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ConGRADulations!

EXPRESS PHOTO BY JO-ANNE PROCTER

Lundar School graduates celebrated the completion of their high school careers and received their Grade 12 diplomas last Friday afternoon. Pictured left to right, Ethan Christensen, Lou Holm, Andrew Mason and Randal Johannson. The Express Weekly News will be publishing a 'Graduation Keepsake Edition' on July 8.

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Bifrost-Riverton deputy reeve celebrates 35 years on the job

By Nicole Brownlee

From councillor, to mayor to deputy reeve, Colin Bjarnason has spent over 30 years working towards bettering his community.

"If somebody told me 38 years ago that I'd spend the next 35 years in council, I would have been the first one to tell them they were crazy," said Bjarnason.

"But I got into it... I've got no shortage of words, and I've seen results in my lifetime, and I just kept going."

He entered the political sphere as a Riverton councillor in 1986 at 36 years old. Within six years, Bjarnason was elected mayor with four councillors by his side.

"The good thing about it was, nobody could argue," said Bjarnason. "We had to work together."

"If there was something that we needed, you know, our tax base wasn't that big. We knew that we couldn't buy anything and everything, so we had to work at doing it," said Bjarnason.

The council had to do just that in 2011 when an ice jam tore through Riverton's walking bridge. Together they rallied provincial support to help pay for the reconstruction.

"The bridge went down at seven o'clock in the morning when the ice hit. By 12 o'clock, I had a commitment



Bjarnason started working as a Riverton councillor in 1986, the same year this photo was taken.

from the government for disaster funding," said Bjarnason. "If you want something, you go get it."

The Riverton Icelandic River pedestrian bridge was unveiled after 18 months.

"We as a council stuck together, and we went with what we had," said Bjarnason. "We were more than happy at the end of the day."

"It's something I'm very proud of," said Bjarnason. "The thing that I enjoyed the most is how excited people



EXPRESS PHOTOS SUBMITTED BY JORDAN WILLNER

Colin Bjarnason accepted his 35-year pin from the Association of Manitoba Municipalities on June 10 from Bifrost-Riverton's assistance chief administrative officer Tanis Johnson.

were to go to a brand-new place like that."

Bjarnason kept his position as mayor for 22 years, leading up to the amalgamation of Riverton and Bifrost in 2015. He has now held the position of deputy-reeve for Bifrost-Riverton for the past three years.

Brian Johnson, reeve of Bifrost-Riverton, had worked with Colin Bjarnason since October 2018 when Johnson became reeve.

"Colin is a very dedicated person," said Johnson. "Receiving that 35-year pin is a testament to his devotion... He's very passionate about his job."

Bjarnason has been involved with several committees and departments

through the years and worked hard to represent his community, added Johnson.

"I've noticed with [people], [if] they see that you're putting an effort in, then they don't have a problem," said Bjarnason.

"I've always tried my best, and people have seen that."

Despite receiving his 35-year pin from the Association of Manitoba Municipalities marking his years working for the community, Bjarnason has no plans to slow down.

"Now it's got me wondering if it's worth running another four years to get to 40 because that's the last [pin]," said Bjarnason.

"I'VE GOT NO SHORTAGE OF WORDS, AND I'VE SEEN RESULTS IN MY LIFETIME, AND I JUST KEPT GOING."



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Matlock yoga teacher welcomes all ages to join her on the beach

By Nicole Brownlee

A local instructor welcomes people of all ages to join yoga classes to start July 6 at Matlock Beach.

Carley Matkowski has been involved in the fitness community for six years, working as a certified fitness instructor, but she became more interested in yoga in the past year.

"I just really found, like, the love and interest of turning on good music and just being able to stretch," said Matkowski.

"Especially now, it's always busy and chaotic in our world... If you have that time to take for yourself, then it's very beneficial for your health. For your body. For your mind. For everything."

To learn more about the craft, Matkowski attended a 26-day Yandara Yoga Institute course in Baja, Mexico, in January to complete a 200-hour yoga training certification.

"I learned so much and experienced so much, so I just really wanted to bring it into the community," said Matkowski. "Yoga is really for anyone and everyone."

"You can be 90 years old and not be up to move and still be able to do yoga just by breathing, feeling movement in your fingertips... There's no criteria you need to do yoga."

Matkowski learned about the eight limbs of yoga throughout the course, which are eight areas that yoga focuses on, including yoga positions, meditation, and more.

"Yoga is about some physical, but it's



EXPRESS PHOTO SUBMITTED

Carley Matkowski demonstrates a tree pose in this photo taken in Costa Rica. She will be teaching yoga classes on Matlock beach starting July 6.

a lot of mental aspects too," said Matkowski. "Like, really learning how to handle a stressful situation or a little anxiety that you have."

Matkowski was forced to return home after her training because of the COVID-19 pandemic, but she soon started offering free, live-streamed yoga sessions through Instagram to continue teaching.

She is also taking additional courses to learn more about how yoga can help people in different environments, said Mat-

trauma-informed yoga.

"[Yoga is] just really about getting people to think like into their body and just be in that moment of peace without chaos, without thinking about what's going on around them, just really being present."

Matkowski hopes to continue working towards offering more accessible yoga classes.

Matkowski's yoga sessions will be taught on Tuesday and Thursday mornings from 7 a.m. to 8 a.m., July 6 to August 24 at Matlock Beach. To reserve a spot or to learn more, contact Matkowski at colorcarley@gmail.com.

"YOU CAN BE 90 YEARS OLD AND NOT BE UP TO MOVE AND STILL BE ABLE TO DO YOGA JUST BY BREATHING, FEELING MOVEMENT IN YOUR FINGERTIPS."

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kowski. One of the courses she's taking now is called the Prison Yoga Project, which explores the benefits of mindfulness and support through

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Inclusive and accessible mental health services

By Jules Stevenson

Peacepipe is a non-profit charitable organization in Winnipeg Beach that offers resources, education, and mental wellness services. Their mental wellness services include counselling, group therapy sessions, long-term therapy, and anything to do with mental health. All their services are free.

Included also is helping with EIA applications, Manitoba Housing, childcare subsidies, navigating the CERB system and workshops on how to do an interview and write a resume.

"Everyone is welcome. Any gender, any race, any faith, anyone is welcome here," said Kym Edinborough-Capuska, the director, Elder in residence, and senior council for Peacepipe.

People can knock at their door if

they need help and apply to become a member. Members have full, unrestricted access to all the services they provide.

"The only thing we don't provide is the thing you haven't asked for yet, and then we will provide that too," said Edinborough-Capuska.

Peacepipe provides education for community-based needs, youth groups with at-risk youth.

"It's so cute and heartwarming when people walk in through our door and find out what we do, and they always say 'why don't you advertise?' and the answer is we don't have to. The people who need us, find us," said Edinborough-Capuska.

For those who are nervous to ask for the help they need, Edinborough-Ca-

puska said the easiest way is to walk through their door and ask for information.

"That gets you through the door, that gets you face to face with one of our amazing workers, and where that leads is entirely up to your needs," said Edinborough-Capuska.

In 2019, Edinborough-Capuska worked at another organization as a counsellor with 54 clients when her position was removed.

"Those 54 clients were left with no mental health services," said Edinborough-Capuska.

Edinborough-Capuska then decided that she and like-minded individuals could create a better, more accessible mental health service.

"To go from a position at another

organization to literally having that ripped out of my hand with no notice, to six months later being able to open in a very kind, gentle, all-inclusive place, the healing goes beyond words. It's absolutely amazing," said Edinborough-Capuska.

Peacepipe is opening a thrift store called Kookum's Kloset in the Winnipeg Beach Plaza Mall to help fund their organization and other community enterprises.

She was inspired to open the thrift store because she had received many donations over the past year. The store is low priced, and those who need it always can take what they need. Peacepipe often puts out calls to the community for donations of items to help their members in need.

Riverton & District Friendship Centre taking care of seniors

By Jules Stevenson

Seniors in and around Riverton have had hot lunches provided throughout the COVID lockdowns, thanks to the kind volunteers at the Riverton & District Friendship Centre.

"I was certainly impressed by the quality of what they put out and how good it is. They're a nice group here and they do a fantastic job," said Bob Hauston, a senior who has used the meal program. He says the staff at Riverton & District Friendship Centre are outstanding.

They began the meal program in February due to the pandemic.

"We wanted to provide something for the seniors that was healthy," says

Desarae Bilinski, the Child and Youth Program Coordinator at the Riverton & District Friendship Centre. She said many seniors were growing depressed and discouraged, and the lunches gave them something to look forward to.

She said the staff at the Riverton & District Friendship Centre loved making the meals, too. They prepared over one hundred lunches a day, Monday through Friday. The meals were delivered hot by curbside pickup or delivery following COVID-19 guidelines.

"It's been really phenomenal. Everyone is really grateful, and a lot of people have said they haven't eaten this healthy, especially with hot meals, in

a long time. We've been really grateful to be able to help them, it's been a really positive experience all overall" says Darci Mowatt, the Summer Program Coordinator.

Some of the meals included pickerel dinner, lasagna, taco salad, chicken Alfredo, or chicken and rice.

"The portions were really nice. We even had some seniors saying they saved part of it for suppertime," said Bilinski.

Bilinski said they were inspired to provide the lunches because of how many seniors were struggling during the lockdown. The seniors expressed they didn't have that drive to cook anymore.

"We're always really grateful for volunteers and people using our services and letting us provide them with what they need," said Mowatt. The Friendship Center also had many volunteers come out to help deliver the meals.

The Riverton & District Friendship Centre hopes they can open their seniors center soon as restrictions loosen. "We have seniors calling everyday asking it it's open yet," said Bilinski.

Bilinski said the Riverton & District Friendship Centre is a hub for the community. They host mom and baby programs, children and senior programs. They also have a senior's center, a food bank, and provide children's activities throughout the year.

Take care around the water this summer: Red Cross

Staff

Summer is finally here, which means it's time to hit the water. The Canadian Red Cross urges you to keep water safety in mind as you do so. "Young children, between the ages of one and four, are particularly at risk of drowning," explains Lynn Kolba, Canadian Red Cross swimming and water safety representative. "A high percentage of these water-related fatalities are preventable. The more aware

we are of possible dangers around bodies of water, the better we can prepare, prevent, and enjoy."

A few water safety tips to consider:

Active supervision

The absence of adult supervision is a factor in most child drownings. Whether it's a pool, the bathtub, a water park, or the beach, always watch children actively around water—even if they can swim.

Consider requiring all non-swimmers to wear a lifejacket to keep them at the surface to assist you while supervising.

Backyard pools

Backyard pools are especially dangerous for small children. Ensure adequate barriers are in place such as four-sided fencing

(recommended at least 1.2 m in height, with gaps no larger than 10 cm), along with a self-closing, self-latching gate.

Empty portable toddler pools after each use.

Bathing children

When bathing infants or toddlers, an adult should always remain with the child. Children should never be relied upon to supervise other children in the bath.

When a child is in the bathtub, never leave to answer the phone or for any other momentary distraction.

Diving

Diving head-first into water should be avoided unless the individual is properly trained and is sure that the water is deep enough.

Avoid diving in home pools and always enter the water feet-first.

Open water

Be cautious about swimming in currents. If you become caught in a river current roll onto your back and go downstream feet-first to avoid hitting obstacles head-first. When you are out of the strongest part of the current, swim on a forward angle toward shore.

"Swimming and paddling to cool off from the heat are some of the great pleasures of summertime," says Kolba. "Understanding safety issues around water, preparing for possible emergencies, and remaining diligent when supervising children help can keep everyone swimming safely."

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New shop in Riverton promotes culture and community

By Iris Dyck

Riverton residents have a new opportunity to shop local with the opening of a new store that gives back to the community.

On June 22, Zaagi' opened its doors, carrying a mix of new and used items. The store is run by Riverton & District Friendship Centre, and proceeds from the store go toward the Indigenous organization's community programming.

"I'm most excited because there aren't a lot of businesses anymore in Riverton," said Tanis Grimolfson, Executive Director of Riverton & District Friendship Centre.

Zaagi' sells items that Riverton residents would otherwise have to travel out of town to find, like children's books, new footwear and clothing, and helium balloons. Along with the new and gently used items, Zaagi' carries handmade moccasins, mukluks,

and beading made by Indigenous artisans in the Interlake.

"We're really excited that not only we're able to open a business where we can make money and put it back into the community, but we can also do it while having representation on Indigenous culture," said Desarae Bilinski, Youth Coordinator at the Friendship Centre. She added that there are no other Indigenous-owned businesses in town.

The Friendship Centre staff wanted to choose an Indigenous name for the store. They translated the word "treasure" to Ojibwe and got "zaagi'." An elder then told them the translation was closer to the verb "to treasure," and that "zaagi'" had the same origin as the Ojibwe word for "love."

"It's one of the main Seven Sacred Teachings in Indigenous culture," said Bilinski. "We thought it'd be a cool way to embrace the word."

Bilinski, Grimolfson and their colleagues had been thinking about opening a store for several months but had trouble finding a suitable location. When a unit became available at 70 Main St. in March, they decided to take the plunge. They began gathering donations of second-hand items and decorated the store, opting for a black and white design that Bilinski calls "clean" and "classy."

"You could almost feel like you're in a high fashion store," she said. "It's really cool to bring something like that to our small community."

Riverton & District Friendship Centre's programming includes a food bank, a youth drop-in program, and employment services. They've also organized fundraisers for community members in need and provided free meals for local seniors. The Centre hopes to use some of the store's profits to repair the kitchen in the Friend-

ship Circle (formerly the Fellowship Circle) and to hold more community events.

Zaagi' was set to open on May 7, but that day, the province announced tighter restrictions to combat the third wave of COVID-19. Businesses were limited to 10 per cent capacity. Grimolfson made the difficult decision to postpone the opening, despite some eager shoppers waiting outside the store that day. While COVID-19 restrictions are still in place, Grimolfson has now decided to open to their maximum of two shoppers at a time.

"I just want to get started and see how it goes," she said.

Zaagi' is located at Units 3 and 4, 70 Main Street in Riverton, and is open Tuesday to Friday from 10 a.m. to 5 p.m., and Saturday from 10 a.m. to 3 p.m. Zaagi' welcomes donations of gently used items. Call 204-379-2800 to arrange a drop-off.

Manitoba government to increase minimum wage in October

Submitted by Manitoba government

Manitoba Finance is advising Manitobans the provincial minimum wage will increase by five cents to \$11.95 as of Oct. 1.

By law, Manitoba's minimum wage is tied to the Consumer Price Index. This adjustment is based on Manitoba's 2020 inflation rate of 0.5 per cent, rounding up to the nearest five cents. Indexing Manitoba's minimum wage to inflation provides predictability for

businesses in terms of wage costs and ensures the purchasing power of the minimum wage is maintained on an ongoing basis.

Budget 2021 continues to make life affordable for Manitobans through the \$2,020 Tax Rollback Guarantee, such as the new education property tax rebate that will return nearly \$250 million to the owners of approximately 658,000 properties in Manitoba. The 2021-22 budget also removes the

retail sales tax on personal services like haircuts and salon services, and reduces vehicle registration fees another 10 per cent.

Manitobans continue to benefit from the indexation of the Basic Personal Amount and the provincial income tax brackets to the rate of inflation. This has saved Manitobans more than \$145 million since indexation began in 2017 and removed an estimated 12,500 Manitobans from the tax rolls includ-

ing an additional 1,500 individuals who will not have to pay provincial income tax for the 2021 tax year. In addition, Manitobans and businesses continue to benefit from the reduced retail sales tax rate of seven per cent, providing another \$325 million in annual tax savings.

Information on Manitoba's minimum wage and other employment standards is available at www.gov.mb.ca/labour/standards/.

Sixty-one new COVID cases Monday, no deaths

By Ashleigh Viveiros

Manitoba's Public health officials announced 61 new cases of COVID-19 and no deaths on Monday—the lowest daily case number in months and the first time in weeks there have been no new deaths attributed to the virus.

The current five-day COVID-19 test positivity rate was 6.2 per cent provincially and 5.8 per cent in Winnipeg.

There were 1,454 active cases and 53,443 recoveries from COVID-19 at press time. The death count remained at 1,139.

A total of 194 Manitobans were hospitalized with the virus in Manitoba and neighbouring provinces, including 61 in intensive care.

Locally, Eriksdale/Ashern leads the way in active case counts with 97, followed by 74 in Fisher River/Peguis, 25 in Powerview/Pine Falls, 18 in Selkirk, eight in St. Clements, seven in Northern Remote, Stonewall/Teulon and in the Unknown district, five in St. Laurent and Winnipeg Beach, two in Beausejour and one in Pinawa/LacduBonnet. Arborg/Riverton, Gimli and Springfield all recorded zero.

The Interlake-Eastern region has lost 45 people to the virus since the pandemic began.

At Monday's briefing, Dr. Brent Roussin, chief provincial public health officer, continued to sound a note of caution even as restrictions begin to slowly ease.

"We're certainly not out of the woods. We still see the virus here, we still see the effects of the virus in Manitoba," he stressed, adding, however, that the plan is to dial back on restrictions in the months ahead as more Manitobans get vaccinated and the stress on the health care system lessens. "The vaccine rates continue to climb, our numbers continue to trend in the right direction, and so we fully expect to be able to reopen things over this summer."

Meanwhile, on the vaccination front, all Manitobans age 12 and up are eligible to book their first or second dose appointments (there must be at least 28 days between the first and second vaccination). Individuals can book online

at <https://protectmb.ca> or by calling (toll-free) 1-844-MAN-VACC (1-844-626-8222).

All super sites are currently offering walk-in appointments as well, though the hours and number of available doses daily varies.

As of Monday, more than 1.3 million doses of vaccine has been administered in Manitoba, representing 72.9 per cent of eligible people with at least one dose and 38 per cent with two.

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COVID-19 and international workers

By Paul Gregory

Despite some reports, producers in Manitoba are not blocking international workers from getting vaccinated. We value them and the contributions they make to our farms and communities.

It is an understatement to suggest that keeping international workers healthy and safe is critical to the success of Manitoba's agricultural industry. As a beekeeper, I rely on workers from Nicaragua and the Philippines to manage bees and harvest honey. They are like family, and the experience and skill they bring is irreplaceable. Similarly, producers across sectors rely on international workers as a significant part of their workforce. No matter the commodity, international workers are vital.

I have been troubled to hear reports that some producers are not doing all they can to help international workers get vaccinated for COVID-19. On my farm near Fisher Branch, interna-

tional workers are quarantined upon arrival and must test negative for COVID-19 three times before proceeding. Then, we bring them to a pop-up clinic to receive their first dose of a COVID-19 vaccine. Some variation of this process is occurring on farms throughout Manitoba.

Doing everything we can to protect these essential workers is the right thing to do. That is the primary reason for taking the steps necessary to ensure access to vaccines. It is also in a producer's best economic interest. If an employee becomes sick, this can shut down a farm for weeks, resulting in severe financial impacts.

Dr. Joss Reimer, medical lead for Manitoba's Vaccine Implementation Task Force, has been clear that it has been rare to find incidents where employers were not taking the steps necessary to make vaccines available to employees. Nevertheless, one case is too many. The agriculture indus-

try must ensure that all international workers know that they have a right to get a COVID-19 vaccine and how they can access the distribution process.

Keystone Agricultural Producers is working with the provincial government, providing COVID-19 and vaccine-related information in primary languages like German, Spanish and Tagalog. This will help break down the language barriers that may exist. On-farm pop-up clinics are another way to ensure that every international worker is vaccinated before they return home this fall.

Producers do not take international workers for granted. They are not just employees; in many cases, they are friends and like family. We also understand their importance to the financial viability of every part of Manitoba's agricultural industry.

Paul Gregory is from Fisher Branch and is a director of District 10, Keystone Agricultural Producers

Province reopens biz bridge grant program

Staff

The provincial government is re-opening a bridge grant program designed to help ease the burden on pandemic-stricken Manitoba businesses.

Finance Minister Scott Fielding last week announced the province will provide an estimated \$5 million in support for seasonal businesses, new applicants, and others affected by public health restrictions

"Throughout the pandemic, our government has been working with Manitoba's business community to provide support throughout this challenging time," he said. "We want to ensure this program includes new

businesses or seasonal operations who could not apply for previous rounds of the Manitoba Bridge Grant so they have an opportunity to receive provincial government support."

The Manitoba Bridge Grant program has provided more than \$291 million to over 15,000 private enterprises, not-for-profit organizations, and registered charities affected by pandemic restrictions since last November.

The program offered four rounds of grants up to \$5,000, with many eligible businesses receiving up to \$20,000 total. In May, the province provided a \$2,000 top-up to nearly 1,800 restaurants to compensate for food wast-

age connected to the closure of dining rooms just ahead of Mother's Day weekend.

Now, the bridge grant intake is open to businesses that did not previously apply, such as new and seasonal businesses that were not operating as of the original Nov. 10 program deadline.

Eligible storefront businesses will receive \$5,000 and home-based businesses will receive up to \$5,000 based on 10 per cent of their most recent calendar year revenues.

Nearly 1,000 businesses may be eligible, estimated Fielding.

The province is also extending the

Continued on page 7

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EXPRESS PHOTOS BY KEITH WALDNER

Wildflowers are a plenty when walking or travelling alongside the ditches and trails throughout the Interlake. Help the Express record the weather of the week and send in your photos of friends or families enjoying the outdoors. Email: weather@expressweeklynews.ca.

> GRANT, FROM PG. 6

\$2,000 food waste top-up to both new and previous bridge grant applicants that offer prepared food services but did not receive the May 15 deposit, as it was only provided to restaurants. It is now open to other businesses that offer food services, including hotels, bars, and lounges.

"Manitoba's businesses have made great sacrifices to follow necessary public health restrictions and keep all Manitobans safe," said Fielding. "Our focus now is to vaccinate Manitobans so we can loosen restrictions and safely reopen businesses and our economy this summer."

Businesses can learn more about the grant program at www.gov.mb.ca/covid19/programs/bridge-grant.html. Deadline to apply is July 16.

letters to the editor

Letters to the Editor:
letters@expressweeklynews.ca

Where does our garbage go?

When you put your garbage at the end of your driveway it doesn't just go away. It goes to the dump and the dump is super cool.

The guy who works at the dump is named Guy, and that is a little bit confusing. He showed me what they do in the big building. The guy is really nice and he is really neat. I learned that there are different spots for things at the dump. There is a spot for TV's, recycling, oil, beer cans, metal, trees, and probably more than I am forgetting.

My favourite thing about the dump is the great big pile of boxes. I wanted to bring them all home to make a big Fort but my mom didn't let me.

The guy showed me how they do recycling.

Did you know that he has to open every recycling bag? And if you put bags inside of the bag he has to open those too? And if you put gross stuff inside of a bag he has to take the gross stuff out?

I learned that it is important to only put recycling in recycling bags. The guy takes out any beer cans and puts them in a great big box. It was a really big box I wanted to take home too.

The guy showed me how he puts stuff into the baler. I learned

that it is important to take the caps off of your bottles. The baler is really strong, but it can't squish bottles that have caps on them. I am always going to take the caps off of my bottles from now on!

The guy showed me the blocks they make with the recycling and they are really big. Bigger than me, even bigger than my dad.

My mom showed me the rest of the dump and I learned where other spots were. There is a spot for metal and a spot for trees.

My mom showed me where the garbage used to go and where the garbage goes now. Where the garbage used to go just looks like a hill. There is a pond with really gross water. The guy told me that some times there are bears that come to the dump. He said they trap the bears, but he didn't say what kind of bear. If it is a polar bear I asked my mom if I could see it and try to make friends with it. My mom said that if they trap a polar bear I can!

I learned that garbage goes to cells and everyone's garbage gets packed down until there is no more room and then they need to make a new cell. And new cells are really expensive, like way more than one hundred dollars. When I saw where the garbage goes I saw a lot of stuff



EXPRESS SUBMITTED PHOTO
Jamie and her friend Eeyore doing road side cleaning.

that should not go in the garbage. Everyone should recycle because it helps the Earth. And it is really expensive to make new places for the garbage.

I saw the tractor that the guy uses to crush the garbage in the dump and it's really cool. My mom said I couldn't go on it, but it looked like a tank. I really wanted to drive it.

The dump is awesome! I wanted to bring things home from the dump, but my mom wouldn't let me. But she said next time she goes to the dump she'll bring me. But I know she won't because she says she goes to the dump all the time for work and she never brings me.

- Jamie, Age 8

We should learn from our history

Dear council,

Firstly, I would like to say I disagree with renaming the road as it is part of our history and as such we should learn from our history. Whether it is good or bad it is still history. We are taught to learn from our mistakes and do better in the future. How are we to continue to do that if we erase the history?

I know this will not change the plan to rename the road so I would like to make a few suggestions. The committee should read the Arnes and District history book "The Point And Beyond" or talk to one of the history book committee members such as Harold Thorkelson or Arlene Peterson. The area is rich in history and a lot of it is good. As an example, there is property that covers both sides of this road and has been in the Albertson family since 1889 and is still occupied by family. The original settlers Albert and Bjorg operated a "stopping place" where travellers would get a warm meal, place to stay the night and shelter for their animals before continuing on their journey. Albert helped setup the first library and had a vast knowledge of natural remedies that he shared with others.

The road has also been called Dock Road and Old Arnes Road before it was called Colonization.

I hope your committee will do some research and rename this road to honour our good local history.

Thank you for taking the time to read and ponder this.

- Yours truly,
Terill Adamik

Vaccination targets met, restrictions ease a week early

By Ashleigh Viveiros

The first full weekend of summer started on a high note as Manitoba was able to get a head start on its "4-3-2 One Great Summer" reopening plan.

Manitobans managed to meet the government's July 1 vaccination goals a week early, which meant an easing of some COVID-19 restrictions ahead of schedule.

"This is a good news day for Manitobans," Premier Brian Pallister said at a press conference announcing the new public health orders going into effect last Saturday. "After nearly a year and a half of fighting COVID-19, it's time for Manitobans to start to get some of their freedoms back and enjoy this beautiful summer ... Manitobans have earned that right."

The province had set a goal of having 70 per cent of eligible people at least partially immunized (one dose) and 25 per cent fully immunized (two doses) by Canada Day.

Last week, Manitoba surpassed that with 71 per cent of eligible Manitobans having received their first shot and 27 per cent their second. By press time this week those numbers had risen to 72.9 and 39 per cent.

As a result, restrictions have relaxed somewhat on several fronts.

Manitobans who are fully immunized (two weeks past their second dose) are now allowed to visit fully immunized loved ones in personal care homes or hospitals, participate in social or communal activities if they are a resident of a personal care home or congregate living facility, travel domestically for essential and non-essential purposes outside of Manitoba without the requirement to self-isolate on their return, and dine

indoors at restaurants and bars with other fully immunized friends and family from outside their household.

Large-scale, outdoor professional sports or performing arts events may also allow fully immunized Manitobans to attend, subject to approval by Manitoba Public Health.

Meanwhile, all Manitobans, vaccinated or not, are now able to gather in larger numbers (10 people outside on private property, 25 people on public property), dine out in restaurants (with members of the same household if not vaccinated) and on patios,

attend faith-based services, and go to gyms, hair salons and retail stores in every region of the province, with some restrictions (full details below).

The orders are in effect until Monday, Aug. 2, which is the date of the province's next hoped-for vaccination milestone. If Manitoba hits that goal of 75 per cent first-dose vaccinations and 50 per cent second dose before Aug. 2, more restrictions could be eased earlier.

"So book your vaccination appointment," urged Dr. Brent Roussin, Manitoba's chief public health officer, who

called this first step towards a return to normalcy a "ray of hope" after months of missed celebrations.

"When people get vaccinated the community transmission is reduced," Roussin stressed. "It protects the individual, it protects the people around them, the people they love, the people they care about. It helps us get back to days like this where we start loosening these restrictions.

"We can protect all Manitobans by each of us getting fully vaccinated."

New public health orders in effect

- Outdoor gathering sizes on private property double to 10 persons and now allow outdoor visitors to briefly access homes for essential activities (e.g. to use a washroom).

- Public outdoor gathering sizes increase to 25 persons.

- Retail businesses can now open with 25 per cent capacity to a limit of 250 people, with no restrictions on the number of household members permitted to shop together.

- Personal service businesses (hair and nail salons, estheticians, barbers, etc.) may reopen at 50 per cent capacity, on an appointment basis only.

- Restaurants and bars can reopen at 25 per cent capacity for indoors and 50 per cent for outdoor dining. For indoor dining, patrons seated together must be from the same household unless all patrons at the table are fully immunized.

Patrons who are fully immunized and from different households may dine together. For outdoor dining, tables are limited to a maximum of eight patrons and can be from different households regardless of immunization status.

- Indoor faith-based services and organized community gatherings (pow wows, sun dance ceremonies) can resume at 25 per cent capacity to a limit of 25 persons. Masks must be worn at all times.

- Outdoor faith-based and organized community gatherings can resume for up to 50 persons, provided distance can be maintained between households. Drive-in services continue to be permitted.

- Outdoor weddings and funerals may take place with up to 25 participants, in addition to photographer and officiants. Indoor weddings and funerals remain limited to 10

persons.

- Indoor dance, music, theatre and other organized sports and recreation activities may reopen at 25 per cent capacity to a limit of five persons, with no tournaments allowed.

- Outdoor dance, music and theatre classes and other organized recreation activities may reopen for groups up to 25 people, with no tournaments allowed;

- Swimming and wading pools, both indoor and outdoor, may reopen at 25 per cent capacity.

- Gyms and fitness facilities may reopen for individual and group fitness classes at 25 per cent capacity with three metres distance maintained between patrons.

- Summer day camps may reopen to a maximum of 20 participants in groups.

Gimli Film virtual festival fun

Tickets are on sale now for the Gimli Film Festival

By Tyler Searle

Filmgoers can look forward to on-demand streaming, filmmaking workshops, and a new drive-in theatre at the 21st annual Gimli Film Festival (GFF).

Organizers have extended the customary five-day festival for two weeks between July 12 and 25.

Attendees can expect a predominately virtual format for the second year in a row, but fest staff added features to make the event more interac-

tive, said Communications Coordinator Drew Jensen.

New this year, the fest is offering a late-night drive-in experience in lieu of its flagship RBC Sunset Beach Screenings.

The RBC Sunset Drive-In Movie Theatre will be a temporary installation in Gimli's Pavilion Park.

The theatre will screen six films between July 21 and 25, including a special midnight showing of Steven Kostanski's cult-horror, *Psycho Goreman*.

Other films include the comedies *Indian Road*



What testing results tell us is that we have diverse needs within Manitoba classrooms. Manitoba has been noted as having the highest rate of child poverty for multiple years in the last decade. If we want to improve student outcomes, start with basic needs like food, clothing, and shelter. Bill 64 professes to overhaul education to benefit students, but does not address child poverty.

Ride Don't Hide makes it's debut in the Interlake

By Katelyn Boulanger

This year the Canadian Mental Health Association is inviting Interlake residents to get active and raise funds for youth mental health in our communities. They are doing it by introducing the Ride Don't Hide a virtual event that aims at getting people to take a renewed interest in activities for better mental health for themselves and their communities.

"This is the first year that Interlake Eastern, our region, has taken part in it, so, we're really excited about that and what that means is that we're able to fundraise for initiatives specific to our region. This year, we're raising funds for youth mental health and that's something I personally deliver. So I'm, I am beyond excited for it," said Tristan Dreilich, Mental Health Resource Developer for CMHA Interlake Eastern.

Traditionally the Ride Don't Hide event has been a single day event where participants would gather and ride their bikes together, this year the CMHA has had to pivot due to COVID-19 restrictions and so now anyone can sign up this month and participate in a 'choose-your-own-adventure' way that allows any activity that benefits mental health to count. This means that you definitely don't need

a bike to take part.

"There are other ways to participate for me, for example, I'm walking. I'm logging my time spent walking as part of my contribution towards our Ride Don't Hide Challenge. There are all kinds of things you can do — you can dance, you can meditate — what the focus here is, is we want folks to take a minute to help build up their own mental health as a way to be part of a team in our region and so you can participate in any way you really feel like. There's a whole list [online] but I wouldn't limit yourselves to that," said Dreilich.

Many of the examples on the Ride Don't Hide website are aimed at physical activity because of the connections that have been discovered between improved physical health and improved mental health but for those unable to participate this way meditation, reading and socializing, while following COVID restrictions, are all non-physical ways to take part.

Another bonus way to participate with a local connection is to check out the video that CMHA created with local gym Iron Image. In this video, called Lift Don't Hide, they will take you through some physical exercises that can be logged as part of Ride Don't Hide. This video will be



EXPRESS PHOTO BY KATELYN BOULANGER

A still from the CMHA and Iron Images collaboration video for the Ride Don't Hide event.

up on the Ride Don't Hide's website on June 24 and part of the Manitoba Ride Don't Hide spirit week which runs from June 21 to 27 and will have a bunch of other information and activities from other communities.

Dreilich encourages anyone interested to participate.

"I think [Ride Don't Hide is] a great accessible way to just do something

small to not only improve your kind of your own mental health but also to help improve the mental health of our community," he said.

The event webpage can be found at <https://cmha.donordrive.com/index.cfm?fuseaction=donorDrive.event&eventID=601>, and is also where you can register or donate to the event.

> FILM FESTIVAL, FROM PG. 8

Trip from Allan Hopkins (Smokesignals) and Golden Arm from Maureen Bharoocha. A documentary from Lance Oppenheim called Some Kind of Heaven. And Carlos López Estrada's Summertime, an ambitious drama set in LA.

Tickets to the drive-in cost \$15, and space is limited, so festival staff are employing a lottery registration. Registration opens July 3 at noon, and the first 200 people to sign up are guaranteed a ticket—everybody else will enter in a draw to secure a spot.

Also new this year is the Super Pass.

For \$90, attendees can enjoy unlimited access to more than 100 films on the GFF On Demand streaming service, five filmmaking workshops, and an invitation to a VIP reception on opening night.

The reception takes place on an interactive web service called Gather and will

feature a virtual replica of Gimli. Using digital avatars, Super Pass holders can tour the town and interact with other filmgoers.

A Regular Pass for the fest costs \$70 and grants access to 20 films on demand. Individual tickets are also available for \$8 apiece.

An early-bird discount of \$10 is available to anybody who buys a pass on or before July 1.

Tickets to the drive-in are not included with the purchase of a pass.

People can get passes and tickets or review the full film lineup online at <https://gimlifilm.com/>.



FACT:

In reading, math and science, 8 out of 10 Manitoba students meet or exceed expectations. This is also true of every other province.



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Visit manitoba.ca/vaccine for more details or call your local public health office.

manitoba.ca/vaccine



Fresh veggies good for the community and the body

By Nicole Brownlee

A Winnipeg Beach produce vendor offers garden fresh vegetables and flowers to encourage community members to shop locally.

Tiffany Nykolyshyn and Will Kingdon launched Even Hand Farm in early June. The same day the couple created the farm's Facebook page, they started receiving messages asking about their vegetables.

"It's been really crazy," said Nykolyshyn with a laugh.

One of their key goals is to grow their products with organic, eco-friendly practices, said Nykolyshyn.

"We want to provide locally grown vegetables to our community in a sustainable fashion," said Nykolyshyn. "[Buying local] supports your local economy and your community members and neighbours."

On their eighth of an acre in Petersfield, Nykolyshyn and Kingdon use physical barriers for pest control, companion planting, crop rotation,

and other strategies to keep their garden as natural as possible.

"We want to work with nature, basically, and not against it," said Nykolyshyn.

Creating something like Even Hand Farm has been a constant goal for Nykolyshyn for years.

"I went to school with this idea in mind," said Nykolyshyn who graduated from a horticulture program at Assiniboine Community College. "I wanted to build a foundation to eventually run a small farm and provide vegetables for the community."

Nykolyshyn has spent the past six years researching, learning, and practicing sustainable methods while waiting for the opportunity to make her

dream a reality.

For their first year, Nykolyshyn said they want to focus on produce that has a quick growing cycle.

"Stuff that goes into the ground and then comes out of the ground pretty quick, so that we're constantly plant-

"WE WANT TO WORK WITH NATURE, BASICALLY, AND NOT AGAINST IT."



EXPRESS PHOTOS BY TIFFANY NYKOLYSHYN.

Tiffany Nykolyshyn and Will Kingdon started Even Hand Farm this summer in the hopes of supplying the Winnipeg Beach community with farm fresh produce and flowers.



Even Hand Farm is selling fresh produce including mini lettuce, radishes, onions, beets and beet leaves, along with lots of fresh herbs. Produce will change as it ripens.

ing all summer long and we have a constant flow of vegetables," said Nykolyshyn.

Even Hand Farm offers herbs, leafy greens like swiss chard and arugula and will supply kale, peppers, and tomatoes nearing the end of summer.

Nykolyshyn and Kingdon will visit farmers' markets to meet community members while organizing their online service throughout the season.

"What I really want to focus on is doing an order to pick up option," said Nykolyshyn.

They plan to have a list of available products and prices listed on the Even Hand Farm Facebook page for visitors to purchase online and select a date for the items to be picked up.

"It's simplified. You don't have to go to a grocery store with a bunch of people. You can come and feel safe outside and grab their veggies and

go," said Nykolyshyn. "Plus, the vegetables people would be picking up would probably be harvested, you know, three hours before they have them on their kitchen counter."

"It's the freshest way to get your vegetables, that's for sure."

Even Hand Farm will also offer various cut flower bouquets, pollinated by the farm's hives of honeybees, in July.

"It's kind of a side project, but it's something that brings us a lot of joy," said Nykolyshyn.

Even Hand Farm will be at the first Market on Main farmers' market in Winnipeg Beach on July 1 at 48 Main St. To learn more about the market, visit the Market on Main Facebook page.

Visit the Even Hand Farm Facebook page for updates on produce and flowers or call (204) 802-9528 or email: evenhandfarm@gmail.com

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Beloved Fisher River librarian celebrated



PHOTO SUBMITTED

Teresa Mallette cutline: Teresa Mallette was presented with a Star Blanket on June 18 at Charles Sinclair School to celebrate her retirement.

By Nicole Brownlee

Fisher River Cree Nation celebrates a long-appreciated librarian retiring after 29 years.

Teresa Mallette, 65, started at Charles Sinclair School in 1992 after moving back with her family to her home community of Fisher River from Winnipeg.

"I didn't know I wanted to be a librarian when I was applying for the job," said Mallette. "As I kept going, I found I really enjoyed it a lot."

Once she landed the job at CSS, Mallette took a library training program while attending university courses.

"I've always loved reading. That was a plus for the job," said Mallette. "As you get to know the kids too, you know, you get to want to see them every year."

She has worked with three generations of students, Mallette added with a laugh.

"I saw a lot of kids passing through those hallways."

"I started off with students that now, some of them are actually grandparents," said Mallette. "That's quite fun. The parents know who I am, you know, and the kids come to school knowing who I am."

Supporting and getting to know the students was one of Mallette's favourite parts of the job, she said.

"Being around [the kids] really

helped me through a lot of difficult times in my life," said Mallette. "Kids are so resilient and caring."

CSS staff joined together on June 18 to celebrate Mallette and wished her well as she moves into retirement. After sharing a meal at a year-end staff meeting, CSS staff presented Mallette with a Star Blanket.

"It was really nice," said Mallette. "I've always wished for a Star Blanket."

Warren Woodhouse, principal at CSS, said Mallette will be missed around the school.

"She's been a staple to the school in terms of the library program," said Woodhouse. "Always reading to the kids in the library. You could always count on her."

Woodhouse said he'd especially miss seeing her reading to the students in her rocking chair with the children sitting in a circle on the library carpet at her feet.

Now a teacher at Fisher River High School, Gerald Mason worked with Mallette for 25 years at CSS.

"She's been a good colleague for all these years. Always very helpful," said Mason.

Mallette was a focused, dependable and knowledgeable part of the school community, he added.

With three grandchildren of her own, Mallette said she'll stay busy during retirement and plans to stay in Fisher Cree.

"I want to thank the education, the school board for giving me the opportunity to work in the school. It was a really good experience, and I loved every minute of it," said Mallette.

"I'm glad I was able to make it my lifelong career."

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Riverton rallies to support family with local roots

By Jennifer McFee

The Riverton community is rallying to support a man with local roots as he struggles to recover from an accident on the other side of the country.

Mackenzie Callis was wakeboarding in late May on Vancouver Island when he dove off his board and hit his head on the bottom. The blow left him unconscious and he swallowed a lot of water. Thankfully, his friend Liam was able to float him to shore and perform life-saving CPR until paramedics arrived.

The young man was airlifted to Vancouver General Hospital, where they have a top-notch spinal care unit.

Doctors determined that Mackenzie fractured his neck at C6, which was putting pressure on his spinal cord and limiting movement in his arms and wrists. Although he had a tingling sensation in his fingers, he was unable to move them and he had no feeling in his legs and feet.

His mom Robin travelled to B.C., where Mackenzie was scheduled for surgery. The surgeon was able to remove the fractured bone and put a cage with a plate in its place to allow new bone growth over time.

The next day, Mackenzie was able to move his fingers and arms but still had no feeling in his lower extremities.

Just before the accident, Mackenzie was excited to have started a new career as a painting operations manager.

"It was quite the job promotion for him. He was finally where he wanted to be in his career and beginning to set himself up financially, as well, going forward," said Robin, who is originally from Riverton.

"Unfortunately, Mackenzie does not have any disability insurance in place through his work or otherwise."

Riverton roots remain strong and the community continues to offer support from afar for Mackenzie, who celebrated his 25th birthday in the hospital.

"Community support has made a massive difference to Mackenzie and myself during this difficult time. I would not be able to remain in Vancouver at Mackenzie's side without the generosity and support of my hometown community of Riverton, my family and my friends. My family



T-Shirts are for sale through the Hnausa General Store. Mackenzie has worn No. 11 on his hockey jersey since he was five years old.

and myself did not ask for help but instead were quite surprised and overwhelmed by how our hometown of Riverton immediately rallied around Mackenzie and myself once they had heard the news of his terrible accident," said Robin, also known as Momma Bear.

"The community of Riverton is full of very special people with huge hearts. Riverton has always been my home, no matter where I have lived. It is not just a town or just a community; it has become our family as well. When a community comes together with love and rallies around you, it can make you feel like the impossible is possible."

"THE WORLD WOULD BE A BETTER PLACE IF EVERYONE COULD JUST BE LIKE THE COMMUNITY OF RIVERTON."

Anyone who grew up in Riverton will always be a "Rivertonian," she added.

"It is in your blood and will always remain with you. It is quite amazing how everyone feels the need to protect and support 'their own' in this town," she said.

"I, myself, would not have the strength I need in order to

support Mackenzie without all the words of encouragement and support that I have received from my fellow Rivertonians. They have always picked me up when I have fallen down. They provide me with the strength and positivity that I, in turn, provide to Mackenzie."

Robin expressed deep gratitude for the many local people and organizations that have helped bolster the



EXPRESS PHOTOS SUBMITTED

Mackenzie Callis and his mom Robin (Roche) Callis at Vancouver General Hospital.

family over the past two months — including her parents, Lloyd and Jeanette Roche.

"My parents were both teachers in Riverton and made a huge impact in a lot of people's lives," she said, "and I am sure that Mackenzie's support group is so huge because of them as well."

The wave of comfort extends far beyond immediate family to the greater community.

"The Riverton District and Friendship Centre (RDFC) has been truly amazing, led by Tanis Grimolfson, who has a heart of gold. They held a barbecue fundraiser and are now planning a fish fry fundraiser," Robin said.

"Pam Fiset from RDFC has also been a huge help with ensuring that Mac's and my EI claims have been completed and submitted. She took a huge amount of stress off my shoulders in order for me to just focus on Mackenzie."

In addition, former Rivertonian Brenda Fulsher launched a GoFundMe account called "Mackenzie Callis Healing Tribe" to raise money for Mackenzie's rehabilitation and recovery. To date, the fundraising page has raised more than \$8,000.

"This GoFundMe account is still going and has helped immensely," Robin said.

"Brenda is another person with a heart of gold."

The hometown roots run deep, since support keeps pouring in from across

Riverton and beyond.

"Donna Austfjord, who was a classmate and is the owner of the Hnausa General Store, started a fundraiser by creating T-shirts in support of Mackenzie. The logo she created is absolutely beautiful and means so much to both Mackenzie and myself. T-shirts are still available to be ordered as well through the Hnausa General Store," Robin said.

"Glenn Sigurdson, a past Rivertonian, assisted us in finding a lawyer here in B.C. so that I could get a power of attorney on Mackenzie's behalf so that I could take care of his financial needs by being able to deal with his bank, his bills and his EI claim and anything else that he may need so that he only needs to focus on his recovery."

Wendy Sadler, a past Rivertonian who now lives in B.C., made frozen meals for Robin so she wouldn't have to worry about cooking after leaving the hospital.

"My sister Heather sold her bath bomb products and donated 100 per cent of her sales to Mackenzie. Heather's bath bombs supplier even donated her order once hearing about Mackenzie's story," she added.

"There have also been many, many supporters that have sent e-transfers to help support Mackenzie's recovery and me being able to remain close to the hospital in Vancouver. Things are not cheap in Vancouver, but Mac is at

> LOCAL ROOTS, FROM PG. 12



Lloyd Roche and his grandson Nicholas.

the best hospital for spinal cord injuries."

The support is much appreciated, since Mackenzie faces a long road ahead of him. Depending on the outcome of his rehabilitation, he might require a motorized wheelchair, he leaves the hospital, he'll need to ensure that wherever he lives is wheel-

chair-accessible.

"He will also require further rehabilitation going forward," Robin said. "That is why it is very important that the GoFundMe account continues in order to support Mackenzie with everything that he will need in order to live a new different life going forward."

All these efforts have made a huge difference to Mackenzie, she added.

"The messages received from Mackenzie's supporters has very much lifted Mac's spirits and have brought a smile to his face, even in his darkest moments," Robin said.

"The financial assistance has also relieved Mackenzie of stress that he does not need to face or think about but instead to just focus on himself and working hard to one day walk again."

By mid-June, Mackenzie was able to feel some sensation on his right foot, shin and calf, so he is experiencing some positive improvements along the way. He continues to work hard, with expert guidance, towards his recovery.

He has now been moved out of the Step Down Unit into the other side of the spinal cord injury unit, where he will start receiving more physiotherapy to prepare him for GF Strong Rehabilitation Centre.

"He is still experiencing sensations and can feel touch in his legs and feet. Unfortunately he is still unable to move them on his own. Mackenzie still has his tracheotomy but they have since changed the tracheotomy tube to a cuff-less valve, meaning that he is now able to talk when ever he likes without having the cuff valve de-

flated," Robin explained.

"He is still on the ventilator; however, he has been doing very well with the breathing trials and being able to breathe on his own. We are hoping that with the continued breathing trials that he will be able to be weaned off the ventilator in the near future. Mac is getting stronger in his arms and continues to work very hard. Mackenzie's fingers are not working properly. We are hoping that over time this will get better for him. It is one day at a time for us."

Since the Riverton community has stepped up to become the family's biggest supporters, Robin is reminded of a Helen Keller quote: "Alone, we can do so little; together, we can do so much."

"I am proud of the community I grew up in and they will always be in our hearts forever," Robin said.

"It is truly amazing what everyone has been doing for Mackenzie. It shows that there are good people in this world, and maybe the world would be a better place if everyone could just be like the community of Riverton. Compassion and caring for others can make a huge difference in everyone's lives."

For updates on Mackenzie's progress, check out the "Mackenzie Callis Recovery Update" page on Facebook.

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Gimli Garden Club splashes around some colour

By Patricia Barrett

Members of the Gimli Garden Club grabbed their spades and sprang into action last week, sprucing up the community with an artful blend of flowers and grasses. And they couldn't have planted at a better time.

Club treasurer Sis Thomas-Moore said the town's boulevard and sidewalk planters were as "dry as dust" when they planted on June 8. The town's water truck followed along to water the plants, but the steady downpour the following day was very timely.

"They'll really start growing with this rain. Just wait until we get sunshine: those plants are going to pop," said Thomas-Moore by phone. "We were so excited the rain came on Wednesday."

The planters near the Lakeview Resort contain yellow cannas, palm trees, whopper dragon wing begonias, Bordeaux supertunias and potato vine emerald lace, she said. Other planters have some new plant combinations this year, such as deep rose sunpatiens and lemon coral sedum.

The club is made up of volunteers – primarily women and a few men – all of whom are retired, she said. They're a "fantastic" group of people, with 13



The club is trying out new combinations this year, such as deep rose sunpatiens and lemon coral sedum.



A planter on First Avenue across from the library.

of their members coming out to plant last week.

"It must be that playing in the dirt and watching the miracle of a seed



EXPRESS PHOTOS BY SIS THOMAS-MOORE

Club members planted at Gimli Park.

germinating keeps us grounded and happy," she said.

The club put together a master plan that sees their planting operation run with military precision. It entails ordering the following year's plants in August, a schematic of what flowers or grasses can go in each planter and assigning members to specific areas. The club picks up the plants the night before their mass planting and the plants are sorted for each volunteer so that they're ready to go the next day.

"I had the area along Centre Street's corners, and everything I needed to plant in my area was sorted before-

hand," said Thomas-Moore. "A club member started this system a few years ago. She divided the town into 10 blocks, identified the planters in each block and made a diagram of each planter, with suggestions for what flowers and grasses could be planted in them. It's a very efficient way of doing it. We can have the whole town done in a few hours."

She said the club has received around 300 responses so far after she posted some photos on social media.

The RM of Gimli covers the cost of the flowers.

Kristine Dubois-Vandale, art and English teacher, retires

By Jules Stevenson

After eight years teaching art, ELA, and various digital media courses in the Evergreen School Division, Kristine Dubois-Vandale is retiring.

"I've had the privilege to love these students. They've been a joy and a challenge, and I hope I've supported thousands of young people to move forward and face what life brings us and be competent and be good citizens," said Dubois-Vandale.

Dubois-Vandale is sentimental about leaving her students but found what she has done rewarding. "It's not a job, it's a life."

Dubois-Vandale hopes she's done her part in promoting reading and literacy by providing her students with the books they wanted and paying attention to their stories.

One of the highlights of her career has been working to put on the Vincent Van Gimli art show. She said the best part is encouraging the students to connect with their community.

Student's artwork has been on display at various local businesses, as well as at the Gimli Ice Festival.

"Seeing the community recognize their work and talents and effort. It's

a win win all around," said Dubois-Vandale.

Some of her private highlights have been the letters she has received from students over the years, and seeing her past students succeeding in life.

Dubois-Vandale is excited to embrace the change in her life.

She's always been passionate about reading. She began selling used books at the Arnes Farmers Market in 2017. The opportunity to buy a used bookstore in Gimli arose and Dubois-Vandale was excited for the opportunity. She is pleased with how everything is going at the bookstore.

Dubois-Vandale studied Creative Communications after high school, and worked directly in the industry for 15 years. She has worked with radio commercials and Safeway advertising. She later studied graphic design.

"Your path does not have to go straight from A to B to C. A person's story is not a straight line, there's lots of adventures to be had along the way," said Dubois-Vandale.

Dubois-Vandale received a Bachelor of Education with a minor in English. She later returned to university at the



EXPRESS PHOTO SUBMITTED
Kristine Dubois-Vandale is looking forward to her next chapter while enjoying retirement.

age of 31.

"If you don't pursue higher education right away, don't think that door

is ever closed to you. If you set your goals, you can achieve them," said Dubois-Vandale.

In 2011, Dubois-Vandale received her Master's in Education. Her thesis was about alternative planning for marginalized youth.

Before coming to Evergreen School Division, Dubois-Vandale taught at Sisler High School. Her teaching career began at Tec-Voc High School in 2002, where she taught Advertising Art.

Thanks to her previous work experience, Dubois-Vandale was able to do her own advertising and graphic design for her bookstore.

"Whatever skills you're gathering along the way, they will come in handy down the line," says Dubois-Vandale.

Going into retirement, Dubois-Vandale plans on managing her bookstore, subbing, reading, spending time with her family and cleaning her house.

"Continue to put one foot in front of the other. Trust yourself, trust your instincts, work hard. As long as you're moving forward, you're fine," said Dubois-Vandale.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Comeau signs with CFL's Saskatchewan Roughriders

By Brian Bowman

Carter Comeau's football dream has come true. The very talented offensive lineman from Riverton recently signed with the Canadian Football League's Saskatchewan Roughriders.

"I'm really excited to go there," said Comeau Monday afternoon. "I had a really good interview with them during the interview process. Their staff really likes me and I think it's going to be a perfect fit."

Comeau headed out to Regina this week as the Roughriders will begin training camp on July 10. He admits he's both excited - and nervous - leading up to his pro football camp.

"For me, I feel that I'm ready to take this on," said the 6-foot-6, 364 pounder. "Of course, there's a little bit of nervousness but I'm not a 21-year-old guy. I'm a 25-year-old guy now and I think there's a difference maturity wise and I'm ready to take on that next challenge."

The Roughriders' offensive line roster is currently a mix of American and Canadian players with a few coming right from Saskatchewan.

"They've had a few retirements this year and they have a pretty good mixture of veteran guys and young guys," Comeau noted. "I would say that they are more of an older line than younger but they

have a good mixture and I think it will be a good experience to get knowledge from both ends of the fold."

As big as Comeau is, there are plenty of huge dudes on Saskatchewan's roster. It's going to be a challenge competing against pro players for a job.

"This is the level where the boys become the men," Comeau said. "It'll be a lot of fun."

In 2019, the Dinos won a Vanier Cup championship over the University Montreal Carabins. It was Calgary's first national title since 1995.

Last year was wiped away due to COVID and then Comeau went unselected in the 2021 CFL Draft.

But he was very impressive at the virtual CFL Combine, throwing up the most bench press reps at 32.

"I was happy with it," he said. "I was training like crazy before (the combine) but I never thought I would have hit that high. It was good to hit that and I think one guy had 29 and then another (offensive) lineman from Calgary was next at 27."

If Comeau does not make Saskatchewan's roster this year, he still has one more year of university eligibility.

Saskatchewan's regular-season opener is Aug. 6 when it hosts the B.C. Lions in Regina.



EXPRESS PHOTO DAVID MOLL/UNIVERSITY OF CALGARY Riverton's Carter Comeau recently signed with the CFL's Saskatchewan Roughriders.

Fun facts about the national anthem

You may have sung it in grade school and still hear it before hockey games, but what do you really know about "O Canada?" Here are some fun facts about our national anthem. • It was originally written in Quebec "O Canada" was first commissioned in 1880 by the Lieutenant Governor of Quebec for Saint-Jean-Baptiste Day. The song's music was composed by Calixa Lavallée and the lyrics were written by poet and judge Sir Adolphe-Basile Routhier. • It wasn't translated until 1908 The English version was originally written by the Honourable Robert Stanley Weir. Since then, it's undergone a few changes, including the addition of a fourth, more religious verse in 1926 and another change to make the anthem gender neutral in 2018. • The English and French versions are nothing alike Aside from the words "O Canada," the lyrics to the English and French versions of the anthem are completely different. The French lyrics make reference to the Catholic religion and refer to Canada as a land of ancestors. The English version is a simpler affirmation of love and service to the nation. • It wasn't official until 1980 "O Canada" didn't officially become the national anthem until 1980. Before then, "God Save the Queen" was sung at important events and it remains the royal anthem of Canada. Happy Canada Day!

5 things Canadians do best

Canadians have a global reputation for being friendly and polite. However, Canucks have a lot more going for them than being wellmannered. To celebrate Canada Day, here are five things that this country and its citizens do best.

- 1. COMEDY** What do Eugene Levy, Mike Myers, Samantha Bee, John Candy, Catherine O'Hara and Jim Carrey have in common? They all hail from the Great White North and are prominent names in the world of comedy.
- 2. HOCKEY** This sport is an inarguable part of the Canadian identity. Professional teams have won more championships than any other country, and national teams regularly top the world rankings.
- 3. COTTAGE COUNTRY** Canada has more lakes than any other country in the world. When combined with ocean coastlines, mountain ranges, unique deserts and abundant wilderness, Canada provides more opportunities to get away from it all than just about anywhere else.
- 4. SLANG** In addition to their regional accents, Canadians use terms and idioms that're all their own. Where else can you say, "I'm going to put on my toque, drive a few clicks down the road and pick up a two-four"?
- 5. SNACK FOODS** From Nanaimo bars and butter tarts to poutine and donairs, Canada is home to some of the best snack foods out there. Our chocolate bars are also second to none. In fact, Coffee Crisp, Smarties, Mr. Big, Aero and Caramilk can only be found on Canadian shelves. Additionally, dill pickle and ketchup chips are unique to Canada.

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Simard commits to Fraser Valley Huskers

By Brian Bowman

For the second time in June, the Interlake Thunder has had a former player commit to the Fraser Valley Huskers in British Columbia.

The latest commitment is Gabe Simard, a talented offensive lineman from Fisher Branch.

"It'll be fun," said Simard last Saturday afternoon. "I've been thinking about it the last two years."

Simard likes the Chilliwack area and he got great vibes from head coach Bob Reist. He admits he does not know much about the Huskers' offensive line situation. But Simard has been working hard, running about a mile a day, in hopes of trimming down to 280 pounds when he leaves for B.C. in late July.

He currently stands 6-feet tall and weighs 300 pounds.

The last time Simard played football it was in the nine-man Rural Manitoba Football League. Fraser Valley plays in a 12-man league but Simard doesn't feel it will be a problem switching back from the nine-man game.

"I'll be able to adapt again," he said confidently. "In nine-man, you have to be really fast."

Simard dominated in the RMFL, winning the league's top offensive lineman award in 2018. Thunder head coach Mitch Obach was very grateful to have Simard lead his offensive line.

"At the high school level, defensive linemen do not want to line up against a guy like that," Obach said. "He's got a little bit of nasty in him and the right amount of nasty which is sometimes tough to get out of (offensive) linemen. He's a big boy and a big boy that can move."

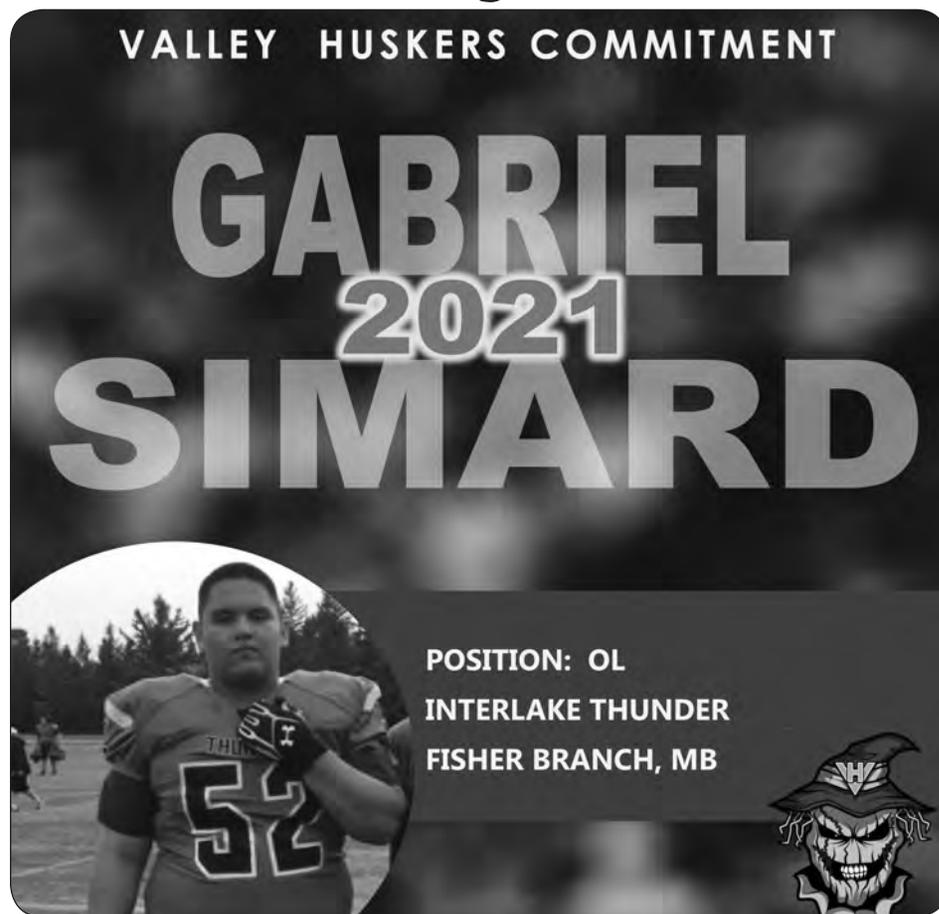
Simard's size - and athleticism - make him a very special player.

"I'm sure (Fraser Valley) looked at some of his highlights from his Grade 12 season and with a guy that big and he's pulling around and he's making blocks eight yards down field, blowing up a linebacker or a defensive back - that can be pretty intimidating for a defence," Obach said.

"He definitely has the potential to play football at the junior level and hopefully succeed."

Obach and his Thunder staff take great pride when they see their former players make the jump to junior football.

"It's the most exciting thing that can happen for a coach when you see guys get that opportunity," he said. "The deLaroque boys going down to Mayville, that's another example. Guys are going on to the next level and having pretty solid careers. With football, we can remember when a lot of them played their first game of tackle football. It's not like hockey when they start when they're five, so it's really



EXPRESS PHOTO SUBMITTED

Former Interlake Thunder offensive lineman Gabe Simard has committed to play football for the Fraser Valley Huskers in B.C. this season.

cool to see some of these guys, who started in high school and some when they were younger as nine and 10 year

olds, to get the opportunity...to play football as an adult."

Baseball Manitoba 2021 Return to Play update

Staff

Due to the most recent announcement regarding public health orders, Baseball Manitoba's sanctioned activities, under the Return to Play plan, began at 12:01 a.m. last Saturday.

Baseball Manitoba Return to Play Timeline:

Phase 1 - Training

Began on June 26
Rally Cap and Grand Slam sessions may proceed

Groups of 25 (this does not include coaches and Health and Safety Coordinators)

Phase 2 - Competition

Will begin July 5
Groups of 25 (this does not include coaches, Health and Safety Coordinators, and umpires)

Spectators are not included in the participant group numbers, and may attend competitions to a maximum of 25 spectators per game

The delay to the start of competition is to give associations time to prepare for the newest Health Orders and Return to Play plan. This will also allow time for associations to re-form teams and effectively create a plan to safely begin competition within the 25 person limit as per the Health Orders.

Manitoba Public Health ORDER 16: - Sports and Recreational Activities:

16(1) Outdoor sporting and recreational facilities, including golf courses, may open, subject to the requirements of this section.

16(2) Persons may engage in any type of outdoor sporting or recreational activity but they must not engage in an activity as part of a group of more than 25 persons.

16(3) Organized practices, games and competitions may take place at an outdoor sporting facility but the operator of an outdoor sporting facility must ensure that no multi-team tournaments take place at the facility.

16(4) Spectators are permitted at an outdoor sporting facility. Spectators are not to be included when calculating the number of participants in a sporting activity. Spectators must maintain a separation of at least two metres from other spectators.

17(1/2) Indoor training is allowed at 25 per cent facility capacity to a limit of five people.

Baseball Manitoba said it will continue to monitor the Public Health Orders and will be prepared to revise its Return to Play Plan in the event of any updates to the Public Health Orders.

Doerksen cards a 66 at men's mid-amateur qualifier

Staff

Delwyn Doerksen fired a 5-under 66 to post the lowest round at the Diamond Athletic Men's Mid-Amateur - Qualifier at the Transcona Golf Club last Friday.

Doerksen, a Golf Manitoba Players Club member, finished three strokes ahead of Pine Ridge's Tyler Hall and four strokes better than Glendale's Justin Price and Niakwa's Daniel Munroe.

Tied for fifth with even par 71s were Pine Ridge's Noel Ngo, Elmhurst's Jack Werhun, and Elmhurst's Scott Mazur.

Finishing in a tie for eighth overall at 1-over 72 were Pine Ridge's Ryan Ter-

dik, Transcona's Adam McPherson, Niakwa's Cole Peters, and Niakwa's Garrett Neiles. The top 52 players made the cut. The Diamond Athletic Men's Amateur will take place July 9-11 at the Niakwa Country Club.

Uhl wins first Women's City & District Championship

Staff

Shilo Country Club's Bobbi Uhl won her first Women's City & District Championship on Sunday at the Transcona Golf Club.

Uhl carded a six-over par 77 to finish the two-day event at 156 for a two-stroke victory over Rhonda Orr of the Southwood Golf & Country Club (82-77).

A birdie on each of the opening and second holes set the stage for Uhl's solid second day.

First-round leader, 15 year old Crystal Zamzow of the Swan River Golf & Country Club, finished third after a final round 85 to finish seven strokes behind Uhl.

Meanwhile, Jackson Delaurier, a Golf Manitoba Public player, shot back-to-back 75's to win the Men's Bantam Championship presented by the Alex & Peggy Colonello Foundation.

Delaurier finished one stroke ahead of Brayden Boge of the Pine Ridge Golf Club (74-77) and two strokes ahead of another Golf Manitoba Public player, Terence Rafferty (77-75).

Rafferty won the 13 & 14 age division championship.

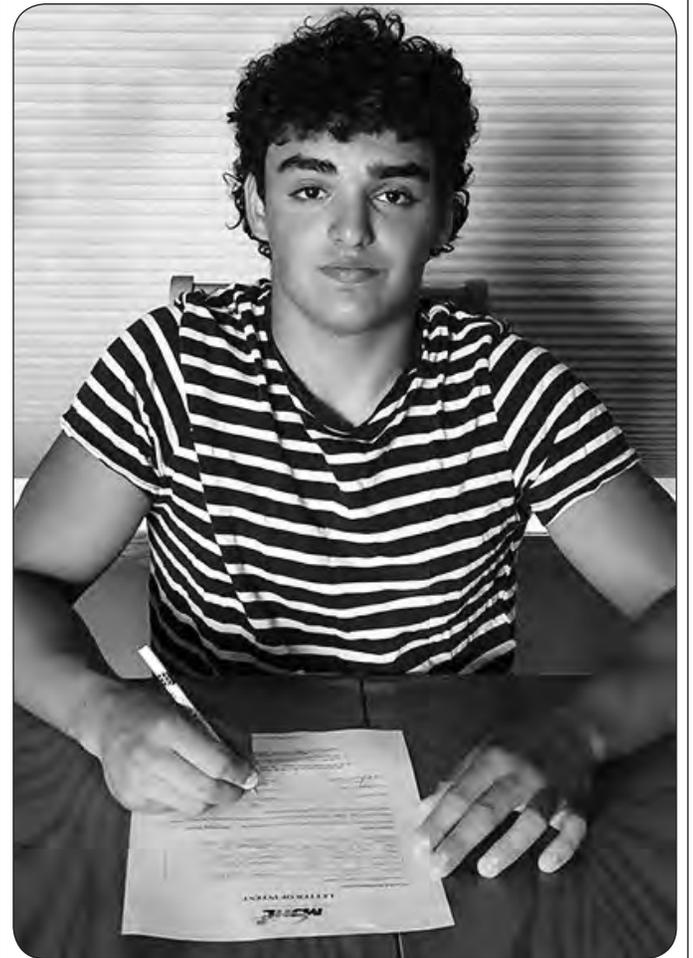
Hunter Oakden of the Glendale Golf & Country Club was the 12 & under champion (84-88).

Jeri Lafleche of the Clear Lake Golf Course (85-78) captured the Women's Bantam Championship by 12 strokes over Addison Kartusch of the St. Charles Country Club (90-85).

Payton Oakden, a Golf Manitoba Public player, won the 13 & 14 age division Championship (97-99).

The 12 & under division champion was Jewel Lafleche of the Clear Lake Golf Course (108-103).

Signing with the Blues



EXPRESS PHOTO SUBMITTED

Tazio Cianflone, a forward last season with the Interlake Lightning U18 'AAA' hockey team, has committed to the MJHL's Winnipeg Blues for the 2021-22 season.

Steelers' season opener Sept. 17

Staff

The Selkirk Steelers will begin their MJHL regular season Sept. 17 when they host the Steinbach Pistons at the Recreation Complex.

It will be the first of four straight games between Selkirk and Steinbach. The Steelers will then play a four-game series against the Winnipeg Freeze, the Winnipeg Blues, Portage Terriers, and the Winkler Flyers that will stretch into late November.

The league announced that it will have two six-team divisions - and East and West one - for the 2021-22 season.

Selkirk, playing in the East Division, will play a total of 40 games against Portage, Winkler, Steinbach, the Freeze, and the Blues.

The Steelers will also play 14 more games against Dauphin, Neepawa, OCN, Virden, Wayseecappo, and Swan Valley.

Soccer players hit the pitch last Saturday

Staff

Soccer players were able to get their kicks on the pitch last Saturday after the province announced its new public health orders.

The Manitoba Soccer Association announced its updated "Return to Play" protocols on Friday.

Indoor practices and training sessions are allowed but limited to a maximum of five players per group. Outdoor team practices and training sessions are allowed as long as group sizes do not exceed 25 players at a soccer field.

Coaches, managers, and other team personnel are not included in the 25-person limit.

Exhibition games, league play, and tournament-style events between teams are still not allowed because

of the limited group size.

MSA said one spectator per player is allowed to attend activities but they should maintain social distancing guidelines.

"The MSA will continue to evaluate the progress of the pandemic keeping in mind the safety of the soccer community," said MSA's executive director Hector Vergara in a media release. "We are hopeful that an increase in outdoor group sizes will allow league play to begin in the next few weeks. "We continue to remind our members to ensure the MSA RTP protocols and the facility protocols are followed."

MSA's full guidelines and recommendations are available on their website.

Garchinski wins Bill Addison Memorial Scholarship

Staff

Former Interlake Lightning U18 "AAA" player Jorie Garchinski was recently awarded the Bill Addison Memorial Scholarship.

"Jorie embodies the characteristics of a student-athlete and displays a high degree of personal responsibility and perseverance," read a statement on Hockey Manitoba's website. "Jorie is a gifted student who has maintained an academic average of 93 per cent or higher during her four years at St. Mary's Academy."

Despite a very busy schedule, Garchinski, a Winnipeg native, has found time to give back to the sport as a Level II official. She has been accepted into the University of British Columbia where she plans on obtaining a Bachelor of Science degree. Garchinski has a strong interest in medicine and wants to eventually pursue a career in that field.



PHOTO SUBMITTED

Former Interlake Lightning Jorie Garchinski was recently awarded the Bill Addison Memorial Scholarship.

Gwen Fox Gallery delights with July exhibit

By Katelyn Boulanger

Though artists at Selkirk's Gwen Fox Gallery didn't know if they would be able to exhibit their work until late last week, the creativity displayed this month will not disappoint with a colourful selection of pieces that would bring a smile to any art lover.



EXPRESS PHOTO BY KATELYN BOULANGER

Suzanne Barrow with one of her sky paintings.

Suzanne Barrow also known as 'the sky lady' is an artist from Gimli that paints abstract acrylic art as well as prairie skies in oils.

She's been painting since 1995 when she was looking for a way to get herself outside of her home more despite not being a fan of the winter temperatures.

Her main inspiration is, of course, wanting to share the beautiful skies that you see in our part of the world.

"I like them to see what Manitoba has, our prairie landscapes, our skies are amazing. So that's what I want them to feel. The movement, the

clouds everything going by," said Barrow.

Her abstract acrylic paintings happen in the downtime between coats of oil paint drying.

Her advice to new artists that want to make art like hers is to purchase the best supplies you can and start learning.

"Start out with paintbrushes, and canvases the best they can afford to buy the best paints you can afford to play and practice and paint every day a little bit. Because that's what I tried. I'm still doing that for all these years," she said.

She encourages residents who weren't able to access the gallery last month because of COVID restrictions who want to get out to check out this month's show.

Alain Cayer is a woodturner, leatherworker and resin artist from Selkirk who makes a variety of pens, knife handles, knife sheaths, wine stoppers and game calls.

"I grew up South of Montreal, around Sherbrooke, Quebec and that was a family trade carpentry. So learning to do woodwork was part of that," said Cayer.

He learned his craft from his father and grandfather who mostly made pressure fit furniture but has expanded making the materials such as cast resin and stabilizing local woods that he turns into the items that he makes. He even salvages items like broken second-hand watches and circuit boards, which he incorporates into his fountain, calligraphy and ballpoint pen designs.

"I tried to do as much local stuff in environmentally friendly materials as I can," he said.

His ideas and designs come from whatever pops into his mind but he doesn't discount social media, which he says can be a very good place to get

ideas that you can adapt in your own way.

He would like people that are interested but haven't yet taken the plunge into woodturning to not get discouraged.

"It's not as difficult as what people think and to not to get discouraged either by the cost of tools. You know what I find? I belong to the Woodturner's Association of Manitoba and a lot of woodturners will say if you don't have an expensive lathe, you're not a woodturner but don't have to [have the best tools] just start at the bottom and learn and just grow into it," said Cayer.

Sandra Artimowich is a mixed media artist that has acrylic, watercolour, wax, resin and beads incorporated into the art that she's displaying at the gallery.

Many of the pieces that she's displaying this month are a mixture of acrylic with resin on top creating texture.

"I call it touchable art because you can actually feel it and then I don't worry about the oils from people's hands and stuff because it is it is completely covered with resin epoxy," she said.

Her artistic talent started when she was very young painting Ukrainian eggs with her mother and grandmother which she feels gave her a very good start in colour theory.

"I learned very young, hues, the values of paint, the colours, how to mix them, how to bring out the bottom colour," said Artimowich.

Living in the Sage Creek area and never leaving home without her sketchbook means that Artimowich never ceases to find beautiful wildlife to sketch and incorporate into her latest art piece.

"What inspires me is just nature, people around me doing different

things," said Artimowich.

In addition to her own art, she shares art within the community as an acrylic painting teacher to students of all levels.

"My encouragement would be to anybody who's always wanted to, never be fearful that you can't do it. Everyone is an artist. They're just on different levels of artistic talents," Artimowich said.

Cynthia Flett who is a teacher in a Winnipeg school but lives in Selkirk describes her art representing teachings that she receives, and stories from her students in a way that honours the woodland style, but is interpreted through her own contemporary style.

"During the quarantine, I decided that I would start doing acrylic painting again. So I have a stack of sketchbooks, and every time I receive a teaching, or student tells me a story that intrigues me about their lives. I sketch it. It's like my visual diary. So finally, I decided that I would take time again, to take those sketches that are like my visual diary, and interpret them," said Flett.

Her start as an artist and an art teacher came from the same place when other students enjoying her elementary school artwork asked to have it to take home. Flett wanted to keep her work and so she offered to teach her classmates how to make their own versions.

The advice that she gives to all of her budding art students is that to be an artist you have to be brave.

"And you have to be willing to take creative risks. And you have to be because art is so subjective. And you can't worry about the opinion of one person because you have to love it, and you have to make it," said Flett.

Public being reminded to take care at rail crossings

By Voice staff

CN Police are urging users of mobility devices to take care when crossing railway tracks.

Last year in North America, there were over 3,400 collisions with trains, resulting in over 2,200 serious injuries or fatalities.

Whether you're getting around town in a wheelchair, walker, or scooter, police reminder mobility device users to stick to designated railway crossings

and to keep an eye out for multiple trains—some people struck by trains at crossings are hit not by the first train approaching but by a second train that may be hidden behind the first.

"Safety is a core value at CN and we want to take every opportunity to raise awareness on safe behaviour around rail," said Cst. Michael Reid, a member of the CN Police's Prairie Division.

"It is our job to make sure that the citizens of Manitoba know the risks associated with the use of mobility devices at railway crossings," he continued. "We want everyone to 'Be Rail Smart: Stop. Look. Listen. Live.'"

Here are a few more tips from CN Police on rail crossing safety:

- Only cross railway tracks at designated crossings where the tracks are most level with the ground.
- Cross the tracks at a 90-degree an-

gle, or as close to it as possible.

- If your mobility device is stuck, move to a safe distance away from the tracks.

- Remember that trains are wider than the tracks. They can extend on both sides of the track by as much as one metre, so keep your distance.

For additional safety tips or other information regarding rail safety or CN Police, head to www.cn.ca/en/safety/cn-police-service/

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

APARTMENT FOR RENT

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

HELP WANTED

The Window Factory located at 605 Mercy St, Selkirk is now hiring installer assistant and manufacturer assembly personal. Please apply in person to the office Monday - Friday. Valid driver's licence required for installer assistant.

Farmhand required for livestock operation, Balmoral area. Must be mechanically inclined. Includes fencing, feeding, haying, welding. Full time - some weekends required. Text 204-770-3554.

WANTED

WANTED: 80-160 acres of recreational/hunting land. If it has an old yard site, that would be great. Call 204-771-3399 or email samedwardsen@live.ca

MISCELLANEOUS

Advertise in our blanket classifieds program in MCNA's 37 weekly Manitoba community newspapers and GET SEEN! Want the province to know about something? Need to sell something? Doing curbside pick-up? Online ordering? Hosting an on-line seminar or meeting? Each week our blanket classifieds could be helping your organization get noticed in over 352,000+ homes! Get your message out for as little as \$189 + GST! To learn more, Call 204-467-5836 or email classifieds@mcna.com for details. MCNA -

CONT. ON NEXT COL.

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HEALTH

Are you suffering from joint or arthritic pain? If so, you owe it to yourself to try elk velvet antler capsules. Hundreds have found relief. Benefits humans and pets. EVA is composed of proteins, amino acids, minerals, lipids and water. Key compounds that work to stimulate red blood cell production & cartilage cell regeneration & development. Stonewood Elk Ranch Ltd., 204-467-8884 or e-mail stonewood elkbranch@mymts.net

NOTICE TO CREDITORS

IN THE MATTER OF: The Estate of Doreen May Hagemier, late of the Town of Ashern, in Manitoba, deceased. All claims against the above estate, duly verified by Statutory Declaration, must be filed with the undersigned at their offices, P.O. Box 1400, Stonewall, Manitoba, R0C 2Z0 on or before the 11th day of August, 2021. DATED at Stonewall, Manitoba, this 28th day of June, 2021. **GRANTHAM LAW OFFICES** Solicitor for the Executor

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EMPLOYMENT OPPORTUNITY



FULL TIME LUBE TECHNICIAN required immediately to perform scheduled oil changes, tire service & routine mechanical repairs.

Individual must be hardworking and reliable, with tools required to complete required services. Competitive wages and insurance plan available.

Please contact Ed Wiens at 204-642-5132 or edwiens@giesbrechtandsons.ca



NOTICE OF TENDER FOR DEMOLITION OF 18 TACHE STREET, FISHER BRANCH, MANITOBA

The Rural Municipality of Fisher invites tenders for the demolition, removal of building, concrete foundation, and adjacent concrete foundation. Property must be backfilled and topped with gravel. Prefer to not have building taken to disposal site. Tender must be completed within 1 month of award.

Submit sealed envelope marked "Tender for Demolition 18 Tache Street" to: Rural Municipality of Fisher Box 280, Fisher Branch, MB, R0C 0Z0 Email: fishercao@mymts.net

Deadline for tenders is July 30, 2021 at 4:00 p.m.

For further information please call the RM of Fisher Office at (204) 372-6393



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HIRING Asphalt and General Labourers

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Email: info@eddiegravel.com
Phone: 1-204-389-2023



OFFICE CLERK PART-TIME - TERM POSITION

The Rural Municipality of Fisher invites written applications for the position of part-time Office Clerk for July-August. Guaranteed one (1) day a week.

The successful applicant will be required to provide a variety of administrative and financial clerical duties associated with municipal and utility services. A detailed job description is available upon request. The successful candidate shall possess the following qualifications:

- Ability to communicate effectively with Council, employees and the public.
- Strong written communication skills.
- Experience in using common office software
- Attention to accuracy and detail is important.
- Valid driver's license.
- Honesty, reliability, integrity, team player and ability to work well with others is a must.

Salary is set out in the CUPE Local 4348 Collective Agreement and is dependent upon qualifications and experience.

Written applications including resume, cover letter and three work related references to be submitted in confidence by 4:00 p.m. July 12, 2021.

RM of Fisher "Office Clerk Position"
PO Box 280, Fisher Branch, MB R0C 0Z0
Fax: (204) 372-8470
Email: fishercao@mymts.net

The RM of Fisher thanks all applicants for their interest. Only those considered for an interview will be contacted.



NOTICE OF APPLICATION RURAL MUNICIPALITY OF GIMLI REVISED WATER RATES GIMLI AMALGAMATED WATER UTILITY

June 8, 2021

The Rural Municipality of Gimli (RM) has applied to the Public Utilities Board (Board) for revised water rates for the Gimli Amalgamated Water Utility (Utility) as set out in By-law No. 21-0003 read the first time on February 24, 2021.

Rates were originally set for the amalgamated water utility in Board Order No. 5/21, effective April 1, 2021. The By-law includes wastewater rates for the Gimli Wastewater Utility that were approved in Board Order No. 111/19. This application does not propose any changes to the Gimli Wastewater Utility rates.

The current and proposed water rates are as follows:

	Current Rates		Proposed Rates	
	By-Law - 21-0002	By-Law 21-0003 Year 1	By-Law 21-0003 Year 2	By-Law 21-0003 Year 3
Quarterly Service Charge	\$ 25.07	\$ 24.67	\$ 25.28	\$ 25.91
Water (per cubic meter)	\$ 1.85	\$ 1.56	\$ 1.55	\$ 1.57
Minimum Quarterly Charge*	\$ 50.05	\$ 45.73	\$ 46.21	\$ 47.11
Flat Rate Commodity Charge per REU**	\$ 100.36	\$ 84.63	\$ 84.09	\$ 85.17
Flat Rate Quarterly Bill***	\$ 125.43	\$ 109.30	\$ 109.37	\$ 111.08
Bulk Water Sales (per cubic meter)	\$ 2.64	\$ 2.79	\$ 2.79	\$ 2.83

*Based on 13.5 cubic meters

**Residential equivalency unit, based on estimated volume of 217 cubic meters per year

***One REU plus service charge

Details of the RM's application are available for review at the RM's office or the Public Utilities Board's office. Any questions concerning the application for revised rates, or the operation of the Utility, should be sent directly to the RM.

If you have concerns/comments regarding the RM of Gimli's application for water rates please go to www.pubmanitoba.ca and provide your comment. Please note all comments will be forwarded to the RM.

Questions or comments should be sent on or before July 8, 2021.

The Public Utilities Board is the provincial regulatory agency that reviews and approves rates for water and wastewater utilities in Manitoba, with the exception of the City of Winnipeg. The Board's review process involves:

- the Utility filing a rate application to the Board,
- a public notification of proposed rate changes,
- the Board's review of the application through a public hearing or paper review process, and
- the issuance of an Order which outlines the Board's decision on the rate application and the rates to be charged.

The Manitoba Ombudsman has privacy guidelines for administrative tribunals. The Board is mindful of its obligations under those guidelines. Its decisions in respect of the application being considered will be sensitive to the guidelines. Personal information will not be disclosed unless it is appropriate and necessary to do so. However, the Board advises participants that these proceedings are public and that as a result, personal information protections are reduced.

The Board will then decide whether any further notice is required and whether to proceed with a public hearing or paper review process. All concerns received by the Board will be considered in the Board's decision on rates to be charged.

PLEASE BE ADVISED THAT IN CONSIDERING THIS APPLICATION, THE PUBLIC UTILITIES BOARD MAY OR MAY NOT FIND IT NECESSARY TO DETERMINE RATES DIFFERENT FROM THOSE APPLIED FOR BY THE APPLICANT.

Note: All proceedings will be conducted in accordance with the Board's Rules of Practice and Procedure, which the Board may vary in order to constrain regulatory costs. The Rules are available at www.pubmanitoba.ca.

Jennifer Dubois, CPA, CMA
Assistant Associate Secretary
Manitoba Public Utilities Board

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EMPLOYMENT OPPORTUNITY

Direct Support Workers Riverdale Place Homes Inc.

We have openings for part-time and casual workers to provide support to adults living with an intellectual disability in our community residences. If you are open-minded, compassionate and willing to learn, we will train you on the job for this interesting and rewarding work, no formal education necessary. Experience providing care to others in a variety of settings is an asset, but not a requirement.

We offer full benefits and pension and a flexible schedule with options for day, evening, night or weekend shifts. If hired you will be asked to pass criminal record and adult abuse registry checks.

Please apply in writing to: Executive Director
Riverdale Place Homes Inc.
Box 968, Arborg MB ROC 0A0

Or email: kfinnson_rph@outlook.com

Application Deadline: July 8, 2021

For more info contact:

Kathy Finnson, Exec. Director 204-376-2940, ext. 1

Rural Municipality of Woodlands EMPLOYMENT OPPORTUNITY HEAVY EQUIPMENT OPERATOR



The Rural Municipality of Woodlands invites applications for openings for a **Heavy Equipment Operator**, under the Operator 2 or Operator 3 classification as per the OEM 987 collective agreement.

The Operator 2/3 will be reporting to the Public Works Foreman and will be responsible for safe operation of a variety of heavy/light equipment in constructing, maintaining, and repairing municipal infrastructure.

Hours of work: November 1 to April 30, 7am to 3:30pm
May 1 to October 31, 7am to 5:30pm

The successful candidate must have the following qualifications:

- Valid Manitoba Drivers License, Class 1 driver's license with air preferred.
- Experience operating a grader and/or excavator.
- Knowledge of safety procedures and safe operation of equipment.
- Good communication and interpersonal skills.
- Will be required to obtain various safety courses.
- Willingness to continuously further education.

Salary and benefits as per the Collective Agreement with Operating Engineers of Manitoba.

Please contact the Rural Municipality of Woodlands Administration Office at 204-383-5679 for further information.

Persons applying should submit a letter of application on or before 12:00 p.m. local time **Monday, July 7, 2021.**

R.M. of Woodlands
Box 10, Woodlands, MB ROC 3H0
Fax: (204) 383-5169
Email: finance@rmwoodlands.ca

We thank all candidates for their interest, however, only candidates selected for interviews will be contacted.

Rural Municipality of Woodlands EMPLOYMENT OPPORTUNITY EQUIPMENT OPERATOR



The Rural Municipality of Woodlands invites applications for openings for an **Equipment Operator**, under the Operator 1 classification as per the OEM 987 collective agreement.

The Operator 1 will be reporting to the Public Works Foreman and will be responsible for safe operation of a variety of equipment/vehicles and performing a variety of labour tasks in constructing, maintaining, and repairing municipal infrastructure.

Hours of work: November 1 to April 30, 7am to 3:30pm
May 1 to October 31, 7am to 5:30pm

The successful candidate must have the following qualifications:

- Valid class 5 driver's license.
- Experience operating a tractor, loader, ride on mowers, steamers, and small tools.
- Experience operating schulte mower would be an asset.
- Knowledge of safety procedures and safe operation of equipment.
- Good communication and interpersonal skills.
- Ability to work in all weather conditions.
- Will be required to obtain various safety courses.
- Willingness to continuously further education.

Salary and benefits as per the Collective Agreement with Operating Engineers of Manitoba.

Please contact the Rural Municipality of Woodlands Administration Office at 204-383-5679 for further information.

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Email: finance@rmwoodlands.ca

We thank all candidates for their interest, however, only candidates selected for interviews will be contacted.

EMPLOYMENT OPPORTUNITY



ADMINISTRATIVE ASSISTANT (TERM)

Interlake & Peguis Fisher River Campus

COMPETITION NUMBER: 2021-091 SALARY: \$20.86 – \$28.55 hourly

LOCATION: Interlake Campus in Selkirk, MB

ANTICIPATED TERM: August 9, 2021 up to October 29, 2021

Applicants are to clearly demonstrate how they satisfy the selection criteria in their written submissions and must identify the competition number they are applying for in the subject line of the email.

This competition may be used to establish a 12-month eligibility list of qualified candidates for future vacancies.

DUTIES

Reporting to the Office Manager, the incumbent will provide the customer service and clerical support necessary. Duties include, but are not limited to: providing front-line reception and respond to students, vendor, client and instructor inquiries; assisting students with registration, admissions, and the course selection process; collection of cash and electronic payments of tuition, books and miscellaneous fees; and completion of data entry for student recruitment and admissions.

REQUIRED QUALIFICATIONS

- Certificate in office administration or an equivalent combination of education and experience may be considered.
- Experience using Microsoft Office applications (e.g. Word, Excel, Outlook)
- Ability to prioritize work, meet deadlines and work under pressure
- Experience working with confidential information in keeping with FIPPA and PHIA
- Ability to work both independently and within a team setting
- Superior interpersonal skills
- Ability to recall information, policies and procedures with attention to detail
- Effective written communication and Multi-tasking skills
- Values Diversity, Equity, and Inclusion

ASSETS

- Experience using the College's student information systems – Colleague and Recruiter
- Experience in a post-secondary setting

CONDITIONS OF EMPLOYMENT

- Applicants must be legally entitled to work in Canada

APPLY BY EMAIL TO: humanresources@rrc.ca

CLOSING DATE: July 5, 2021

We thank all applicants for their interest, but only those selected for an interview will be contacted. If accommodation needs are required during the application or interview process, please contact our Human Resource Services.

For more information and other employment opportunities, visit rrc.ca/hr

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HELP WANTED

Wpg. Beach Tiny Tots requires a permanent full time worker as well as a worker for a summer position.

Applicants must enjoy working with children of all ages, be reliable, mature and be willing to take direction as well as work independently. Must be 18 years of age. Must submit to a Criminal Record Vulnerable Sector Search, Child Abuse Registry Search and have or be willing to obtain First Aid and CPR. Please submit resume to wpgbeacht@msn.com or Wpg. Beach Tiny Tots, Box 434, Wpg. Beach, Manitoba ROC 3G0

Only those selected for an interview will be contacted.

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ONLINE TIMED OUT AGRICULTURE/ CONSTRUCTION/ VINTAGE TRACTORS & SNOWMOBILES AUCTION SALE FOR MIKE & THERESA KOLOGIE

Bidding Closes Thurs July 22nd @ 7:00 PM

Anola, MB
3 Miles North on Hwy 12 Then East 2 Miles on Springfield Rd Then South 200 Yards on Pleasant Rd #62150
Contact # (204) 223-0923

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www.mcsherryauction.com

McSherry Auction Service Ltd

ONLINE TIMED OUT ESTATE AUCTION FOR WALTER CHARNEY

Bidding Closes Thurs July 15 th @ 7:00 PM

Riverton, MB
Juncton 329 & 8 - 2 Miles West on Hwy 329 Then 3 Miles North on Road 17 E
Contact: 1-204-806-0987

Case IH 9330 4WD Tractor PS, 4364 Hrs * JD 8440 4WD 1000 PTO, 4880 * Case IH 585 Dsl 3PH, FEL, 3500-4000 Hrs * CO-OP Volvo 650 Dsl, 7420 Hrs w FEL * CO-OP Volvo 800 Dsl, 6692 Hrs * Case VA - Motor Siezed * Hesston 8100 Dsl Cab Swather 21' -919 Hrs * AC Gleaner L2 4WD Dsl Combine * NH TX68 Combine * GMC Top Kick Gas 6.0L w Grain Master 16' B&H, 25,000 True KM's w Safety * 3 More Older Trucks * JD 635 Tandem Disc 28'W* Harmon Rock O Matic 5800 Stone Picker * Rite Way RW120 12' Rock Rake * Allis Chalmers HD5 Crawler * Int TD6 Crawler * Flexi Coil Air Seeder 800 36' Cultivator & Flexi Coil 1610 Tank * 35 Pc Medium Size Grain Equip* Smaller Haying Equip * 3PH Equip* Granaries* Quad * Snowmobiles * Vehicles * Antique Equip * Farm Misc * Tools * Some Household * Stuart McSherry, Stonewall, MB (204) 467-1858 or (204) 886-7027
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 Rural Municipality of **FISHER**
 Box 280, Fisher Branch, MB R0C 0Z0
 Tel: 204-372-6393, Fax: 204-372-8470

INVITATION TO BID
 The Rural Municipality of Fisher Request for Tenders
 Road Rehabilitation Project 2021-01
 Road 1W between Road 129N and 131N
 Tender packages are available at the Municipal Office or through email
 Sealed Tenders to be accepted by July 12, 2021 at 4:00 p.m. clearly marked
"Road Rehabilitation Project 2021-01"
 Kelly Marykuca, CMMA
 Chief Administrative Officer
 Rural Municipality of Fisher

SUMMER CATTLE SALE
 Due to the drought the Ashern Auction Mart will be having a summer sale
July 7th at 9 a.m.
 Please book with
 Buddy 204-768-0018 or
 Kirk 204-768-0019

Eddie's Gravel Supply Ltd. is
HIRING
Hiring Class 1
End Dump Drivers
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 www.mcna.com

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 Johnson Seeds is accepting applications for the permanent full-time position of:
ACCOUNTING CLERK
 Duties will consist of general accounting functions including data entry of accounts receivable and accounts payable, grower settlements, creating and updating spreadsheets, and various administrative tasks.
 The successful candidate must have basic accounting experience, possess strong organizational skills, be accurate with a focus on attention to detail, have excellent interpersonal, oral, and written communication skills, and be proficient in MS Word and Excel.
 Johnson Seeds offers a competitive salary dependent on qualifications and a benefits package.
 Please send resume to:
 S.S. Johnson Seeds Ltd.
 Box 3000
 Arborg, MB R0C 0A0
 Fax: (204) 376-2201
 Email: linda@johnsonseeds.com

We thank all who apply but only those selected for an interview will be contacted.

take a break > GAMES

SUDOKU
 Fun By The Numbers
 Like puzzles? Then you'll love sudoku. This mind-bending puzzle will have you hooked from the moment you square off, so sharpen your pencil and put your sudoku savvy to the test!

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

Level: Intermediate

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

Sudoku Answer

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

Crossword Answer

S	E	H	E	M	E	S	E	L	A	H	R	C		
S	T	V	E	S	E	R	E	C	O	I	N	H	O	C
E	B	G	I	G	I	L	I	H	W	D	I			
V	D	V	M	W	D	S	V	L	V	T	V			
V	E	S	N	P	E	P	E	T						
C	L	A	U	B	P	S	S	B	S	E				
S	M	V	S		G	N	O	R	V	S				
E	N	E	N		H	H	E	L	V					
E	T	O	I	L		L	O	I	L					
I	X	D	O	N	N	U	P	I	L	E				
S	T	S	N	E	T	V	A	P	S	N	E	T		
S	S	V	O	M	V	M	S	E	G	V				
I	T	K	R	O	M	T	A	E	G	E				
U	S	I	B	N	W	O	E	A	E	R	E			
L	S	I	H	C	S	U	S	L	O	C				

X CROSSWORD

- CLUES ACROSS**
 1. Plant of the mint family
 7. Hand tool
 13. Made of the color of gold
 14. A volume of several novels
 16. Type of degree
 17. Good job!
 19. Seventh tone in major scale
 20. Fevers
 22. One's mother
 23. Fertile desert spots
 25. Large integers
 26. Plate for Eucharist
 28. Tennis matches have them
 29. Peyton's little brother
 30. Monetary unit of N. Korea
 31. Head movement
 33. Twelve
 34. Renaissance musical instrument
 36. Behavior showing high moral standards
 38. Letter of the Hebrew alphabet
 40. Notes to be sung
 41. Women's garment
 43. Coarsely ground corn
 44. One point south of due east
 45. A way to deplete
 47. Rough, prickly covering of a seed
 48. LA hoopster, but not a Laker
 51. Hindquarters
 53. Franz van ____, German diplomat
 55. Liquid body substances
 56. Rhythmic patterns
 58. A beaver might build one
 59. Police officer's tool
 60. Indicates who you are
 61. Pinwheel
 64. Exist
 65. Ornamental molding
 67. Closes again
 69. Verses
 70. Come into view

	1	2	3	4	5	6		7	8	9	10	11	12		
13									14					15	
16			17					18						19	
20		21				22				23		24			
25					26				27		28				
29				30					31		32		33		
		34	35							36		37			
38	39									40					
41					42				43						
44				45		46			47				48	49	50
51			52		53		54				55				
56				57		58				59					
60				61		62				63				64	
65		66							67				68		
	69								70						

- CLUES DOWN**
 1. Short stick used as a weapon
 2. An alternative
 3. Laws
 4. Sense organs
 5. One from Utah
 6. Mariner
 7. People in charge of cattle
 8. Health insurance organization
 9. Ornamental box
 10. Forest-dwelling deer
 11. One quintillion bytes (abbr.)
 12. Atomic #71
 13. Become less intense
 15. Cowards
 18. Body ornament (slang)
 21. Applicable to all cases
 24. Multiplied by 6
 26. Afghanistan monetary unit
 27. Calendar month
 30. Cena and Lennon are two
 32. Monetary unit of Serbia
 35. First time on the market
 37. Georgia rockers
 38. Free from contamination
 39. Coastal region of Canada
 42. Clothing retailer
 43. It rises and sets
 46. Fathers
 47. Stain with mud
 49. Suitable for crops
 50. Feels concern for
 52. Orange-brown
 54. Buddy
 55. Late sportscaster Craig
 57. Used to align parts
 59. Wake up
 62. Solid water
 63. Semiprecious stone
 66. Atomic #45
 68. Top lawyer

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ANNOUNCEMENT

GRADUATION



Alexandra Descotéaux

Congratulations on graduating from Externat Sacre-Coeur High School in Rosemère, Quebec. We wish you much success on pre-university studies at Montmorency College in Accounting.

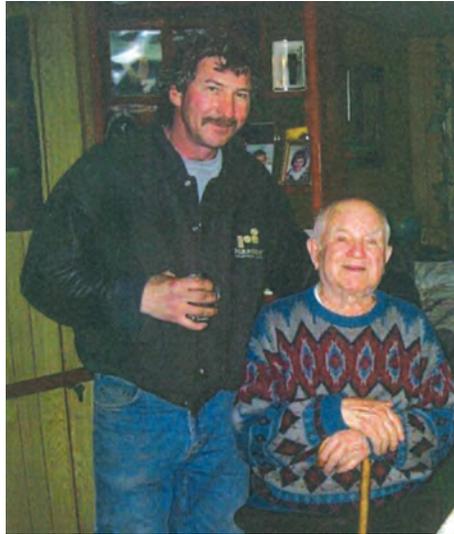
-Grandma and Grandpa

Ed and Adeline Helwer

Proud mom Bonnie Helwer

Happy 20th Birthday brother Nicolas

IN MEMORIAM



Victor Krupnik

March 30, 1965 to July 2, 2010

On July 2, 2010 of a tragic accident, God placed Vic's hard working hands to rest into eternal peace in heaven.

Vic was a jack of all trades, and a master of all. He restored the family farm and cottage from top to bottom. He'd been good to everyone and never complained of the toils of work.

-Greatly missed, never forgotten, brother Ed

OBITUARY

Ray Wright
1941 - 2021

With sadness Ray passed away June 20th.

He will be remembered by his love and partner of nine years, Lois and family. His son James and family, Winkler; and daughters Susan and family, Australia and Cindy and family, San Diego. Also his many nephews and nieces and many friends and neighbours of Winnipeg Beach, Gimli and Silver Harbour.

CARD OF THANKS

We are ever so grateful to the skilled team of Dr. Jeremy Lipschitz (HSC surgeon), Dr. Paul Daeninck, Dr. Eren Beshara and the amazing team at St. Boniface Cancer Care for all you have done for us over the last four years. You became part of our family. Sincere thanks to the local medical family: Dr. S. Randhawa and the amazing team at E.M. Crowe Memorial Hospital in Eriksdale. You truly are caring, thoughtful, and loving angels who took such good care of Ted (and his family) during the most difficult part of his journey. Thank you to those whose talents enhanced the personal tribute for Ted. We are eternally grateful to those who provided nourishment, comfort and for all the cards, messages and continued support we have received. Thank you for the generous donations to the hospital Guild.

John, Karen and Glen: Well done; for helping to pull off an awesome service during COVID-19!

-Linda Watson and Family

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Ukrainian Farmers



DIRECTORS WANTED

Ukrainian Farmers Co-operative Ltd. Invites nominations for the position of Director, to be elected by ballot in 2021.

Nominees must meet the qualifications and nominations must meet the requirements specified in the Co-op's by-laws.

Preferred Competencies

- *Basic knowledge of co-ops
- *Working knowledge of democratic environment
- *Strategic thinking & long-term planning skills
- *Ability to understand cash-flow & financial statements
- *Experience in risk assessment & management
- *Flexibility and independent thinking
- *Comfortable in team approach to decision making and problem solving
- *Time commitment
- *Good interpersonal skills

Details of the Director qualifications and nomination forms are available at the Ukrainian Farmers Admin Office.

Nominations must be submitted no later than July 16th, 2021 to:

The Nominating Committee
Ukrainian Farmers Co-operative Ltd.
P.O. Box 160 Fisher Branch, R0C 0Z0



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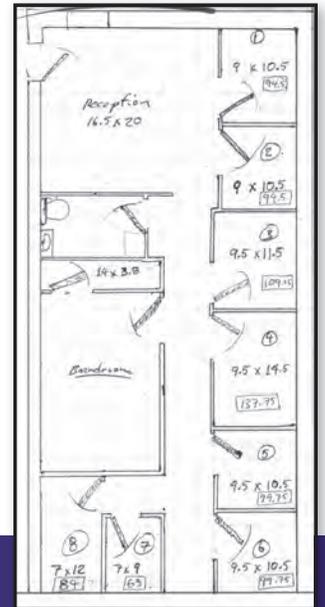
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