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WEEKLY NEWS

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EXPRESS PHOTO BY STEFANIE LASUIK

Seven-year-old Susan Marks hurdles a hay bale during the Arborg Ag Society's rodeo barnyard games put on by the Minerva 4-H club.

Yee-haw!

By Stefanie Lasuik

Mother Nature flexed her muscles over the weekend, sending threatening skies around the Town of Arborg, but she dared not affect the festivities of the Arborg Ag Society Fair and Rodeo, where the show happily went on.

The fair and rodeo attracted attendees and participants from all over Manitoba and beyond from July 17 to 19 for a weekend chock-full with activity. Kicking off the festivities on Friday were speed events in the annual horse show, followed by jackpot barrel racing. A fireworks display lit up the night sky down at the River Bank Park to mark the beginning of non-stop entertainment.

Saturday morning saw citizens line the streets of Arborg for a candy-throwing, music-blasting, siren-wailing parade, which was promptly followed by a mass Zumba party and local talent show. At the Fair Grounds, 11 performers took to the stage to sing sweet melodies, while 46 riders strutted their stuff at the horse show.

For the kids, bouncers galore lined the Fair Grounds, and the Barnyard Games, put on by the Minerva 4-H club, had locals leaping over hay bales and betting on winners of the cross-cut saw challenge, with all proceeds benefitting the Arborg Ag Society.

At 2 p.m., attendees flocked to the

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news > sports > opinion > community > people > entertainment > events > classifieds > careers > everything you need to know

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Good times for everyone at Arborg fair and rodeo

The 2015 Arborg Ag Society Fair & Rodeo sees great turnout and competition

Continued from page 1

antique tractor pull competition, where a record number of entrants used over 70 pre-1960 tractors to pull a weight transfer system before their tractors lost traction or powered out.

The Crazy Jumpers agility dog show held the crowd's admiration while the dogs danced, raced and completed an obstacle course. More acrobatics could be seen at the equestrian vaulting demo, where skill and balance were on high display.

Cowgirls and cowboys saddled up next to compete in 15 categories of riding, roping, tying, racing and wrestling. The great entertainment was also a chance at points for participants, an opportunity Justin Bridgeman took full advantage of, taking first place in both the calf roping and steer wrestling events.

More awards were handed out at the quilt and photography shows, where Tracey Finnsion's snapshot of a dragonfly resting upon the end of a fishing pole won the grand photography prize, and Isabel Napp took the quilting Best in Show. The People's Choice award in the quilt show went to Elizabeth Yoder.



Three-year-old Joanie Gudbjartson and Theresa Renaud showed off their rodeo spirit by saddling and decorating Florence the pony for the town's parade.

Sunday's pancake breakfast was followed by a cowboy church service officiated by Pastor Clem. Then, rodeo sport was at its finest while teams faced off in a cowboy polo match, while the inspiration band The Colour, the Manitoba Highland Dancers, Partners in Time, and the Asham Middle Stompers spotlighted the main stage to being an end to a great weekend.

Rodeo organizer Lenore Olafson was very happy with the way the weekend turned out.

"It was very successful. We had a great crowd turnout. Our stands were full. The cowboys put on a great show," said Olafson.



Leighton Dyck won Saturday's bareback event despite the best efforts of horse Ranger Rick.



Kalby Pearson stops the clock in the goat tying event.



EXPRESS PHOTOS BY STEFANIE LASUIK

Roger Lage gets out in front during the team roping event on Saturday at the Arborg fair and rodeo.



The Heartland rodeo saw over 100 participants from all over Manitoba, Saskatchewan and North Dakota come together in spirited competition.



Harlo Larkin (left) and Ryan Elliot got into the groove during the cross-cut saw contest to finish in under a minute.

Gimli resident frustrated by local health care

By Marney Blunt

A retired Alberta couple is regretting their decision to move to Gimli to retire eight years ago.

The couple, who wish to remain unnamed, had their opinion of retirement in Gimli soured a few weeks ago after a not-so-convenient experience with the local health-care system. After waiting to see a doctor for several hours at the Gimli Community Health Centre, they were transferred to the Pine Falls Health Complex, which is approximately a four-hour drive there and back.

"My husband went a week ago Monday. We went to the hospital and we waited a very, very long time, and finally hours later we were told the only beds available were in Pine Falls," said the retiree, who noted that her husband's problems weren't urgent but ongoing health issues.

"We moved here from Alberta and we feel we probably made a very big mistake leaving Alberta," she added.

While her husband only stayed at Pine Falls Health Complex for five days, the driving four hours a day for her to visit him was an exhausting task, she says.

"To visit my husband, I had to drive

four hours every day and it's totally insane. It's very maddening," she said, noting that the problem is that bed space in hospitals is being taken up due to the shortage of personal care home housing.

"I guess the real need is to build something intermediary for older people who can't live alone or on their own anymore, and that's not happening."

The woman said she would consider moving, but with her husband's health issues, it may not be feasible.

"This was a big mistake, coming here," she said.

The Interlake-Eastern Regional Health Authority (RHA) is well aware of the issue. A spokesperson for the Interlake-Eastern RHA says the issue is also magnified during the busy summer tourism months in Gimli.

"Gimli in particular in the summer months is a very, very busy site because there's a lot of cottagers and everything else, so for probably the last couple of weeks, Gimli has been overcapacity," said Tracey Dowse, the regional director of patient experience, acting vice-president of acute care and chief nursing officer for the Interlake-Eastern RHA.



EXPRESS FILE PHOTO BY AUSTIN GRABISH

A Gimli couple says they regret retiring in the Interlake after being sent from Gimli hospital to Pine Falls, a two-hour drive away.

Dowse also says that even though the problem is worse during the summer, it is still an issue throughout the entire region year-round. One of the ongoing challenges of the Interlake-Eastern RHA is the shortage of personal care home beds.

"We don't have enough personal care home beds or there's not a lot of alternative housing options for folks in the region," said Dowse. "So what that means is the hospitals then end up with a lot of people who are waiting for personal care home placement or don't have somewhere to live that can meet their level of care, so we end up with awaiting placement patients or what is called alternate level of care people, meaning that they might not require the acute care level of service

es but they still need something, and hospitals are kind of the default of where those people go or stay."

Currently, several hospitals throughout the Interlake-Eastern RHA are at or near the 50 per cent occupancy of awaiting placement patients, Dowse says.

"So when we have somebody come to a facility that needs care and if they can't be cared for at that facility then we find a bed elsewhere in the region," she said. "And depending on any given day, sometimes it's in the next facility, but if we can't find any capacity in the next closest facility then sometimes we have to transfer them further around our region

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Proposal to dissolve West Interlake now in Municipal Affairs hands

By Jeff Ward

It's taken just two months for 30 per cent of registered voters to sign the petition to dissolve the newly amalgamated RM of West Interlake, and now that the minimum of 721 voters are accounted for, the group has taken their petition into Municipal Affairs.

The West Interlake Citizens Group (WICG) was able to get 755 signatures on their petition before bringing their written proposal to Municipal Affairs on July 15. The proposal, which can be viewed online at www.wicg.ca, is lengthy and cites multiple examples of poor treatment of West Interlake residents by the reeve and Ward 2 councillors.

"I simply don't trust the Ward 2 council or reeve," said Andrea Sweetland, one of the members of the WICG.

"This whole thing has brought down the morale of our community. I feel that their (Ward 2 council and reeve) principals, fiscal responsibility and ethics are far removed from how I think a council should act."

The first item on the long list of reasons this amalgamation isn't working is the belief that Ward 2 councillors and reeve act independently of Ward 1 councillors on matters concerning the whole RM — a belief that has been denied by all Ward 2 councillors and reeve, but one that still persists. Another item is the lack of transpar-

ency from Ward 2 councillors and reeve on their financial situation and their DFA funding. The proposal indicates that there is still \$1.5 million in accounts payable for Ward 2, from 2014 and prior.

Also included in the proposal is an item that explains how Ward 2 council and reeve were in direct violation of the Municipal Act by having lawyers that weren't authorized to be at the meeting present when former CAO Arlene Darknell was fired. The WICG also includes that there were no grounds to fire Darknell.

"There's so much more than that too. The proposal is very detailed and we covered everything we believe is wrong. We're fighting for our community here," explained a frustrated Sweetland.

The signatures collected are made up of 80 per cent of Ward 1 residents, and 20 per cent of Ward 2 residents.

At this point, Municipal Affairs has 30 days to look over the proposal and ascertain if the items included warrant further action. What that action will be, however, no one knows.

One thing that's almost certain is that Eriksdale can't go back to being on it's own and would likely have to agree with another municipality to annex. The WICG is proposing that meetings with these municipalities

"WE'RE FIGHTING FOR OUR COMMUNITY HERE."



PHOTO COURTESY OF ANDREA SWEETLAND

Mary Riddell (left) and Andrea Sweetland (right) deliver the proposal to dissolve the RM of West Interlake to Municipal Affairs, which now has 30 days to review and make a ruling.

take place to find "a municipality that has the desire to work together for the best interests of all its citizens through making informed decisions."

Reeve of the RM of West Interlake Randy Helgason disagrees with nearly everything the proposal claims.

"I don't agree with the allegations at all. I never believe that anything

is a loss cause and I still want this to work," said Helgason.

Helgason said that it's both frustrating and sad that it's gotten to this point for the RM and that he will ask for a meeting with Municipal Affairs to explain his side of the allegations.

West Interlake budget meeting next week

By Jeff Ward

More than two months after the deadline to have municipal budgets approved, the RM of West Interlake is nearing the final hours of their second extension.

council available to discuss the 2015 financial plan of the newly amalgamated RM.

"If you have questions or concerns, this is the chance to voice those to the whole council," said reeve of the RM of West Interlake Randy Helgason.

The RM of West Interlake missed the

May 31 deadline and has since been granted two extensions. The new deadline is July 31, and Helgason believes that there won't be anything that will make them miss this one.

"I'm confident that we'll have this one finalized by the end of that week. There shouldn't be anything holding us back from that."

Helgason also mentioned that both the Local Urban District (LUD) of Ashern and Ward 1 will see slight increases in their taxes. Ward 2 will see a slight decrease in their taxes in 2015.

Interim CAO Dale Lyle will be in attendance and will go through the 2015 budget before opening the floor for a question period. All councillors and the three members of the LUD will be in attendance.

If you'd like to see a copy of the 2015 budget, you can go to either the Eriksdale or Ashern RM office and get a copy for \$2.

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"I'M CONFIDENT THAT WE'LL HAVE THIS ONE FINALIZED BY THE END OF THAT WEEK."

Correction

In the July 16 issue of the *Express Weekly News*, the article titled "Commercial fishers not being paid on overweight totes" contained an incorrect quote from Diane Carlson.

"My husband figured that for his summer quota on 14,000 pounds, he

was probably losing 1,100 or 1,200 pounds due to the shrinkage practice."

The quote should have said \$1,100 or \$1,200, not pounds.

The *Express* apologizes for any confusion this may have caused.

Golfing FORE! the Cure

By Marney Blunt

The beautiful, hot and sunny weather has made the past few weeks a great time to head for the golf course, and last week 116 golfers clad in pink were putting on the greens of the Sandy Hook Golf Club for a good cause.

On Friday, July 10, the Sandy Hook Golf Club hosted the third Golf Fore the Cure event to raise funds for the Canadian Cancer Society. It's safe to say the event was a huge success, as it raised a record of \$21,028 for the Canadian Cancer Society, making the total contribution of the past three Golf Fore the Cure events at \$49,133.

Organizers are overwhelmed at how successful this year's event was.

"It's beyond what I ever thought," said Glenda Edwardsen, the event co-ordinator for Golf Fore the Cure. Edwardsen said that the first event in 2011 raised just over \$13,000 and the second event in 2013 raised just over \$14,000. So this year's fundraising amount came as a pleasant surprise.

"I was kind of thinking \$18,000. I never dreamed that it would be over \$21,000," she said.

The Golf Fore the Cure event was created in partnership with Golf Canada and the Canadian Cancer Society to drive women's participation in the sport and to raise money and awareness around breast cancer.

Edwardsen says the event also ran extremely smoothly thanks to a collaborative effort.

"We had different hole sponsors at every hole, and these hole sponsors are either corporate or they're a group of friends and neighbours getting together and sponsoring a hole. They decided their own prize and their own challenge and they looked after everything, so it was wonderful," she said.

The event raised funds through pledges and a silent auction. The Sandy Hook Golf Club also subsidized the meal so that \$20 from every golfer went to Golf Fore the Cure.

The money will go towards research and programming with the Canadian Cancer Society. Edwardsen says she chose to have the funds stay in Manitoba.

"So I have it designated to stay in Manitoba and it helps fund patient services," said Edwardsen. "It



EXPRESS PHOTOS SUBMITTED

Dressed in pink, 116 golfers hit the greens for the Golf Fore the Cure event in Sandy Hook.



Dressed in pink and ready to golf, (left to right) Jane Middlehurst, Mary Lynn Brooks, Sonja Zahariuk and Kathy Richardson.



(Left to right) Susan Goodall, Val Mulder, Linda Hickey and Walter Hickey enjoy a sunny day of Golfing Fore the Cure.

helps increase awareness for early detection and it also funds the Canadian Cancer Society projects here in Manitoba. Things like the mobile unit goes through Manitoba."

Edwardsen also says that she couldn't be more grateful for the support the community has shown.

"This started out for our friend in 2011, and what's even more important is having our community

working together for this common good," said Edwardsen, who is a 21-year cancer survivor herself.

"For me, organizing this is my way of giving back to what I received as a cancer survivor."

For more information on the Golf Fore the Cure program or the Sandy Hook Golf Club, please visit www.rcgagolfforethecure.com.

> LOCAL HEALTH CARE, FROM PG. 3

where we have a site that has a doctor on call and an available bed."

Getting transferred to another bed in the region is often not the most convenient scenario for families.

"So it's not always great for families. It's hard for them to be so far away. But the flip side of that is we know they're at least getting care. They're in a bed

and they're getting care," said Dowse.

The Interlake-Eastern RHA has put in several requests to Manitoba Health to illustrate the shortage of personal care home beds in the region. "We have made that request to Manitoba Health, and this is where we sit right now in the meantime, not having enough beds for the number of

people who need them," said Dowse.

"We have a fairly long waitlist for the personal care home beds and they don't get transferred from the hospital to their personal care home bed in a timely way, which ends up taking up space for other people coming in who are sick in the hospital. So we have to find that place where we can safely care for them somewhere else in the region."



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> ARNIE WEIDL **Sounds like a fish story**

Welcome back, good buddies. Something told me it was time to go over to Pinawa to find us a fishing story, however, on the way I stopped at the Seven Sisters Hydro Dam to check out its spectacular view. As I walked onto the berm on the up side of the dam, before me was a crew putting together a sting of large yellow plastic tubes. These, I learned, were to be tied to buoys as spillway guards to prevent boaters from being pulled into the spillway.

The crew, it turned out, was made up of our old friends from Dominion Divers, Sean Callewaert of East Selkirk and Winnipeggers Dustin Hildebrand with their diver Sean Kerr. You may remember we did articles on them as they searched for zebra mussels on the hull of the research vessel Namao in Gimli Harbour last spring. They said these booms were going to be installed by all Manitoba Hydro Dams.

Later in Pinawa as I pulled up to the boat ramp, two anglers were coming in. After they had loaded their boat onto the trailer, our new friends Alvin Dyck and Rob Klassen of Winnipeg proudly showed me a pail half full of goldeye and mooneye. They laughed, saying they heard goldeye were here and they wanted to get some probably for smoking.

I happened to be in Selkirk's Walmart the other day and ran into Tina Breland of Netley, who said that she and her husband, Keith, have been having a lot of fun lately getting great fights from big catfish on the Red north of Selkirk.



EXPRESS PHOTO BY ARNIE WEIDL
Rob Klassen (left) and Alvin Dyck (right) with some mooneye and goldeye they caught at Pinawa.

I can never get past the Johnson's fruit stand on Highway 8 just inside Winnipeg's Perimeter Highway. Their produce is so good. When I stopped by there last week, Liza Johnson excitedly told me her nephew Dorian had caught a 39 3/4" jack at Trout Lake north of Kenora. Thing is, Dorian is only seven years old! Curtis Johnson, Liza's dad, told how little Dorian, whose arms became tired during the fight, refused to give up and landed that fish. Dorian's non-stop retelling of his catch gave flavour to the family's enjoyment of the northern as part of the evening's meal!

I was talking to Brian Sigurdson who has the garage in Lundar, and he mentioned something that caught my attention. He said that when he and

his dad, Hal, go up to Anama Bay for pickerel, they use pieces of beef heart meat as bait. Good to know. Thanks, Brian.

See you next week. Bye.

The Reel Story, a follow up from Arnie's fishing story from last week
Submitted by Tracey MacDonald

On a recent fishing adventure at Lake Manitoba narrows, we were approaching the dock on my friend's pontoon boat. A man called out from shore, "Hey, do you guys want to be in the newspaper?" All on board (self, my boyfriend, my two grandchildren, my boyfriend's sister and her significant other) looked at each and kinda shrugged our shoulders. "OK," someone replied. The reporter approached us as we docked. He took our names and asked if we had any interesting fishing stories. "Gosh, how much time do you have?" I responded. He asked a few questions, took a few names and, sure enough, our story was in his column in the *Selkirk Record* July 9. However, I feel he missed a few important details, and for me, here is the reel story.

I personally have been fishing since I can remember. It is a true passion and I come from a long line of fisher people. One of my favourite pictures of my grandmother is where she is holding up her line and she has not one, but two rainbow trout. She was fishing in a "crick" in southern Alberta, a favourite pastime of hers, even at her advanced age.

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Dialysis patients' concerns heard by health minister

By Marney Blunt

Members of Interlake families that have been driving their loved ones into Seven Oaks Hospital in Winnipeg three times a week for dialysis treatments are continuing to push for a change.

Several families find the drive a time-consuming and frustrating task, especially when there is a relatively new multi-million dollar renal health dialysis unit at the Gimli Community Health Centre that isn't running at capacity.

On July 6, members of three impacted families from the Interlake met with Sharon Blady, the Minister of Health, Healthy Living and Seniors and representatives from the Manitoba Renal Program, to have their voices heard and ask questions they want answers to.

Although their questions and concerns were heard and acknowledged, the family members didn't necessarily leave the meeting with the answers they had been hoping for.

"The questions weren't exactly answered. They did say that they would be considering looking at Gimli in the short term," said Loretta Martin, one of the family members who met with the minister. Martin says she asked them to define what "short-term" meant.

"They really couldn't give an answer there. They didn't provide an answer to that or any sense of timing."

Since May, Martin has been taking turns with her siblings to drive their father from north of Arborg to Seven Oaks Hospital in Winnipeg three times a week for dialysis treatments. The trek usually averages around 10 hours a day and involves booking time off work for some. The Chudd family has also been driving from Gimli to Winnipeg three times a week since March, and the Hatt family has been going in from Gimli since December 2014 for the same reason. All three families have been pushing for action on the issue and met with the health minister on July 6.

"(The meeting) was satisfactory in that I do believe that they listened and they got the bigger picture from families affected by dialysis," said Martin. "So it was satisfactory in the sense that they took the time to listen to us. No satisfaction yet as to what the solutions will be because we were not provided with any of those."

The family members also questioned the health minister on why there is so much focus on opening more beds in Selkirk when the Gimli dialysis unit has a waiting list and is currently not running at capacity.

"The answer was basically that they

reviewed locations of the patients and that's how they arrived at that determination. But I think one of the most important things that we brought up was why would someone have to drive to Selkirk because they are going to put all the beds there as opposed to opening more of the beds in Gimli and staffing it so that they can run it at capacity?" Said Martin.

"You don't expect to have all the services in a small town, but the expectation is more that they do the driving when the reverse could also happen. There's no reason why someone from Selkirk couldn't drive to Gimli."

The family members also pointed out that further research on individual family situations needs to be done when determining where more beds should be opened for dialysis treatments. Martin says more facts need to be taken into consideration when making that assessment.

"They're making decisions just based on what they see in a medical file, (including) address, postal code etc. of the patients. But we did ask if they look deeper into the family situations in making these determinations, (and) they acknowledged that no, they don't look into the broader family sit-

uations of the patients," said Martin, noting that some patients don't have the family support that will drive them to their appointments three times a week.

"So we put a more human side forward and they seemed to get that, that you can't just look at pushpins in a map because not all situations are equal, and that they had to go a little further into the research when determining how many and what capacity that beds needed to be opened up for."

Martin said the renal health department would be reviewing the families' questions and concerns and would be in touch with the families to let them know what the next steps were.

"They have not been in contact yet. I'll give them a couple of weeks and then I'll follow up and go ask them where they're at," she said.

Martin also pointed out that another issue with dialysis treatments is that it's not a short-term process. Although her father has recently begun home-dialysis treatments, Martin says that it is likely that the home dialysis treatments won't last and her father will have to drive into the hospital again.

"This is a lifetime. It's an indefinite period and it doesn't stop," said Martin, who added that she asked her father if he wanted her to keep pushing for this after he started home dialysis treatments.

"He wants us to keep pushing for this for the next person who needs it."

"THIS IS A LIFETIME. IT'S AN INDEFINITE PERIOD AND IT DOESN'T STOP."

letters

Letters to the Editor: letters@expressweeklynews.ca

Happy days in West Interlake

Dear Editor,

Hooray! The elusive public hearing for the RM of West Interlake's 2015 Financial Plan takes place on July 28 in Eriksdale and none too soon, with only five months left in the year.

And to top that off, we only have to pay \$2 to get our own copy of the plan from either RM office! What a bargain for us all, considering we've already paid taxes for the labour, printer, paper and ink to produce the plan. Our council must be running a for-profit business, but I thought we were flush with cash.

Just so everyone knows, a digital copy of the 2015 plan can be had for nary a penny on both the Siglunes and Eriksdale RM websites. I was too cheap to spend \$2, so I printed a copy of the plan from the RM of Siglunes website.

Enough of the rip-roaring celebrations. Let's get down to the nitty-gritty of the 2015 Plan.

My first impression is that an eight-year-old child produced the first page (summary of revenue and expenditures). Actually, I apologize to all eight-year-olds; none would be so foolish to publish a document like this.

As a primer, the 2015 Plan contains the 2014 budgeted and actual dollar amounts followed by the 2015 budgeted amounts.

Regarding the 2014 budgeted and actual amounts, since when does a sub-total for \$3,000,000 in tax levies equal \$54.73? Since when did \$1,400,000 get budgeted for Conservation Wildlife management? How did \$2,600,000 budgeted for Rural Housing turn into an actual spent

amount of \$43.12? Neither of those accounts appeared in the Siglunes 2014 Financial Plan, yet this plan would have us believe that to be true.

There are too many problems on the first page to list. Obviously, our tax dollars are wasted when such drivel is produced. One cannot begin to figure out what the actual dollar values for 2014 are. And the plan doesn't even come close to explaining the approximately minus \$3,900,000 cash on hand at the end of 2014 for Siglunes.

Moving on, more than \$70,000 was spent on legal fees in Siglunes last year and \$90,000 is budgeted this year, with \$50,000 to be paid by Ward 2 (Siglunes). Wowsy wow, did we hire F. Lee Bailey?

As for the remainder of the plan, maybe you should read it for yourself. By the way, if you can figure out Page 1, please let me know.

I suspect that by the time you read

this, the RM might actually correct the atrocities I discovered; then again, will they decide to wait until the hearing to give us the real numbers? In either case, will they charge people another \$2 for an updated version of the plan? They should; heaven knows the RM needs the money.

On a more decidedly positive note, the West Interlake Citizens Group managed to obtain 755 signatures on a petition that asks the Municipal Board to dissolve the RM. I found the documents they submitted to the Board at www.wicg.ca.

Reeve Helgason is against the dissolution. In my opinion, the petition represents a resounding vote of non-confidence in the reeve. Maybe it's time for him to resign.

Sincerely,
G. Henry (Gene) Holowchak

Family witnesses tornado touch down near Winnipeg Beach

By Lindsey Enns

A family vacationing near Matlock witnessed quite a show over the weekend when a tornado touched down on land before dipping into Lake Winnipeg.

Andi Johnson from Calgary, Alta., and her five children were staying at Johnson's grandfather's cottage on Saturday when they saw the tornado enter the waters of Lake Winnipeg.

"It looked like a tornado was forming and then it touched down and everybody started freaking out," Johnson said during a telephone interview from Calgary on Sunday afternoon. "We all just ran out, reached the shore, and it was kind of cool."

"It was far enough away that we weren't really terrified."

Environment Canada confirmed a tornado touched down near Winnipeg Beach and Highway 8 around 1 p.m. on Saturday. James Cummine, a meteorologist with Environment Canada, said it formed on land between Highway 8 and the south end of Lake Winnipeg where it could be seen from Gimli and Matlock. As of Sunday afternoon, there were no reports of any damages related to it, he said.

"It moved out over the water pretty quickly and then probably spent the next 20 to 30 minutes over the water as the waterspout," Cummine said.

At one point, Johnson said it looked

"IT LOOKED LIKE A TORNADO WAS FORMING AND THEN IT TOUCHED DOWN AND EVERYBODY STARTED FREAKING OUT."

like there were two tornadoes in the water.

"Although it was one thunderstorm cell ... there was actually two different funnels touching the ground," Cummine said. "It was a kind of day that you did expect funnel clouds to form with the thunderstorm so there was a funnel cloud advisory out."

Reports of funnel clouds in the sky near Winnipeg, the Interlake and Whiteshell areas were made early Saturday afternoon.

Environment Canada also briefly issued tornado warnings for St. Clements, Grand Beach, Winnipeg Beach, St. Andrews, Selkirk, Gimli, Stonewall, Woodlands, Eriksdale and surrounding areas.

Cummine said overall it's been a normal summer weather-wise across Manitoba.

He added since more people are



EXPRESS PHOTO BY ANDI JOHNSON

Andi Johnson and her family were visiting with family and friends near Matlock when they saw a tornado enter the waters of Lake Winnipeg.

taking to social media to post their weather pictures online, they are able to confirm tornadoes such as this one more often.

"Now you have photographic evidence," he said.

Johnson said although the tornado was far enough away from where she and her family were standing, it was

still a pretty scary experience. Her family has spent summers in the Winnipeg and Dunnatour area for the past 30 years and has never witnessed anything like this, she said.

"In a situation where it's kind of scary, staying calm is the best thing you can do."

> ARNIE WEIDL, FROM PG. 6

Some of my favourite childhood memories involve my father and I on a lake somewhere. At the time, we lived in Northern Alberta and the fishing was incredible! I was the youngest of five and it seems I was the only one who had a true love for fishing, and my father and I spent countless hours on or near the water. My father taught me "how" to fish and the passion followed. Quality time with my father away from the chaos of home life — those times were priceless! As a hyperactive kid (and adult), fishing is one of the few things I can do for hours and hours and truly relax. I always think of the good memories of my father as I try to reel in the "next big one." As my fishing friend Sue recently commented, "It's your happy place."

Over the years, I taught my four kids to fish. They all did well and we spend many hours on a shore somewhere in Manitoba hanging out and making new memories. It is not quite the same without a boat, and for me, I was not in a position to make the investment. Sadly there never seemed to be enough time or resources to really make it a big part of our life.

Flash forward to today. My grandchildren are now four and nine, and I decided this was the year to get them out on the water. In September, I happened to meet a true outdoorsman and together we planned several fishing trips. We included not one but two fishing trips this June to

introduce my grandkids to a passion we share. The first one involved taking my granddaughter out and testing her on the waters. Turns out she is a natural. She absorbed everything taught. She was confident, independent and very skilled. On the Sunday, she lost a master bass right at the boat and she now has the "big one that got away" story — a true fisher person! Two short weeks later, we took her and her little brother to be part of my boyfriend's family fishing week at the Narrows. When we picked up my grandson, he greeted us with "who is ready to catch some masters?" We spent the next four days "fishing," which by definition is the activity of catching fish, either for food or as a sport. Did we catch fish? You bet we did, many! Did a master get caught? You know it! Did we eat any of our haul? Absolutely! Did I get bit by a snake as reported? I have the marks to prove it! What is a fishing trip without at least one crazy story?

But truly, what did we do? We spent time laughing, learning more about each other and making some incredible memories. Call it what you want; I call it the best quality time you can have with all ages in today's overwhelming busy world in which we try to exist. And while my father is no longer on this Earth, I know he was there in spirit. His teachings live on in me and will in future generations. And that is the reel story!

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Beekeeper creating a buzz in the Interlake

'Bee beard' aims to promote that bees are nothing to be scared of

By Marney Blunt

Rod Ortega is creating quite the buzz in Fisher Branch.

And it isn't just the sound of the 5,000 honeybees he keeps in his backyard.

The 63-year-old Fisher Branch resident is no stranger when it comes to handling bees, having worked with the insects for honey production and breeding since he was 25 years old. Beekeeping has taken Ortega all over the world, as he has worked with honeybees in Saudi Arabia, England and he was also a beekeeping instructor at the University of the Philippines.

"I like honeybees, second to my wife. I love my wife, but I love honeybees too," he joked, just a few minutes before his face was covered with honeybees to make a "bee beard."

One of Ortega's goals is to reduce "apiophobia," or the fear of bees, especially with a decreasing honeybee population due to pesticides and harsh winters. Ortega wants to educate the public on how important bees are to agriculture and show people that honeybees aren't something to be scared of when you see one go buzzing by.

"A lot of people, almost all people, have apiophobia, which is the scientific term of the fear of honeybees," said Ortega.

"So I would like to convey every time I was teaching university that the honeybee is very friendly if we know how to handle them. It's like people; if you're friendly, they are friendly to you."

Ortega intends to reduce apiophobia with his bee beard, where thousands of bees land on his face resembling a beard.

"If you are familiar with the behaviour of bees, even you can do this," said Ortega, noting that you should be sure that you are not allergic to bees before trying. "You should have no allergy and you can't be nervous. That's when bees will attack you. If you're nervous, you're (shaking). It's like a dog; the dog knows that you are nervous. But if you're not afraid, they will be calm. That's the same with honeybees."

Ortega forms a bee beard by placing the queen bee under his chin. Wherever the queen bee goes, the workers will follow.

"In one colony, there is only one queen. If the queen flies, the workers will follow. If you get a queen, the workers will follow. If you put the queen under your chin, the bees will follow. That's the bee beard," explained Ortega.

Ortega says in Manitoba, honeybee keepers are few and far between in comparison to people who keep cutter bees.

"Not only in Manitoba, but in all of Canada, it's very difficult to find a local beekeeper," he said.

"A lot of people work with cutter bees because they don't bite too much and their stings don't cause allergies or swelling. But for honeybee, a lot of people don't want to be involved with this kind of job."

Ortega says bees are a vital part of the agriculture industry as they are the main factor in crop pollination and are the main player in almost 87 per cent of world food production, he says.

"Nothing would be produced without pollination. Pollination is very significant in our agriculture community and ecology too," said Ortega.

"That is the message we should convey to the people."



EXPRESS PHOTO BY MARNEY BLUNT
Rod Ortega demonstrates his "bee beard," which he hopes will reduce the public's fear of bees.

Pauline Johnson Library celebrates 20 years

By Jeff Ward

The Pauline Johnson Library will be hosting its annual Walk-A-Thon barbecue fundraiser tomorrow, July 24 from 10 a.m. until 2 p.m. to celebrate the library's 20th anniversary. The Walk-A-Thon has kids from Lundar and area collecting donations and then walking through town in support of the library.

"Fundraising is very important for us. It helps the library stay open," said Laurie Arnason, the head librarian.

"We do this fundraiser every year, but this year being our 20th anniversary makes it more special. We hope to see more people come out and celebrate with us."

It's been two decades since the committee was formed to create the Pauline Johnson Library, and it likely wouldn't have been possible without the contribution of former Lundar resident Don Johnson. Don Johnson was a student of Pauline, who taught in Lundar for many years before retiring in 1961. Don decided there was no better way to honour

his great teacher, and a woman who had given her entire working career to education, than to create a new public library in her name.

The library has more than 12,000 books, not including e-books, which are available through their website www.mlpj.mb.ca, and nearly 50 per cent of those books are checked out annually. The library also helps support students from Lundar School by providing books for projects when the school doesn't have enough for each class.

Keeping the doors open and the lights on is what the fundraiser is all about.

This year, there will be a twist to the silent auction. Prizes will be boxes of locally baked goods donated by members of the community.

Pauline Johnson passed away in 2000. She lived to be 105 years old.

"WE DO THIS FUNDRAISER EVERY YEAR, BUT THIS YEAR BEING OUR 20TH ANNIVERSARY MAKES IT MORE SPECIAL."



EXPRESS PHOTO SUBMITTED
A picture of Pauline Johnson and Don Johnson hangs in the Pauline Johnson Library commemorating the special bond between teacher and student.



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FESTIVAL EVENTS

Fri, July 31 - Mon, Aug 3

Friday,

July 31, 2015

MPI Fris-Nok Tournament
Registration - Gimli Park (North Side)

1:00 PM

MTS Viking Village - Harbour Park Hill - until 5:00 PM

5:00 PM

Wonder Shows Midway and Rides - Gimli Park

7:00 PM

Art Display "Freyja" by Bryndis Arnardottir - The New Iceland Heritage Museum

7:00 PM

Volunteer Meeting - Attend if you would like to volunteer on the weekend - Gimli Park Pavilion

7:30 PM

Diageo Gimli Sigur Rock - Gimli Park Main Stage

Saturday,

August 1, 2015

8:00 AM

Pancake Breakfast - New Horizons Center

8:30 AM

Beach Volleyball Icelandic Tournament Check In - Gimli Beach North

9:00 AM

Beach Volleyball Icelandic Tournament - Gimli Beach North

9:30 AM

Noventis Credit Union Sandcastle registration

10:00 AM

Art Display "Freyja" by Bryndis Arnardottir - The New Iceland Heritage Museum

10:00 AM

Free Zumba Class - Viking Statue

10:00 AM

Craft Vendors - Harbour Area and First Avenue South - until 6:00 PM

10:00 AM

Noventis Credit Union Sandcastle Contest - Gimli Beach North

10:30 AM

Pole Vault Competition

10:30 AM

Shot Put Registration - Gimli Beach North

11:00 AM

MTS Viking Village - Harbour Park Hill - until 5:00 PM

11:00 AM

Shot Put Competition - Gimli Beach North

12:00 PM

Wondershows Midway and Rides - Gimli Park

1:00 PM

125 Islandingadagurinn Legacy Project Info

Session - Johnson Hall

2:00 PM

BIG GAMES - Gimli Park Main Stage

3:00 PM

"Get Dinged" - Lakeview Hotel and Resort, Wave Patio

3:00 PM

Children's Entertainment - Gimli Park Main Stage

3:00 PM

MTS Viking Village Warfare Tactics and Demonstration - Harbour Park Hill

6:00 PM

Sobeys Gimli Saturday Night at the Park - Gimli Park Main Stage

7:30 PM

Pharmasave Music on the Rooftop - Johnson Hall, Gimli Waterfront Centre

10:30 PM

Fireworks - Check Back For Rain Information

Sunday,

August 2, 2015

6:00 AM

23rd Annual Jan's Memorial One Mile Fun Run - Gimli Park Pavilion

8:00 AM

10 Mile Road Race - From Winnipeg Beach Park to Gimli Park

8:00 AM

Pancake Breakfast - New Horizons

8:30 AM

1 Mile Road Race and Family Fun Run - Gimli Park Pavilion

10:00 AM

Amma's Kitchen - Gimli Park Pavilion

10:00 AM

Free Zumba Class - Viking Statue

10:00 AM

Craft Vendors - Harbour Area and First Avenue South - until 5:00 PM

10:00 AM

CIBC Icelandic Culture & Heritage Pavilion - Gimli Park Pavilion

11:00 AM

MTS Viking Village - Harbour Park Hill - until 5:00 PM

12:00 PM

Manitoba Hydro Music and Poetry In The Park - Gimli Park Main Stage

12:00 PM

Wonder Shows Midway and Rides - Gimli Park

1:00 PM

Fine Art Show - George Johnson Middle School, 53-Third Avenue

1:30 PM

MPI Fris-Nok Tournament - Gimli Park (North Side)

2:00 PM

Manitoba Hydro Music and Poetry in the Park - Gimli Park Main Stage

3:00 PM

MTS Viking Village Warfare Tactics and Demonstration - Harbour Park Hill

6:00 PM

Alternative Folk Festival - Gimli Park Main Stage

Monday,

August 3, 2015

8:00 AM

Pancake Breakfast - New Horizons Center

9:00 AM

Parade Registration - Gimli Rec Centre Parking Lot

9:00 AM

Gerry Gordon's Mazda McMahon Mile Registration - Sobeys' Parking Lot

10:00 AM

Craft Vendors - Gimli Pavilion Park - until 5:00 PM

10:00 AM

McMahon Mile Run

10:00 AM

Parade

12:00 PM

Fine Arts Show - George Johnson Middle School, 53-Third Avenue

12:00 PM

CIBC Icelandic Culture & Heritage Pavilion - Gimli Park Pavilion

12:00 PM

MTS Viking Village - Harbour Park Hill - until 4:30 PM

12:00 PM

Amma's Kitchen - Gimli Park Pavilion

12:00 PM

Wonder Shows Midway and Rides - Gimli Park

12:30 PM

Family Sports - Gimli Park

1:00 PM

Scholarship Announcement - Gimli Park Stage

1:00 PM

Holanes Church Choir - Gimli Park Main Stage

1:30 PM

Islandingadraw Winner Announcement - **** 1:45 PM **** Gimli Park Main Stage

2:00 PM

Traditional Program - Gimli Park Main Stage

3:00 PM

MTS Viking Village Warfare Tactics and Demonstration - Harbour Park Hill

3:00 PM

MTS Viking Village Warfare Tactics and Demonstration - Harbour Park Hill

Download the

Islandingadagurinn App to keep updated on events!

Any events previously scheduled for the Lakeshore Free Stage will now be held in Gimli Park.

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Boardwalk Days bring hundreds to Winnipeg Beach for three-day event



EXPRESS PHOTOS BY LIAM MCKINNON AND LINDSEY ENNS

Hundreds packed Winnipeg Beach for the town's annual Boardwalk Days festival on Saturday night for an evening of games, midway rides and fireworks. The annual three-day summer festival kicked off on Friday evening and included a parade, live music, an outdoor craft and vendor sales, bingo and a pancake breakfast before events wrapped up Sunday evening.

Enjoy your weekend of celebrating family, friends, and Icelandic heritage and culture at the 126th annual Islendingadagurinn!

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Here's just a peek at some of the products in our store... Come by to find out what your pets want!

Reptiles: The store sells live food such as cricket, mealworms and superworms. There are also frozen rodents for snakes. Food for lizards, snakes, and turtles are available.

Bird: A variety of bird seed available for your pet birds and the wild birds outside.

Fish: Fish food for all types of fresh water fish, including pond fish can be found here. Assortment of water treatment, gravel, decorations, and plants are available.

Small Animal: Products available for rats, mice, gerbils, hamsters, rabbits, guinea pigs, chinchillas, and ferrets can be purchased here.

Cat: the cat department offers food, treats, litter and accessories, scratch pads, toys and accessories. A variety of supplements and aids are also available.

Dog: being the largest department in the store, you can find a product for all of you dog's needs. We have a large selection of food and treats. There are chews, collars and leashes, bones, toys, sweaters, socks, boots, and even life jackets. The store's main products lines include Kong, Rogz, Flossy, Jones, Zukes, Fruitables, Tropiclean. Supplements and Aids for your dog also available, from anti-lick products to arthritis and omega supplements.

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Eriksdale business expanding space and service



EXPRESS PHOTO BY JEFF WARD

Healing in Style owner Lisa Sobry (cutting hair) is excited for her business to expand, allowing her to offer more services in the same relaxing environment customers have come to know and love.

By Jeff Ward

After less than one year in business, Lisa Sobry, owner of Healing In Style, is expanding her business to accommodate her growing clientele.

Sobry will be taking the old Shooters Driving Range building in Winnipeg and will transport it to a new foundation in Eriksdale. The new building is three times the size of her current one and that space is sorely needed after the explosion of her business after opening July 12 of last year.

"The response from the community has just been fantastic, better than I could've ever hoped," said an excited Sobry.

"I've got some minor construction to do on it, but I've got my boyfriend doing most of the work. My business will be open full time during the renovations, and the transition will be seamless."

A main factor in deciding to expand into a larger space came when Sobry had a full-time esthetician working in the shop with her back in September of last year. The cramped working conditions made it immediately apparent that she was going to have to find a larger space.

The new space is around 1,300 square feet and will have double the hairdressing stations, separate rooms

for the tanning bed and the massage table, as well as a brand new section for getting your nails done.

"A lot of the older clientele has trouble getting in and out of our big pedicure chairs, but now we have plenty of space for them so that won't be a problem. Most of the work will be just hooking up the plumbing. I am going to say Sept. 1 for our opening day, but it depends on how the building holds up during the trip," said Sobry.

It's an exciting moment for the business owner who, only just a year ago, was opening her business for the first time. Sobry says that without the incredible support from the Eriksdale community, she wouldn't be where she is today.

"I'm so grateful for the way I've been accepted into the community. Thank you all so much."

Sobry credits the residents of Eriksdale for believing in her and her business. She said that she was surprised by how spiritual the community is and how open they are to some of her services like angel card readings and spirit and life activations.

Sobry will be hosting a grand re-opening with fantastic deals and will be drawing for an iPad to help celebrate the expansion of her business.

Furry friends bring smiles to Fisher Branch seniors



Fisher Branch Personal Care Home residents had a surprise visit from some furry friends July 15. Jim and Vernetta of McFinn Acres brought several of their pets to the home, including a miniature donkey, goats, horses, rabbits, dogs and kittens. The residents enjoyed hanging out with our miniature donkey "Boomer"; "Red," a Redbone Coonhound puppy; five- to six-week old kittens and pet goat "Gooper." "To see all the smiles and to hear all the farm memories was amazing," said Vernetta. Pictured above, John Kuryk visits with Boomer.



EXPRESS PHOTOS BY VERNETTE MCINTOSH
Red, the Redbone Coonhound puppy, is very happy cuddling with Caroline Drought while Jim McIntosh and Gooper the goat look on.

Winnipeg Beach changing the way they navigate

By Marney Blunt

The Town of Winnipeg Beach is embracing the digital age with the launch of their new website, WinnipegBeach.ca.

"We wanted a site that was easier to navigate and find information," said Winnipeg Beach Coun. Pat Green in an email to the *Express*.

Green was a push behind the updated technology for the town.

"Feedback on our old site was mixed with many users telling us it was hard to find what they were looking for. We listened, agreed and made a change."

The new website, developed by all-net.ca, replaced the conventional menu bar-style website to a tiled design that is for compatible with today's various electronic devices.

"The new site doesn't rely on lists to

categorize information (like the old site did)," noted Green.

"It's also mobile-friendly, which is important in today's world. Some of the behind-the-scenes enhancements makes it easier for our staff to add pictures and manage content, which will help us keep the site current and relevant."

Green also says that with the fast pace of today's constantly changing technology, this was a good move for town's tourism.

"The ever-increasing use of technology makes it imperative to have a good web presence, especially in a small resort community such as ours," she said, admitting that the website

Continued on page 14



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<u>THU JUL 23</u>	Labyrinth
<u>FRI JUL 24</u>	Monty Python and the Holy Grail
<u>FRI JUL 24</u>	Alien (Late Night Feature)
<u>SAT JUL 25</u>	Jurassic Park
<u>SUN JUL 26</u>	Dr. Strangelove

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Watching the Interlake through the camera lens

Photographer enjoys looking back on his work from the Interlake

By Marney Blunt

It's fairly safe to say that Ric Hornsby is a bit of a wizard behind the camera.

Especially if a beautiful bird, squirrel, deer or stunning scenery is on the other side of the lens.

Having grown up surrounded by nature, Hornsby found that becoming a professional nature and wildlife photographer seemed like the perfect fit.

"I was raised by spending a lot of time out in nature. For example, my grandfather was the head partner for Riding Mountain National Park, so I always had a lot of nature in my life," said Hornsby.

"I used to ride around with him during summer school breaks and spend the day out in Riding Mountain Park."

Hornsby also had a family cottage in Grand Marais where he also engaged in nature.

More recently, Hornsby spent several years at his cottage in Arnes, where he spent much of his time snapping photos of the local Interlake wildlife, stunning sunsets and storms over Lake Winnipeg.

"I did a fair amount of photography in the Interlake but in a more confined way than most people in that I don't

go off stomping through the woods in pursuit of whatever is out there. I have a lot of wildlife come to me," said Hornsby.

Hornsby says he got a lot of wildlife to come to him through leaving food out, particularly the birds.

"There's a technique called successive approximation, where you simply put the food out and put the food closer to you and it leads the animals right to you," said Hornsby, who said he did it with most forms of wildlife except for the deer.

"I was never really big on feeding the deer but I do have a number of bird feeders beside my deck."

Hornsby lived in Arnes for six years until moving to Winnipeg last fall. While a diagnosis of complex regional pain syndrome (CRPS) has limited the amount of photography he does, Hornsby says he still finds much pleasure in looking through his photography from his time in the Interlake.

"There's the technical side of it. I've got tens of thousands of ailments (but) I sit here and look through my photos. I shoot everything in raw format, so there has to be some post-processing to get it to a point where everybody



EXPRESS PHOTO COURTESY OF RIC HORNSBY

One of Ric Hornsby's stunning photos of an Interlake bluejay.

else can see it," explained Hornsby.

"So I get in there and twist the contrast and the exposure etc. So I enjoy doing that. For example, today I am working on a series of squirrels. It's probably one squirrel that spent a half hour with me that day but I probably got about 60 shots of him. So I have fun with it."

Although living with CRPS limits the amount of photography Hornsby does, since moving to Winnipeg he

still makes an effort to visit the Interlake a few times to show his photos at various craft and trade shows. He also hopes to get up in the Interlake sometime soon again and is considering attending the next Gimli Craft & Trade Show in the fall.

If you're interested in viewing or purchasing Ric Hornsby's photography, visit richornsby.com.

Continued from page 13

Keeping up with the digital era, town updates website navigation

still needs work in terms of updating content.

"But now we have a tool that lets us be creative as well as informative. This is key to any tourism website. We hope to draw viewers in and realize what a great community we have here at Winnipeg Beach."

You can view the new website at www.winnipegbeach.ca.



SCREENSHOT OF WINNIPEGBEACH.CA

The homepage of the recently updated WinnipegBeach.ca. The new website is designed to make it easier for users to navigate and find information.

Rotary Club of Gimli raising funds through Lobsterfest, book sale

Rotarians plan fundraising events throughout the summer

By Marney Blunt

The Rotary Club of Gimli is spending the month of July raising funds for both local and international causes.

The club recently hosted Lobsterfest at the Gimli Recreation Centre, an annual event that has been going strong for approximately 20 years.

This year's Lobsterfest saw 458 people in attendance, which was a perfect turnout, organizers say.

"It was very good," said Ricki Syrota-Hatherly, the president of the Rotary Club of Gimli. "Usually we sell lobster after dinner if people want to take some home. We sell lobster for \$20 after. Last year we only had a few left."

The event also served steak with the full-course meal for those who aren't seafood-crazy.

The band Prairie Crocus provided live entertainment after the dinner.

Although the final total hasn't been determined yet, Syrota-Hatherly says they are hoping to exceed last year's amount.

"We're still in the process of paying out money and bringing in money, but last year we raised about \$17,000 and this year we're hoping it will be more," said Syrota-Hatherly, noting that the Rotary Club of Gimli will use the money to support both local and international causes.

"The majority of the money usually goes back into the community," she said. "But Rotary is international

so we do provide in case of crisis for floods and so on around the world."

The Rotary Club provides tents with kitchen equipment and small stoves for flood and war victims.

"One of Rotary's mandates is to eradicate the polio, so we put money towards that, and we also have schools in Guatemala that we build and provide equipment like desks and things like that," added Syrota-Hatherly.

The Rotary Club of Gimli also supports a variety of local causes, including the lunch programs at Sigurbjorg Stefansson Early School, Dr. George Johnson Middle School, Gimli High School and Winnipeg Beach Early Middle School.

The club also provides medical equipment, such as insulin pumps, for individuals upon request.

"We provide insulin pumps for individuals. We take individual requests and we have a criteria that requests have to meet," said Syrota-Hatherly.

The Rotary Club of Gimli also hosts annual fish fries and barbecues to support the Betel Home Foundation, and they also support the Gimli Ice Festival.

Rotary Club hosts Gigantic Book Sale

The next big fundraising event for the Rotary Club of Gimli will be their annual Gigantic Book Sale coming up



EXPRESS PHOTO SUBMITTED

The Rotary Club of Gimli recently hosted their annual Lobsterfest event at the Gimli Recreation Centre. The event had 458 people in attendance and organizers are hoping to raise over \$17,000.

from July 24 to 26 at the Gimli Recreation Centre.

Guests will be able to donate their old books and also browse through a massive selection of used books.

"Cottagers and people who actually live here come and they trade their books each year, and actually a lot of people look forward to it," said Syrota-Hatherly, adding that last year's book sale raised approximately \$3,000.

Syrota-Hatherly added that the entire arena at the Gimli Recreation Centre is packed with books in several different genres.

"It's all different kinds of genres. There's cookbooks. There's religious books for people who are interested in that. A lot of children's books

come and go very quickly. There's science books. Of course, your romance novels are there too and your fiction and non-fiction. There's all different kinds," she said.

The book sale will run from 4 p.m. to 8 p.m. on Friday, July 24, from 10 a.m. to 4 p.m. on Saturday, July 25 and from 10 a.m. to 2 p.m. on Sunday, July 26.

There is a donation box on Centre Avenue in Gimli near the Super A Foods where people can donate their used books prior to the event.

For more information on the Rotary Club of Gimli's Gigantic Book Sale, call Ron Hall at 1-204-642-8401.

Swimmer's itch found in Lake Manitoba

By Jeff Ward

The appearance of swimmer's itch is a common occurrence almost every year, and this year is no different as the parasite that causes the itch has been confirmed at Twin Lakes Beach.

In a public notice sent out July 10, Manitoba Conservation and Water Stewardship warned of the risk of swimming in the area and advised on what to do to minimize that risk. The case reported was in the Twin Lakes Beach area, just south of St. Laurent, but is likely not isolated to that area.

"Unfortunately there's no laboratory test to see if it's in the water or not, so we can't say for sure that it's only in this area," said David Hay, the acting manager with Manitoba Conservation and Water Stewardship.

"The only way we find out is when a person has symptoms and goes to see their doctor. Once they diagnose, we're sent a report that lets us know. Swimmer's itch is a common thing in lakes around this time of the year, so once we have our first reported case, we send out the advisory."

Swimmer's itch originates from a number of different flatworm parasites that attach onto a host — in this case, a swimmer — to continue their life cycle. Invisible to the naked eye and imperceptible to touch these parasites are what cause

the short-term immune reaction that makes you itch. For the majority of people, it will just be an annoying itch that can last anywhere from three days to just over a week. But for some, the symptoms can be much worse.

In extreme cases, the itching can be so overwhelming that people can scratch through their skin, creating open wounds. Those wounds can bleed and become infected. The itching can also be quite painful for some people as well and large rashes can form around the area.

That's the extreme, of course, and the vast majority of people won't have symptoms that severe.

"Prevention is easy, but it's not 100 per cent effective. Drying off immediately after getting out of the water and showering quickly helps get the parasite off of the skin. Some people have even mentioned that using oil-based sunscreen can be effective as well," explained Hay.

If you get swimmer's itch, you'll know quickly, as the symptoms start within one to two hours of getting out of the water. If you do find yourself itching, see your doctor as soon as possible.

The swimmer's itch advisory will remain in effect for the rest of the summer.

"PREVENTION IS EASY, BUT IT'S NOT 100 PER CENT EFFECTIVE"

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Jones family stay on target in Provincial Championship

By Jeff Ward

Keeping with the family tradition of trapshooting domination, Arborg's Katie Jones took home six trophies over the weekend in the Provincial Trapshooting Championships.

The competition, which took place over three days (July 17-19) at the Winnipeg Trap and Skeet Club, was a test of shooting endurance under less than ideal conditions. Strong wind gusts and intermittent heavy rain kept shooters on their toes as they tried to remain perfect. As is common in trapshooting, one miss could mean the difference between a trophy and going home empty-handed.

"The weather on Sunday was very difficult to shoot in because of the wind," said Katie Jones, who's been shooting since 2009 and won nearly every category she was competing in over the three-day event.

"It was a good weekend overall. I'm really happy about the way I shot in doubles because that's my worst event. I only started shooting doubles this year, so to take home a trophy for that is really exciting."

Jones struggled early in her trapshooting days, like most do. Consistently hitting targets is something that comes with countless hours of practice and repetition. But spurred

on by the sight of her two brothers (Dori and Tiger) and her father, John, winning trophies, Katie was driven to compete.

Knowing that her biggest weakness was hitting the targets that were extreme right or left, Jones' father put a weight on her gun to help from jumping the target.

"I would practise bringing the gun up into the shooting position and then bringing it back down. I would do that over and over. It was kind of like lifting weights and helped when shooting all day in events like these," she said.

The practice has paid off, and the encouragement she's had from the trapshooting community has bolstered her desire to continue shooting in the highly competitive sport. Winning six trophies over the weekend doesn't hurt also. Jones took home an award for 100 16-yard singles in Class B, 50 pair doubles class championship in Class D, Manitoba Singles Championship in Lady 1, 50 pair doubles in Lady 1, 100 handicap targets in the Manitoba Handicap Championship in Lady 1 and also the high overall through events 1-6 in Class B.

Jones' brother Tiger also took home three trophies over the weekend, Manitoba Singles Championship in



EXPRESS PHOTO BY JEFF WARD

Arborg's Katie Jones eyes her target during the Provincial Trapshooting Championship, taking home six trophies for her efforts over the three-day event July 17-19.

junior gold, 50 pair doubles in junior gold and 100 handicap targets in the Manitoba Handicap Championship in junior gold.

Other Interlake notables were Don Law from Lundar who was the Manitoba Singles Champion in Class B, Brian Johnson from Arborg who took home a trophy for 50 pair doubles class championship in Class A, 50 pair dou-

bles in class A and was the runner up for the Manitoba Singles Championship. Lorne Ross, from the Stonewall area, was able to snag three trophies for himself as well, 50 pair doubles class championship in Class C, 50 pair doubles in doubles sub-veteran class, and the 100 handicap targets in the Manitoba Handicap Championship in the sub-veteran class.

Kopp places ninth at junior women's championship

By Brian Bowman

Lexie Kopp placed ninth overall at the Accurate Dorwin Women's Junior Golf Championship, which was held in Winnipeg last week.

Kopp carded rounds of 88, 94, and 86 for a 268 total. She finished 50 over par and was the low net player in the 14-person field.

The Winnipeg Beach product, who attends Gimli High School, had 13 pars and a birdie during the 54-hole event.

Southwood's Veronica Vetesnik won the tournament with a nine-over 227. She fired rounds of 74, 76 and 77. That

was nine strokes better than Glendale's Camryn Roadley (81-75-80) and 15 in front of St. Charles' Brynn Todd (86-75-81).

Rounding out the top five were Niakwa's Rebecca Kuik (84-79-81-244) and Shilo's Bobbi Uhl (85-82-79-246). Selkirk's McKyla Poponick finished seventh with a 254. She shot rounds of 82, 79 and 93.

The Manitoba provincial team members that will compete at the 2015 Junior Girls' Championship Aug. 4-7 at the Deer Park Golf Course in Yorkton, Sask. are Vetesnik, Roadley and Todd.

EXPRESS PHOTO BY JO-ANNE PROCTER

Lexie Kopp from Winnipeg Beach finished ninth at the Women's Junior Golf Championship last week.



sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Red Cross helping teach importance of water safety

By Jeff Ward

During the summer, thousands of people flock to the Interlake to wade into cooling waters of the many great beaches in the area. It's a fun, refreshing experience, but it can also be dangerous.

Each year the Red Cross teams up with the Interlake Swimming Association to provide swimming lessons and water safety tips to help swimmers practise water safety. Lessons take place all over the Interlake including the beaches at Watchorn, Fairford, Lundar, Eriksdale, Ashern and even as far north as Matheson Island. The Long Point Swim Program covers the west Interlake area with lessons July 13-17 and July 20-24. Each week swimmers do a 30-minute lesson in the morning and a 30-minute session in the afternoon.

"Swimming in the lake is much different than swimming in a pool, so it's important people recognize that for their own safety," said Melanie Spalding, the swim co-ordinator for Long Point.

"This program is one of its kind here in Western Canada. We share our instructors with other swimming programs at different lake sites all over the province. The goal is to make sure that everyone is safe while swimming."

The Red Cross supplies the swimming instructors each year who not only give lessons in basic swimming but also prepare swimmers for emergency situations, like the disoriented entry.

The disoriented entry lesson is de-



EXPRESS PHOTO BY CHERYL LAW

Taking their week-long lessons, these swimmers at Long Point Beach gained valuable water safety knowledge that can help save their life in an emergency.

signed to simulate what would happen if you fell off a dock or out of boat. Putting the swimmer upside down in the water and guiding them out of a potentially dangerous situation.

"DON'T SWIM WITH YOUR HEAD UNDER WATER EITHER, BECAUSE EVEN JUST A FEW STROKES AND YOU COULD COMPLETELY OFF COURSE DEPENDING ON WAVE ACTION."

"I grew up on the water, so this is always a concern," said swimming instructor Lynn Kolba.

"When you hit the water, there are two things happening. The

first thing we teach is how to com-

press your body and protect your head. You don't want to be knocked unconscious. The second thing is orienting yourself properly. We tell swimmers to take a minute and see which way the bubbles are going and follow them to the surface."

When jumping in the water on your own accord, it's easy to find the surface because you're aware of which way you went it. But when you're not expecting it and you're bucked out of a boat or slip off the dock, finding the surface can be very difficult. Not only is the cold water a complete system shock, but many lakes are quite murky and even just seeing the sunlight can be difficult.

Once you find the surface, you still need to get yourself out of danger. Treading water on a rough lake can wear out your muscles quickly, especially if the water is cold.

"Once you're on the surface, you've got to pick a marker on the shore and swim towards it, whatever is the closest. Don't swim with your head under water either, because even just a few strokes and you could be completely off course depending on wave action," said Kolba, who's been teaching for 12 years.

Kolba explained that if you find yourself getting tired, lay flat on your back. Float on the surface and kick your legs to make it back to shore. And, of course, it's very important you remember to stay calm.

These are all lessons Kolba hopes you never have to use, but if you find yourself in a situation like a disoriented entry, at least you're prepared.

Each year the Long Point Swimming Program sees an average of 60-90 participants.

Impact improves perfect MMSL record

By Brian Bowman

It is way too early to start talking about a perfect season...but that idea has to be floating around the minds of the Interlake Impact players.

Interlake improved its regular-season record to a perfect 11-0 after yet

another solid effort in a 3-1 victory over the Gunners last Sunday at the Winnipeg Soccer Complex.

Eric Plett, Andrew Harder, and Charlie Howland scored for the Impact. Harder now has 13 goals through 11 games to lead the Manitoba Major

Soccer League's 7th Division.

The Impact now lead their division by 10 points over Grunthal and the North Winnipeg United. Both of those teams have identical 7-2-2 records.

Interlake is back in action this Saturday (1 p.m.) when it battles Azzurri at

the Winnipeg Soccer Complex. Next Thursday, the Impact will be a little closer to home when they play the Arnott Financial Selects at Vince Leah Community Centre in north Winnipeg.

Game time is 7:30 p.m.

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ANNOUNCEMENTS

BRIDAL SHOWER

Debbie Magnusson and Vic Hotel invite you to join us in celebrating the upcoming marriage of our son Daniel Hotel to Darcie Snyder At a Come and Go Jack and Jill Wedding Shower Thursday, August 13 6:30 to 9:00 p.m. Farmers Hall, Gimli As they will be travelling back to Flin Flon, monetary gifts are more than welcome.



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> MEAL IDEAS



Berry Waldorf Salad

Ingredients

- 1 large apple, cored and diced
- 1/2 cup (125 mL) each quartered strawberries and blueberries
- 1/3 cup (75 mL) chopped walnuts or pecans
- 2/3 cup (150 mL) chopped celery
- 1/3 cup (75 mL) raisins or dried cranberries
- 1/2 cup (125 mL) plain 0% Greek yogurt
- 1 tsp (5 mL) each liquid honey and lemon juice
- 1/4 tsp (1 mL) ground cinnamon

Directions

In a large bowl, combine apple, strawberries, blueberries, walnuts, celery and raisins.

In a small bowl, whisk together yogurt, honey, lemon juice and cinnamon. Stir into apple mixture and stir gently to coat. Let stand for 10 minutes before serving.

Tip: If you love cinnamon feel free to increase it to 1/2 tsp (2 mL) in the recipe.

Prep time: 10 min | Cook time: 0 min
Makes: 8 servings
www.heartandstroke.mb.ca



Mexican Pasta Salad

Ingredients

- 3 cups (8 ounces) rotini pasta
- 1 (1.25-ounce) package taco seasoning mix
- 1/2 cup sour cream
- 1/4 cup water
- 1 tablespoon white vinegar
- 1 cup cherry tomato halves
- 1 (4-ounce) can diced green chiles
- 1/2 cup diced green bell pepper
- 1 (2.25-ounce) can sliced ripe olives, drained
- 2 green onions, sliced
- 2 taco shells, coarsely crushed
- 1/2 cup thick & chunky salsa
- 1/2 cup (2 ounces) shredded Cheddar cheese

Preparation

COOK rotini according to package directions (do not overcook); drain. Rinse with cold water until cooled; drain.

STIR together taco seasoning mix, sour cream, water and vinegar in large bowl until blended. Stir in rotini, cherry tomatoes, green chiles, bell pepper, olives and green onions.

MICROWAVE crushed taco shells on HIGH 30 to 45 seconds.

PLACE pasta in serving bowl. Top with salsa, crushed taco shells and cheese just before serving.

Tip: Taste salad before adding toppings. Stir in a little water for creamier texture. Use light or reduced-fat sour cream if preferred.

Makes 8 servings (3/4 cup each)



Ravioli Primavera Salad

Ingredients

- 1 package (9 ounces) Refrigerated Light Four Cheese Ravioli or Refrigerated Whole Wheat Four Cheese Ravioli
- 1 cup halved grape tomatoes (about 1/2 pint)
- 3 scallions, thinly sliced
- 3 medium peeled and diagonally sliced carrots (1/4 inch thick)
- 1/2 cup frozen peas, thawed
- 1/2 pound (fresh or frozen, thawed) peeled and deveined medium shrimp, tails removed, cooked
- 2 tablespoons red wine vinegar
- 2 tablespoons pesto with basil
- 1 clove garlic, finely minced
- 2 tablespoons extra virgin olive oil
- 1/4 teaspoon sea salt
- 1/4 teaspoon freshly ground black pepper
- Fresh baby spinach leaves (optional)

Preparation

PREPARE ravioli according to package directions for 7 to 9 minutes. Drain and rinse quickly with cold water; drain again.

COMBINE ravioli, grape tomatoes, scallions, carrots, peas and shrimp together in a large bowl.

WHISK together red wine vinegar, pesto and garlic. Slowly in a thin stream, whisk in olive oil until dressing is emulsified. Season with salt and pepper. Pour vinaigrette over ravioli mixture. Cover; refrigerate for 30 minutes prior to serving.

SERVE at room temperature over baby spinach leaves.

Makes 6 servings; Serving size: 1 cup



Italian Rotisserie Chicken Salad

Ingredients

- 2 heads romaine lettuce, torn
- 1 ounce basil, shredded
- Salt and pepper
- 1/3 cup croutons
- 1/3 cup Italian vinaigrette dressing
- 2 cups rotisserie chicken, shredded
- 1 cup bocconcini (fresh mozzarella balls)
- 1/2 cup roasted red pepper strips, drained
- 1 cup kalamata or Italian olives (pitted)

Preparation

Toss lettuce with basil, salt, pepper, croutons and most of the dressing in large salad bowl.

Arrange the remaining ingredients across the top of the lettuce in sections. Offer the reserved dressing at the table.

Serves 4

Refine Your Limits Through Stretching!



If you were to compare yourself to a window, would your upward or outward opening motion occur with ease? Or with resistance (a series of well-aimed pushes,

pulls, curses, or perhaps even the jabs of a crowbar to get you moving in the right direction)?

Many individuals (me included) fall short of their goals. They are not focusing enough attention on bringing their minds and bodies into alignment and balance through self-awareness and self-discipline. Observe your cats or dogs. For them, stretching is a natural, comfortable, and easy part of their daily existence. For us, on the other hand, it often feels forced, awkward, or uncomfortable to stretch. Discomfort aside, stretching can be of great benefit to anyone who seeks to redefine their self and their limits.

When my husband and I viewed a computer video of Ballet (at a recent service of our local church, Teulon United), my mind returned to the classes I took with the Royal Contemporary Ballet in Winnipeg at about age six. I could see myself as I was back then (in my black ballet slippers and black bodysuit). I still recollect how to plié and how to move through certain positions with my arms and feet. Ballet offers a great way to develop flexibility and poise, an ability to move in a graceful manner, and helps to improve posture.

Yoga is an excellent type of exercise for extending your range of motion and has a calming and centering effect as well. Some of my nieces (in their twenties) have enjoyed taking Hot Yoga classes. I would obtain information on ways to prepare myself to safely exercise within the heated room. It is always good to get informed through a certified instructor as well as your qualified health professional before beginning any new exercise program.

Pilates is like Yoga except rather than holding each pose in a stationary manner, (as in Yoga), you move through each pose. There is a strong focus on the conditioning of your Core (abdominal muscles). This is also helpful in strengthening your back as these two muscle types are connected.

Five to ten minutes is the recommended time period allotted to limber up/warm up and to cool down the muscles (before and after engaging in physical activity). Whether short or long, your stretching sessions will draw you closer to your dreams!

~Irene Shaw~

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