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**Cheers**

EXPRESS PHOTO BY PATRICIA BARRETT

The Icelandic Festival of Manitoba executive and the Viking Park cabinet committee toasted the municipality of Gimli and the provincial and federal governments for providing \$900,000 for an extension of the park. Guests were treated to champagne and dessert.

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# Travel MB announces local tourism plan and incentive program

By Jules Stevenson

Travel Manitoba announced its plan to help the tourism industry bounce back faster in a press conference on July 27. Their plan is to encourage Manitobans to travel within the province.

"We all know that COVID-19 brought the tourism industry to a virtual standstill in Manitoba and around the world, and its recovery is gonna take some time," said Chuck Davidson, president and CEO of Manitoba Chamber of Commerce.

The press conference officially launched three key initiatives to mark the next stage of rebuilding the tourism industry in accordance with Manitoba's 4-3-2-One Great Summer reopening plan. As long as vaccination uptake continues to rise and COVID-19 remains under control, the province will continue to ease restrictions at the milestone of each long weekend.

"Manitoba is on its way not just to recover but to rebuild and have a thriving tourism industry once again," said Davidson.

The Manitoba Tourism Strategy is a collaboration between the Manitoba government, Manitoba Chamber of Commerce and Travel Manitoba.

It will promote the exploration and discovery of Manitoba through 18 in-

dividual road trip itineraries throughout different parts of the province.

The campaign is also launching a travel incentive program called TRIP (Tourism Rebate Incentive Program). Manitoba residents 18 and up can submit a receipt from an overnight stay at a Manitoba accommodation between July 31 and Aug. 16, 2021, for a rebate of up to \$100 on a hotel stay or \$150 for a prearranged stay and play package, said Davidson.

Participants can receive one of the following three rebates: (1) Up to \$100 rebate on a minimum one-night stay at a qualifying hotel during the offer period; (2) Up to \$150 rebate on a qualifying package purchase from a qualifying hotel during the offer period; or (3) 50 per cent off the admission at any qualifying attractions.

Colin Ferguson, president and CEO of Travel Manitoba, says that long term, they want to increase visitor spending in Manitoba by 50 per cent to reach \$2.5 billion by 2030.

Short term, the goal of their summer tourism campaign is on local audiences. The campaign encourages Manitobans to take a road trip around the province.

The campaign will only be extended to nearby provinces once it is deemed



PHOTOS SUBMITTED

Manitoba residents can claim a 50 per cent off admission rebate when visiting a number of attractions including Lower Fort Garry, the Canadian Fossil Museum in Morden or the Assiniboine Park Zoo. Visit [TRIPmb.ca](http://TRIPmb.ca) to see the list of 30 attractions.

Continued on page 4





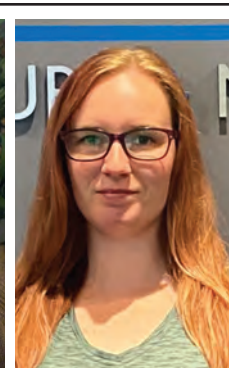

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# Matlock Biodiversity Retreat heals the land and visitors

By Nicole Brownlee

A quiet hideaway tucked in the Matlock community welcomes people to visit on weekends to connect with nature and learn more about horticultural therapy.

Therapist Cheryl Cohan specializes in horticultural therapy, practising on the property, offering group programs, school trips and private sessions. Two years ago, Cohan built a private practice on the land, now known as the Matlock Biodiversity Retreat and Horticultural Therapy Centre.

The biodynamic nature retreat nurtures the land through farming, maintenance and respect for each element of the land.

"It's really sort of an organic, sustainable focus on the land of restoring it to health and wellness and keeping it as a very healthy system," said Cohan.

She used to travel across the province, leading training sessions about trauma-informed care and other therapeutic topics while working at practices in Winnipeg and the Interlake.

The COVID-19 pandemic allowed her to host the training sessions virtually from the comfort of her home at the Matlock Retreat, which sparked her interest to eventually lure the training sessions in-person to her property.

"I decided I really liked it. I'd like to actually keep staying home and doing it and coincidentally I want to also do more horticultural therapy school out of here," said Cohan. "I just like being home and being in Matlock."

Horticultural therapy uses plants and nature to help people heal, learn new skills or maintain their physical abilities. Practices can range from gardening, learning about nature or interacting with plants.

"I'm happy every day with what I do," said Cohan. "I see how helpful and amazing it is for people."

Cohan and her partner Noah Erenberg bought the property over 20 years ago to raise their children and reconnect with the land.

"We found this property just by chance," said Cohan. "It had been a homestead for many years."

The family developed the land to plant thousands of trees, native plants and rejuvenate the natural diversity.

"We're blown away every day," said Cohan.

On July 24, Cohan released daily programs for visitors to join on weekends that include morning yoga taught by Carley Matkowski and ashtanga instructor Barb Wilton, guided nature walks and meditative strolls through



EXPRESS PHOTOS SUBMITTED

The Matlock Retreat features acres of land for people to reconnect with nature through walks, educational tours and several other programs.



Cheryl Cohan leads horticultural therapy sessions at her Matlock Biodiversity Retreat and Horticultural Therapy Centre.

the labyrinth.

Guests can also book to stay in campsites and small cabins on the land.

"People who are here, staying on-site, they kind of get the benefit of it being at a retreat centre," said Cohan.

Monarch Sauddin stayed at the retreat with his wife from July 14 to 16 and said the experience was amazing.

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"It blew me away," said Sauddin. "It felt really, really relaxing, just listening to the birds. ... I want everyone to know about that place."

Eli Chomecki has stayed at the retreat several times and said it is a peaceful place to stay.

"Secluded from any neighbours and a bird watcher's paradise," said Chomecki in a statement. "It's an excellent place to escape and relax. Plus, you couldn't ask for more warm and welcoming hosts than Noah and Cheryl."

To learn more about the Matlock Biodiversity Retreat and Horticultural Therapy Centre, visit [matlockretreat.ca](http://matlockretreat.ca).

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# COVID outbreak over at Arborg Assisted Living facility

By Patricia Barrett

The Interlake-Eastern Regional Health Authority's medical officer of health has declared that the COVID-19 outbreak at the Mary Thorarinson Estates Assisted Living Centre in Arborg is now over, said a spokesperson for the IERHA last Thursday.

The infections had occurred in early July at the facility despite all residents having been fully vaccinated. Authorities did not divulge how many people were infected, whether they were staff or residents and whether a more highly transmissible COVID variant was involved.

The health authority is also requiring proof of COVID-19 vaccination for indoor visits with residents at the region's personal care homes.

"We are checking proof of vaccination status for general visitors who are

entering for indoor visits in personal care homes," said the IERHA spokesperson. "Everyone entering a personal care home will be provided with medical mask to wear while in facility, and visitors are requested to maintain physical distancing and wear a mask while visiting."

All IERHA personal care homes have options for outdoor visits, said the spokesperson, including the outdoor shelters that were set up to facilitate visits during heightened periods of provincial public health restrictions.

"As more people get vaccinated, visitation may become less restricted," said the spokesperson.

The provincial department of Shared Health provides updates about visiting on its website. Visit [sharedhealthmb.ca](https://sharedhealthmb.ca) for more information.



EXPRESS FILE PHOTO BY PATRICIA BARRETT

The Arborg Personal Care Home. Visitors to all IERHA care homes must show proof of being vaccinated against COVID.

## IERHA calls for community members to join strategic committee

By Nicole Brownlee

A new strategy for the Interlake health system highlights the need for community involvement in reaching goals.

The Interlake-Eastern Regional Health Authority released its 2021-2026 strategic plan in July, updating its goals, values and approach to health care in the region.

"We're really proud of the work that we've done collaboratively," said Dr. David Matear, CEO of the IERHA, at a briefing on July 28.

The report consulted over 90 stakeholders, including municipal and provincial representatives, Indigenous leaders and health-care professionals, to acknowledge the service areas the IERHA needed to improve the most.

To oversee these goals, the IERHA has created two groups that will guide the health organization towards improving its services.

The strategic steering committees are responsible for creating strategies to achieve each of the six goals the report highlights. These committees will be made up of board members, regional and provincial health leaders, municipal representatives and community members.

The second group, the Regional Health Advisory Council, will oversee the steering committees to implement their strategies and consult with stakeholders and regional leaders.

"This process maintains an open door for engagement," said Matear.

Local health involvement groups were created after the

2012 decision to reduce the previous 11 RHAs to five to connect with community partners, said the IERHA's 2016-2021 strategic plan. The two LHIG groups in the IERHA will now be part of the advisory council.

"Now they have an opportunity to bring [their ideas] forward to a strategic group that has a responsibility for oversight, for strategy and health system development for the entire region," said Matear.

Several points stressed in the plan include improving the co-ordination between health-care facilities, the accessibility to health care for Indigenous communities and vulnerable populations, and the foundation of community services.

These improvements could alleviate over-reliance on emergency departments for non-urgent needs, support the community to keep people living at home longer and provide better care for rural Manitobans.

"Within five years, our regional residents can expect a stronger, more integrated health-care system," said Matear. "That's kind of the under-

lying theme throughout all of our strategic direction really. By putting these goals into action, our regional health authority will emerge better positioned to meet the health needs of our residents."

The report also acknowledged the current health-care system throughout the province is inefficient because there is a lack of communication between the five regional health authorities. Health service planning done without consideration for other RHAs has led to a duplication of services, confusion and ineffective programs.

The creation of the steering committee and health advisory council may address these shortcomings for the IERHA.

The strategic plan will be reviewed annually to maintain relevance.

If you're interested in participating in the strategic steering committee, email [info@ierha.ca](mailto:info@ierha.ca) or phone 1-855-347-8500 for more information. To access the IERHA's 2021-2026 strategic plan, visit [ierha.ca](https://ierha.ca).

### > TRAVEL MB, FROM PG. 2

safe. Ferguson said the objectives of the campaign are to increase awareness with Manitobans about attractions throughout their own province.

Ferguson said once Manitobans have the information and tools to travel throughout Manitoba, the campaign will encourage them to take action and do it by driving clickthroughs to their partners.

They will measure the success of the campaign through increased business visitation and spending, occupancy rates and the satisfaction of their partners and residents of Manitoba. The campaign will continue to build on the theme

of "The Home is Where the Heart is," said Ferguson.

"The campaign includes a partnership with Expedia under a national agreement, leveraged by Canada national tourism bodies to drive awareness and hotel bookings, both here in Winnipeg and in rural destinations," said Ferguson.

In total, 200,000 copies of their road trip guide have been sent out to Manitobans through direct mail to help promote the campaign.

"Manitobans are key to supporting the recovery of the tourism sector, and that will start here, at home, this summer. With the help of all Manitobans, I know that tourism in this province will build back even better than before," said Economic Development and Jobs Minister Jon Reyes.



#### FACT:

Bill 64 authorizes government-appointed board members to implement potentially sensitive curricular content policies, opening the door for regressive curriculum.





# Public health order changes to come into effect Aug. 7

Submitted by Manitoba government

The province will implement new public health orders and guidance on Aug. 7, one month earlier than forecast, Premier Brian Pallister and Dr. Brent Roussin, Manitoba's chief provincial public health officer, announced Tuesday.

"Thanks to the remarkable efforts of Manitobans, we are now in a position to reopen more, sooner, as we have achieved our highest vaccination rates yet," said Pallister. "This means Manitobans will enjoy the least restrictive public health orders since the start of the pandemic last year."

The new public health orders follow the 4-3-2 One Great Summer Path to Reopen. Manitoba is expected to reach the third vaccination milestone ahead of schedule; as of today 80 per cent of Manitobans age 12 and over have received their first dose and 75 per cent are expected to receive their second dose over the next week.

With continued improvement in the overall COVID-19 situation, the premier noted the interim orders only restrict the most high-risk transmission environments. Public health recommendations and guidance, rather

than restrictions, will play an increasingly significant role as the province prepares for a shift from pandemic to endemic COVID-19.

Specifically, the new public health orders will allow the following sectors to open without restrictions:

- indoor and outdoor gatherings at private residences;
- gyms and fitness centres;
- libraries;
- personal services such as hair and nail salons;
- day camps; and
- retail businesses, markets, garden centres and malls.

Other sectors will open with limited restrictions including:

- expanded capacity limits will remain in place for weddings, funerals and other public gatherings both indoors and outdoors including larger capacity limits for worship and cultural events like pow wows;
- restaurants and bars will no longer need to restrict the size or space between tables and dining will not be restricted to households or vaccinated individuals; however, patrons will still be expected to avoid congregating or socializing between tables;

• museums, galleries and movie theatres will remain limited to 50 per cent capacity but will no longer be restricted to vaccinated individuals;

• casinos and bingo halls, professional sporting events, horse and auto racing, and concert halls will continue to be limited to vaccinated individuals; however, all these facilities may now open to 100 per cent capacity;

• indoor and outdoor sports and recreation will fully reopen with limits only on spectator capacity;

• overnight camps will be permitted with limits on camper cohorts;

• workplaces must continue to report cases to government for followup and public health-confirmed transmission of COVID-19 in the workplace may result in workplaces being ordered to close for a minimum of 10 days; and

• remote working will no longer be required or recommended by public health and workplaces will be encouraged to transition from COVID-19 safety plans to a general communicable disease prevention plan that focuses on basic risk-reduction principles to reduce the risk of workplace transmission of COVID-19 and other respiratory illnesses.

Due to the ongoing presence of COVID-19 in Manitoba and elsewhere, and the extra risk posed by the more contagious delta variant, provincial public health officials strongly recommend the following:

- wearing masks in indoor public spaces for everyone who is not fully immunized including children under 12; and
- maintaining physical distancing of two metres (six feet) in indoor settings.

"Unless you are fully immunized, you are still at risk for more severe effects of COVID-19, such as requiring hospital care or even death," said Roussin. "We are slowly but surely approaching a post-pandemic Manitoba, but this does not mean COVID-19 will disappear. We need to remain cautious and vigilant in our efforts to stop the spread of this virus."

The new public health orders will go into effect at 12:01 a.m., Saturday, Aug. 7.

The orders will expire at 12:01 a.m. on Tuesday, Sept. 7, and will be reassessed at that time in the context of vaccination rates and the province's overall COVID-19 situation.

## MFCBC announces new business financing contribution grant

Submitted by Metis Financial Corp.

The Métis Financial Corporation BC (MFCBC) today announced a non-repayable contribution program to assist Métis entrepreneurs. The Business Financing Contribution program is a game changer for the organization and Métis entrepreneurs in British Columbia. This is the first time we are able to offer grants as part of its "core funding" program. These grants are in the form of non-repayable contributions and are in combination with an approved client's loan. This program will significantly reduce the cost of financing to Métis entrepreneurs. MFCBC will be able to offer these contributions on an on-going basis and in doing so create a better opportunity for Métis businesses to succeed.

MFCBC CEO Evan Salter states, "It is extremely exciting for MFCBC to announce this program. We believe it allows Métis entrepreneurs and our organization an opportunity to grow successfully together. The program offsets considerably the costs of financing by reducing the interest payable over the life of the loan and ensuring the business does not have to repay the full amount of funding. It

is great news to be able to offer this program as the federal government has now moved to a more distinction-based funding model that recognizes the unique circumstances of Métis entrepreneurs."

Salter continued, "Métis applicants will still require a Business Plan to apply for a loan. In order to make this process easier, MFCBC can cover 75 per cent of the cost to develop a plan. At MFCBC, we want to be the place Métis entrepreneurs come for financing and this program is another way we can help. MFCBC, as the newest Métis AFI (Aboriginal Finance Institution) arguably became the fastest growing AFI in Canada during the COVID-19 pandemic. Our small staff were able to process almost 500 emergency COVID loans and grants worth close to \$10 million. We know these loans and grants to Métis entrepreneurs in B.C. helped Métis businesses survive the COVID-19 pandemic."

Salter concluded "We believe with good reason that our

success in delivering the emergency COVID-19 funding shows that we will be able to get the Business Financing Contribution Program into the hands of our hard working and committed Métis entrepreneurs."

MFCBC officially opened for business in August 2018 to serve Métis entrepreneurs in BC. MFCBC provides funding for new Métis businesses or existing businesses that require financing to expand.

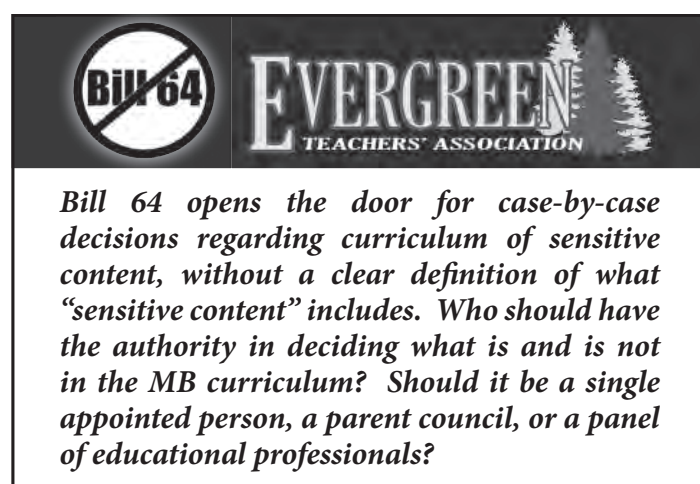
To learn more about MFCBC please visit: [www.mfcbc.ca](http://www.mfcbc.ca) or contact the MFCBC office at 1.833.399.3926 or send an email to [admin@mfcbc.ca](mailto:admin@mfcbc.ca).



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**Bill 64**

**EVERGREEN**  
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*Bill 64 opens the door for case-by-case decisions regarding curriculum of sensitive content, without a clear definition of what "sensitive content" includes. Who should have the authority in deciding what is and is not in the MB curriculum? Should it be a single appointed person, a parent council, or a panel of educational professionals?*



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## COVID testing now available at Winnipeg international airport

### Submitted By Manitoba Government

Testing for COVID-19 is now available at the Winnipeg James Armstrong Richardson International Airport, which provides a convenient option for people travelling to Manitoba who need a COVID-19 test, Central Services Minister Reg Helwer and Economic Development and Jobs Minister Jon Reyes announced Monday.

"As international travel reopens in the weeks ahead, we are making sure individuals arriving in Manitoba are able to get a COVID-19 test quickly and conveniently," said Helwer. "By offering this service in advance of an increased number of visitors enter-

ing the province, we are ensuring we keep Manitobans safe and healthy."

With the recent announcement of international flights returning to Winnipeg James Armstrong Richardson International Airport, the Manitoba government will be implementing all safety measures necessary to welcome international passengers.

"As we continue to hit our vaccination milestones, more people are able to travel and support the economic recovery of the province," said Reyes. "Offering this conveniently located testing option for in-bound travellers is just one more way to help keep Manitoba moving forward."

The new testing site is located on

the arrivals level of the main terminal. Testing is available for inbound travellers Monday to Friday from 8 a.m. to 4 p.m., starting July 19. Results from this testing site will be available securely online at <https://sharedhealthmb.ca/covid19/test-results/>.

If someone does not have a Manitoba health card or is not a resident of Manitoba, they can call Health Links-Info Santé at 204-788-8200 or toll-free at 1-888-315-9257 to access their test results.

For more information on COVID-19 in Manitoba, visit <https://manitoba.ca/covid19/index.html>.

## letter to the editor

Letters to the Editor:

[letters@expressweeklynews.ca](mailto:letters@expressweeklynews.ca)

## Does it make sense to cut down a forest for a parking lot?

Dear Editor,

In the Petersfield weekend market, an area has been cleared of trees, fairly mature trees, to build a parking lot.

I love out-of-doors markets, so I drive into the Petersfield market area and notice immediately that suddenly a stand of trees is gone and the area flagged with a tape, where only young poplar saplings were still standing. "What," I gasped, "what is going on?" When questioning a person in the market, "Oh, that's to expand the parking area to ease the parking of cars along the

highway." Well, my heart beat faster and red anger rose up into my face, but I kept my mouth zipped. I have learned be charitable as not to kill the messenger.

Why denude and destroy a little stand of growing forest to lay tarmac for about 10 parking spots? (My guess.)

This little stand of trees and shrubs would have given a green canopy when mature. It would give shade and kept moisture in the soil, lots of homes for our song birds and little other critters. This world, this planet needs green; it needs forests.

There is ample room along the highway to park, and the speed can be reduced to 50 km/h during market days. Everybody can be civil and enjoy the hustle and bustle of market day. This decision to build a parking lot was rash and, in my opinion, should be reversed.

As the song goes "Don't it always seem to go. That you don't know what you've got. Till it's gone. They paved paradise. And put up a parking lot."

Regards,  
Helma Rogge Rehders Artist  
Winnipeg Beach

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

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

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# Lake Winnipeg commercial fishers, Liberals, ask province to address industry concerns

By Patricia Barrett

Lake Winnipeg commercial fishers and provincial Liberal leader Dougald Lamont (St. Boniface MLA) are calling on Manitoba's new agriculture minister Ralph Eichler to review alleged conflicts of interest in the branch managing their industry.

The fishery falls under the Fish and Wildlife Branch, which is part of the department of Agriculture and Resource Development (ARD). The fishery was formerly managed by the department of Sustainable Development.

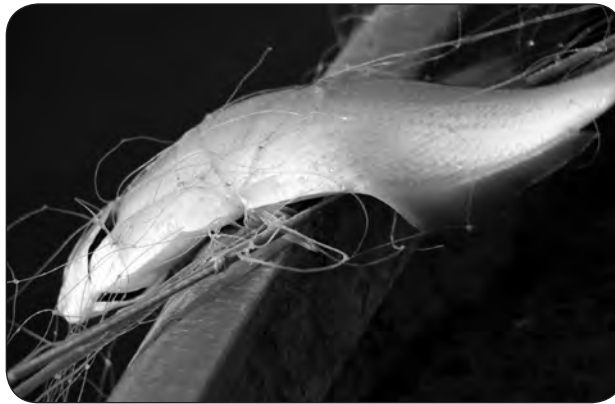
Lamont and members of the Pioneer Commercial Fishers of Manitoba (PCFM), an organization that represents most of the lake's fishers, held a joint press conference at the legislature July 27, saying there was no scientific rationale for the government to reduce commercial catches.

A few years ago, Sustainable Development forced south basin commercial fishers to adopt a larger mesh size after the department and the Manitoba Wildlife Federation (MWF) made repeated claims about imperilled and unsustainable pickerel stocks. The department also retired about 525,000 kilograms of commercial fishing quota in 2019 through a buy-back program.

PCFM president Einar Sveinson, who lives in Gimli, said fishers are now suffering a decline in earnings because of the policies.

"I'm talking to fishers who say they have never been so poorly treated," said Sveinson in a joint statement released by the Liberals that day. "People's livelihoods are at stake."

PCFM commissioned a stock assessment from a third party, which showed the lake's pickerel stocks to be "strong." It says the government is whittling down their industry based on an agenda "that appears to be driven by" the MWF — which promotes sport fishing and hunting — in order to bring more anglers and tourism dollars to Manitoba.



**EXPRESS FILE PHOTO BY PATRICIA BARRETT**  
Lake Winnipeg commercial fishers want new agriculture minister Ralph Eichler to review the Fish and Wildlife Branch and the management of the commercial fishery.

PCFM had earlier this year raised concerns about the MWF having a direct line to former agriculture minister Blaine Pedersen and staff in the department's Fish and Wildlife Branch — notably its director Rob Olson. Olson is a former director of the MWF and was hired by the Conservatives in 2017. Fishers also raised concern about the MWF's access to Kevin Casper, the commercial fisheries manager based in Gimli.

In May Lamont had asked the ombudsman to investigate what appears to be a close relationship between the government and the MWF after MWF boasted in *Outdoor Canada* magazine about its ability to influence government policy on commercial fishing. Lamont had said the MWF is getting preferential treatment over commercial stakeholders and Indigenous fishers (see May 27 edition of the *Express*).

Lamont said he sent a letter to Eichler last week, asking him to "clean house." He detailed complaints from commercial fishers about bias, broken prom-

ises and mistreatment from department officials including "abusive texts," according to the statement. The Liberals also filed a complaint with the Civil Service Commission.

"It's not just fishers who are frustrated — we're hearing complaints across the industry, and the fish need to be managed for all stakeholders for the future," said Lamont in the statement. "We don't think the PCs are doing that, and they have to."

Ralph Eichler (Lakeside MLA) assumed the agriculture minister's portfolio after a cabinet shuffle in mid-July. The *Express* asked Eichler's office whether it intends to address the conflicts of interest alleged by PCFM and Lamont and whether Eichler will meet with the fishers to discuss their concerns.

"It would not be appropriate for the minister to comment on an HR matter," said a spokesperson for Eichler.

The department is currently working on a stock assessment report and "engagement plan" for the Lake Winnipeg fishery, said a department spokesperson. Those will inform future fisheries management activities. It's also working towards having the fishery certified so that Manitoba fish can better compete on world markets.

"[The government] is strongly committed to the sustainability of Manitoba's commercial fisheries, today and into the future," said the spokesperson. "The department is working to achieve sustainability certification of its commercial fisheries to ensure that it maintains access to international markets for Manitoba's fisheries."

The 2019 quota buyback and mesh size changes were among necessary steps the department took to address the sustainability of the fishery, the spokesperson added. The department also announced \$675,000 in new funding this year to "advance commercial fishery certification and increase market competitiveness."

## Province headed into long weekend with 542 active COVID cases

By Ashleigh Viveiros

Manitoba headed into the long weekend in pretty decent shape, as far as daily COVID-19 cases go.

Just 46 new cases of the virus were identified on Friday. Updated numbers from the weekend were not available at press time due to the holiday.

The province ended the week with a total of 542 active cases, 55,873 recoveries, and 1,178 deaths due to the virus.

There were 93 Manitobans in hospital with COVID-19, including 25 in intensive care.

The five-day COVID-19 test positivity rate was 2.3 per cent provincially and 1.4 per cent in Winnipeg.

The Interlake-Eastern Regional Health Authority was reporting 238 active cases and 11 hospitalizations, including four patients in ICU. The region has recorded 47 deaths since the pandemic began.

As of Monday Fisher/Peguis recorded 95 active cases, Powerview/Pine Falls 75, Northern Remote 25, Beausejour 14, Eriksdale/Ashern 9, Sellkirk 8, Unknown and Stonewall/Teulon four each, St. Clements two, Winnipeg Beach/St. Andrews and Pinawa/LacduBonnet one each while Arborg/Riverton, Gimli, Springfield, St. Laurent and Whiteshell/Winnipeg Beach all had zero.

The provincial vaccination cam-

paign is inching ever closer to its Labour Day weekend goal of seeing 80 per cent of eligible Manitoban with their first dose of vaccine.

On Friday, 78.5 per cent of eligible Manitobans had received at least one dose and 69.3 had received two doses.

For details on vaccine appointments or walk-in schedules, head to [protectmb.ca](https://protectmb.ca) or call 1-844-626-8222.

## Ten tickets, 59 warnings July 19-25: COVID-19 enforcement report

Staff

Easing public health restrictions in recent weeks have led to a sustained drop in related tickets across the province.

For the week of July 19-25, enforcement officials issued just 10 tickets and 59 warnings, the province re-

ported last week.

That included five \$1,296 tickets to individuals for various offences, three \$298 tickets to people for failing to wear a mask in indoor public places, one \$5,000 ticket to a business in Winnipeg, and one \$8,550 ticket under the Federal Quarantine Act.

Officials advise that enforcement agents continue to investigate all large gatherings and rallies they are made aware of.

Manitobans can report compliance and enforcement issues online at [manitoba.ca/COVID19](https://manitoba.ca/COVID19) or by calling 1-866-626-4862 and pressing option

three on the call menu.

Since the pandemic began in spring of 2020, enforcement officers have responded to 218,960 calls, given 5,204 warnings, and issued 2,071 tickets to health order scofflaws totalling over \$2.8 million in fines.



# Prince George woman's cross-country bike ride for TBI brings her to Gimli

By Patricia Barrett

A woman on a coast-to-coast cycling adventure and fundraiser for people who've suffered a brain injury made a pit stop in Gimli last Friday after hearing about the town and the Icelandic Festival.

Zoe Scantlebury, who lives in Prince George, B.C., not only detoured to see Gimli but she even pitched in to help festival organizers set up tables for a special celebration of Viking Park's completion.

"This is an adventure I'm on and this is a wonderful part of my adventure," said Scantlebury before the event got underway. "I heard the Icelandic Festival was happening and I wanted to see what it was all about. The organizers needed some help moving tables so I helped out."

Not only is Scantlebury meeting people and learning about Canada and its diverse communities, but she's also raising funds for LoveYourBrain, an organization that supports people who've suffered a traumatic brain injury. Scantlebury, who is 29, suffered a TBI when she was 21. A motor vehicle accident on a busy highway between Edmonton and Fort McMurray left her in a coma with a fractured skull and other injuries. She was told she could never do sports again as any future concussions would affect her



Scantlebury is raising funds for Love Your Brain

recovery.

She said she came across LoveYourBrain and it helped her through her recovery process.

The American non-profit organization advocates for brain health and helps improve the quality of life of people affected by a traumatic brain injury, according to its website. It offers holistic programs such as yoga and caregiver retreats.

"I had a really bad concussion. LoveYourBrain helped me quite a bit so that's why I'm including the fundraising as part of my adventure. It was started by American snowboarder Kevin Pearce who suffered a traumatic brain injury. Mine was very similar with a big recovery process," she said. "This bike ride is part of my recovery,



EXPRESS PHOTOS BY PATRICIA BARRETT

Zoe Scantlebury from Prince George, B.C., paid a visit to Gimli on her ride across Canada to raise funds for people suffering TBI.

but it's more of an adventure and a lesson in geography, finding all these cute towns."

The route she's taking is about 8,000 kilometres. She started in Victoria, B.C., where she dipped her bike tires into the Pacific and started pedalling east.

"I'm trying to make it all the way to St. John's. I want to go all the way to the Atlantic," said Scantlebury.

If all goes well, she said she'll fly

from St. John's back to Prince George.

"This is the last summer of my twenties so I thought I'd make it memorable," she said.

Scantlebury set up a GoFundMe page called "Zoe's Trans-Canada Bike Ride for TBI" with the goal of raising \$10,000 for LoveYourBrain. She has already raised \$8,070 (as of July 31).

She's also posting photos of her biking adventures on her Instagram page.

## Eriksdale Library gets well-deserved facelift and upgrades

By Nicole Brownlee

The Eriksdale Public Library is preparing for a long-awaited update as it reopens its doors to the community.

After three years of applying for grants, the library was approved for \$20,000 by the RM of West Interlake. The building needs an update, said Sandra Hogue, co-chair of the Friends of the Library Committee.

"We just need to give it a facelift outside and make it look more business-like and yet inviting," said Hogue.

New shingles and siding will refurbish the exterior, while the bathroom and kitchen area inside the library will also be renovated.

The bathroom needs to be more wheelchair accessible, said Hogue. An outdoor ramp helps patrons enter the library, but there's room for improvement inside the building.

"We want it to be the same inside so that people feel free to come in and browse rather than have somebody have to do it for them," said Hogue.

The building used to be a United Church manse, which housed a minister and his family for years before the property was sold and sat empty for a time. Since then, there has been very little work done to the building, said Hogue.

The construction is slated to start within the next month and will hopefully be completed by winter. In the meantime, the library will remain open while renovations are underway.



The Eriksdale Public Library hosted a garage sale on July 31 to help raise money for the library after months of being restricted by public health guidelines.

The library also organized a community garage sale on July 31 to help pay for supplies. Families and community members sold their wares on their front lawns to help support the library and give back to the area.

"Especially with COVID, we haven't had very many opportunities to do much fundraising," said Hogue. "We hope to just put the money right back into the library for things that we do, books that we might want to purchase for our library, that kind of thing."

Ten per cent of the proceeds raised at the garage



EXPRESS PHOTOS SUPPLIED BY SANDRA HOGUE  
The Eriksdale Public Library's exterior will be updated with new shingles and siding.

sale will go back to the chamber of commerce, which hosted the event with the library. The remaining 90 per cent will return to the library.

With a portion of the money raised, the library hopes to offer themed crafts and activities on weekends at the library to encourage community members to return to the library after months of being closed to the public because of COVID-19 restrictions.

To stay up to date with the library, visit the Eriksdale Public Library Facebook page.



# Icelandic history continues to connect to the present

By Nicole Brownlee

Seven years after publishing his inaugural novel, *Vikings on a Prairie Ocean*, Glenn Sigurdson's work remains an intelligent snapshot into the Icelandic history of the Interlake.

"It's a lot of work and it's a lot of love that went into trying to capture these times and these places, but it also was a source of great personal pleasure to me," said Sigurdson. "I'm able to write with first-hand knowledge that really rebounds into the '20s, easily, maybe 1910."

Being a descendant of one of the first Icelandic immigrants to Manitoba and a part of one of the first leading Icelandic fishing families in the province, Sigurdson grew up around notable people and big decisions.

"My family was a very large, complex family," said Sigurdson. "It was an interesting family to use as the story spine ... but their experience was reflective of the experience of many, many people."

Born in 1947, Sigurdson describes growing up on the north end of Lake Winnipeg as a "time warp."

"Not much had changed on Lake Winnipeg and the way things were done in 1947 from 1922," said Sigurdson. "The lake started to dramatically change in terms of technology, play-



Glenn Sigurdson is working on a sequel to *Vikings on a Prairie Ocean*, reflecting on the COVID-19 pandemic and telling the story of his great-grandparents' loss of five children to tuberculosis in the early 1900s.

ers, all kinds of things in the late '50s." His unique understanding of the development of the area gave him the advantage to create an interesting portrayal of the Interlake with characterizations of his family and community members and factual stories.

"I wrote the book to try to bring real people to life in a meaningful way," said Sigurdson. "I wanted to somehow



EXPRESS PHOTOS BY GLENN SIGURDSON.

*Vikings on a Prairie Ocean* explores the history of Icelandic settlers in Manitoba, the development of the Interlake and the region's imperative fishing industry led by families like Sigurdson's ancestors.

bring out the personality, the kind of values and the influences that shape these people how they lived and worked and what made them tick."

"That led to a bigger exploration of how fishing has come to be such a vital part of the development of the economy in this area," said Sigurdson.

With the help of several historical texts, articles and family archives, Sigurdson pieced together a chronological development of his family and the Interlake.

"I also have always had a deep interest in the people and the places here in the Interlake, and so a lot of the details stuck in my mind without me

really consciously absorbing it," said Sigurdson.

Sigurdson is working on a sequel to *Vikings on a Prairie Ocean*, delving into the story of his great-grandparents who lost five children to tuberculosis in 10 years.

"The pandemic made me think of those kinds of stories," said Sigurdson. "The e-book is here to kind of reflect backward from the reality of the pandemic today."

To stay up to date with Glenn Sigurdson and the release of his upcoming e-book, *My Viking Lady of the Lake*, visit [prairieocean.ca](http://prairieocean.ca).

SPONSORED CONTENT

## Think FAST to beat stroke.

Almost two years ago, refrigeration technician Marcel Courelles of St. Adolphe was driving his truck to work when he started to feel unwell, almost like he would feel when his blood sugar is low. He pulled over and called his boss, Carolyn Davidson. Marcel called the right person.

Carolyn noticed right away that Marcel's speech was slurred. She asked him to try to raise both of his arms. He wasn't able to. So Carolyn suspected that Marcel might be having a stroke, and called 9-1-1.

When EMS arrived, they took him to nearest hospital that could administer the clot-busting drug needed to stop the stroke. They bypassed closer hospitals because they were not equipped to diagnose and treat a stroke.

Many people think of stroke as something that affects the elderly. While it's true that the older you are, the higher your risk, a stroke can in fact happen to anyone – at any age, any time, anywhere.

A stroke happens when the blood supply to the brain is cut off. Every minute after a stroke begins, an average of 1.9 million

brain cells die – it's often said that when it comes to stroke, time lost is brain lost. The sooner blood flow can be restored, the better the chance of a positive outcome.

### Positive outcomes start with you

We've made incredible strides in stroke treatment, but time is critical. The window for the gold standard treatment for the most common type of stroke is about 4-1/2 hours. To get to the right hospital for diagnosis and treatment in a short time, someone needs to recognize the stroke and take the right action by calling 9-1-1 or your local emergency number.

FAST is an easy and memorable way to remember the major signs of stroke:

- F**ace is it drooping?
- A**rms can you raise both?
- S**peech is it slurred or jumbled?
- T**ime to call 9-1-1 or your local emergency number right away.

In 2020, Heart & Stroke conducted a survey to gauge what people in our province know about the signs of a stroke. The results showed that only 14% of those surveyed knew the 3 most common signs, while 1 in 3 did not know any of the signs.

Every one of us has the potential to save a life – of a family member, a friend, a colleague or a complete stranger – by simply learning the signs of stroke and knowing what to do.

If you or someone with you experiences any of these signs, please don't drive to the hospital. Instead, call 9-1-1 or your local emergency number and tell them you are witnessing a stroke. Arriving by ambulance means you will get to the right hospital, equipped to provide emergency stroke care. And EMS will call ahead to alert the stroke team that a suspected stroke patient is en route so the team is ready!

Although several hospitals in rural Manitoba have the equipment needed to diagnose a stroke and administer clot busting drugs, many hospitals do not. For some strokes, a specialized treatment called Endovascular Thrombectomy (EVT) needs to be performed, and the Health Sciences Centre in Winnipeg is the only location equipped to perform an

EVT. EMS will know which hospital in your area can provide the care you need.

Today, Marcel is doing well and making great progress in his rehabilitation. He's grateful to Carolyn for thinking fast and taking the right action, and to his wife, family, friends and the stroke team at Riverview for supporting and motivating him through his recovery to beat stroke.

### More signs of stroke

The FAST signs are the most common signs of stroke and are more likely to be caused by stroke than any other condition. There are some other signs that are less common. They include:

- Vision changes - blurred or double vision
- Sudden severe headache - often along with some of the other signs
- Numbness - usually on one side of the body
- Problems with balance

Learn more about stroke at [heartandstroke.ca/stroke](http://heartandstroke.ca/stroke).



# Icelandic Festival toasts governments for \$900,000 extension of Viking Park

By Patricia Barrett

The Icelandic Festival of Manitoba executive and the Viking Park cabinet committee toasted the municipality of Gimli and the provincial and federal governments for providing \$900,000 for an extension of the park.

Each level of government provided \$300,000 for the “connectivity” phase of the park. It includes an extension of the pathway from Viking Park with its iconic Viking statue and rock garden to downtown Gimli, wayfinding markers, benches and landscaping.

Viking Park project co-chairs Grant Stefanson and Kathy Thorarinson Neal hosted the celebratory event July 30 in front of the Betel Personal Care Home, which provided some of its land for the project.

“This is a celebration of Canada’s multiculturalism and the Icelandic component of that,” said Stefanson, kicking off the celebration. “We’re all very proud of what was accomplished and we couldn’t have done it without any of you. This is a beautiful legacy project that the Icelandic Festival of Manitoba is dedicating to the community of Gimli.”

Representatives from three levels of government spoke at the outdoor event, which saw about 50 people in attendance.

Gimli Mayor Lynn Greenberg thanked donors who contributed money to the project as well as the provincial and federal governments for their funding.

“Without the help of the provincial and federal governments on projects like Viking Park and Viking Park Connectivity, these projects would not be possible,” said Greenberg.

Interlake-Gimli MLA and municipal relations minister Derek Johnson paid tribute to the festival board and to individual and business donors. He said



Fred Loewen was singled out for Viking Park’s beautiful gardens.

the province’s \$300,000 contribution is its commitment to cultural and recreational development.

“This funding has allowed the RM of Gimli to invest in infrastructure not only to beautify the town, but to also allow for more accessibility for residents and guests,” said Johnson. “We have tourists from all over the province and the world coming to see Gimli.”

Bringing greetings from the federal government, MP Kevin Lamoureux (Winnipeg North) said it’s important that governments work together to invest in communities.

“When you think about it, infrastructure is so important and investing in the communities we live in. We’ve now spent roughly \$10 billion on ... infrastructure with about 3,500 projects across Canada,” said Lamoureux. “What’s so nice is when we get different levels of government coming together ... and listening to our community members’ good ideas that are really going to make our communities a better place to live.”

Thorarinson Neal acknowledged



EXPRESS PHOTOS BY PATRICIA BARRETT

From left: Kevin Lamoureux, Kristine Sigurdson (executive director, Icelandic Festival), Lorna Tergesen, Jenna Boholij (president, Icelandic Festival), Coun. Peter Holfeuer, Kathi Thorarinson Neal, Tim Arnason (Viking Park cabinet), Angela Eyjolfson (CEO Betel PCH), Grant Stefanson, Lynn Greenberg, Derek Johnson, Coun. Thora Palson and Jeff Wharton.



From left: Julianna Roberts (NIHM), Kristin Strachan (Waterfront Centre) and Gimli Coun. Thora Palson.



Jeff Wharton was thanked for helping see the project to fruition.

Fred Loewen for his gardening work. “Viking Park looks as beautiful as it does thanks to Fred’s efforts,” she said. “We’re so lucky we have him.”

The celebration wrapped up with

the presentation of plaques to those involved in the project and champagne and vinarterta (Icelandic celebration cake).



RM of Gimli CAO Kelly Cosgrove (left) and Coun. Thora Palson at one of the new Viking Park gardens.



Liberal MP Kevin Lamoureux (Winnipeg North) spoke about government cooperation to improve communities.



Icelandic Festival and Viking Park director Kristine Sigurdson (centre) received a plaque recognizing her efforts from Kathi Thorarinson Neal and Grant Stefanson.



Three levels of government, represented by (from left) MP Kevin Lamoureux, MLA Derek Johnson and Mayor Lynn Greenberg, contributed \$900,000 to the Viking Park extension project.



# NHL teams and Interlakers boost young man's spirit

By Jennifer McFee

Two NHL teams found a way to boost the spirit of a young man with Riverton roots who is recovering from a spinal injury.

Mackenzie Callis was wakeboarding in late May on Vancouver Island when he dove off his board and hit his head on the bottom. He was airlifted to Vancouver General Hospital, where doctors determined he fractured his neck.

Now in a wheelchair, Callis can move his fingers and arms but has no feeling in his lower extremities.

His mom Robin Roche, who is originally from Riverton, travelled to B.C. to remain by his side.

After the accident, the mother-son duo were watching the hockey playoffs in the hospital and cheering for the Jets.

Winnipeg Jets head coach Paul Maurice and his wife Michelle heard about the accident through Roche's cousin Kurt, who connected with the couple through his co-worker Millie Mercier.

On June 14, 25-year-old Callis received a Jets jersey signed by all the players and coaches. Paul and Michelle Maurice also invited Callis to phone them when he is well enough.

Then, surprisingly, Callis received a signed Las Vegas Golden Knights jersey on June 25 made possible by Roche's friend and former Rivertonian Michelle Gergatz, along with player Nick Holden and his sister Tiffany Kadey.

"Michelle contacted me shortly after Mac received the Jets hockey jersey and said there seems to be



Mackenzie Callis received Vegas Knights and Winnipeg Jets signed jerseys to help lift his spirits during his recovery in Vancouver.

a theme that always surrounds Mackenzie — and that is hockey," Roche said. "She said her daughter was taught in school by Nick Holden's sister, Tiffany Kadey, and she asked if she could do something for Mac."

Gergatz reached out to Kadey about the possibility of getting a signed jersey for Callis, and they worked with Holden to make it happen.

"Mackenzie was absolutely thrilled to have received both of these jerseys, and they have travelled with him from room to room in the hospital," Roche said.

"Now they're hanging in his new room at GF Strong Rehabilitation Centre, where he has started his new journey in recovery on July 28."

The family is grateful for the community's support during this recovery process. Roche remains by



EXPRESS PHOTOS SUBMITTED

Mackenzie Callis is recovering from a spinal injury he sustained while wakeboarding.

her son's side in Vancouver, and a GoFundMe page called "Mackenzie Callis Healing Tribe" has been set up to help cover the mounting costs. They also anticipate more expenses after Callis is discharged from GF Strong since he will need specialized medical equipment. For updates on Mackenzie's progress, check out the "Mackenzie Callis Recovery Update" page on Facebook.



## August Consignment Sale - Aug. 12th - 19th ONLINE ONLY!!!!

BIDDING OPENS AUGUST 12TH @9AM. CLOSES AUGUST 19TH @ 10AM \*\*MORE PICTURES AND INFO TO COME!\*\* CONSISTING OF FARM EQUIPMENT AND MUCH MORE TO COME! LOCATION: GRUNTHAL LIVESTOCK AUCTION MART. FROM STEINBACH: TRAVEL SOUTH ON HWY. 12 APPROXIMATELY 15 KMS. TURN WEST ONTO HWY. 205 (SIGNS FOR SARTO/GRUNTHAL) AND DRIVE APPROXIMATELY 8.5 KMS. FROM HWY. 59: TURN EAST ON HWY. 52 AND DRIVE APPROXIMATELY 8 KMS. TURN SOUTH ONTO HWY. 216 (SIGNS FOR KLEEFELD) AND DRIVE 16.5 KMS. THROUGH KLEEFELD AND THROUGH GRUNTHAL. AT THE EAST END OF MAIN STREET IN GRUNTHAL, TURN SOUTH ONTO HWY. 216/205 AND TRAVEL 1 KM. TURN EAST ONTO HWY. 205 AND TRAVEL APPROXIMATELY 3 KMS. CUT OFF DATE TO CONSIGN ITEMS IS AUGUST 10TH. PREVIEW ITEMS AVAILABLE AUGUST 2ND - 11TH FROM 9AM - 5PM

Pickup available August 13th and 14th from 9am to 5pm or call for arrangements.

## September Consignment Sale - September 16th - 23rd ONLINE ONLY!!!!

BIDDING OPENS SEPTEMBER 16TH@9AM. CLOSES SEPTEMBER 23RD @ 10AM \*\*MORE PICTURES AND INFO TO COME!\*\* CONSISTING OF FARM EQUIPMENT AND MUCH MORE TO COME! LOCATION: GRUNTHAL LIVESTOCK AUCTION MART. FROM STEINBACH: TRAVEL SOUTH ON HIGHWAY 12 APPROXIMATELY 15 KMS. TURN WEST ONTO HIGHWAY 205 (SIGNS FOR SARTO/GRUNTHAL) AND DRIVE APPROXIMATELY 8.5 KMS. FROM HIGHWAY 59: TURN EAST ON HIGHWAY 52 AND DRIVE APPROXIMATELY 8 KMS. TURN SOUTH ONTO HIGHWAY 216 (SIGNS FOR KLEEFELD) AND DRIVE 16.5 KMS. THROUGH KLEEFELD AND THROUGH GRUNTHAL. AT THE EAST END OF MAIN STREET IN GRUNTHAL, TURN SOUTH ONTO HIGHWAY 216/205 AND TRAVEL 1 KM. TURN EAST ONTO HIGHWAY 205 AND TRAVEL APPROXIMATELY 3 KMS. CUT OFF DATE TO CONSIGN ITEMS IS SEPTEMBER 14TH. PREVIEW ITEMS AVAILABLE SEPTEMBER 6TH - 15TH FROM 9AM - 5PM

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# Research on COVID vaccines shows antibodies falling, but need for third doses inconclusive

By Patricia Barrett

A third shot of COVID-19 vaccine could possibly be on the horizon after British researchers found a consistent pattern of reduced antibody levels over time in people who were fully vaccinated with either the AstraZeneca vaccine or the Pfizer-BioNTech vaccine.

Titled "Spike-antibody waning after second dose of BNT162b2 or ChAdOx1," the study was published online in *The Lancet* medical journal July 15.

The researchers detected antibody levels starting to wane at three to 10 weeks after two shots of either vac-

cine were administered. But they said scientific research has yet to determine at what precise antibody level people will fall ill.

"A significant trend of declining S-antibody levels was seen with time for both ChAdOx1 [AstraZeneca] ... and BNT162b2 [Pfizer-BioNTech], with levels reducing by about five-fold for ChAdOx1, and by about two-fold for BNT162b2, between 21-41 days and 70 days or more after the second dose," the researchers wrote.

To identify the early signs of waning antibody levels, the researchers looked at blood samples submitted to Virus Watch, a U.K. government-funded longitudinal (using the same participants over time) vaccine evaluation study.

Blood samples were received from 605 adults (53 per cent were women) 18 years of age and older. Samples were submitted 14-154 days after the second vaccine dose (average of 42 days). The average age of participants was 63. Thirty-three per cent (197 people) of the samples were from people who were vaccinated with Pfizer-BioNTech and 67 per cent (405 people) were from those vaccinated with AstraZeneca.

To infer a general trend in antibody levels over time, the researchers examined the levels at 14-20 days after the second dose, at 21-41 days, 42-55 days, 56-69 days, and 70 and more days after second doses.

Women were found to have higher initial antibody levels than men at 21-42 days and also had higher levels at 70 days or more. People aged 18-64 had higher antibody levels at 21-42 days and at 70 or more days after vaccination compared to people aged 65 and older.

The researchers said low antibody levels in people considered "vulnerable" and who had received AstraZeneca "might be cause for concern."

Variables such as different dosing intervals (the time between first and second vaccine shots), age and size of the study population are possible confounders to the findings, the researchers wrote. Therefore, blood analyses with greater numbers of participants and a follow-up of "antibody dynamics" over six to 12 months are needed.

That means the need for third or subsequent COVID vaccinations is inconclusive at this time, they wrote. The point at which declining antibodies will give rise to disease is yet to be determined. Other immune defences, such as T-cell immunity, might jump in to "compensate to some extent as antibody responses wane."

But with aggressive variants ramping up across the globe, people choosing not to get vaccinated and many countries enduring tiring, repetitious cycles of lockdowns and restriction ease-ups, further insight into vaccine duration is needed in order to find new strategies to dodge or suppress COVID outbreaks.

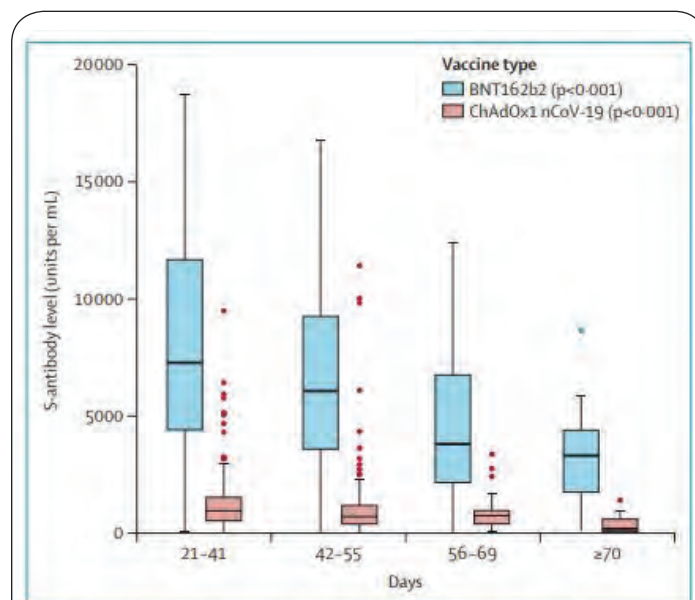


Figure: Levels of antibody against the spike glycoprotein of SARS-CoV-2 (S-antibody) at defined timepoints after second dose of vaccination (with extended dose intervals) in individuals with no previous infection, stratified by vaccine type p values derived from non-parametric tests for trend for each vaccine subgroup are given in parenthesis in the key.

## EXPRESS STUDY DATA

A graph from the U.K. study shows waning antibody levels in people who received two doses of either AstraZeneca or Pfizer. Researchers found a "significant trend" in waning antibody levels.

The researchers wrote that higher antibody levels are "possibly associated with greater protection against variants that can partially evade immunity," which has been borne out by Pfizer's relatively higher efficacy — in comparison to AstraZeneca's — against the delta variant (B.1.617.2).

"With continued high global incidence, and potential for more transmissible SARS-CoV-2 variants, data on longer-term vaccine efficacy and antibody dynamics in infection-naïve individuals are essential for clarifying the need for further booster doses," wrote the researchers.

At the end of July, Israel became the first country to offer third doses of Pfizer, the vaccine it used in its inoculation program. Third shots will be offered to people over 60 years of age. The decision came after an alarming rise in infections and preliminary data showing protection against serious illness declining in those who were vaccinated in January.

Canada's National Advisory Committee on Immunization has thus far not recommended third doses.



## Ukrainian Farmers

ANNUAL MEETING

### August 10, 2021

7:00pm @  
The Ukrainian Hall

### Directors Wanted!


**Ukrainian Farmers Co-operative Ltd.**  
Invites nominations for the position of Director, to be elected by ballot in 2021. Nominees must meet the qualifications and requirements specified by the Co-op bylaws and all nominations must be submitted in writing no later than 6:00pm, August 6, 2021.

For details on Director qualifications and nomination forms, please speak with our General Manager, Kyle Yaciuk, at our admin office.

All members in attendance will automatically be entered to win our many door prizes.





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WILLIAM PRINCE • FRED PENNER

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RAINBOW STAGE – MA-BUHAY!

RED MOON ROAD

INDIAN CITY • JOCELYN GOULD

**EVENING SHOW 6:30 PM**

**BACHMAN CUMMINGS**

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DOC WALKER & SIERRA NOBLE

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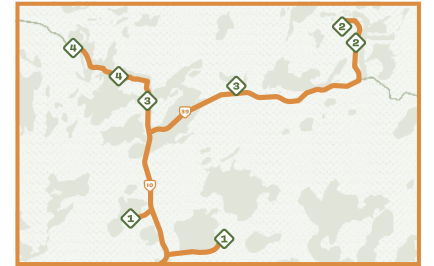
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# Manitoba | Road Trip Ideas



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## Call of the North

This summer, Travel Manitoba is featuring an amazing collection of road trips to help you explore every corner of Manitoba. In this trip, discover the northern region's natural beauty along with its true hospitality in the places you visit along the way.

### TRAVEL SAFE IN MANITOBA

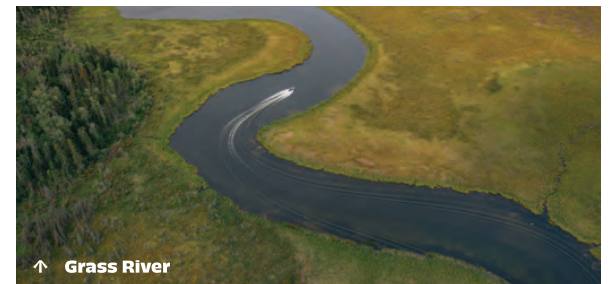
Keep yourself and others safe as you explore Manitoba. Remember to:

- ➔ Wash or sanitize your hands frequently
- ➔ Wear a mask
- ➔ Practice physical distancing
- ➔ Stay home when you're sick
- ➔ Follow all local travel restrictions

Travel Manitoba cannot guarantee that the attractions and businesses featured will be open and operating as described. While we strongly recommend that all tourism businesses adhere to the public health and safety measures set by the Government of Manitoba, we cannot guarantee the compliance of any business featured in this content. Please contact businesses directly for operating hours and policies.



↑ The Caves Self-Guiding Trail



↑ Grass River



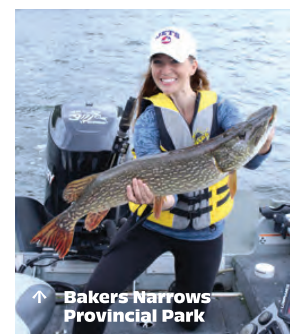
↑ Flin Flon



↑ Wekusko Fall



↑ Big Island Drive In



↑ Bakers Narrows Provincial Park

## 1 DISCOVER THE NORTHERN JEWEL

Make your way north on Highway 10 to **The Pas** and **Opaskwayak Cree Nation**, neighbours across the Saskatchewan River. Start your exploration in the heart of The Pas – the former courthouse and current Sam Waller Museum. The oldest brick building in Manitoba now houses artifacts detailing the Indigenous history of the area along with Sam Waller's amazingly eclectic collection.

The jewel of the North is Clearwater Lake, the dazzling focal point of **Clearwater Lake Provincial Park**, less than 30 minutes from The Pas. The spring-fed lake is crystal clear and its beautiful turquoise colour is beyond impressive. Fishing excursions – either on your own or guided – will

likely see you set up near an underwater shelf where large lake trout like to gather. Follow a short self-guided hiking trail on the lake's south shore and explore the deep rock crevices known as the "caves" from the trail, viewing platform and stairways.

There are hotels in The Pas as well as the Kikiwak Inn in OCN. Rent accommodations at one of the lodges in Clearwater Lake Provincial Park, stay in one of the park's campgrounds or opt for one of the yurts (wheelchair accessible options are available). Thirty minutes north from The Pas on Highway 10 is **Rocky Lake**, another favourite destination for water recreation with two resorts offering a range of options.

## 2 FALL FOR WEKUSKO FALLS

About two hours northeast of The Pas is the town of **Snow Lake**. Learn about the history of this town at the **Snow Lake Mining Museum**. See exhibits of authentic mining equipment, including mock-ups of mining drifts and a mine rescue centre.

Snow Lake is also just 15

minutes away from **Wekusko Falls Provincial Park**. In addition to the next-door fishing lodge, the park has camping, beaches, hiking, fishing and scenic views from the suspension bridges over the Grass River as it tumbles down 12 metres – the impressive Wekusko Falls.

## 3 FOLLOW THE GRASS RIVER

Head back east along Highway 39, this time stopping at **Grass River Provincial Park**. A top paddling destination, the Grass River connects First, Second and Third Cranberry Lakes with the park's large Reed Lake. There are designated backcountry campsites along the routes, but the park also has three campgrounds

and lodge options.

Continue west toward **Cranberry Portage**. Going back 2,000 years, this was an important portage route connecting the Grass and Saskatchewan River systems. Learn about the area's history at the carefully restored rail station, home to the **Cranberry Portage Museum**.

## 4 THE WATER AND THE WILD

**Bakers Narrows Provincial Park** is centred around Lake Athapuskow. This clear blue lake is known for giant lake trout and walleye all year-round. A boat launch in the park provides easy access to the lake or you can opt for a guided trip. The lodge here also offers canoe and kayak rentals. While in the park, keep an eye out for wildlife, like moose, beaver or great blue herons.

Next, head to **Flin Flon**, a charming city built atop volcanic rocks. Begin your exploration at the statue of Flin Flon's namesake – the fictional Flintabbatey Flonatin. Follow Flin Flon's Boardwalk along Ross Lake, an accessible 2.2-km

path. Flin Flon's Trail begins where the boardwalk ends – adding another two kilometres along with some amazing views of the city.

Stop into the **Flin Flon Station Museum**, a former CN Rail station that features artifacts from the city's mining and pioneering history. Visit the **NorVA Centre** – an artist-run studio and gallery cooperative.

In addition to accommodation options at Bakers Narrows Provincial Park and lodges nearby, there is a campground just off Highway 10 as you enter town. Flin Flon also has a number of hotel and motel options.

For more inspiration for your northern Manitoba road trip, go to [travelmanitoba.com/road-trips](https://travelmanitoba.com/road-trips).



# Arborg's Heritage Village introduces farmer's market

Village staff invite merchants to the historical site every Wednesday

By Tyler Searle

Organizers from Arborg & District Multicultural Heritage Village (ADMHV) are hosting a new farmer's market at the historic site.

The market is small but growing steadily. It opened with only a handful of vendors, but the number of merchants and customers is increasing every week, said Marlene Taylor, ADMHV board director and market co-ordinator.

Last Wednesday, nine vendors set up shop to sell fresh garden vegetables, baked goods, sweet clover honey, artisanal soaps, board games, imported clothing, local history books, and Avon and Norwex products.

Dozens of customers visited the shops throughout the day.

Taylor was pleased with the turnout and hopes it is a sign more people are learning of the market, she said.

"Because it's brand new for us, and it's on a middle-of-the-week day, it takes a little while to get your public aware of it," said ADMHV chairperson Pat Eyolfson.

The market opened on June 23 and takes place every Wednesday between 10 a.m. and 3 p.m.

The village charges vendors a small fee to reserve a table, and customers who come for the market can shop and explore the heritage site.

The plot features preserved homes and structures, a 100-year-old church with a crystal chandelier, and a windmill. The buildings are closed during



Friends Judy Fox and Phyllis Lundquist travelled from Glen Bay to Arborg to shop at the market last week.



Arborg's Heritage Village is now home to a new farmer's market. Some vendors set up inside the hall and other remain outside on village grounds.

EXPRESS PHOTOS BY TYLER SEARLE



Jacob Rempel sold fresh produce with his sons last week.



Linda Barkman and Marlene Taylor prepared baked goods to sell.

the market, but visitors can arrange a guided tour with village staff, Taylor said.

Taylor and Eyolfson plan to keep it running into September or until the weather dictates they stop.

Taylor chose to host the market Wednesdays so as not to compete with others in the region.

The Arnes Farmer's Market outside Gimli is a popular stop for vendors and shoppers on weekends, and there are more on Thursday and Friday, Eyolfson said.

"We didn't want to step on those

toes because it's hard for every little community. You want everyone to flourish, so we chose Wednesday."

Farmer's markets are a tremendous help for small businesses, said merchant Bonnie Brown Janz.

"It's a huge opportunity to actually have people come to you, to actually get to explain what your product is about and what's unique about it," she said.

Janz, a Sandy Hook resident, makes handmade soaps using olive and coconut oil. She sells at other markets in

the area and has added Heritage Village to her rotation.

Jeannette Acheson sells Norwex products and has been a vendor at the village market since its inception.

"It's all about relationships because relationships are what people look for," she said.

Coming to the market allows Acheson to engage with people, provide products demonstrations, exchange contact information and form personal connections, she said.

Customers Judy Fox and Phyllis Lundquist travelled from Glen Bay to Arborg to visit the shops.

Both women said they plan to return. "I've never been in here before, and now I'd like to come back and tour the whole village," Fox said.

The village market was less busy than others the women have visited and seemed more local, Lundquist said. She appreciated that the vendors were friendly and not pushy, she added.

The market will open again next Wednesday at 10 a.m., and Taylor encourages anybody interested to come and check it out.

Vendors interesting in renting a table can contact her at 204-376-5607.

Rental costs \$25 indoors and \$20 outside.

Updates and information are available on the ADMHV Facebook page.



Jeannette Acheson demonstrates Norwex products.



Edwin Janz and Bonnie Brown Janz sold handmade soaps and teas last week at the village market.





Clockwise from left: Explore Thermëa by Nordik Spa-Nature (Jessica Losorata); Shopping in St. Boniface (William Au); FortWhyte Alive (Mike Peters).

**E**njoy a well-rounded summer getaway in Winnipeg as you make memories exploring the city's attractions, culinary scene, shopping and more.

#### First night

Drop your bags at one of Winnipeg's great hotels, many offering hot deals for summer. You'll instantly feel welcome thanks to the city's friendly prairie hospitality.

Ease into your vacay by slipping into the soothing hot waters and saunas of Thermëa by Nordik Spa-Nature, where you'll feel instantly relaxed inhaling aromatherapy and the scent of fresh pine at this Scandinavian-inspired spa. Brightly coloured plates of local produce and flavours delight the senses as you savour dinner at its on-site restaurant.

#### Day 1

Treat yourself with a decadent breakfast in bed at your hotel. Now that you've fueled up, set your sights on Winnipeg's incredible culture scene.

Spend the morning at the architecturally stunning Canadian Museum for Human Rights. As you climb up the gorgeous alabaster ramps heading from darkness into light, you'll explore galleries built around human rights themes. Hundreds of stories are shared using the latest technologies, oldest forms of storytelling and timeless power of art, where you'll feel moved and inspired by the experience.

The Forks Market is a perfect stop for lunch. Whether you sit amongst the shady Common patio (it's licensed!) or the Instagram friendly food hall, dive into global flavours from bursting empanadas to artful sushi to gourmet hot dogs from local food kiosks.

Next, head to the historic Exchange District neighbourhood, including the Manitoba Museum to view its newest upgrades. A must-see is the new Prairies Gallery, where a layered view of

history explores human connections to the land. Sports fans will want to cross the street to check out the Manitoba Sports Hall of Fame full of memorabilia.

While here, dine at a local restaurant, such as Peasant Cookery, Cordova Tapas & Wine Bar, Corrientes Argentine Pizzeria, or Amsterdam Tea Room. Sip a refreshing premium Belgian-style beer at local craft brewery Nonsuch or a purple gin cocktail at local Patent 5 Distillery afterward.

#### Day 2

Seize the day by getting in touch with nature. Canoeing, fishing, cycling and hiking are on the docket for a tranquil experience at FortWhyte Alive, as you navigate its rustling tree-lined trails and dip your paddle in its peaceful lake. Be sure to check out the munching, grunting bison herd on site.

Afterward, check out Canada's newest national treasure—Qaumajuq Inuit art centre at the Winnipeg Art Gallery. Housing the world's largest collection of contemporary Inuit art, you'll marvel at pieces of art housed in the stunning three-storey visible vault surrounded by a crisp, white setting reflective of Canada's landscape in the North.

For your last stop, choose your own adventure! Get to know the fascinating history of Winnipeg's French Quarter on an Old St. Boniface Walking Tour, where you'll wander this charming neighbourhood. If you're looking for a lively afternoon out, McPhillips Station Casino or Club Regent Casino is the name of your game. You'll



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**Call or visit websites of attractions, shops and restaurants to understand the latest COVID-19 restrictions and protocols.**



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# The wonder of wetlands: a thriving ecosystem

By Jennifer McFee

The current drought reflects the importance of conserving our wetlands, which play an important role by naturally protecting our land from dry conditions.

At Oak Hammock Marsh, the wetland doesn't dry up — even during this drought that is impacting producers and communities across the prairies.

"We have lots of water coming from underground sources, so our wetlands have always been pretty full," explained Jacques Bourgeois of Oak Hammock Marsh.

"Even back in the Dirty Thirties, Oak Hammock Marsh still had water in it whereas most of the other wetlands across the prairies were all bone dry."

Oak Hammock Marsh is classified as a permanent deep-water wetland. Other wetland classifications include ephemeral, temporary, seasonal and semi-permanent.

For ephemeral wetlands, Bourgeois says it's normal for them to dry up.

"They basically absorb the excess moisture in the spring when the snow melts and then slowly release it throughout the spring and summer. Eventually, by the end of summer, they're all dried up," he said.

"The role and function of many wetlands is to capture the excess moisture in the spring and then slowly release it back into nature or back into the ground to rebuild the ground water. But, sadly, many wetlands have been drained over past years."

After the 1930s drought, Ducks Unlimited Canada launched to recreate wetland habitat, he added.

"For so many years, wetlands were seen as a wasteland and people were draining them. Now I think people are realizing that the impacts of wetlands are really important on the environmental landscape because they keep the moisture in place," Bourgeois said.

"Imagine you had a big landscape like a prairie and it's full of little wetlands everywhere. When the snow is melting, all the excess moisture remains there over spring and summer as it's slowly released back into the environment."

If you take away those wetlands, the excess moisture drains back to main waterways such as the Red River, which can cause floods.

"So if you have a period of drought like you have right now, those areas where the wetlands were drained are suffering a lot more than where the wetlands are still in place," Bourgeois said.

"Wetlands play an important role — both in years of high moisture



EXPRESS PHOTOS BY KEITH WALDNER

Wetlands, such as Oak Hammock Marsh, play an important role in regulating moisture.



Plants thrive at Oak Hammock Marsh.

and years of no moisture — because they tend to regulate. They make sure there's still water in the ground, but not too much water. They help to keep the equilibrium and the balance."

In the past, Oak Hammock Marsh used to stretch from the north side of Winnipeg almost all the way to Lake Winnipeg.

"It was huge originally, and it was unfortunately almost entirely drained. There was barely anything left in the '60s. The government, with the help of Ducks Unlimited Canada, decided to rebuild this wetland. Oak Hammock Marsh is a reclaimed wetland that was constructed in the 1970s," Bourgeois said.

"Now you can see it's a thriving ecosystem — and it's one of the birding hotspots of North America. Because it's controlled, we have to recreate some natural fluctuations in the level, so we decided to take advantage of the drought this year to drain a section of the marsh."

As part of this process, the pond behind the Harry J. Enns Wetland Discovery Centre is now deliberately dry.



Oak Hammock Marsh is once again open to the public.

"We opened the valve and the water flowed from one section to the next and now it's just mud everywhere that, in turn, is really good for different wildlife. We have lots of shorebirds this year, which normally wouldn't come to this wetland because it's too deep," Bourgeois said.

"Now they can poke their beak into the mud to the bottom to find all the different invertebrates. It's a natural process that we're dealing with in wetlands and we're recreating right now currently at Oak Hammock Marsh."

Looking ahead, Bourgeois hopes people will work together to reclaim and rebuild more wetlands.

"We need to make sure they're part of the landscape and not completely drained out because they're super valuable," he said.

"We all know wetlands are also good for filtering water. They're nature's kidney. If you've got dirty or polluted water, wetlands naturally clean it with all the plants."

Oak Hammock Marsh is once again open to the public with exciting events

coming up. Adding to the experience, a new chef is cooking up delicious meals with locally grown ingredients.

- On Sunday, Aug. 8 from 1 to 2 p.m., you can join the guided plant ID walk for beginners and learn how to recognize native plants and wildflowers.

- On Thursday, Aug. 12 and 26 from 7 to 9 p.m., you can bring your own canoe to join a canoe specialist for a guided sunset tour through lesser-explored areas of the marsh.

- On Saturday, Aug. 14 from 11 a.m. to 4 p.m., the family GPS hunt will offer plenty of fun. Families will be given a GPS loaded with co-ordinates that they can use to find clues scattered around the marsh.

- On Saturday, Aug. 28 from 7 to 9 a.m., you can join a naturalist for a guided hike to find birds in the marsh at sunrise followed by a hot breakfast in the café.

Additional information about these events and more is available on Oak Hammock Marsh's website at [www.oakhammockmarsh.ca](http://www.oakhammockmarsh.ca).



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# Winnipeg Beach night market a huge success

By Jules Stevenson

Winnipeg Beach was bustling with vendors and shoppers, much like it did in pre-COVID-19 times earlier this month.

"We didn't anticipate it to go this well," said Allan Sulyma, recreation director of Winnipeg Beach. Nevertheless, the open-air market was crowded from the time it opened at 4 p.m. until it closed at 9 p.m.

Sheila Yosyk came to the night market with her family, who bought matching sweaters, noisemakers, baby shoes and jewelry.

"It's been great. Lots of vendors, and they all have unique stuff," said Yosyk.

The market had a variety of different vendors, with 94 spots being filled. There was everything from fresh bagels, handmade artisan jewelry, paintings and authors to wooden hand-carved mushrooms and gnomes.

Paige Hogg's business is Handmade Wishes, and she makes art out of layering anywhere from three to 11 layers of cardstock to create images. Her art ranges \$20-\$25.

"It is super busy and amazing. I wish there was more. It is super important. It gets people back out there, gets your business name out there, and I'm getting lots of orders for custom pictures," said Hogg.

Evyn, 10, Milena, 12, Ella, 8, and Matea 8, were selling jewelry made from colourful elastic Loom Bands, which they weave on their fingers. They say they like to do crafts together, and one day Ella brought Loom Bands.

"We really enjoyed it and we just kept doing it and now we're thinking of making a business out of it," said Milena.

Milena said they didn't think they would sell anything at the night market but was happy to report they were selling lots of bracelets, many above their asking price, too.

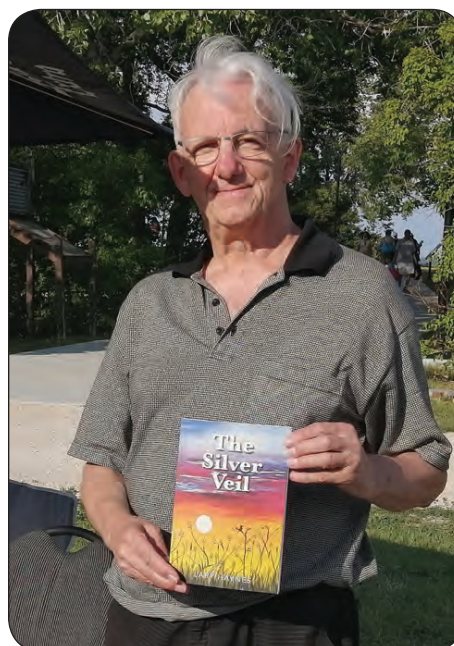
"Everyone's been super kind and friendly, and it's amazing here," said Matea.

Lary Haynes, the author of *The Silver Veil* trilogy, thought the night market would be a great way to get his name



EXPRESS PHOTOS BY JULES STEVENSON

From left to right: Evyn, Milena, Ella and Matea of Lucky Loomies sell Loom Band Jewellery.



Lary Hayne hopes to gain exposure for his book at the night market

and books out there. COVID-19 has made it near impossible to hold a book launch and get exposure.

The night market was fun and refreshing for the town of Winnipeg Beach. Many local businesses stayed



Ethan Baranyk, a graduate from the University of Manitoba's School of Art, was selling his landscape paintings.

open late and were busy for the entire market. Sulyma says if all goes well with COVID-19 restrictions, they will continue to hold events through the remainder of summer and into fall.



A group of women celebrated one of their birthdays by attending the night market. They all wore floppy hats that reflected their personalities.

## Firearms safety course offered in Ashern in August

By Nicole Brownlee

A Canadian Firearms Safety Course is being offered in Ashern at the Fieldstone Ventures Education and Training Centre Inc. throughout August.

Patrick Olson will be teaching the eight-hour course on Aug. 7 and 14.

"I think that most of the communities should have [courses like this] available to the individuals that live there as there's still a number of people that like to either target shoot or like it for the purposes of hunting," said Olson.

Previously a member of the RCMP,

Olson has taught the course across the province since 2018.

Olson usually teaches the non-restricted (long gun) and restricted (handgun) courses, but the COVID-19 pandemic interrupted his instruction.

"[It] wasn't because of the federal government shutting us down that was just because of instructor choice," said Olson. "The COVID numbers were so high."

The safety courses must be taught in person, so Olson took a break before heading back into the classroom in July to join 135 other provincial in-

structors.

First-time applicants 12 years or older must pass the Canadian Firearms Safety Course before applying for a Possession and Acquisition Licence, according to the RCMP website.

"We like to get the youth involved as well," said Olson. "I've had up to 74-year-olds in my class."

Students can expect in-class instruction, a written and practical test to demonstrate their safety knowledge. If the students pass the one-day course, they will receive a certificate by the end of the class.

To prepare for the course, students are welcome to look at the class material online before the in-person instruction, added Olson.

"Everything required for them to be successful at the end of the day is provided throughout the day."

The lectures cover 11 modules that include the evolution of firearms, safety practices and care of firearms.

To sign up for the firearms safety course or to book individual training sessions, contact Patrick Olson at 204-467-5134.



## Gimli cenotaph landscaping project



EXPRESS PHOTOS BY PATRICIA BARRETT

From left: Darcy Jacobs from Noventis Credit Union, Rosanna Cuthbert from Westshore Community Foundation and Tim Arnason from Viking Park cabinet. Noventis Credit Union and the Westshore Community Foundation were big contributors to the Viking Park connectivity project, which included enhancements to First Avenue. The two organizations also stepped in with additional funding for the landscaping around the Gimli cenotaph, said Arnason. Flowers, grasses and shrubs were planted to help beautify the memorial.

## Guided to Gimli by roots



EXPRESS PHOTO BY PATRICIA BARRETT

Teagan (left), Madyn and their dog Nikka, along with their family, paid a visit to Gimli and its harbour last Friday during the Icelandic Festival weekend. The girls and their family are from Calgary but have Hecla and Lundar roots. They stopped to admire the compass rose barn quilt on the Gimli Harbour Authority's garage. The artwork was made by Interlake Wave artists and donated to the harbour authority.

## Decide on dental implants before it's too late

By Elisha Vantor

Time flies by fast when we get older. I can attest to the rapid progression of time as I've been married for eight years and find myself saying, 'it feels like yesterday.' The other day I had a patient call me thinking she saw us a couple years ago (sometime in 2018) when in reality it was over 5 years ago! Needless to say, time flies by when we're not paying attention and unfortunately this can restrict your choice for teeth replacement options.

Your window of opportunity to get dental implants is limited. Once your teeth are pulled, the clock starts. I like to call it 'The Jaw-Bone Clock'. For a recent patient, she finally decided it was time to solve her lower loose denture problem with dental implants. When she came to see us and expressed her enthusiasm to finally get dental implants,

we had to be the bearers of bad news and say that it was too late. You see, her jaw bone had shrunk to the point of no return. That's tough news to hear because essentially, she'll have to make it work with alternative methods, like denture adhesives.

I wish there was a way to personally measure the amount the jaw bone shrinks per year, but x-rays can only provide such answers. Here is a good reference picture.



As you can see, your jaw bone shrinks significantly over time. Anyone who has decided to pursue the dental implant option for teeth replacement is required to have an x-ray of their jaw to see if there is enough bone available. The dental implants need enough

bone to properly integrate and be used as a solid foundation for a denture to snap or screw into. The benefits of a dental implant supported denture greatly outweigh the fear (that most have) of having them placed into the jaw. We think the best time to have dental implants placed is right when you have your teeth extracted, unless there's an infection. In fact, some patients don't even realize that the dental implants had been placed after extractions.

Thankfully, for most people there's still enough time, but it might not be that way for everyone. If you've been thinking about dental implants, but unsure. First, find out if you're still a candidate by booking your free consultation appointment.



- supplied photo -

Glenn decided on dental implants a few years ago and he hasn't looked back.

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# Gimli Harbour Authority earns federal Prix d'Excellence award

By Patricia Barrett

The Gimli Harbour Authority (GHA) earned the federal department of Fisheries and Oceans 2020 Prix d'Excellence for achievements such as harbour upgrades, increased community collaboration and the introduction of new programs.

Fisheries and Oceans (DFO) oversees Small Craft Harbours, which in turn works with harbour authorities.

The GHA was informed in June of its award, and staff took part in a virtual awards ceremony on July 27.

Lori Hiscock, who is in her fifth year as co-harbour master with Cindy Blicq, said they undertook a number of projects, including new finger docks in the south harbour, introduced new programs and work closely with community members.

"We've done major upgrades and infrastructure repairs over the past five years with Small Craft Harbours," said Hiscock. "We increased revenues, which all goes back into the harbour. We expanded our networking by partnering with major festivals, such as the Ice Festival and Icelandic Festival, and we started a lifejacket borrowing program."

Visitors to the harbour can borrow a lifejacket for their kids while they wander around the pier and so can boaters if they're short a lifejacket, said Hiscock. The GHA ordered different sizes and they'll be arriving soon.

Gimli harbour has berths for about 270 vessels. It is used by commercial fishers, recreational boaters, sailboat racers, the Lake Winnipeg Research Consortium and its vessel the Namao, and the Canadian Coast Guard.

The GHA's facility support manager Doug Thordarson keeps the harbour orderly, in good repair and clean. He knows a whole lot of history about the area, too, which he shares with visi-



Susan Holfeuer is a Gimli Harbour Authority ambassador.

tors.

In addition to improving cleanliness, GHA staff have beautified the harbour with help from Interlake Wave artists who created and donated a compass rose barn quilt. The artwork can be found on the wall of the GHA's garage, which is at the south end of the harbour.

"The Interlake Wave artists donated it to us. It's beautiful. We're so thrilled they offered it to us," said Hiscock.

The GHA also launched a harbour ambassador program to help visitors find their way around the area and to share some local lore.

Susan Holfeuer, best known as co-chair of the Gimli Ice Festival, is one of the volunteer ambassadors. Decked out in a GHA uniform (a shirt saying GHA ambassador), she makes visitors feel welcome, helps them get their bearings and speaks of "all things Gimli."

"It's actually quite fun. We walk around the harbour and through the area engaging with visitors," said Holfeuer. "We tell them about the harbour, direct them to hotspots such



EXPRESS PHOTOS BY PATRICIA BARRETT

Co-harbour master Lori Hiscock and facility support manager Doug Thordarson at Gimli Harbour. The GHA won the prestigious Prix d'Excellence.



The GHA serves pleasure craft, sailing boats, commercial fishing vessels, research vessels and the coast guard.

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THE **EXPRESS**  
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as museums and where the York boat and its artefacts are buried. We'll tell them some history of the Icelandic settlers, about Viking Park and Gimli's five geocache (a global treasure hunt using GPS) sites."

The program helps make people's visit more memorable while at the same time showcases the town's unique features.

"Those two harbourmasters have done an amazing job in the last five years they've been here," said Holfeuer. "It's a different harbour."

The Small Craft Harbours branch launched a Harbour Authority Recognition Program to acknowledge the accomplishments of harbour authorities across Canada and the role they play in the everyday management of

harbours.

In a letter to Gimli Harbour Authority's president Baldi Johannesson, Small Craft Harbours wrote that the GHA is being recognized for its important contributions.

"The Small Craft Harbours Program is very fortunate to be able to count on competent and dedicated harbour authorities such as yours to oversee the effective functioning of our network of commercial fishing harbours," wrote Denise Frenette, director general of Small Craft Harbours, Fisheries and Oceans Canada.

The GHA received an Inuksuk carved out of soapstone and a plaque from DFO and Coast Guard minister Bernadette Jordan, thanking the GHA for its "exemplary contribution."



# sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

## Girls Baseball Tour a huge hit

By Brian Bowman

The girls of summer were busy on the ball diamond last month.

Baseball Manitoba hosted a Girls Baseball Tour, which is a development program for girls ages 7-13 who want to learn to play baseball. The goal was to develop and improve a baseball skill-set while allowing players to grow and develop in a fun, all-girls setting.

The tour included nine different camps (two multi-day camps and seven single-day camps) in seven locations - Winnipeg, Steinbach, Morden, Brandon, Hamiota, Dauphin and Stonewall.

Baseball Manitoba's sport development co-ordinator and provincial team player Brittney Langlais travelled around the province with other members of the Senior Women's team for the highly successful Girls Baseball Tour.

"It was awesome and took place in the whole month of July," said Langlais last week, noting just under 150 girls attended the camps. "The numbers were over our expectations, for sure. It was amazing to see that many girls interested."

Langlais said it was great to see the girls improving their skills in such a short period of time. She is hopeful that many will try out — or even play for — Manitoba's female provincial team one day.

"You could tell that they were really listening and I think that it helped that we were all female instructors

teaching all female participants," she said. "I think that impacted the girls a little bit more."

This was the first time that Baseball Manitoba has hosted such a camp, according to Langlais, but they definitely will be hosting this event for years to come.

"Our goal is to keep growing this, maybe even extend it to the fall or winter if we can get enough participants," Langlais said. "We're definitely planning on expanding this way more than what it is right now."

The Tour had three camps in Winnipeg but it was very important that there were several stops in rural Manitoba.

"I think that was huge for us because it made sure that we hit all of those other girls out at those locations," Langlais said. "With our provincial team now, most of the girls aren't even from Winnipeg. I think it shows the importance of hitting Dauphin, Brandon and those other locations to reach out to everyone and see the interest level."

The other instructors at the camps were Katie Heppner, Olivia Sheldon, Sarah Moir, Amber Baker, Jasmine Horwood, Michayla Peacock and Caitlin Culleton.

Meanwhile, Langlais was one of four Manitobans recently named to the National Women's Showcase event to be held Aug. 8-13 in Trois-Rivieres, Que.

The other three from our province are Katie Heppner, Mercedes Gorham and Sarah Moir.



EXPRESS PHOTOS BY PATTI HACAULT

Instructors Olivia Sheldon, Brittney Langlais, Katie Heppner and Sarah Moir helped young girls improve their skills and knowledge of baseball while growing the game in Manitoba by making it known that females have a place in the sport.



Brittney Langlais works with a group of participants on their throwing mechanics in Brandon.

Baseball Manitoba provincial coach Jeremy Culleton has been invited to serve as a guest coach.

## Manitoba U18 AAA Hockey League releases schedule

Staff

The Manitoba U18 AAA Hockey League released the 2021-22 regular-season schedule last week.

The campaign is set to kick off on Sept. 24, with opening weekend consisting of five two-game match-ups:

Kenora Thistles host Brandon Wheat Kings (Sept. 25 & 26);

Central Plains Capitals visit Pembina Valley (Sept. 25 & 26);

Norman Northstars host Southwest Cougars (Sept. 25 & 26);

Eastman Selects and Interlake Lightning play a home and home set (Sept. 24 & 25); and

Parkland Rangers and Yellowhead Chiefs also play a home and home set (Sept. 24 & 25).

In Winnipeg, the Thrashers host the

Wild in their home opener on the 24th, and the Bruins face-off against the Thrashers on the 25th in their first game at home.

The league has made a significant effort to reduce contact between clubs. Teams play the majority of their games as back-to-backs or home and home with their opponent.

The full schedule can be viewed at:

[https://www.mbaaamidget.ca/schedule/day/league\\_instance/147413?season=762203](https://www.mbaaamidget.ca/schedule/day/league_instance/147413?season=762203)

Hockey Manitoba is in the process of developing a comprehensive Return to Play Plan. The Manitoba U18 AAA Hockey League will implement all procedures required to maintain a safe environment for its players, coaches and fans.



# sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

## 18U Orioles' losing streak reaches 11 games

By Brian Bowman

The Interlake Orioles' 18U baseball team's losing streak has now reached 11 games.

Last Thursday, Interlake was defeated 5-3 by the Elmwood Giants at Quarry Park.

On July 27, the Orioles lost 6-3 to the St. James A's in Stonewall.

"We're definitely getting better and we're having a lot more competitive games," said Orioles' head coach Eric Swanson. "We're avoiding the big innings where we give up six or seven (runs) and that obviously helps a lot."

The Orioles' defence has really stepped up in recent weeks, said Swanson, and Interlake is feeling more confident that they can compete with teams in their league.

"What me and the other coaches are trying to do is keep it as positive as we can because we're getting better," he said. "Players are starting to see some results as they get more hits and stuff like that. I think the morale is pretty high."

Interlake played the Carillon Sultans Monday and the North Winnipeg Pirates on Tuesday but no scores were available.

The Orioles are back in action this Thursday when they battle the St. James A's at Optimist Field. First pitch is 7 p.m.

Interlake will visit Carillon on Saturday and then host Winnipeg South Sunday. Both games will begin at 1 p.m.

"There's definitely going to be a lot of chances for guys to play," Swanson said. "There will be a lot of innings for pitching and a lot of at bats. I think this is going to be a big week for us going into the play-



EXPRESS PHOTO BY JO-ANNE PROCTER

The Interlake Orioles' Kaden Stewart makes the out at first base against the Elmwood Giants during 18U 'AAA' action last Thursday in Stonewall. Interlake played well in a 5-3 loss.

offs."

In U15 action, Interlake won its first game of the season with a solid 18-8 home victory over the Red River Pioneers on July 26.

Last Wednesday, the Orioles were defeated 10-7 by the Carillon Sultans in Ile des Chene.

Interlake will visit Winnipeg South on Wednesday and then host Carillon on Monday in Grosse Isle.

Both games start at 6 p.m.

The 13U Orioles, meanwhile, lost 15-3 to Carillon last Thursday. Interlake was defeated 14-4 by North Winnipeg earlier in the week.

The Orioles played Winnipeg South Tuesday and then will host Red River Valley on Thursday (6 p.m.) in Stonewall.

## Senior Blue Jays split games, juniors dominate in win over Altona

By Brian Bowman

The Stonewall Blue Jays are not used to giving up nine runs in one inning.

But that's what happened last Thursday as Stonewall lost 13-7 to the St. James A's in Winnipeg Senior Baseball League action at Optimist Park.

"It was a lack of arms," said Blue Jays' player Adam Kirk. "James Stolar started on Thursday and pitched well for four innings."

The two teams were tied at 4-4 heading into the bottom of the fifth inning when St. James exploded for the huge inning.

Derek Pertasko and Liam Allen led the Blue Jays with three hits apiece while Baily Proctor had two hits.

Blue Jays' runs were scored by Proctor (two), Kirk, Allen, Zach Campbell, Dave Mabon and Derrick Funk.

On July 27, the Blue Jays edged the Elmwood Giants 5-4 in an exciting game in Stonewall.

"That was actually a really well-played ball game by both teams," Kirk said. "There was some hitting, good defensive plays, just good baseball, and both

pitchers threw well."

Stonewall got off to a great start, scoring three runs in the first inning. But Elmwood replied with a run in the second inning and three of their own in the fourth to take a 4-3 lead.

The Blue Jays closed out the scoring with a pair of runs in the fifth.

Dave Mabon led Stonewall with two hits and a run scored while Funk belted a key two-run homer and scored twice. Other Blue Jays' runs were scored by Allen and Nick Drews.

Campbell threw well to earn the complete-game victory, allowing seven hits while striking out three.

Stonewall hosted St. James on Tuesday but no score was available. On Thursday, the Carillon Sultans will visit Stonewall for a 7:30 p.m. game.

In Manitoba Junior Baseball League action last Wednesday, it was, at the time, a battle between the league's first and worst.

The last-place Interlake Blue Jays destroyed the Altona Bisons 15-3 at Quarry Park. Altona has since dropped to second place in the seven-team league.

"That goes to show you the type of group that

we have," Kirk said. "The speech they got after the game, 'This is how we can play boys.' We totally dominated that game. They were missing a couple of guys that would have helped them but I don't know on that night if it would have helped them much. It was good to see. The boys played well and hit the ball."

A big win like that could be a season changer for the Blue Jays.

Interlake hosted the Elmwood Giants in a doubleheader this past Monday but no scores were available at press time.

The Blue Jays will continue their six game home-stand with three games this week, beginning Wednesday (7:30 p.m.) against the St. James A's. On Friday at 7 p.m., the Pembina Valley Orioles come to town and then the Blue Jays will host St. James on Saturday (6 p.m.).

Interlake will continue its busy week of seven games in just six days when it visits Winnipeg South for a doubleheader on Sunday. Game times are 1 p.m. and 4 p.m.



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- Assist with the set up of incoming travelling and temporary exhibits
- Volunteer recruitment and co-ordination
- Assist with the planning and developing programs and events

The ideal candidate will be: highly organized and able to work independently; experienced in managing volunteers. Knowledge of the unique history and culture of New Iceland is considered an asset.

Resumes will be received up to noon on August 13th, 2021

Interested applications are invited to submit their resume, along with 3 references to

Julianna Roberts, Executive Director  
108-94-1st Ave, Gimli, MB R0C 1B1  
email: [executive@nihm.ca](mailto:executive@nihm.ca)

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

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PUBLIC NOTICE is hereby given that the 2022 Assessment Roll for the Village of Dunnottar has been delivered to the Municipal Office at 44 Whytewold Road, Dunnottar, Manitoba and is open for public inspection during regular business hours. Applications for revision may be made in accordance with Sections 42 and 43 of *The Municipal Assessment Act*:

**Application for revision**

42(1) A person in whose name property has been assessed, a mortgagee in possession of property under section 114(1) of *The Real Property Act*, an occupier of premises who is required under the terms of a lease to pay the taxes on the property, or the assessor may make application for the revision of an assessment roll with respect to:

- liability to taxation;
- amount of an assessed value;
- classification of property; or
- a refusal by an assessor to amend the assessment roll under subsection 13(2).

**Application requirements**

43(1) An application for revision must

- be made in writing;
- set out the roll number and legal description of the assessable property for which a revision is sought;
- state the grounds on which the application is based; and
- be filed by
  - delivering it or causing it to be delivered to the office at the address below, or
  - serving it upon the secretary, at 44 Whytewold Road at least 15 days before the scheduled sitting date of the board as indicated in the public notice.

The Board of Revision will sit on **September 8, 2021, at 10:00 a.m.** in the council chamber of the Village of Dunnottar at 44 Whytewold Road to hear applications. The final date on which applications must be received by the Secretary of the Board is August 23, 2021.

Dated at Dunnottar, Manitoba this 13th day of July 2021.

J.M. Thevenot  
Secretary to the Board of Revision  
Village of Dunnottar  
Box 321  
Matlock, Manitoba R0C 2B0



**Town of Arborg  
PUBLIC NOTICE  
BOARD OF REVISION**

Public Notice is hereby given that the **2022 Assessment Roll** for the Town of Arborg has been delivered to the Municipal Office at 337 River Road, Arborg, Manitoba and is open for public inspection during regular business hours. Applications for revision may be made in accordance with Sections 42 & 43 of *The Assessment Act*.

**APPLICATION FOR REVISION 42(1)**

A person in whose name property has been assessed, a mortgagee in possession of property under section 114(1) of *The Real Property Act*, an occupier of premises who is required under the terms of a lease to pay the taxes on the property, or the assessor may make application for the revision of an assessment roll with respect to:

- liability to taxation;
- amount of an assessed value;
- classification of property; or
- a refusal by an assessor to amend the assessment roll under Subsection 13(2).

**APPLICATION REQUIREMENTS 43(1)**

An application for revision must:

- be made in writing;
- set out the roll number and legal description of the assessable property for which a revision is sought;
- set out which of the matters referred to in Subsection 42(1) are at issue, and the grounds for each of those matters; and
- be filed by
  - delivering it or causing it to be delivered to the office indicated in the public notice given under Subsection 41(2), or
  - serving it upon the Secretary, at least 15 days before the scheduled sitting date of the Board as indicated in the public notice.

The Board of Revision will sit to hear applications on **Wednesday, September 8th, 2021 at 10:00 AM** in the Town of Arborg Council Chamber, 337 River Road.

The final date on which applications must be received by the Secretary of the Board is **Monday, August 23rd, 2021**.

Dated at Arborg, in Manitoba, this 23rd day of July, 2021.

Cindy Stansell, Secretary  
Board of Revision  
Town of Arborg  
Box 159 - 337 River Road  
Arborg, MB R0C 0A0



**Rural Municipality of  
FISHER**

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

**INVITATION TO BID**

The Rural Municipality of Fisher Request for Tenders Road Rehabilitation Project 2021-02 Road 148N between Road 6W and 5W and 3W and 2W

Tender packages are available at the Municipal Office or through email Sealed Tenders to be accepted by August 12, 2021 at 4:00 p.m. clearly marked

**"Road Rehabilitation Project 2021-02"**

Kelly Marykuca, CMMA  
Chief Administrative Officer  
Rural Municipality of Fisher  
[fishercao@mymts.net](mailto:fishercao@mymts.net)

**EMPLOYMENT OPPORTUNITY**

**Interlake Auto & Tractor Parts Ltd. -  
Arborg**

**is seeking immediate additional staff  
\* Parts/Counter Person**

Benefit plan available.  
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## CARD OF THANKS

SCHALK - Thanks for the visits, call, cards and donations made in memory of Faye. Thanks also to the Emergency and Palliative Care doctors and nurses at St. Boniface Hospital for their care of Faye and family members who were able to be with her.

-Faye's family

thank you

## Rural Municipality of Armstrong



### PUBLIC NOTICE BOARD OF REVISION FOR 2022

Public Notice is hereby given that the 2022 Assessment Roll for the Rural Municipality of Armstrong has been delivered to the Municipal Office at Inwood, Manitoba and is open for public inspection during regular business hours. Applications for revision may be made in accordance with sections 42 & 43 of the Municipal Assessment Act:

#### APPLICATION FOR REVISION

42(1) A person in whose name property has been assessed, a mortgagee in possession of property under section 114(1) of The Real Property Act, an occupier of premises who is required under the terms of a lease to pay the taxes on the property, or the assessor may make application for the revision of an assessment roll with respect to

- liability to taxation;
- amount of an assessed value;
- classification of property; or
- a refusal by an assessor to amend the assessment roll under subsection 13(2).

#### APPLICATION REQUIREMENTS

43(1) An application for revision must

- be in writing;
- set out the roll number and legal description of the assessable property for which revision is sought;
- state the grounds on which the application is based; and
- be filed by
  - delivering it or causing it to be delivered to the office of The Rural Municipality of Armstrong at Inwood, Manitoba, or
  - serving it upon the Secretary,

at least 15 days before the scheduled sitting of the Board of Revision.

The Board of Revision will sit on **Thursday, September 9, 2021 at 10:00 A.M.** in the Council Chambers in Inwood in the Rural Municipality of Armstrong to hear applications.

The final date on which applications must be received by the Secretary of the Board is **Tuesday, August 24, 2021 at 4:30 PM.**

Dated at Inwood, in Manitoba this 14th day of July, 2021.

Corlie Larsen, Secretary  
Board of Revision  
Rural Municipality of Armstrong  
Box 69, 55 Hwy #17  
Inwood, Manitoba R0C 1P0  
Phone: (204)-278-3377  
Fax: (204)-278-3437



## Rural Municipality of Armstrong

### PUBLIC NOTICE

#### LONG TERM FORAGE LEASES/CASUAL HAY PERMITS

Applications are made by filling out an application from the R.M. Office in Inwood.

Applications for Long Term Forage Leases take precedence over applications for Casual Hay Permits.

Long Term Forage Lease Applications will be brought forward to the next monthly council meetings for consideration.

Casual Hay Permits will be issued on a first-come, first served basis as long as there are no pending applications for long term leases.

Casual Hay Permits will be issued for the current year only.

Annual Lease rate is 1.5% of the current year assessment for 2021.

LAND	ROLL NO.	ACRES	ASSESSMENT
SE 13-20-1E	99300	157.46	23,200
NW 8-20-2E	111900	160.00	36,800
SE 8-20-2E	112000	160.00	36,800
SW 9-20-2E	112500	160.00	36,800
SW 17-20-2E	117000	160.00	41,600
NE 31-20-3E	134200	80.00	32,000
SE 32-21-2E	165600	160.00	41,600

For further information please visit our website [www.rmofarmstrong.com](http://www.rmofarmstrong.com) or call the Municipal Office 204-278-3377

Corlie Larsen, CMMA  
Chief Administrative Officer  
RM of Armstrong



## MUNICIPALITY OF BIFROST-RIVERTON

### PUBLIC NOTICE BOARD OF REVISION

Public Notice is hereby given that the 2022 Assessment Roll for the Municipality of Bifrost-Riverton has been delivered to the Municipal Office at 329 River Road, Arborg, Manitoba and is open for public inspection during regular business hours. Applications for revision may be made in accordance with section 42 & 43 of The Municipal Assessment Act.

#### APPLICATION FOR REVISION

42(1) A person in whose name property has been assessed, a mortgagee in possession of property under section 114(1) of The Real Property Act, an occupier of premises who is required under the terms of a lease to pay the taxes on the property, or the assessor may make application for the revision of an assessment roll with respect to:

- liability to taxation;
- amount of an assessed value;
- classification of property; or
- a refusal by an assessor to amend roll under subsection 13(2).

#### APPLICATION REQUIREMENTS

43(1) An application for revision must:

- be made in writing;
- set out the roll number and legal description of the assessable property for which a revision is sought;
- state the grounds on which the application is based; and
- be filed by delivering it or causing it to be delivered to the office indicated below, or serving it upon the secretary, on or before **Monday, August 23, 2021.**

The Board of Revision will sit on **Wednesday, September 8, 2021 at 1:00 p.m.** in the Council Chamber of the Municipality of Bifrost-Riverton to hear applications.

Dated this 23rd day of July, 2021  
Tanis Johnson - Secretary, Board of Revision  
Municipality of Bifrost-Riverton  
Box 70, 329 River Road, Arborg, MB R0C 0A0  
Email: [bifrostriverton@mymts.net](mailto:bifrostriverton@mymts.net)



### FULL TIME EMPLOYMENT OPPORTUNITY

We are looking for a dedicated, organized and self motivated individual for the position of

#### HEAVY TRUCK & TRAILER MECHANIC & SAFETY TECHNICIAN

Duties will include, but are not limited to performing inspections on units, mechanical repairs, and more. Must be red seal certified. The successful candidate will receive training, all necessary tools, competitive wages & benefits package.

[Sales@jbrandtent.com](mailto:Sales@jbrandtent.com)

Call 204-364-2775 for more information



### FULL TIME EMPLOYMENT OPPORTUNITY

We are looking for a dedicated, organized and self motivated individual for the position of

#### WELDER & HEAVY TRUCK & TRAILER MECHANIC

The successful candidate will work independently to perform welding work on heavy trucks & trailers and complete some service and repair jobs. Experience is an asset. The successful individual will receive training, all necessary tools, competitive wages & benefits package.

[Sales@jbrandtent.com](mailto:Sales@jbrandtent.com)

Call 204-364-2775 for more information

### EMPLOYMENT OPPORTUNITY



#### ADMINISTRATIVE ASSISTANT Interlake & Peguis Fisher River Campus

COMPETITION NUMBER: 2021-134 SALARY: \$39,453 - \$53,997 per annum  
LOCATION: Interlake Campus in Selkirk, MB  
FULL TIME POSITION AVAILABLE

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

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

#### DUTIES

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

#### REQUIRED QUALIFICATIONS

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

#### ASSETS

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

#### CONDITIONS OF EMPLOYMENT

- Applicants must be legally entitled to work in Canada

APPLY BY EMAIL TO: [humanresources@rrc.ca](mailto:humanresources@rrc.ca)

CLOSING DATE: August 15, 2021

We thank all applicants for their interest, but only those selected for an interview will be contacted. If accommodation needs are required during the application or interview process, please contact our Human Resource Services. For more information and other employment opportunities, visit [rrc.ca/hr](http://rrc.ca/hr)



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## CELEBRATION OF LIFE



**John C. Lakatos**

Join us to honour and celebrate John's life and achievements on August 13, 2021 at 11:00 a.m. at the Hnaua Cemetery (West Side). With Pastor Trudy Thorarinson officiating, come ready to share memories, laugh at the good times, and remember the full life he lived "his" way. Please bring lawn chairs and possibly umbrellas.



## OBITUARY



**Pauline Pasieka**  
April 04, 1933 - July 26, 2021

Pauline passed away suddenly at Gimli Hospital on July 26, 2021. She was predeceased by her first husband Adolph in 1963, second husband Tony in 1992, father William Pilatyk in 1992, mother Annie Pilatyk in 2000, son Barry Ciszewski in 2014, and brother Nick Pilatyk in 2018.

She leaves to mourn her son Ken Ciszewski, daughter Carol Ciszewski (Jim), daughter Anne Isfeld (Russell), daughter Barb Hess (Derek), son Matthew Pasieka (Amanda), daughter Margaret LaRocque (Dave), grandsons Travis Isfeld (Emma), John Jeremy Isfeld (Haley), and Steven Hess (Madison), nephew Peter Pilatyk, along with relatives, friends and neighbours.

Mom was born on April 04, 1933 in Kreuzburg, MB and grew up on the family farm in Foley.

She met her first husband Adolph Ciszewski, they made their home in Husavik and had 3 children (Barry, Ken & Carol). After Adolph's passing, Pauline met and married Tony Pasieka and had 4 more children (Anne, Barb, Matt & Margaret). Throughout her 2 marriages, she farmed along side her family. Mom was a very hard worker.

Mom loved to cook, bake, knit and garden. She was fabulous at all of them! Her favourite was the summer/fall canning time.

Her garden and flower beds always flourished with her loving touch. Many family dinners were eaten at the farm, notably roast chicken and her amazing stuffing. These times will be missed.

Mom loved playing Rummy, Skip Bo, doing word search puzzles, jigsaw puzzles, and her very favourite BINGO.

She was a big fan of the Winnipeg Jets, her favourites were "Byfuglien" and "Laine". She got to attend a Jets game at MTS Centre just a few short years ago.

Mom loved family get-togethers and the good laughs that were had.

Several years ago she started attending the Adult Day Program at the Gimli Hospital. Special thanks to the ladies that oversaw the program over the years Mom attended - Alexis, Julianna, & Gwen. She loved attending, it was a fun outing for her.

The family would like to thank all of her Home Care Aides, Whitemouth Personal Care Home, and her last residence of Betel Home in Gimli. We were so lucky the last 7 weeks were here in Gimli and we were able to see her often. Another thank you for the care she received at the end by the ambulance attendants and the staff of Gimli Hospital.

You are still with us Mom, forever in our hearts.

In lieu of flowers, donations can be made to The Heart & Stroke Foundation of Manitoba, Alzheimer Society of Manitoba, or to a charity of your choice, in memory of Pauline.

Graveside service will be held on Friday, August 6th at 10:30 a.m. at St. Michael's Ukrainian Catholic Churchyard Cemetery in North Foley. (Willow Creek Rd, Rd 107N, 3 1/2 miles west of #8 Hwy). All are welcome to join the graveside service. For those attending, please bring a lawn chair.

VICHNAYA PAM'YAT

Condolences can be left on her tribute wall at [www.gilbartfuneralhome.com](http://www.gilbartfuneralhome.com)

Gilbart Funeral Home, Gimli in care of arrangements.



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## MEMORIAL SERVICE

**Marie (Squires) Schroeder**  
(nee Plantz)

We, the family of Marie (Squires) Schroeder, (nee Plantz), invite you to join us in a Celebration of Life for our wife, mother, grandmother, great-grandmother and also friend of many.

A graveside service will be held at Mulvihill Cemetery on Sunday, August 15th, at 11:00 a.m. Please bring a lawn chair for seating at the site. Due to COVID restrictions, the service will end after the burial and there will be no lunch provided after the service.

Arrangements by:

ARNASON FUNERAL HOME

Ashern - Lundar

1.204.768.2072

1.866.323.3593

## OBITUARY



**Jean Stadnek**

January 22, 1925 - July 26, 2021

Jean Stadnek (96) peacefully passed away Monday, July 26, 2021 at the Arborg Personal Care Home.

She is survived by her three sons, Ron (Arlene), Joey, Ken (Sharon), eight grandchildren and six great-grandchildren along with numerous nieces and nephews spread around the world, many of whom spent time with Mom and Dad on the family farm where they were treated as one of her own. Jean was predeceased by her husband Joe, and all of her five siblings.

Mom loved most sports. She enjoyed both playing and watching baseball, curling and golf the most. She was very proud of her several gold medals from Manitoba's Seniors Games in golf. Mom also looked forward to a good card game with family or friends where her competitive nature helped to keep her sharp right to

the end.

The gardens on the farm were always a source of pride and joy to Mom, especially her lily garden in recent years. She would never be very far away from her kitchen during pickling season and loved to share garden produce with as many people as possible.

Cremation has taken place and a service will take place at a later date.

Thank you to all the doctors and staff at the Arborg Hospital and the Personal Care Home as well as the home care ladies.

## OBITUARY



**John Dymetro Harasymko**

June 1, 1961- July 29, 2021

It is with heavy hearts that we announce the sudden passing of our beloved Johnny.

He was predeceased by his father John and his mother Marian. Johnny will be deeply missed by his life partner Bonnie; son Dustin; his step-children Steven (Dayna), Russ (Jenn) and Candice (Travis); siblings Joan (Gord), Jerry (Shelly), Janet (Tim) and Judy (Eddy); Godson Jamie (Leah); grandchildren, nephews, nieces and many great friends.

If you were ever looking for Johnny, you would have a great chance of finding him in the bush with Bonnie cutting wood, or riding around on the side by side having a beer. Johnny had a passion for always upgrading their property (The Pits) by adding new trails, working on the pond, or coming up with crazy ideas like putting in a zipline. He really enjoyed picking mushrooms with Artie and loved having a cold one around a bonfire with his friends and family.

Johnny grew up in the Komarno-Teulon area where he was always participating in crazy adventures, especially with his cousin Ronnie.

Johnny had a soft spot in his heart for animals like their cat Pumpkin, their dog Tippy, and even took a special interest in a wounded goose he found on the side of the road. Then decided it would be a great idea to bring it back to the pit and put it in the pond in hopes that it would start a new life with him.

Johnny was an avid quad rider, so much so that him and his friends created a club called the "Komarno Muckers", to which Johnny was actually the president. The day that him and his nephew Jamie bought their quads, they proceeded to sink them up to the handle bars in water. Johnny truly enjoyed quadding with family and friends.

Thank you to the staff at St. Boniface Hospital for all their care and compassion.

As per Johnny's wishes there will be no service. A private celebration of life will be held at a later date.

Condolences may be left on his tribute wall at [www.gilbartfuneralhome.com](http://www.gilbartfuneralhome.com)

Gilbart Funeral Home, Gimli in care of arrangements.



Your memory will live forever Engraved within our hearts

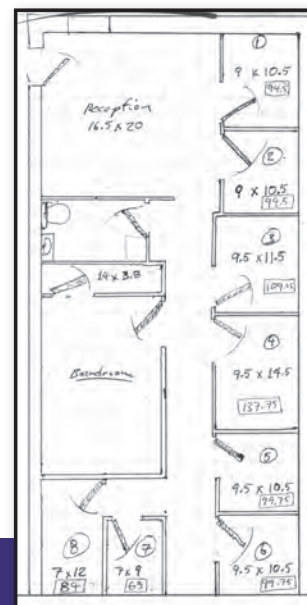


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