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Baba Cindy Genik, known for her Ukrainian spirit and zest for life, revved up her quad to join the festive lineup of the Fraserwood parade last Sunday. This was Iryna's first parade.

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Celebrating cultures of the First Nations, Inuit and Métis Indigenous peoples of Canada

By Jennifer McFee

National Indigenous Peoples Day brought together community members from Riverton and surrounding areas for a celebration on June 21.

The event took place at the Riverton and District Friendship Centre, where Desarae Bilinski served as the master of ceremonies.

"The event, held on a beautiful evening, was filled with activities, performances and delicious food, drawing a large and enthusiastic crowd. The festivities included a variety of children's games, cultural activities, face painting and inflatables, providing entertainment for all ages. Attendees were treated to Indigenous tacos and apple crisp, adding a delicious culinary element to the celebration," Bilinski said.

"Highlights included a captivating performance by fancy shawl dancer Kelly Chincilla, lively routines by the RDFC Jigging Club, a mesmerizing hoop dance by Rylee Sandberg, incredible dancing by United Thunder



and a powerful drumming and singing by the Red Shadow Singers."

The event was an empowering and vibrant celebration, bringing together the community to celebrate National Indigenous Peoples Day, she added.



EXPRESS PHOTOS BY SARA URUSKI PHOTOGRAPHY

"Speakers shared stories and wisdom, fostering a deeper understanding and respect for Indigenous cultures. Overall, it was a day filled with connection, learning and a strengthened sense of community," Bilinski

said.

"A huge thank you to The Riverton & District Friendship Centre team for all the hard work that went into making the event a success."

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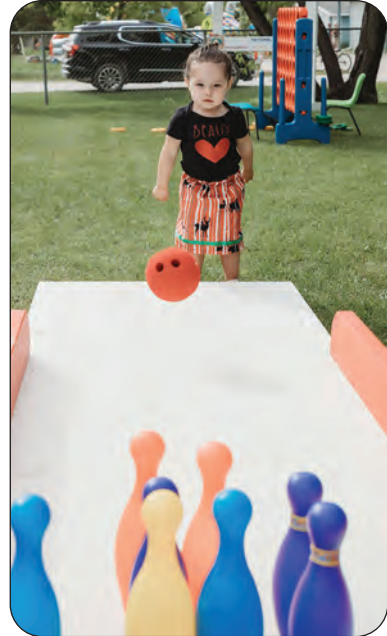
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Fraserwood parade-goers and family picnic day



EXPRESS PHOTOS BY MATTHIEU MEIER

The Fraserwood Hall held its annual community picnic and parade last Sunday that included a silent auction, 50/50 raffle, food, entertainment and games for the kids. A pancake breakfast kicked off the events before the parade made its way through town. Fun for all ages continued throughout the day with the Night Train providing live entertainment. Those who had a good arm had fun throwing the ball trying to their luck with the dunk tank. Children of all ages had fun on the bouncy slide. In the farmyard, they got to feed or pet a donkey, while others enjoyed ice cream and slushies.



Municipality of Bifrost-Riverton modernizing zoning bylaw

Landmark Planning & Design welcomes public feedback

By Patricia Barrett

The Municipality of Bifrost-Riverton released a new zoning bylaw that combines and updates separate zoning bylaws that were passed before the two jurisdictions were amalgamated.

In 2015 the province mandated the amalgamation of the Village of Riverton and the Rural Municipality of Bifrost. Each jurisdiction had its own zoning bylaw — the Village of Riverton Zoning Bylaw No. 76-80 and the Rural Municipality of Bifrost Zoning Bylaw No. 4-2011 — which have now been combined into the 2024 zoning bylaw.

The municipality, which dropped the term “rural” from its name, hired Landmark Planning & Design to undertake the process of creating a unified bylaw and obtaining feedback from residents. Landmark held an open house last Thursday in Riverton to present a draft version of the 2024 zoning bylaw. The event attracted over a dozen people.

Landmark’s Jeff Pratte, who attended the open house, said the new zoning bylaw will not impact residents’ day-to-day use of their properties. But if someone is contemplating a new development, they would have to refer to the zoning bylaw. And zoning for agriculture is “tied directly” to the province’s regulations. So most of the changes in the new bylaw pertain to simplifying and modernizing the old bylaws.

“When we review a bylaw, the goal isn’t to make wholesale changes per se. We want to make sure everything is in line with current regulations. We also work with the municipality to identify any reoccurring issues in the municipality, things that people are always seeking variances for,” said Pratte. “People [at the open house] were inquiring about certain kinds of developments the bylaw didn’t allow for, so we helped people get a sense of the changes that might need to be made. But the intent isn’t to change things for the sake of change.”

According to the provincial government’s guide to zoning bylaws, a zoning bylaw is essentially a set of

rules for land use and development. It implements the objectives and policies that are found in a development plan, which describes how and where land will be developed. Zoning bylaws must conform with a development plan.

Titled Municipality of Bifrost-Riverton Zoning Bylaw: A Law to Regulate and Control the Use and Development of Land and Buildings, the yet-to-be-numbered new bylaw addresses land use issues that include standards for natural, agricultural, rural, residential and business zones, public reserve lands, developments along lakes, the protection of groundwater, tiny home clusters, parking lots, signage, home businesses, guest houses, wind or solar farms, road allowances, communication towers and land unsuited for development.

Pratte said there were no serious concerns raised about the new bylaw at the open house.

“Some of the people who showed up to the open house are engaged in development and they were inquiring as to the specifics about commercial zones and residential rezoning,” said Pratte. “There were was a very informative exchange.

No one had any real issues that I noted. There were some requests from people saying that they would like to try to do something in the municipality and wanted to make sure that the draft bylaw would speak to that.”

The impetus for a new zoning bylaw stemmed from a development plan — the Eastern Interlake Planning District Development Plan — that was adopted in 2022, said Pratte.

“Any time you have a new development plan, you’re supposed to update your zoning bylaw. The two [bylaws] needed to be updated anyway, but the development plan definitely provided the impetus for Bifrost-Riverton to start the process,” said Pratte.

The municipality put out a request for proposals to update and combine its two zoning bylaws and different planning companies would have submitted a proposal and a price quote to undertake the work. Landmark, which is based in Winnipeg, is seen as a “leader in putting together zoning bylaws for municipalities,” said Pratte. The company has worked with municipalities across Manitoba.

Landmark staff have been working closely with the municipality’s ad-

“SOME OF THE PEOPLE WHO SHOWED UP TO THE OPEN HOUSE ARE ENGAGED IN DEVELOPMENT .”

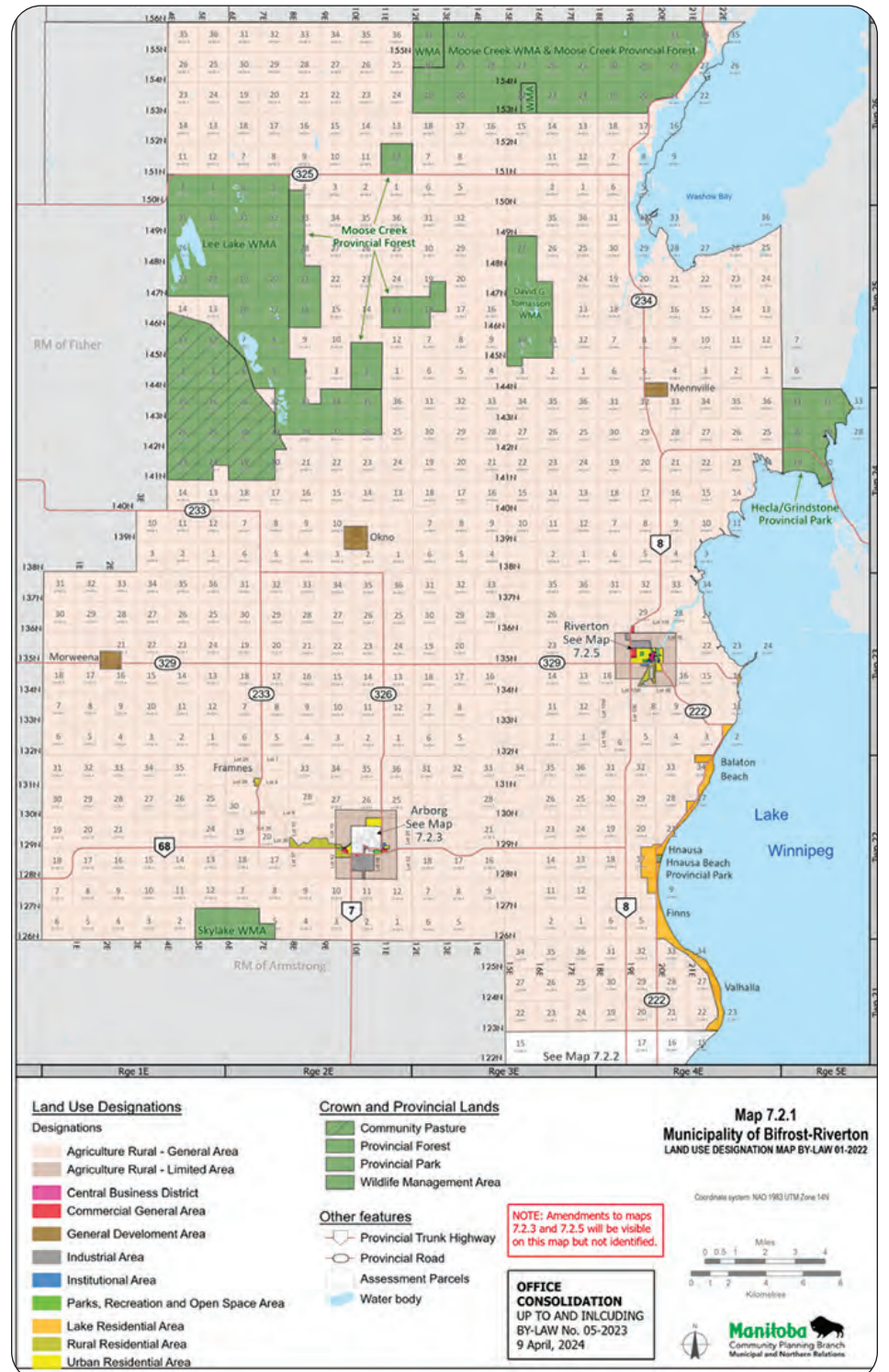


ILLUSTRATION COURTESY OF THE EASTERN INTERLAKE PLANNING DISTRICT
The EIPD’s 2022 development plan shows land uses in the Municipality of Bifrost-Riverton.

ministration and council for several months. With the draft bylaw now released — it’s posted on Bifrost-Riverton’s website — the company will continue to gather feedback from the public and enter into an “approval process” in the fall.

“We’re going to go through all the comment sheets and make presentation boards available on Landmark’s website (under the projects tab). There will also be a comment form people can complete,” said Pratte. “Come autumn, we will schedule and advertise a public hearing for the bylaw and people can come and speak in support or objection to it. And that’s when council will make the decision as to whether or not they will approve

the bylaw or ask for changes.”

In the meantime, Pratte said people are free to contact Landmark with any concerns about the draft bylaw. Those concerns will be passed on to the municipality. Residents can also contact their municipal councillor or the RM office if they prefer, but for the sake of efficiency, it may be best to contact Landmark.

“By no means is this bylaw a done deal at this point; this is a draft and people can engage in the process and register their thoughts on it,” he said.

Contact Landmark Planning & Design at 204-453-8008 or email RSVP@landmarkplanning.ca with a subject line “Bifrost-Riverton Zoning Bylaw (ZBL).”



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Taking trash removal into their own hands: Gimli residents install beach bucket

By Patricia Barrett

Some Gimli residents are taking trash removal into their own hands to keep Gimli Beach litter-free and have created a so-called “beach bucket station” on the boardwalk where a bucket has been hung and can be used for trash collection.

But the Rural Municipality of Gimli said it will be removing and relocating the bucket.

Resident Brittany Isfeld said a post on a local social media site had residents calling for the RM to get on board with the idea of having some handy buckets available in the beach area so that people who want to gather trash have a means of carrying it to one of the large rubbish receptacles lining the boardwalk. The beach bucket idea had been floating around for a while, but there was allegedly no uptake from the RM.

Anyone can get involved in picking up litter on the beach, including residents enjoying their daily constitutional, visitors spending time at the beach and school kids wanting to protect the ecosystem.

Isfeld said a community member donated a Canadian Tire bucket into which holes were drilled to let sand or water dribble out. It was installed on a pole just south of the RM’s beach washrooms.

“I’m hoping that local businesses such as perhaps Rona or Home Hardware or Timber Mart etc., step up to the plate [to donate more buckets] so that we can encourage people to clean up the beachfront,” said Isfeld.

The bucket has a message affixed to it. One side says, “Community Beach



EXPRESS PHOTOS SUBMITTED

A community member donated and installed a bucket last week along the boardwalk on Gimli Beach near the beach washrooms. Volunteer trash-collectors can use the bucket to carry debris to a large beach garbage receptacle and then return it so that other people can use it to pick up trash.

Clean Up Project” while the other says, “Let’s Love Our Lake. Brought to you by a caring community member. Feel free to use this bucket to collect rubbish as you enjoy our beautiful beach. Don’t be a fun killer and steal this bucket (that’s why we can’t have nice things). If this works, maybe the RM can add some.”

With several million litres of raw sewage (including pieces of debris such as plastic) that leaked into the

Red River from a broken Winnipeg sewer pipe earlier this spring, Isfeld said she expects to see some of that garbage washing up along Gimli’s shoreline.

The *Express* reached out to the RM, asking whether it’s open to the idea of having buckets along the boardwalk that people can borrow to collect trash and whether the RM would

Continued on page 7

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Shelter Movers announces expansion into Winnipeg to address rising need

By Lana Meier

Shelter Movers is a prominent charity focused on offering no-cost moving and storage assistance to those escaping abusive environments. They are delighted to share the news of their latest chapter launch in Winnipeg. This growth reflects their unwavering dedication to reaching areas with the highest demand for our crucial services.

Shelter Movers is a national charity that offers moving and storage services free of charge to people and families seeking refuge from abuse. In collaboration with local businesses and community organizations, their team of 900 volunteers provides a dependable and respectful means for survivors to take their possessions with them when leaving an abusive environment. Since 2016, Shelter Movers has successfully completed over 7,000 moves for primarily women and children in six different provinces.

Violence against women remains a pervasive and under-reported issue affecting Manitobans from all walks of life. Thousands of women and children face abuse by intimate partners or family members, with alarming statistics revealing that, on average, a woman in Canada is killed by her intimate partner every two days (Can. Femicide Observatory, 2019).

In light of this pressing necessity, and with the backing of WAGE Canada, Shelter Movers is delighted to unveil its latest branch in Winnipeg. As the sole charitable moving organization for survivors of abuse in Canada, Shelter Movers addresses a crucial gap in support resources. Without this es-

sential aid, survivors may face the daunting possibility of losing all their possessions if they choose to escape from their abuser.

The decision to leave an abusive situation is fraught with challenges beyond physical danger.

Survivors frequently encounter obstacles in the form of logistics and finances, such as the expenses involved in hiring movers and storing their belongings. Moreover, having to leave discreetly offers little chance to collect crucial documents and possessions. Essential resources like law enforcement, shelters and social services often lack the means to aid survivors in navigating the intricate process of arranging moving and storage services. Shelters commonly operate at full capacity and do not have adequate resources to address the logistical demands of survivors.

Shelter Movers provides a safe and dignified solution for survivors seeking to reclaim their belongings. By offering free moving and storage services, Shelter Movers alleviates survivors' concerns about potential volatility when attempting to retrieve items from an abusive household.

Shelter Movers plans to begin serving clients in Winnipeg in the fall of this year and is currently hiring a chapter director to oversee the daily operations of the Winnipeg chapter.

Given the cultural expertise required to effectively serve Indigenous survivors in Winnipeg and surrounding areas, Shelter Movers is actively seeking chapter director applicants who identify as First Nations, Inuit or Métis for the full-time hybrid position:



EXPRESS PHOTO SUBMITTED

Shelter Movers, a no-cost moving and storage assistance charity, is expanding into Winnipeg and surrounding communities.

<https://sheltermovers.applytojobs.ca/directors/30236>

> BUCKETS, FROM PG. 6

provide additional buckets.

Brenna Philp, the RM's director of recreation and leisure services, said having buckets on the beach is a great idea and that the RM is already monitoring and cleaning up the beach regularly.

"This concept [beach buckets] has circulated throughout the RM of Gimli and other towns and municipalities for years from many different sources. It is a great idea to ensure that areas stay clean and free of garbage," said Philp. "Gimli's Beach is fortunate to have staff working diligently to ensure that the beach is garbage-free. Our park patrol does regular walks and inspections, including picking up garbage and providing garbage bags to families enjoying a picnic. Our public works department also uses their beach cleaner weekly."

The RM also has staff monitoring the recently winterized beach bathrooms close to the Lakeview Resort to ensure no garbage is being blown around the area, including in the wintertime.

While the RM is appreciative of the grassroots initiative to encourage and facilitate garbage clean-up along the beach, Philp said the RM would prefer that people approach municipal staff before donating a bucket.

And the bucket a community member had installed on the pole near the beach washrooms last week will have to be removed and relocated.

"The RM is appreciative and would like to thank residents and visitors that already take the initiative to pick up any garbage they see on their walks. The rec office has discussed various options similar to the bucket concept that was hung on the pole and will likely pursue an option that does not involve hanging items but rather a location for the buckets to be placed near an existing garbage can to ensure they are emptied after being collected," said Philp. "We would like to ask any residents who are willing to provide buckets on their own to discuss with RM staff prior to placing anywhere. While we appreciate the folks who hung the bucket shared on social media, the location of the bucket that was recently placed interferes with where the floatation ring is hung so we will need to relocate the bucket."

Philp shared some other RM initiatives that will be introduced this year on the beach, including a designated "Take-a-Toy, Leave-a-Toy" station for kids visiting the beach and a lifejacket loaner program, which is an initiative of the Lifesaving Society of Manitoba. "Lifejackets in various sizes will be



Although the RM of Gimli said it likes the idea of having a bucket(s) available for public use, it will be removing and relocating the bucket as it interferes with a floatation ring.

available to sign out from the park patrol station at no cost to the user," said Philp.

A third initiative is the installation of three new permanent flag poles. One will fly the Every Child Matters flag "as the RM continues to be committed to taking steps toward reconciliation," said Philp. Another will fly resident Bruce Benson's Flag of Humanity. The third pole will alternate between the RM of Gimli flag and flags raised for special occasions, such as Pride events.

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Argentinian barbecue feast coming to Fisher Branch

By Jennifer McFee

A pair of well-known restaurateurs is teaming up to offer an authentic Argentinian barbecue feast in Fisher Branch.

On July 27, Hermanos owner Noel Bernier and Corrientes owner chef Alfonso Maury will cook a mouth-watering meal for 700 people. The South American barbecue coincides with the community's reunion and homecoming festivities, which run from July 26 to 28. All proceeds from the weekend's activities go towards community amenities such as the hall, arena, golf course and other facilities.

For Bernier, the event represents a homecoming as well since he was born in Fisher Branch and raised on a small family farm.

After graduating from Fisher Branch Collegiate in 1990, he began his career in the agriculture and grain business

with Manitoba Pool Elevators in local communities such as Arborg, Warren and Fisher Branch.

"I was a grain buyer for the first few years of my career and worked in various locations," Bernier said.

"I love grain buying, but at that time I worked in wooden elevators that were closing rapidly and needed choose a different long-term path."

After a decade of working in the agriculture and energy industries, Bernier opened Hermanos Restaurant at 179 Bannatyne Ave. in Winnipeg on Oct. 1, 2009. The popular restaurant has earned recognition through numerous awards and reviews, including being named one of Canada's best new restaurants in 2009 by *Where Magazine* and Winnipeg's best new restaurant in 2009 by *Ciao Magazine*.

"Opening Hermanos Restaurant was a chance to use my knowledge of food and business in way that allowed for a lot of creativity and local impact," Bernier said.

"Hermanos has had a tremendous positive impact on the Exchange District in Winnipeg over the years as well."

Over the years, Bernier has maintained a close connection to the Interlake, and he continues to buy fresh produce and ingredients from the area whenever possible. He visited Prairie Blossom Hutterite Colony last Friday to buy asparagus for the restaurant.

"Last fall, we did a feature using chokecherry syrup picked in the Interlake as well," he added.

Tannis Yuzwa, president of the Fisher Branch homecoming committee, said the community is excited to have Bernier and Maury bring the South American barbecue to Fisher Branch.

"Having a truly international twist will be a great opportunity for people to connect and have some cultural learning as part of our celebration," Yuzwa said.

Maury will lead the culinary team to create an unforgettable menu of racks of beef ribs, rib-eye steak, cilantro lime chicken, argentine chorizo, pork



EXPRESS PHOTO SUBMITTED

Hermanos owner Noel Bernier grew up in Fisher Branch and is looking forward to cooking up a South American barbecue for the community's homecoming on July 27.

back ribs and blood sausage.

"The asado or Argentine barbecue is a big part of our culture and way of life in Argentina. It is very exciting to share that tradition for the people of Fisher Branch," said Maury, who was born and raised in Argentina and also owns La Pampa food stores.

"I've been to the community and shared recipes in the past. This is a great chance to give back."

Like Maury, Bernier is looking forward to offering a taste of Argentinian charbroiled goodness — and creating a little buzz in the community.

"I am very honoured to be able to contribute to a memorable meal for my hometown's reunion celebrations. I love Fisher Branch, and we look for-

ward to making a special event," Bernier said.

"This barbecue will be an experience and spectacle never done before in my home area of the North Interlake."

The cost for the barbecue \$30 per ticket, and Bernier recommends buying tickets in advance since they will likely sell out. Members of the Fisher Branch homecoming committee are selling tickets, and they are also available by emailing fisherhomecomingtickets@gmail.com.

Learn more by visiting the Facebook page called "Fisher Branch Homecoming 2024," the RM of Fisher website at rmoffisher.com or by emailing fisherbranchhomecoming@gmail.com.

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Arborg's Heritage Village farmer's market returns

By E Antonio

Get ready to immerse yourself in a delightful shopping experience at the Arborg District Multicultural Heritage Village Farmer's Market this summer. Every Wednesday throughout July and August, from 10 a.m. to 3 p.m., vendors will be showcasing their array of homemade goods and local products on the picturesque grounds of the Heritage Village.

The market is free to attend and there will be free coffee for attendees.

This is the fourth year that the Arborg District Multicultural Heritage Village has hosted a farmer's market.

"We are a small local market," said Marlene Taylor, a board member of the Arborg District Multicultural Heritage Village.

The heritage building will house approximately eight vendors, with an additional three tables set up outside.

Taylor has her own table at the market, which will feature fresh home-baked goods such as muffins and cookies.

"You can get every kind of cake you want under the sun," mentioned Arborg District Multicultural Heritage Village board member Pat Oyolfson.

Taylor will also be selling doughnuts from local baker Linda Barkman.

Barkman graciously provides her sweet treats from the Arnes Farmer's Market for Arborg locals to enjoy.

You will be able to buy handmade decor items such as large wooden carvings.

An assortment of crocheted items and toys will be available for purchase, designed specifically for the little ones in the family.

A local honey supplier is going to have fresh containers of honey available to purchase.

Judy Russell, a resident of Winnipeg, started making candles in 2018 as a hobby and will be attending the Arborg Market every other week with her business Capricorn Candle Shoppe.



Fresh baked goods will be for sale.



Alanna Finnsen from Far Out Imports has many items — like purses, wool socks, headbands, felted slippers and deerskin hip bags — that she sells.

All of Russell's candles are made with 100 per cent soy wax and come in a range of more than 12 fragrances that are free from phthalates and parabens.

Russell offers a range of scents to please everyone, from fruity blends like Fun in the Sun to coffee-inspired aromas such as Cappuccino.

Capricorn Candle Shoppe sells multiple sizes of candles and wax melts, including fire starters and citronella tea candles to keep away mosquitos.

Visit capricorncandyshoppe.ca for more information about Russell's candles and contact information.

Additionally, the weekly market will feature a variety of vendors such



EXPRESS FILE PHOTOS

Arborg's Heritage Village is home to the Farmer's Market every Wednesday until the end of August. Vendors will be set up inside the hall and outside on village grounds.

as Avon, Tupperware, Far Out Imports and Mary Kay showcasing their products for sale.

There are still tables up for grabs for vendors hoping to showcase their merchandise. To secure a table for selling your goods, contact Marlene Taylor at 204-781-8246.

The market runs rain or shine and

will only be cancelled if stormy weather occurs.

"A little bit of rain won't stop us," added Taylor.

Be sure to add the Arborg District Multicultural Heritage Village Farmer's Markets to your summer bucket list and support local vendors.



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Gimli Art Club closes after vehicle rams building

By Patricia Barrett

Artists who display their work at the Gimli Art Club near the harbour are experiencing a setback after a vehicle accidentally rammed the gallery last week.

Don Fletcher, who was recently elected president of the art club, said a woman was parking her car in the accessible parking spot at the side of the building and she apparently stepped on the gas rather than the brake, causing the vehicle to lurch forward, mount the curb and ram the building.

"The car hit the northwest side of the building. It was about three feet from our reception area where volunteers usually sit. But our volunteer was in the back gallery at the time of the crash so nobody got hurt," said Fletcher, who owns his own art gallery, Senor Fletcher's Galeria. "It could have been really bad but thank goodness it wasn't."

It was determined that samples of the wallboard contain asbestos, so repairs will have to be done with a degree of caution, he said.

The club celebrated its 55th anni-



The inside of the club shows the breached wall in the public gallery section of the building.

versary this year and just completed upgrades to the building, which is owned by the Rural Municipality of Gimli. The club started in 1969 and acquired the building in 1972 from the town of Gimli and its Gimli Development Corporation, according to the club's website. The club not only showcases local artists and sells their works, but it also paints and maintains murals on the Gimli Harbour seawall.

In addition to damages to the build-



EXPRESS PHOTOS BY ERIKA HANNESON

A driver accidentally drove into the northwest wall of the Gimli Art Club last week, leaving a breach in the wall and leading to the closure of the club.

ing, art work in the public gallery was damaged.

"The bad thing is we're losing a lot of revenue because it's high [tourist] season right now," said Fletcher. "Just me alone, I've sold over \$1,200 worth of art, so the numbers are fairly high for other art club members. We should be reimbursed through insurance for damages to art and profits lost because of the closure to the gallery."

Fletcher said he met with the RCMP, the insurance adjustor and the municipality last week, and it remains to be seen whether they'll need to have a structural engineer assess the damage as the crash "knocked out three or four studs out of the wall" that help

support the structure.

He's looking into setting up a gallery in another location while the repairs take place and will be talking to the art club's executive board about it. Another option might be to use the back part of the building where the club has its pottery and utility rooms. But that would have to be discussed with the municipality.

In the meantime, Fletcher said the club will likely have to install bollards along the accessible parking area to prevent a future mishap.

"There have been a lot of buildings run into in Gimli in the last couple of years, including Pharmasave, the Co-op, CIBC and the liquor store," he said.

The *Express* reached out to the municipality for comment on the incident.

"The municipality has referred the matter to our insurance carrier and will continue working with them to restore the building as quickly as possible," said chief administrative officer Kelly Cosgrove.

Cosgrove said she's not aware of any "immediate plans" by the municipality to place bollards at the property.

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Big DOLLAR

Survivor's Hope's SARAH program receives federal funding

By Katelyn Boulanger

Survivor's Hope Crisis Centre has received some good news.

After the federal budget came out and the Sexual Assault Recovery and Healing (SARAH) program did not receive its anticipated funding, they worked hard to fundraise and spread awareness for the need for this program. On May 30, the Department of Justice Canada announced that SARAH would indeed remain funded and be able to continue to support victims and survivors of sexualized violence in Manitoba.

Survivor's Hope is a sexual assault and violence resource centre. They provide support through prevention programs and acute care services, and their SARAH program focuses on healing for people after they've experienced violence.

The SARAH program provides 24/7 crisis support, long-term counselling, support groups, advocacy and referrals to those affected by sexual violence in Interlake-Eastern Manitoba.

The good news for this program is that the grant will continue to support the program through 2027. This funding comes from the Department of

Justice Canada's Victims Fund, which supports projects that improve access to services for victims and survivors of crime.

Coral Kendel, the executive director for Survivor's Hope, was glad to learn of this new funding.

"When we learned that the Department of Justice was restoring funding to the SARAH counselling program, it was a huge sense of relief and reassurance that our voices were heard and the needs of survivors in rural Manitoba were being considered by our government. This allows us to refocus on working alongside survivors of sexualized violence and planning further healing opportunities for the future," she said.

After learning that the program was in danger, the community came together through advocacy and fundraising to allow the program to continue. An emergency grant from Manitoba Justice also helped them continue services so there was no programming gap.

Kendel would like to thank everyone who contributed to the continuation of this program.



EXPRESS PHOTO SUBMITTED

The community came together to support both sexual assault survivors as well as advocate for the need for the SARAH program in our community.

"We cannot thank the communities around us enough for how immediately they stepped forward to use their collective power to stand up against injustice and make sure survivors knew they were valued, believed and supported. All of the letters sent, phone calls, emails, donations and

shares on social media were instrumental in making this happen and it is not going unnoticed," said Kendel.

If you would like to learn more about Survivor's Hope and its services, visit <https://survivors-hope.ca/>. If you are in an emergency, call 911.

POV: You Get the Hype



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PHOTO: BEN DARTNEL

WINNIPEG FOLK FEST | 50.01538° N, -96.87073° W

Gimli celebrates National Indigenous Peoples Day

By Gloria Thomas

The Gimli Park Pavilion filled with both Indigenous and non-Indigenous participants to celebrate National Indigenous Peoples Day on June 21.

The evening began with an opening prayer followed by drumming, singing and dancing featuring the Winnipeg Beach Children's Drum Group and the Women Forever Drum Group.

James Bezan, Selkirk-Interlake-Eastman member of Parliament, addressed the crowd with encouraging words regarding the teaching of Indigenous culture and gratitude in seeing the youth involved in the gathering.

Gimli Mayor Kevin Chudd, accompanied by Coun. Andy Damm and Coun. Kurt Reichert, expressed the values in unity and equality.

The evening continued with teachings, as well as entertainment by the Kinew Métis Jiggers and Fiddlers and



rising musical talent Catie St. Germain.



EXPRESS PHOTOS SUBMITTED

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Canadian Dental Care Plan Misconceptions

The Government of Canada started implementing a \$13 billion Canadian Dental Care Plan (CDCP) last month. This plan represents a significant opportunity to improve oral healthcare access for Canadians without dental access to dental benefits.

Today, over two million Canadian seniors have been approved to receive dental care coverage. By next year, an estimated nine million uninsured Canadians will be eligible for the plan. This is excellent news. Yet only a small percentage of Canada's 25,000 dentists have registered to participate in the program so far.

Despite our continued advocacy for changes to **reduce** program complexity, **protecting** patient privacy, and **securing** clarity on terms and conditions, the program remains flawed. Further, issues and misconceptions about the program by the public persist.

In fact, in a survey conducted this month by the Canadian Dental Association (CDA) and the Provincial and Territorial Dental Associations (PTDAs), we learned that while many seniors require extensive dental work, 40% seniors would struggle to afford \$100 copay and 60% are not aware they will face additional costs under the CDCP.

This is a problem. Our primary concern with these troubling findings is that patients will not receive the care they need under this program. Additionally, this misunderstanding about the program is likely to add extra pressure on dentist visits.

Unless things change and the government makes a concerted effort to clearly communicate the parameters and limitations of their plan, many people in Canada will experience difficulty in accessing a dentist.

Dentists are deciding how and when they may participate. They care about their patients and their oral health and are looking for a program that can integrate efficiently with their staff and practices.

Although we acknowledge Health Minister Mark Holland's responsiveness and the progress that has been made to date to address dentists' concerns with the program, there are still some fundamental issues that directly impact patients that have been left unresolved.

Dental offices across Manitoba and Canada are faced with having difficult conversations with patients about CDCP misconceptions. In fact, recent surveys with dentists show that dental office staff spend on average 50 minutes per day explaining the federal program to patients. This creates a huge administrative burden to dental offices.

Canada has a severe shortage of skilled dental office staff, particularly dental hygienists & dental assistants. There is concern these shortages may affect dental offices' ability to participate with the CDCP.

The Manitoba Dental Association, PTDA's, and the CDA are undertaking an education initiative encouraging people who are eligible for the CDCP to **Know Before you Go**.

Based on what we're hearing from our patients and know about our profession/practice, this is what Manitobans and Canadians need to know before they go to their dentist and seek treatment under the CDCP:

"For many patients, treatments under the CDCP will not be free."

Many people are under the impression the CDCP will cover all the costs for their care. This is not the case. Patients with an adjusted net family income between \$70,000 and \$90,000 are responsible for a federal government required "co-payment" of between 40-60% of fees set out by the government. In addition, the coverage provided by the federal government for all eligible CDCP patients (regardless of family net income) is less than full cost of the dental service. The difference will be on you.

"Patients can receive CDCP covered treatments from any dentist."

Until July, patients can only see a dentist registered to participate in the program.

After July, patients can also see a dentist that will participate through the government claim-by-claim pathway. However, this non-registration pathway still requires dentists to accept the same unclear terms and conditions with patient privacy concerns and not all dentists are willing to do so. This lack of clarity will leave patients confused and, in some cases, they may be unable to find a dentist to treat them under the CDCP.

"The CDCP will cover all oral treatments today."

Currently, the CDCP offers limited coverage and treatment options. Care options like sedation, crowns, partial dentures and additional units of scaling, as needed by youth, seniors, and persons with disabilities, will need government pre-approval which does not start until November of 2024. We still don't know how long you, our patients, will need to wait for the government to approve the treatment we know you may need.

Canada's new national dental plan still has the promise of being a true game-changer for oral health, enabling expanded access to care for many Canadians, but only if done correctly. Troublesome aspects that are holding dentists back from participating have not been fully addressed. While there's still time to fix what's wrong with CDCP, the clock is ticking.



The Canadian Dental Care Plan (CDCP) Information for Patients

The Manitoba Dental Association is deeply committed to assisting the Government of Canada in designing, implementing and sustaining a successful and effective Canadian Dental Care Plan (CDCP) for the benefit of all Manitobans.

1. The Manitoba Dental Association has advocated for the right of patients to see their provider of choice.
 - a. Starting after July 8, 2024, patients will no longer be restricted to Sun Life Canada-registered dentists.
 - b. Please contact your dentist to see if they are accepting the Canadian Dental Care Plan in their office.
2. The CDCP is not a free dental program. It is a dental benefit program administered by Health Canada.
 - a. Health Canada is not paying for the full cost of your dental care.
 - b. Patients may be required to make a payment up to 75% depending on their adjusted net family income.
3. Not all services are covered.
 - a. It is not a comprehensive plan, so please talk to your dentist about your oral health needs.
4. The Manitoba Dental Association will continue to advocate for positive changes for CDCP-eligible patients.

Know before you go.

Visit the Health Canada website at

www.canada.ca/en/services/benefits/dental.html

Talk to your Dentist
Good for you. Good for life.



CANADA DAY

Cheers to our great nation!

Canada Day: honour the past and look to the future

Canada Day celebrates everything that makes Canada unique, diverse and exceptional. From the rugged landscapes of the Rocky Mountains to the bustling cityscapes of Toronto and Montreal, Canada is a tapestry of cultures, languages and traditions woven together to create a vibrant and inclusive nation.

HISTORY

On July 1, Canadians from coast to coast come together to commemorate the birth of the nation. It's a day to reflect on a shared history, from the Indigenous peoples who've called this land home for thousands of years to

the waves of immigrants who've contributed to Canada's rich cultural mosaic. It's a day to celebrate the country's achievements, from universal health care and multiculturalism to a commitment to peacekeeping and environmental stewardship.

CELEBRATE WITH PRIDE

Canada Day is a time to proudly wave the maple leaf flag and sing O Canada with your friends, family and neighbours. It's a day to revel in the beauty of your natural surroundings, whether hiking in the wilderness, lounging on a sandy beach or paddling down a winding river.

SHARED VALUES

Above all, Canada Day reminds you of the values that define you as a Canadian: compassion, tolerance and inclusivity. It's a day to reaffirm your commitment to building a society where everyone has the opportunity to thrive, regardless of their background or beliefs.

As you celebrate Canada Day, take the time to honour the past and look to the future with hope and optimism. Happy Canada Day!



What do you know about Canadian cuisine?

From poutine to butter tarts, Canada serves up unique flavours you won't find anywhere else. Test your knowledge of Canada's culinary delights with this quiz. Are you ready to dig in?

1. What's the main ingredient in poutine?
 - a) Pasta
 - b) French fries
 - c) Rice
 - d) Bread
2. Which Canadian province is known for its lobster rolls?
 - a) Ontario
 - b) British Columbia
 - c) Nova Scotia
 - d) Quebec
3. What's a traditional topping for butter tarts?
 - a) Maple syrup
 - b) Bacon bits
 - c) Whipped cream
 - d) Raisins
4. Which type of meat is commonly used in Canadian bacon?
 - a) Beef
 - b) Pork
 - c) Chicken
 - d) Turkey
5. What ingredient gives Canadian Nanaimo bars their distinct flavour in the middle layer?
 - a) Peanut butter
 - b) Chocolate
 - c) Custard
 - d) Coffee



6. What's the main ingredient in Beavertails, a famous Canadian pastry?
 - a) Deep-fried dough
 - b) Puff pastry
 - c) Beaver meat
 - d) Maple syrup
7. What type of seafood is traditionally found in a Caesar cocktail?
 - a) Shrimp
 - b) Lobster
 - c) Clams
 - d) Oysters



8. Which Canadian province is famous for its *tourtière*, a meat pie traditionally served during the holidays?
 - a) Alberta
 - b) New Brunswick
 - c) Yukon
 - d) Quebec
9. Which Canadian city is famous for its smoked meat sandwiches?
 - a) Vancouver
 - b) Montreal
 - c) Toronto
 - d) Calgary



10. Which Canadian city is known for its peameal bacon sandwiches?
 - a) Toronto
 - b) Montreal
 - c) Vancouver
 - d) Halifax

ANSWERS
1. B, 2. C, 3. A, 4. D, 5. C, 6. A, 7. C, 8. D, 9. B, 10. A

Sunday, June 30 & Monday, July 1

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Grant promises a journey back in time through its pages

By Lana Meier

On June 11, members of the Icelandic River Community Foundation (IRCF) presented Rachel Plett, head librarian of the Arborg branch of the Evergreen Regional Library, with a \$3,000 cheque. The funds will go towards the purchase of a laptop computer to facilitate the cataloguing and preservation of the branch's historical collection, including many in the original Icelandic.

The Arborg Library houses a collection of old books, some of which are very rare. These books have long been in storage with limited access to the general public. With this grant, the library will be able to provide access of this valuable collection to the public.

IRCF chair Larry Speiss said this is one of the many projects to which the Icelandic River Community Foundation was proud to be able to contrib-

ute to this past year.

Rachel Plett shared that the collection of historical books includes a large Icelandic collection both in English and Icelandic. It is an amalgamation of several smaller collections including the first lending libraries located in this area and donations of smaller personal libraries.

The historical archives contain many Icelandic books, plays, poetry, newspapers and music. Additionally, Arborg houses an assortment of books in a variety of languages, including a donation of books from the North Star Creamery that was originally located in Arborg.

"The first steps are to preserve the collection and to make the collection available to the public once again," said Plett. "To do this, we are excited to begin cataloguing the titles. Cataloguing will provide an electronic re-



EXPRESS PHOTO SUBMITTED

Pictured are John (Jack) Sigurdson treasurer of the IRCF, Larry Speiss (IRCF chair), Rachel Plett (Arborg librarian) and Linda Oddleifson (IRCF secretary).

cord of all titles available to view by the public. This record will be available worldwide through the online library catalogue for the Arborg Library."

Plett said they hope to digitize some of the collections at a later date, specifically the rare books and handwritten minutes of various local service groups in the collection, as allowed by copyright laws.

The donation of the laptop will allow the library staff to catalogue these titles. The laptop is portable, which allows the staff to move around with

it. It can be used upstairs, rather than bringing all of the artifacts down to the main floor.

Local volunteers are set to embark on this labour of love, ensuring that these 4,000 titles become a valuable community asset for generations ahead.

"With approximately 4,000 titles, this will take some time, but we are certain this will be a valuable addition to our community and a wonderful historical resource for years to come," said Plett.

Five unique facts about Canada

Canada Day is a federal holiday celebrated annually on July 1. Canadians have much to celebrate come the first of July, and these are five things that make the Great White North unique.

1. Canada is the second largest country in the world, with a total area of more than 9.9 million square kilometres. In fact, according to Worldometer, Canada takes up 6.1 per cent of the world's land mass, making it just one of six countries across the globe to count more than five per cent of the global land mass as its own.

2. Canadians love their maple syrup, and perhaps some love it a tad too much. The first season of the Netflix documentary series *Dirty Money* included an episode about the Great Canadian Maple Syrup Heist. That theft, during which 3,300 short tons of maple syrup valued at nearly \$18

million CAD were stolen from a storage facility over 2011 and 2012, is the most significant heist in Canadian history. The heist was discovered during an inventory of the Federation of Quebec Maple Syrup Producers' strategic reserve. During the inspection, an investigator realized several barrels at the facility were empty, prompting a wider investigation and realization of the scope of the crime. Various individuals were ultimately found responsible for the theft and sentenced to prison.

3. Canada is surrounded by the Atlantic Ocean to the east, the Arctic Ocean to the north and the Pacific Ocean to the west. That undoubtedly contributes to Canada having the longest coastline in the world. According to the World Population Review, Ca-

Continued on page 20

Happy Canada Day!

Derek Johnson
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Remote controlled track being built in Ashern

By Becca Myskiw

A remote controlled (RC) track is coming to Ashern this summer.

When Joe Stoyanowski got cancer in his back in 2019, it meant he could no longer do what he loved most: working on cars. Unable to crawl under them and work like that, he had to find a new hobby, something he was passionate

about. So, he decided to buy himself a smaller car — one he could drive without stepping into it at all.

Stoyanowski started playing with his RC car in his backyard, but he couldn't use it to its full potential with limited space there. So he took it onto the road, where all the children in the



EXPRESS PHOTO SUBMITTED

A remote controlled (RC) track is being built in Ashern this summer for the community to use.

neighbourhood could watch and test it themselves.

"It's not convenient there either, though, because of traffic and ditches," he said. "So, I thought it'd be nice to have a track for the kids to go to with their RC cars and race around."

That's why he's creating the town's first RC track. Stoyanowski went to the town council and asked permission to use the property across from the Manitoba Hydro building. The town readily agreed, but Stoyanowski won't be building anything permanent on the site because they still own the property.

Instead, he'll build one out of old tires and baler belts. The recycled materials will prevent the RC cars from leaving it and getting onto the roadway. Anyone with old tires and baler belts can donate them to Stoyanowski for the track.

He described the new track as working like a skate park — it will be unsupervised for everyone to enjoy.

Stoyanowski knows a lot of adults who are interested in RC cars but have nowhere to take them, so he's hoping the track will get used often. He said it can be another avenue

Continued on page 20



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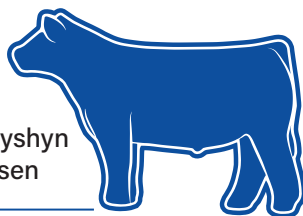
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Tickets still available for Gimli's legendary Lobsterfest

By David Connors

Lake Winnipeg provides a great bounty. It contains 60 species of fish, with pickerel and goldeye being the crowd favourites. But one thing it doesn't offer is lobster. So if you need your fix of that most delectable of arthropods, Gimli Rotary Club's Lobsterfest is just the ticket.

No one in the club seems to know how long Lobsterfest has been a presence in Gimli, but estimates put it at 30-plus years — with some Gimli area residents claiming to have attended every one.

The Lobsterfest formula is tried and true: fresh lobster flown in from Nova Scotia, clarified butter, loaded baked potatoes, coleslaw, fresh buns, steaks for those who crave a surf and turf. But this year, the club has introduced a few changes — including a \$10 price reduction to \$60.

"We are trying to make this affordable for everyone," said Diane Fjeld, who has taken up the reins from Dave LeBlanc, who ran the fest for the last several years.

"Keep in mind this is a major fundraiser for us," said LeBlanc. "We need to make money. If you have a steak or

lobster meal in a hotel or restaurant, they need to make a profit, too, but that money goes to the hotel or restaurant. Our profit from Lobsterfest goes back into our community. Plus there's no tipping, no taxes. It works out to be an affordable night out."

Why is Gimli's lobster king (Dave LeBlanc) relinquishing his throne?

"Service clubs do so much. At some stage, people who have been doing it 30 years are looking to back off and let someone else take over. If you are in the club, be prepared to do the work," said LeBlanc.

Another change is in the ways you can buy tickets. This year, tickets can be paid for by e-transfer (gimlir-



EXPRESS FILE PHOTO

Eating lobster can be a messy business, but the clean-up crew, supplied by the Rotary Interact club, is more than up to the task.

Continued on page 20

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Hustlin' Hooves fundraiser

By Lana Meier

The Arborg Agricultural Society hosted Hustlin' Hooves earlier this month as a way to kick-start summer jackpots, horse shows and rodeos.

The fun event was organized by Amanda Wasyliw with a mix of competitive and fun horseback speed events.

"There are many equine events going on throughout the province, and finalizing a date for it is difficult to do without having other events going on. This date worked for some people so we went with it," said Wasyliw.

"It's something to go to that's local in the Interlake area. Any level of rider can compete (beginner to advanced) and any age (for both horse and rider)."

Hustlin' Hooves is a fundraiser for the Arborg Agricultural Society, with a portion of entry fees in each event and age group. The money is then split between the Arborg Agricultural Society and the rest is paid out for prize money.

Mother Nature brought rain in the early hours, leaving the arena a bit mucky; however, volunteers worked hard to keep everything safe for the riders.

Competitors came from Arborg, Riverton, Narcisse, Chatfield, Fisher Branch, Eriksdale, Ashern and Gilbert Plains.

"We thank and appreciate the competitors that came out and had some fun in the mud, along with their family and friends that came out to support. A special thank you to Robyn Bjornson for providing lunch."

Mark your calendars for the next event. The Arborg Agricultural Fair will be celebrating its 100th anniversary at the Silver ag grounds July 20 and 21. Organizers have a jam-packed weekend planned for everyone to enjoy.



EXPRESS PHOTOS BY CORRINE EINARSSON
Layla Eyolfson on Krome in the pole bending event.



Volunteer helpers, Julianna, Amanda, Tate, Logan, Jayden and Eric.



Arborg's Terry Fox Run returning as in-person event this fall

By Patricia Barrett

The Arborg Terry Fox Run will be held as in-person event this fall after calls for its return, and the run committee is launching a fundraising raffle this week.

Since the COVID pandemic, there has been no run scheduled. The committee, however, continued to fundraise for the Terry Fox Foundation through other means such as raffles, T-shirt sales and barbecues.

"We're really excited to do the run again for the first time since COVID,"

said committee chair Donna Gislason. "We always had good runs in the past. Many people have been asking me over the last few years, 'When are you going to have a run again?' So we're really excited to be doing this."

The fundraising run is a "very emotional event" with sadness, happiness and optimism, said Gislason, and people have obviously missed getting together to show their solidarity in the fight against cancer.

Continued on page 20



EXPRESS PHOTO BY DONNA GISLASON

Les Gislason built these two stunning Adirondack chairs in creamy terracotta. The chairs come with a set of cushions and lanterns. He donated them to the Arborg Terry Fox Run Committee, which is holding a raffle. Tickets are now on sale from the Arborg Pharmacy or committee members.

Lemonade stand for hope



EXPRESS PHOTO SUBMITTED

Seven-year-old Kallum Vigfusson and five-year-old Evan Gulay held a lemonade stand in Arborg on Sunday, June 23.

Thanks to the generosity of their community, the boys were able to make a substantial contribution of \$1,120 to CancerCare. This donation, made in honour of their grandmothers, will go a long way in supporting the fight against cancer. Lemonade Stands For Hope is a Manitoba charity, and donations can be made at <https://support.cancercafedn.mb.ca> to the cause.

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> TERRY FOX RUN, FROM PG. 19

Arborg is famous for its fundraising prowess for the Terry Fox Foundation, which uses the money for cancer research.

In 2019 Arborg was second highest fundraiser in Manitoba.

"And last year was a terrific year because Arborg Early Middle School ended up participating and we raised just over \$25,000," said Gislason.

Arborg's run committee has grown to nine people who are "awesome, dedicated and keen." They're organizing three major fundraising events: a raffle, a fundraising barbecue a week before the run and the run itself on Sunday, Sept. 15.

The committee started selling raffle tickets this week for a grand prize that's sure to help runners relax after the big event in September.

"The committee has the raffle tickets ready to go and we're raffling off two handmade Adirondack chairs with pillows and lanterns. My husband, Les, built them and we're donating them. The draw will be held on the day we're holding

the run," said Gislason. "Last year we did a fundraising barbecue and it was highly successful so we're doing another one this year on Sept. 6. On that day we'll also be selling Terry Fox T-shirts and the raffle tickets [for the chairs]."

The Arborg Fire Hall has agreed to host the run, as it had in the past, and fire trucks will lead runners, walkers, cyclists, wheelchairs and rollerbladers on a five-kilometre route through town.

Family and friends of Arborg run participants can help support their fundraising efforts by visiting the Terry Fox Foundation online and registering to donate. People can also make a donation to the community event rather than someone specific. Those who can't make it to the run can also donate through the website. There is a dedicated Arborg Terry Fox Run page (<https://run.terryfox.ca/55719>).

The run committee is also organizing head shaves on the day of the event as they had in the past. People who wish to have their heads shaved in solidarity with cancer patients can contact run committee member Teresa at 204-378-0119.



EXPRESS PHOTO COURTESY OF TERRY FOX FOUNDATION

Terry Fox began his Marathon of Hope in April 1980 but had to stop in September after cancer was found in his lungs. He ran 5,373 kilometres to raise money for cancer research. Over 650 communities across Canada now take part in the annual fundraising run.

Raffle tickets for the chairs can be purchased from the Arborg Pharmacy or from any of the Terry Fox Run committee members.

For more information about raffle tickets, donating to the fundraiser or volunteering, call Donna Gislason at 204-782-9694.

> LOBSTER, FROM PG. 17

tary@hotmail.com), and Tergesens and Johnsons Fashion and Footwear stepped up to sell tickets at their checkouts.

The club also purchased its own steamers this year — which it will happily lend out to other groups for corn roasts, etc., and it plans to tweak its serving procedures to get you your lobster faster.

But one of the biggest changes is a renewed co-operation between service clubs in Gimli. This year, Rotarians volunteered to help the Kiwanis Club put on its 50th anniversary celebrations at Gimli Pavilion June 1, and in return, Kiwanis volunteers will help run the bar and kitchen and set up the tables at Lobsterfest.

"I am really grateful for the Kiwanis support this year. Last year it was

clear we needed more volunteers. We are in a better position this year, thanks to the Kiwanis. They are an amazing group and deserve a lot of credit," said Fjeld.

One thing that hasn't changed about Lobsterfest is the tremendous support from local businesses. Many of them buy whole tables for their friends and also donate substantial prizes for the fest's rainbow and silent auctions. In addition, Co-op Foods stores the lobsters after they are picked up at the airport Friday, Sobeys bakes the potatoes, Gimli Hotel provides ice, Rona donates a big barbecue for the steaks — and Lakeview Resort provides the club's meeting rooms for free all year long.

In the past, much of the money raised by Lobsterfest went to support local youth groups. But last year, the club took on Operation Red Nose,

which offers safe rides home during the holiday season. Money raised from that venture is now earmarked for youth, freeing up Lobsterfest revenue for other community projects.

"I'd like to see the money go to specific projects, such as a walking track, for instance," said Fjeld, who becomes Gimli Rotary president on July 1. "In the past, we raised money and then simply responded to need each year. I'd like to work with other service

clubs on these larger projects."

And speaking of large, you can meet a monster lobster up close, with local politicians selling arm-lengths of draw tickets for your chance to take it home.

Lobsterfest runs Saturday, July 6, with cocktails at 5 p.m. and dinner at 6 p.m. at the Gimli Recreation Centre. Call Dave at 204-290-8238 for tickets or more information.

> TRACK, FROM PG. 16

for parents to bond with their children and to build intergenerational relationships.

"I think it's important to have anything for the community to do," he said. "Especially for the kids. It's a good way for parents to get involved with their kids too. If they're sending their kids to the track, they should be there supervising them and helping them. It's something they can do together."

Right now, the RC track will be small, but Stoyanowski said it will increase in size and complexity as interest in the track grows. This summer is a start-up for it, a way for him to gauge interest and see if the community really wants it.

"And if there ends up being no interest, it can be dismantled and recycled," he said.

Ashern's new RC track is expected to be ready for use sometime soon. Watch the community Facebook page for updates.

> UNIQUE FACTS, FROM PG. 15

Canadian coastline stretches more than 202,000 kilometres. This easily bests Indonesia, which has the second longest coastline at roughly 99,000 kilometres.

4. Though it's the second largest country in the world, Canada is the 12th least densely populated nation across the globe. Estimates indicate that Canada's population stood at around 41 million people in 2024. By comparison, the Japanese city of Tokyo is estimated to have more than 37 million people living in its metro area in 2024.

5. Roughly two-thirds of the world's polar bears call Canada home. According to Polar Bears in Canada, the global population of polar bears is divided into 19 sub-populations, and 13 of those are managed or co-managed by Canada. All told, roughly 16,000 polar bears reside in Canada, with just 10,000 residing beyond Canadian borders.

Canada Day is an annual celebration of the Great White North and a great time to consider the many things that make this beautiful nation so unique.

EXPANDED HOURS TO ACCESS PRIMARY CARE

From June 29 to Sept. 2, hours of operation at the following clinics will be extended to improve access to care for non-urgent health concerns.

Please use the following contact information to access extended service:

Grand Marais Primary Health Care Clinic Grand Marais Community Central & RV Park (36058, PTH 12)	204-754-8372 Walk-ins Welcome	9 to 4, Sat., Sun. and statutory holidays
Winnipeg Beach Primary Care Clinic 54-60 Main St. Unit J	204-389-3649 Please call for an appt.	9 to 5, Sat., Sun. and statutory holidays

Selkirk's Quick Care Clinic, #3-1020 Manitoba Avenue, regularly offers care after hours and on weekends and holidays for non-urgent health care needs. Phones answered at 9:30 a.m. daily. Call 204-482-4399.

Please visit <https://www.ierha.ca/find-us/> for more details.



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INSIDE > OUTSIDE > UPSIDE DOWN

Going the distance: Gimli High School athlete earns 2 gold

By Patricia Barrett

A Grade 10 student at Gimli High School proved she's on top of her game after earning two gold medals at the Manitoba High Schools Athletic Association's track and field competition held at the University of Manitoba in early June.

Jencie Henry excelled in the junior varsity girls' discus throw, throwing 32.52 metres (106.6 feet) and in shot put, with a throw of 10.84 metres (35.5 feet).

"I was so excited. In discus it was a huge personal best for me at over 30 metres. With shot put it wasn't my best, but it was my season best this year so I was happy about that," said Jencie.

Her gym teacher in middle school, Justin Charrier, encouraged her to try throwing events, which at first didn't appeal to her. But once she got into the swing of things, so to speak, she started to like it.

"At first, I absolutely hated it because I was so bad at it," said Jencie. "But then I got good and I liked it."

It takes upper body strength to compete in throwing events, and being tall definitely works to an athlete's advantage in disc throwing.

"Upper body strength is mainly for shot put. But for discus it helps being tall. Taller athletes have longer arms, so we get a better pull on the disc," she said.

Jencie said she practises the two sports at school for an hour, three times a week.

Last Friday, she competed in Selkirk in the Age Class Provincial Championships under 18 (U18). In discus, she threw a personal best of 36.44 metres (119.5 feet).

And she's already qualified for up-



Jencie achieved a personal best in discus at the Age Class Provincial Championships in Selkirk on June 21, with a throw of 36.44 metres (119.5 feet).

coming meets. She'll compete with Team Manitoba at the Western Canada Team Challenge in Winnipeg from July 19 to 21. And she has met the entry standards for the Legion National Youth Track and Field Championships in Calgary from Aug. 7 to 13, and hopes to make the team.

Although she's only in Grade 10, Jencie said she has got her sights set on a professional sports career.

"I've always been into sports. I started with hockey and then I went to volleyball and track, but I've always



EXPRESS PHOTOS COURTESY OF KRISTI HENRY

Jencie Henry earned two gold medals at the Manitoba High Schools Athletic Association's track and field competition in early June at the University of Manitoba. In discus she threw 32.52 metres (106.6 feet) and in shot put she threw 10.84 metres (35.5 feet).

wanted to do something with sports for my career," she said. "[To have a professional career], I think I would have to go to university then have to be scouted."

Jencie's mom, Kristi, said she's proud of her daughter's medal wins and her dedication to upping her game.

"She has been working hard training with her coach Justin Charrier, who was her middle school gym teacher," said Kristi. "Jencie has learned so much from Justin. He has tons of experience coaching; he was the throws coach for previous Manitoba teams at the Western Canada Summer Games,

Canada Summer Games and the North American Indigenous Games, to name a few."

She said her daughter wants to make the team for next year's national summer games.

"Jencie's big goal is to make the Manitoba team heading to the Canada Summer Games in St. John's, N.L., next summer," said Kristi. "And she is still young so if she doesn't make it, she can try for the next games."

Visit athleticsmanitoba.com for more information about upcoming competitions.

Five Interlake Lightning players selected in 2024 MJHL Draft

By Kieran Reimer

Five players from the Interlake Lightning U17 and U18 AAA hockey clubs were selected in the 2024 Manitoba Junior Hockey League Draft on June 2.

Mathias Sibilleau heard his name called in the second round as the Steinbach Pistons selected him with

their 26th overall pick.

The forward had three goals and four assists in 41 games last season with the U18 Lightning.

Goaltender Dylan McFayden went to the Winnipeg Blues in the fourth round. McFayden played 20 games with the U18 Lightning in the 2023-24 season, backstopping them to 10 wins

while posting a .913 save percentage and a 2.94 goals against average.

The Blues also selected teammate Mason Munday with their fifth round selection after the defenceman had four goals and 14 assists in 43 games with the U18 Lightning last season.

The Pistons selected forward Peyton Thiessen in the sixth round. Thiessen

played for the U17 Lightning last season where he had eight goals and 13 assists in 31 games played.

And defenceman Brody Slatcher went to the Neepawa Titans in the eighth round after contributing four goals and 20 assists in 35 games with the U17 Lightning in 2023-24.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Arborg's Johnson helping all-girls baseball thrive in inaugural season

By Kieran Reimer

This season, a U15AA Winnipeg Minor Baseball League team consisting entirely of girls is causing quite a stir.

The Female U15AA St. James A's joined the league this year making history as the first all-female team in the league, after head coach Jason Miller brought forth the idea. Miller has two daughters in the U15 age group who were looking to play on a competitive baseball team.

Instead of joining St. James A's boys' team, he started the girl's team, which allowed his daughters to play with other girls their age while still playing AA ball.

One of his additions to the coaching staff was Arborg's Jamie Johnson, who played competitive baseball in Manitoba as a child.

Growing up, Johnson was often among the few girls on a team dominated by boys. Getting the coaching offer from Miller was an opportunity to try something new, and so far is enjoying the new gig.

"It's pretty cool to see there are so many baseball players that age that want to compete and be on that team," said Johnson. "When I was growing up it was always one or two girls playing so it's really cool to see how much it's grown and can still grow."

The A's have 16 girls on the club this season, and they are already making noise in the league.

They scored 36 runs in their first five games, including a 6-2 win over the St. James A's boys team in their fifth game.

"It was really cool; the girls were so excited," said

Johnson. "It was a close game right to the end. It was really cool to see them accomplish that."

Since then, the A's grabbed another win and have been in another handful of close games.

They currently sit ahead of their fellow St. James A's boys team in the standings and are within striking distance of jumping other teams.

Johnson said the girls are getting used to their new competition and are becoming a competitive team every game.

"We've had some close, competitive games," said Johnson. "Their confidence has built a lot, and they are really excited to play and show what they have. They are definitely proving they can play in this league and alongside the boys."

One of two female coaches on the team, Johnson, is able to mentor the girls, having grown up playing against the boys.

This season is the first time in years she hasn't played, and she is using her time as a coach to transfer what she's learned to the next generation of female baseball players.

She said it's been an adjustment not to play but is liking the new role.

As for the A's season, they will continue fighting for position in the standings this Wednesday as they are set to see the Red River Valley Pioneers Blue for the first time.

The game will go at 6:30 p.m. at St. James Optimist Field for those interested in watching the brand-new ball club.

Their full schedule, along with standings and team stats, can be found at wpgminorbaseball.com.



EXPRESS PHOTO SUBMITTED

Arborg's Jamie Johnson is helping coach the first-ever all-girls U15AA team.

Storm FC outmatched by undefeated Akal FC

By Kieran Reimer

The Storm FC was unable to stop undefeated Akal FC on Wednesday night.

They hung in with the league's top club, but Akal proved too strong, defeating the Storm 4-2.

Dalen Penner notched his fourth goal of the season for Storm FC, while Carlos Barkman had the other goal, his first of the season.

The loss Wednesday marks the first time Storm has lost back-to-

back games this season after going 1-0-2 in their previous three games.

They now have a 1-3-2 record, which puts them in seventh place in the Manitoba Major Soccer League's Division 5.

The upcoming match against BFR AC on Thursday night will be a crucial test for Storm as BFR also has yet to lose a match this season.

Kick-off from Buhler Recreation Park will go at 7:30 p.m.

Provincial silver medal

By Patricia Barrett

A Grade 7 student at Fisher Branch Collegiate brought home a silver medal a few weeks ago after competing in the Manitoba High Schools Athletic Association's track and field championships at the University of Manitoba.

Konnor McTavish competed at provincials for the first time and clearly showed his talent for discus.

"We are super proud of Konnor here at FBC. This was Konnor's first year competing in discus and he picked it up pretty quickly," said school principal Amanda Bouchard.

"He competed at the Middle Years Track and Field Meet in Arborg on May 23, 2024, where he finished first. He built on his success at the provincials and won the silver medal."



EXPRESS PHOTO SUBMITTED

Konnor McTavish earned a silver medal at the MHSAA's track and field competition at the U of M.

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In the matter of the Estate of Thomas Dale Carpenter, late of Gimli, Manitoba, Deceased. All claims against the above estate, supported by Statutory Declaration must be sent to the attention of: Amanda Adam, Estates Officer, at 155 Carlton St. Suite 500, Winnipeg, MB, R3C 5R9 on or before the 12th day of August, 2024. Dated at Winnipeg, Manitoba, this 10th day of June, 2024. JANA TAYLOR Deputy Public Guardian Trustee of Manitoba

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

Fun By The Numbers

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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. 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!

Sudoku Answer

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

Crossword Answer

S	O	D	E	S	A	T	S	E	A	T					
E	R	E	D	E	R	S	E	W	A	V					
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FARMLAND FOR SALE BY TENDER (R.M. OF GRAHAMDALE)

Legal Descriptions:

N 1/2 18-32-8W

SE 1/4 19-32-8W

Total Acreage: 405.40

For more information, please contact:

Dillon Acheson
at D'Arcy & Deacon LLP
dacheson@darcydeacon.com /
204-925-5360

Submission Deadline:

August 1, 2024

CROSSWORD

CLUES ACROSS

1. Volunteer school groups
5. Cash machine
8. Title of various Muslim rulers
12. Indian hand clash cymbals
14. Scarf
15. Easily manageable
16. Cry
18. Financial term
19. Reactive structure in organic chemistry (abbr.)
20. Clean out a riverbed
21. Seaport (abbr.)
22. English seascape painter
23. Bring back again
26. Subtracted from
30. Related on the mother's side
31. Mooches
32. Commotion
33. Boer War general
34. Silklike nylon fabric
39. CNN's founder
42. Sarcastic in a bitter way
44. Minute reproductive unit
46. Nourishment
47. Large predatory tropical fish
49. Small, rich sponge cake
50. Drink a small amount
51. Golfer Rodriguez
56. Norse personification of old age
57. Large flightless bird
58. Capsized
59. Convicted American spy
60. Music genre
61. Makes tractors
62. Undergo cell disintegration
63. Patti Hearst's captors
64. Selfs

CLUES DOWN

1. Post-traumatic stress disorder
2. Goat-like mammal
3. Swiss river
4. Slithered
5. Humiliate
6. Tumbled
7. Popular alcoholic drink
8. Small round hole in a leather cloth
9. Fertilizer
10. State of affairs that seems deliberately contrary
11. Count on
13. One who discriminates against
17. New Hampshire city
24. One who cares for teeth
25. Sent off
26. Mutual savings bank
27. Initial public offering
28. Denial
29. Northeastern institution of higher learning (abbr.)
35. A doctrine

1	2	3	4	5	6	7	8	9	10	11		
12				13		14		15				
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26	27	28	29				30					
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44	45					46						
47						48						
49						50		51	52	53	54	55
56						57		58				
59						60				61		
62						63				64		

36. Consumed
37. Perform Reznor's band
38. Rent in a movie
40. Schoolhouse implements
41. Mathematical term
42. Man who behaves dishonorably
43. Expression of regret
44. Martens
45. Approval
47. Pleasantly warm
48. The Eurasian hoopoe
49. NBAer Bradley
52. Engineering organization
53. Horsefly
54. Type of sandwich
55. A day in the middle of the month



Rural Municipality of
FISHER

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

CALL FOR PROPOSALS

Supplying, Crushing, Loading & Hauling Traffic Material

The Rural Municipality of Fisher invites proposals for the supplying, crushing, loading or stockpiling, hauling and depositing of traffic material onto municipal roads during the period ending September 6, 2024.

Proposal forms may be obtained at the Rural Municipality of Fisher Office, Tuesday, July 9, 2024 at 3:00 p.m., 30 Tache Street, Fisher Branch, Manitoba.

Proposals must be received by **9:00 a.m. July 19, 2024** at which time they will be considered by Council at a Special Meeting.

Envelope must be sealed and marked **"Gravel Proposal"**.

The RM of Fisher reserves the right to reject any or all proposals, to waive irregularities and informalities therein, and to award the proposal in the best interest of the RM of Fisher in its sole discretion.

Kelly Marykuca, CMMA
Chief Administrative Officer
Rural Municipality of Fisher
Box 280
Fisher Branch, Manitoba R0C 0Z0
Phone: (204) 372-6393 Ext 4



Rural Municipality of
FISHER

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

EMPLOYMENT OPPORTUNITY

Interlake Forest Center

July 22 - August 30, 2024

(Funded by Manitoba Metis Federation)

The Rural Municipality of Fisher is accepting applications for a Summer Student Grounds Keeper at the Interlake Forest Center, Hodgson.

Requirements:

Must be a Red River Metis citizen aged 16+.
Attended school full-time during the current academic year and will be returning to school full-time in the fall.
Must hold a valid drivers licence.
Must have transportation to and from the job site.
Knowledge of chain saws, pole saws and lawn mowers.

Duties:

Trail maintenance including cutting trees with chainsaw and hauling debris away. Light carpentry experience.
General garbage cleanup and cleanup of outhouses and outbuildings, painting, and assisting with other duties as assigned.

Required to work outdoors in all weather conditions and able to work alone.

Hours of work will be 8:00 am to 4 pm, Monday to Friday, \$15.30 per hour, ½ hour lunch break.

Please submit applications by 4:30 p.m. July 18, 2024 to:

Email: fishercao@mymts.net
RM of Fisher
Box 280
Fisher Branch, MB R0C 0Z0

NOTICES

URGENT PRESS RELEASES - Have a newsworthy item to announce? 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.

EMPLOYMENT OPPORTUNITY

Looking for a helper on a drilling rig and other well related jobs

- Must be able to help with changing rods and shovelling out the mud pit
- Must be able to lift at least 50 pounds
- Must have drivers licence class 3 with air brake endorsement (may ask for proof of licence)
- Wages will depend on experience
- Mechanically inclined would be an asset

Start date to be determined

Resume can be sent to :
Brucedrilling547@gmail.com

Only those who qualify will be contacted

THE RURAL MUNICIPALITY OF ROCKWOOD



EMPLOYMENT OPPORTUNITY

PUBLIC WORKS HEAVY EQUIPMENT OPERATOR

The Rural Municipality of Rockwood invites written applications for the position of Public Works Heavy Equipment Operator. Under the direction of the Manager of Public Works, the position will be mainly grader operations along with the following:

QUALIFICATIONS - Public Works Heavy Equipment Operator:

1. Valid Province of Manitoba Driver's Class (5) Licence (clear driver's abstract)
2. Experience in a Public Works related field would be an asset
3. Good interpersonal skills to deal with the public
4. Knowledge in the operation and maintenance of different equipment (grader, loader, tractor/mower)
5. Must be able to lift, pull and manage heavy equipment and objects
6. Required to work outside in varying conditions (ie: extreme cold and extreme heat)
7. Mechanically inclined
8. Ability to work under minimal supervision
9. May be required to work evenings and/or weekends
10. Anticipated Starting Date - July 29, 2024

Salary Range \$28.56-\$33.26 / Hr - dependent on qualifications
A complete job description may be obtained on the R.M. of Rockwood website at www.rockwood.ca or by email at info@rockwood.ca.

Applications should be marked **"Application for Public Works"** and should contain a cover letter and full resume with three references.

Forward applications to the undersigned no later than 4:00 p.m. on Friday, July 5, 2024.

Attention: Ian Tesarski - Director of Operations
The Rural Municipality of Rockwood
285 Main Street, Box 902, Stonewall MB R0C 2Z0
Telephone No. 204-467-2272
Fax No. 204-467-5329
E-mail Address: ian.tesarski@rockwood.ca

Thank you to all applicants for your interest, however, only candidates selected for interviews will be contacted.

NOTICES

NEED STAFF? NEED CLASS 1 DRIVERS? SELLING SOMETHING? Have your blanket classified ads seen in the 31 Member Newspapers which are seen in over 368,000+ homes in Manitoba. Now booking advertising for the remainder of 2024. Plan your success! Please Call 204-467-5836 or MCNA at 204-947-1691 for more details or to book ads. MCNA - Manitoba Community Newspapers Association. www.mcna.com

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PROJECT MANAGER/ESTIMATOR

Monitor projects progress, visit job sites, check-in with customers during projects.
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Manage and maintain tendering processes.
Prepare estimates.
Provide regular updates to management and ensure project deadlines are met.
info@eddiesgravel.com
204-389-2023
102086 Hwy 9, Wpg Beach, MB

RECYCLING NOTICE FOR JULY / 2024

Riverdale Place Workshop Inc.
Will not be picking up recycling
On the below mentioned dates.

Tuesday July 2 -
at Arborg curbside pickup
Thursday July 4 -
at Riverton curbside pickup

Tuesday July 16 -
at Arborg curbside pickup
Thursday July 18 -
at Riverton curbside pickup

Tuesday July 30 -
at Arborg curbside pickup
Thursday August 1 -
at Riverton curbside pickup

Please rinse your containers
Thank you for Recycling



Ashern Auction Mart SUMMER TENDERS

Tenders are now being accepted for
500 ROUND BALES OF GOOD QUALITY UPLAND HAY/ALFALFA GRASS MIX,
500 LARGE ROUND BALES OF STRAW
2 SEMI LOADS OF SMALL SQUARE BALES
Smaller amounts considered
Please quote price per tonne delivered to Ashern Auction Mart with a brief description of the hay, and a completed feed quality test, bales will be moisture tested on arrival. Please quote price Bale Delivered on straw (Large and Small). Also state what the bales are tied with.
Lowest or any tender not necessarily accepted.

High moisture bales rejected.
Deadline for tender: July 24, 2024

For more info call:
Kirk @ 204-768-0019 (cell)
or send quote to: Interlake Cattleman's Co-op Assoc. Ltd. (Hay Tender)
Box 599, Ashern, MB. R0C 0E0
Fax: 204-768-3690
Email: icca@mymts.net
Lic. 1128

Classifieds Announcements



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BIRTHDAY



Like a fine wine or a vintage car,
Your value only increases over the the years!
Thank you Dad, Gege for being a treasure in
our lives!

Happy 80th birthday Melvin Mishtak
Lots of love, hugs and kisses!
-Love Adeline,
your precious grandchildren,
Tanya, Derek, Shelley, Perry and family!
Xoxo

CARD OF THANKS

Thank you to our family, friends and neighbours for the many acts of kindness shown to us following the passing of our mother, grandmother and great-grandmother, Nora Chartrand. Thank you for the phone calls, cards, baking and words of comfort. Thank you to Father Paul for officiating at Mom's funeral service and John and Karen of Arnason Funeral Home, who are the every best at what they do.

-The family

IN MEMORIAM

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

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

IN MEMORIAM

Dubchak, Terry
February 14, 1957 – June 18, 1987
Without farewell you left us all,
But in our hearts you are always there.

-Lovingly remembered and sadly missed
by Mom and family

OBITUARY



George (Geordie) Wilfred Steven Selkirk

It is with heavy hearts and great sadness that we announce the passing of George (Geordie) Wilfred Steven Selkirk on Thursday, June 13, 2024 in Arborg, Manitoba with his wife and children by his side.

Geordie leaves to mourn his passing his wife Shirley; his children Wilfred (Denise), Colleen and Robert (Kelly); his grandchildren Craig (Belinda), Laura (Dustin), Nicole (Brent), Brandon, Tynan (Brianna), Ethan, Teag and Emma; his great-grandchildren Ethan, Evan, Alanah, Brennan, Ariel, Xander, Olivia, Ember, Silas, Acelynn and Santina. Geordie also leaves to mourn his brother Johnny and Tim who was like a son. Geordie was also Drampa to special great nephew and niece Michael and Nikki.

Geordie was born August 8, 1941 in Little Bullhead to parents Bill and Louise. Geordie and his wife Shirley spent 65 years together raising their children and making their life in Pine Dock. Geordie made a living doing road construction, as an electrician and maintenance man, and as a commercial fisherman. Geordie fished for over 60 years alongside his wife Shirley, brother Johnny, son Wilfred, nephew Bernard and grandson Ethan.

Geordie was a man of great integrity and love. He always made time for a conversation and if you were a recipient of Geordie's teasing, you had a special place in his heart. He was a favourite uncle to many and a good friend to so many more. Geordie was a great hockey fan and a lifelong supporter of the Winnipeg Jets. He loved to visit with family and friends, to travel, and he loved his annual trip to Shooting Star.

The family would like to thank Dr. Patel for 50 years of care and friendship, the staff at Gimli, Selkirk and Arborg Hospitals for the kindness and compassion they showed, Cheryl for the special attention and care you gave, and Gilbert's for taking care of arrangements.

A celebration of Geordie's life will take place on Saturday, July 6th at 2 p.m. at the Pine Dock Hall.

In lieu of flowers the family asks that you make a donation to the Canadian Lung Association. Tributes: www.gilbartfuneralhome.com

Gilbart Funeral Home, Gimli in care of arrangements.



OBITUARY



Ellen Maria Steinthorson
July 28, 1931 – June 21, 2024

Peacefully with family by her side, Mom passed away (left us) to reunite with her husband Ragnar, sons Earl and Dale, grandson Tyler and son-in-law Jim.

Left to cherish her memory are daughter Dawn (Al), daughter-in-law Kathy; grandchildren Sheryl (Myles), Daryl, Brandee (Braeden); great-grandchildren Colby, Natalie, Aidan, Natasha, Linnea, Waylon, and Tazmyn.

Mom enjoyed a busy and full life. She was born and raised in the Eriksdale area. After her and Dad were married they moved to Vogar where they farmed together and Mom taught at Vogar School. They later moved to Stonewall and Gunton where she worked at the Arris Centre, Jackson Insurance and Sigvaldason Agency.

She spent many hours sewing, knitting, and crocheting items for her family through out the years and all were made with love.

Upon retirement Mom moved to Lundar where she was very involved in the community. She enjoyed getting together with friends and going to the Old Time dances. She enjoyed travelling to many different places after retirement. We were all a little concerned when Mom and her galavanting Grannies decided to drive to the Yukon. Mom, Nina, Edith and Thelma had many wonderful adventures on this trip and made it there and back safe and sound.

We would like to thank the Homecare staff and staff at Stonewall Hospital for all the care they provided to Mom.

Cremation has taken place and a private family interment will be held at a later date.

Donations in Mom's memory may be made to Lundar New Horizons Club.



204-886-0404

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info@eddiessgravel.com
204-389-2023
102086 Hwy 9, Wpg Beach, MB

MANITOBA FORAGE SEED ASSOCIATION
Summer Crop Tour
Plan now to attend the MB Forage Seed Association Summer Crop Tour and learn about the crop production research presently being conducted in the forage seed industry. The meeting point will be at Paterson Grain located on Paterson road off the perimeter.
***Please take note transportation will not be provided by MFSA.*
Date: July 16, 2024
Time: 12:00 pm
Dinner: 5:00 pm (Carman Golf & Curling Club)
Highlights
➤ Pre-seed herbicides on Alfalfa, trefoil, meadow fescue and perennial rye
➤ Chaperone/Classic herbicide carryover effects on Canola and Wheat
➤ Perennial Rye liquid fertility trial, melted urea vs UAN
➤ Perennial Rye herbicide screening
➤ Spray Drone Demonstration
To Register please call Lisa @ 204-376-3309 or loneill@forageseed.net
This year we ask when registering to indicate if you will also be attending the dinner.

McSherry Auction Service Ltd
Online McSherry Auction
Skidsteer, Tractor & Equip.
for John Karatchuk
July 23rd @ 7:00PM
Arborg, MB: John 204-376-5037
12 Kubota SVL 90 Skidsteer on Tracks 1293 Hours, JD 6200 Cab 3PH 5500 Hours, Quick Attach Rake Up Grapple Skidsteer Attach., Dymax Timberwolf 14" Hyd. Tree Shear/Feller Buncher Skidsteer Attach.
204-467-1858 or 204-886-7027 Mcsherryauction.com

McSherry Auction Service Ltd
Online McSherry Auction
Estate of Donald Gulewich Auction
July 11th @ 7:00PM Stonewall, MB
1 Mile South on Hwy 236 then 1 1/2 Miles East on Winfield Road #7108E
04 Wildcat 5th Wheel 28' Camper, Sea Ray 22'Cabin Cruiser , 03 Chevy Tracker, 05 Chevy Blazer, Acreage Misc. , Paddle Boat, Riding Mower, Tools, Household, Music Instruments
204-467-1858 or 204-886-7027 Mcsherryauction.com

Classifieds Announcements



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OBITUARY

Helen Horodecki
November 1, 1929 - June 24, 2024

It is with deep sadness that we announce the passing of Helen Horodecki (nee Zasitko) aged 95, on Monday, June 24, 2024 at the Arborg Hospital in Arborg, MB.

Full obituary to follow in the July 18, 2024 Express Weekly News.
FISHER FUNERAL HOME INC.
204-372-6271 OR 204-372-6803

OBITUARY

Pearl Paula Jessup (Rissman Meilleur)
February 16, 1930 - June 17, 2024



Pearl lived a full and adventurous life. She loved to travel and did so many times. She also loved music, playing in a family band, The Rainy River Playmates on a local radio station to entertaining at the Gimli Betel Happy Hour. Pearl was proud of her independence, living on her own and carrying a valid driver's licence right to the end.

She was predeceased by her daughter Crystal, parents Napoleon and Sara and siblings Agnes, Rosemarie, Edward and Annette.

Pearl is survived by her children, Rhys (Nadine), Terill (Lawrence), and Chane (Den), six grandchildren, seven great-grandchildren and one great-great grandchild. She is also survived by her siblings Don (Yvonne), Maryann, Marcel, and Jeanette (Leroy).

There will be a graveside service as per her wishes at the Arnes

Cemetery Thursday, June 27, 2024 at 2:00 p.m.

Thank you to the staff of the Gimli Community Health Centre for your care and compassion.

Donations can be made to the Arnes Cemetery Assoc. Box 300, Arnes Mb. R0C 0C0.

Tributes: www.gilbartfuneralhome.com

Gilbart Funeral Home, Gimli in care of arrangements.



OBITUARY

Lewis Clarence Sevigny
October 5, 1929 - June 20, 2024



Peacefully on June 20, 2024, Lewis Clarence Sevigny passed away at the age of 94 years at the Lundar Personal Care Home.

Lewis is survived by his daughter Vivian Desjarlais; nieces and their families Lynn (Dave) Will, Lee (Terry) Bott and Laverne (Rod) Turnbull; grandchildren Perry (Carol) and family, Dean (Marilyn) and family, Bradley (Trina) and family along with numerous grandchildren and great-grandchildren. He is also survived by his good friends Alfred Delorme, Angie Zanewich and Al and Wendy Budge.

He is predeceased by his wife Irene; parents Albert and Lucy Sevigny; brothers Alfred (Doreen) Sevigny, Ervy (Marie) Sevigny; son-in-law Eugene 'Bobby' Desjarlais; grandsons Alvin Desjarlais, Dion Desjarlais and Darren Desjarlais; great-granddaughter Tiffany

Desjarlais.

Lewis was born on October 5, 1929 in Medicine Hat, Alberta.

In his youth Lewis was a Cadet for several years. He excelled at hockey and other sports as a young man. Lewis worked as a mechanic in the farm equipment business in Bentley, AB that was owned by his dad. Lewis had his own backhoe and excavation business for many years. He and his parents moved to Sydney, BC.

Lewis met and married Irene Brazeal on February 3, 1972 in Victoria, BC and moved to Lundar in 2000 to be closer to family. Lewis loved Irene and tried to take care of her as long as he could. Irene moved to the care home where she passed on October 14, 2013. His heart was broken and he missed Irene terribly. Before her passing, Lewis and Irene would spend many hours at Chicken Chef having a meal, coffee and visiting with friends and making new friends. After Irene's passing, he continued that tradition and really looked forward to spending time there. Lewis always enjoyed his home and garden and going for coffee to visit with friends.

Lewis contributed a significant amount of money to different organizations throughout the town of Lundar, and in particular, a large portion was made to the Skate Park. Lewis would often comment a lot about being happy the kids could enjoy it for years to come. Lewis was asked to do the ribbon cutting on opening day. Lewis also had donated monies to the new build of the Lundar Arena. He enjoyed helping people wherever he could.

A graveside memorial service will be held at 1:30 p.m. on Friday, June 28, 2024 in the Lundar Municipal Cemetery with Father Paul Tinguely officiating. Service will conclude at the gravesite.

In lieu of flowers, donations may be made in Lewis' memory to the Lundar Personal Care Home Guild, c/o Judy Gleich, PO Box 60, Lundar, MB R0C 1Y0.

Arrangements by:
ARNASON FUNERAL HOME
Ashern - Lundar
1-204-768-2072
1-866-323-3593

OBITUARY



Cameron Donald Peter Penny
April 20, 1953 - January 4, 2024

Suddenly on January 4, 2024 at the Lakeshore General Hospital in Ashern, MB with his loving wife Phyllis of 44 years by his side, Cameron Penny, age 70 years of Eriksdale, MB passed away.

Cameron, the son of John (Jack) and Doris Penny (nee Blue), was raised on a farm in the community of Scotch Bay, in the Eriksdale, Manitoba area. At the early age of six Cameron started learning the skills of milking cows, raising beef cattle,

planting and harvesting grain, and working summers in the hay field mowing hay with his favorite John Deere tractor. After nearly 60 years of farming experience, Cameron retired from farming due to poor health.

At age 11, his parents separated and Cameron divided his time between spending weekends and holidays helping Dad on the farm and living with mother and siblings on school days. When the family lived in Eriksdale Cameron carried all the water from a community pump a long way from their home and helped with washing clothes and cleaning the house. When his dad was no longer able to run the farm due to health reasons in 1969, Cameron looked after him for a while and kept the farm producing until Cameron took over the farm when his father died in 1976.

For awhile Cameron was a single father to his young son Sean and then Cam met Phyllis Erickson who joined them to become his partner for life. Together, along with Cameron's trained border collies, they ran a beef and grain farm caring for up to 130 cattle a year. Cameron was especially proud of raising a Simmental herd which produced good quality beef. To supplement his income Cameron fished commercially on Lake Manitoba for 10 years. He also worked as a mechanic for Danielson's Garage and Sigfusson Northern. He said he enjoyed getting out and working with others and learning new skills.

Cameron was well-known for his honesty and generosity. People learned quickly that Cameron was a man who kept his word and he would do his best to help those in need. When Cameron was asked, "What part of farming do you like best?", he would answer, "Mechanics". He loved fixing things and many farmers benefited from his help when their machinery broke down. What he disliked the most was paying the bills for replacement parts.

Cameron learned to read at the age of four while playing school taught by his older seven year old sister Jacqueline (Jackie). By the time he started at the one room Scotch Bay School at age six, he was already a dedicated student and received top marks from grades 1 to 8. Cameron attended high school at St. James Collegiate and then Eriksdale High School, but regretted having to quit school early at age 15 to make a living. Through the years he was a self-taught life long learner, who was always ready to learn how new technology could help him. He quickly learned the use of the internet to research topics and bought a new camera for Phyllis. He was one of first in the area to get cameras to monitor calves birthing in his new cow shed. Once he mastered the internet then he became a master at using his cell phone which he was never without.

Cameron was quite shy when he was young and didn't like being the center of attention, especially in public, but he enjoyed coaching hockey, fishing, camping and hunting with friends. In the past year he traveled with Phyllis to various places around Manitoba, Alberta and Montana and liked to stay overnight in Winnipeg, Selkirk or Brandon. He looked forward to having visitors drop in and he was always willing to go quadding with someone to show them around the Scotch Bay area. In 2022 he suggested to Phyllis that they renew their wedding vows during their 33rd Wedding Anniversary and she was all for it. The Renewal of Vows was a great event and Phyllis' and Cameron's love for each other was very evident that day.

Cameron was predeceased by grandfather Hugh Blue, grandmother Elizabeth (Lizzie) Blue (nee Monkman), father, John (Jack) Penny, mother Doris Penny nee Blue, father-in-law Bergsveinn Erickson, sister-in-law Diane Erickson, nephews Dusty Brandson and Naron Penny.

He is survived by his wife Phyllis, son Sean, grandson Alex; sisters Jacqueline (Robert) Isfeld and Cindy Penny; brother Vernon Penny; mother-in-law Louise Erickson, brother-in-law Chris Erickson, sister-in-law Wanda (Jim) Brandson and Aunt Audrey Blue; nephews and nieces, Justin Penny, Leifur Isfeld, Riley Brandson; Ward (Charlene), Grant, Rhonda (Rob) and Crystal (Sandy); Jack (Tamara), Randy (Vanessa), Terry and Penny (Jason).

Cremation has taken place and a private family memorial was held April 20, 2024 on Cameron's 71st birthday.

Everyone is welcome to take part in a Celebration of Life at the Penny farm in Scotch Bay, at 1:00 p.m. on Sunday July 7, 2024. Lunch will be provided. Please bring a chair.

Thank you to the hospital staff at Ashern Hospital for your compassionate care of Cameron before his sudden passing and thanks to all the Home Care workers who cared for Cameron during his struggle with Parkinson's over the years. A special thank you to Cameron's friends who were always there for him. Including him in their lives was very important to Cameron.

And to Phyllis, your ongoing round-the-clock loving care at home made a huge difference in helping Cameron tolerate his Parkinson's symptoms. Most of all Cameron would have said that he thanks you for the best care that anyone could wish for and that he is thankful that you rarely took "no" for an answer when you wanted him to take part in everyday events and try new experiences.

In lieu of flowers, donations may be made in Cameron's memory to Parkinsons Society of Manitoba, 7 - 414 Westmount Dr, Winnipeg, MB R2J 1P2.

Arrangements by:
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Ashern - Lundar
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