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The ACTRA Performance Award went to Harkaran Jhinger for My Son Went Quiet. The documentary follows the lives of a South Asian father and son who are grappling with the death of their wife and mother while the son starts to see his mother as a shadow around the walls of their home.

EXPRESS PHOTO BY RAYME THOMSON

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Good Times FINANCING



Gimli RCMP detachment kept busy in July with arson, shooting and vehicle thefts

By Patricia Barrett

The Royal Canadian Mounted Police (RCMP) at the Gimli detachment saw quite a bit of action in July with an arson in Hnaua that destroyed a family home, several vehicle thefts in communities within the service's catchment area and a shooting in Riverton.

RCMP media relations officer Sgt. Paul Manaigre said last Thursday that the house fire in Hnaua in the Municipality of Bifrost-Riverton is being investigated as an arson after video images were made available showing a suspect near the home.

"The photos show the garage and seconds later it looks like the suspect threw a Molotov cocktail or something like that and we see quite the flame," said Manaigre. "It also shows someone running away at 4:30 in the morning. I'm pretty comfortable calling that an arson."

The Gimli detachment received the report of the fire on July 30 at 4:35 a.m. It's believed the fire started in the garage.

The homeowners were in the dwelling at the time of the fire, but no injuries were reported.

A relative posted photos and information on social media saying the fire was the result of arson.

"A trail cam in the yard captured pictures of this low life setting the house on fire, all while my parents were asleep inside," says the post. "My parents made it out and are safe, but there is nothing left of my childhood home."

The Express reached out to the family for comment through a friend, but did not hear back from them.

Other crime news:

-There were a number of reports of vehicles being stolen in the Gimli RCMP catchment area in July, said Manaigre, who went through the detachment's reports to provide the Express with details of what had transpired.

Although there has been of late considerable media attention given to newer vehicles being stolen and shipped overseas, the vehicles report-



EXPRESS PHOTOS SUBMITTED

A relative of the homeowners posted photos and information about the arson on social media, hoping the public comes forward with information. The bottom right image, taken from a security camera on a property in Hnaua shows a suspect running away after a fire is started. The fire destroyed the home. The RCMP are considering it arson.

ed stolen in the detachment's area are mostly older vehicles. Manaigre said it was somewhat sur-

Continued on page 5

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GIFF filmmakers and filmgoers connect through film

By Autumn Fehr

For nearly a quarter of a century, the Gimli International Film Festival (GIFF) has fostered connections between filmmakers and film enthusiasts, building a unique community united by the magic of cinema.

This year, GIFF saw over 10,000 individuals visit the Icelandic town to take in a variety of film screenings of local, national, and international feature films, documentaries, and short films, not to mention the iconic RBC Sunset Beach Screenings. This year also saw a record number of film submissions, reaching 1,400 in total, with the majority being short films.

"Festivals are getting back to pre-pandemic attendance levels, and GIFF is no different," said Teya Zuzek, this year's executive director.

A sense of community stood out in GIFF's 24th year, filling the five-day festival. This focus fits this year's programming theme of community and connectedness, which was also felt in most of GIFF's special events.

"We saw filmmakers speaking with filmgoers and industry people connecting with other industry people. It just felt like everyone was excited to be here for GIFF 2024 and thrilled to connect," said Zuzek.

The GIFF's annual award reception is a beloved tradition, honoring filmmakers and their works. Notable winners this year included The Eternal Memory, recipient of the Grand Jury Award, The Audience Choice for The Day Iceland Stood Still, and Zacharias Kunuk who received the prestigious Alda Award.

The 48-hour Fest was this year's best-attended event. The films with the most patrons were Daughter of the Sun, We Grown Now, The Day Iceland Stood Still, My Wonderful Stranger, In Her Name, and Every Little Thing.

Other awards presented include:

Best Canadian Short - Unibrow

Best International Short - 27

Best Manitoba Short - Modern Goose

ACTRA Performance Awards - Harkaran Jhinger in My Son Went Quiet and Courtney Sawyer in

Continued on page 9



EXPRESS PHOTOS BY RAYME THOMSON

The Best Manitoba Short went to Director Karsten Wall for Modern Goose, a film revealing the mysteries of the natural world amid persistent, constant urbanization.

Buying rural or urban? Know the differences

The decision to move is a very personal choice that is typically reached after considering a number of variables. Career opportunities, a better climate, superior schools, or a desire to be closer to family compel millions of people to move each year, and those factors underscore how unique each individual move can be.

The Canadian Association of Movers says Canadians move an average of five to six times. No move is a small undertaking, and when such a move involves relocating to an entirely new setting, there are some things buyers should know. Here are some differences between purchasing a home in a rural or urban location.

Urban

A vibrant lifestyle and proximity to employment draws many people to urban living. Home prices tend to be higher in cities than in other areas, and the cost

of living in urban areas tends to be more expensive due to the conveniences associated with city life. Buyers may expect to pay more for contractors, food and transportation. Property taxes are another consideration for urban buyers. Taxes tend to be higher in urban neighborhoods than rural locales.

Proximity to nightlife and restaurants attracts many people to live in cities. Urban buyers need to expect more congestion in cities than in rural areas. Having a car in the city may be a luxury instead of a necessity. In fact, many urban dwellers opt for public transportation rather than paying for parking or trying to find spots.

Noise may be another thing to think about. More people living closer together brings more noise and artificial light. Nature lovers may have to sacrifice proximity to wildlife and access to star-filled skies if they choose to live in cities.

Rural

Being able to spread out and enjoy private property is a major advantage of living in the country. Rural living comes with much larger home footprints at more affordable prices.

Potential buyers will need to account for

distance to jobs and stores when opting to live in rural areas. Commute times can eat into fuel budgets. Those who work from home may need to investigate if there is reliable internet service where a home is located, as some rural locales still have spotty mobile service and internet coverage.

Additional things to think about involve the maintenance on the home and utilities. Some rural homes are not connected to municipal water systems. That requires usage of well water and having to do one's own water testing. Rural residents may need to grow accustomed to slower repair times should electricity go out, so a backup generator might be necessary. Also, snow removal may fall on the homeowner, so buyers should look closely at driveway size and road access before buying.

Nature and vast starry skies draw some to live in rural areas. Sitting outdoors enjoying the sounds and smells of nature can be intoxicating. But homeowners must consider that insects and animals may be frequent companions in these areas. Those accustomed to urban living may be unacquainted with animals living so close to their homes.

Both rural and urban areas can be great places to live. Individuals should consider the pros and cons of each before buying a new home. RE244891

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Paramedic shortages in Interlake-Eastern RHA continue

MAHCP sees slight improvement in paramedic numbers, but more hiring and retention incentives needed

By Patricia Barrett

Although we've not been hearing too much lately about paramedic shortages in the Interlake-Eastern Regional Health Authority (IERHA), staffing shortages continue and people are waiting longer for treatment.

A screengrab taken on July 26 from a social media post issued by the Manitoba Association for Health Care Professionals states there were only seven out of 21 ambulances available for the entire health region, which comprises about 61,000 square kilometres and whose hospital ERs are frequently or permanently shuttered because of a lack of staff. The period MAHCP referred to in its post was the weekend of July 20.

Wayne Chacun, who sits on MAHCP's executive council as treasurer and representative for the Prairie Mountain Health RHA, said the number of ambulances available during that period at one point dropped even further to six. While we haven't been hearing about paramedic/ambulance shortages in the IERHA for a while, it is "still happening" and what the union saw last month was not a "one-off" situation.

Although there has been a recent im-



COURTESY OF MAHCP

MAHCP posted a message on social media, stating the IERHA had seven out of 21 ambulances available to cover the entire region during a weekend in July.

provement in paramedic staffing, it's negligible in terms of what is required to adequately service rural regions.

"There has been a slight improvement in paramedic staffing since April, but it is very slight," said Chacun. "I say improved slightly because there are hundreds of vacancies throughout rural Manitoba for paramedics. From April to June, the numbers have increased by 16, according to our calculations, and we're seeing that consistent loss of paramedics slowing down. But [hiring] is nowhere near what's needed to fill all these vacancies."

MAHCP is a union that represents about 7,000 allied health-care workers in 45 professions, including rural paramedics.

MAHCP doesn't have access to data for that specific period pertaining to what the impact on patients in the IERHA might have been, but Chacun



EXPRESS FILE PHOTO BY PATRICIA BARRETT

An ambulance is shown heading west on Highway 68 towards Arborg.

said when there are ambulance shortages there can negative outcomes for patients.

"When we're short of ambulances, it may take longer for an ambulance to get to patients that need them and there's a delay in treatment and transport to a hospital," said Chacun, who is a paramedic in the Prairie Mountain Health region. "It can also result in cancelled transfers between hospitals, where patients need to go from one centre to a centre that offers a higher level of diagnostic services or treatment."

Compounding paramedic shortages are the number of hospital ERs in the Interlake-Eastern RHA that have either been permanently closed or have to close on a regular basis because of staffing shortages.



PHOTO COURTESY OF MAHCP

Wayne Chacun is a paramedic and treasurer for Manitoba Association of Health Care Professionals.

For the period Aug 1-15, for example, Ashern's ER is closed for seven of those 15 days. Eriksdale's ER is closed for 12 days. Stonewall's ER is closed for 7 days. Gimli's ER has five days where 24-7 service cannot be offered. Pinawa's ER has 11 days of closure with four days on which 24-7 service can't be offered. Beausejour's ER is closed for 10 days with five days on which 24-7 service can't be offered. Pine Falls' ER shows five days on which it can't offer 24-7 service. Arborg's ER continues to remain permanently closed as does Teulon's. The IERHA posts ER schedules on its website and they are subject to change.

Paramedics are still experiencing burnout and the amount of overtime hours they're putting in hasn't improved because of the high number of vacancies in the profession, said Chacun.

"A lot of paramedics hate to see the communities without ambulances so

Continued on page 8



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Boat carrying nine passengers capsizes at Steep Rock

Operator of boat charged with Operating a Vessel in a Careless Manner

By Becca Myskiw

What started as a bright, cheery day quickly turned dark when a boat capsized at Steep Rock a few weeks ago.

When Wally Welchenko went to tie one of his boats back onto the dock on July 16, he was flagged down by a passerby on the beach, alerting him of a capsized boat. Welchenko and a helper quickly got in one of his boats to see if their help was needed on the water, and the further they got out onto the lake, the more treacherous the water became.

"Once I hit the point, it was very nasty," he said. "We had like four-

foot waves. It wasn't a good time to be out."

The first thing Welchenko and his helper saw on the water was the hull of a boat upside down in the water. Then he saw the owner of the boat pulling a woman toward a rock to get her on it — she had been under the water for a couple of minutes and was unconscious.

Welchenko's helper had stepped off their boat by now to help two teen girls who were also still in the water. As Welchenko tried to keep his boat from smashing into rocks, he helped the owner of the capsized boat give CPR to the unconscious woman, and after a few minutes, she was conscious again. Welchenko then took the two young girls and the woman back to shore, taking them to the public dock where emergency crews could help.

Welchenko then ran to grab his stretcher board—something he'd had for 30 years but had never used until that day—and got the woman off

the boat safely. They then returned to check on the boat owner, Peter Hofbauer, who offers professional boat rides and kayak rentals in Steep Rock.

The Express reached out to Hofbauer for an interview, but he declined, saying he works on the lake every day, he had an accident, and the important thing is that everyone is safe. Welchenko said his best guess is that the weather and big waves made for a bad situation.

Lundar/Ashern RCMP received the call about the capsized boat at 4:45 p.m. on July 16. EMS and fire were first on the scene. When RCMP arrived, they assisted EMS. The 59-year-old woman, who had been unconscious, was taken to a hospital in Winnipeg by STARS and is doing okay. There were a total of nine people on board the boat, including Hofbauer. The other seven were young females 12 to 17 years old. All were assessed on-scene and released.

RCMP said all occupants on board

the boat were wearing lifejackets. The 17-foot boat was approximately 30 to 50 feet from shore when it ran into a large wave, took on too much water, and capsized. RCMP confirmed Hoffbauer has been charged under section 1007 of the Small Vessel Regulations Act for Operating a Vessel in a Careless Manner, "without due care and attention or reasonable consideration for other persons."

"We were very fortunate that this boat capsized close to shore as this clearly could have been a very tragic incident if this had occurred farther out into the lake," said RCMP.

Welchenko has helped rescue people from the lake before and said he's good in situations like that, able to remain calm and collected.

"I'm sure if anyone else was in the water they would have helped," he said. "I was just there at the right time. The rope on my boat broke for a reason."

> RCMP, FROM PG. 17

prising to see smaller cars being reported stolen as it's typically trucks in the countryside. The vehicles include a Chevy Impala, a Pontiac Sunfire, a 2006 Grand Prix, a 2003 Mustang, a 2004 Ford pick-up truck, as well as a utility trailer and a quad.

"You'll see more of that kind of theft [newer vehicles] in Winnipeg and in bigger cities like Toronto and Vancouver. Outside Winnipeg it's not a huge concern that people are looking for a vehicle worth around \$80,000 to ship overseas. But to say that doesn't happen in this region of the Interlake, I can't say for sure," said Manaigre. "The vehicle thefts in the area covered by the Gimli detachment are thefts of opportunity. If someone commits a crime somewhere, they'll steal a vehicle to get from point A to point B then dump it."

Manaigre said it's common in the country for people to leave their vehicle's doors unlocked and store the keys in the vehicle because they don't think they'll be a victim of crime.

"A lot of times if the vehicle is locked, [the would-be thief] will go elsewhere," he said.

The theft of an older model pickup truck in Arborg on July 30 resulted in the Gimli RCMP nabbing the suspect.

"He was labelled a prolific offender. He is a 28-year-old male from the Gimli area. He was arrested and charged with the theft of a 2004 Ford F350, which is a one-ton truck," said

Manaigre. "He was also remanded into custody on charges of possession for the purpose of trafficking — I guess the officers found drugs — and for possessing break-in instruments."

The best thing people can do to deter vehicle theft is to keep their vehicles locked and never leave the keys in the vehicle, said Manaigre. The Gimli detachment doesn't get a lot of reports of smashed windows, so it's likely the thieves will decide to move on to an easier target.

And no matter where people live in the country, crime can happen, he added. With rural communities expanding, crime is sure to follow because "crime is part of the trend when you see communities getting bigger."

To help themselves and their communities, people should always report theft or other crimes to the RCMP because that helps the police service profile an area to determine potential crime trends and pockets of activity.

"In the country, there's a strong possibility there could be more incidents, but people aren't reporting them to the police. No matter what it is, let us know. There could be one area where someone was rummaging through vehicles at five different homes. But if nothing was stolen, people don't report it. If this is happening at multiple locations, it becomes a concern. And if we have all those reports and we arrest someone a week later, we might be able to [trace that back to the suspect]," he said. "Sometimes we can't solve it, but it's good to know

where the problem lies because rural detachments do look at the data, these reports of someone having gone through cars late at night."

People can report crimes to the Gimli RCMP detachment at (204) 642-5106 or use the online crime reporting portal on the detachment's website. The detachment is located at 6 Centennial Rd. in Gimli at the junction of Highway 9.

SHOOTING IN RIVERTON

The RCMP issued a news release on July 31 regarding a shooting that took place in Riverton.

At about 10:50 p.m. on July 28, the Gimli RCMP received a report of shots fired at a residence in Riverton.

"Officers attended and were informed that four male suspects, one of them armed with a firearm, had entered a home in Riverton where they confronted two adult males," states the news release. "An altercation took place resulting in the firearm being discharged."

A 44-year-old male from Lynn Lake was transported to hospital with non-life-threatening injuries where he remains in stable condition and the other victim, a 33-year-old male from Riverton, was not injured, states the release. The incident is under investigation.

The Gimli RCMP is asking anyone with information to contact them at (204) 642-5106. People can also share information through Crime Stopper's secure tip service at www.manito-

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OUR SISTER PUBLICATIONS



Health Canada issues recall of vitamins and minerals

By Patricia Barrett

Health Canada issued a number of alerts and recalls (on July 26 and July 29) for a variety of multivitamins and supplements that were distributed across Canada.

The products are being recalled because they may contain metal fibres.

The multivitamins and supplements have the following brand names: Kirkland Signature, Life, Option+, Webber Naturals, Wellness by London Drugs, Equate, Wellquest, Vegi-Day, and Natural Factors.

B vitamins, some including vitamin C, a combination of women's vitamins and minerals, a combination of prenatal vitamins and minerals, men's vitamins and minerals, and vegan organic are among the recalled

products.

"Factors Group of Nutritional Companies Inc. is recalling various multivitamins and supplements sold under a variety of brand names due to the potential presence of metal fibres," states the alert. "The affected products may contain metal fibres which, if ingested, may cause injury to the digestive system. The risk of harm due to the presence of iron is higher in individuals with a peptic ulcer, regional enteritis, ulcerative colitis, iron allergy, or for those taking high doses of iron supplements, levodopa, and/or levothyroxine."

Health Canada said it's monitoring the company's recall and implementation of preventative and corrective actions.

Canadians are advised to stop using the products.

"Stop using the recalled products. Consult a health care professional if you have used any of these products and have health concerns," states the alert. "If you have purchased an affected product, return it to your local pharmacy for proper disposal."

Visit Health Canada's Recalls and Safety Alerts website for a full list of the recalled items and their details. Lot numbers and expiry dates are listed on bottles of vitamins and minerals and they can be checked against the affected items shown on Health Canada's website.

RM of Armstrong byelection results

By Patricia Barrett

The RM of Armstrong held a byelection July 31 to replace all the councillors and reeve who were elected in 2022.

There were 15 candidates running for seat on council, two of whom were acclaimed.

The resignation of four councillors – Pat Stein, Ted Sumka, Paul Humeny and Brent Dziadek – on April 9 resulted in a loss of quorum for remaining councillor Allen Pfrimmer and reeve Kate Basford, and the subsequent appointment of an administrator by the provincial government to oversee the RM's day-to-day business affairs.

Stein and Humeny decided to run again in the byelection.

Running for reeve were Kate Basford, Pat Stein and Garry Wasylowski, who previously served as reeve.

RURAL MUNICIPALITY OF ARMSTRONG
July 31st, 2024 By-Election

I, the undersigned, the senior election official in the local authority, certify that below is an accurate summary of the votes counted for each candidate in respect of this election.

Name of Candidate	Voting Station					Sealed Env/ Advance	Total	*Elected
	INWOOD WARD 1	CHATFIELD WARD 2	SILVER WARD 3	FRASERWOOD WARD 4	FRASERWOOD WARD 5			
for REEVE								
BASFORD, Kate	8	2	7	14	10	17	58	
WASYLOWSKI, Garry	72	56	128	69	71	55	451 *	
STEIN, Pat	17	5	28	45	30	40	165	
for COUNCILLOR, WARD 2								
WHITTIER, Charles		17				2	19	
CAMPBELL, Drenna		1				0	1	
ERMEL, Amanda		9				3	12	
HUMENY, Paul		35				3	38 *	
for COUNCILLOR, WARD 3								
DWORNICK, Greg			33			14	47	
BARKMAN, Glenn			90			2	92 *	
FONTAINE, Greg			7			5	12	
GUDBJARTSON, Danny			33			5	38	
for COUNCILLOR, WARD 5								
EVANCHYSHIN, Allen					59	13	72 *	
HENDRICKSON, Luke					52	17	69	

ILLUSTRATION COURTESY OF THE RM OF ARMSTRONG

Wasylowski received 451 votes compared to 165 for Stein and 58 for Basford.

Paul Humeny was elected in Ward

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St. Laurent hosts well-attended open house

By Jennifer McFee

Community involvement is alive and well in St. Laurent, where a recent open house drew a crowd of more than 100 attendees.

The well-attended event took place on Saturday, July 20 at the St. Laurent recreation centre, where residents had a chance to learn about ongoing projects and share their own ideas.

"The open house was better than expected," said Reeve Richard Chartrand. "We received nothing but positive comments."

The informative event included introductions of council members as well as representatives running the information booths.

"I provided all in attendance what the RM has done over the last year and what we are looking forward for next year," Chartrand said.

"Each councillor then provided information on the various portfolios and committees they were on. CAO Billie Jean Oliver also provided additional information regarding the running of a municipality."

In addition to the municipal council, representatives were on hand from various groups including Nav-CARE, Community Futures, Age Friendly, CDEM and the South Interlake Regional Library.

"We also had a booth for our fire department, Chamber of Commerce and recreation centre," Chartrand said.

"There were displays of various options regarding our Old Town Hall, expansion of our lagoon, expansion of our assisted living centre and Interlake-Eastern Regional Health Authority facility. There were also plans for our Métis Heritage/Smithsonian Museum project."

For each of the municipality's proj-

ects, attendees had the chance to ask questions and submit written recommendations.

After enjoying some light snacks and refreshments, members of the public visited the Old Town Hall to check out recent renovations and share feedback for the building's future. A travelling Métis heritage display was also set up at the Old Town Hall with two volunteers on hand to explain different artifacts.

Economic development officer Denise Allard agreed the event was a success.

"Everything went very well with valuable information provided to the community. For myself as EDO, the most valuable information we were able to gather was the wants of the community in terms of the Wellness Room we created this past spring. We have a Wellness Room in our post office/welcome centre to provide much-needed services for our members," she said.

"The idea of the Wellness Room is to have a different service come on a certain day of the week every week from Monday to Friday. For Saturdays, we were thinking to have a service come one day a month on that day to provide a monthly service. We knew we absolutely wanted a massage therapist and a chiropractor but did not know what the community preferred the other days, so we were able to get their votes at a table set up to highlight the Wellness Room."

Overall, the most popular vote was to have a physiotherapist offer a weekly service, followed by a naturopath and a homeopath. For monthly services, the three most popular votes went to having a medicine man or woman, a Sho-Tai practitioner and a



EXPRESS PHOTO SUBMITTED

St. Laurent council shared greetings and information during the municipality's open house event on Saturday, July 20. Left to right: Coun. Tom Johnson, Coun. Maurice Leclair, Coun. Perry Gaudry, Reeve Richard Chartrand, CAO Billie Jean Oliver and Coun. Yves Combet.

shaman.

"To date, we are very fortunate to have Angelica Kerbrat of 310 Wellness on Main in Stonewall come every Wednesday to provide massage, reflexology and acupuncture in our municipality. She is kept busy and has the St. Laurent location as an option for booking online," Allard added. "We have Dr. Stephan Cooper, a chi-

ropractor from Winnipeg, lined up to come once a week also but do not have a start date for him yet."

All in all, Allard is impressed with the outcome of the open house.

"We were very pleased with the turnout we had and the input we received from the community," she said.

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> BYELECTION RESULTS, FROM PG. 6

2, receiving 38 votes. Charles Whittier (19 votes), Drenna Campbell (1 vote) and Amanda Ermel (12 votes) also ran for Ward 2.

Glenn Barkman was elected in Ward 3 with 92 votes. Greg Dworknick (47 votes), Greg Fontaine (12 votes) and Danny Gudbjartson (38 votes) also ran for Ward 3.

Allen Evanchyshin, who previously served on council, was elected in Ward 5 with 72 votes. Luke Hendrickson received 69 votes.

Ward 1 candidate Guy (Sonny)

Rohne was elected by acclamation (he had no other candidate running against him), and Ward 4 candidate David Tyndale was also elected by acclamation.

Twenty-seven ballots were "declined, rejected, spoiled or taken from the voting station," according to senior election official Ernie Epp.

The official election results were posted on the RM's website last week.

Gimli council's livestreaming draft policy includes ability to terminate and expunge

By Patricia Barrett

A draft policy Gimli council released last month to govern the livestreaming of municipal meetings includes provisions that allow for the termination and subsequent editing of the audio-visual recordings.

But some councillors have concerns about the potential for censorship, and the draft is expected to be reviewed again at council's upcoming August meeting.

Titled "Livestreaming and Recording of Legislative Meetings," the policy is posted under the agenda for the July 17 committee of the whole meeting.

The policy states that its purpose is to "provide guidelines for the live streaming and management of video recordings of Regular Meetings of Council."

As it's currently written, the policy will give the chair of meetings – typically the mayor or deputy mayor during council meetings – the power to

stop the film by way of majority vote. That power is, ostensibly, to be used only during "exceptional" circumstances.

A clause under the policy's Risk Mitigation section states:

"Accordingly, the legislative body, by way of majority vote, the Chair, has the discretion and authority at any time to direct the termination or interruption of the live streaming and recording of the meeting if they consider it prudent or advisable to do so. Such direction will only be given in exceptional circumstances."

Although "exceptional circumstances" are not defined in the Definition section of the policy, it is stated in the body of the document that statements considered "incorrect," "offensive" or "defamatory" and so forth can lead to the termination or interruption of the livestreaming.

It's unclear whether opinions expressed by a councillor could be potentially characterized as "incorrect" or otherwise, and lead to the taping being terminated and the comment(s) later excised from the recording.

In addition to the termination or interruption of the recording, the RM's chief administrative officer will be given the power to edit recordings before they're released for public con-

Accordingly, the legislative body, by way of majority vote, the Chair, has the discretion and authority at any time to direct the termination or interruption of the live streaming and recording of the meeting if they consider it prudent or advisable to do so. Such direction will only be given in exceptional circumstances.

1.1 Following the meeting, CAO has the discretion and authority to direct the exclusion of all or part of any meeting recording that is considered inappropriate to be published according to existing policies and by-laws of the municipality. Such discretion will be used only in exceptional circumstances.

RM OF GIMLI

The RM of Gimli's draft policy for livestreaming meetings includes two clauses that permit recordings to be terminated and later edited in order to exclude material.

sumption.

"Following the meeting, [the] CAO has the discretion and authority to direct the exclusion of all or part of any meeting recording that is considered inappropriate to be published according to existing policies and by-laws of the municipality. Such discretion will be used only in exceptional circumstances," states the policy.

The policy provides a definition of "inappropriate" material, which includes discrimination, the disclosure of confidential or privileged information, false or misleading information, an infringement of copyright, and matters that are eligible for in-camera

(private) meetings.

Livestreamed recordings will be publicly available on the RM's website, web-based video management applications and social media sites for a period of one year from the date of the meeting, according to the policy.

Coun. Andy Damm said that during the July 17 meeting he had expressed his concern about the possibility of producing incomplete and inaccurate records of meetings.

He said that if a member of the public attending a council meeting behaves in an offensive or otherwise troubling

Continued on page 17

Community Support Service

A.A Meeting in Ashern is postponed for August 9th

Next A.A Meeting is August 23rd at 6pm.
Location: #11 2nd Ave North - Pioneer Manor (beside the main door entrance of Pioneer Manor)
Contact Jackiem.lwrc@gmail.com

AA Eriksdale

Eriksdale United Church building #7 Main Street, Eriksdale (side door)
Meetings are Mondays at 6:30 p.m.

AA Winnipeg Beach

Lady of the Lake RC Church Corner of Hwy. 9 and Lake Ave., Winnipeg Beach
Meetings are Saturdays between 7 and 8 p.m.
Contact Ann J 204-389-3417

Gimli Group AA

Bldg 18 Municipal Rd Industrial Park
Fri & Sun Mtgs at 7:30 pm

AI-Anon Gimli and Winnipeg Beach

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All ages welcome.

AA Riverton Group

12 Main St. at the Riverton Senior Centre
Mondays 7:30 p.m.

> PARADEMIC SHORTAGES, FROM PG. 4

they'll pick up overtime hours sometimes to the point of exhaustion. When you don't get time to rejuvenate, it does lead to burnout and pressure on your mental health," he said. "The same goes for our dispatchers, who are working shifts frequently more than 16 hours until they're exhausted. And they're having to stay on the phone longer with people who call for an ambulance to provide support and advice. Our dispatchers are also extremely short-staffed just as our frontline paramedics are."

Paramedics were without a collective agreement for about five years, he said, and that contributed to their loss in the rural areas where they were earning 26 per cent less than a paramedic working in Winnipeg. Those who stayed behind had to pick up the slack.

"The more short-staffed we are, the more pressure there is on the remaining staff. And some people are finding it tough to deal with this pressure. They're trying to do work that should be done by another 30 per cent of staff who just aren't there," said Chacun. "It's a rewarding profession, but right now the working conditions are tough."

There are a number of strategies, however, the provincial government can take to attract and retain rural paramedics, including bringing paramedic training to the rural areas where people want to live and work.

In 2017 the provincial government cut funding for the primary care paramedic program at Red River College, which offered satellite programs in rural areas such as Portage la Prairie, Brandon and the north, said Chacun. Paramedic shortages are worse in some RHA areas such as Prairie Mountain Health and the north because of a lack of training programs in those areas.

"We need to make sure paramedic and other health-care education is available closer to where people live," he said. "Many times, rural Manitobans are having to move to Winnipeg to get educated, which is difficult to do and entails a financial cost. If we need people to enroll in these courses, let's offer the courses in the rural areas and provide bursaries to try to get them there. You can't educate a paramedic in six months; it takes a couple of years or more. The sooner we get people into the program, the better."

The government could also offer bursaries to attract people to the paramedic program, said Chacun. There are more bursaries currently available for nurses.

The Express reached out to provincial Shared Health – which oversees the delivery of health-care services and the hiring of paramedics – for comment on the ambulance shortage last month across the IERHA, as well as other issues. The organization offered to answer the questions but requested precise date(s) and times it had occurred (whether it was morning, afternoon or evening) in order to understand what had happened.



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The Indigenous Spirit Award went to Andrew Konoff (kneeling) for *Plaansh a Roo*, which tells the story of a young Métis kid who has to find a way to make money to repair his broken skateboard during the summer, overcoming obstacles along the way.



Branden Joseph DeFoort won Best Manitoba Director for *These Four Walls*, which follows the journey of the disability movement in Canada.

> GIFF, FROM PG. 3

Daughter of the Sun
Barry Lank Award - Sonya Ballantyne

Best Manitoba Director - Branden Joseph DeFoort for *These Four Walls*
Indigenous Spirit Award - Andrew Konoff for *Plaansh a Roo*

An award that stood out to Zuzek this year was the Audience Choice, which went to Joyce DeLaronde at the Winnipeg Indigenous Filmmakers Collective Screening, sponsored by Warner Brothers Discovery Access Canada.

The festival's most prestigious award, the 13th annual RBC Emerging Filmmakers Pitch Competition, was awarded to Coby Friesen for *Cruising in Gomorrah*.

Cruising in Gomorrah follows the lives of two childhood friends, Chris and Alex, who go camping together at an idyllic yet supposedly haunted beach. Tensions mount as Chris' deep Christian faith clashes with Alex's worldly desire. Things start to get weird when a looming presence of good and evil permeates the beach,

awakening unconscious desires of longing and forcing the friends to come to terms with their sexuality. Friesen, a queer filmmaker in his 30s, currently resides in Winnipeg.

While he hails from Saskatchewan originally, he relocated for education fourteen years ago and has since

Continued on page 10

get inspired

> MEAL IDEA

Cauliflower Tacos with Peanut Sauce



Cook time: 30 minutes
Servings: 4

- 1 medium head cauliflower, chopped into florets (about 6-7 cups)
- 2 tablespoons extra-virgin olive oil
- 1/2 teaspoon fine sea salt
- 8 tortillas
- chopped green onions, for garnish
- California grown prunes from Sun-sweet, for serving
- peanuts, for garnish
- lime wedges, for serving

Cabbage Slaw:

- 3 cups shredded red cabbage
- 1/2 cup shredded carrots
- 1/3 cup cilantro, chopped
- 2 tablespoons fresh lime juice
- 1 teaspoon extra-virgin olive oil
- 2 teaspoons pure maple syrup
- 1/4 teaspoon fine sea salt

Peanut Sauce:

- 4 California grown prunes from Sun-sweet

- 1/2 cup unsweetened non-dairy milk
- 1/3 cup natural salted peanut butter
- 3 tablespoons reduced-sodium soy sauce
- 1 tablespoon fresh lime juice
- 1/2 tablespoon maple syrup
- 1 teaspoon minced ginger
- 1 teaspoon sriracha
- 2tablespoons water, plus additional for thinning (optional)

Preheat oven to 425 F.

On large baking sheet, place cauliflower in single layer. Add olive oil and salt; toss well to combine. Roast 30 minutes, tossing halfway through.

To make cabbage slaw: In medium mixing bowl, add cabbage, carrots, cilantro, lime juice, olive oil, maple syrup and salt. Toss to combine; set aside to soften.

To make peanut sauce: In blender, blend prunes, milk, peanut butter, soy sauce, lime juice, maple syrup, ginger, sriracha and water until smooth. Taste and add more water, if desired.

Warm tortillas, fill with roasted cauliflower and top with slaw, peanut sauce, green onions, prunes and peanuts. Serve with lime wedges.



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> **GIFF, FROM PG. 9**

made the city his home. Although he initially pursued acting as a potential career, Friesen eventually realized that creating his own narratives brought him greater fulfillment. In 2016, Friesen began sharing comedic sketches on YouTube before officially

releasing a short film in 2022.

The idea for the film came from a day spent at a secluded beach on a summer day, Friesen said.

"I began to research cruising and began to be really intrigued by what felt like this sort of secret queer history.



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The free iconic RBC Sunset Beach Screenings included Barbie, Summer Rental, Thelma & Louise, Theater Camp, and Paddington 2.

There's a few films out there that use cruising as a narrative device that inspired me along the way," they said.

Friesen also remembered a backpacking trip he had with a childhood friend in his early twenties, which was very formative and showed how both of them were becoming different people.

Together, both of these pieces

worked as the structure for their film.

In addition to the \$10,000 in production funds, Friesen also received various forms of industry support. This includes a \$5,000 Sunbelt Rentals Grant certificate, as well as a story-editing and directing mentorship from the National Screen Institute of Canada. Furthermore, they were given a

Continued on page 11

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Gimli man surprises wife with \$100K win on Crossword Scratch & Win



PHOTO SUBMITTED

Roger Savage of Gimli won \$100,000 on a \$5 scratch ticket.

By Lana Meier

Each time Roger Savage makes a pit stop to fill up his gas tank, he also picks up some lottery tickets. He loves surprising his wife with scratch-offs and always looks forward to her enthusiastic reaction.

On this occasion, his wife's enthusiasm went beyond just scratching the ticket. The Gimli pair scored a \$100,000 prize from the \$5 crossword zodiac tripler game.

"I only saw that we had matched four words on first glance," he said. "She told me to look again!"

"We couldn't believe it," he continued. "We had to go back to the store to check on the machine to be sure."

The Gimli winner said they were stunned by the win.

"We don't have plans on how to spend it yet," he admitted. "It's been a whirlwind!"

"You hear of people winning but the feeling of winning yourself has left us just stunned!"

Savage bought his triumphant ticket for Crossword Zodiac Tripler at Circle K on 83 Centre Street in Gimli.

> GIFF, FROM PG. 10

credit of \$2,000 towards equipment rental, along with one-year memberships to both the Winnipeg Film Group and On Screen Manitoba. As a cherry on top, their film Cruising in Gomorrah will have its premiere screening at next year's GIFF.

"It feels like a lot has led up to this win. It took many years of exploring, being curious, and just plain hard work. I feel affirmed and honoured for the privilege of this opportunity," said Friesen.

"Hopefully, this will just open

more doors. I'm beyond excited to be able to tell one of my stories at this scale," they added.

Friesen's advice to aspiring filmmakers is, "Keep going. Perseverance does pay off. In my experience, things don't just happen, but your commitment and love of storytelling can carry you a long way. It's worth it."

For the next year, Friesen's primary focus will be his emerging film.

"I want to pour everything I've got into this experience. Beyond that, I want to make more movies. I've got lots of stories to tell," they said.

Next year, the GIFF will celebrate its 25th anniversary, and Zuzek said she is excited to see what the film festival will bring.

"We are excited to share it with fellow filmmakers and film lovers alike."

In the aftermath of the pre-pandemic, as individuals crave to get back into the normalcy of everyday life and activities, it's evident that GIFF has helped fulfill the need for community and connectedness through the power of film.

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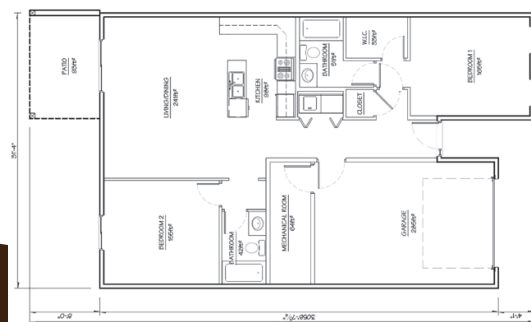
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Fisher Branch celebrates community with homecoming event

By Jo-Anne Procter

The Fisher Branch Homecoming celebration, held July 26 - 28, was a testament to the greatness of Fisher Branch as a community.

Locals were joined by former residents and new families that now call Fisher Branch home.

Organizers planned a weekend filled with activities for everyone to enjoy.

Friday began with a wine and cheese meet and greet hosted by the Women's Institute. It was a perfect opportunity for people to catch up with one another.

Saturday was jam packed with activities for every age. A pancake breakfast kicked off the day on Saturday and Sunday. The parade on Saturday featured community floats, vintage farm machinery and vehicles. The parade was followed by a showcase of musical and dance talent from the area, plus a kids zone of inflatable bouncers, face painting, and activities.

The evening continued with an Argentinian BBQ with over 500 enjoying a feast of tantalizing favours and ended with a community dance including a mechanical bull to test everyone's riding skills.

Sunday closed off the celebration with a double header baseball tournament.

"It was great to see traditional hard ball once again being played in the diamonds. The Fisher Branch Falcons would have been proud!" said Homecoming 2024 Committee secretary Debra Barrett.

The hot weather's thirst was easily quenched by a cold Fisher Branch Homecoming beer, with a locally designed label. These cans did not find

the recycling bins as they quickly disappeared as souvenirs of a fun filled weekend.

"For a smaller community, the volunteer base which enabled this action packed weekend was incredible. People rolled up their sleeves to coordinate events, man refreshment stands, provide ethnic foods for hungry attendees, sell fundraising tickets, and maintain the venues and grounds in impeccable condition. To all those who volunteered, the energy and time commitment you shared to ensure those visitors returning home had a fabulous time was hugely appreciated by all," said Barrett.

The Homecoming Committee received many compliments and words of gratitude from those who understood the Homecoming could not have taken place without the dedicated community volunteers.

The future may be unknown but the plan is to hold the next Homecoming on the weekend of July 26, 27 and 28th, 2030. This celebration will be focused on celebrating the 125th anniversary of Fisher Branch as a recognized community formed from a territory of strong thriving settlers dedicated to creating a growing community with the amenities they desired.



EXPRESS PHOTOS BY KAREN ABAS, GILLES MEILLEUR, AND DARCY TRUTHWAITE Friends and families of the community of Fisher Branch spent the last weekend of July celebrating their history and heritage.





Manitoba Animal Alliance and RM Fisher join forces for animal health

Low-cost spay, neuter, vaccination clinic scheduled in Fisher Branch

By Patricia Barrett

The Manitoba Animal Alliance (MAA) couldn't be happier that the RM of Fisher has offered to subsidize a low-cost spay, neuter and vaccination clinic that's coming to Fisher Branch in a few weeks to help residents with cats and dogs.

And the MAA, which is operating the mobile clinic, is hoping to get 15-20 more male cats and dogs booked in. MAA founder and director Debra Vandekerkhove said this is the first time a Manitoba municipality has offered to help subsidize a clinic, which is geared towards residents that cannot afford regular veterinary services,



as well as farmers with lots of intact male and female barn kittens and working dogs.

The RM's willingness to be "part of the solution" to animal over-population will reduce the suffering of uncared for and untreated cats and dogs and also help protect human health, she said.

"MAA is so pleased with the RM of Fisher. It's setting a standard and



EXPRESS PHOTOS COURTESY OF DEBRA VANDEKERKHOVE, MANITOBA ANIMAL ALLIANCE

we couldn't be happier. This is a gamechanger for Manitoba and we hope other municipalities follow Fisher's lead. We've never heard of an RM doing this. I know in Winnipeg some shelters offer residents a low-cost spay and neuter for cats and dogs, but no one is helping rural municipalities. Why not? They have people struggling financially and they have animal population issues," said Vandekerkhove. "A lot of RMs don't have animal management services, their own shelters or adoption programs, so animals are constantly being shipped into cities such

as Brandon, Portage or Winnipeg. The rest of Manitoba is flooding cities with animals and the shelters and rescues are over-capacity now. We can't do this anymore. We need municipalities to start taking the lead on controlling and managing their own populations."

MAA is based in Sandy Hook in the RM of Gimli, but it operates throughout the Interlake, including in First Nations communities. The registered charity was established in 2013 and is volunteer-run. It helps communi-

Continued on page 15



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> ANIMAL HEALTH, FROM PG. 14

ties deal with homeless, injured and abandoned animals, operates a foster program and organizes mobile veterinary clinics that travel around the province to spay, neuter, vaccinate and de-worm animals. "We're not competing with local veterinarian offices with what we offer.

This is to help folks who are struggling financially to get full vet care for their animals," said Vandekerkhove. "We want to offer this to communities that are struggling with cat and dog populations, whether it's an Indigenous community or not, and encourage people to bring in their animals."



The RM of Fisher has offered to subsidize a low-cost spay, neuter and vaccination clinic.

Whenever MAA does a mobile community clinic, it contacts local vets to let them know and picks up their business cards to hand out at the clinics. "One of the vets in the RM of Fisher is actually going to be volunteering at our upcoming clinic, which is awesome because we can let people know that this is their vet, the person who comes into Fisher Branch every

week," said Vandekerkhove. MAA has its own equipment and hires veterinarians to provide clinic services. "Because we purchased our own equipment, we've been able to double our capacity. We've gone from doing 50 spay and neuters over the course

Continued on page 19

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Gimli artist shows RCMP always getting their man

By Patricia Barrett

Gimli artist Alec Baldwin, who is well-known for his portraits of dogs and bringing home medals from Special Olympics' games, braved the excessive heat last week to paint a Royal Canadian Mounted Police mural on the Gimli seawall. Alec added a bit of humour to the scene and paid tribute to the ranks of female officers in

the federal police service. The female Mountie on horseback is wearing the service's trademark ceremonial scarlet tunic, Stetson hat and pair of yellow-striped jodhpurs (which denotes the cavalry). The police dogs are wearing high tech ballistic and stab vests and a criminal in a black and white horizontally striped prison uniform is shown running off the edge of



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the mural. The black and white prisoner uniform was common in the U.S. in the 1800s because it made criminals instantly identifiable. Alec completed the mural this week.

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The importance of BreastCheck Breast Cancer Screening

By Emma McGill

It is all too easy to look around at your community and find someone close to you who has been affected by breast cancer. That is why CancerCare Manitoba ensures that programs are in place that help save lives.

According to CancerCare, regular screenings are the best way to detect cancer early when there are no apparent signs or symptoms of it. Mammograms make it possible to find breast cancer two to three years before it can be felt by a person or seen by a doctor. A mammogram can reassure you that everything is normal or keep you safe from danger to your life later on.

A mammogram is an X-ray procedure in which breast tissue is shown in detail from two different angles. A female technician positions each breast on two plastic plates on the mammogram machine. The plates press together and compress the breast to flatten it. If the compression causes any discomfort, it will only last a few seconds, and the breasts will not be harmed.

This procedure allows for an accessible, efficient method to examine the breast tissue closely while reducing the amount of radiation needed for the mammogram. These appointments usually take between 10 and 20 minutes, and patients are asked to wear a two-piece outfit, so shirt and bra can easily be removed, and no deodorant, talcum powder, or lotion on the breasts or underarms.

In addition to knowing when and how to take advantage of BreastCheck programs, it is just as impor-



EXPRESS PHOTO SUBMITTED

Mammograms are an important part of taking charge of your own health. BreastCheck information can be found by scanning the QR code above.

tant to know how your breasts should look and feel so that any changes can be easily noted and your doctor can be informed. Changes to look out for can include puckering of the skin, a change in the nipple, new or bloody discharge, thickened hard skin, and changes in size, shape, or colour. While new lumps should also be noted, most lumps or changes are not cancer.

Of course, every person with breasts is different. Discussions with health care providers are also meaningful so that you know your risk for cancer, which may correlate with family medical history.

Most women aged 50-74 should

have a mammogram appointment every two years. Trans women aged 50 to 69 who have been on gender-affirming hormones for a minimum of 5 years and trans men aged 50 to 69 who have not had chest surgery are also welcome to book a mammogram.

Those from CancerCare Manitoba operating Riverton's mobile mammogram clinic from August 6-8 are pleased to have seen over 100 appointments fill up quickly and are looking forward to providing mammograms and seeing the community so engaged. For those who have not registered for the Riverton clinic and are seeking a screening, information about clinic locations or mobile clinic



visits to certain areas is available at www.cancercare.mb.ca/screening, and an appointment can be set up at any location by calling BreastCheck at 1-855-952-4325. Permanent locations are set up in Winnipeg, Brandon, Morden/Winkler, and Thompson.

> DRAFT POLICY, FROM PG. 8

manner that is deemed unsuitable for public broadcast, or if there's inadvertent council discussion relating to something such as a criminal matter or to an RM employee, council should have the ability to interrupt the livestream "connection," similar to the way live broadcasts can be taken off the air. But the recording itself should not be stopped and it should not be altered in any way. And he recommends those recordings be permanently archived.

"The first draft of the livestreaming policy does not encompass a modern-day scenario of preserving instead of expunging records," said Damm. Coun. Richard Petrowski said he, too, has concerns about the clauses in the policy that could allow for potential interference.

"I would like to have more discussion about this policy before those

clauses are considered," said Petrowski.

David Driedger, the City of Winnipeg's manager of corporate communications, told the Express that it's the city's practice to livestream "all public committee meetings" and make them available to the public "on-demand" after the meeting concludes.

The city also edits the recordings, but only to remove portions of a meeting where a break or a recess has been taken.

"Generally speaking, we edit all videos to remove the downtime when the committee takes a recess or lunch break," said Driedger. "When we livestream meetings, we leave the stream running during breaks with a message saying, 'Committee is Currently in Recess.' After the meeting concludes, our staff cut those portions out to limit the video size that

we publish on YouTube."

Other Gimli council news:

-Council's July 17 meeting – the first that included the RM's new interim CAO Jim Fenske – entailed a review of council's Code of Conduct, which was written and passed by a previous iteration of council under mayor Lynn Greenberg.

-Council reviewed a letter from the Manitoba Metis Federation regarding the MMF's preferred language in the RM's land acknowledgement statement. The MMF's engagement and consultation department thanked the RM for having updated its language.

"The MMF acknowledges your commitment to updating the language within your acknowledgement to reflect the lands of the Red River Metis as the 'National Homeland of the Red River Metis,'" states the letter. "Since the Manitoba Metis Self-Government and Recognition and Implementation Agreement was signed in 2021, this

agreement immediately recognized the MMF as the existing government of the Red River Metis."

The RM removed the words "birthplace and homeland of the Metis Nation" from its land acknowledgement statement and changed it to the following:

"The RM of Gimli recognizes its presence on the traditional territory of the Anishinaabe, Cree, Oji-Cree, Dakota and Dene peoples, and the National Homeland of the Red River Metis."

- A business on Gimli Park Road will be requesting from council a rezoning of land that's currently designated as part residential single-family and part agricultural limited zone to commercial highway zone in order to allow for the expansion of the business. Parkside Machine & Service wants to expand its existing site to the east. The public hearing is scheduled for Sept. 11 in council chambers at 6:20 p.m.

Honey bees and canola: Teaming up for success

By Lana Meier, with files from MCG
Canola farmers and beekeepers make a dynamic team. As with any team, communication and a clear game plan are key to their success.

Canola fields are a nectar jackpot. The bright yellow flowers are attractive to honey bees: they are easy to see and the shape of the flowers is easy to land on. Canola pollen is a good source of essential nutrients for bees, including amino acids, proteins, and fats, and canola nectar is high in sugars giving bees energy to fly, forage, and pack away stores.

The benefits go both ways. Research has shown that having pollinators near canola can lead to higher yields and improved seed ripening. An Australian study¹ revealed a decrease in the number of canola pods per plant as the distance from beehives increased.

“While there are many variables involved, we are seeing a one to two percent canola yield increase when there are bees present,” says Ian Stepler, farmer and chair of the Manitoba Beekeepers’ Association. The Stepler family farms 4,000 acres of canola, sunflowers, wheat, oats, and soybeans; they manage a 650-cow calf operation and tend to 1,500 hives near Miami, Manitoba.

There are close to 1,000 beekeepers in the province and 115,000 hives. Commercial beekeepers manage the vast majority (95 percent) of those hives. This mutually beneficial partnership between bees and canola is an economic win for beekeepers and farmers.

Manitoba produces over 8,500 metric tonnes (nearly 20 million pounds) of highly prized smooth, water-white honey per year – valued at over 50 million dollars⁽²⁾. The managed bee industry (honey bees and leafcutter bees) contributes up to 150 million dollars in increased pollination to canola, alfalfa and other crops grown in the province annually.

PROTECTING CANOLA FROM INSECT PESTS

While a thriving beekeeping industry brings economic benefits to Manitoba, canola crops are susceptible to various insect pests, which can significantly affect bee production and nectar yields.

Every growing season differs, and insects vary by location and field conditions. Properly scouting canola fields at the correct timing to assess the level of damage or infestation can help farmers manage insects throughout the season for a successful crop.

Common canola insect pests in Manitoba include flea beetles, cutworms, diamondback moths, lygus bugs, and grasshoppers. The Canola Council of Canada recommends farmers scout fields weekly for each of these pests and sample more frequently if/when insects begin to approach action thresholds to determine if insecticides are necessary.

Most canola purchased in Manitoba will be pre-treated with an insecticidal seed treatment for early-season protection from pests like flea beetles. However, scouting is still required as protection declines over time. Many crops require an additional in-season foliar insecticide application in late May or June to protect against yield loss.

The damage levels from these pests vary, and at higher population levels, they can cause damage detrimental to grain yield in canola, so pest control may be required.

“We work with agronomists to monitor thresholds. If we see patches for example, we might not pull the trigger on an insecticide, but if we start to see widespread damage, we will apply a pollinator-safe insecticide,” says Stepler.

Some insecticides on the market offer control of crucial insect pressures with minimal impact on bees and other pollinators, which is ideal for integrated pest management programs. Though these insecticides typically come at an increased cost, they can be highly effective and add a diversified mode of action to farmers’ insecticide programs, helping to manage resistance development. Farmers can consult their local retailers for these targeted and effective options.

BEST MANAGEMENT PRACTICES

If insecticides are warranted, there are best management practices that can minimize detrimental effects on nearby beehives.

First and foremost, open communication between beekeepers and farmers is crucial. Beekeepers should inform farmers of nearby fields on hive locations as they place them. A new app called FieldWatch that helps improve communication between farmers and beekeepers is being trialled in Saskatchewan and may be coming to Manitoba soon.

The Manitoba Bee Act states that all beekeepers must post a sign with their contact information at any apiary site. Farmers are also encouraged to take note of any hives near their fields.

Giving a beekeeper 48 hours notice before any application can give them



PHOTOS KNOWLEDGE AND RESEARCH TRANSFER PROGRAM FOR APICULTURE
A beekeeper checks on the hives next to a canola field.



Honey bee colonies are loaded at dusk to be moved to a new location.

enough time to relocate or cover nearby hives as necessary.

“It may not only take time for a beekeeper to reorganize their schedule or prepare equipment or staff to move colonies, but they also need to organize the new site where colonies will be placed,” says Matthew Polinsky, Program Lead of the Manitoba Knowledge and Research Transfer Program for Apiculture (KRTP). “Bees can only be moved under specific conditions, so that move needs to be well-timed with weather, site access, and distances. It usually also takes place under the cover of darkness after already long days in the field.”

If moving bees can be avoided, application timing becomes even more crucial.

“Spraying in the evening is the best thing a farmer can do to protect the bees and get the full benefit of the residual effect of the product,” says Stepler.

Bees are more active during the day, so if spraying in the evening is not an option, spraying very early in the morning can also reduce bee exposure. If possible, the Canola Council of Canada recommends using an insecticide in canola to minimize its effects on bees until the field is no longer

in bloom.

Flea beetle pressure can come on quickly, requiring fast action from farmers. To avoid potential insecticide spray damage to hives during the critical flea beetle window (susceptible up to the four-leaf stage), Stepler notes that it’s advantageous to beekeepers if they can delay placing hives in summer yards or along fields where canola is emerging.

When applying an insecticide, it is important to always read and follow the product label instructions and check pre-harvest intervals.

Beekeepers and farmers can work together by better understanding each other’s practices and communicating when preparing to take an action that may impact the other party in their shared environment. Simple steps like open communication, using treatment thresholds, considering pesticides with minimal impact on beneficial insects and pollinators, and proper application timing will ensure the best possible outcomes for both stakeholders and a bright future for honey and canola production in Manitoba.

> ANIMAL HEALTH, FROM PG. 15

of two days (prior to 2023) to doing 100," said Vandekerkhove. "The most we've ever done at a single clinic is 63."

Vandekerkhove said the RM of Gimli has a "serious problem" with cats that aren't fixed and are suffering from disease and starvation. Because she lives in the RM, she's aware of the method that some agricultural producers use to control their cat populations – by drowning the kittens.

"The amount of cats in the rural area is awful and there's suffering and starvation everywhere," she said. "People are just not making it a priority to get their cats fixed. A spay or neutered cat in a barn is just as good as one that's not. I have even reached out to some farmers and said we'll fix your cats, here's some crates and food and a trap and when you catch them, I'll take the kittens and get them fixed."

One shocking incident MAA was called to deal with was the dumping of cats and kittens northwest of Camp Morton.

"It was disgusting. There were 17 cats, kittens and adult females. One of the people who lives in that area was driving down the road and saw two kittens pop out of the ditch. They stopped and found this group. Cats and kittens don't hang out in groups

of 17 unless they were dumped. Somebody tossed them in the ditch and took off," said Vandekerkhove. "MAA took them all. It's not something we normally do but this was so cruel. The kittens were six weeks old, eight weeks ago. Who does that?"

This year alone has been busy for the MAA. It spayed, neutered and vaccinated/treated 524 animals (as of July 30) at its mobile clinics, said Vandekerkhove. For the upcoming Fisher Branch clinic, they've booked in lots of large-breed dogs like great Pyrenees and bull mastiffs. If male dogs remain intact, they'll wander, can be more aggressive or even chase or kill farm animals.

"An unneutered male dog can smell a female in heat within five kilometres away. If there's an intact female down any of these country roads, the male will go looking for her," she said. "And intact males have higher testosterone and higher levels of aggression so people need to get them done."

Not only do the clinics protect animal health, but they also protect humans from some of the diseases and conditions unvaccinated/untreated cats and dogs can carry.

"The Interlake area is bad for heartworm and for Lyme disease. Every dog we take from this area, and above the Fisher area, are heartworm or

Lyme disease positive or both. Most folks can't afford the regular price of those medications," she said.

Medication can kill adult heartworms and their larvae. It's a parasitic worm that's spread by mosquitoes and slowly kills dogs, cats and other animals. Heartworm results in lung disease, heart failure and organ damage.

"There are so many risks for animals and prevention is important. Distemper (a contagious virus) will kill cats and dogs. And if your dog gets tapeworms, the eggs can be passed on to kids playing with dogs," she said. "The Interlake is known for rabies carriers such as skunks and raccoons. Bringing this clinic into a community for people who may not be able to afford a regular vet service helps protect people as much as it helps protect their animals."

The Express reached out of the RM of Fisher and reeve Shannon Pyziak for comment about the clinic and whether the RM is thinking about offering it again next year, but did not hear back. When asked earlier this year if the RM of Gimli would be willing to provide funding assistance so that the MAA could host a clinic for its residents, a councillor had said the RM was open to the idea and invited the MAA to submit an application.

Interim CAO Jim Fenske said last week that finance personnel don't recall having received an application from MAA. He also said he's unaware

of animal vaccination or animal overpopulation issues within the municipality, but that he's only just joined the RM and is not fully up to speed on all the issues.

The low-cost clinic coming to Fisher Branch will be charging \$125 for dogs and \$80 for cats. It includes spay or neuter, tapeworm medication, ear mite control for cats, vaccination and pet food. If an animal is already spayed or neutered, people can still book an appointment for an exam and get updated vaccines, de-worming medication and pet food for \$60.

The clinic will be held on Saturday, Aug. 24 at the Ukrainian Home (hall). MAA plans to start working on some cats on Friday night (Aug. 23) now that it has additional help from Fisher's veterinarian. And anyone who wants to borrow a cat kennel to transport their animal to the clinic is welcome to pick one up on Friday.

People must book an appointment for the clinic through Sadie Hamrlik, clerk at the RM of Fisher. Email Sadie at sadiehamrlik@gmail.com or fisher-clerk@mymts.net or call the RM office at (204) 372-6393.

For more information about the Manitoba Animal Alliance, visit manitoba-animalalliance.com

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Storm FC drop close match to Hanover United

By Storm FC entered Monday night's match against Hanover United looking to keep the momentum going

from last week's offensive breakout win.

Brian Penner was able to find the back of the net for his first of the

season for Storm FC which kept the match close.

Storm FC battled to the end but ultimately it was Hanover coming out on

top with a 2-1 victory on goals from Jhon Rivera and Jesse Vivanco.

The loss is Storm FC's third in their last four matches as they now fall to 3-7-2 on the season and sit eighth in the Manitoba Major Soccer League's Division 5.

They will go at it again on Wednesday, Aug. 7 at 7 p.m. against Shut the FA Cup (8-2-1) at Buhler Recreation Park.

A win, and a Benchwarmers United loss against Akal FC on Thursday could move Storm into seventh place.

Storm FC will play five more matches after with three coming against clubs in the bottom half of the Division 5 standings.

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MUNICIPALITY OF BIFROST-RIVERTON PUBLIC NOTICE

BOARD OF REVISION

Public Notice is hereby given that the 2025 Assessment Roll for the Municipality of Bifrost-Riverton has been delivered to the Municipal Office at 329 River Road, Arborg, MB and is open for public inspection during office hours.

The Board of Revision will sit on September 12, 2024 at 10:00 a.m. in the council chamber of the Municipality of Bifrost-Riverton to hear applications for revisions made in accordance with section 42 & 43 of The Municipal Assessment Act.

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, the authorized agent of the person, mortgagee or occupier, 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;
- a refusal by an assessor to amend roll under subsection 13(2).

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 municipal office on or before August 27, 2024.

Dated this 1st day of August, 2024

Tanis Wyant, ACAO, Board of Revision Secretary
Municipality of Bifrost-Riverton
Box 70, 329 River Road, Arborg, MB R0C 0A0
bifrostriverton@mymts.net

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THE RURAL MUNICIPALITY OF ARMSTRONG

PUBLIC NOTICE

BOARD OF REVISION for 2024

Public Notice is hereby given that the 2025 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. The Board of Revision will sit on **Wednesday, September 25, 2024 at 10:00 A.M.** at the Council Chambers of the Municipality of Armstrong to hear applications for revision 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;
- Set out which of the matters referred to in subsection 42(1) are at issue, and the ground for each of those matters; 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 September 9, 2024**

Dated at Inwood, in Manitoba this 18th day of July, 2024.

Nancy Howell, Secretary Board of Revision
Rural Municipality of Armstrong
Box 69, 1094 Hwy #17
Inwood, Manitoba R0C 1P0
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MORTGAGE SALE

The land and building known as 57 Laura Avenue, Riverton, MB, as described in Certificate of Title No. 3203136/1 will be sold at a public auction on the 28th day of August, 2024 at 9:30 A.M. The auction sale will be held by video or teleconference. There will be no in-person attendees at the auction, in order to participate you must pre-register at least 24 hours prior to the auction by contacting Katharina Kirienko at either 204-957-4810 or kkirienko@mltaikins.com.

The Vendor is informed that the property consists of a 1,136 sq ft single family detached bungalow built in 1970, 6 rooms, 3 bedrooms, 2 full bathrooms, 1 half bathroom, fully finished basement and a single attached garage, located on 40' x 120' ft lot.

Property taxes (excluding any accruing water charges) are paid in full to December 31, 2023. The property is sold subject to taxes and penalties accruing after that date. The prior encumbrances which will remain on title after the auction are: Caveat No. 1361721/1.

TERMS: Deposit of \$24,000.00 by way of certified cheque or bank draft payable to MLT Aikins LLP, or cash (the cash component of the deposit not to exceed \$7,500.00) and the balance according to conditions to be announced at the sale.

Sale is subject to Reserve Bid which will be announced at the auction. If the highest bid does not meet the Reserve Bid then there is no sale. The auction sale will be conducted pursuant to an Order for Sale issued by the District Registrar. Certain parties may be prohibited from purchasing the property, including but not limited to, parties who by virtue of their employment or relationship to a person involved in the sale process would have special knowledge of the circumstances pertaining to the sale. For more information and a list of prohibited purchasers please visit: www.teranetmanitoba.ca

Further information may be obtained from:

MLT AIKINS LLP
Barristers & Solicitors
30th Floor, 360 Main Street,
Winnipeg, MB R3C 4G1
Attn: Katharina Kirienko
(204) 957-4810
kkirienko@mltaikins.com

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Rural Municipality of
FISHER

REQUEST FOR TENDER

The RM of Fisher is currently accepting tenders for compaction of waste located at the Poplarfield Disposal Site. The successful candidate will compact and push up garbage at a minimum of once every 3 weeks, year-round. More visits may be required in the busier months. The waste will be compacted and covered with a layer of earth compacted to a thickness of at least 15 cm once each month. Compaction to be performed when disposal site is closed. Please quote price per compaction and type of equipment used. Call office for enquiries. Tender Submission closes September 3, 2024 at 4:00 p.m.

Mail tenders to: The RM of Fisher, Box 280 Fisher Branch, MB R0C 0Z0, email fishercao@mymts.net or drop off in person



VILLAGE OF DUNNOTTAR PUBLIC NOTICE BOARD OF REVISION FOR 2025

PUBLIC NOTICE is hereby given that the 2025 Assessment Roll for the Village of Dunnottar has been delivered to the Municipal Office at 44 Whytefold 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:

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

Application requirements

43(1) An application for revision must

- a) be made in writing;
- b) set out the roll number and legal description of the assessable property for which a revision is sought;
- c) state the grounds on which the application is based; and
- d) be filed by
 - (i) delivering it or causing it to be delivered to the office at the address below, or
 - (ii) serving it upon the secretary, at 44 Whytefold 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 4, 2024, at 10:00 a.m.** in the council chamber of the Village of Dunnottar at 44 Whytefold Road to hear applications. The final date on which applications must be received by the Secretary of the Board is August 19, 2024.

Dated at Dunnottar, Manitoba this 19th day of July 2024.

Sarah Palson
Secretary to the Board of Revision
Village of Dunnottar
Box 321
Matlock, Manitoba R0C 2B0

Thank You
to all that voted and participated
in the RM of Armstrong's
July 31st election
Paul Humeny
Ward 2 Councillor



TOWN OF ARBORG PUBLIC NOTICE

BOARD OF REVISION

Public Notice is hereby given that the **2025 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:

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

APPLICATION REQUIREMENTS 43(1)

An application for revision must:

- a) be made in writing;
- b) set out the roll number and legal description of the assessable property for which a revision is sought;
- c) set out which of the matters referred to in Subsection 42(1) are at issue, and the grounds for each of those matters; and
- d) be filed by
 - i) delivering it or causing it to be delivered to the office indicated in the public notice given under Subsection 41(2), or
 - ii) 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 11th, 2024 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 26th, 2024**.

Dated at Arborg, in Manitoba, this 1st day of August, 2024.

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

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CARD OF THANKS

I would like to thank the good Samaritan and his family who were first on the scene of my accident on Friday, July 26, 2024 on #6 at Oak Point Chalet. Also, to the RCMP, paramedics, Lundar volunteer fire crew and Randy's Tire, Lundar for their assistance. It was very much appreciated from my family to yours.

-The Westwaters

ANNIVERSARY



70th Wedding Anniversary
Alma and Raymond Sigurdson
Please join us to
congratulate this wonderful couple
on this remarkable occasion!
Coffee Party
2 to 4 p.m.
Wednesday, August 14th
Johnson Hall,
Waterfront Centre, Gimli

OBITUARY

Amy Obszarski

Amy Obszarski, age 91 of Fisher Branch, Manitoba, peacefully passed away on Friday, July 26, 2024, with family by her side.

Amy was predeceased by husband Charles, her parents Joseph and Mary (nee: Fuz) Skibinski and her son Vincent.

She is survived by her children Robert (Cindy nee: Finch) Obszarski, Joanne (Frank) Rudnicki, Arlene (Brian) Binner; grandchildren Vanessa (Kyle) Foster, Candace (Dave) Alao, Michelle Rudnicki (Evan Smolinski), Megan Binner (Jeremy MacDougall), Katelyn (Tyson) Lay; great-grandchildren: Kayin and Juwon Alao, Emma and Rowen Smolinski, John and Mark Lay; and brother Victor Skibinski.



Born on April 23, 1933, Amy grew up on the family farm near Fisher Branch along with her parents, younger brother Victor, and uncles. Once finished high school, she taught for two years, and after marrying her husband Charles on July 10, 1952, she supported the family business 'Charlie's Garage' in Hodgson until 1961. At that time, Amy began farming with Charlie full-time 30 miles 'up north' of Fisher Branch in the Harwill area, alongside her brother and son until they retired in 1996.

An active member of the community, Amy was involved in the local Women's Institute (WI), the church choir, the Fisher Branch Curling Club, and many more community groups and initiatives.

Amy loved to garden and cook and was known for her holupsi, perogies, and many other delicious dishes she shared with her family and her community. Her (many!) gardens had endless rows of potatoes, cabbage, and countless other vegetables and flowers, which she tended to meticulously, passing along her love of gardening to her children and grandchildren. In addition to enjoying trips south during many cold Manitoba winters, playing bingo at the local community centres, curling, and fishing and camping, one of Amy's greatest sources of joy was spending time with her family during holidays and get-togethers, always wanting to bring everyone together to celebrate and enjoy each other's company.

Mom, 'little baba', great 'original' baba, and friend: forever missed and always loved, words cannot effectively capture the hole you leave in our hearts. Cherished memories of time spent 'up north', fishing and camping, trips to Moose Jaw, shredding mountains of cabbage for sauerkraut, pinching perogies and rolling cabbage rolls, rides on the quad and trailer, 'zip-lining' on the clothes line, and being treated to delicious family dinners will forever live in our hearts.

...til we meet again. ❤️

Many thanks to the team at the Fisher Personal Care Home and Fisher Funeral Home for their kindness and compassionate care.

A private burial will take place at a later date.

FISHER FUNERAL HOME INC.
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Todd
306-774-2420

take a break > GAMES

SUDOKU

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

Fun By The Numbers

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

Level: Intermediate

Here's How It Works:

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

OBITUARY

In loving memory of
Shirley Plett (nee Kornelsen)
March 6, 1936 - July 31, 2024

Peacefully, on July 31, 2024, at the age of 88, Shirley passed away into the loving arms of Jesus.

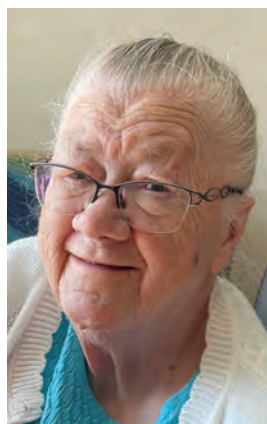
We will always remember and forever cherish the precious memories of our dear mom, grandma, great-grandma, aunt and friend.

A Celebration of Life was held in her honor at the Morweena EM Church on August 5, 2024.

We, as a family, wish to extend a special thanks to the staff and Home Care at House of Hope in Arborg and Silver Lining Care in Steinbach for their amazing, compassionate care of Mom. Thank you too, to Pastor Eric Isaac for your wonderful pastoral care and to all the dear friends who blessed Mom with much appreciated visits.



In care of arrangements
Tributes: friendsfs.ca



Sudoku Answer

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

Crossword Answer

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

See crossword puzzle on pg 23

CLUES ACROSS

1. Spiritual leaders
7. A solution
13. Fortified wine
14. Edible mollusk
16. Blood group
17. A way to compare
19. Gov't lawyer
20. Actor Ciaran
22. Calendar month
23. Very willing
25. ___ ex Machina
26. Satisfies
28. Type of berry
29. Distinctive practice
30. Popular pickup truck model
31. Dekagram
33. Naturally occurring solid material
34. Company officer
36. Villains
38. Cricket frogs
40. German founder of psychology
41. Endured
43. A female domestic
44. A situation you can be in
45. Cigarette (slang)
47. Fiber optic network (abbr.)
48. Belgian composer Walter
51. Employee stock ownership plan

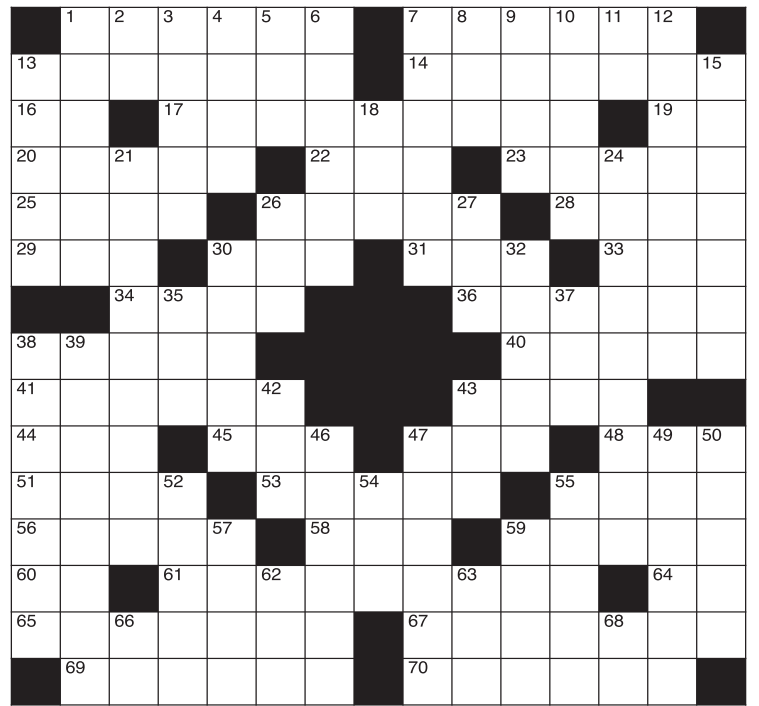
CLUES DOWN

1. Animal disease
2. Commercial
3. Arts and crafts supplies
4. Containers
5. Investment vehicle
6. A way to greet in a friendly way
7. Bulged downward
8. "A Day Without" singer
9. Lay about
10. Intestinal
11. Negative
12. Caused to be loved
13. Prominent in Islamic eschatology
15. Sincere
18. Not in

CLUES ACROSS

21. Number above the line in a fraction
24. Bill Murray chased one
26. Pouch
27. Swedish krona
30. Start over
32. Wild white or yellow flower
35. Fourteen
37. Visual way of interacting with a computer (abbr.)
38. Up-to-date
39. Campaigns
42. Touch lightly
43. "Boardwalk Empire" actress Gretchen
46. Violent seizure of property
47. One who supports the Pope
49. Malaise
50. Body fluid
52. Inauthentic person
54. Title of respect
55. Chilean city
57. Central Japanese city
59. Garment
62. Draw from
63. Automobile
66. The man
68. Top government lawyer

X CROSSWORD



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