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EXPRESS PHOTO BY ROBERT E. WILSON

The Arborg Agriculture Society's Fair and Rodeo featured riders taking part in the 25th anniversary of the Heartland Rodeo Association this past weekend. Virden's Sean Wheelans competed in the junior steer riding. See inside for more fair and rodeo photos.

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OFF! to host pop-up BBQ in Komarno

By Jennifer McFee

Summer is short, so let's take time to celebrate in the great outdoors — without being swarmed by mosquitoes!

The well-known mosquito repellent OFF! is hosting a pop-up community barbecue on Friday, July 22 from 5 to 9 p.m. at Komarno Community Hall, located just north of Teulon in the RM of Rockwood.

The free event will feature delicious food, fun games, face painting and much more — including a musical performance by award-winning local duo Two Crows for Comfort. In addition, entomologist Taz Stuart will be on hand to share mosquito-related information.

Ukrainian settlers founded the village of Komarno in the early 1900s. Many arrived in winter and discovered by spring that they shared the land with swarms of mosquitoes.

Komarno, which means "mosquito-infested" in Ukrainian, is the ideal site to host the festivities since it's also home to a giant mosquito statue.

For Olva Odlum of Fraserwood, this statue holds special significance since her husband Bruce helped to secure funding — from OFF! — to bring it to the community.

"The idea to have the mosquito story went back to 1984. At that time, so many communities were having big statues of significant creatures," she said.

"Komarno wanted to have one but failed to find the funding. They decided to phone the government to see if someone could help them out."

At that time, Bruce Odlum was involved in community development for the Interlake area. With a



PHOTO SUBMITTED

Entomologist Taz Stuart will be on hand to share mosquito information at the Komarno repellent OFF! community barbecue on Friday, July 22.

background in advertising, he wasn't deterred by the lack of funds for the project.

He suggested to Komarno residents that they request funds from S.C. Johnson and Son, the company that makes OFF!, to build a mosquito monument. He penned a letter to the company on behalf of the Komarno representatives, who then signed and delivered it.

"He came home laughing and saying, 'Can you

imagine what the guys at the company are going to say when they get this crazy letter about people who want to build a monument to a mosquito?"" Odlum said.

"A few weeks later, the cheque arrived and today we've got the monument."

According to Manitoba Historical Society, Inwood-based artist Marlene Magnusson Hourd designed and built the stone-and-metal monument in 1985. Some of her other Manitoba works include the Canada goose monument in Lundar and the giant snake monument in Inwood.

"Now, 38 years later, the OFF! company wanted to connect with Komarno, which I think is wonderful," Odlum said. "Happily, Fred Simcoe still maintains the monument."

With a unique insider's perspective, Odlum looks forward to attending the July 22 event. She knows her husband, who died two years ago, would be tickled by the full-circle connection between the community and the company.

By the end of July, everyone in Manitoba is so fed up with mosquitoes, she added, so everyone will want to head to Komarno for the festivities.

The event is expected to draw crowds from Komarno and beyond. The RM of Rockwood arranged free rides from surrounding communities for anyone who needed transportation to the pop-up barbecue.

In addition, OFF! will be donating products to attendees at the event and Komarno residents.



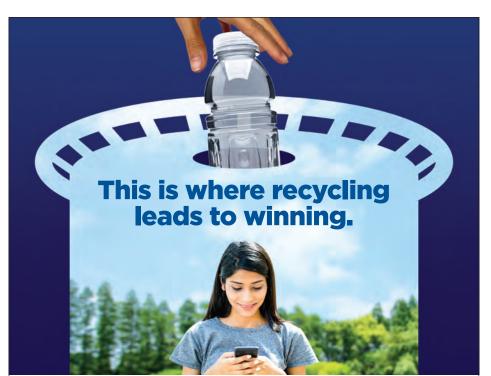
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Arborg Heritage Village farmer's market returns

By Autumn Fehr

The Arborg and District Multicultural Heritage Village (ADMHV) farmer's market returns this summer for its second season.

Since the initial start-up of the farmer's market last year, many of the original vendors have returned, and new ones have been added to the line-

The market opened on June 29 and takes place every Wednesday between 10 a.m. and 3 p.m. until Sept. 7, with outdoor and indoor spaces available to shop.

This year, the market is continuing to grow. After an article was published in the Express Weekly News last year, Marlene Taylor, ADMHV board director and market co-ordinator, said that the traffic at the new market started picking up.

Taylor thinks some people would prefer the market on the weekends, but they chose Wednesday so they weren't competing with weekend markets.

"The Arnes farmer's market is always so popular, and we wouldn't want to be going against them, so we chose the Wednesday."

Even with their farmer's market happening mid-week, Taylor said she hasn't noticed it to be a problem with finding vendors for the space.

The farmer's market is put on solely through volunteers every week for vendors to come set up and shoppers to come out and enjoy the day. Taylor said the turn out to the market has been slow to start.

"This year we've done more advertising, but I think with the cost of gas that it's hard for people to come out," said Taylor.

With gas prices slowly creeping down, Taylor hopes more people will come out to visit the market.

Judy Russell, owner of Capricorn Candles, has been coming to the Arborg farmer's market since it opened last year — coming every other week as she lives in Winnipeg and is retired.

She has experience going to various other farmer's markets in Winnipeg but likes the Arborg market because she has the option to set up her shop indoors or outdoors.

Russell said she thinks Wednesdays work for the Arborg farmer's market, as it's summertime — people are nearby at the campground and doing tours of the Heritage Village.

"I've done better at some sales here than I have in the city," said Russell.

This summer, the farmer's market hosts eight returning vendors and one new vendor, Carl Osioway, who sells woodwork carvings of a variety



Audrey Eyolfson sells Norwex products.



Judy Russell, owner of Capricorn Candles, sells 100 per cent soy wax candles, fire starters and bug-off tea lights.

of things such as bears, feathers and roosters.

Osioway started this work last fall, but it has now become a passion. He is new to the farmer's market scene and looks forward to the season as he finds it interesting and it keeps him busy, he said.

The other eight vendors sell products such as sewing items, artwork, artisanal soaps and lip balms, baked goods, imported clothing and jewelry, 100 per cent soy wax candles, fire starters, bug-off tea lights, local history books, and Norwex and Avon products.

There is usually a lineup for Linda Barkman's freshly glazed doughnuts at the baking table, said Taylor.

The popularity of vendors varies depending on the crowd.

"One vendor may be more popular one week compared to the next," said

Taylor doesn't perceive any changes being made to the market, as they've taken what's worked well for other farmer's markets into theirs, and it seems to be working well for them so



EXPRESS PHOTOS SUBMITTED

Allana Finnson, owner of Far Out Imports, sells imported fair trade items from Thailand, Nepal, Indonesia and India.

Any vendor interested in renting a table can contact Taylor at 204-376-5607 or 204-781-8246.

Rental costs for indoors are \$25 and

\$20 for outdoors.

All updates and information regarding the farmer's market are available on the ADMHV Facebook page.



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Nor Col EZ Dock donates docks and kayak launches to Camp Manitou

By Autumn Fehr

Creating accessibility is essential to ensuring all spaces are equally inclusive to all user groups.

According to Barrier-Free Manitoba, nearly 175,000 people — that's almost one in six people — have a disability and struggle with barriers to accessibility.

Attitudinal, organizational, systemic, architectural, or physical, information or communications and technology are all barriers to accessibility for persons with disabilities.

These barriers exist everywhere and prevent persons with disabilities from experiencing what their counterparts

Nor Col EZ Dock — the distributor for EZ Dock through Saskatchewan, Manitoba, and North-Western Ontario — is an eco-friendly dock company from the United States that uses recyclable materials and works towards accessibility for everyone through one of their specialized products.



EXPRESS PHOTO SUBMITTED

Garth Krulick, owner and president of Nor Col EZ Dock, donated the dock system to Camp Manitou, making all water sports now completely accessible even to people with physical disabilities and mobility issues.

Gimli's Garth Krulicki, owner and president of Nor Col EZ Dock, set out to create accessibility for all camp-

ers visiting Camp Manitou by creating accessibility to the water through their universally accessible kayak launch.

Through their product, the company can provide easy accessibility to the water for any ability, which otherwise may not be possible for the range of visitors at Camp Manitou.

"We like making access to the water easy," said Krulicki.

When Krulicki heard from a friend that Camp Manitou was looking at putting in docks to get kids out on the water, it was a collaboration he couldn't pass up.

EZ Dock's universally accessible kayak launch exceeds the minimum requirements of the Americans with Disabilities Act (ADA).

The product features guide rails, launch rollers and a floating platform that creates accessible access for anyone who wishes to go out on the water.

"It makes it an inclusive dock so that everybody can get out on the

water — nobody's left out — and there are some children that can enjoy the activities that probably couldn't in years past with different systems," said Krulicki.

Krulicki grew up playing team sports like hockey, so donating a product that would ensure that everyone could come together and enjoy the same things where nobody is left out is important to him, he said.

Camp Manitou recently built a manmade lake to be able to introduce youth to water sports such as canoeing and kayaking. The camp needed a dock system to get these sports up and running, and something removable in the winter, said Audrey Hicks, camp director for Camp Manitou.

"We needed to have something that could go in and out, so this docking system fit the bill. ... on top of the fact that he was looking to donate it, which for us was incredible," she said.

Hicks said they realized what the dock system could do for the camp as they talked more.

Camp Manitou has user groups of all sorts.

Besides the groups of summer kids that come, they also welcome groups like the Arthritis Society and a group with some participants in wheelchairs, said Hicks.

"In the past, without a dock system like this, there's no way that we would have been able to do the water activities, so for us to be able to include them in the new activities and get them out on the lake as well as our regular campers is incredible," she said.

The completion and installation of the \$60,000 dock system at the beginning of July, including 12 dock sections and a double dock with a canoe and kayak launch, will create accessibility and inclusivity for all user groups at Camp Manitou.

Even though the system has only been installed for a couple of weeks, hundreds of kids have experienced

the lake because of the specialized design, opening up more opportunities to teach and build more skills for kids, said Hicks.

"I never even realized that there was the potential to have a system that would open the door to allowing people with physical disabilities and mobility issues to be able to even have the option and the

opportunity," she said.

"IT MAKES IT AN

INCLUSIVE DOCK

SO THAT EVERY-

BODY CAN GET

OUT ON THE WA-

TER — NOBODY'S

LEFT OUT."

This is what it looks like to create spaces that are accessible and inclusive to all abilities.

The universally accessible kayak launch not only met the basic needs that Camp Manitou was looking for but went above and beyond to open the door to allow anyone to use the lake, said Hicks.

As more organizations that have persons with disabilities use their new system, Hicks hopes they will continue to hear from other groups that want to use their facilities because they have that to offer.



Letters to the Editor: letters@expressweeklynews.ca

Convenience or coincidence?

Welcome back to high water. Wasn't it nice to have the respite of actually seeing lake levels of former generations, before regulation by Manitoba Hydro, when nature was the controlling factor?

It was engineering that messed around, not worrying or knowing about consequences of future natural occurrences.

In the early 1960s, the Winnipeg floodway was planned to alleviate future flooding threats to the city. This despite city fathers of the past being forewarned by an Indigenous person of the time that the Forks area was OK for camping but don't build anything permanent there. The City of Winnipeg went ahead putting up with many floods to the point were the floodway was proposed and built to standards of the day.

By the end of the century, it was noticed that the previous engineering was inadequate as many governments on the Red River drainage basin all wanted to be able to dewater their land in a timely manner.

In 1997, the Flood of the Century, proved the lack of foresight, shifting the responsibility of engineering abilities to Lake Winnipeg and Manitoba Hydro who claim control of the water.

Does it not stand to reason that if in claiming control and responsibilities, an entity is also overriding actions by nature? That any natural occurrences should have been foreseen and dealt with?

That is a given obligation that cannot be shunned, neglected or dismissed!

As in 1997, Hydro was quite aware of the amount of water coming into the Lake Winnipeg.

Had they wanted to mitigate outcries of mismanagement, it might have been prudent to proceed to open outlets at Jenpeg dam allowing water levels to remain at licensed

Such was not the case, resulting in many public relation meetings with lake community people to try and explain why Hydro was not at fault but nature, totally ignoring their authority.

Hydro at that time said that all gates were open to the maximum. How strange.

It was taking quite a long period to lower the water levels.

Found out later, the final approach to the Jenpeg fore bay is a starvation of water due to restrictions of Ominawin channel.

Engineering was supposed to provide a straight through avenue, but because of an unforeseen rock outcrop at the start of the channel, someone in their haste decided to go around, making two extra obstructions and narrowing the water flow. To be viewed on Google Maps.

Willow Island, being threatened? Here engineering, lack of it or just plain ignorance. Why is it that if a person stands at the foot of the main dock in Gimli, looking north, there

is a magnificent beach? Turning to the south, there is a seawall and no beach.

During the 1950s, there was at least another quarter mile of land into what is now water. Properties are still at land titles as being registered under water.

As extensions were added to the piers, erosion moved farther south. The last addition to the main pier got to work on Willow Island residences.

What was ignored is the phenomenon of setting up a circulating current behind an obstruction in water. Hence, the movement of erosion southward in direct relation to extensions of the main pier.

Last winter had plenty of indicators as to snow runoff. Were Jenpeg gates still open to the maximum?

I have never heard of or seen water coming into the harbour area at the foot of the pier.

Isn't it convenient to blame nature and not the blindness, disregard and disrespect of engineering?

- Baldur Nelson, Gimli

Cataract surgery is not anything to worry about

Have you ever got worked up about something to find that it was nothing to worry about? You may have gotten sweaty palms and your heart palpated. Maybe you even got a bad headache that wouldn't go away. That is what happened to me while I was waiting for cataract surgery. But, in the end, my worries were to no avail. It was a simple procedure that didn't hurt at all.

When you are about to undergo cataract surgery, you have to put three types of drops in your eyes two days before the procedure. It is wise not to drive after starting the drops, so if you live out of town, stay at a family member or friend's home. The drops don't sting, but they blur your vision. You can only eat up to midnight the night before your surgery. You can take any medication that morning with a small sip of water. Stay calm since there is nothing to worry about.

On the morning of your procedure, you will be given drops about four or five times that freeze your eyes. You won't notice much difference when you are using the drops you administer yourself. When you are rolled into the operating room, they check your eye to ensure it is frozen. They cover your face, so only the eye that will be operated on is exposed. You won't feel any pain or discomfort when they take off your cataract. You will feel mild pressure when they apply the new lens.

I was given a Toric lens, which will take away my From traditional to contemporary, we provide services to match what you want. Just ask Ken. 55 Main St, Teulon Call 204-886-0404 or visit www.klfuneralservices.ca

astigmatism. There was a cost to it, but my husband's insurance covered it. Many people who undergo cataract surgery don't pay anything. It is called a government lens. They don't have astigmatism. The procedure itself only takes about 15 minutes. The recovery time is also about 15 minutes. There is no discomfort of any sort. What I thought would be a major ordeal was a very easy experience.

You will be using the three types of drops for about a month. Administer them at the same time each day so you won't forget to use them. The number of times you use them decreases throughout the month. You can still work, but try to put them in about 45 minutes to one hour before you drive. The first day after the surgery, I didn't have clear vision and there was mild pressure but no pain. By the second day, my vision was crystal clear. I was amazed at the difference it made. I wondered why I had postponed my surgery. It made such a difference in the clarity of objects far away.

Luckily, my next cataract will be done in the middle of August. By mid-September, both my eyes will be in great shape. I encourage anyone who is apprehensive about the operation to stop worrying. I am so pleased with the re-



The ETA wishes all staff and students a safe and enjoyable summer break. Reminder for students to continue their reading skills through the summer months: a good book

is the friend you need in quiet times.

sults. It feels that I can now see for miles. I challenged my son to look out in a field and ask me to tell him what animal was in the distance. I could identify it, without hesitation.

Book your cataract surgery as soon as possible. You will be so pleased with the results, which should last a lifetime. Take it from me — it is a piece of cake.

- By Patricia Witzke



€XPR£SS **WEEKLY NEWS**





SALES



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What's new at Westshore Community Foundation

Submitted by David Douglas, president of **Westshore Community Foundation**

Since its inception in 1998, our vision at Westshore Community Foundation (WCF) has always been to build a permanent capital fund that supports not-for-profit organizations through grants that align with our foundation's mission, vision and val-

Over the past 24 years, WCF has grown to more than \$5 million in assets. This asset base has allowed our foundation to provide annual grants and scholarships to organizations and students in and around the communities of Riverton, Gimli, Fraserwood, Winnipeg Beach and Dunnottar.

At WCF, we are committed to seeing the community succeed. Our board voluntarily commits their time and energy to support our community foundation's growth and strategic direction. By identifying and understanding our community's needs, our board has been able to create and maintain local, provincial and national community-based partnerships that support effective solutions to local issues.

At the beginning of this year, Debra Merritt, the administrative assistant at WCF, retired. Krista Narfason has now joined WCF as our new administrative assistant. Narfason has extensive experience working within the corporate sector and a rich knowledge of our catchment area.

As we emerged from the pandemic in January 2022, WCF embarked on building a new four-year strategic plan to allow us to continue to build on our vision of "Building a Lasting Legacy."

The key strategic priorities for our foundation for the next four years will be to:

Continue to connect with

communities within our catchment

- Enhance donor relations through engagement and stewardship
- Provide mentorship in our granting and scholarship programs
- Increase our focus on both youth and age-friendly groups
- Promote fund development through education and awareness of our foundation
- Enlist corporate sponsorship to assist in our fundraising efforts

We continue to recognize that communities are complex and that collaboration between multiple stakeholders is needed to help everyone thrive and evolve. Since 1998, we have funded \$1.18 million in grants and scholarships within our catchment area. During this year's granting cycle, we provided \$41,400 in grants to support the projects of locally based charitable and service organizations in areas such as the environment, heritage and culture, sport and recreation, youthrelated, community services and health and education.

In late 2021, we established The Community Arts Fund through direct financial support from a donor. The primary purpose of this fund is to support musical and visual arts education within our catchment area. The granting amount for 2022 under this fund is \$3,382. Grants from this fund will assist six students with tuition and travel expenses in attending various summer music schools and camps.

At WCF, we believe that financial circumstances should not be a hindrance to achieving post-secondary education. To assist students in this regard, we offer a wide range of scholarships to provide students with the financial assistance required to allow them to

achieve their post-secondary goals. This year, WCF will award \$34,037 in scholarships and bursaries.

In 2022, we created a fund development committee at WCF to assist donors in establishing an endowment fund tailored specifically to meet your charitable goals. We currently have 25 such endowment funds at WCF.

A new endowment fund at our foundation is the Westshore Environment Fund. The purpose of this fund will be to conserve our natural environment, support climate change initiatives, assist projects related to the improvement of water, air and food supply, including related education and citizen involvement and to build the capacity of the local environmental sector. It will support organizations or projects whose advocacy, research and educational activities aim to protect, sustain and rejuvenate Lake Winnipeg and the Lake Winnipeg watershed ecosys-

The first grant of \$1,000 from this fund was awarded to the Red River Basin Commission to be used during Phase 2 of the Netley Marsh Restoration Project.

WCF is a member of Community Foundations of Canada (CFC). Under this partnership with CFC during the pandemic, we could provide financial support through the Emergency Community Support Fund with grants to various non-profit organizations within our catchment area for \$40,000. These grants made an important difference in the health and welfare of our communities.

We are excited about participating in another national program, the Community Services Recovery Fund. This fund, a one-time, \$400 million investment from the federal government,

Continued on page 13

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NIHM has room to grow with high capacity storage units; street life exhibit underway

Bv Patricia Barrett

The New Iceland Heritage Museum in Gimli upgraded its storage rooms after receiving a substantial grant for high density steel storage shelving and re-organized its vast collection of Icelandic and other heritage items.

Executive director Julianna Roberts said the museum received a federal government grant for static and mobile archival shelving units, including specialized flat and vertical filing cabinets.

The museum has now increased the capacity in its two collection rooms and textiles room.

"In 2021 we received a grant from Canadian Heritage's Canada Cultural Spaces Fund for \$65,000 and we were able to modernize all of our storage space," said Roberts. "We had to clear out all the artifacts from our storage rooms, have the shelving installed then move everything back. Now we have to clean up and update our database to change artifact locations. It's a lot of work. In the process, we found 'missing' artifacts and information."

The federal government's fund supports physical improvements, renovations and specialized equipment for cultural spaces.

The NIHM preserves the history of New Iceland, created along the shores of Lake Winnipeg in the late 19th century, and the lake's commercial fishing industry. It uses multi-media exhibits, dioramas and temporary and permanent exhibits. The museum is responsible for the commercial fishing exhibit at the Lake Winnipeg Visitor Centre at Gimli Harbour. It also hosts travelling exhibits on a variety of topical issues. The provincial government designated the NIHM a Sig-

nature Museum because of its unique collection.

NIHM's shelving upgrade has given it about 7,500 linear free inches, said Roberts, which means the museum has empty storage shelves.

"That's very good. Before this we were at the point of almost not being able to accept any new artifacts because we didn't have the space," she said. "We have more room now and it's a lot more organized; we have a spot for everything and everything in its spot."

Roberts said dedicated museum volunteer Chris Brooks took the reins on the storage project, figuring out how to organize the collection of over 3,500 artifacts and updating corresponding accession files, which describe artifacts and their legal acquisition.

"We're really lucky we have Chris. She has been working thousands of hours with the collection over the last five years and she really spearheaded this project," said Roberts. "She was losing some sleep trying to figure out how to organize all the artifacts. It was a big undertaking. She spent so much time getting this project in good shape."

The NIHM launched a new temporary exhibit this week that features the photographic work of Signy Thorsteinson, who took black and white photos of people going about their everyday business on the streets of Winnipeg.

Thorsteinson, who has Gimli connections, put together a collection of "candid moments" of people in the city. The exhibit will be at NIHM over the course of July and August.





The NIHM received a federal government grant to install new shelving. The new shelving provides more free space so the collection can expand.



SUBMITTED BY SIGNY THORSTEINSON

One of Signy Thorsteinson's intriguing black and white photos of Winnipeg street

Interest rate hikes mean Canadian families pay \$500 more a month

By Becca Myskiw

Times are tough for Canadians right now with inflation, and they're about to get tougher due to a recent interest rate hike.

The Bank of Canada raised its benchmark rate by a full percentage point recently from 1.5 per cent to 2.5 per cent, suddenly and drastically raising the cost of debt for Canadians.

Michelle Statz, a licensed insolvency trustee at Bromwich + Smith in Regina, said while Canadians were warned about interest hikes coming, no one knew they would be this high. The reason the Bank of Canada raised the rates by a full percentage point is to slow the pace of rising inflation.

"The economy is getting back to where it was," said Statz. "People are spending again; the demand cost of goods is going up."

So, to slow the demand and people's spending and to get the cost of goods down, the bank raised interest rates. That affects any type of borrowing people may use — loans, lines of credits, mortgages.

"It means hopefully inflation comes down a bit," she said.

With the hike and inflation, Statz estimates Canadian families will need an extra \$400 to \$500 a month. So, with the increase in interest, it might prompt people to spend less.

According to Bromwich + Smith's perfect storm survey from earlier this year, "Canadian households are already awash in debt, with \$1.86 in consumer debt for every dollar of disposable income." And 84 per cent of Canadians are worried about the cost of living/inflation, and half are struggling to manage their debt.

Statz said to deal with this interest rate hike, people should be watching their spending and knowing where every penny of their money goes. People should know what they need to cover their necessities and debt payments (that have now gone up)

and budget strictly.

"Don't use credit to pay bills or supplement income," she said. "Make sure your income can cover your expenses. If not, then look at where to cut expenses, and can you increase your income?"

She recommends those struggling with managing their budget talk to a professional like herself so they can avoid bankruptcy. They'll help review solutions and look at other ways to cut costs and pay bills without using credit, therefore taking away the need to pay the interest rate hikes.

First female president of Rotary International visits Winnipeg

By Autumn Fehr

Since women's suffrage in the early 19th century, women have continued to fight for equal rights to men internationally and in many forms and fashions.

Even though women had secured the right to vote, it didn't mean their work was over; it was far from it.

There were still many areas in society where women were not equally included, such as the workplace or education.

Still today, women are making strides in society and holding positions of power they were never previously granted. They can use their newfound privilege to make a difference and create change within the world.

This year, Jennifer E. Jones, a Rotary Club member from Windsor-Roseland, Ont., since 1996, made groundbreaking history by becoming the first woman to hold office in the organization's 117-year history.

"The receptivity of being selected for this has been celebrated by people of all ages, and I think it's everyone who's saying at this point and time in our collective history that we need to make sure we are being our best selves and we are reflective of our communities," said Jones.

Jones feels honoured to serve as the first female president in the organization's history.

"I think, more than anything, it helps to punctuate that the conversation about diverse perspectives is so important and knowing that we are having such an open dialogue about wanting people to show up as their

Community Support Service

Al-Anon Gimli and Winnipeg Beach

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

Meetings are Wednesdays between 7 and 8 p.m.

Contact 204-389-4777

AA Winnipeg Beach

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

Meetings are Saturdays between 7 and 8 p.m.

Contact Ann J 204-389-3417

Gimli Group AA

Bldg 18 Municipal Rd Industrial Park

Fri & Sun Mtgs at 7:30 pm Womens Mtgs Thurs at 10:30 am authentic selves and that looking different than perhaps has been seen in the past is helping to open up that dialogue," said Jones.

Many would be surprised to know that even after 60 years since women were granted the right to vote, they were still not accepted as members within Rotary International.

It took a Supreme Court ruling in the United States in 1987 for women to be permitted to join Rotary International.

After taking on many other leadership roles within the club, such as RI vice-president, international director, and district governor, Jones acquired the experience to become qualified within the organization to take on leadership.

As president of Rotary International from July 1, 2022, to June 30, 2023, Jones chose the presidential theme "Imagine Rotary."

To kick off her time as president, she embarked on an Imagine Rotary Canada Tour from June 17 to July 11.

Jones visited Winnipeg from July 6 to 7 and met with District 5550 Rotarians from across Manitoba.

"It was nice seeing old friends again. We had every career-type person at our table — some young people, some middle-aged. Listening to the new Rotary International president, you could feel how down to earth she is and she really just fit in with everyone there," said Donna Krebs, a Rotary member from Gimli who attended a breakfast event at The Fort Garry Hotel on July 7.

Jones also joined individuals from various levels of the Manitoba government, Winnipeg's Mayor Brian Bowman, leaders of philanthropic organizations for breakfast on July 7.

Throughout the morning, the room was filled with comical relief and like-minded individuals who all had a similar goal — to make a change within their community.

Greetings were given by lieutenantgovernor of Manitoba, Janice Filmon, who reminded the crowd that it was fitting they were celebrating Jones's presidency the same year the Queen celebrated her Platinum Jubilee imagine 70 years in service.

Filmon thanked all Rotarians for their time served in the community.

Rotary members give their time — that is the very stuff this world is made of, said Filmon.

Nigaan Sinclair, academic and columnist for the *Winnipeg Free Press*, shared his connection to the Selkirk Rotary. When Sinclar was younger, he had the chance to go to South Africa





EXPRESS PHOTOS BY AUTUMN FEHR

Nigaan Sinclair, left, and Jennifer E. Jones, right, both spoke at the Rotary International breakfast on July 7 at the Hotel Fort Garry.

on a Rotary youth exchange program to experience the inauguration of Nelson Mandela as the first black president of South Africa.

He also spoke on the four-way test into truth and reconciliation, which refers to creating better friendships, not more friendships. These friendships are built on respect, trust, reciprocity, shared experience and mutual enjoyment of each other's company.

Sinclair believes that Rotarians have a part in this process.

"Rotarians are carriers of the truth," said Sinclair.

By being the first female president, Jones hopes to inspire the next generation to see themselves reflected in leadership and for young men and women to see that something different is possible.

Krebs said it's about time Rotary International had a female as president and she foresees a lot of powerful change to come within Rotary with Jones as president this year.

In her time as president, Jones wants to emphasize empowering girls, diversity, equity, inclusion, and the comfort and care of the members.

"When we take care of our members, they take care of our communities," said Jones.

Jones feels strongly about the power of storytelling.

Jones said the idea behind the Imagine Rotary tour is to tell the stories of the Rotarians' work.

"The big incredible things we are

doing, and the small things too, and that people of action are taking on immense projects for the betterment of our world," said Jones.

Through her international tour, as she journeys through places like Pakistan, Guatemala and Haiti, she plans to tell these stories, and she hopes people at home will tell their stories at a local level too.

"When we tell those stories, likeminded people want to join and engage in doing good things," said Jones.

She believes as the first woman president, it opens up the opportunity for an entry point into dialogue to talk about diverse perspectives that people are strongest because of their diversity.

During her time as president, Jones looks forward to connecting with people.

"I get energized being around people, by hearing their stories and listening to what it is they are doing. The privilege of being able to meet our members across the globe at a time when travel is resuming is definitely one of the largest gifts I know I will ever receive," said Jones.

Jones recognizes that her new position as president gives her the power to speak and to be able to be heard. She intends to use it wisely to help open doors to create good in our world and to create more diversity within their membership.



PHOTO SUBMITTED

Leah Mitchell is offering customized English-as-a-second-language programs to businesses and newcomers.

By Jennifer McFee

For newcomers to Canada, the importance of language learning speaks for itself.

And for business owners, many are taking all possible steps to recruit and retain workers, particularly in rural communities.

To bolster opportunities for businesses and newcomers alike, Leah Mitchell launched Prairie Sky English two months ago. Her business provides customized English-as-asecond-language programs — both in person and online — to businesses, rural communities and individuals. As a certified Manitoba teacher with a bachelor of commerce degree in human resources, Mitchell has been working in the essential skills industry for more than a decade.

"Rural businesses and regions like the Interlake are trying to grow, yet they are struggling. They want to increase economic development, but in order to do that, you need people living and working in the region," she said.

"If we want to encourage more people to live and work in our region, we must offer more services in more areas. A demographic that many rural regions are looking at is encouraging more newcomers to move into rural.

Although many newcomers might initially move to rural regions, lots don't stay due to the lack of newcomer services available to them, Mitchell

"I've worked adult education and training in the Interlake for the last 10 years and one of the biggest struggles I've had is referring people for English supports. Most of the time, I had to refer them to Winnipeg," Mitchell

"For example, the only ESL class that I know in the past year was run by Red River College in Arborg and only certain levels were offered. While it's great that we had something, that only helps a small percentage of whom are living here."

Right now, many businesses and organizations face a staff shortage

Prairie Sky English offers customized ESL training

across the Interlake.

"Businesses are short staffed and we have these groups of amazing people with amazing skills, yet there's a struggle to connect the two. And in most instances, the barrier to connecting the two is language," she said.

"Having more opportunities for local language training benefits communities in many ways. It helps local businesses find staff because now you have more skilled people who can work in the community. You then have more people who decide to stay and invest in the community, which contributes to the local economic development."

Communication is key to ensuring an employment arrangement works for both the employer and the employed.

"There are many businesses in the region that hire and recruit newcomers. These are all skilled workers; however, many are still at a level of English where they struggle at work. I am able to work with the business to create ESL classes suited to their staff that can be taught onsite during or after work," Mitchell said.

"I'm in consultation with some communities that would like to offer ESL classes in their town for locals as well as groups of businesses that would like to offer to their staff. It can be a large financial commitment for one business with, say, two employees with ESL concerns. So when you work with the community, it makes more financial sense for 10 businesses to work together to bring the program

In addition, Mitchell works with individuals, since some people prefer one-on-one classes or might want to focus on a specific area like pronunciation.

"Everything is customized. With my educational background, I'm going to do an initial assessment and make recommendations, but if a group wants a 10-week class, it will be 10 weeks. If they want six months, we can make it six months," she said.

"If they want certain workplace vocabulary included or, say, Canadian culture training fused in, we can do that as well. That's the benefit of working with a private ESL business — you get a say in what is taught."

At the same time, these classes offer a comfortable environment for newcomers to discuss more than just English language.

"An ESL class is also a safe space to ask questions about something that maybe happened at work and they aren't sure if it's OK or not. For example, I also volunteer with an immigrant group in Winnipeg teaching ESL. And a few times I've had a student ask 'Is this normal?' 'What should I do when this happens?" she said.

"There's only so much funding to go around to support newcomers, and with numbers expected to increase over the next few years, unless there is more funding coming in, newcomer programs are going to get more and more stretched with whom they can help."

At the same time, Mitchell encourages more workplaces to give newcomers a chance.

"We have so many newcomers moving to Canada with amazing skills that are much needed. Just because some-

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one has an strong accent doesn't mean that they can't read, write and understand English perfectly well," she said.

"A person that is able to speak two languages and work in the second language is already proving themselves to be highly capable and hard working. It's not easy to learn a new language, much less get a job in a workplace that requires you to speak it."

To learn more about Prairie Sky English, visit www.prairieskyenglish.ca or email prairieskyenglish@gmail.com.



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Roller Coaster to be screened at Film Festival on July 20 and July 24

One of Winnipeg Beach's own will have his music video shown at the Gimli Film Festival this summer.

Gerry Gacek is a singer-songwriter who has been in the music industry since 1963 when he started a band with his buddies. His music video, Roller Coaster, will be shown in Gimli on Wednesday, July 20 and Sunday, July 24, as an opener to the RBC Sunset Screenings on the opening and closing nights of the festival.

Gacek has called California home for the past 40 years, but his roots are in Winnipeg and in Winnipeg Beach, where his family history goes way

His passion for music came at a time of afros, bell-bottoms and Beatlema-

"When the Beatles came out of the scene, it kind of changed everyone's lives back then, and practically everyone in Winnipeg started a band, including myself," said Gacek.

Until 1979, he played in several bands and wrote and sang jingles.

There were lots of places to play in the small towns in Manitoba, and it was pretty good money at the time, said Gacek.

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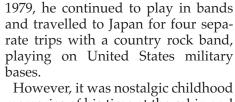
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When he moved to California in

memories of his time at the cabin and the historic wooden roller coaster at Winnipeg Beach that inspired the making of his music video.

The song's sentiment focuses on his childhood era during the mid-'50s and mid-'60s, said Gacek.

Gacek's dad built their family cottage in 1958 at Winnipeg Beach, and his parents had built a cabin at Winnipeg Beach in the 1940s.

His parents would throw summer parties and have a musician come play at the parties with his ukulele.

"I was always drawn to him. ... I would watch him sing and make people so happy with his music that I thought, 'You know, that would be something that I would love to do," said Gacek.

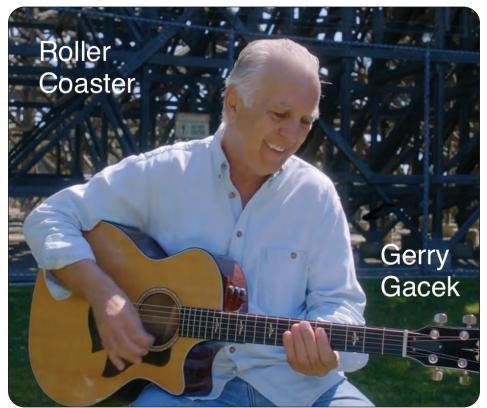
Every weekend visit in the summer included a trip to the beach, where they had their spot down the boardwalk from the roller coaster. Of course, the visits would always include going on some of the rides, including the roller coaster.

Gacek spent his summer weekends this way until he was about 15 or 16, when he escaped further into the music scene, playing in different towns across Manitoba on weekends.

Since he was young, these fond memories of the roller coaster stuck

Over time, he started to join a few historical Facebook groups where members shared old photos of Winnipeg Beach back in the early 1900s and forward.

When people post pictures on the groups and talk about the roller coaster, everyone who remembers it is excited to talk about it and reminisces



EXPRESS PHOTOS SUBMITTED

Gerry Gacek's music video. Roller Coaster, will debut on the opening and closing night of the Gimli Film Festival - July 20 and 24.



The historic wood roller coaster in Winnipeg Beach, 192

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Daryl Carry ROYAL LEPAGE Prime Real Estate Manitoba's #1 Real Estate Brokerage about the memories, said Gacek.

The Winnipeg Beach roller coaster was built in 1919 on 32 acres of undeveloped shoreline purchased by the Canadian Pacific Railway

Continued on page 13



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Taking on Canada one river at a time

Bert terHart has taken on the challenge of traversing Canada not by plane or in a car but by paddling and portaging his way from British Columbia to New Brunswick.

terHart is an accomplished sailor having circumnavigated the globe solo, non-stop using only traditional navigation tools. This time he's continuing to only use traditional tools as a way to experience what the First Nations people of Canada as well as the first voyageurs felt.

"From Winnipeg to Selkirk was really actually pretty nice because the weather was great. It's amazing how much the terrain changes over a very short period of time. So, even though you're travelling very slowly, the trip from the Forks to Selkirk, the river changes dramatically," said terHart.

One of the reasons that terHart has decided to canoe across the country only using traditional means and under his own power is that he wants to connect with the Indigenous people who helped put Canada on the map, saying that the successes that are often attributed to the voyageurs lie at the feet of the Indigenous people who were their guides.

"I wanted to see Canada the way that they saw it. I wanted to get a deeper understanding of their experiences. And one way I thought to do that would be to paddle and walk across the country. I wanted to also, personally, get a deeper understanding of what First Nations people saw and felt in the land, the lakes and the rivers. They say walk a mile in some-

one's shoes, and you get to know that person a little bit better. So, I chose to walk the 4,000 miles to get to know something about the way that Indigenous people related to our country,' he said.

He's also hoping that people who learn about the trip are inspired to take advantage of the amazing natural landscape that we have in Canada and the unique opportunity that we have to explore it. He said from his experience sailing around the world that jumping in a boat and going down a river is not something that people in other places have the permission to do.

"I'm hoping to inspire Canadians, young and old, to dream big. And, I mean, really big, like cross the country in a canoe or sail around the world by yourself and then persist. If you're willing to give yourself a yes and then persist, there is nothing you cannot do. So, if I can do this, if I can get here from the West Coast, then you're pretty much out of excuses, right?" he said.

The next step of his trip from Selkirk was to travel into Netley Marsh and on to Lake Winnipeg. Because of the weather that we've been having, as well as the fact he's in a small craft and going to be paddling on a large lake, he'll be timing his travels on Lake Winnipeg carefully and might even be paddling there in the middle of the night to make sure that he continues his journey east.

He hopes to leave people who hear about his journey with the message that they can do extraordinary things



EXPRESS PHOTO BY KATELYN BOULANGER

Bert terHart paddling his way into Selkirk last week.

in their lives by putting a little bit of extra effort into being more than evervone else ordinarily is.

"If you have the courage to step outside your front door with an open heart and an open mind, then your life by very definition is extraordinary because it is a little tiny bit out of

the ordinary. And, if you choose to do that every single day, then the transformation in your life and perhaps the people around you and what you can do in the world is something that you cannot possibly begin to imagine," said terHart.



Public Notice

You're Invited

to share your views about the proposed rate changes from Manitoba Public Insurance

The Manitoba Public Insurance Corporation (MPI) has filed the 2023 General Rate Application before the Public Utilities Board (Board) for approval of Basic Autopac vehicle insurance rates and premiums effective on April 1, 2023 through March 31, 2024.

For further details, please contact MPI at inquiries@mpi.mb.ca or visit the Board's website at www.pubmanitoba.ca.

An electronic-based virtual public hearing on the proposed decrease will be held beginning:

Wednesday, October 19, 2022 at 9 a.m.

Please view the hearing via the PUB website link

If you are interested in learning more about this rate decrease. you are encouraged to attend the hearing, observe the hearing via live streaming, or provide your perspectives through the Board's online comment tool.

If you wish to speak at the hearing or make a written submission, please contact the Board Secretary, Dr. Darren Christle at 204-945-2638 or toll free 1-866-854-3698, no later than October 1, 2022.

For more information, visit www.pubmanitoba.ca.

Manitoba Public Utilities Board 400-330 Portage Avenue, Winnipeg, Manitoba R3C 0C4 Phone: 204-945-2638 Email: publicutilities@gov.mb.ca



Rodeo action













EXPRESS PHOTOS BY ROBERT E. WILSON

The community of Silver was buzzing this past weekend with the annual agricultural fair back after a two year hiatus. The weekend was packed with family fun activities including a pancake breakfast, Heartland Rodeo events, antique tractor pull, agricultural displays, a patio planter contest, petting zoo, food trucks, Saturday night entertainment and Cowboy Church on Sunday.









> FILM FESTIVAL, FROM PG. 10

(CPR) in 1900. The CPR built an array of accommodations, recreation and amusement facilities, including a prominent dance hall.

In the 1950s, the excitement of the new development started to wane, although the beach remained a popular spot. In 1964 the amusement park was torn down.

Gacek started to collect photos of Winnipeg Beach back from the early 1900s, as he planned to write a song about the old roller coaster, incorporating black and white photos into the music video.

He gathered old photos for about two years, reaching out to family and friends and asking on the historical Facebook pages for people to send photos his way.

Every time he would post asking about old photos, more than getting the pictures he would receive comments about people's excitement for the music video he was going to cre-

The music video was initially created for his Facebook and music page, said Gacek.

A friend of Gacek's in Winnipeg said he should see if the Gimli Film Festival wanted to play it.

"I had never even thought of film

festivals," said Gacek.

Gacek reached out to Alan Wong, film director of the Gimli Film Festival, in January.

Wong told Gacek that they didn't have a category for music videos. Still, his video sounded like it would be a fun fit for the festival because of its historical nature and because it's just down the beach from where the original roller coaster and amusement park were, said Gacek.

Early March, Gacek finished his music video.

Gacek said he enjoys creating songs about nostalgic memories and likes looking back in time.

In the coming years, Gacek hopes to continue creating songs that reflect on his life in Winnipeg and some of the memories he had when he lived there 40 years ago.

Gacek's music video, Roller Coaster, has been a semi-finalist in several film festivals this year in the music video category, such as Palm Springs Shorts, London Indie Shorts and Dublin World Film Festival.

Roller Coaster releases today on Gerry Gacek Music (Facebook), on YouTube and streaming channels, such as Spotify, Apple Music and

> WESTSHORE, FROM PG. 6

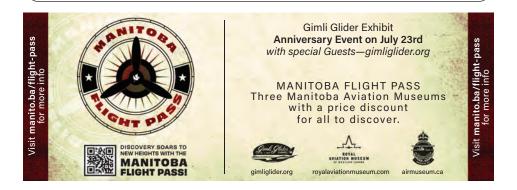
will help charities and non-profits adapt and modernize. This investment will strengthen the charitable sector as it supports Canadian communities in recovering from the CO-VID-19 pandemic.

Our work continues through the summer with the 18th Annual Lakeview Gimli Resort Benefit Golf Tournament on Monday, Aug. 22 at Links at the Lake in Gimli. This annual tournament is presented in support of the WCF. The tournament is a full day of great golf, food, prizes and fun for a great cause. Please go to our website for further details and registration.

In November, WCF will participate in the Endow Manitoba Giving Challenge, an important fundraising event for all community foundations in Manitoba. During the challenge, your donation is stretched through support from the Winnipeg Foundation and the Province of Manitoba. It's a great way to see your donation stretched by 40 per cent. All proceeds go directly to our community fund.

Please keep an eye out for our 2021 annual report, which will be released shortly and available on our website and in hard copy format.

To learn more about the Westshore Community Foundation, your community foundation, please visit us at www.westshorefoundation.ca or e-mail us at admin@wcf-foundation.ca or call us at 204-642-9796.



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OPEN HOUSE DATES

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- August 15th, 6:30 PM Aki Centre 1985 Grassmere Blvd in West St. Paul, Manitoba
- August 20th, 10 AM Matlock Recreation Centre 77 Matlock Road
- August 29th, 6:30 PM Farmers Hall Gimli 1611 MB-231
- September 12th, 6:30 PM Gaynor Family Library Selkirk

Fun in the sun; the return of Boardwalk Days in Winnipeg Beach







EXPRESS PHOTOS BY DEVON FEHR

Hundreds came out to Winnipeg Beach on Saturday to enjoy the return of the town's annual festival, Boardwalk Days. Rides put on by Wonder Shows, food trucks and market vendors were back last weekend, along with the town parade that drove through on Saturday morning pumping music.







Luxe & Little offers all-natural mosquito repellent

By Jennifer McFee

A little goes a long way with an innovative vegan mosquito repellent featuring all-natural ingredients.

Luxe & Little, an Ontario-based business, is creating quite a buzz with its mosquito repellent candle and spray.

Entrepreneur Delight Greenidge explained that the gentle yet effective spray is safe for babies, children and people with sensitive skin.

"Our mosquito repellent spray is 100 per cent vegan, as all our products are. It's natural with no alcohol, no chemicals and no toxins," she said.

"We use premium quality ingredi-

ents — and not just premium by price but premium truly by quality. We use the highest grade of products that we source, and 98 per cent of them are from right here in Canada. These products work really well — and they actually smell really good."

In addition to the well-known citronella scent, Luxe & Little's mosquito-repellent

products contain special enzymes that are combined with essential oils of anise, eucalyptus, lemongrass and

"The candle and the spray work really well as a combination. And you can also use the sprays on their own if you're going hiking, biking or out for walks with the kids or dogs. There's no alcohol or chemicals to irritate your skin," she said.

"You just need a little spray because it goes a long way. Then you can be

outdoors and you don't have to worry about being swarmed by mosquitoes. It's so effective and it becomes a really good barrier for your skin. It almost feels like a moisturizing lotion when you put it on."

The mosquito repellent can also be sprayed onto your hands and then dabbed onto your clothing, Greenidge adds. However, you'll want to avoid spraying it directly on clothing to avoid potential stains.

The impetus behind the creative candle business stems from a sensory overload that Greenidge experienced at a barbecue four years ago.

> While enjoying the get-together at host's home, she became overwhelmed by a multitude of pungent odours mingling together - perfume, cologne, aftershave, hairspray, food, smoke, you name it.

> "It was all coming together in one big mesh of a scent, and it really profoundly went to my brain," she recalled.

"I kept thinking on my way home that there must be a candle that would make the experience less jarring for me."

Greenidge had always loved candles and was determined to come up with one to neutralize strong odours. With help from her teenage son Spenser, she embarked on her entrepreneurial adventure.

"It was a lot of trial and error. The whole process took me nearly two years. I ended up with one formuBUBBA + DAISY JIVE ORIGINAL UNSCENTED

Luxe & Little candles are odour-eliminating, 100 per cent handmade with premium oils and the highest quality soy wax. The heat from the pure soy wax used in the candle will activate the enzymes, oils and react with the air molecules, replacing the smell with a fresh scent by filling the air pockets. Soy Candles Odour Eliminator package set of four costs \$99.99 plus a free bonus Odour Neutralizing Hand & Body 10 mL spray valued at \$25.

lation that worked on three completely different unwanted smells food odours, pet odours and smoke odours," said Greenidge, who formerly worked in the corporate world.

"I had it validated by a science professor and it's all under a proprietary formulation. We did a lot of blind testing across the country and we got really good feedback."

The long-burning luxury candles are made with premium pure soy wax, low-smoke wood wicks and essential oils. Odour-neutralizing hand and body sprays are also available.

"They remove unwanted smells from the air," Greenidge said. "They work really well."

The products launched in February 2020, and the business continued to grow during the subsequent pandemic-restricted years.

Over time, they added more products — including the mosquito-repellent spray and candle.

Adding to the unique approach, the candles come in eco-friendly handcrafted cement container vessel that can be refilled. All Luxe products are refillable.

To learn more about Luxe & Little products, visit www.luxeandlittle. ca, email candles@luxeandlittle.ca or check out their social media pages.

A special mosquito repellent combo offer for Manitobans is on the website.



"I HAD IT VALIDATED

BY A SCIENCE

PROFESSOR AND

IT'S ALL UNDER

A PROPRIETARY

FORMULATION."



Citronella Anise Mosquito Repellent Candles - Soy Vegan, Organic are manufactured with a soybean carrier oil, eucalyptus base note, anise heart note and citronella top note. This combination plus proprietary oil blends and repelling enzymes works to keep bugs away from you. Each citronella candle is a whopping 20 oz with a burn time of more than 100 hours. The price is \$59.99 plus shipping.



Summer Executive Pack's price is \$319.99 and is on sale for \$169.99 with free shipping. It includes Planter and refill; Ying Yang set and refill; two atomizers, and a 4 oz refill. Mosquitoes, sandflies and other bugs can give nasty bites and leave forever scars. Many people get seriously ill when bitten by these pests. Stay safe with Luxe outdoor products, proudly made in Canada.

MMF Interlake region officials re-elected for four-year term

By Autumn Fehr

The election for the Manitoba Métis Federation, the government of the Red River Métis, concluded in May with all the positions elected by acclamation. David Gray, chief electoral officer, confirmed that this was the first time an entire election cycle had been decided by acclamation.

Gray issued the notice of election on May 3, and nominations were open for 11 days, closing on May 13 at 5 p.m.

Citizens were given seven days, until May 20 at 5 p.m., to challenge any nomination. There were none.

The swearing in of the newly acclaimed members took place at the Fort Garry Hotel in Winnipeg on June

The Honourable Janice C. Filmon, lieutenant-governor of Manitoba, presided over the proceedings of the swearing-in ceremony of the inauguration of MMF president David Chartrand and the elected caucus and cabinet from all regions.

Other dignitaries including Premier Heather Stefanson; Alan Lagimodiere, minister of Indigenous Reconciliation and Northern Relations; Manitoba Liberal leader and MLA Dougald Lamont; chief of police Danny Smyth; and RCMP Supt. Scott McMurchy, among others, were in attendance at The Fort Garry Hotel to witness the ceremony.

Within the Interlake region, vicepresident Alfred Anderson of Selkirk, regional administrator John (Jack) Park of Selkirk and regional executive officer Mona Buors of Stonewall were re-elected.

Each of the re-elected members has

different responsibilities they take care of in their communities to ensure the needs of their people are met.

Anderson, the minister of Culture and Heritage, and was elected in 2010 and got in by acclamation in 2014 and 2018. He looks after the locals in his community.

Within the next four years, Anderson's goal is to revive the inactive locals by making them more active in the community and creating more awareness of the MMF government. This includes bringing up the youth in the community to prepare them to fill their spots in the future, he said.

Buors is the minister of Métis Child and Family Services. She came in by acclamation in 2014 as the associate minister of Health and Sports Heritage, and Culture and Heritage. In 2018 she came in by acclamation as the minister of Métis Child and Family Services.

She works a lot with the communities in the Interlake and is considered the liaison between the communities.

Currently, Buors is working with a community in St. Laurent to open a new daycare with the Early Learning and Child Care Program (ELCC).

First and foremost, Buors was a school teacher for 35 years all over the Interlake, starting the first French immersion program in the Interlake in the late 1980s, so she knows the community very well.

"My goal is to get all these communities the services and programs that they actually would like to see and work with them closely," said Buors.

The Interlake region is constantly growing and has many programs and services going on, she said.



EXPRESS PHOTO SUBMITTED

Interlake representatives, left to right, Jack Park, Mona Buors and Alfred Anderson were elected by acclamation in the Manitoba Métis Federation, the Government of the Red River Métis election.

Park was first elected in 2003.

Unlike his colleagues, he had to fight for his position for three terms, as he didn't get in by acclamation in his beginning years within the MMF, he

Park is the minister of Energy and Infrastructure. He is also part of the executive committee of cabinet, the provincial HRD committee and the Louis Riel Capital Corporation.

"It's quite overwhelming the support we have in the Interlake region as we work together as a team," said Park.

The three members focus mainly on the Interlake region, and Park believes they have been doing a great job since they were originally elected.

"All three of us have gotten in by acclamation the last three terms, which should speak for themselves. I think the people are happy with the services that are being provided," said Park.

The number of citizenships in the Interlake is increasing, as a result of getting the word out there that the region and Métis government are there to help them, he said.

With all cabinet members together again through acclamation, they are ready to get back to work and continue to make a difference in their respective region.

The elected officials of the Interlake region look over approximately 7,000 residents.

Currently, there is a citizenship drive across Canada with a program called Beyond Borders where Métis citizens across Saskatchewan, Alberta and British Columbia are wanting to retain their citizenship status with the MMF government rather than with their provincial jurisdictions, said Parks.

Due to this program, numbers are

increasing rapidly across Manitoba, he said

Park said within the 19 years he's been with the MMF, citizenship has increased by double, almost triple.

Buros said that her local region of Stonewall is also increasing in citizenship all the time.

To date, the elected officials of the Interlake region have taken on and completed several projects and still have many on the go.

"As we continue to grow, we are starting to build a lot of properties and buying a lot of land," said Park.

The work of the Manitoba Métis government includes a variety of different projects such as building nine homes in Selkirk so far and building a senior complex with nine homes in St. Laurent. They also bought the golf course in St. Laurent, where they built a brand-new clubhouse.

These are just a few major projects that Parks recounts contributing to over his 19 years.

Other projects that the MMF has on the go include building a 49-unit apartment block in Selkirk starting in 2023, working on daycare in Stonewall and St. Laurent, and creating a campground for RV trailers where 200 to 250 units will be available close to the lake.

The officials are now starting to work on the northern part of the region, trying to get some daycares up in the Eriksdale and Ashern areas.

With the end of COVID-19 on the horizon, the group hopes to start up a lot of the programs and services they couldn't do during the pandemic period and continue the work they've been doing for the citizens of the Interlake for the next four years.



SDOPTS&recreation INSIDE > OUTSIDE > UPSIDE DOWN

Bauch family over the top at armwrestling nationals

By Brian Bowman

The Bauch family from Moosehorn had several outstanding performances at the 2022 Canadian National Armwrestling Championships Winnipeg earlier this month.

Shane Bauch placed fifth in the men's left 85 kg division and seventh in the right division.

His brother, Rob, meanwhile, was second in the Master men's right 80 and third in the Master men's left 80.

Rob also placed 11th in the men's left 80 division and 16th in the right division.

"It was really great to get back into it," said Rob, 45, who first pulled in a tournament back in 1999. "I missed a few years prior because I had a couple shoulder surgeries. It was really good to get back to the table."

But the really impressive results came from the Bauch's children.

Mason was a double national winner in the left and right arm of the Junior 11-14 40 kg boys category.

Gavin won a national title in the Junior right 10 and under 25 kg mixed division and was second in the left



Rob Bauch, Gavin and Mason Bauch show off their medals after the awards ceremony.

arm.

Marcus was tops in Canada in the Junior left 10 and under 40 boys kg division. He also placed third in the right arm.

Sawyer was sensational in the Junior 10 and under 30 kg mixed division. She placed second in the left arm and was third in the right. Sawyer also re-



EXPRESS PHOTOS SUBMITTED

Armwrestling legend "Crazy" George Iszakouits took time to take a photo with the Bauch kids, left to right, Gavin, George, Mason, Merrick and Sawyer.

ceived the armwrestling match of the

Merrick Bauch was fifth in both the junior 10 and under 30 kg mixed division in both the left and right arm.

The 2022 nationals attracted 574 entries, the largest ever. It was great that Winnipeg could finally host the event after previously being cancelled due

to COVID.

"To pull in our province (was great) and our team probably did our best," Rob said. "It was one of our best showings in a number of years so that was really great. It was good to see everyone again. You see people from 20 years ago that are still pulling.'



The Bauch children, from left to right, Gavin, Mason, Marcus, Merrick and Sawyer with their medals after they pulled.

Impact shuts out Elmwood FC

The Interlake Impact shut out Elmwood FC 1-0 in Manitoba Major Soccer League 4th Division action last Wednesday at the Ralph Cantafio Soccer Complex.

Kyle Reenders scored for Interlake. With the win, the Impact now has a 5-1-1 record. Interlake sits in a tie for

second place with Richmond United in the 10-team division with 16 points. Both teams are four points back of the first-place YFC Saints (6-0-2).

The Impact played Iconic FC on Monday but no score was available. Interlake will visit the Hanover Strikers on Sunday in Steinbach. Game time is 7 p.m.



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Hecla Triathlon returns





Submitted by Doug Anderson

After two years of COVID cancellations, Sulong Triathlon Club hosted the Hecla Triathlon last Saturday.

After three changes to the running trail due to flooding, organizer Paula Anderson, formerly of Riverton, relocated the start/finish to Gull Harbour.

A total of 118 athletes participated in eight different races. The Long Course race was the only one in Manitoba this year and was a qualifier for the Worlds in Spain.

The weather cooperated with a breeze off Lake Winnipeg and cloud cover to help the athletes with their times. The first swimmers entered the water at 7 a.m. and the last triathlete finished after seven hours, 15 minutes. That is persistence.

The top finishers in each event were: Long Course Triathlon – (1.2 M swim, 56 km bike, 13.1 km run) Christine McKinley (4:38:06), Luc Guillette (4:40:40) and D'Arcy Arends (4:50:32).

Long Course Aquabike Gilles Boulley (3:34:26), Murray Vanderpont (3:35:24) and Melody Balane (3:47:26).

Olympic – Triathlon (1.5 m swim, 40 km Bike, 10 km run) Brenden Jamieson (2:37:41), Brandi Smith (2:39:46)



EXPRESS PHOTOS SUBMITTED

The Hecla Triathlon was held at Gull Harbour last Saturday after two years of cancellations due to COVID.

and Jeremy Toews (2:44:43).

Olympic – Aquabike Olympic – Duathlon Tara Gill (2:57:24) and Kevin Petkau 2:30:43.

Sprint – Triathlon (750 m swim, 20 km bike, 5 km run) Brenton Button (1:07:07), Nicole Balzer (1:11:08) and Luke Rempel (1:16:00).

Sprint – Aquabike Sprint – Duathlon Deborah Barnes (1:01:52) Kaitlin Fritz (1:29:29), Nicole Dunn (1:03:28), Derek Worms (1:39:03), Naomi Redl (1:08:06) and Michelle Worms (1:45:29).

The Relay – Sprint Aquabike was owned by "The Retirees" with a time of 1:44:51.

Thank you to all the racers who train for days for a triathlon and often enter several each summer. Organizer Paula Anderson said, "The great local support and many volunteers made the race a success."

Sharpshooters right on target

By Jennifer McFee

Young competitors gave it their best shot at in a provincial-level trapshooting competition last weekend.

On Sunday, July 10, a total of 34 competitors squared off at the Manitoba Junior Shotgun Provincials at the Winnipeg Trap and Skeet Club.

The 18-and-under competition brought participation from clubs in Winnipeg, Lundar, Pembina Triangle, Brandon and Portage la Prairie.

Kevin Brown of the Pembina Triangle Club notes that Nic Neufeld from the RM of Stanley was the overall winner, shooting a 92 to beat out the competition.

"Last year, Nic shot an 88, one target back from the winning score," Brown said.

"Karissa Giesbrecht of Roland also came home with the ladies' novice trophy, with her sister Cassandra taking second place in that class. Conner McCullough of Carman rounded out the Pembina Triangle Trap Club team."

Lorne Ross chairs the Manitoba Ju-

nior Shotgun Association and runs the junior program at the Winnipeg Trap and Skeet Club, which includes members from the Stonewall, Teulon and Balmoral areas.

"In the competition, you shoot four rounds of 25 targets, so that's 100 shots — 50 in the morning and 50 in the afternoon and you shoot them in groups of 25," explained Ross, who lives north of Stonewall.

"Logan Halldorson, a 10-year-old boy from Lundar, shot a 24 out of 25 in one round. He was first place in the 13 and under novice category. That was a good highlight."

In addition, Ross notes that Mackenzie Riechart of Brandon also earned impressive results.

"She won the trophy for going the most consecutively from the start without a miss," he said.

"She went 20 without missing. It's a sport where girls can compete equally with boys."

Other sharpshooters include Magnus Pallson from Balmoral, who ranked first in the 15 and under nov-



EXPRESS PHOTO SUBMITTED

The Championship Team from Lundar Gun Club, left to right, Lorne Ross (chairperson MJSA), Logan Halldorson, Zach Halldorson and Matty Law.

ice category, and Russell Watts from Balmoral, who earned first place in the 18 and under open. The championship team from Lundar Gun Club was made up of Logan Halldorson, Zach Halldorson and Matty Law.

For all competitors, Ross can see the benefits of participating.

"I find that when you allow a kid to

do something like this, it helps with their maturity and learning responsibility because they are handling loaded firearms," he said.

The Pembina Triangle, Winnipeg and Lundar clubs run junior programs every May and June. All three clubs welcome everyone to come and try shooting clay targets during months of May to October.

Manitoba roster announced for Women's National baseball championships

Submitted by Patti Hacault

If you want to experience grit, you are going to need to view women's baseball where players have put on their big girls' pants and have shown that the real-deal, hardcore, grit-making training really is the good stuff and the only way to the next level. So, being tough, understanding that the coaches are directing them, supporting them and believing in them results in great things.

Coaches Jeremy Culleton and Marc Bissonnette have released the names of the girls who will be competing in the 2022 Women's Invitational Championship in Stonewall from July 21 to

The team is comprised with young ladies encompassing the entire province of Manitoba with many of the players' home bases are from rural boys' teams. Members are Jewel Thompson (MacGregor), Emily Foster (Somerset), Mercedees Gorham (Steinbach), Kennedy Toews (Steinbach), Michalya Peacock (Somerset), Darbi Poole (McAuley), Raven Carriére (La Broquerie), Amber Baker (Strathclair), Horizon Senff (Winnipeg), Sarah Moir (Winnipeg), Caitlin Culleton (Vassar), Jamie Johnston (Arborg), Brittany Langlais (Garson), Katie Heppner (Winkler), Zoe Hinks (Boissevain), Avery Pickering (St. Adolphe), Liberty Aime (Clandeboye) and Leah Peitsch (Winnipeg).

"I am happy to be back on a diamond. After COVID, this is a celebration as much as a competition," said Jeremy Culleton, coach.

"I'm looking forward to a great championship with a group of amazing women," emphasized Bission-

"Our group of players and coaches are excited to be playing in our home province, with family and friends. It will be our first time playing Senior Women's baseball with our group from U16 nine years ago. The love of baseball playing against players that also love the game, makes it a great game. Can't wait for the tournament to start," concluded Joanne Johnston, manager of Team Toba.



EXPRESS PHOTO BY DARYL GERSHAM

Arborg's Jamie Johnson will be one of several pitchers supporting the defence for Team Manitoba at the Women's National Baseball Championships in Stonewall this weekend.

Nice catch



EXPRESS PHOTO BY PHOTO BY KEN ALLEN

Interlake Blue Jays' shortstop Connor Smith makes a catch in front of Kaden Stewart during Manitoba Junior Baseball League action last Wednesday against the St. James A's. St. James won the game 7-4.

U15 Orioles in action





EXPRESS PHOTOS BY BRETT MITCHELL

Interlake Orioles' right-hander Brody Slatcher (left photo) delivers a pitch while teammate Easton Killbery scores a run during U15 AAA action against the North Winnipeg Pirates last Wednesday in West St. Paul.

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For further information regarding this position, please contact the Rural Municipality of Fisher at 204-372-6393.

> Kelly Marykuca, Chief Administrative Officer Rural Municipality of Fisher Box 280 Fisher Branch, Manitoba R0C 0Z0 fishercao@mymts.net Tel: 204-372-6393



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PUBLIC NOTICE

Additions to the Voters List and/or Personal Security Protection Requests THE RURAL MUNICIPALITY OF FISHER

In accordance with Section 36 of The Municipal Councils and School Boards Election Act (MCSBEA), The Rural Municipality of Fisher Voters List is open for changes or revisions.

- Any person who is eligible to vote in municipal elections in the Local Authority of the Municipality of Fisher can have his or her name added to the Voters List, or have any information about the voter on the Voters List corrected.
- Any person can request to have his or her name and address obscured from the Voters List.
- · A person whose name has been obscured will receive a Person Security Certificate and Identification number. In a civic election, that person may only vote by Sealed Envelope Ballot and cannot vote in person at the regular or advance voting places.

To implement the above, a written request must be submitted to the Senior Election Official, in person, by e-mail, fax or mail to:

> Rural Municipality of Fisher Box 280 Fisher Branch, MB R0C 0Z0

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Stacey-Lee Gard Senior election Official



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Municipality of Bifrost-Riverton REQUEST FOR QUOTATION **Balaton Beach Playground Area Repairs**

The Municipality of Bifrost-Riverton is seeking quotations from qualified bidders for the painting of a picnic shelter, repair of a shed, and installation of signs at a municipal property in the Balaton Beach area.

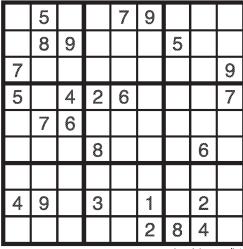
Request for Quotation package, including specifications and submission documents are available from the Municipal Office or www.bifrostriverton.com.

Sealed submissions clearly marked "Balaton Beach Playground Area Repairs" will be received at the Municipality of Bifrost-Riverton office until 12:00pm, local time on August 4, 2022.

Inquiries should be directed to Jason Comeau at 204.641.2167 or pwbifrost@mymts.net.

Jason Comeau, Public Works Manager Municipality of Bifrost-Riverton Box 70, 329 River Rd., Arborg, MB R0C 0A0

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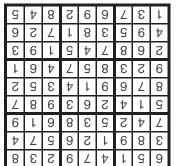


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Sudoku puzzles are formatted as a 9x9 grid, broken down into nine 3x3 boxes. To solve a sudoku, the numbers 1 through 9 must fill each row, column and box. Each number can appear only once in each row, column and box. You can figure out the order in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



Sudoku Answer

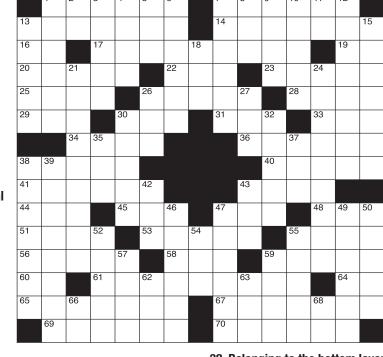


Crossword Answer

CROSSWOR

CLUES ACROSS

- 1. Eurasian shrubs
- 7. Strikes and rebounds
- 13. Group of advisers 14. Modern necessity
- 16. Top lawyer in the land
- 17. Philadelphia university
- 19. Of I
- 20. Functions as a laser
- 22. Basketball phenomenon Jeremy
- 23. Famed island
- 25. Parent-teacher groups 26. Distributes
- 28. Self-immolation by fire ritual
- 29. Ad 30. Circulation problem (abbr.)
- 31. Brother or sister
- 33. A famous "Squad"
- 34. Stage actor Anthony 36. Violent seizure of property
- 38. Saclike cavities
- 40. Sound units
- 41. Counts on
- 43. Dad
- 44. Woman (French)
- 45. A digital tape recording of sound
- 47. Polish Baltic peninsula
- 48. Recipe measurement
- 51. Requests out of dire need 53. Precious stone weight unit
- 55. The immaterial part of a person
- 56. Anoint
- 58. Golf score
- 59. Supernatural
- **60. Northwest Territories**
- 61. Can be made suitable
- 64. A professor's helper
- 65. Having a toothlike edge
- 67. Got atop a horse
- 69. Judged
- 70. Static balance between opposing forces CLUES DOWN
- 1. Flowing



- 2. Computer department
- 3. Lasts
- 4. DiFranco and Samsonyan are two
- 5. de sac
- 6. Merchant
- 7. Hosts film festival
- 8. State of agitation of fuss
- 9. A way to praise
- 10. Opaque gems
- 11. McKinley is one
- 12. Smallest interval in classical Western music
- 13. Famed designer Lauren
- 15. Occupies
- 18. Small island (British)
- 21. Misuse of the sacred
- 24. Covers with a thin sheet
- 26. Most valuable player
- 27. Title of respect
- 30. Investigated discreetly

- 32. Belonging to the bottom layer
- 35. Black tropical American cuckoo
- 37. Music genre
- 38. Indicates one is in mourning
- 39. Secured forever
- 42. Bodily cavity
- 43. A dog is one 46. Chose to do something
- 47. Annoy persistently
- 49. Large hotel rooms
- 50. Beg
- 52. Docket
- 54. Subway dwelling rodent
- 55. Sources
- 57. Mild Dutch cheese
- 59. Spanish city
- 62. Consumed
- 63. Ballplayer's tool
- 66. Midway between north and east
- 68. Atomic #3

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ANNIVERSARY





Herman and Verda Isfjord Happy 60th Wedding Anniversary July 28th 1962 – 2022

CARD OF THANKS

On July 2nd, our family laid Lorne's ashes to rest. Thank you Ken for your expertise and caring. Shirley, your service is one our family will all remember. Thank you cousins, neighbours and friends for coming to the farm to celebrate his life – and to all who made this happen.

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Playstreet

childcare Inc W

-Sincerely, Merle Willis and family

ANNOUNCEMENT IN MEMORIAM



Valerie

DOLA Harry

Sherie

There are so many things we treasure, Your hearts of gold that brought such pleasure.

Your beautiful smiles and generous love, That now you share with God above. Miss you every day.

- Love your Family

35TH ANNUAL

Manitoba largest multi party auction this years auction will be conducted online with all bidding taking place at www.billklassen.com/nextlot

CONSIGNMENT AUCTION

JULY 30, 2022 AT 12:00PM FARM AUCTION

HWY 3 AND 14 JCT 3/4 MILE SOUTH ON ROAD 24, Morden Winkler Interchange, Winkler, MB

Yard Receiving Hours: Thurs& Fri. - July 21 & 22nd – 8am to 5pm Sat July 23 – 8am to 12 noon Mon & Tues July 25 & 26th – 8am to 5pm Wed July 27 – THE YARD IS CLOSED!

The auction will be on Saturday July 30th. The closing time may change after the yard has closed for receiving depending on how many items we receive. Payment and Pickup will be on Monday August 1 from Pam to 6pm. Buyers please check your spam/junk folder if you do not receive an invoice within a couple of hours after the auction closes. Items not picked up that day will be at the yard at the buyers discretion.



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OBITUARY

Lloyd Eric Jacobson

In loving memory of Lloyd Eric Jacobson, 75 whom passed away at his home in Gimli, MB, with wife, Soo and children Tararra and Noah by his side as per his wishes.

Lloyd was born in Teulon, MB on May 7th, 1947 and was one of 14 children to parents, Yert and Clara Jacobson. Lloyd spent his younger years growing up in Hudson, ON and travelled throughout much of western Canada where he met his wife, Soo of 37 years in Vancouver, BC. They married in Hawaii on December 14, 1985 and started a family and spent much of their married years in North Carolina. After returning to Canada, Lloyd and Soo settled in Gimli, MB.

Lloyd was a caring and kind person, and most would describe him as a butterfly. A butterfly who could not see his beautiful wings that others could see. He brought love, joy, and happiness to

everyone he knew and met. He enjoyed going to church especially when he came back to Sioux Lookout, he made sure that he went to the Hudson Community Church for Sunday Service. He was also known for sending lengthy emails and letters to his loved ones. He passed down his skills of tinkering, especially on engines to his son, Noah. Lloyd enjoyed going for car rides to see the sights at the Gimli airport and ice cream with his daughter, Tararra. His most favourable passion was for music his skill was undeniable. Lloyd had a band with his brothers in his younger years.

Lloyd is predeceased by his parents Yert and Clara; brothers Gerald, Elmer, Andy, Donald and Jim.

He is survived by his loving wife Soo Lee-Jacobson; children Tararra, Noah (Brittney), Kirk (Candace), and three grandchildren, John Bradley, Nicola, and Kash and is expecting grandchild number four in September of this year; siblings, Shirley, Deanie, Carol (John), Margaret (Andy), Gary (Rose), Robert (Bev), Larry and Dennis as well as many nieces and nephews. He also leaves behind five other children, and numerous grandkids who were close to his heart but had drifted apart over the years.

An intimate family service will be held at a later date at the Hillcrest Cemetery in Sioux Lookout. Condolences may be left on his tribute wall at www.gilbartfuneralhome.com

Your memory will live forever Engraved within our hearts

Gilbart Funeral Home, Gimli in care of arrangements.



RURAL MUNICIPALITY OF ARMSTRONG

NOTICE OF TENDER

SALE OF FARM LAND



Offers must be submitted to the RM of Armstrong in person at the RM Office located at Lot 55 Highway 17 in Inwood or by registered mail to Box 69, Inwood Manitoba R0C 1P0 by no later than 4:00 p.m. on Thursday, July 28th, 2022 for the following properties:

LEGAL DESCRIPTION	ROLL NO.	ACRES	2022 ASSESSMENT
SW-17-20-02-E	117000	160.00	41,600
NE-31-20-03-E, East ½	134200	80.00	32,000
SE-32-21-02-E	165600	160.00	41,600
NW-18-21-01-W	309300	159.00	36,100
Pt. SE-18-21-01-W	309400	158.46	37,800
Pt. SW-18-21-01-W	309500	157.28	34,600
SW-20-21-01-W	310600	161.00	56 400

- There is a Minimum Bid set at the 2022 assessment value for each individual property.
- Tenders must be submitted in a sealed envelope marked "Farm Land Tender", must indicate which property the tender is for and must state cash purchase price meeting minimum bid requirements.
- To be considered all offers must be unconditional and include a deposit in the form of certified cheque or bank draft payable to the "RM of Armstrong" of not less than 10% of the tendered amount (which will be returned if the offer is not accepted).
- All of the lands are sold "as is where is".
- The highest or any offer may not necessarily be accepted.
- The successful offeror will be notified upon acceptance within two working days after July 28th. Unsuccessful offerors will not be notified.
- The successful offeror will have 45 days from date of acceptance to provide the balance
 of cash to complete the purchase. The deposit will be forfeited if the successful bidder
 does not finalize the agreement for sale within the require time.
- All legal costs, title transfer fees and applicable taxes are the responsibility of the purchaser and are in addition to the bid price.
- Any enquiries may be directed to the RM of Armstrong Office at 204-278-3377 or via email to the cao@rmofarmstrong.com

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CELEBRATION OF LIFE NOTICE

Beggie Anderson (Jan 1 1931 - Jan 2 2022) Josephine Anderson (Apr 28 1938 - Jun 6 2020)

> Celebration of Life 2:00 PM, Jul 29 2022 **Riverton Community Hall**

The family of Beggie and Josephine Anderson invite you to attend a celebration of life in their honour. In their 65 years together, they connected with so many people and made life-long friends wherever they went. You are welcome to join us as we celebrate this wonderful couple.

If desired, donations in their memory may be made to the Ardal-Geysir Lutheran Church or the Arborg & District Multicultural Heritage Village.

SERVICE ANNOUNCEMENT

Hertha Wanda Arnason July 9, 1916 - December 27, 2021

A Memorial Service will be held at 11:00 a.m. on Saturday, July 30, 2022 in the Grace Lutheran Cemetery, Ashern, MB with Dawn Tober officiating.

A luncheon will follow at 1:00 pm at the Arnason's cabin, 17 Jonasson Drive at Silver Bay, MB. Please bring a lawn chair.

> Arrangements by: ARNASON FUNERAL HOME Ashern - Lundar 1.204.768.2072 1.866.323.3593

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