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## Dynamic duo

The United Thunder Indigenous square dance group performed the Red River Jig at Gimli's second annual Red River Métis Day on July 6.

EXPRESS PHOTO BY RAYME THOMSON

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# Young artists showcase their skills at Hidden Treasures Art Show

By E Antonio

The young Picasso artists of Gimli aged six to 14 showcased their masterpieces at the Hidden Treasures Art Show last week at the Lakeview Resort.

Thanks to the after-school art programs offered by Hidden Treasures Art Studio, these young minds had a platform to express themselves throughout the school year with five enriching two-month sessions.

Under the guidance of owners Barb and Don Fletcher, who is also president of the Gimli Art Club, these budding artists flourished in an environment that nurtured their artistic growth.

From humble beginnings with just four students in 2022, Hidden Treasures now proudly supports 39 young artists who crafted awe-inspiring pieces under Barb Fletcher's mentorship.

"It is incredible the art they have created," said an ecstatic Fletcher.

The diverse range of artwork on display — from journals to glass-fused creations, pastels, charcoal pieces and clay structures — captivated the audience and judges, highlighting each artist's unique style and talent.

More than 70 friends, family and art enthusiasts attended the Hidden Treasures Art Show.

"There was a piece of art for everyone to enjoy," added Fletcher.

Judging the array of masterpieces were esteemed members Suzanne Barrow, Don Fletcher, John Glassco and Sharon Cory from Gimli Art Club with decades of combined experience in various art forms.

"These are very well-known artists judging these kid's masterpieces," said Barb Fletcher.

Judges carefully selected top artworks based on creativity, technique mastery and originality.

Barrow is famous for her oil and acrylic painting of the prairie skies.

Glassco worked as an industrial designer and Cory is the spearhead of the Artist of the Lake art group. Don

Fletcher is known for his glass work from Senor Fletcher's Galeria.

All judges proudly work in Gimli and are very involved in the community.

Barb Fletcher explained that this event not only celebrated artistic expression but also highlighted the importance of nurturing creativity from a young age.

"It is the backbone to get kids creative and we want to keep the art movement going in Gimli."

The top three artworks of each program were awarded a ribbon, along with 10 honourable mentions.

In the five different categories, judges scouted artworks that were unique and followed proper art techniques.

Fletcher and the judges applaud these young artists for their achievements and commend the dedication of those who support them, it's evident that the future of art in Gimli is bright.

The award winners were announced at the Hidden Treasures presentation the following evening.

Clay and Fused Glass:

- 1- Chyanne Birchwood
- 2- Jaclyn Wilton
- 3- Anna Palson
- Honourable mentions: Nikita

Amos and Zoe Klassen

Principles of Art:

- 1- Jaclyn Wilton
- 2- Stella Wall
- 3- Skylar Gilbert
- Honourable mentions: Nikita

Amos and Sabrina Klassen

Art Journaling, presented by Inner Wisdom Massage Therapy, Marnie Chivers:

- 1- Skylar Gilbert



## EXPRESS PHOTOS BY RAYME THOMSON

Diverse art projects included clay and fused glass — leaf plates and principals of art — balance and patterns and mixed media.

- 2- Locklyn Gilbert
- 3- Aron Peters
- Honourable mentions: Mya Young and Ashlyn Yaremhiwich

- Mixed Media
- 1- Nikita Amos
- 2- Chyanne Birchwood
- 3- Skylar Gilbert
- Honourable mentions: Wren Nickerson and Stella Wall

Pastels and Charcoals:

- 1- Aron Peters
- 2- Maddie Vowles
- 3- Skylar Gilbert
- Honourable mentions: Stella Wall and Locklyn Gilbert

Winter Wonderland canvas painting (sponsored by the Ice Festival), presented by Ice Festival co-founders and co-chairs Susan and Peter Holfeur:

- People's Award: Skylar Gilbert
- 1- Emmersyn Kmet
- 2- Alexis Schroeder



Skylar Gilbert, pictured with Ice Festival Co-founders Susan and Peter Holfeur, was awarded the People's Choice Award with her Winter Wonderland.



First in Clay and Glass Unit was Chyanne Birchwood, pictured with Don Fletcher.

- 3- Jaclyn Wilton

On Thursday evening, four special awards were presented to the original students of Hidden Treasure's art program.

The awards were presented by Hai-ley's Way Inc.:

- Willow Whiteway
- Jaclyn Wilton
- Skylar Gilbert
- Nikita Amos

Continued on page 3



Art students, left to right, Skylar Gilbert, Ashlyn Yaremhiwich and Sabrina Klassen.



Most of the students attended the awards presentation.



Teacher Barb Fletcher explaining the content of art unit to judges Suzanne Barrow and John Glassco.



## > ART, FROM PG. 2

A volunteer award was also presented to dedicated student:

- Jaclyn Wilton

At the presentation, Barb Fletcher also announced the opening of the new Just Gogh Picasso art school, which will be home to Hidden Treasures art programs.

The grand opening and ribbon cutting will be on Thursday, Sept. 12.

Hidden Treasures is expanding their current kids' art programs to become not-for-profit, allowing equal

opportunity for all children to attend as the interest in art among youth is booming.

"I can't believe how the kids are picking up around art," said Barb Fletcher.

The program has doubled in size from last year.

As for now, Hidden Treasures continues to host their programming and summer camps out of their current location at 1-40 Centre St.

For details about what Hidden Treasures has to offer, visit their website or social media pages.



Parents and grandparents enjoying the awards presentation evening.



Mya Young viewing fellow students' work.



Judges, from left, John Glassco, Don Fletcher, Suzanne Barrow and Sharon Cory.

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# Carlo's Cucina unveils Canada's second largest burger for burger-eating contest

By Becca Myskiw

Carlo's Cucina has a new burger challenge and, so far, it's undefeated.

After last year's burger challenge brought people from all over to Carlo's Cucina, owner Carlo Guzzi decided to step up a notch and create Canada's second-biggest burger.

Last year, the Sandy Hook restaurant had The Herkules as the star of the burger-eating contest, a monstrous burger to honour Icelandic kings. The Herkules burgers had 12 certified Angus beef patties on a 1.5-pound bun with ketchup, mustard, pickles, jalapenos, fried onions, one chicken burger, 12 pieces of bacon, 12 pieces of cheese, an order of onion rings, 12 tomatoes, lettuce and mayo. The challenge was to eat the entire burger plus a 2.5-pound burger in 37 minutes or less, and winners would get their meal for free, along with the cash from the burger pot.

This year, Guzzi created The Viking for his burger challenge. After finding out the largest burger in Canada was a 15-pound burger on the West Coast, he wanted to make



for the burger and you get the money in the burger pot. This year, Guzzi started the pot at \$250 and every time someone buys The Viking, \$20 from that purchase goes into the pot. If someone claims the prize at any time, the pot will reset, starting at \$50.

Guzzi knows his challenge is doable. He had a customer come in once and eat 10 patties in five minutes or two patties every minute, so he knows someone doing 17 patties in 17 minutes is possible.

For those wanting to try the burger but not the contest, Guzzi created The Viking with families in mind. He's hoping families will come in and eat the burger in slices like a cake.

The Viking Burger challenge officially started three weeks ago and, so far, no one has been able to do it successfully. Carlo's Cucina is located at 103014 Provincial Trunk Highway 9 in Sandy Hook.

## Berens River RCMP respond to fatal two-vehicle collision

By Lana Meier

On July 10 at approximately 2:20 p.m., the Berens River RCMP was notified of a two-vehicle crash on the all-weather road, which is about 20 kilometres south of Berens River.

Officers arrived at the scene and concluded that a 63-year-old male from the RM of St. Andrews was driving a five-ton transport truck, headed northbound. The truck collided with the right side of a grader, also travelling northbound on the all-weather road, hitting its blade and rear section.

The transport truck subsequently rolled onto its side and into a ditch, resulting in the 63-year-old male driver being pronounced deceased on scene.

The 40-year-old male operator of the grader was not physically injured.

Berens River RCMP continue to investigate.

EXPRESS PHOTO SUBMITTED

The Viking is a 17-patty burger Carlo's Cucina has this summer for their burger-eating challenge.

something similar. So Guzzie created an 11-pound burger — the second largest in Canada — and is offering it up as this year's burger challenge.

"Knowing I'm a Le Burger Week winner, I needed to bring the big guns," said Guzzi.

And he did. The Viking comes with 17 certified Angus beef smash patties, 10 pieces of cheese, 10 pieces of bacon, a handful of lettuce, a handful of tomatoes and cajun or regular mayo; it's up to the customer to decide. To win, someone has to finish the burger in 17 minutes.

"You can taste the Interlake in it, for sure," said Guzzi. Winning the contest means you don't have to pay the \$85

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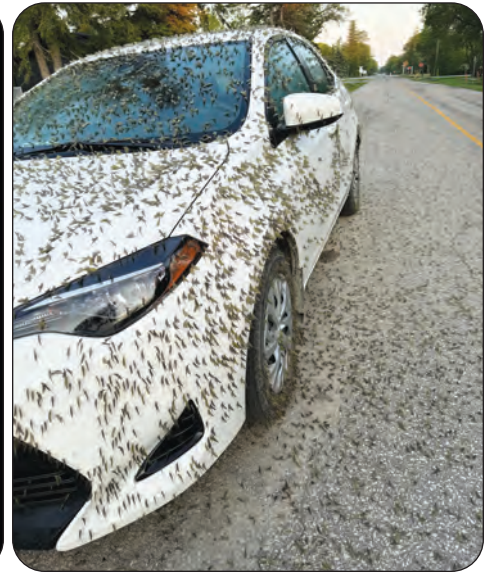
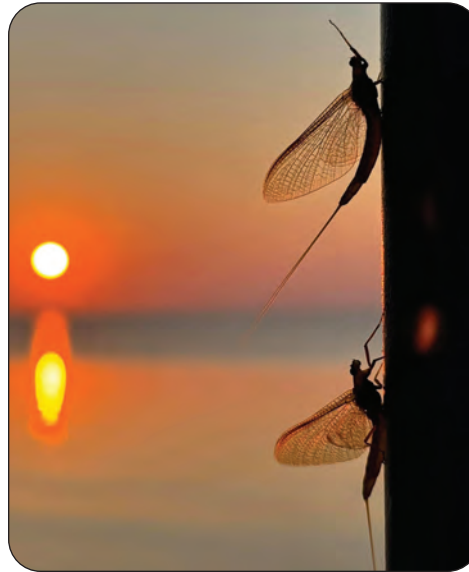


## Fish fly season in full swing



EXPRESS PHOTO BY TAMMY PAULSON

Duke was enjoying the view west of Arborg last Wednesday as he watched the sun set while a farmer was finishing up fieldwork for the day. It was calm and 24 degrees out but felt like 32 and the mosquitoes were abundant. Help the Express record the weather of the week and send in your photos of friends or family enjoying the outdoors. Email: [news@expressweeklynews.ca](mailto:news@expressweeklynews.ca).



EXPRESS PHOTOS BY PAT PAYJACK

Fish flies, also known as mayflies, have been emerging in high numbers near Manitoba lakes in recent weeks, including Winnipeg Beach. And it's good news if you see a large number of fish flies. Fish flies are a sign that water quality is really good. According to entomologist David Lowenstein, fish flies only emerge in places that have clean water, good oxygen levels and not a lot of nutrient runoff. Fish fly larvae live underwater for more than two years, feeding on algae and plants. The insects come out and reproduce when water temperatures are ideal. Fish flies have a lifespan of approximately 24 hours and do not pose any threat to humans but they do emit a distinct odour. Winnipeg Beach resident Pat Payjack had encountered an exceptional number of fish flies while strolling on the boardwalk this week. She also commended the town workers for their diligent efforts in maintaining a clean path free of deceased fish flies. The flies act as food for other animals around the water.

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# Second annual Red River Métis Day fun for all

By Gloria Thomas

Gimli's Pavilion Park was packed with entertainment, games, food and Artisan vendors Saturday for the second annual Red River Métis Day gathering.

Crafting workshops, yard games and a fun foam pit had the children busy throughout the day, with water and popsicles provided to beat the heat.

Riverton and District Friendship Centre catered the event with bannock tacos, refreshments and plenty of water throughout the day.

Fiddle player Dylan Gaudry and band The Breeze kicked off the afternoon with live music, performing two sets in the heat before breaking for water and shade. They continued playing while the United Thunder dancers wowed all in attendance with their masterful footwork.

Dean Davis taught an eager group of beginners an introduction to jigging, and Jason Leclerc taught them how to play the spoons.

Jason Lepine and Ben Page had toes tapping with some classic fiddle and guitar, and included a lovely tribute to Métis musician, singer and songwriter Ray St. Germaine, who was being laid to rest that afternoon.

Artisan vendors included Mama Jude's Candles, Busy Bear Beads, Quen T'essentielle Aromatherapy, John's Jams, Koko's Beading, Moe's Muks, Pretty Prairie Creations, Bannock N' Bears, Lii Rasaad by Syd, Shoni Cree's and Fox n' Fuddle. Métis vendors included the Louis Riel Institute, Métis Environment & Climate Change, MMF Housing Department, Métis Mobile Clinic, Métis Citizenship, Red River Métis Gimli Local Merch and the Métis Music Van.

Businesses from near and far spon-



sored the event with overwhelming support.

Sponsors and silent auction donations were provided by the East Interlake Watershed District, Lakeview Auto, Hope for Marriage Coaching, Access Credit Union, The Lakeview Resort, Salon 41, Tergesens, The Viking Inn, TNA, Gimli Home Hardware, Interlake Brewing Co., BK Lash, SCS Creative Studio, River Rock Massage Therapy, CJ 107, Volasha, The Winnipeg Jets and The Winnipeg Blue Bombers.

As well, the Red River Métis Gimli Local received generous grants from the RM of Gimli and Métis Citizenship and were presented with a \$3,100 cheque from the Westshore Community Foundation at the gathering.

The Red River Métis Gimli Local is very grateful for all of the love and support and extend heartfelt thanks to all who attended and contributed to the gathering.



The United Thunder dancers performed at the second annual Red River Métis Day celebration at Gimli's Pavilion Park on July 6.



EXPRESS PHOTOS BY RAYME THOMSON

The Westshore Community Foundation presented the Red River Métis Gimli Local with \$3,100.





# Gimli man with a personal connection, works to raise funds for the Alzheimer's Society

By Becca Myskiw

Gimli's Walk for Alzheimer's raised over \$7,500 for the Alzheimer Society.

On June 14, Betel Home residents, their families, friends and care workers took to the streets of Gimli for the annual Walk for Alzheimer's. The event was the first one in the beach town since 2019, and volunteers said it was well attended by all, with more than 40 people walking for the cause.

The annual Walk for Alzheimer's happens across the country, with funds raised going to the Alzheimer Society's programs and services that improve the quality of life for people with dementia and their caregivers. More than 25 diseases can cause dementia, and Alzheimer's is the most common one. There is still no cure for most types of dementia worldwide.

Ken Krulicki knows firsthand how important the cause is since his wife, Brenda, was diagnosed with dementia during COVID-19. Leading up to her diagnosis, she was upset all the time and wasn't functioning the way she usually did. Krulicki said his wife wanted to sleep all day, stopped cooking and acted differently from the woman he knew.

"It was becoming very stressful for me to look after her," he said.

She was diagnosed with early-onset Alzheimer's, and the world Krulicki knew changed. He tried to ignore what was happening but soon realized he needed to support Brenda. She soon became a resident at Betel Home, and Krulicki started accessing support for himself and attending virtual support groups but found the lack of being together made it difficult to get the help he needed fully. Once COVID-19 subsided and restrictions started lifting, he got more involved with the organization and started socializing with people experiencing what he was.

Soon, Krulicki was somewhat of a spokesperson for people living with dementia and for their caregivers, being the focus of a video by the Alzheimer Society where he shared his story with the world.

"That's where it all started," he said.

Krulicki began attending Betel Home meetings and discussing his experiences with the board. They asked him if he'd help organize the 2024 Walk for Alzheimer's, and he got straight to work. Krulicki made arrangements for the local fire department to do crowd and traffic control during the walk, lobbied for donations and got volunteers involved. By the end of it, he'd raised the most funds personally out of everyone else in Gimli.

"I'm just trying to help out wherever was necessary to make it successful because it's near and dear to my heart," he said.

Everyone gathered on June 14 — wheelchairs, walkers, and all — supporting the Alzheimer Society. The sun was shining down on all involved for the first time in weeks, and the breeze was warm as they made their way around town. As Krulicki walked, he got more and more donations from those watching and waving on the street, but he was sure to give them more than a "thank you." Krulicki ensured they got the most they could out of the walk and shared his story with anyone who'd listen that day, spreading awareness and raising funds simultaneously.

After the walk, Betel Home's recreation department provided snacks and refreshments for everyone in the facility's multipurpose room, and they all enjoyed some camaraderie.

Krulicki visits Brenda as often as he can. Some days, she looks at him and asks who he is and what he's doing in her room. On other days, she'll chat with him or not respond to him at all.

"It's almost like she's just unaware of me, the question or whatever," he said. "It's difficult."



Ken Krulicki, left, Brenda Krulicki, middle, and Garth Krulicki during Betel Home's Walk for Alzheimer's on June 14.

According to the Alzheimer Society, more than 733,000 people in Canada are living with dementia. Every day, more than 350 people in the country develop the disease, which is more than 15 people each hour.

The Alzheimer Society estimates care partners of older adults with dementia provide more than 26 hours of care a week, compared to 17 hours a week for older adults with other health issues. In 2022, dementia care provided by family and friends would equate to more than \$7 billion in Canada, and 45 per cent of caregivers for seniors with

dementia show symptoms of distress.

Krulicki hopes more people will access support from the Alzheimer Society, which has helped him immensely during this journey.

EXPRESS PHOTO SUBMITTED

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## Manitoba small businesses concerned over changes to retail sales tax collection

Removal of  
commission allowance  
hits the smallest  
businesses the hardest

The Canadian Federation of Independent Business (CFIB) is hearing from many concerned small business owners about the Manitoba government's decision to remove the commission allowance on retail sales tax (RST) remittances — a change that was quietly included in the 2024-25 provincial budget.

Before this change, businesses collecting and remitting the retail sales tax for the provincial government received a small commission of 15 per cent of the first \$200 of tax collected and one per cent of the remaining tax, up to \$3,000. The maximum commission permitted per period was \$58, and if the RST reported in a period was more than \$3,000, no commission was allowed.

For small businesses, these commissions could total up to \$58 per month, or \$696 per year. These may not seem like large sums, but for businesses that are struggling to keep up with skyrocketing operating costs, any amount of money helps.

In response to a recent CFIB survey,

nearly half (47%) of Manitoba's smallest businesses (those with 0-4 employees) said they are opposed to the removal of this commission. Business owners indicated they could use any cost savings to help pay down their pandemic related debt, increase employee compensation and/or expand their operations.

"The smallest businesses typically do not have administrative assistants or finance departments to help with tax filing," said Brianna Solberg, CFIB provincial affairs director. "More often than not, it's the business owners themselves who are the ones required to set time aside to file these remittances, which ultimately means time away from running their business."

Not to mention, businesses are also charged merchant fees by credit card companies on top of the seven per cent RST, meaning every time a business collects the sales tax for the government, they are also hit with a higher fee from the credit card company. Surely it is not unreasonable to assume the government should compensate at least the smallest businesses for the additional costs and time lost due to tax collection, and the retail sales tax commission did just that.

One surprised business owner reached out to CFIB to share his concerns. He only found out about this change when he went to file his RST remittance. "There was nothing in the

news about this and I believe that this cut involving the smallest businesses is terrible. I know that it is just a small amount, but small businesses are having a hard time."

Solberg added that is disappointing that the Manitoba government decided to remove this commission allowance without any consultation with the business community. "Removing the commission allowance sends a signal that the Manitoba government does not care to acknowledge the effort of business owners to collect and remit the government's sales taxes."

CFIB recently met with the minister of Finance to share these concerns on behalf of business owners. We also suggested ways the province could offset these added costs for small businesses such as increasing the exemption threshold for the provincial payroll tax or reducing the payroll tax rates — which would be particularly helpful given the upward pressure on wages.

*The Canadian Federation of Independent Business is Canada's largest association of small and medium-sized businesses with 97,000 members across every industry and region, including over 4,000 in Manitoba. CFIB is dedicated to increasing business owners' chances of success by driving policy change at all levels of government, providing expert advice and tools and negotiating exclusive savings. Learn more at cfib.ca.*

## MWF supports the big game hunt for licensed hunters

By Carly Deacon, MWF managing director

The Manitoba Wildlife Federation (MWF) applauds the government's decision to proceed with the big game hunt for licensed hunters in the north this year.

We are responding to Grand Chief Garrison Settee's recent correspondence from Manitoba Keewatinowi

Okimakanak (MKO), aiming to clarify the proposal they advanced to the government to withdraw all licensed big game hunting tag allocations in Northern Manitoba.

Firstly, the MWF acknowledges the shared objectives between our organization and MKO, particularly in safeguarding the moose populations

of Northern Manitoba. We recognize and respect MKO's persistent advocacy for government engagement in habitat and population management, crucial actions to avoid what has resulted in closures in the south, and the potential extirpation of moose popu-

Continued on page 9

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# Fox at House of Hope outside Arborg prompts warning

By Patricia Barrett

A fox that was hanging around the House of Hope seniors' residence outside Arborg last week has some people worried about the animal's condition and its proximity to seniors and other residents.

A woman, who prefers not to be named, said she was driving to work and saw the fox wandering around the assisted living facility then sitting outside a garage door.

She said she thinks the fox is injured and may be starving.

"He was so skinny and looked unwell. I think he has a bad leg because his back leg was turned and he was only walking on three legs. He walked all the way behind the House of Hope, into the back yard, then sat at one of the garage doors," said the woman. "I just want to remind people to be careful when animals come into the town. I'm thinking of our newcomers who might not be aware of the wildlife here, kids who might want to play with the fox, and our seniors."

She said she's aware that some seniors walk to and from the personal care home to the House of Hope or tend to their plants in the House of Hope's backyard and is worried that those with poor vision might mistake the fox for a pet dog and either ap-

proach it or try to feed it.

"People are not supposed to feed wild animals and having them this close can be dangerous," she said. "A senior won't be able to outrun a fox."

The House of Hope has a wooden garbage container with a lid into which trash bags are placed, and the woman said she isn't sure whether the possible smell of garbage is attracting the fox; she didn't see it sniffing around the container.

Town of Arborg chief administrative officer Cindy Stansell said the town had not received a report about the fox, but the area around the House of Hope is not within Arborg's boundary; it falls under the Municipality of Bifrost-Riverton.

"If this had been within town and we had received a report, we would reach out to Manitoba Conservation for advice and guidance," said Stansell.

Municipality of Bifrost-Riverton's assistant chief administrative officer Tanis Wyant said the municipality received no reports about the fox, but residents or others concerned about wild animals can contact a provincial conservation officer.

"Our region's conservation officer service district office is in Riverton," said Wyant. "Their phone number is

(204) 378-2261."

wildlife in situations like [this] can



EXPRESS PHOTO BY CINDY GENIK

A fox was photographed last week sitting outside one of the garages at the House of Hope assisted living facility on the outskirts of Arborg.

A spokesperson for the provincial department of natural resources said last Friday that the House of Hope is aware of the fox and said it hadn't spotted it for a few days, but the conservation service has been notified.

"The Conservation Officer Service is aware of the fox and at this time the senior centre has advised that they haven't seen it in a few days," said the spokesperson. "Individuals concerned about injured or habituated

call the TIP line at 1-800-782-0076."

The Conservation Officer Service relies on tips from the public. Its TIP line (called the Turn in Poachers line) is available 24-7. In addition to receiving tips about people violating fishing, hunting, trapping and environmental laws, the TIP line can be used by people to report injured or dead wildlife, sightings of wildlife that may put people at risk or to report wildfires.

## > BIG GAME, FROM PG. 8

lations in Manitoba if trends continue. Like MKO, MWF holds conservation, protection of natural resources, and the promotion of game and fish species and their habitats in the highest regard. However, MWF highlights a critical gap: there is a lack of data in the North on population estimates, and rights-based harvesters are not required to report their harvest. How can we expect the province to manage big game populations while only obtaining harvest records from licensed hunters? This information is an essential prerequisite to determine sustainable harvest rates, by First Nation harvesters and tag allocations for licensed hunters.

MWF recognizes and respects the constitutional rights of First Nation harvesters to hunt for sustenance, but these rights must be reconciled with the rights of all Manitobans to access and enjoy our outdoor public spaces. MWF will always take any steps necessary to defend our outdoor heritage and legally enshrined right to hunt in this province.

The Manitoban hunters we represent are deeply invested in conservation, management and outdoor traditions, and have always been at the table in discussions on big game

management. It is deeply concerning to MWF that details on these proposed changes have not been shared or discussed with licensed hunters in the province.

Recognizing alignment in our shared objectives, MWF sees substantial value in fostering meaningful conversations and collaboration to achieve these goals. We firmly believe that collaborative management based on sound science represents the last opportunity to ensure the survival of moose in Manitoba, extending to all shared resources involving multiple stakeholders. Whether concerning rights, traditions, cultures, lifestyles or livelihoods, all parties are deeply invested. MWF will continue to actively advocate for comprehensive government consultation with all stakeholders, informed decision-making grounded in science and conservation and the development of a sustainable, inclusive management plan for all harvesters in the North.

Let's change the narrative going forward and bridge diverse stakeholder interests, foster sustainable practices and pool collective expertise and knowledge. This approach would unite rather than divide Manitobans, ensuring the preservation of wildlife resources while nurturing our shared hunting and angling traditions.



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# RM of West Interlake creating energy efficiency plan

By Becca Myskiw

The Rural Municipality (RM) of West Interlake is creating a community energy efficiency plan.

As part of the municipality's Climate Change Local Action Plan, the RM has hired a community energy advocate to create an energy efficiency plan. The Climate Change Local Action Plan was created in 2019 to reduce greenhouse gas emissions. In it, the RM (with assistance from the Green Municipal Fund) identified four main goals:

1. Reduce community waste
2. Reduce the impact of transportation
3. Reduce energy consumption
4. Protect and enhance the natural environment

The third goal is what the municipality is working on right now, and it's where the new community energy advocate comes in. In 2022, Efficiency

Manitoba released new programs for municipalities, and under one of the programs, they received funding to hire someone for two years in the position. This June, the RM officially hired Kindelle Soria as the community energy advocate, who will aim to reduce the municipality's energy consumption, promote sustainable practices and enhance the overall environmental quality of the RM by creating an energy efficiency plan.

Climate change is primarily caused by carbon dioxide created by the burning of fossil fuels (coal, oil and natural gas). According to the federal government, in Canada in 2021, 28 per cent of the country's greenhouse gas emissions came from oil and gas, 22 per cent from transport, 13 per cent from buildings and 11 per cent from the heavy industry sector. Methane, water vapour, ozone, nitrous oxide, forest fires and more also contribute to the increase of greenhouse gases in the atmosphere, which trap heat there and through the greenhouse effect.

Combating climate change is not just a necessity, it's an opportunity. It has a multitude of benefits for our local community, economically, environmentally and socially. It reduces

energy and operating costs, improves municipal service delivery, reduces healthcare costs, increases productivity and employee morale, improves the air quality, adds green spaces to the community, improves ecosystem health, improves residents' health, reduces traffic congestion and more.

To kick off their work on energy efficiency, the RM of West Interlake has sent out a survey first to understand energy consumption in the community. The 14-question survey asks residents which community they live in, for how long, property status, how many members are in the household, how much they spend on hydro, how many appliances they have, their average appliance age, their total household income, if they have any energy-saving upgrades planned and more.

RM economic development officer Clayton Gibson said understanding where community consumption comes from will help them to move forward in their goal to mitigate climate change and save money for taxpayers.

In 2016, the RM of West Interlake emitted 155 tonnes of CO<sub>2</sub>e. In 2019, the community energy consumption was at 4,380GJ. In total, 49.6 per cent

of that energy usage was attributed to fleet vehicles, 31.5 per cent to buildings, 10.4 per cent to streetlights and 8.6 per cent to sewage. In the municipality, transportation uses the most energy at 47.5 per cent, followed by the residential sector, which uses 34.7 per cent of all energy, then the commercial sector at 17.3 per cent, and the industrial sector at 0.5 per cent.

To assist the RM in their efforts to create an energy efficiency plan, fill out the survey at <https://www.surveymonkey.com/r/TVW6HJ6>.

Some things residents can do on their own to reduce energy consumption are:

- Have an energy audit conducted and implement recommendations
- Use native trees, plants and grasses to replace lawn
- Capture run-off in a rain barrel and use for outdoor watering needs
- Walk or bike to work
- Turn off lights when not using them
- Reduce, reuse, recycle

## Community Support Service

### AA Meetings in Ashern

Open Meeting

Time: 6-7pm Every second

Friday of the month

Starting Friday July 12th.

Location: #11 2nd Ave North

- Pioneer Manor

(beside the main door entrance of Pioneer Manor)

Contact Jackiem.lwrc@gmail.com

### AA Eriksdale

Eriksdale United Church building

#7 Main Street, Eriksdale (side door)

Meetings are Mondays

at 6:30 p.m.

### AA Winnipeg Beach

Lady of the Lake RC Church

Corner of Hwy. 9 and Lake Ave.,

Winnipeg Beach

Meetings are Saturdays

between 7 and 8 p.m.

Contact Ann J 204-389-3417

### Gimli Group AA

Bldg 18 Municipal Rd

Industrial Park

Fri & Sun Mtgs at 7:30 pm

### Al-Anon

#### Gimli and Winnipeg Beach

Join us at 17B Loni Beach Road, next to New Horizon building... Gimli at 7:00 pm Wednesday evenings for an hour of support, strength, guidance and Hope. Contact 204-389-4777.

All ages welcome.

### AA Riverton Group

12 Main St. at the

Riverton Senior Centre

Mondays 7:30 p.m.

## letter to the editor

Letters to the Editor:  
[news@expressweeklynews.ca](mailto:news@expressweeklynews.ca)

### A natural Lower Fort Garry would enhance its quality

A few days ago, I drove by Lower Fort Garry and it struck me that this well-preserved historical monument is situated in a setting that is a far cry from what the area must have looked like 150 years ago.

Parks Canada spends a lot of time

and effort (and money) to preserve and restore buildings and artifacts but they seem to forget the surroundings.

A return to native tall prairie vegetation would enhance the historical quality of the fort.

It would also result in significant savings as native prairie vegetation does not need fertilizer, herbicides and pesticides. Expensive lawn mowers will no longer be needed, resulting in lower labour and capital costs.

Last but not least, restoring riparian vegetation along the banks of the creek that flows through the property and along the Red River will improve the quality of the run-off and ultimately the water quality of the river.

I sincerely hope Parks Canada will undertake this "restoration" project and that it will inspire others to follow suit.

- Fred Veldink  
Silver Harbour

> Got something you want to get off your chest? How about an act of kindness to share?

Send your letters to the editor or acts of kindness to [news@expressweeklynews.ca](mailto:news@expressweeklynews.ca). Please include your name, address, and phone number for confirmation purposes.



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**PAUL HUMENY**

**COUNCILLOR WARD 2  
RM OF ARMSTRONG**



# Province offers free provincial park entry July 15 to 21

By Lana Meier

Environment and Climate Change Minister Tracey Schmidt announced that the Manitoba government is offering complimentary access to all provincial parks for a full week in mid-July.

"Manitobans love spending time outdoors during the summer and we are helping families have the chance to enjoy our parks without paying park entry fees," said Schmidt. "Our government is lowering costs for families by covering park fees for the week. This is the perfect week to plan a visit to one of our beautiful provincial parks."

During the dates of July 15 to 21, there is no need for vehicle permits to access provincial parks. However, it is important to note that regular camping fees must still be paid and entrance fees for national parks are also required. Those interested in camping at a provincial park can secure a spot through the Parks Reservation Service at [www.manitobaparks.com](http://www.manitobaparks.com) or

by dialing 1-888-482-2267.

Visitors to Manitoba's provincial parks enjoy some of the lowest entry fees in Canada. This weeklong initiative, along with other free park access opportunities through the year, aims to ensure cost is not a barrier for anyone looking to enjoy the outdoors. The minister added the Manitoba government chose to freeze provincial park fees for this camping season to help more Manitoban families enjoy the province's parks.

Park interpreters are offering free guided hikes, campfire talks and other family programs this weekend and through the summer for visitors to connect to the natural features, culture and history in provincial parks. Several campgrounds have also organized special events to celebrate Canada's Parks Day on Saturday, July 20. Interpretive program information is available online at [www.manitobaparks.com](http://www.manitobaparks.com) or visitors can check with the local campground office for

details on any activities happening in the park.

Tips for visitors and campers at Manitoba provincial parks include:

- check the Manitoba Parks website at [www.manitobaparks.com](http://www.manitobaparks.com) for advisories before travelling;
  - all campers must check in at campground offices upon arrival to receive camping permits;
  - be "Wildlife Smart" by maintaining a clean campsite, keeping all food, trash, toiletries and cooking utensils locked in a vehicle or trailer, and pack out trash and recyclables before leaving;
  - wear a life-jacket when participating in water-related activities, especially boaters, children and weak swimmers;
  - keep all pets on leash; and
  - keep campfires in approved pits such as those found in campsites.
- Check with the campground office for any campfire restrictions.

Campers are reminded that because

the emerald ash borer has been confirmed in Winnipeg, no firewood can be transported outside the city. Transportation violations can result in charges and fines of up to \$1,300 for individuals or \$15,000 for businesses. Firewood is available for purchase from local retailers at most campgrounds.

Attention all watercraft users and beach-goers: remain vigilant in your efforts to prevent the spread of aquatic invasive species. Remember to thoroughly clean, drain and dry your watercraft and related equipment. If needed, utilize decontamination stations for added precaution. For more information on these species and location of decontamination stations, visit [www.manitoba.ca/stopais](http://www.manitoba.ca/stopais).

Stay connected with provincial park updates and events by following Manitoba Parks on Facebook at [www.facebook.com/MBGovParks](http://www.facebook.com/MBGovParks) or X (previously known as Twitter) at [www.x.com/MBGovParks](http://www.x.com/MBGovParks).

## RM of Armstrong holding byelection to replace council

By Patricia Barrett

A byelection for the Rural Municipality of Armstrong will be held at the end of July to replace four councillors who had resigned earlier this year, as well as the reeve and a councillor who could no longer function as a council after quorum was lost.

Councillors Pat Stein, Ted Sumka, Paul Humeny and Brent Dziadek resigned their seats during council's regular meeting on April 9, almost halfway through their four-year term of service.

Allen Pfrimmer (Ward 1) and Reeve Kate Basford did not resign their seats, but under the provincial Municipal Act they could not form council as a quorum (minimum of three councillors) is required.

The provincial department of municipal and northern relations had stepped in to appoint an administrator to run the day-to-day business of the municipality.

Under the Manitoba Municipal Act, an administrator can be appointed to a municipality when there is no council or no quorum. Quorum is required for each council meeting, with a minimum number of three councillors.

The Act states that "if the number of members of a council is fewer than required for a quorum or if a council resigns, the Lieutenant Governor in Council may appoint an administrator for the municipality ...."

Council meetings were cancelled starting with the April 23 meeting, according to the RM's website. The first

meeting of the new council is scheduled for Aug. 13.

Despite having resigned their seats, Pat Stein and Paul Humeny are running again for council, along with over a dozen other candidates.

There are three candidates running for reeve: Kate Basford, Pat Stein and Garry Wasylowski.

Ward 1 candidate Guy (Sonny) Rohne was elected by acclamation (there was no other candidate running against him), as was Ward 4 candidate David Tyndale.

Paul Humeny, Amanda Ermel, Drenna Campbell and Charles Whittier are running for Ward 2. Danny Gudbjartson, Greg Fontaine, Glenn Barkman and Greg Dwornick are running for Ward 3. And Luke Hendrickson and Allen Evanchyshin are running for Ward 5.

Advance voting will take place on Saturday, July 20 from 8 a.m. to 8 p.m. at the Fraserwood Hall and on Tuesday, July 23 from 8:30 a.m. to 12:30 p.m. at the RM of Armstrong office on Highway 17 in Inwood.

The byelection will take place on Wednesday, July 31 from 8 a.m. to 8 p.m. Voting stations will be set up at the Inwood Memorial Community Center, the Chatfield Community Club, the Silver Community Centre and the Fraserwood Hall.

For more information on the voting locations and alternative means of voting, contact Ernie Epp, senior election official for the RM of Armstrong, at [clerk@rmofarmstrong.com](mailto:clerk@rmofarmstrong.com) or 204-278-3377.

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

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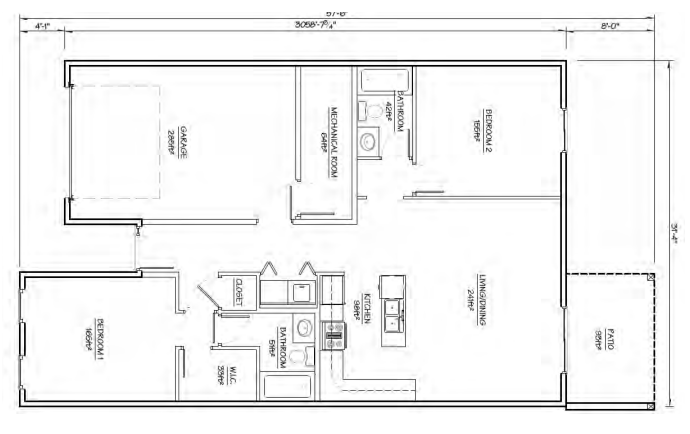
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# Local Co-ops experiencing empty shelves due to cyberattack

By Ty Dilello

Federated Co-op Limited (FCL) continues to be affected by a cyberattack. However, it says customer data has not been compromised, which is good news for customers who shop at Co-op.

Over the past two weeks, co-op locations across Western Canada have been plagued by system outages, which have led to the closure of gas bars, a lack of inventory at grocery stores and other logistical issues.

FCL has noted that several systems were taken offline as a precaution when the incident was discovered. However, everything has now been restored, and all stores and gas bars are open. Businesses are trying to run as usual.

Locally, the Stonewall Co-op Grocery has been experiencing some issues these past weeks due to a lack of items on the shelves from the cyberattack.

Stonewall Co-op notes that its stores and staff are doing the best they can to help everybody despite the current lack of essentials on the store shelves.

The ordering system from which stores get their items has been affected at the local store level. So when you go shopping, shelves may be emptier until the matter is resolved, as the supply may be down since the stores can't keep track of what's been ordered or sent due to the cyberattack.

On July 9, FCL put out its most recent statement on its social media pages:

"We are aware of statements made online that data was allegedly copied from the FCL IT environment and will allegedly be released. While it's possible these allegations are related to the cybersecurity incident we previously experienced, we are still investigating with assistance from third-party experts. If the investigation determines that data was in fact compromised, as previously stated, we will take appropriate action.

"It's important to note that while this incident has been contained, upon first discovering that we had experienced a cybersecurity incident, we temporarily took a number of our systems offline as a precaution. As we continue forward with resuming normal operations, we're working towards bringing all systems back online safely."

When reached out to for comment, FCL spokesperson Brad DeLorey noted that the only information he can release was included in the recent statements that the FCL and local Co-op's put out on its social media channels.

He could not provide an update on when everything will return to normal at all of its Co-op stores across Western Canada but said that its teams are working as diligently as possible to find a solution.

"We once again want to thank Co-op members, customers and the public for their patience and understanding," said DeLorey.



EXPRESS PHOTO SUBMITTED

Arborg's Interlake Co-op had a large shipment of product arrive Monday morning. Federated Co-op grocery, hardware and gas bars across Western Canada have been experiencing some emptier shelves than usual from a recent cyberattack.

## Renewal of 4 RM Gimli roads, including Chudd's Corner Esso and sewage plant

By Patricia Barrett

At its regular meeting on July 10, a majority of Gimli council approved a road construction renewal tender that includes all site roads at the sewage treatment plant in the Gimli Industrial Park and Chudd's Corner Esso.

The mayor and councillors Kurt Reichert, Richard Petrowski and Thora Palsen were present for the July 10 council meeting. Coun. Andy Damm was absent.

The RM's director of operations Ron Hahlweg, responding on behalf of CAO Jim Fenske, said a tender had been advertised on the MERX website and on the RM's website for the renewal of four roads in the municipality.

At the Industrial Park, all site roads within the wastewater treatment plant will be asphalted. As well, Harvard Avenue from Anson Street to the entrance of the wastewater treatment plant will be asphalted.

In the town of Gimli, Fifth Avenue between Amisk Drive and Barney Thomas Drive will be milled (pavement removed, ground up and reused as aggregate) and asphalt will "overlay the entire block."

And Chudd's Corner Esso Access Road will be reconstructed and have asphalt overlaid on a few sections.

Hahlweg said part of the funding for the road reconstruction at the waste-

water treatment plant will be coming from a provincial grant.

The RM is "pursuing and obtaining provincial grant money that should pay for two thirds of the cost that was part of the GWWTP [Gimli Wastewater Treatment Plant] expansion project identified to pave these roads when the GWWTP was expanded a few years ago," said Hahlweg.

### OTHER COUNCIL NEWS:

- The RM entered into an agreement with the RM of Armstrong to accept sewage from 542 Armstrong residents for the period January 2024 to December 2028.

Approved sewage haulers will be transporting the waste to the Gimli Wastewater Treatment Plant.

"Armstrong will immediately notify Gimli of any and all additional development that occurs within the defined area and the population number will be adjusted accordingly in the following budget year," states the Sewage Dumping Station Usage Agreement that's hyperlinked under council's July 10 agenda.

Gimli will be charging Armstrong for the use of its sewage plant, and it reserves the right to "restrict and or limit the amount of sewage hauled due to overloading of the sewage treatment plant and or shutdown for routine maintenance ...."



EXPRESS FILE PHOTO BY PATRICIA BARRETT

Site roads at the Gimli sewage plant in the Industrial Park are unpaved and can get quite mucky in wet weather.

Armstrong council — before a majority of its councillors resigned — had passed a resolution (No. 2024-101) on March 26 agreeing to the terms of the sewage dumping agreement.

- The Willow Island Taxpayers' Association reached out to Gimli council in June with another request for a reduction in the speed limit on Highway 9. The association said it has been trying for the past five years to have the speed limit reduced before Willow Island Road, which heads east to Lake Winnipeg where dozens of residents have homes or cottages.

Drivers heading south on the highway from Gimli find the speed limit increases from 50 to 70 kilometres then up again to 90 kilometres before Willow Island Road, making the Willow Island intersection potentially

unsafe and increasing the chances of a collision at high speed.

"This creates a dangerous situation for anyone turning onto WI Rd [Willow Island Road] when there is a line of cars because the following vehicles may not realize that the front driver is turning [east] and even though there is a double line, drivers shoot out to pass," wrote the association's spokesperson Norma Bailey in a June 6 letter. "There have been several near-misses at this intersection."

The association had approached the former iteration of council about moving the 90-kilometre-speed-limit increase to start after Minerva Road and were told it was a "provincial matter." The association also tried to



# ARBORG AGRICULTURAL FAIR

## Arborg Agricultural Fair celebrating 100 years July 20 and 21

By E Antonio

Come celebrate 100 years of tradition and history at the Arborg Ag Society Agricultural Fair on July 20 and 21. There will be thrilling bull rides, antique tractor pulls, and plenty of family fun. Be sure to join in on this special event!

Over a century ago, the Ag Society hosted its inaugural meeting to discuss the first fair on May 24, 1924.

According to Monique Smith, the Secretary of the Arborg Ag Society, the fair in 1924 had a sole category dedicated to sheep.

Additional categories, such as cattle, pigs, and poultry, were promptly integrated into the fair's competition after the society noticed their growing appeal to attendees.

Arborg Agricultural Fair go-ers fell in love with many of the fair's events early on.

"The exhibit hall and horse shows continue to be favourites," said Smith.



**ARBORG AGRICULTURAL FAIR**  
JULY 20 & 21, 2024  
@ Fairgrounds (4 miles South of Arborg, Mb on Hwy #7, turn East on Road 125N, keep going East for 1/5th of a mile, Fairgrounds are on the North side of the road.)

**Events on Both Days**

- Food Trucks
- Huge Kids Zone (Bouncy Castles, Face Painting, Sand Pile, & so much more!)
- Antique Tractor Pull
- Biscuits & Peas Contest
- ATV Mud Bog
- Beer Gardens
- HRA Rodeo
- Traditional Art Contest & Display
- Photo Contest & Display

**WE ARE CELEBRATING OUR 100TH ANNIVERSARY!!!**

**Saturday, July 20, 2024**

- Turn of Burn Gymkhana
- Merchant Mall
- Manitoba Living History Society (interactive stations; open fire cooking & candle making)
- Rodeo Intermission - KB Farms & Horse Hitch Demonstration Drive & Wild Pony Racing
- 50/50 Saturday Draw
- Saturday Night Social Featuring the Band "Up in Flames" (\$5.00 cover charge)
- Fireworks (10:15 PM approximately)

**Sunday, July 21, 2024**

- Pancake Breakfast by Access Credit Union
- Cowboy Church Service
- 50/50 Sunday Draw
- Rodeo Intermission - KB Farms & Horse Hitch Demonstration Drive

**Admission:**  
\$12.00 (person per day); \$25.00 (person per day for a weekend pass)  
\$40.00 (family of four per day); \$70.00 (family of four for a weekend pass, Extra children \$5.00 each)  
16 years old & under are free admission.  
\$25.00 (camping spot)  
\$5.00 cover charge for Saturday Night Social

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Arborg Agricultural Fair's exhibit hall began with several categories that showcased attendees' best skills. Competitors entered their best



First Agricultural Fair in Arborg 1924

PHOTO SUBMITTED

Arborg Ag Society is celebrating 100 years with the upcoming Arborg Agricultural Fair.

schoolwork, baked goods using a specific brand such as Robin Hood Flour, arts and crafts, flower arrangements and photography.

As our society continues to evolve, the upcoming fair will exclusively feature exhibits of photography and arts and crafts.

"We have to keep going forward with the new technology," Smith explained.

Additionally, she noted that we have evolved away from the pioneer categories and that creative interests have changed.

The centennial weekend hosted by the Arborg Ag Society will feature various special events.

To kick off the rodeo festivities on July 20, the Manitoba Department of Agriculture will present the Arborg Ag Society with an honourable plaque to commemorate the anniversary at 4:30 p.m.

Dignitaries from the town and surrounding municipalities have been invited to join the Arborg Ag Society for the opening celebration.

Continued on next page

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# ARBORG AGRICULTURAL FAIR

Continued from previous page

Arborg Ag Society will host a 100-year celebratory firework extravaganza with vibrant explosions lighting up the night sky.

Smith encourages pet owners to keep their beloved furry companions indoors to ensure their safety and protection from loud noises.

Of course, prizes will be won at the Arborg Agricultural Fair. Money will be won throughout the weekend, from the jaw-dropping races to the most elegant works of art.

In 2023, the fair introduced the ATV Mud Bug into its schedule of events, and Smith said it was a huge hit.

Competitors of all ages will race their quads through the muddy race track and see who can finish the race in the fastest time.

From the youngest riders on their miniature ATVs to the seasoned professionals, the ATV Mud Bog promises to leave behind muddy chaos like no other event.

Be sure to tune into the ATV Mud Bog races at 2 p.m. on Saturday and 1 p.m. on Sunday.

For a cleaner competition, the Antique Tractor Pull is returning for another year of heavy hauling.

Smith explained that the tractor pull originated from a heavy horse pull.

"Teams of horses would work together to see who could pull the heaviest load."

This event took a toll on the horses, so the Arborg Ag Society introduced the Antique Tractor Pull in the 1970s, which continues today and is a fan favourite.

Owners of tractors built before 1960 are invited to participate in the Antique Tractor Pull to win a prize. Weigh-ins for tractors occur Saturday morning, with the competition starting at 2 p.m.

The Heartland Rodeo Association (HRA) will host the ever-popular and thrilling rodeo events, including bull riding, team roping, and barrel racing.

Gymkhana is returning to the Arborg Agricultural Fair with its thrilling horse races. Watch competitors race through obstacles and discover who will claim the ultimate victory.

"Gymkhana is a fun and engaging event for everyone to watch," said Smith.

Be sure to stick around for KB Farm's impressive six-horse-hitch demonstration amidst the various activities at the Arborg Agricultural Fair.



KB Farms and their team of horses will show off their skills.

Following the demonstration, there will be Wild Pony Races. Children under 14 will join forces in teams of three to see who can ride the wild pony the longest. Please ensure that children come prepared with their own helmets, vests, and gloves.

Youngsters are also invited to attend the Kid Zone in the afternoon on Saturday and Sunday.

Transform into an alter-ego with their free face painting before hopping onto the inflatable bouncers for extra fun.

The Arborg Agricultural Fair is returning its massive sand pile this year. Come and play in this enormous sand pit as you hunt for hidden toys.

Remember to stop by the Petting Zoo. Ricklynn Farms will bring their friendly farm animals for you to meet and greet.

If you feel like spending some cash, come out to the Merchant Mall and support local vendors. From homemade crafts to yummy eats, there will be something for everyone to shop for and enjoy.

Arborg Agricultural Fair is more than fun and games. On Saturday at

12 p.m., the Manitoba Living History Society will have two live demonstrations.

With Manitoba Living History Society's tutorials, you can discover the art of cooking over an open fire and witness the candle-making process.

Arborg Agricultural Fair is also hosting an art competition themed on Agriculture and rodeos. The unique creations will be displayed in the Silver Hall for attendees to enjoy.

Arborg's Corrine Einarsson will serve as the judge for the competition and choose three winners who will receive a cash prize.

If you are feeling peckish, the Arborg Agricultural Fair will have many food and beverage options, including Waygu Wagon, DeeK's Dog House and Big Dawg Smokies.

Lemon Oasis and Saturn concessions will also be present throughout the weekend to serve your favourite fair foods.

The Beer Gardens are also returning and will include a social Saturday night with live music by Manitoba Band Up in Flames. Dance and enjoy the tunes as you unwind with friends.

During band breaks, display your musical abilities with Karaoke hosted by Dave Green.

Continued on next page

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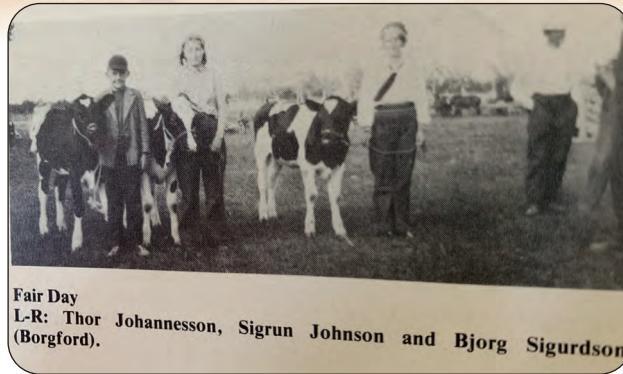
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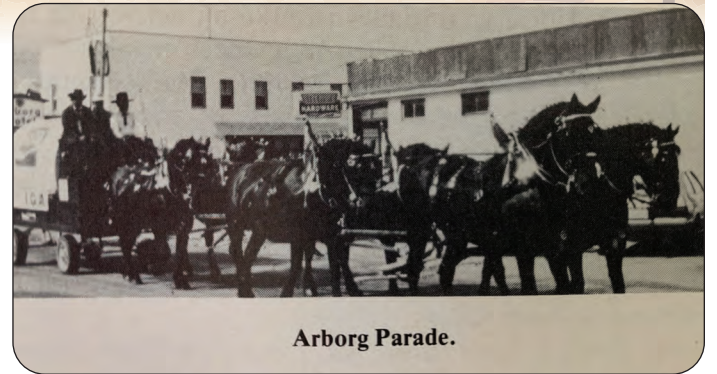
# ARBORG AGRICULTURAL FAIR



Fair Day in Arborg.



Fair Day  
L-R: Thor Johannesson, Sigrun Johnson and Bjorg Sigurdson (Borgford).



Arborg Parade.

Continued from previous page

After an evening of fun, start Sunday off on the right foot with a free pancake breakfast sponsored by Access Credit Union. Treat yourself to a plate full of mouthwatering pancakes and juicy sausages and sit back with a cup of coffee to energize you for another full day of events.

Sunday will feature a complimentary Cowboy Church Service led by Freedom Worship Church. Cowboy attire is

encouraged.

Advanced registration is encouraged for all Arborg Agricultural Fair events as limited day-of registrations will be accepted.

The Arborg Ag Society is grateful for the contributions of many individuals who help make the event possible. From gate attendants to the operators of the children's train, several locals generously offer their assistance to ensure the Arborg Agricultural Fair runs smoothly.

Gordon Marks has been the Arborg Agricultural Fair's Rodeo Announcer for over 30 years.

Prior to his announcing gig, Marks competed in Team Roping.

"I discovered I preferred performing on a microphone at the rodeo more than competing," said Marks.

He naturally transitioned into the rodeo show business, taking on roles

as a professional rodeo clown and announcer.

The announcer acts as the glue to the fair.

"I make sure everyone is aware of what is going on; I explain how things work."

Marks calls himself the "information hub" and is your go-to person for any inquiries regarding the Arborg Agricultural Fair.

"I just want to make sure things go smoothly and keep people entertained."

If you want to get involved with the Arborg Agricultural Fair, consider volunteering sometime over the weekend and reach out to Amanda Wasyliw at [amandawasyliw@gmail.com](mailto:amandawasyliw@gmail.com) for more information about the volunteer positions that need to be filled.

Arborg Ag Society also thanks the

generous supporters through Community Futures East Interlake.

Community Futures graciously supplies grants and funding for the Arborg Agricultural Fair to ensure the best fair possible.

"Life is too short to not enjoy a smile, even if it is just for a moment. Take the chance and come out and enjoy the rodeo!" Marks added.

Admission fees are in effect for the Arborg Agricultural Fair and include all the events, with the exception of the Beer Garden and social. Cash payments are accepted with the exception of the Beer Garden's Social; all events are included in the admission cost.

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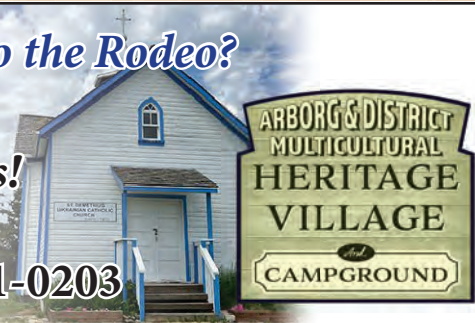


# ARBORG AGRICULTURAL FAIR ~ 2024 SCHEDULE

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**Saturday July 20, 2024** (Gates open to the public @ 11 AM)

Merchant Mall (11 AM - 6 PM)

Food Trucks (open @ 12 PM)

Turn N' Burn Horse Gymkhana -

(Registration @ 11 AM,

first event start time @ 12 PM)

Kids Zone (12 PM - 6 PM)

Manitoba Living History (12 PM - 8 PM)

Ricklyn Petting Zoo (12 PM - 6 PM)

Traditional Art Contest/Display &

Photo Contest/Display (12 PM - 5 PM; in the hall)

East Beer Gardens (1 PM - 7 PM)

Antique Tractor Pull (1 PM start time)

ATV Mud Bog (Registration @ 12 PM,

Riders Meeting @ 1:15 PM, Races start time @ 2 PM)

50/50 Saturday Draw (\$5/ticket; draw @ 10 PM)

(Ticket purchasers do not need to be present for the draw as tickets will need your name and phone number)

HRA rodeo (5 PM start time)

(Saturday Rodeo Intermission= KB Farms 6 Horse Hitch

Demo Drive & Wild Pony Racing)

•West Beer Gardens (open @ 7 PM)

Saturday Night Social with the band "Up In Flames"

(8 PM - 1 AM; \$5/person cover charge; family friendly social)

Fireworks (start approximately 10:15 PM)

*\*Wild Pony Races; team of 3 kids (aged 14 years old and under). Must bring your own helmet, vest and gloves. Must make a team name! Objective is to work together to get one kid mounted onto the pony bareback, the kid that stays on the longest their team is the winner! Sign up at the bottom of the announcer tower one hour before the rodeo starts, parent/guardian must sign waiver!*



**Sunday July 21, 2024** (Gates open to the public @ 8 AM)

Pancake Breakfast put on by Access Credit Union - In the hall (9 AM - 11 AM)

Cowboy Church Service by Freedom Worship Centre - Stage (11 AM)

Food Trucks (open @ 12 PM)

Kids Zone (12 PM - 4 PM)

Ricklyn Petting Zoo (12 PM - 4 PM)

Antique Tractor Pull (12 PM start time)

East Beer Gardens (12 PM - 6 PM)

ATV Mud Bog (Registration @ 11 AM, Riders Meeting

@ 12:15 PM, Races start time @ 1 PM)

50/50 Sunday Draw (\$5/ticket; draw @ 4 PM)

(Ticket purchasers do not need to be present for the draw, as tickets will need your name and phone number).

Traditional Art Display & Photo Display (9 AM - 5 PM; in the hall)

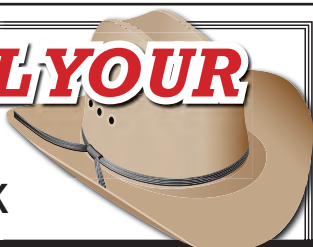
HRA rodeo (1 PM start time)

(Sunday Rodeo Intermission= KB Farms 6 Horse Hitch Demo Drive)



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*from the Town of Arborg  
Mayor, Council  
and Staff*







## The Day Iceland Stood Still: A story of strong women changing society in 1975

By Autumn Fehr

The 24th annual Gimli Film Festival (GFF) is proud to be presenting the film *The Day Iceland Stood Still* (2024) by Paula Hogan – a documentary that delves into one of the most pivotal moments in Icelandic history.

Sometimes, all it takes is resilience, connection, and perseverance to create change. *The Day Iceland Stood Still* (2024) is the true story of how Iceland became a world leader in gender equality.

It recounts how women in Iceland transformed their position in society.

The brief documentary by Hogan that captures the remarkable moment when 90 percent of Icelandic women staged a strike to advocate for their rights. Collaborating with renowned Icelandic producer Hrafnhildur Gunnarsdóttir, Hogan skillfully weaves together the accounts and viewpoints of women and a few men who participated in this significant event. No-



PHOTO SUBMITTED

*The Day Iceland Stood Still* will be shown at the Gimli Film Festival on Thursday, July 25 at noon at Lady of the Lake Theatre.

table works under Hogan's direction include *Africa Reframed*, *Ultimate*

*Weapon: The H-Bomb Dilemma*, and *Wildlife Wars USA: Bears Under Siege*.

*The Day Iceland Stood Still* has received numerous awards, including the Iceland Film Commission award and the New York State Council on the Arts award. Key crew starring in the documentary included Kate Taverna, Editor; Helgi Felixson, Director of Photography; Joel Orloff, Animator; Margrét Rán, Original Score; Björk, End Credits Song.

*The Day Iceland Stood Still* stars prominent women from the 1975 strike that turned Oct. 24 into "Women's Day Off." On that historic day in Iceland, "women came from all directions, like rivers, united in the square." The women wanted equality - nothing

more, nothing less. Fed up with the gaping inequality in their society between the value of a woman's labour and wages, female employees, wives, and mothers took a day off — stopped working, cooking, cleaning, and looking after their children — all standing together in solidarity that morning, on the ground, and overseas. Women refused to work in factories, stores and duties in their homes. Most schools and airlines, among other storefronts, were closed the day. Society was paralyzed - everything was closed. This moment in Iceland was a revolution, a standstill for the country.

There were many firsts for men in Iceland the day the women took the

Continued on page 20

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	10am		11am		12pm		1pm		2pm		3pm		4pm		5pm		6pm		7pm		8pm		9pm		10pm		11pm							
WEDNESDAY, JULY 24																																		
Gimli Unitarian Church		GRAND FINALE						THE BATTLE FOR LAIKIPIA										WILFRED BUCK																
Lady of the Lake Theatre															SHORTS PROGRAM 1: TIES THAT BIND (with Q & A)																			
Lutheran Church Theatre			A NEW KIND OF WILDERNESS							LIMBO																								
Gimli Theatre											Best of Manitoba Film Festivals (Free)																							
Johnson Hall at Waterfront Centre							INDUSTRY SESSION - Production Financing								OPENING NIGHT RECEPTION																			
RBC Sunset Screenings at Gimli Beach					Festival Village @ Gimli Beach (12pm to 10pm)																			(9:45pm) RBC Beach Screening BARBIE										
LakeView Hotel – Darren Hall	GIFF 2024 Lounge/Merch																																	
THURSDAY, JULY 25																																		
Gimli Unitarian Church		HAILEY ROSE						SOLITUDE						À MA GLORIA																				
Lady of the Lake Theatre					THE DAY ICELAND STOOD STILL																SHORTS PROGRAM 2: CLASS ORDER SPECIES (with Q & A)													
Lutheran Church Theatre																	MY WONDERFUL STRANGER																	
Johnson Hall at Waterfront Centre			INDUSTRY SESSION - Exploring Intellectual Copyright Law						INDUSTRY SESSION - DGC x ICG 669 In Convo						WILDERNESS TRAILS																			
RBC Sunset Screenings at Gimli Beach					Festival Village @ Gimli Beach (12pm to 10pm)																			(9:45pm) RBC Beach Screening SUMMER RENTAL										
LakeView Hotel – Darren Hall	GIFF 2024 Industry Room																																	

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Family photo of a smiling man, woman, and two children.

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FRIDAY, JULY 26																
Gimli Unitarian Church		CLOSE TO YOU				NICE LADIES			WITH LOVE AND A MAJOR ORGAN							
Lady of the Lake Theatre							SHORTS PROGRAM 3: REALITY CHECKS (with Q & A)									
Lutheran Church Theatre			THE OLD OAK				DAYS OF HAPPINESS				Winnipeg Indigenous Collective Shorts (free)		SHORTS PROGRAM 1: TIES THAT BIND (with Q & A)			
Gimli Theatre				IN HER NAME				EVERY LITTLE THING			Young Filmmakers Screening (free)			DAUGHTER OF THE SUN		
Johnson Hall at Waterfront Centre			INDUSTRY SESSION - Wilfred Buck (Masterclass)				INDUSTRY SESSION - Working with the NFB	(3:15-4:45pm ) INDUSTRY SESSION - 1-on-1 Meetings with the NFB								
RBC Sunset Screenings at Gimli Beach				Festival Village @ Gimli Beach (12pm to 10pm)										(9:45pm) RBC Beach Screening: THELMA AND LOUISE		
LakeView Hotel – Darren Hall	GIFF 2024 Lounge/Merch															
SATURDAY, JULY 27																
Gimli Unitarian Church		ATIKAMEKW SUNS				PLAY DEAD!			ZACHARIUS KANUK SCREENING			ANY OTHER WAY: THE JACKIE SHANE STORY				
Lady of the Lake Theatre							SHORTS PROGRAM 3: REALITY CHECKS (with Q & A)					SHORTS PROGRAM 2: CLASS ORDER SPECIES (with Q & A)				
Lutheran Church Theatre		THE ETERNAL MEMORY				FINALITY OF DUSK					YINTAH					
Gimli Theatre	RBC PITCH COMPETITION (9am - noon)				WE GROWN NOW					48HR FILM FESTIVAL				HANDLING THE UNDEAD		
Johnson Hall at Waterfront Centre			INDUSTRY SESSION - Filmmaker Convo with Karsten Wall								GIFF 2024 Awards Reception					
RBC Sunset Screenings at Gimli Beach				Festival Village @ Gimli Beach (12pm to 10pm)										(9:45pm) RBC Beach Screening: THEATER CAMP		
LakeView Hotel – Darren Hall	GIFF 2024 Lounge/Merch															
SUNDAY, JULY 28																
Gimli Unitarian Church					THESE FOUR WALLS				LIFE IS BEAUTIFUL							
Gimli Theatre		MY MOTHER'S MEN				Award Winning Shorts				Audience Awards Screening		Grand Jury Winner Screening				
Johnson Hall at Waterfront Centre		INDUSTRY SESSION - FTM presents SWIFT				INDUSTRY SESSION - Live Read with ACTRA + WGC										



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day off. Chores typically conformed to the housewife, such as dishes, cooking, and cleaning, were left to the men of the home for that day. For many men, it was their first time doing regular tasks like dishes and changing a diaper. The men called it the "Long Friday."

The Day Iceland Stood Still did well in getting its main message across to its audiences. One of the documentary's key strengths was recounting the critical information, focusing on how it affected people's lives as human beings and not just the event itself. In the film, the women's emotions, perspectives, and struggles came across well and were impactful as a viewer. The documentary did well for its genre in providing information about the historical event without focusing heavily on statistics; sprinkling statistics in here and there fit the film well.

As a viewer, it was impactful and meaningful to see individuals from both sides of the political movement sharing their perspectives on what participating in the movement meant to them. It was interesting to see how,

even amongst women, there were different opinions about the day they went on strike. Many women were worried and feared for their jobs or feared what others would think of them for not conforming to their gender roles.

A non-formal societal feminist group called the Red Stockings in Iceland, formed in 1970, was a large part of the difference made that day. So many women in Iceland didn't like the Red Stockings. They were controversial because they were thought to be destroying the role of the housewife and putting society on its head. Some women even felt that the group was mocking women for how they were living - as housewives. Although, their perseverance and resilience showed through their turnout on Oct. 24, 1975, with 90 percent of women taking the day off in solidarity.

"Today, Iceland is celebrated as one of the best places to be a woman." It is a dignified feeling that wouldn't have been possible without the courageous woman who showed that woman can do and be anything. "I dare, I can, I will."

Catch this film at the Lady of the Lake Theatre in Gimli on Thursday, July 25 at 12 p.m., as part of GFF. Be sure to also check out other screenings and events from July 24-28.

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# Master Angler drum on Lake Manitoba, not a fish tale

By E Antonio

Having been an avid fisherman for as long as he can remember, Danny Kleinsasser had a momentous catch on June 20.

Kleinsasser landed a 30-inch freshwater drum from his dock.

The Manitoba Master Angler program awards fishermen the title of "Master Angler" when a freshwater drum in larger than 24 inches.

Most freshwater drums in the Lake Manitoba Narrows are 20 inches.

This is the biggest drum Kleinsasser has ever caught, and reeling the fish in was no easy feat.

"When I saw it, I knew it was something big," exclaimed Kleinsasser.

It took 15 minutes to reel it in.

"The fish took off a couple of times, but I finally got a hold of it with my net," said Kleinsasser.

Because Kleinsasser was fishing with his dog when he caught the drum, he pulled the fish in and ran to capture the proof.

"I ran up to the renters in the cabin next door to take a photo," Kleinsasser explained.

After the photo, Kleinsasser released the fish back in the water so others can experience the joy he did when catching it.

Visiting Lake Manitoba Narrows has not only become a tradition for Kleinsasser but a place where fishing brings him unparalleled happiness and peace.

He visits his cabin on the Lake Manitoba Narrows weekly.

"I just love morning and evening fishing up here," said Kleinsasser.

For as long as he can remember, Kleinsasser has held a fishing rod in his hands. However, it wasn't until the past two decades that he truly developed a passion for the activity.

Kleinsasser is enjoying his time at the cabin, which he considers his "happy place."

"I just love being able to get away," he added.

Kleinsasser plans to fish as long as he is able and he enjoys being able to get away from his work.



EXPRESS PHOTO SUBMITTED

Danny Kleinsasser caught a Master Angler 30-inch freshwater drum fish last week in the Lake Manitoba Narrows.



# RCMP Underwater Recovery Team wants you to put them out of a job

By Lana Meier

On June 27, the RCMP Underwater Recovery Team (URT) visited Lac du Bonnet to highlight the factors contributing to drowning incidents. URT has been called out to four drownings already in 2024, and if previous years tell us anything, it is that they can expect to be called out to more.

"When my team arrives on scene, it is not typically in a rescue capacity," said Cpl. Kathryn Ternier, head of the RCMP URT. "We are coming to recover someone from the water. I am asking you, the public, to put me out of a job recovering drowning victims."

In addition to aiding other RCMP divisions in retrieving submerged evidence for investigations, URT is primarily occupied with the somber duty of recovering individuals who have drowned.

"We talk a lot about life jackets and personal flotation devices," said Ternier, "and they are so crucial to water safety. However, we also need to be talking about what happens that lands people in the water or makes them unable to survive in the water once they are in there."

Regardless of how strong a swimmer one feels they are, there are obstacles in the water that can affect anybody's ability to stay afloat. Dams can be very dangerous. They create powerful currents and turbulence that can pull swimmers underwater

or into the dam. Even de-commissioned dams or bridge structures can be dangerous due to hazards that accumulate underwater by these structures that can entangle a swimmer.

Fast-moving water is another concern. Many people like to hike by rapids or camp close to fast-moving water, but this may not be a wise choice when children are present.

Ternier cautioned against the dangers of hiking near fast-moving water, citing instances where family hikes have resulted in tragedy due to a child slipping and falling into the water. She stressed the importance of maintaining a safe distance from the water if one is not equipped with a life-jacket or personal flotation device (PFD), suggesting a range of three metres or 10 feet as a suitable guideline.

The beach is another place things can go wrong quickly. "We have seen instances where parents look away from their child for an instant at the beach, as short a time as putting the camera down, and tragedy has struck," said Ternier.

One of the keys to being safe in, on or around the water is being prepared.

"That means knowing what the weather will be like, having the right equipment such as a life-jacket and being ready to enter the water even if you have no plans on going into the water," said Stacey Grocholski, executive director of Lifesaving Society

Manitoba. "It is also imperative that children are always supervised. Manitoba is among the provinces with the highest number of drowning deaths per capita of children five and under."

Ternier emphasizes that she does not want people to be fearful of the water but to respect it. Practise vigilance — know the body of water you are swimming in, and if you are unfamiliar, ensure you are wearing a life-

jacket or PFD as appropriate. Avoid obstacles. Don't swim alone. Stay away from fast-moving water. Always swim sober.

"Water is very unforgiving," Ternier said. "One slip of your foot and you could be fighting for your life."

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## Seniors are benefitting from the new government denture insurance

BY ELISHA VANDOR

The Canadian Dental Care Plan (CDCP) is the newest government funded dental benefit for seniors that rolled out at the beginning of May this year and we can attest to the fact that this new insurance is giving new smiles to a lot of happy patients in Winnipeg and surrounding areas. Zoltan, featured in the article photo, is from Stonewall and wants to tell all 300+ people living in his complex that we are accepting new patients. It's not just Zoltan that's enjoying his new dentures, let's hear from a few of our recent patients this month.

Margaret came to see us for the first-time last month for a new partial denture and she said, "The whole experience was seamless right from the time I walked through the door until I left with my new dentures fitting perfectly. I certainly have got my smile back as they feel and look

as if they are my own teeth - nobody would ever know otherwise. Thank you Vandor Denture Centre for such professional and efficient service."

- Margaret H. May 20, 2024

Ray came to us on recommendation from his brother-in-law and wanted to use his new CDCP denture benefits. After he received his new upper and lower dentures he said, "I have had dentures for many years, made by several denture clinics. I just got new dentures today, made by Brock Vandor. They are very comfortable. He spent a lot of time adjusting them to my mouth. Would not hesitate to recommend this clinic to anyone. Very pleased with my experience with the Vandor Denture Centre."

- Ray S. June 6, 2024

Eight years ago, Sharon came to see us for new dentures. We had not seen her since the day her dentures were fitted back in 2016, but just a couple weeks ago she came to have the dentures profes-

sionally polished and said very exuberantly, "best dentures ever! Cleanings come out so white. I would recommend this clinic to everyone!"

- Sharon M. June 13, 2024

New patient Kim came to first see us in April to discuss new full upper and partial lower dentures. She has since been wearing her new dentures for three-weeks now and said, "after years of struggling with loose dentures that didn't fit right, I finally found a Denturist that was not only qualified but also listened to and catered to my specific needs. Thank you for my new smile!"

- Kim W. Jun 8, 2024

Just as Zoltan said, we are accepting new patients, including those who now have coverage with the CDCP. Your dentures are our top priority, whether you want to replace your existing ones, relined them, or discuss dental implant options, give us a call today.



Happy patient Zoltan gives the thumbs-up for his new dentures with Denturist Brock and patient coordinator, Caitlyn at Vandor Denture Centre.

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# Minerva Hall's Farmers Market off to flying start

By Patricia Barrett

After taking over a popular farmers market from an events hall just outside Gimli, Minerva Hall saw a good number of people at last week's market and more interest.

Minerva Ladies Aid president Christine Dann said people may not be aware that the market moved from the Farmers Hall on PR 231 near Gimli south down the highway to Minerva Hall.

"Minerva Hall held the first market in late June and we've seen our attendance grow this month," said Dann.

There are a variety of market goods on offer, she said. They include handmade wood carvings, handmade textiles such as quilts and aprons, homemade delicacies such as jams, jellies, pickles and baked goods, and hand-crafted items from Cornerstone Enterprises, a non-profit organization in Gimli that assists adults with disabilities.

There are also products on offer from Tupperware, Mary Kay (cosmetics), Epicure (meal solutions) and Watkins, which had door-to-door sales back in the 1900s and offered "things my mom would use" such as salves



and other medications, extracts and spices, said Dann.

Smokies on the Water food vendor will be at the markets selling hot dogs, cheeseburgers, drinks, chips and water to hungry shoppers.

The Minerva Hall Farmers Market



EXPRESS PHOTOS BY CHRISTINE DANN

takes place every Thursday from 2 to 7 p.m. until early September. The hall is wheelchair accessible and has public washrooms.

For more information about renting a table at the market, call Marlene at

204-642-8572.

Minerva Hall is located at the junction of Highway 8 and Minerva Road (Road 109N), south of Gimli.

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#### RM of Lac Du Bonnet

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# Your FARM



## Growing local: a new strawberry farm promoting regenerative ag



Stoney Acre Farms is run with family in mind. Pictured here are Kathleen and Michael Melnychuk with their sons.

By Emma McGill

The Melnychuk family, made up of Kathleen, Michael and their two sons, first started farming back in 2018 when they lived in Balmoral and bought some bred heifers. Slowly, they grew their herd but then decided to buy and move to Kathleen's home- stead just outside of Fraserwood in 2020. This is where they started Stoney Acre Farms.

Kathleen's family had been farming in the Fraserwood area for over 100 years, a mixed farming operation that eventually became a beef operation. When it came time to forge her own path, Kathleen left home to study environmental sciences with a focus on natural resource management at the University of Manitoba. She now works for the East Interlake Water- shed District as a funding coordina- tor.

Kathleen's husband, Michael, also has an extensive background in agri- culture. Raised in Balmoral, he spent his high school years running a mar- ket garden on his family's farm. After graduation, he worked in dairy barns, and as an auctioneer while raising Holstein calves at home. Later, he worked at the Teulon Grain Eleva- tor and Gunton Crop Inputs. In 2020, he moved onto a seasonal job at the airport in Winnipeg as an operator, spending the off-seasons on the farm.

The downsizing of the Melnychuks' herd in Balmoral and the creation of Stoney Acre Farms are rooted in their prioritization of growing their family.

"Farming was in our blood and over many conversations, we decided that we wanted to continue farming and worked on a way we could safely in- clude our young children, maintain our off-farm jobs and be productive with what we own," said Michael.

"We were talking about it many years ago because I was always inter- ested in a market garden and having more fruits and vegetables locally. We thought it would be a new challenge to take a shot at," shared Kathleen.

Not only does pursuing strawberry production allow for a family-friend-

Continued on page 24

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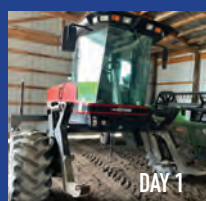
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ly farming experience, but it also provides a strawberry farm for the Interlake. So over the last year and a half, the Melnychuks have been hard at work doing extensive research, attending seminars and webinars, working with their agronomy team and speaking to other local producers about their operations.

Through all of this, the Melnychuks learned that establishing a sustainable operation with a strawberry farm takes three years from the time the first plant goes into the ground. This means that strawberries planted in the first year of operations will be available for picking next year. Shortly after Mother's Day weekend, they planted 15,500 strawberry plants on the northern part of their land, which was accomplished with the help of both sides of the family.

The plants that grow this summer will have their blooms and buds cut

Thursday, July 18, 2024  
off to prevent them from fruiting and to promote the use of energy for sending out runners, allowing the plant to multiply and become strong enough to handle the Manitoba winters.

Next year, 10,000 plants will be put in the ground, followed by another 7,000 the year after that. These strawberry plants last, on average, three picking seasons, which ensures there will be berries available for picking every year. The 15,500 plants from last month will be ready for U-pick operations in 2025.

This year, the Melnychuks also planted 2.5 acres of sweet corn and 1,000 pumpkin plants. With these, they plan to market through farm gate sales and local wholesale. New additions in the future may also include a saskatoon and cherry orchard.

Through all of their hard work behind Stoney Acre, the Melnychuk family hopes to create a sustainable, environmentally friendly, profitable operation. With working for agricul-



EXPRESS PHOTOS SUBMITTED

The Melnychuks are highly invested in regenerative agriculture and planted 15,500 strawberry plants last month.

tural sustainability comes the need to look at things in different ways. For example, despite the heavy rains the Interlake has experienced this season, the Melnychuks were actually worried about running out of water for their crops. Last year, they partnered

with the East Interlake Watershed District to install a water retention project which will help to keep water on their land for longer periods of time.

They also want to be more resilient to climate change, promote biodiversity

Continued on page 25

## > ROADS, FROM PG. 12

work with provincial highways department, but that had "not been pro-

ductive."

Coun. Richard Petrowski said coun-

cil had brought Willow Island residents' concerns to the province's attention and he remembers meeting with a departmental staff member. Only the province can reduce or increase speed limits on its highways.

"Over the years people were requesting a lower speed limit, and we got the province to put a double yellow line there a few years ago to help prevent other drivers from passing. But I don't think people [obey] that," said Petrowski. "The province has all kinds of traffic studies and professionals who look at these kinds of issues. But council definitely did have a resolution to request a speed limit drop. That was done about a year and a half ago."

- Council approved a home occupa-

tion in an agricultural limited zone near the Miklavik subdivision south of Gimli, close to Willow Creek Road.

The Exchange Collective is a thrift store that will offer second-hand clothing and home decor.

"The Exchange Collective aims to create a sustainable and eco-friendly shopping environment where customers can find unique and affordable fashion and home decor pieces," wrote Anita and Craig Turner in their submission to council. "We believe in the importance of reusing and repurposing items to reduce waste and support environmental conservation efforts."

In addition to a storefront, the collective will offer online services.



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## Jr Jays feeling good ahead of first round rematch

By Kieran Reimer

The Interlake Junior Blue Jays are playing their best baseball at the right time.

As they closed out their regular season with an 8-7 win over the St. Boniface Legionnaires Thursday night, they also extended their winning streak to four games.

The late surge in the standings moved the Blue Jays up into third place in the Manitoba Junior Baseball League as they ended the season with a 16-8 record and a plus 43 runs differential.

Almost exactly how head coach Dave Meyers drew it up before the regular season began.

"It's pretty good," said Meyers. "I told some of the guys at the start of the season I hoped to be 17-7 so it's pretty close. I can't complain about that."

And the Jays certainly could have gotten to 17 wins, but a three-game losing streak early in the season and a couple close games they would like back were the difference.

But all that mattered in the end was the win on Thursday that secured the Jays their spot in third as they moved past the St. James A's with the victory.

And as their reward they will get to play the Legionnaires again, this time in a best two-of-three series in the first round of the MJBL playoffs.

It is also a rematch of last year's MJBL first round when the Legionnaires defeat-

ed the Jays in three games to advance to the semi-finals, and eventually going on to win the 2023 MJBL Championship.

Now with the opportunity for revenge, the Jays intend to avoid last season's heartbreak.

"You give everything you got now," said Meyers. "There is no laying back on anything and at the plate you battle as hard as you can and hopefully it will work out in our favour."

The Legionnaires come into the series 9-15 on the season. They finished sixth in the MJBL this season while boasting an even runs differential.

The Jays and Legionnaires have met on three occasions this season, with the Jays holding the regular season bragging rights of two wins to one.

But based on last Thursday's game against the Legionnaires being a comeback win where they trailed by four heading into the seventh inning, the Jays are aware the Legionnaires are serious competition.

"They're a good team. It can go either way," said Meyers. "It will come down to who makes more mistakes because the pitching on both sides will be pretty good. I hope we make the less mistakes."

The MJBL will release their playoff schedule sometime this week.

They will likely get two of the three possible first round games on home field at Quarry Park in Stonewall.

## Switch to a Sea-Doo



EXPRESS PHOTO BY RAYME THOMSON

Gimli Snowmobile Centre launched their new BRP Sea-Doo Switch Cruise in Gimli Harbour for enthusiasts to try out the new cutting-edge jet-powered composite pontoon boat. The Sea-Doo Switch Cruise is spacious like a pontoon but with all the fun of the Sea-Doo Life. The new Switch Cruise Limited takes the amazing versatility of a Switch and adds a premium level of comfort and convenience to enhance every aspect of your days on the water. The simple, intuitive Switch handling is so second nature, it's like riding a bike. It's easy to steer, dock, launch and load with Intelligent Brake and Reverse (iBR). The on-water demo was a big hit. The dealership has two on hand on Highway 9. Be sure to watch for more opportunities to test drive the thrilling new Switch.

## > STRAWBERRY FARM, FROM PG. 24

and increase wildlife habitat. This is why they will be seeding native prairie plants and grasses around their irrigation site. The native grasses will help with water management by creating less runoff and reducing nutrient loading while purifying the water. Through their deep root systems, they also help to stabilize the soil, reduce erosion and sedimentation effects, reduce nitrogen and phosphorous loss to water systems, help reduce disease and pest pressures and improve nutrient cycling and soil health.

On top of promoting biodiversity with these native grasses, Stoney Acre Farms recently finished planting a shelterbelt of five rows with the help of the Watershed District. This agriculture production system is a mix of native trees, including balsam poplar, trembling aspen, Manitoba maple, green alder, dogwood, saskatoon, cranberry and rose. They planted 700 trees, allowing for a large number of environmental benefits.

The Melnychuks are passionate about the sustainability of their environment and have an environmental farm plan, as well as having agriculture closer to home to be able to rely on. They regularly soil test and apply manure where it is needed to create a

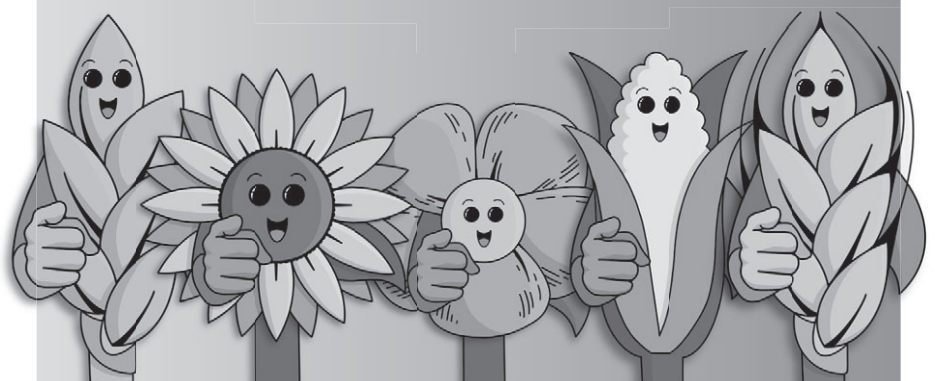
healthy soil, research meticulously and keep up to date on food safety guidelines, and use farm stewardship practices.

"We think regenerative agriculture is going to be the way of the future," said Michael. "It's not a concept that you need to do in an 'all or nothing' manner either."

It is easy to gain access to resources, like those promoted by the Watershed District, which will help someone familiarize themselves with the five principles of regenerative agriculture: minimizing soil disturbance, maintaining a living root, maximizing plant diversity, keeping the soil covered and integrating livestock. Though all operations are different, anyone can apply these principles to make their practice more sustainable.

"Currently, we are watching everything grow," shared Michael. "We take the boys out to the field to check the strawberries, pumpkins, corn and trees every day and see if any maintenance needs to be done. They have been by our side through spring equipment preparation all the way to planting the last seed. Our farm has truly become the family operation we envisioned it to be."

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# sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

## Manitobans on target at trapshooting national championship

By Jeremiah Knight

Manitoba was again represented at the Canadian Trapshooting Championships earlier this month.

Typically led by Pat Lamont of Brandon, a different trio of homegrown products — Lorne Ross, Jeffrey Halldorson and his son Logan — hit their marks and returned home with some hardware for their efforts at Vancouver Gun Club in Richmond, B.C.

“Manitoba always shoots above its weight,” said Ross, a Stonewall resident who captured the singles C Class title.

Ross has been a mainstay locally since 1996, winning numerous titles on the provincial level but never found his groove nationally. In his fourth appearance at the Canadian Championships, however, he put on a show, hitting 195 out of 200 targets to earn his first win.

“I think it was the seventh-highest score out of 160-something shooters, so I was pretty pleased with that,” Ross said, adding his national title drought never really bothered him.

“I’m pretty chill. I shoot for fun. I love shooting, so whether I win or lose doesn’t really bother me,” he said. “I was pleased I won. I always wanted to, but shooting is just fun. (Logan) winning probably made me happier than me winning.”

Logan, 12, was the youngest representative from Manitoba at the meet by a long shot but showed his age



The winners were presented a belt buckle for their national win.

— and limited experience — aren’t reasons to overlook the blossoming marksman.

In his second appearance at the national tournament, Logan won the doubles junior event, marking the second year in a row he’s accomplished that feat. This one came against older shooters, many of whom had more experience on the national stage.

While there is typically a sub-junior (15 and under) and junior (15-18 years old) division, this year’s event only featured the junior category, meaning every minor competitor was in the same field.

“I was kind of more comfortable but still get a little nervous sometimes because Vancouver has different rules,” he said. “If you miss, it kind of makes you mad because you know you’re going up against better people and trying to win the awards.”

The St. Laurent preteen began trapshooting just three years ago and has quickly shown a knack for rising to the occasion. He won the junior doubles event last summer, too, which he says is just the first step in his career.

“The one that I haven’t won yet is singles so that’s the one that I’m really trying to get at,” he said. “I just need more practice.”

Logan was accompanied by his father, Jeffrey, who had some business



EXPRESS PHOTOS SUBMITTED

Lorne Ross, left, Logan Halldorson, middle, and Jeffrey Halldorson travelled to Vancouver earlier this month where they each won their class at the Canadian Trapshooting Championships.

of his own to attend to at the coastal meet.

Jeffrey, also shooting in his second national tournament, picked his way through the field and left with two titles: the preliminary handicap for short yardage and the doubles in D Class for the second year in a row. The short yardage event had Jeffrey stand 20 yards behind the trap house, from where he pegged 95 out of 100 targets.

“It was nice that we both won some hardware,” Jeffrey said of him and his son.

“It was great to see my son win. I don’t get to see when he shoots, just because I kind of distract him when I’m watching him so I just walk away and let him do his thing and find out at the end.”

The Halldorsons, whose experience shooting was exclusively in hunting,

began trapshooting together three years ago at the Winnipeg Trap and Skeet Club. Logan was hooked almost immediately, and Jeffrey followed suit shortly after.

For Dad, it’s a hobby that breaks up his time on the road for work. For Logan, it’s become his primary extracurricular activity since he doesn’t play sports. Together, it’s a bonding opportunity for the duo, who continue to improve with each competition.

“It’s a fun little thing to do for me and him,” Jeffrey said. “It’s something we get to enjoy, and it’s nice.”

Neither intends to leave the sport anytime soon; both believe their time in it has only begun.

“It’s just fun, and I’m just natural, and I do well, so that’s helped a lot,” Logan said. “It makes me want to try more and get better.”



Lorne Ross shooting at the Canadian Trapshooting Championships in Richmond, B.C.

## Storm shutout by Benchwarmers United

By Kieran Reimer

Storm FC fell 4-0 at the hands of Benchwarmers United on Monday night.

The Benchwarmers duo of Daniel Turon and Evan Kennedy were the difference makers as they both scored twice in the match.

A tough loss for Storm FC as Benchwarmers now move into a tie with them for seventh place in the Manitoba Major Soccer League’s Division 5.

Both clubs hold identical 2-5-2 records this season with Benchwarmers edging them out in goal differential.

Storm FC will look to get back on

track on Wednesday when they take on Mecs FC (3-1-5) at Buhler Recreation Park.

The two clubs met once this season back on May 26 when the match ended in a 3-3 draw.

Kick off Wednesday goes at 7:15 p.m.



# Blues Jays win streak reaches four after pair of wins



Derek Millar slid safely into third and then stole home to score a run against Elmwood.

By Kieran Reimer

The Stonewall Sr. Blue Jays extended their win streak to four games without a loss on Tuesday night.

They won both games of a double-header against first place Elmwood at Fines Field to move into third place in the Winnipeg Senior Baseball League, while also handing the Giants their third and fourth losses of the season.

In the first game, it was Jays pitcher Zach Campbell keeping the Giants in check through five innings. Campbell struck out four batters while only giv-



Jays' Zach Campbell pitched all five innings in Game 1 for the win against the Elmwood Giants.

ing up one earned run in the process.

Eric Swanson was also active for the Jays, connecting for hits in both of his at bats while adding a base on balls and a stolen base as the Jays went on to win 4-3.

Derek Millar led the Jays offence in the second game with three runs and two hits in three plate appearances.

On the mound it was Liam Allen striking out six batters while only allowing four hits as the Jays downed the Giants 4-3 once again in the night cap.



EXPRESS PHOTOS BY LANA MEIER

The Jay's Noah Ducharme was safe on first and started the come-from-behind win against Elmwood in the bottom of the fifth in Game 1 of the double header on July 9.

The Jays (8-5) now sit only 1.5 games back of second place West Winnipeg in the standings while the two wins have also moved them within 2.5 games of Elmwood who remain in first.

The Jays will look to Wednesday night's match against the North Winnipeg Pirates (6-6) for their next chance to close the gap on first and second place.

First pitch from Vince Leah Recreation Centre goes at 7 p.m.

## PeeWee Thunder focusing on development ahead of MMFA season

By Kieran Reimer

The PeeWee Interlake Thunder Football Club are gearing up for another season in the Manitoba Minor Football Association.

Though the club won't open their regular season until late August, head coach Jared Boville's club has already been practicing for two weeks now.

"At the end of every practice the coaches and I have met and felt like it's been a good practice," said Boville. "Kids are working hard. Early on in the season we do a lot of basic skills. Speed training to build them as athletes because if you are smaller you got to be faster. Just teaching them how to run, accelerate, decelerate, how to cut."

This year the PeeWee Thunder have 39 kids on the roster from the 2011 and 2012 born age group.

One of their largest teams in recent years, Boville said it's also one of the youngest groups and smallest in terms of size, mostly due to the large number of 2012-born players joining the team this year.

He said the team will have to rely on speed this season when trying to keep

up with bigger and older competition.

"We need to be flying around the field on offence and defence making plays with our feet," said Boville. "This year's focus is going to be a bit more on development. We lost a lot of older kids, especially on the offensive side of the ball. Our defence will be our anchor and our offensive line has some experience to but as far as skilled position players on the offence, we're pretty young. Hopefully those guys can grow, learn and do what they need to do."

Leading the offence this year is veteran quarterback Weston Preun. In the early practices, Preun has been working with rookies to help them get comfortable with their new offence.

On defence, Boville highlighted returnees Titus Boville, Cooper Dickey, Mason Panting and Connor Chli-boyko as players to keep an eye on.

"Like any team when you have two different age groups, you're only going to be as good as your oldest players are going to take you," said Boville. "That's just the reality of it. Now being the older of the two age



EXPRESS PHOTO BY LANA MEIER

The Interlake Thunder PeeWee team was hard at work last week in preparation for their upcoming football season.

groups, they are going to be able to hold the defence down pretty firmly. A lot of new kids and sometimes they surprise you and turn out to be great football players."

The Thunder still have a long time to prepare before the regular season

kicks off in late August but will continue practicing three times a week until then.

The MMFA regular season schedule has yet to be released although the season will once again conclude in late October.



# Kids of Steel Triathlon in Arborg, an exciting day for young athletes

By Kieran Reimer

The Kids of Steel Triathlon in Arborg was a whirlwind of excitement, with young athletes aged six to 15 from various regions showing off their swimming, biking and running skills.

Arborg hosted the first-ever Interlake Kids of Steel Triathlon last Saturday.

Sixty-two kids from Interlake, Winnipeg, southern Manitoba and Kenora competed in the day of competitive swimming, biking and running on July 6.

The races began at Access Aquatic Centre, where six groups, based on age and preferred distance, jumped into the pool to start the race.

The swim ranged from 50 metres to 500 metres, depending on the group, before competitors hopped on bicycles to continue racing around town.

The bike portion ranged from 1.5 kilometres in distance up to 9.6 kilometres for the oldest age group.

The race ended in the running portion as competitors crossed the finish line to complete the event.

"The energy was high," said race director Paula Anderson. "There were several there who hadn't done a triathlon before so they were waiting jump into the pool, couldn't start soon enough sort of thing. Then we had other seasoned triathletes so for them this was getting another one under their belt and testing their training."

Anderson has been involved in planning the event since February.

She and the Sulong Triathlon Group put on the Hecla Triathlon every year, which includes a run and bike through the town and a distance swim in Lake Winnipeg.

Anderson said having a youth event was something they wanted to do for a while; they just didn't know where to do it.

"The Lake Winnipeg waters are a bit intimidating for kids and obviously for a safety perspective we want them to feel safe," said Anderson. "We looked at other opportunities to have an event in the Interlake so we thought of Arborg because the pool and brought that idea into conception throughout the winter and worked closely with the town to see if there were any obstacles."

As planning for the event progressed throughout the spring, Anderson and the Sulong Triathlon Group visited local schools to speak with gym teachers about the event.

They also reached out to local businesses to discuss sponsorship and promoted the event and registration on their social pages in early April.



The Kids of Steel Triathlon took to the streets of Arborg during the bike portion.



Maverick Ritchie competed in the Kids of Steel Triathlon in Arborg.

To ensure safety at the event, over 50 volunteers signed up to help guide competitors along the racing route.

After receiving positive feedback from participants and parents, they plan on bringing the event back next year.

"We were really proud that we could bring this to the area and of course we really wanted to provide an outlet for more kids to get into triathlon and I think this did that," said Anderson. "Even just bringing awareness to the fact this exists as a sport, I know lots of parents are focused on the hockey, soccer, school sports but not everyone knows triathlon exists as a sport, so it was fun to bring that even to people in the community whose kids didn't sign up, they were saying they want to do it next year."



EXPRESS PHOTOS BY CORRINE EINARSSON

Over 50 volunteers signed up for the Kids of Steel Triathlon that took place Saturday, July 6 in Arborg. Volunteers helped keep racers on course as the race went all through the town.



The Kids of Steel Triathlon started in the Access Aquatic Centre pool in Arborg. Competitors swam from 50m to 500m based on division before heading out on the town for the bike portion.



Sixty-five youth athletes competed in the triathlon.

Anderson said they chose not to focus on doing a podium this year as they wanted everyone to feel like a winner.

The competitors each received a water bottle, a set of elastic shoelaces, a

cookie medal and a certificate upon finishing the race.

To view race results, you can visit <https://zone4.ca/event/2024/xPrp-Dg/>



**By Lana Meier**

On July 5, officers conducted a traffic stop on Provincial Road 513 and arrested the 35-year-old male for Uttering Threats. Upon his search, officers located a small quantity of cocaine. He was held in custody.

Gypsumville RCMP continue to investigate.



Gypsumville RCMP executed a search warrant at a home Memorial Crescent in Lake St. Martin where they located three firearms, ammunition, cash, a small quantity of drugs, pills and other drug-related paraphernalia.

## > GAMES

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

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!

Level: Intermediate

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!

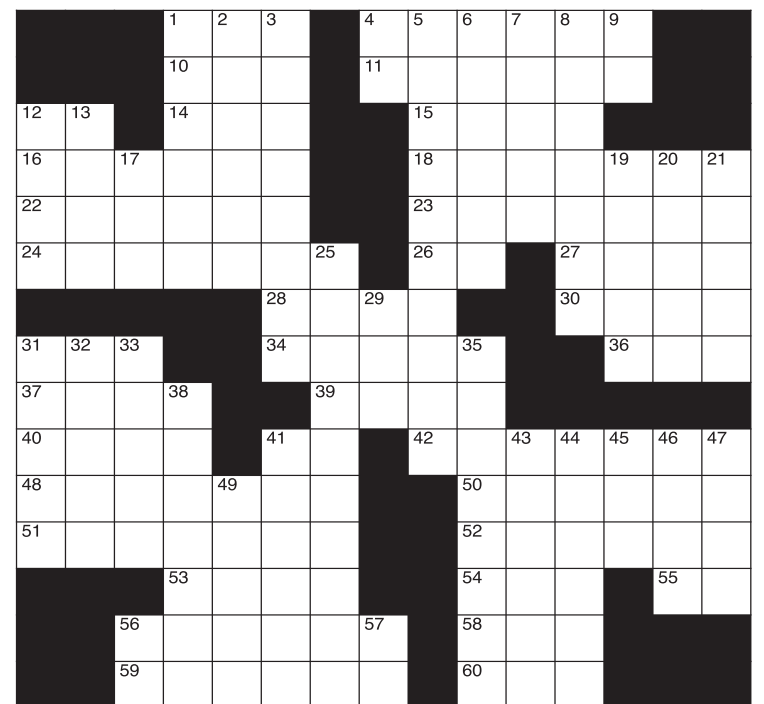
6	1	3	2	9	5	8	4	7
9	2	4	3	8	7	5	1	6
7	8	5	4	1	6	9	2	3
8	6	7	9	4	2	1	3	5
3	9	2	6	5	1	7	8	4
4	5	1	7	3	8	6	9	2
5	3	6	8	2	9	4	7	1
2	7	9	1	6	4	3	5	8
1	4	8	5	7	3	2	6	9

## Sudoku Answer

[illegible]

### Crossword Answer

# CROSSWORD



20. Units of land

### 57. Northeast

\_\_\_\_\_



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### Arborg School Age Childcare Coop requires an ECE II for a split shift.

Starting Sept 5th-June 28th (closed for summer) Opening shift 7-9 am and 3-6 pm. Wage depending on experience, paid inclement weather days, MCCA membership, possible future benefits.

Looking for an energetic, reliable ECE II for a busy childcare before and after school program located in the AEMYS. Required to share in daily responsibilities preparing light snack, cleaning, program planning, playing games activities in the gym and outside with various ages of children 5-12. As well as one on one with children with additional support needs.

#### Requirements:

Early Childhood Educator Diploma  
Current first aid  
criminal record/child abuse/ vulnerable sector checks.

Email resumes to: [arborschoolage@yahoo.ca](mailto:arborschoolage@yahoo.ca)

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## Ashern Auction Mart EMPLOYMENT OPPORTUNITY

### PART TIME JOB OPPORTUNITY

We are looking for a field rep and sale day staff at the Ashern Auction Mart this fall.

Job will include sorting, weighing cattle, preparing cattle for sale, visiting producers and working with management and staff.

Approximately 25 - 30 hours per week.

Send resumes to [icca@mymts.net](mailto:icca@mymts.net)  
Contact Kirk Kiesman 204-768-0019  
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at D'Arcy & Deacon LLP  
[dacheson@darcydeacon.com](mailto:dacheson@darcydeacon.com) /  
204-925-5360

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August 1, 2024

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> MEAL IDEAS



## Chocolate-Dipped Frozen Grape and Yogurt Clusters

Yield: 7 mounds  
 1 cup black Grapes from California, halved  
 3/4 cup plain nonfat vanilla Greek yogurt  
 2 teaspoons pure vanilla extract  
 2 1/2 ounces bittersweet chocolate, chopped  
 1 teaspoon extra-virgin olive oil  
 In medium bowl, combine grapes, yogurt and vanilla. Line 9-inch square metal baking pan with parchment paper then, using 1-ounce scoop, place

mounds of grape-yogurt mixture on sheet. Freeze until set, about 3 hours, or overnight.

Place chopped chocolate in small, wide microwaveable bowl. Microwave 1 minute on medium power. Stir and repeat. Stir then microwave 30 seconds, repeating as needed until melted and smooth.

Stir in oil. Dip bottoms of frozen clusters in chocolate to coat and return to pan.

Store frozen clusters in airtight container in freezer up to 1 week.



## Lemongrass Grape Cocktail

Yield: 1 drink  
 Lemongrass Simple Syrup:  
 1 cup sugar  
 1 cup water  
 3-4 stalks lemongrass, trimmed, halved, inner cores cut into 1-inch pieces, chopped  
 Cocktail:  
 1/2 cup cold Grapes from California  
 2 slices fresh ginger  
 1 cup ice  
 2 ounces vodka  
 1 1/2 ounces lemongrass simple syrup  
 1/2 ounce lime juice  
 frozen Grapes from California, for

garnish

lemongrass stalk, trimmed, for garnish

To make lemongrass simple syrup: In heavy, small saucepan, combine sugar and water. Bring to simmer over medium heat. Stir until sugar is dissolved; add lemongrass pieces and simmer 3-5 minutes. Remove from heat. When cool, cover and refrigerate up to 2 weeks.

To make cocktail: In shaker, muddle cold grapes and ginger. Add ice, vodka, lemongrass simple syrup and lime juice; shake well. Pour into glass over ice and garnish with frozen grapes and lemongrass stalk.

Note: For mocktail, replace vodka with seltzer water.



## Sweet Potato Bowl with Cilantro, Turmeric Ghee and Lime

2 large sweet potatoes, peeled and cubed  
 2 tablespoons 4th & Heart Turmeric Ghee, divided  
 1 teaspoon cumin powder  
 1 teaspoon smoked paprika

## Non-Exercise Activity Thermogenesis and Staying Fit

By Julie Germaine Coram

Did you know that much of the success in maintaining a healthy body weight doesn't come from workouts, but from your general movement throughout the day? In other words, burning calories while cleaning, walking around, and playing with little ones significantly contributes to weight loss. Another term for this is NEAT, or non-exercise activity thermogenesis. It encompasses all your movements daily excluding rest, meals, and workouts.

Planned exercise is good for you for many reasons, particularly if you have a sedative job, but it is important to highlight the benefits of an active lifestyle in other ways. If you make a point to move around frequently, at least every hour, you are constantly encouraging the cells in your body to burn energy. This is a fantastic way to use up excess body-fat and create a strong metabolism. Studies have actually shown that when individuals are made aware of the physical health benefits of housecleaning, gardening, or carrying groceries, they end up burning even more calories! (That mind-muscle connection I've spoken about paying off again.)

How can you increase your NEAT? Here are some tips:

- Less screen time: Set a timer and make a promise to yourself to get in your steps before relaxing again to finish the show.
- Incorporate active chores into screen time: Use an earbud and get your laundry done while listening to a podcast.
- Walk at lunch: It's summertime, so try enjoy the sunshine and walk with a co worker during the lunch break.



Julie Germaine Coram  
Registered personal trainer

- Social actively: Meet up with your date to go rollerblading or biking, or ask a friend to come to the beach with you. Even if you are relaxing on the sand, you have to haul all those towels, snacks, and accessories from the parking lot.

Finally, making a point to burn some energy after a meal is always an effective way to kickstart the digestion process and help your body be more efficient. This even helps if you had a 'treat meal' of higher calories than usual.

Do you want to discuss your individual nutrition questions, fitness goals and struggles with me? Visit my website [www.juliegermaine.com](http://www.juliegermaine.com) or schedule a consult by visiting: [www.calendly.com/juliegermaine](http://www.calendly.com/juliegermaine)

Coach Julie Germaine Coram is dedicated to long-life health! She is a fit mom, Registered Personal Trainer, a 2x Pro Fitness Champion, Certified Nutrition Expert & Fitness Specialist. She has helped many thousands of men and women in Manitoba and worldwide improve their health since 2005.

salt, to taste  
 pepper, to taste  
 1 cup quinoa  
 1 can black beans, drained and rinsed  
 1/4 cup red onion, finely diced  
 1/4 cup fresh cilantro, chopped, plus additional for garnish, divided  
 1 lime, juice only  
 1/4 cup crumbled feta or goat cheese (optional)

Preheat oven to 400 F.  
 In large bowl, toss cubed sweet potatoes with 1 tablespoon turmeric ghee, cumin powder and smoked paprika; add salt and pepper, to taste. Spread sweet potatoes evenly on baking sheet and roast 25-30 minutes, or

until tender and slightly crispy on edges, turning halfway through.

Cook quinoa according to package instructions. Once cooked, fluff with fork and set aside.

In medium bowl, mix cooked quinoa with black beans, red onion and 1/4 cup chopped cilantro.

Drizzle half the lime juice over quinoa mixture and stir to combine. Add salt and pepper, to taste.

In large serving bowl, top quinoa mixture with roasted sweet potatoes. Drizzle remaining turmeric ghee over bowl. Squeeze remaining lime juice over top. Garnish with additional chopped cilantro and crumbled feta or goat cheese, if desired.



BIRTHDAY



Happy 60th birthday Normala!  
Happily Retired December 2023.  
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-Love, Dad (Lorne Thomas),  
and all your family

# Announcements

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CARD OF THANKS

Thank you to all my family and friends for coming out and celebrating my 90th birthday with me. It was truly appreciated!  
-Charlie

*Don't forget to send your special words of remembrance for loved ones passed.*

**THE EXPRESS**  
WEEKLY NEWS

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OBITUARY



Percy Paul Roberts

*Close in our hearts  
you will always stay  
Loved and remembered  
every day*

Percy Paul Roberts passed on July 11, 2024 at the Stonewall Hospital.  
He will be sadly missed by his loving wife, Irene, of 72 years; dear daughter Bonnie Ellen, son-in-law John Warszycki and granddaughter Laura Anne... "Grampa's Pet" the love of Grampa's life!, their extra daughter, Sharon Scott and friend Audrey Rak, brother, Robert (Pat), and sisters-in-law Karen and Margret, as well as his nieces, nephews and their families, the extra children who lived with them over the years, especially, Darlene (Koralewicz) Irwin, Heather (Roberts) Hamaburg, Michael Walsh, and Roy (Darlene and their children Brandon and Austin) Longley.

Percy was predeceased by his son Tom; daughter Joan; parents, Tom and Ada Roberts; sisters Ruth Nelson and Alma Lobban; brothers, Owen, Arthur, Edward and David; brothers-in-law Albert Nelson and Les Lobban and sister-in-law Joan Roberts. The extra children who lived with them, Bill Hyde and Victor Colonville.

Born in Lunder in 1932, the third child of Tom and Ada Roberts of Markland district, Percy attended school at Markland, McMillan and Inwood moving back to the farm at Markland in 1945. Percy tackled every type of job at home, as well as for neighbours, to add to the family income, as his Dad died in 1947. He became a hunter, shooting his first deer at 13 years...as well as partridges and geese. He enjoyed hunting and fishing all his life, but his real love was dancing with Irene, to that good Old Time Fiddle, since they were teenagers.

In 1951 Percy started working in Winnipeg for the C.P. Rail in the Car dept, Traffic Yard West End as an Airman, working nights from 11 to 7, and approximately 15 years later moved to the Piggyback Terminal, working evenings from 3 to 11. At work Percy was nicknamed "Mother". A severe heart attack ended his work career of 35 years.

In 1952 he married the love of his life, Irene Irwin. Although they spent a wonderful life together, they also faced many hard times and illnesses along the way, but those were nothing compared to losing their children Tom and Joan.

After retiring, they moved to an acreage near Balmoral, where they enjoyed wonderful neighbours, bowling friends and, of course, their Pattern Dancing friends. Percy learned to play the fiddle after retiring. Percy was a fixer! He could repair most anything and was often heard to say, "Why buy, when it can be fixed!"

In 2015, after a serious illness, they moved to the town of Stonewall. Where, year after year, he took pride in growing his tomatoes.

Percy had a warm smile, a ready handshake or a big hug for everyone. He will be missed. At a later date, a private interment will take place in the St James Cemetery, Winnipeg. Percy liked poetry and this was one of his favorites!

When I Cash In

When I cash in I would like to go  
Where the geese fly low and the bucks run slow  
Where the fishing is good  
Anytime of the year  
And you don't need all  
That expensive gear!  
Where the weather is nice  
The whole year round  
With about two months  
Where there is snow on the ground  
No vicious storms, no droughts, no tornadoes  
A good summer for growing tomatoes  
--Author unknown



204-886-0404

CELEBRATION OF LIFE



Edward (Ed) Anderson

A Celebration of Life for Edward (Ed) Anderson of Princess Harbour, MB (1930-2024) on Sunday, July 28, 2024 from 1 to 4 p.m. at Riverton-Bifrost Community Hall, 175 Reggie Leach Drive, Riverton, MB R0C 2R0.

Come and go as you like. Informal remarks, sharing of memories, and other presentations 2:30 to 3 p.m.

Tea, coffee and light snacks will be served

*In the hearts of those who loved you,  
you will always be there.*

CELEBRATION OF LIFE



Rick Arnason

February 27, 1955 - January 4, 2024

Celebration of Life on Saturday, July 27, 2024 at 11:00 a.m. at the Lunder Legion Hall, 50 3rd Ave., Lunder, Manitoba. Everyone welcome!!

*Your memory will live forever  
Engraved within our hearts*

OBITUARY



Norma Perry

November 12, 1927 - July 8, 2024

It is with heavy hearts, we announce the peaceful passing of Norma Perry, on July 8, 2024, at the Percy E. Moore Hospital, with her children by her side.

A celebration of life is being planned for September. A longer obituary to follow.



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McCormick Tractors, Caterpillar  
D2 Dsl Crawler, Caterpillar D4  
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## OBITUARY



### Lillian Mae Matthews

It is with great sadness that we announce the passing of Lillian Mae Matthews at the age of 96. Mae passed away peacefully at Betel Home Foundation in Gimli, MB on July 5th, 2024.

She was born and raised in Summerside, PEI where she met Wallace E. Matthews who she married in 1950. Wally was in the R.C.A.F. so they were stationed in Summerside, PEI; Trenton, ON; Winnipeg, MB; Senneterre, QC; Ottawa, ON and finally Gimli, MB. Her passion was in the nursing profession and no matter where they were stationed she followed her passion retiring from Johnson Memorial Hospital as Director of Nursing. She volunteered with Girl Guides, 4-H and Gimli W.I. to name a few. She loved curling, cross-country skiing, quilting, gardening and was always there when anyone needed a hand.

She is predeceased by her husband Wally and siblings Frank,

Duane and Gordon Best.

She leaves behind her brother Herbert Best, her children Allan (Loretta) Matthews, Suzanne Patrick, Perry (Brenda) Matthews and David Matthews. Also her grandchildren Randi (Kerry Hill) Turnbull, Eric (Kristin) Matthews, Angela (Ryan Leaitch) Matthews, William (Kathryn Coleman) Matthews, Zac (Sara Kyle) Matthews, Kristi Adair-Stebanuk, Kevin and Philip Matthews; her great-grandkids Caleb and Ivy Turnbull-Schnerch, Harrison Matthews and Sophie Matthews and numerous cousins, nieces and nephews and their families who can be found coast to coast.

The family wishes to express their heartfelt thanks to all the staff at Gimli Betel Homes for their outstanding care and compassion shown to Mae during her stay with them.

In lieu of flowers you can make a donation to Heart & Stroke Foundation, CancerCare or the Legion on her behalf.

In accordance with her wishes, cremation has taken place and a private family service will be at a later date.



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## OBITUARY



### Nancy Wevursky

Peacefully, after a long illness, and with her sister by her side, we announce Nancy's passing at Grace Hospice on Saturday, July 6, 2024.

She was predeceased by her parents John and Anne Wevursky, and her brother Steve. She will be lovingly missed by her sister Lovey, her nieces Juanita (Brian) Stanley, Laurie Clark, nephew Gord (Tracy) Wevursky, great niece Beth, great nephews John Chyzy, Owen and Luke Wevursky, her godchildren Lynda, Laurel and Laurie, and many other special friends and relatives.

Nancy was born on January 10, 1938 in the farming community of Fisher Branch. She attended Normal School Teachers College and taught at Russ School in Fisher Branch, then at Crane School in Fort Garry. She left the teaching profession for a job with CBC radio which later blossomed into a career at CBC TV production.

Working at CBC gave her the opportunity to travel, covering the Olympics, world curling, professional hockey and football and many other events during her 31 year career. She became a lifelong sports fan, held Blue Bomber season tickets for 41 years and maintained her enthusiasm for all teams Winnipeg, Manitoba, and Canada.

Among her other interests, Nancy loved dancing at the German Club, mall walking with friends at Polo Park, travelling, cooking, crafting and gardening; always wanting to experience a new adventure.

She was, above all else, a very generous, giving person and loyal to both her family and her friends. She always looked out for her sister, Lovey, and provided a home away from home for her nieces and nephews. She was always there to support and care for family with both her time and money.

Nancy was a member of St. Josephat's Church for many years until its closing, making many friends and participating in church events, her favorite being caroling at Christmas, and making perogies for the many fundraisers at the church. Nancy was also a very good cook and baker, always sharing her goodies with CBC co-workers and her friends. She willingly shared her recipes and never hesitated to change a recipe to make it her own.

In retirement, she enjoyed getting together with friends and co-workers at both the Teachers' and CBC retirement luncheons to share many laughs and memories. Of all her travels, her favorite places were Hawaii and Palm Springs, and she always enjoyed her time there.

Nancy was very proud of her Ukrainian heritage and of being Canadian. She stayed connected to her roots by sending many care packages and money to remaining relatives in Ukraine.

We humbly request that in lieu of flowers, donations can be made in her name to one of the following: Ukrainian Congress Fund for Ukraine, Parkinson's Research, or "The Leaf" at the conservatory at Assiniboine Park.

A special thank you to the dedicated home care staff who looked after Nancy for many years. Thank you also to Juanita and Laurie who took time out of their lives to help Nancy during her illness, and to John for all his time over the years, helping with yardwork and for calling every week to see how she was doing. A special thank you to Father Vlodymyr Bashutsky and Father Sianchuk for their spiritual comfort and care, and to all her friends and relatives that visited in her final days, lifting her spirits. Thank you also to Grace Hospice for their care and compassion, and a special thank you to Gord for taking care of Nancy's final journey.

A Memorial Mass was held on Thursday, July 18, 2024 at 11:00 a.m. at the Holy Family Ukrainian Catholic Church on 1001 Grant Avenue in Winnipeg, MB. Father Sianchuk was the officiate. A private family interment will take place at a later date.

Rest in Peace Nancy, beloved sister, aunt, great aunt and friend.  
Vichnya Pamyat!

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## OBITUARY



### Mabel Ellen Campbell (nee Hillyer)

April 8, 1941 – July 13, 2024

It is with great sadness and heavy hearts that we announce the passing of Mabel, aged 83 years (formerly of St. Martin, MB) on July 13, 2024 at the Personal Care Home in Ashern, MB after a lengthy and courageous battle with cancer.

Mabel was born on April 8, 1941 in Winnipeg, MB and grew up on the family farm in Homebrook, MB. She attended the Homebrook School, Karpaty School in St. Martin and Success Commercial College in Winnipeg, graduating as a secretary in 1960. She married Neil Campbell of St. Martin, MB on June 6, 1964.

Left to cherish her memory are her husband Neil of 60 years; son Dwight; sister Carol (Dave) Dunn; nephew Shannon Stawiariski and family; nieces Leah Stawiariski (Chris) and Teralyn Olender (Michael Rychkun) along with numerous cousins and friends. She

will be sadly missed and lovingly remembered by all who knew her.

She was predeceased by her parents Arthur and Ella Hillyer; brother Arnold; in-laws Roy and Carrie Campbell; sister-in-law Carol (Adam) Stawiariski.

Mabel worked at the Royal Bank of Canada, as a teacher in Van Dusen School, as a secretary for the Department of National Defense, Ki-Wi-Ci-Ti-Min Development Corp., part-time for the RCMP and Department of Natural Resources retiring in 2003.

Some of her hobbies were riding snowmobiles and ATV's, boating, gardening, scrapbooking and travelling.

Our family would like to thank the home care workers, doctors, nurses and staff of the Lakeshore General Hospital for the wonderful care they provided. A special thank you to Helen Webster, Darlene Hargot and all the staff of the Personal Care Home for the excellent care, compassion and support given to our loved one.

In keeping with Mabel's wishes, cremation has taken place and there will be no service held at this time.

In lieu of flowers, donations may be made to the St. Martin Cemetery Committee, PO Box 17, St. Martin, MB R0C 2T0.

Arrangements by:  
ARNASON FUNERAL HOME  
Ashern - Lundar  
1.204.768.2072  
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## OBITUARY



### John Ronald Sander

January 10, 1934 – July 11, 2024

Peacefully in his sleep, John Ronald Sander, age 90, died on Thursday, July 11, 2024.

He is survived by two of his children, Linda and Carol; daughter-in-law Jill (Ian); his grandchildren Laura (JD), Sarah (Stuart), Scott (Amanda), Sean, Kristin (Chris), Amy, and Anna; and his honorary grandchildren Holly (Jerome), Lin, and Pin. In recent years, his greatest joy came from seeing his great-grandchildren Brooke, Madison, Michael, and Liam (either in person or on video). He is also survived by his sisters Josie and Elsa as well as his brother Norval.

John was born on January 10, 1934 to Mari and Kolbjorn Sander – immigrants from Norway who lived on a family farm in Faulkner. Kolbjorn was a carpenter who built the homestead, while Mari

enjoyed caring for the animals and taught John how to farm. John attended Wooddale School in the area with his four brothers and sisters. Stories were told of the long trek to school either by foot or with the slow old mare. John stopped attending school in grade 8 to help on the farm and a few years later, he began his first business selling suits and men's clothing. This eventually morphed into John Sander Sales, where he kept local farmers supplied with tires, oil, and farm implements.

In 1971 John married Marjorie, a city girl up for the challenge of country life. Glen and Linda were part of the package deal and Carol and Bruce soon followed. Many happy memories were made on the family farm as John and Marjorie wove family, community, and music together. The home was loud and busy but welcoming to all. John would help anyone and was kind and generous to a fault.

After the death of Marjorie in 2005, John continued to live on the farm, running his business and watching sports on TV from his favourite chair. He remained on the farm until the age of 87, when he was moved to the city by his daughters (much to his annoyance).

John was predeceased by his wife Marjorie (2005), his sons Glen (2019) and Bruce John (1997), son-in-law Robin (2020), as well as his older brother and best friend Art (2022).

Dad was a kind and gentle soul who never wanted to be a bother to anyone. He never denied his children anything, even if it meant working long hours into the night. His greatest joys in life were the children in his life, right up to the very end.

A celebration of John's life was held at 2:00 p.m. on Tuesday, July 16, 2024 in the Faulkner Community Hall with Dawn Tober officiating. Interment was held in the Faulkner Cemetery.

In lieu of flowers, donations may be made in John's memory to the Faulkner Community Club, PO Box 4, Faulkner, MB R0C 0Y0.

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## OBITUARY



**Helen Horodecki**  
November 1, 1928—June 24, 2024

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

She was predeceased by her husband Bill (2014); her parents Panko (1982) and Mary (1984); her sisters Anne (Walter), Lovey (Bill); her brothers Bill (Mary), Steve and Bohdan; and nieces and nephews.

Lovingly remembered by her sons Len (Leda), Danny (Susan), Robbie (Irene); her sister Theresa (Norman); her six grandchildren Lori (Lonnie), Kim (Daveen), Lyle (Laura), Bill, Dustin (Jessie), Jeff (Danielle); 14 great-grandchildren Nathan (Karlie), Kelsey (Justin), Lucas (Hayley), Aiden, Max, Stella, Jordan, Carter, Haddin, Daniel, Cordelia, Taylor, Mitchell (Carly), Hope (Colby); six great-great-grandchildren Dreydon, Saidee, Noah, Eric, Holly, Wrenley, nieces and nephews.

Mom grew up on the family farm and attended High Plains School. She married Dad on November 6, 1946 and together they raised their family in Poplarfield. She was very happy in Poplarfield, often mentioning how everyone came together for the community. She looked forward to bingo nights, wedding socials, birthdays, community and church functions. She was always there to help out.

Mom was an excellent cook and always ready to feed whomever came to visit.

Mom and Dad enjoyed their many trips across Canada, visiting family and friends. Their trip to the Ukraine in 1996 was very special to her, visiting the birthplace of her parents. She would also look forward to the annual weekend getaway to Grand Forks with some of the family. Upon their return there was already talk about going again the following year. In later years it was daily trips to the coffee shop. After Dad had passed and because Mom never did drive, it was either walk or find a driver. During the summer months she even had a driver for the golf cart.

In 2017 after 89 years in Poplarfield it was getting difficult being alone so Mom moved into assisted living in Arborg. She adjusted quickly to her new home, making new friends and enjoying her move. She enjoyed spending most of the day in the common area where everyone would gather. She loved people and could always be found talking to the other tenants and if not on the phone, than in her suite.

During the last few years her health was declining and in March she was admitted to the Percy E. Moore hospital and later transferred to the Arborg Hospital.

The family would like to thank the doctors and staff at the Gimli Hospital, Percy E. Moore Hospital and Arborg Hospital for the excellent care they provided her.

A special thank you to the assisted living staff, homecare staff, supportive housing staff and tenants for your care and kindness. Mom was very thankful and greatly appreciated all that you did for her.

A Celebration of Life will be held on Saturday, July 20, 2024 at 11:00 a.m. Poplarfield Community Hall in Poplarfield, MB. Father Yaroslav Budukevych will be the officiant. Interment will be held Poplarfield Community Cemetery.

Mom, we will always carry your memory in our hearts.

-Love Len (Leda), Danny (Susan), Robbie (Irene) and families.

Vichnya Pamyat

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*Your memory will live forever Engraved within our hearts*

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