call Darrell in Gimli. Rates starting at \$47.50 residential or \$57.50 business, plus mileage outside of Gimli. Phone 204-641-2910.

THE EXPRESS 204-467-5836



Town of Arborg INVITATION TO TENDER for I.C.F Basement Approx. 40'x50'

The Town of Arborg is accepting tenders for the construction of an I.C.F Basement, approx. 40'x 50', complete with all materials, labor and equipment

A detailed tender package is available for pick up at the Town Office, 337 River Road in Arborg, between the hours of 8:30 a.m. and 4:30 p.m., Monday - Friday

Deadline for tender submission is 4:30 p.m. on Thursday, June 30th, 2022.

The municipality reserves the right to reject any or all bids, to waive irregularities and informalities therein, and to award the project in the best interest of the municipality in its sole discretion.

Cindy Stansell, CMMA
Chief Administrative Officer
Town of Arborg
P.O. Box 159, Arborg, MB R0C 0A0
Phone: 204-376-2647 Email: caoarborg@mymts.net



EVERGREEN SCHOOL DIVISION

Invites applications for the following regular position, effective June 24, 2022:

21.OP.15 - Head Caretaker/Caretaker (2.6 hr/day)
- TEC Centre, Education Support Centre, Gimli
Bus Garage & Gimli Maintenance Shop

See website for details and application procedures:
<http://www.esd.ca/Employment under Support Staff>

CLOSING DATE: June 20, 2022 (3:30 p.m.)

We wish to thank all applicants for their interest, however only candidates selected for an interview will be contacted.

Employment will be subject to satisfactory criminal record and child abuse registry checks. Evergreen School Division may contact former employers.



Rural Municipality of
FISHER

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

UNDER THE AUTHORITY OF THE PLANNING ACT NOTICE OF PUBLIC HEARING

On the date and at the time and location shown below, a PUBLIC HEARING will be held to receive representation from any persons who wish to make them in respect to the following matter:

APPLICATION FOR CONDITIONAL USE under the RURAL MUNICIPALITY OF FISHER ZONING BY-LAW 1055/00 AS AMENDED.

HEARING: UKRAINAIN NATIONAL HOME
33 PROVENCHER STREET,
FISHER BRANCH, MANITOBA

DATE AND TIME: WEDNESDAY, JULY 6, 2022 AT 10:00 A.M.

APPLICATION: CU2022-01

OWNERS /APPLICANT: TYRONE ABAS
BOX 421
HODGSON, MB
R0C 1N0

PROPOSAL: To allow the establishment of a licenced Cannabis Retail Shop and a Micro Cultivation unit for the purposes of growing and selling Cannabis.

AREA AFFECTED: LOTS 8 AND 9 PLAN 4570P BEING
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FOR INFORMATION Kelly Marykuca,
CONTACT: Chief Administrative Officer
Rural Municipality of Fisher
Phone 204-372-6393

A Copy of the above proposal and supporting material may be inspected at the municipal office during normal office hours, Monday to Friday. Copies may be made and extracts taken therefrom, upon request.

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



ANNUAL GENERAL MEETING

**Interlake Cattleman's Co-op
Association Ltd.**
Annual General Meeting
Monday June 20, 2022
8:00 P.M.
ASHERN AUCTION MART
Auditors Financial Report
Election of Directors
Manager's Report
Dainties and coffee will be served.

Livestock FOR SALE

F Bar & Associates Angus bulls and females.

Red and Black bulls and open heifers.

Excellent genetics,
quiet easy-handling stock.

Contact Allen or Marilyn Staheli,
204-447-0737 or 204-448-2124,
Eddystone, MB, or
email to: amstaheli@inethome.ca

Bulls For Sale

Registered Black Angus

- Enrolled in Canadian Angus Performance Program (CAPP)
- Full Herd Health Program
- Vaccines for IBR, BVD, etc
- A.I. Sires used • Quiet & docile
- Calving ease sires and performance sires available
- Semen tested • Sold w/breeders guarantee
- EPD's & performance data available



BRADDOCK RANCH Est 1993
~ Raising Registered Aberdeen Angus for over 25 years ~
Chatfield, MB www.braddockranch.com
Jason Schultz (204) 664-5276



Gimli Barvinok Dance Club is looking for Instructors to provide Ukrainian dance to children, teenagers and adults in our community.

Position: Ukrainian Dance Instructors
Reporting to: Barvinok Ukrainian Dance Board
Salary: Hourly Wage (based on qualifications and experience)
Job Type: Part time

Closing date of job advertisement: July 15, 2022

Requirements:

- Availability to instruct dance on Wednesday evenings and weekends for various events and competitions
- Instruct Ukrainian dance to dancers ages 4 and up
- Interested in promoting Ukrainian dance and culture
- Ability to prepare choreography and music for dances
- Prepare for competitions, Malanka and spring concert
- Provide some basic ballet training as part of class warm up and strengthening
- Child abuse registry check and criminal record check required
- Provide updates throughout our dance season to the board on progress; dance, costumes and plans

Compensation:

- Hourly wage based on qualifications and experience
- Mileage to be determined
- Accommodations for competitions

Please submit resume and 2 dance references
by July 15, 2022 to: gimlibarvinokud@gmail.com



Classifieds



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



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 1/2 miles from the auction mart.

**Tenders to be received
by June 22, 2022 (4 p.m.)
Removal of manure to be done by
August 1, 2022**

For more info call Kirk at 204-768-0019
Interlake Cattleman's Coop Assoc Ltd.
Box 599
Ashern, MB. R0C 0E0
Fax: 204-768-3690
Email: icca@mymts.net
License # 1128

**McSherry Auction
Service Ltd**

ANTIQUE TRACTOR ONLINE AUCTION

**Closing on Tuesday
June 28th at 1:00 pm**

Oakbank MB
2 miles North on Hwy 206.
Then 1/4 mile east on Hwy
213 # 27065.
Over 50 tractors Featuring:
Gibson, Empire, J.D. 60,
J.D.GP, J.D. H, Farmall 350,
some vehicles and auto-
body equipment.

Go to website
McSherryauction.com
for bidding, viewing and
the detailed listing.

Contact Darin at
204-781-7905 or
McSherry Auction at
204-467-1858



204-467-5836

HELP WANTED

Federated Co-operatives Limited. Class 1A & 3A propane drivers wanted: Winnipeg, Brandon & Carman. Apply at www.fcl.crs

WATER TREATMENT

Water softeners. All sizes. 5 stage reverse osmosis systems, \$268. E-coli ultraviolet systems. Greensand iron/odour/manganese removal filters. 10" & 20" Polyspun. String wound. Carbon replacement water filters. Delivery avail. All Seasons Furnishings 204-661-8581.

LAKESIDE FLIGHT SCHOOL

Want to learn how to fly? Recreational Pilot Program is the best way to get started, must be 16 years of age. Privileges: fly for fun in a certified airplane, a home-built aircraft or an ultralight; fly by day only in Canada with one passenger; can easily add float rating to permit. Lakeside Flight School 204-642-4799.



204-467-5836

WANTED

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

Old advertising dealership signs, gas pumps, globes, pop machines, light ups. White Rose, Red Indian, Buffalo, North Star, Case Eagles. etc. Collector paying TOP PRICES. 306-221-5908.

FINANCE

Private mortgage lender. All real estate types considered. No credit checks done. Deal direct with lender and get quick approval. Toll free 1-866-405-1228 www.firstandsecondmortgages.ca

NOTICES

URGENT PRESS RELEASES - Have a newsworthy item to announce? Having a spring/summer 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 for more details.

NOTICES

INTERNET ADVERTISING NOT GETTING RESULTS? Advertise in the 32 Weekly Manitoba Community Newspapers to get your messaging out now and be seen all over the province! Hiring? Selling something? Have an on-line store? Let people know in the Blanket Classifieds! Call 204-467-5836 or call MCNA at (204) 947-1691 for more details or to book ads. MCNA - Manitoba Community Newspapers Association. www.mcna.com

Please support
our advertisers
**SHOP
LOCAL**



EVERGREEN SCHOOL DIVISION

Has a number of temporary and regular Bus Driver vacancies available, effective September 6, 2022:

Bus Driver (approx. 4hr/day): Arborg, Gimli/Winnipeg Beach, Riverton areas

No experience required. Training and assistance with bus certificate provided.

See website for further details and application procedures: [http://www.esd.ca/Employment under Support Staff](http://www.esd.ca/Employment%20under%20Support%20Staff).

CLOSING DATE: June 27, 2022 (3:30 pm)

We wish to thank all applicants for their interest, however only candidates selected for an interview will be contacted.

Employment will be subject to satisfactory criminal record and child abuse registry checks. Evergreen School Division may contact former employers.



RURAL MUNICIPALITY OF GIMLI PRE-ELECTION ORIENTATION SESSION

Municipal elections will be held on October 26, 2022. If you are interested in running for Council or would like more information on what is involved with becoming Mayor or Councillor; the Municipality will be hosting an information session on **June 23, 2022**. The session will be held upstairs at the Recreation Centre located at 45 Centennial Rd. Gimli starting at 6:30 PM.

The session is expected to last 1.5 to 2 hours and will provide information on many topics including:

- Terminology (Act, By-law, Resolution, etc.)
- Information about the RM of Gimli and how it operates
- Overview of applicable Province of Manitoba legislation
- Roles of Mayor, Council, CAO/Administration
- How Council gives Administration direction
- Committees, meetings and time commitments
- Compensation
- Election financing rules
- Questions?

The presentation will be given by Mr. Ernie Epp of Way To Go Consulting Inc. Mr. Epp has over 35 years experience in local government, and for the past 10 years has been providing a wide variety of consulting services to many municipalities in Manitoba.

Walk-ins are welcome but for planning purposes it would be appreciated if those interested in attending would pre-register by contacting the Municipal Office at 204-642-6650 or at gimli@rmgimli.com



THE RURAL MUNICIPALITY OF WOODLANDS EMPLOYMENT OPPORTUNITY

The Rural Municipality of Woodlands invites applications for the following position:

SEASONAL OPERATOR 1

Summary of position:

The Seasonal Operator 1 is responsible for operating a variety of light equipment and vehicles in performing a variety of labour tasks in constructing, maintaining and repairing the municipal infrastructure.

Specific Duties and Responsibilities:

- Operates all-wheel tractor, crawler and mower
- Cuts grass on roadsides, parks and cemeteries
- Installs and repairs culverts
- Installs and repairs signs
- Hauls and spreads gravel
- Assists with surveying
- Performs minor repairs and maintenance to equipment and vehicles
- Performs other related duties as assigned

Working Conditions:

- Seasonal
- Working hours set as per weather conditions
- Must be able to handle moderate physical tasks as some heavy lifting may be required
- Use of safety goggles, gloves, and safety shoes and clothing may be required to operate specific equipment

Education, Skills, Abilities, Knowledge and Experience Required:

- Graduation from a Senior 4 (Grade 12) High School Program or an equivalent combination of training and experience
- Training in operating construction and maintenance equipment
- Experience in surveying an asset
- Experience in road construction and maintenance
- Ability to work with minimal supervision
- Knowledge of safety procedures and of the use of safety equipment
- St. John's Ambulance Course
- Ability to work as a member of a team
- Good communication and interpersonal skills
- Clean Drivers Abstract

Salary as per the agreement between The International Union of Operating Engineers Local 987 and the Rural Municipality of Woodlands. Please submit resume to Finance Manager, RM of Woodlands, Box 10, Woodlands, MB R0C 3E0 or by email at finance@rmwoodlands.ca Deadline for applying is June 30, 2022 at 4:00 p.m.

EMPLOYMENT OPPORTUNITY

**Compass Group Canada is
accepting applications for**

**Part Time Cooks and
Part Time Dietary Aides**
at Betel Home in Gimli.

Experience preferred but willing to train.

Starting wage Dietary Aide:

\$17.23/hr and Cooks: \$18.67/hr

Please forward resumes to:

Raissa Leme at

Raissa.Leme@compass-canada.com



**SURVIVOR'S
HOPE
CRISIS
CENTRE**

Executive Director

Survivor's Hope Crisis Centre (SHCC) is currently seeking a full time Executive Director. SHCC is a sexual violence resource centre serving the Interlake Eastern Region of Manitoba.

As the Executive Director, you will have an opportunity to be part of unique and forward-thinking empowerment programs in rural Manitoba. You will impact the services available to rural survivors of sexual violence and oversee innovative preventative education programs. You will be an essential part of relationships among health care providers, law enforcement, educators, and support services to bring them together in a coordinated response to sexual violence.

Please submit your cover letter and resume by June 30, 2022 at 4pm. View the full opportunity and how to apply at survivors-hope.ca/get-involved/

Classifieds

THE EXPRESS
WEEKLY NEWS

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Eddie's Gravel Supply Ltd. is Hiring

CLASS 1 TRUCK DRIVERS WANTED!

Competitive Wages, Health Benefits, Lift 50lbs
Experience an asset

info@eddiesgravel.com

204-389-2023

102086 Hwy 9, Wpg Beach, MB



Grain BINS

204-378-2989

PART TIME Class 1 Driver needed

16 foot wide loads

\$30.00 hourly

Send Resume to

jake@nrwbins.com

LIVESTOCK

For sale - Yearling Angus bull, near Inwood, asking \$2000. Call 204-278-3669.

SEED FOR SALE

Certified #1 Algonquin alfalfa. Ph Carla Shergold 204-372-6490.

FEED AND SEED

CERTIFIED SEED: Very Early Yellow Pea, Forage Peas. Polish Canola, Spring Triticale. Also, Wheat, Oats & Barley. Contact Mastin Seeds at 403-556-2609. mastinseeds.com

FARM PRODUCE

Red, Russet and Yellow table and seed potatoes. Sunflower and bird seed. Phone 204-886-2676. Interlake Potato Farms, Teulon.

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

FULL-TIME POSITION, CAREER OPPORTUNITY



Teulon, MB

Journeyman Construction Electricians and all levels.

Must have a valid driver's license.

Must be dependable.

Please email resume to

ile@mymts.net

JOB OPPORTUNITY

Senior Coordinator/ Community Resource Coordinator (7 month full time term position)

The Living Independence for Elders is looking to hire a full time Community Resource Coordinator (Term - July 2022 to February 2023)

Community Resource Coordinator is to coordinate Support Services that are available to seniors and persons with disabilities, which will assist them in maintaining their independent living status.

Support Services in the basic living category may include but is not limited to: transportation, escort, shopping errands, friendly visiting, tele-check, companion, meals, home maintenance including general house keeping, heavy cleaning, home repair, garbage pick up, and vacation home check

Administrative duties

- Handle Daily correspondence
- Maintain a current record keeping system on clients, volunteers and fee for service providers.
- Maintain liaisons with community agencies, services and the Regional Health Authority
- Communicate with community as required by the Community Resource Council
- Maintain client confidentiality
- Assist clients in filling out forms, arranging transportation when needed

Qualifications and Competencies

- Minimum of Grade 12 Education
- Must be a caring and supportive individual who understand the philosophy and attitudes required to maintain and/or enhance an individual's functioning and independence.
- Must be able to work independently and cooperatively with frail and well elderly clients, volunteers, professional and non-professional staff and public.
- Excellent interpersonal skills including good verbal and written aptitude required to communicate effectively with participants, families, staff and community agencies.
- Must be Computer literate in Microsoft Office - Word, Excel, Emails, Internet
- Self starter and able to make work independently

For full job description, please contact the LIFE Office at (204) 768-2187 or email: lifeashern@gmail.com

Resume, cover letter and references may be submitted by email or dropped off at the office. Deadline for applications if June 23, 2022.

Attn: Hiring Committee

We thank all those that apply, however, only those selected for an interview will be contacted.

GARTONSAUCTION.COM

ONLINE ONLY AUCTION FOR THE ESTATE OF RAYMOND GENSISKI
WINNIPEGOSIS, MB
SOFT CLOSE WEDNESDAY, JUNE 22, 2022 AT 5:00 PM

800+ items! For on-line bidding and pictures, visit www.gartonsauktion.com. Previewing June 17 and 18 - for info, call 204-656-4462 or 204-656-4538

BOATS, FISHING GEAR: 1999 49' aluminum fishing boat, 2-Perkins M130C Engines (new in 2016), Includes living quarters, winches for net lifting, etc. with 5th wheel tandem axle/dually trailer, 17500 lb hyd winch; 2018 38' aluminum commercial fishing boat, Merc cruiser 6.2l, 300 in-board motor with tri-axel bumper hitch trailer; Lund aluminum boat, 16'x6', EZ loader trailer, good tires; Sterling aluminum boat, 4'x14'; other boats; large quantity and variety of fishing nets, net rollers, weights, tubs, anchors, chains, safety gear, clothing, Eclipse Marine transceiver radio (new), camping items, etc. **VEHICLES:** 1998 Freightliner semi w/sleeper, Cummins engine, 13-speed, 263,169 miles; 2007 Chev Silverado Duramax 2500HD, diesel, 4x4, ext cab, 376,807 km-as is; 1994 Chev Silverado 1500, 4x4, ext cab, 446,467km, as is; partially-restored Bombardier with most parts included; 1984 International school bus, as is; **TRAILERS:** Car hauler HD trailer, 22', tandem axle, 16" wheels, ramp; aluminum frame trailer, 12'x8', tilt deck, single axle; HD dual wheel 13'x36' boat trailer; aluminum 43'x62" ATV trailer, etc; **SKID STEER, SNOWMOBILES:** 2009 Skid Steer-Cat 216B, 943 hrs; pallet forks for skid steer; 2016 Polaris 600 wide-track, reverse, fully-loaded, 1772 miles; 1998 Polaris XLT touring, 600 triple, long tract, 2-up seat, reverse, 6102 miles; 1993 Polaris 440 Indy wide-track, GT long track, reverse, 3664 mi; NEW tire chains for ATV - ice cheats; **TOOLS, SHOP, YARD ITEMS:** Large quantity of tools and shop items; Honda 5hp 3000W generator; 196cc Hydro-tek hydraulic power unit, like new; Acklands welder, AC/DC, 8000w generator; Winch -electric, 12v DC, ATV/UTV, 4000lb; Shop Hand hoist, 5000lb fully closed, 2500lb extended; Keeper winch, 17500lb single line pull-NEW; Cub Cadet 54" zero turn lawnmower, 25hp, 725cc, Kohler 7000 series (82 hrs); Master Craftsman locking toolbox; **FURNITURE, HOUSEHOLD:** leather couch/chair, recliner, rocker, tables, lamps, 55" TV, other TVs, office equipment; bedroom furniture; kitchenware; small appliances, freezer, etc; **OTHER:** firearms; quantity of aluminum, steel, metal and much more!

WESTSHORE MARINE & LEISURE Arborg, MB

FULL-TIME SUMMER JOB OPPORTUNITY PARTS COUNTER CLERK

Responsibilities will include unpacking and putting away parts, entering parts into inventory, customer service, showroom organization, and assisting parts personnel with daily activities as required.

Long term employment is a possibility.

Date of employment to commence later in June.

\$15.00/hour

Please email your resume to

shari@westshoremarine.ca

or drop off at 7 Main St

(Corner of Hwy 68/Main St) ARBORG

This is a Canada Summer Jobs opportunity

WESTSHORE
MARINE & LEISURE

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For all your printing and publishing needs

Classifieds



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or Email classifieds@expressweeklynews.ca

JOB OPPORTUNITY

Adult Day Program Service to Senior Coordinator/Community Resource Coordinator

The Living Independence for Elders is looking to hire for the noted positions.

This will be full time Monday-Friday and will consist of 3 days Adult Day Program and 2 days Community Resource Coordinator (to start immediately)

The Adult Day Program coordinator is responsible for the development, coordination, implementation and evaluation of all activities designed to meet the social, recreational and therapeutic needs of participants. The incumbent participates as a member of a multidisciplinary team in the promotion and development of ADP in the region. This position receives supervision, guidance and support from the community sponsor, Living Independence for Elders and IERHA.

Community Resource Coordinator is to coordinate Support Services that are available to seniors and persons with disabilities, which will assist them in maintaining their independent living status.

Support Services in the basic living category may include but is not limited to: transportation, escort, shopping errands, friendly visiting, tele-check, companion, meals, home maintenance including general house keeping, heavy cleaning, home repair, garbage pick up, and vacation home check

Qualifications and Competencies

- Minimum of Grade 12 Education, plus certificate in Activity Programming for Seniors or others related program. Other courses relating to gerontology would be an asset.
- 1 to 2 years experience working with the elderly and physically and cognitively impaired, preferably in an activity-oriented setting. Background in volunteer coordination is an asset.
- Must be a caring and supportive individual who understand the philosophy and attitudes required to maintain and/or enhance an individual's functioning and independence.
- Must be able to work independently and cooperatively with frail and well elderly clients, volunteers, professional and non-professional staff and public.
- Excellent interpersonal skills including good verbal and written aptitude required to communicate effectively with participants, families, staff and community agencies.
- Trained in and maintenance of CPR designation.
- Good physical and mental health and ability to meet the demands of the position.
- Must be Computer literate in Microsoft Office – Word, Excel, Emails, Internet
- Self starter and able to make work independently

For full job description, please contact the LIFE Office at (204) 768-2187 or email: lifeashern@gmail.com

Resume, cover letter and references may be submitted by email or dropped off at the office. Deadline for applications if June 23, 2022. Attn: Hiring Committee

We thank all those that apply, however, only those selected for an interview will be contacted.



RM OF COLDWELL GRADER OPERATOR

RM of Coldwell invites applications for the position of Full Time grader operator.

Will be required to service equipment, a complete list of duties and responsibilities is available upon request, Class 3 Licence with Air endorsement an asset (or willing to obtain).

Wages negotiable. Only successful applicants will be notified of interview.

Applications to be submitted no later than July 5, 2022, 4:30 pm

Send Resume to:

RM of Coldwell

Box 90 Lundar, MB R0C 1Y0

Ph: 762-5421 or fx:762-5177 or email: coldwell@mymts.net



Now Hiring: Heavy Duty Diesel Mechanic

GLENKO ENTERPRISES (1994) LTD.

We are currently looking for a person for the position of heavy-duty diesel mechanic. The successful candidate for the position needs to be highly organized and communicate effectively, as they will be expected to maintain detailed records of serviced vehicles on a daily basis.

Diesel Mechanic Responsibilities:

- Running diagnostic tests on Semis and Heavy Equipment.
- Analyzing diagnostic test results.
- Replacing vehicle engines, steering mechanisms, transmissions, and braking systems.
- Checking vehicle lighting systems.
- Test driving vehicles to gauge performance.
- Performing preventative maintenance on service trucks.
- Maintaining detailed records of serviced vehicles.
- Adhering to an inspection procedure checklist.
- Maintaining a parts inventory.
- Ensuring the cleanliness of the shop.

Diesel Mechanic Requirements:

- Degree or diploma in heavy duty diesel mechanics.
- ASE Diesel Certification advantageous.
- Valid driver's license.
- Advanced knowledge of diesel engine components.
- Good IT and diagnostic skills.
- Attention to detail.
- Good interpersonal skills.
- Excellent verbal communication skills.
- Good organization skills.

Please e-mail your resume to glenko@mymts.net Attention: Don

Or mail resume to Glenko Enterprises (1994) Ltd.

Box 1000 Arborg, MB R0C 0A0

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Hwy #1, MacGregor, MB

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www.kaldecktrailers.com

The Aurora Plus

1648 SqFt RTM

3 bedrooms, ensuite, huge kitchen, quartz countertops, walk-in pantry, island. 9 ft walls and double cathedral ceiling. James Hardie Siding.

Pictures available

www.wgiesbrechthomes.ca

Taking orders for Fall 2022

204-346-3231



RURAL MUNICIPALITY OF GIMLI PUBLIC NOTICE OF VOTERS LIST / VOTING AS A NON-RESIDENT VOTER/ and PERSONAL SECURITY PROTECTION

In accordance with Section 36 of The *Municipal Councils and School Boards Election Act* (MCSBEA), Notice is hereby given that a copy of the VOTERS LIST shall be revised at:

The Municipal Office at 62 2nd Ave. in the R.M. of Gimli between May 2, 2022 and September 20, 2022 during regular business hours (Monday to Friday 9:00 am to 5:00 pm).

At this time an Election Official will be available to update the voters list by:

- adding the names of voters who are entitled to have their names on the list;
- deleting the names of persons who are not entitled to have their names on the list; and
- making such other correction of errors to the list as required.

VOTER ELIGIBILITY: Subsection 21(1)

A person is eligible to have his or her name added to the Voters List if he or she is:

- 1) a Canadian citizen and at least 18 years of age on Election Day; and a resident of the local authority for at least six months prior to Election Day, OR a registered owner of land in the municipality for at least six months prior to Election Day.

VOTING AS A NON-RESIDENT VOTER: Subsection 22(1)

For municipal elections only, non-resident land-owners are eligible to vote in an election. In order to be eligible, the person must be:

- A Canadian citizen;
- At least 18 years of age on Election Day;
- A registered owner of land in the municipality for at least six months on Election Day.

A maximum of two non-resident property owners, per property, are permitted to vote in a municipal election. Subsection 22 (2). In order to be included on the Voters List, each of these voters must obtain written consent from a majority of the registered land-owners of the subject property, and file this with the Senior Election Official prior to September 20, 2022. Consent forms can be obtained from the RM of Gimli Municipal Office. When voting, a person may also be required to provide proof of ownership and/or proof of identity.

APPLICATION FOR PERSONAL SECURITY PROTECTION: Subsection 34 (3)

A voter may apply in writing to the Senior Election Officer (at the address /email/ fax number below) no later than **September 20, 2022** to have his/her name and other personal information omitted or obscured from the Voters List in order to protect the voter's personal security. The application may be submitted in person, by mail/email or fax and must include your name, address and include proof of identity.

All changes to the voters list must be completed on or before September 20, 2022.

Dated at; the R.M. of Gimli, in the Province of Manitoba, on April 5, 2022.

The next General Election for the R.M. of Gimli takes place on: October 26, 2022.

Robert J Potter, CMMA
Senior Election Official (S.E.O.) for the R.M. of Gimli
P.O. Box 1246
62 2nd Ave.
Gimli, MB R0C 1B0
Phone: 204-642-6650 / 204-461-1664 cell
Fax: 204-642-6660
Email: elections@rmgimli.com

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Classifieds



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or Email classifieds@expressweeklynews.ca

NOTICE TO CREDITORS

IN THE MATTER OF THE ESTATE OF:
RICHARD ROY FRANS, late of the
R.M. of Armstrong, in Manitoba, De-
ceased.

ALL claims against the above estate,
duly verified by Statutory Declaration,
must be filed with the undersigned at
their offices, 72A Centre Street, P.O.
Box 6500, Gimli, Manitoba, R0C 1B0,
on or before the 27th day of July, 2022.
DATED at Gimli, Manitoba, this 15th
day of June, 2022.

BAKER LAW CORPORATION
SOLICITORS FOR THE
ADMINISTRATRIX
Attention: Grant D. Baker

NOTICE TO CREDITORS

IN THE MATTER OF THE ESTATE OF:
DONALD HARVEY BECKEL, late of
the R.M. of Gimli, in Manitoba, De-
ceased.

ALL claims against the above estate,
duly verified by Statutory Declaration,
must be filed with the undersigned at
their offices, 72A Centre Street, P.O.
Box 6500, Gimli, Manitoba, R0C 1B0,
on or before the 27th day of July, 2022.
DATED at Gimli, Manitoba, this 15th
day of June, 2022.

BAKER LAW CORPORATION
SOLICITORS FOR THE EXECUTRIX
Attention: Grant D. Baker

NOTICE TO CREDITORS

IN THE MATTER OF THE ESTATE OF:
EILEEN THORBJORG WILBUR, late
of the R.M. of Gimli, in Manitoba, De-
ceased.

ALL claims against the above estate,
duly verified by Statutory Declaration,
must be filed with the undersigned at
their offices, 72A Centre Street, P.O.
Box 6500, Gimli, Manitoba, R0C 1B0,
on or before the 27th day of July, 2022.
DATED at Gimli, Manitoba, this 15th
day of June, 2022.

BAKER LAW CORPORATION
SOLICITORS FOR THE EXECUTRICES
Attention: Grant D. Baker

NOTICE TO CREDITORS

IN THE MATTER OF THE ESTATE OF:
JEAN EVELYN KRISTJANSON, late
of the R.M. of Gimli, in Manitoba, De-
ceased.

ALL claims against the above estate,
duly verified by Statutory Declaration,
must be filed with the offices of: TD
Wealth Private Trust, 2100 - 360 Main
Street, Winnipeg, Manitoba, R3C 3Z3,
Attention: Helen Lee, Trust Officer, on
or before the 27th day of July, 2022.
DATED at Gimli, Manitoba, this 15th
day of June, 2022.

BAKER LAW CORPORATION
SOLICITORS FOR THE EXECUTORS
Attention: Grant D. Baker

NOTICE TO CREDITORS

IN THE MATTER OF the Estate of
PATRICIA LOUISE CASEY late of the
Town of Gimli, Manitoba, deceased.

ALL CLAIMS against the above estate
duly verified by Statutory Declaration
must be filed with the undersigned at
102 - 1015 Wilkes Avenue, Winnipeg,
Manitoba, R3P 2R8 on or before the
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> GAMES

SUDOKU

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

Fun By The
Numbers

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Level: Intermediate

Here's How It Works:

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

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

Sudoku Answer

Crossword Answer



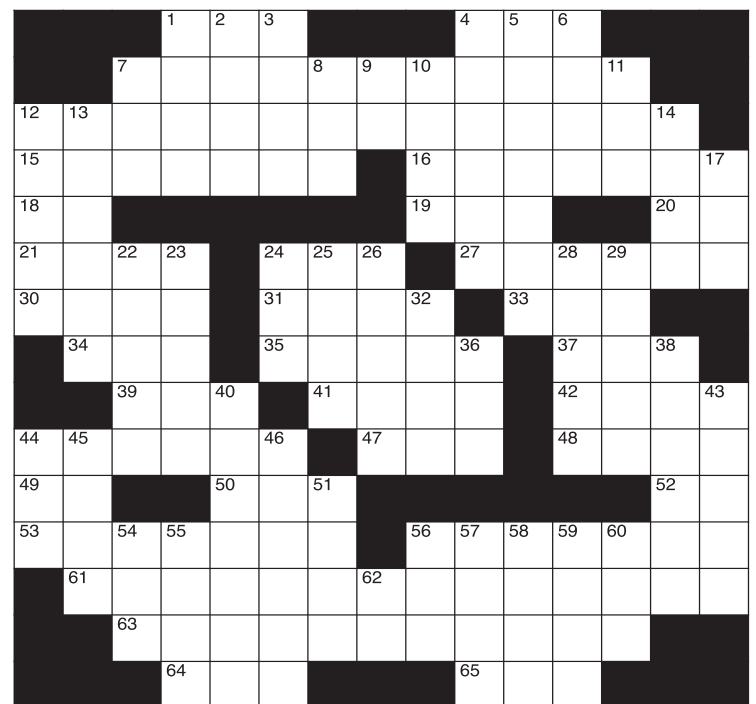
CROSSWORD

CLUES ACROSS

- Moved quickly
- Ocean temperature
- Scholarly book series
- Irregular
- Hairstyle
- Indigestion fixer
- Special therapy
- Mock
- Partner to Pa
- Strays
- Swedish currency (abbr.)
- Desired
- Soap product
- Traditional fishing boat
- No (Scottish)
- Spy organization
- Spiritual leader of a Jewish congregation
- Married woman
- Blood relation
- German river
- Genus of clams
- Parts of a movie
- Residue
- Ethnic group of Laos and Thailand
- Atomic #77
- Where wrestlers work
- Northeast
- Type of lettuce
- Abstain
- Communication between two
- One who administers medicine
- Sun up in New York
- Having eight

CLUES DOWN

- He played "Milton"
- Elsa's sister
- Digital wallet



- About backbone
- Type of weapon
- ___ Turner, rock singer
- Microgram
- Hair product
- Health care pro
- Holy fire
- Military ID (abbr.)
- ___ the ante
- Containing nitrogen
- Green citrus fruit
- Male parent
- Bring up
- Murdered
- Soviet Socialist Republic
- Supreme ruler Genghis
- Social media hand gesture
- Semitic Sun god
- Land

- Database management system
- Similar
- Nice to look at
- Covered with mud
- Simple dry fruit
- Title of respect
- Type of footwear
- Most lucid
- Exam
- Extinct flightless bird of New Zealand
- "Rule, Britannia" composer
- Small Eurasian deer
- "Within"
- Insures bank's depositors
- A pause for relaxation
- Social insect
- Expresses acidity

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CELEBRATION OF LIFE

Kenneth Craig Hughson

There will be a Celebration of Life for Kenneth Craig Hughson, who passed away on May 13, 2020. The service will be held in the Warren Memorial Hall on June 22nd at 1:00 p.m. with burial of his ashes to follow in the Warren Cemetery.

SERVICE ANNOUNCEMENT

Antony (Tony) Dyck

March 11, 1949 – January 21, 2021
A memorial service will be held at 11:00 a.m. on Saturday, June 25, 2022 in the Moosehorn Community Hall with Dawn Tober officiating.

Arrangements by:
ARNASON FUNERAL HOME
Ashern - Lunder
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1.866.323.3593

OBITUARY

Steven Louis Gergatz

July 7th, 1950 - June 9th, 2022

Unexpectedly we announce the passing of Steven Louis Gergatz on June 9th at the Johnson Memorial Hospital in Gimli.

Steven is survived by his sons Kurt, Kevin and Keith; brothers Otto (Veronica), Rick (Geraldine), Rob (Colleen) and Uncle and Aunt Ernie and Ellen Gergatz

Steven was predeceased by his parents Frank and Veronica Gergatz, brother Leslie and most recently his life partner, Marie Cook.

Steven is the oldest of the Gergatz five brothers and had many friends in the Riverton/Hnausa communities and beyond. A fun loving and gentle individual who was quick to laugh and share a joke or story, he will be missed by all that knew him. He greatly enjoyed the outdoors especially fishing and hunting. Although he grew up on a farm, he most enjoyed driving and operating equipment, especially highway trucks and he was very good at it and took pride in his work. He was much sought after even in retirement.



A Funeral Service will be held at the St Phillip Neri Roman Catholic Church in Arborg on June 16, 2022, at 11:30 a.m. A get-together will be immediately after the funeral at Silver Community Hall (4 miles south of Arborg). A private Interment will be held at a later time.

MACKENZIE FUNERAL HOME ARBORG
(204) 467-0024 • info@mackenziefh.com



OBITUARY

Edward Konopetcki

July 27, 1928 – May 28, 2022

With heavy hearts we announce the passing of our beloved Dad and Gigi at the age of 93. As the sun was setting on May 28, Ed passed peacefully with his daughter and dear friend Kyla by his side.

He has been reunited with his loving wife Augustine, who predeceased him in 2020.

He is survived by his only daughter Connie (Darrell Humeniuk) and his precious grandchildren Ryan and Megan Humeniuk.

Cremation has taken place.

A celebration of life will be held at a later time.
FISHER FUNERAL HOME INC.
In care of arrangements.
204-372-6803 or 204-372-6271



OBITUARY

Allan H. Martin (Bodge/Bodger)

Allan passed away peacefully in his home surrounded by love June 5th, 2022.

Allan was born on January 27, 1964 in Winnipeg and is survived by his loving wife Leah; stepdaughters April Lazar, Rebecca Lazar (Mark Wedman); granddaughters Bella and Sophia; his mother and father Len and Dorothy Martin; sisters Lynn (Don) Horton, Shannon; brother Earl (Cha); brothers-in-law Tim Kramble, Glenn Young; nieces Mikaela, Kristjana Reinert (Keith) and girls Kadie and Kaylei, Ayla and her son Alex. He was predeceased by sister Tracey Kramble, mother and father-in-law, Ervin and Viola Young, brother-in-law Brent Young, stepson Mark Lazar and both maternal and paternal grandparents.

Allan grew up in Wildwood Park and began his working career with Manitoba Hydro then left Hydro and began a 30 year career with Environment Canada retiring 1 1/2 years ago. He loved his job as a radar tech but was unable to continue in that field after suffering heart difficulties.

Bodge was a kind and gentle soul who had a large range of friends who all called him a good guy. Leah and Bodge met in Saskatoon and soon began a loving and solid relationship. They married in 2001 and settled in Windsor Park for 21 years and in November 2020 retired to Gimli, Manitoba.

We can't end this obituary without mentioning his good friends, some of which included the Saturday morning breakfast club, the hockey draft buddies and his wonderful friends both in Manitoba and out of province. He will be so missed, a big hole has been left in our lives. He went knowing he was much loved. The two short weeks we shared after his lengthy two month stay in hospital was a precious time. I want to thank the Gimli Home Care nurses as well, Christina and Sandra who made his days more comfortable and the Interlake East Palliative Care Team who were so kind and helpful.

A gathering of friends and relatives will take place at a later time.

Love you my darling, rest easy, you deserve some peace.

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

Gilbart Funeral Home, Gimli in care of arrangements.



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OBITUARY

Norma Onofreychuk

On Sunday, June 12, 2022 at the Gimli Community Health Centre, Norma Onofreychuk, aged 63 years of Sandy Hook, MB, beloved wife of Greg, passed away.

Full obituary to follow.

Gilbart Funeral Home, Gimli in care of arrangements.



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> MEAL IDEAS



Grilled Tequila-Lime Chicken with Grilled Asparagus

lime juice, garlic, chipotle pepper and adobo sauce. Pour into large resealable plastic bag. Add chicken and seal bag tightly; turn bag to coat. Refrigerate 2-12 hours.

Preheat grill to medium-high heat. Lightly spray grates with nonstick cooking spray.

In large dish, sprinkle asparagus with salt and 1/4 teaspoon pepper. Drizzle with oil. Turn asparagus over to coat.

Remove chicken from marinade. Discard marinade and wipe most of it off chicken. Sprinkle chicken with remaining pepper.

Grill 8-12 minutes, or until chicken is no longer pink in center. Transfer to plate and cover with aluminum foil.

Place asparagus on grill, facing opposite direction of grates. Grill 7 minutes, or until tender crisp.

Serve asparagus with chicken.

Recipe courtesy of the American Heart Association

Servings: 4

1/4 cup tequila or white vinegar

2 teaspoons lime zest

1/2 cup fresh lime juice

2 medium garlic cloves, minced

1 tablespoon chipotle pepper canned in adobo sauce, minced, plus 2 tablespoons adobo sauce

1 1/2 pounds boneless, skinless chicken breasts, fat discarded

nonstick cooking spray

3 bunches asparagus spears, trimmed

1/4 teaspoon salt

1/2 teaspoon black pepper, divided

2 tablespoons canola oil or corn oil

In small bowl, stir tequila, lime zest,



Chilled Lobster with Orange and Basil Vinaigrette

cut into 1-inch pieces

1 head butter lettuce, torn

1 ripe avocado, peeled and diced

3 radishes, thinly sliced

kosher salt

freshly ground black pepper

To make dressing: In medium bowl, whisk shallots, olive oil, orange juice, lime juice, basil, parsley, salt and Dijon mustard. Season with additional salt and pepper, to taste.

Add lobster to bowl; toss to coat. Chill at least 1 hour, or up to one day.

To serve: Arrange lettuce on serving plate and place lobster on top. Sprinkle with avocado, radishes, kosher salt and ground black pepper.

Recipe courtesy of Erin Lynch on behalf of the Maine Lobster Marketing Collaborative

Servings: 4

Dressing:

1 tablespoon minced shallots

2 tablespoons olive oil

2 tablespoons fresh orange juice

1 tablespoon fresh lime juice

2 tablespoons chopped fresh basil

1 tablespoon chopped fresh parsley

1/2 teaspoon salt, plus additional, to taste, divided

1/4 teaspoon Dijon mustard

pepper, to taste

1 pound cooked Maine Lobster meat,



Traditional Lobster Rolls

salt, to taste

fresh lemon juice, to taste

4 buttered, toasted rolls or preferred bread

sliced chives, for garnish

In bowl, combine lobster meat; mayonnaise, to taste; pepper, to taste; salt, to taste; and lemon juice, to taste.

Place 3-4 ounces lobster salad on each roll.

Garnish with chives and serve.

Recipe courtesy of the Maine Lobster Marketing Collaborative

Yield: 4 rolls

1 pound cooked Maine lobster meat

mayonnaise, to taste, for binding

freshly ground black pepper, to taste

Stepparents and stepchildren



Submitted

The blended family is one of the most complicated set of relationships. Two people fall in love and eventually want to live together. One or both may have children, as well as exes. While every situation is different, much of what follows will be applicable.

It's true that children should respect their elders and appreciate their parents. This is an area where parents may occasionally run into difficulty with their biological children, but the issue seems to become even more intense in the case of stepparents.

It is a touchy area, because most stepparents want to be liked and respected by their partner's children. However, the step-parenting relationship is different than being a biological parent. You cannot demand to be treated in a particular way, because that will only exacerbate an already difficult situation.

If the children instinctively like you, respect and appreciation are generally not issues. Usually when they are, it is because of underlying tension between the stepparent and the stepchildren. Sometimes an ex-partner is resentful of the new spouse, and the children show their loyalty by being cool to the new partner.

Alternatively, the children may resent the newcomer, especially if they have had a period of time when they had Mom or Dad all to themselves. Sometimes the stepparent tries too hard to be a parent, to be accepted,

or to have some control over the stepchild. This will create resistance in the child, who already has a Mom and a Dad, and does not want a second of either! It is so important to try to view the situation from the child's perspective.

Most children want their parents to be together, and unless a parent is deceased, they do not necessarily want their parent to find a new partner. When the new person is introduced to the children, it is usually as Mommy or Daddy's 'friend'. They seem to be able to handle the idea of a friend. I think if stepparents thought of themselves as friends of the stepchildren, and acted that way, that a mutually respectful parenting relationship might evolve.

Before moving in together, it is important for both parents in the blended family to discuss how parenting will be handled. Accept that there will be different rules and expectations at the bio parent's home. Do not try to "compensate" for what you feel is lacking. Changing what the child has grown up with because of a stepparent's view is unfair to the children. If changes are introduced it should happen gradually, and quite a while after the blending. Otherwise, the stepparent will be blamed.

It is also important that children be involved in discussions about the role the new adult is to play in their lives. Really listen to their concerns; this is a big change. If they are involved and have input in these discussions, they are more likely to cooperate. Blending a new family is an extremely delicate process, and so it is best to proceed slowly, gently, and with a willingness to be flexible.

Gwen Randall-Young is an author and award-winning psychologist. For permission to reprint this article, or to obtain books, CDs or MP3s, visit www.gwen.ca. Follow Gwen on Facebook for inspiration.



Frozen Yogurt Bark

1/2 cup blueberries

In medium bowl, mix yogurt and honey.

Line 9-by-13-inch baking dish with parchment paper. Use spatula or knife to spread yogurt over entire bottom of dish.

Pour chopped nuts over yogurt. Use fingers to slightly press into yogurt. Top yogurt with mango, blackberries and blueberries and slightly press into yogurt.

Cover with plastic wrap or foil and place in freezer overnight.

To serve: Lift parchment paper from baking dish onto cutting board. Use hands to break bark into pieces.

Recipe courtesy of the American Heart Association

Servings: 8

1 1/2 cups 2% low-fat plain Greek yogurt

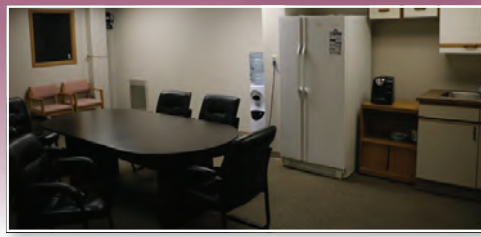
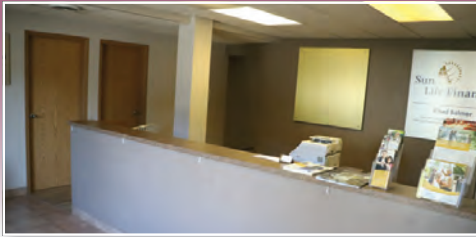
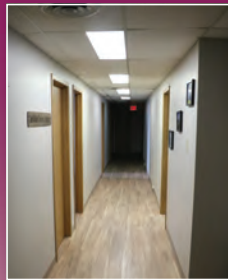
2 tablespoons honey

2 tablespoons chopped, unsalted almonds

1/2 cup chopped mango

1/4 cup blackberries or raspberries

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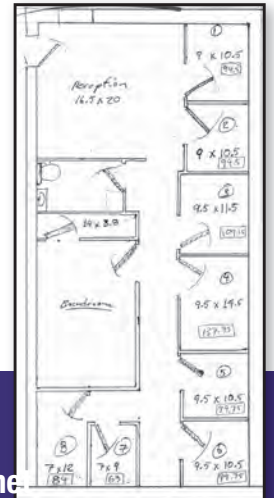
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