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EXPRESS PHOTO BY HALEY CVAR

Organizers of Arborg's annual Street festival shut down Main Street for two days to celebrate the great community they enjoy. The weekend kicked off with a parade Friday night with thousands coming out to take part.

> everything you need to know in your locally owned and operated community newspaper

Countryside Home building centre
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Overheating?
 **Here's How.**




An unexpected business: gone to the birds

By Autumn Fehr

Hobbies are often a way people can distance themselves from the realities of life and enjoy something they love to do, but for many, that is all it is.

For some, it can turn into something more than just a passion.

Four years ago, what started as a hobby for Allan Grills is now a full-time job.

"I really didn't set out to make it a business, it just happened," said Grills.

Now, Grills owns and operates Gone to the Bird, a woodworking business where he creates bird feeders, birdhouses, board games, outdoor activity-type games such as a bean bag toss, five-foot-tall lighthouses, vegetable boxes and cottage signs.

This is just the tip of the iceberg of the different woodwork crafts and gifts he makes, as he also does custom orders.

Since he was in school, Grills said he has always been interested in woodwork, creating small knick-knacks in school shop class.

Still, Grills didn't expect to ever start a business out of it.

Grills grew up on the coast in New-

castle New South Wales in Australia around the water, doing activities like water sling spearfishing and scuba diving.

Later on, with the help of his teacher who lived near him, he made a toboggan to tow behind their boat, which could be used for activities on the water that he loved.

Grills said he was encouraged by his father and the saying he would always use: "How do you know you can't do it until you try it?"

"I live by that thought from him," he said.

Grills came to Canada in mid-2014.

About seven years ago, 12 months after moving to Canada, Grills and his wife moved to Sandy Hook, and he started doing woodwork for their home.

He started by doing home renovations.

After he finished working on the house, he was looking for something else to do and started to make a little bit of furniture for around their house, said Grills.

When he finished the furniture for their house, and people around his neighbourhood saw it, people started



EXPRESS PHOTOS BY ALLAN GRILLS

Grills creates non-conventional birdhouses including a firefighter and a five foot lighthouse.

to ask him to make them things.

The business really came from doing renovations on our house, said Grills.

"It started off by someone asking me

to make a bird house, and someone else, and someone else. It got to that

Continued on page 6



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Garriock Insurance and Peace Hills Insurance team up for Fraserwood Hall

By Patricia Barrett

Gimli's Garriock Insurance helped the Fraserwood Hall land a sweet deal last week when a proposal for a hall projector was selected by Peace Hills Insurance for funding.

Peace Hills, which provides insurance products to Garriock, awarded the hall \$11,000 under its Hometown Turnaround program, which helps fund projects in small communities.

"We're very excited to receive this money from Peace Hill Insurance because it's going to allow us to have additional technology to enhance our facility," said hall president Peter Capar, who received the cheque Aug. 5 during a presentation at the hall. "We'll be able to let patrons of Fraserwood Hall use this new technology. It will serve as another incentive for people to use the hall."

People renting the hall for functions used to bring a projector if they needed one, said Capar. The generous funding will allow the hall to install a ceiling-mounted projector, a motorized screen and wiring.

Because of difficulties with supply chains around the world, Capar said he's not quite sure when the projector will be installed.

Gimli's Garriock Insurance branch

executive Nancy Karish said Peace Hills Insurance announced its Hometown Turnaround initiative in April when it contacted brokers asking them if there were projects in their communities that needed funding.

"They were looking for some rural community projects that needed help getting off the ground," said Karish.

She submitted an entry to Peace Hills in May for a projector screen for the Fraserwood Hall. In June Peace Hills told Garriock it had accepted the proposal.

"This is such a wonderful donation for Fraserwood Hall as everyone works so hard there. We couldn't be happier to have assisted in obtaining the funding to get this project off the ground," said Karish. "We are so thrilled to work with an insurance company like Peace Hills Insurance who gives back to the community."

Peace Hills Insurance, which is owned by Samson Cree Nation in Alberta, has served western Canada since 1982. It works with independent brokers, offering commercial, personal property and automobile insurance.

Joyce Cassie, who is Peace Hills Insurance's business development advisor for Manitoba, Saskatchewan



EXPRESS PHOTO BY MATTHIEU MEIER

Peace Hills Insurance business development advisor Joyce Cassie and Gimli's Garriock Insurance branch executive Nancy Karish presented Fraserwood Hall president Peter Capar with a cheque for \$11,000 for a projector, motorized screen and wiring.

and Northwest, Yukon and Nunavut territories, said the company wanted to give back to communities in which brokers provide their insurance products.

"This is our first year doing Hometown Turnaround," said Cassie. "We want to make this an annual event. It

sounds like we're going to do it again next year, which I'm very excited about. We can continue going to Manitoba's different rural areas, as well as to Saskatchewan and the north to provide communities with these opportunities."

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- August 20th, 10 AM - **Matlock Recreation Centre**
77 Matlock Road
- August 29th, 6:30 PM - **Farmers Hall Gimli**
1611 MB-231
- September 12th, 6:30 PM - **Gaynor Family Library Selkirk**

Young actor reaches for the stars with second theatrical show of the summer

By Autumn Fehr

Co-led performances at this year's Winnipeg Fringe Festival set the stage for a summer full of professional theatre for aspiring actor Arielle Viallet.

Viallet didn't plan on stopping following her performances as part of Meraki Theatre Productions Collective Creation *Déjà Vu*; it was full speed ahead from that point on for the summer.

Viallet has been memorizing lines and preparing for her *Anne of Green Gables* performance at A-spire Players Theatre in Gimli from Aug. 12 to 14.

"I'm looking forward to making the audience happy while performing. I love the group I'm with because I have so many friends in it and everyone is so nice and talented, so when I had the opportunity to perform again, I did. It's enjoyable to perform with them," said Viallet.

The Dramatic Theatre Company presents *Anne of Green Gables* in partnership with the A-spire Players Theatre.

The story, as told by L.M. Montgomery, is about a high-spirited orphan named Anne who is sent to live with the Cuthberts at Green Gables in Prince Edward Island. At Green Gables, Anne is found unwanted as they had asked for a boy and in return



EXPRESS PHOTO BY TRINA VIALLET

Arielle Viallet plays Anne's best friend, Diana Barry, in the Dramatic Theatre Company production, *Anne of Green Gables* on Aug. 12, 13 and 14.

got Anne. However, before siblings Marilla and her brother Matthew send her back to the orphanage she came from, they are ultimately won over by her personality and funny antics that all who come to know her fall in love with.

Viallet plays Anne's best friend, Diana Barry, whom she meets at school on Prince Edward Island.

Viallet started taking theatre more seriously in 2019 when she had her first audition and took part in her first theatrical performance in *Elf* with North Kildonan Community Players.

In 2022, she joined the Dramatic Theatre Company and auditioned for *Hello, Dolly!*, performing in May.

One of the girls who acted with her in *Hello, Dolly!* production told Viallet about the auditions for *Anne of Green*



EXPRESS PHOTO BY AUTUMN FEHR

Arielle Viallet played the co-led Ashlyn in the Meraki Theatre Productions Collective Creation, *Déjà Vu* in July.

Gables.

In June, Viallet auditioned for the role of Diana Barry, Anne's best friend, in the play.

A week later, Viallet found out she got the part.

Ever since Viallet was young, she has been interested in theatre as she has always loved to sing and dance.

She started Ukrainian dancing when she was two and continued for 10 years until COVID-19 hit.

"I enjoy it and I've made a lot of friends, so I'm glad to be doing it. I love to perform," said Viallet.

Viallet loves working with children. She has been volunteering at Camp Rainbow (a musical theatre camp) this summer and volunteers with children whenever she can, like going back to her old elementary school to help out.

Viallet is a student from West St. Paul who will go into the French program at Garden City Collegiate in the fall. After school, Viallet hopes to pursue a career in pediatrics as she loves helping people and she loves kids.

She said she also wants to do theatre on the side and incorporate it into her life because she is passionate about it.

Currently, she is working on courses to become a swimming instructor and a lifeguard as she has gone as far as possible for her age.

There are three shows of *Anne of Green Gables* at the A-spire Players Theatre in Gimli: Aug. 12 and 13 at 8 p.m. and Aug. 14 at 2 p.m. The runtime of the play is 75 minutes, and general admission is \$15.

Tickets are available from HP Terjesen & Son in Gimli or by calling (204) 642-5958, or tickets can be purchased at the doors depending on availability.

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Correction

Staff

In the Aug. 4 edition of the *Express Weekly News*, in the article "River Rock Massage Therapy Clinic expands services" the order of the ladies in the photograph was incorrect. It should have said, left to right, Samantha Richardson, Ashley Rechik, Jennifer Krulicki, Alison Gel. The name of the business was also incorrect in the cutline of the photograph. It should have read River Rock Massage Therapy Clinic, not Red River Massage Therapy Clinic.

The *Express* apologizes for the error.

New mayor for Winnipeg Beach

By Patricia Barrett

Pamela Jackson was declared mayor of the Town of Winnipeg Beach last month and she's bringing a number of skills to the job, including past experience as councillor.

Jackson served on town council from 2006 to 2010 and has lived in Winnipeg Beach for many years.

"I love my community and I'm the kind of person who believes in giving back. I was involved in a lot of political activism and community development through my job and I've been an active participant in my community to help move things forward and make things better," said Jackson. "Once I retired last year, and I knew Mayor [Tony] Pimentel was retiring, some people asked me if I would consider running for mayor and I decided to do so."

Jackson comes to the mayor's job with people and practical skills that she acquired over the course of her 45-year career as a social worker and trauma therapist. Working closely with people and collaborating to find solutions to challenges are among those skills. She has worked with complex trauma issues, helped communities heal from trauma and had collaborated with a number of agencies on trauma response.

"I also did some community development to help communities grow together and build together," she said.

Her immediate focus is getting to know the councillors, town staff and the issues in the community

— from the perspective and point of view of residents and cottagers, she said.

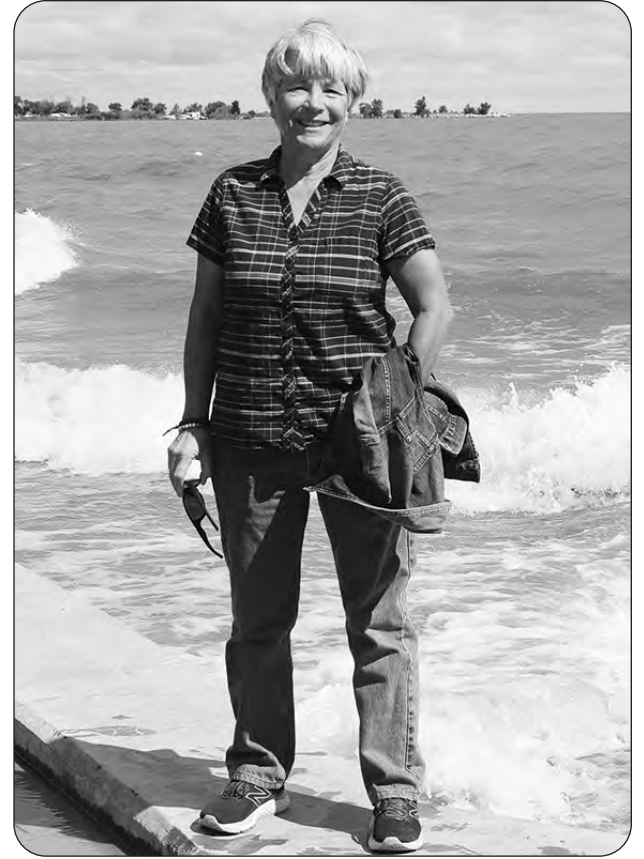
"We certainly have drainage and culvert issues; anybody who's been out here this past winter and spring knows that. We've had a drought cycle for the last few years and now we've got drainage issues that we have to pay attention to because I don't think this will be the only year we'll be having unusual and heavy precipitation," said Jackson. "We've also got some infrastructure issues to look at such as our water, wastewater and utilities. We're working with a restricted budget so we'll have to figure out how to balance all of that."

Jackson said the new recreation team hired this spring is bringing "lots of new energy" to the town.

"I look forward to continuing to work with them and making Winnipeg Beach a place where people want to come 12 months a year," said Jackson. "The last two years we've been locked in our homes during the pandemic. I'm looking forward to seeing all their ideas and the things we can do to bring our community together, bring people out of their homes and bring visitors to the town summer and winter."

In addition to mayoral duties, Jackson's portfolio includes chairing the economic development committee, the culture & heritage committee, the legislative committee and the communications committee.

Jean Gendron and Barry Houle, who served on



EXPRESS PHOTO BY PATRICIA BARRETT

Pamela Jackson was declared the mayor of Winnipeg on July 23 following the municipal election.

council last term, were re-elected. Gendron will serve as deputy mayor. Douglas Jarvis was also declared councillor.

WCF facilitates large donation to Gimli Stands with Ukraine

Submitted by Krista Narfason, WCF administrative coordinator

Last month, Westshore Community Foundation (WCF) offered to help facilitate donations for the Gimli Stands with Ukraine effort. This enables people who wish to help by giving a donation to receive a tax receipt. All donations that come through the WCF office flow through to help the Ukrainian newcomers.

As of July 20, approximately \$5,000 had been donated and flowed through to Gimli Stands with Ukraine.

On July 21, WCF received a substantial donation, of \$10,000 US dollars (\$12,715 CAD) from the Roy W. Smith Charitable Foundation in Tustin, Calif.

Roy Smith was a shrewd businessman and a lifelong student of the markets. He was never married and had no family of his own. His mother had moved to California from Gimli and, because of that, Roy always considered Gimli as his second home and several organizations in our area have benefitted through his philanthropy.

Roy's cousin Carla, who also has family in Gimli, is the administrator of the foundation and has carried out Roy's wishes since his passing. Carla is familiar with WCF and

keeps up to date with things happening in Gimli and area.

Recently, while speaking to her cousin Tim Arnason, past president of WCF, Carla learned about the efforts that are underway with Gimli Stands with Ukraine and that WCF was facilitating donated funds to flow through to Gimli Stands with Ukraine.

As Carla knew this would be something Roy would have been supportive of, she made arrangements for the large donation from the Roy W. Smith Charitable Foundation.

All of these donations will make a tremendous contribution towards helping the new Gimli residents from Ukraine.

If you or someone you know would like to make a do-

nation towards Gimli Stands with Ukraine, or find out more information about one of the many funds at Westshore Community Foundation, you can email WCF at admin@wcf-foundation.ca or call 204-642-9796.

Donations can be sent by mail to Westshore Community Foundation, Box 395, Gimli, MB R0C 1B0.

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Call Patricia Barrett
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COVID refuses to take summer vacation

By Patricia Barrett

As Manitobans continue to enjoy summer events and beachside and backyard get-togethers, COVID-19 infections driven by the omicron sub-variant BA.5 are on the upswing.

BA.5 is a fast-moving, highly transmissible mutant and a masterful escape artist, side-stepping the body's natural or vaccine-induced frontline immune defences. It can infect people more than once.

For the week of July 24-30, the province's respiratory surveillance report confirmed 257 new COVID infections, up by 15 cases over the 242 cases reported the previous week. Because the province restricts PCR testing, its data is an undercount. Rapid antigen test results aren't tracked.

There were also 53 new hospital admissions that included seven people needing treatment in the intensive care unit.

The previous week's report noted Manitoba's death toll had reached 2,061. This week's report shows six more Manitobans died from COVID for a total of 2,067 deaths.

The surveillance report also said there were three new COVID outbreaks in long-term care facilities, one

in the Interlake-Eastern health region at the East Gate Lodge PCH (Crocus Unit) in Beausejour, one in the Prairie Mountain health region (Hillcrest Place) and another in the Winnipeg health region (Misericordia Place).

Manitoba's chief public health officer Brent Roussin said in mid-July that BA.5 was identified in half of the COVID infections and is anticipated to increase. Unlike some provinces, Manitoba is not launching a fourth-dose vaccine campaign in the hope that there'll be a better vaccine rolled out sometime in the fall.

Other health news:

The Interlake-Eastern Regional Health Authority hired two internationally trained physicians — who also trained at the University of Manitoba — for Eriksdale and Arborg. Dr. Nardin Faragalla is a family physician working at the Eriksdale Wellness Clinic. She is accepting new patients. Dr. Reshad Nazim is working at the Arborg Primary Health Care Centre and he is accepting new patients.

The province announced last Friday that Moderna's two-dose COVID vaccine will be available to children aged six months to four years. The

province received 14,900 doses from the federal government for children in this age group.

The province is also expanding eligibility for the monkeypox vaccine, making doses available as a preventative measure.

People who self-identify as gay, bisexual or men who have sex with men are eligible for a preventative vaccine if they meet criteria such as receiving a diagnosis of chlamydia, gonorrhoea and/or syphilis in the past two months, have had two or more sexual partners in the last 21 days, have attended locations such as sex clubs for sexual contact, have had anonymous sex in the past 21 days or engage in sex work.

"The vaccine has been available in Manitoba since June for people who may have been exposed to monkeypox," states the province in an Aug. 5 news release. "To date, no confirmed cases of monkeypox have been detected in Manitoba."

As of Aug. 5, there have been 957 cases confirmed in Canada, with 407 in Quebec, 449 in Ontario, two in Saskatchewan, 16 in Alberta, 81 in B.C. and two in Yukon.

> BIRDS, FROM PG. 2

point that the birdhouses took up all my time and I struggled to keep up with them," he said.

This is where the name of my business came as everything else got pushed aside and it became about the birds, he said.

When Grills first started his business four years ago, it was off of his driveway.

In more recent times, he had been going to the Winnipeg Beach market.

Grills said he likes going to the one-off markets like the one at Boardwalk Days because he feels like his work gets more attention.

"With the things I make, it takes time to do them, so if I get one good weekend... it can take me weeks to catch back up again," he said.

Woodwork is something Grills has always enjoyed, and he plans to continue to do it, even if it's not a part of a business.

In the future, Grills plans on improving his production of lighthouses

to create replicas of some of the Canadian lighthouses, such as Peggy's Cove Lighthouse in Nova Scotia.

"I'm trying to bring a piece of home. It's not just a model; it's something that people may know or they may have visited and it's Canadian," said Grills.

On Aug. 27, Grills will be at Gimli's night market to sell his woodwork.

Grills also take orders, as well as special requests, by phone at 204-297-8044 or by email at allanrgl@gmail.com.

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letter to the editor

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Manitobans struggling in an affordability crisis

Already facing skyrocketing energy costs, Manitobans cannot afford even more expensive grocery prices. Your government's national emissions reduction targets are being brought forward at the worst

possible time. They will negatively impact producer yields, which will mean higher grocery bills and less food security for families. This cannot be another blow to the affordability of raising a family in Manitoba.

Other negative consequences will involve job losses in the agricultural and food processing sectors, and hurting the livelihoods of farmers across Canada. We have been in regular contact with agricultural

producers in Manitoba regarding the federal policy to reduce greenhouse gas emissions by 30 per cent from nutrient use by 2030. Their major concerns are unanimous. This policy would lower their crop yields and decrease revenues. Manitoba's competitiveness in producing and processing protein will be reduced, while lowering our province's capacity to export the agricultural commodities that other countries rely upon to process food.

Canadian farmers feed not only our country, but the world. An arbitrary target based on broad assumptions that do not account for improvements in nutrient use already made by producers will cause many more complications than the benefits you are attempting to achieve. A more targeted approach — that considers the innovations farmers have already made in our province — is crucial to preserving the affordability of food in this country.

Grocery costs are already forcing families across Manitoba to struggle to keep food on the table. Even worse, our most vulnerable populations would be disproportionately affected

by higher food costs if production volume were reduced by this policy.

Manitoba farmers are great stewards of the land in their use of sustainable agricultural practices. They work every day to produce food while protecting the environment. The responsible use of nutrients is fundamental to their ability to put affordable and healthy food on meal plates across the globe.

We ask the federal government to collaborate with the Manitoba government on innovation in the agricultural sector. Together we must do our utmost to keep food affordable for Manitoba families with practical, affordable and economically viable targets. And we must continue to involve agricultural producers in discussions on ways to achieve these vital shared goals. Now is not the time for a policy shift that will make groceries more expensive and jeopardize the livelihoods of our farmers.

Sincerely,

Heather Stefanson
(Premier of Manitoba)

Derek Johnson
(Minister of Agriculture)

Zumba Jan gets Gimli moving Saturday mornings



EXPRESS PHOTOS BY PATRICIA BARRETT

Licensed Zumba instructor Jan Keryluk leads a free, energizing workout every Saturday morning at Gimli Harbour. The hour-long sessions start at 9 a.m. at the bandstand. About a dozen people got the blood pumping last Saturday.

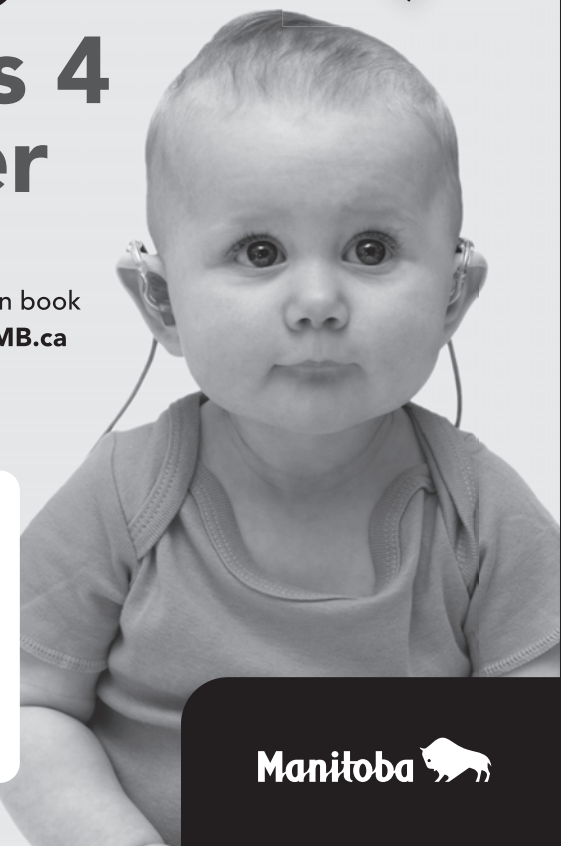
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Manitoba 

Surf's up on Lake Winnipeg

By Patricia Barrett

The surf was up on Lake Winnipeg last weekend. With the lake level above normal, the Gimli Harbour wall took a thrashing from high waves on Saturday. The RM of Gimli placed super sandbags around a town drain on Gimli Beach to prevent the lake from inundating it.

In Winnipeg Beach, beach safety officers were on patrol at the provincial park as waves pummelled the seawall. The BSO team sprang into action a few weekends ago to save a kiteboarder who proved no match against the power of the lake.

"A kiteboarder went down and got tangled in his ropes. We went to the marina to get our boat because it was a day like this," said Rowan, who is captain of the team. "As the wind blew the guy into shore, a couple of patrollers entered the water. He was floating in a lifejacket and holding onto his kite, which doubles as a flotation device. He was able to hold on, but he was tired."

Beach safety officers are on duty at Winnipeg Beach, Grand Beach and Bird's Hill Park. They patrol by foot and kayak and provide services such as water rescue, first aid and public education.

Farther down the Winnipeg Beach boardwalk, Jake and Elizabeth, who were visiting from Saskatchewan, enjoyed the big waves slapping up against the seawall and got to help pull a fire truck down Main Street during the town's fundraising event for the Firefighters Burn Fund and Muscular Dystrophy.



Elevated water levels on Lake Winnipeg swamped this tree on Winnipeg Beach.



EXPRESS PHOTOS BY PATRICIA BARRETT

The Gimli Harbour wall took a beating from aggressive waves.



Jake and Elizabeth from Saskatchewan enjoyed the big waves at Winnipeg Beach.



The RM of Gimli placed super sandbags at a town drain on Gimli Beach to prevent waves from swamping it.

Community Support Service

Al-Anon Gimli and Winnipeg Beach

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

Meetings are Wednesdays
between 7 and 8 p.m.

Contact 204-389-4777

AA Winnipeg Beach

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

Meetings are Saturdays
between 7 and 8 p.m.

Contact Ann J 204-389-3417

Gimli Group AA

Bldg 18 Municipal Rd
Industrial Park

Fri & Sun Mtgs at 7:30 pm
Womens Mtgs Thurs at 10:30 am



Beach safety officers at Winnipeg Beach Provincial Park. From left: Steven (assistant captain), Rowan (captain), Izzy, Nadir and Emma.

MDR open house set for Aug. 16 at Selkirk hospital

By Jennifer McFee

Come one, come all!

The medical device reprocessing (MDR) department is hosting an open house on Tuesday, Aug. 16 from 9:30 to 11:30 a.m. at the Selkirk Regional Health Centre, and all are welcome to attend.

MDR technicians are responsible for ensuring the medical instruments and equipment used within the hospital are clean, disinfected and sterilized before they are prepared for distribution. The MDR department features three areas for medical device reprocessing: endoscopy, decontamination and sterilization.

MDR co-ordinator Patricia Purse said the department is hiring, so this is a great chance to learn more about medical device processing and what the experts do. They are looking for high school graduates who are keen to start experiencing the benefits of working in health care.

“Please join us for a tour of our modern equipment and technology,” she said. “Come out and meet our experienced technicians.”

For eligible applicants wanting to work in the region, Interlake-Eastern RHA will cover the training costs of the three-month combined practicum and online certification testing to become an MDR technician.

“MDR is important to us as technicians as we take pride in all of our work we do. Not only are we very diligent in all of our cleaning, inspection and sterilization processes, but we think of every patient as our own family member,” Purse said.

“At the end of the day, it feels good to know we



MDR medical instruments.

are such an integral part of the perioperative team and that our services really do make a difference in ensuring patient safety is of the utmost priority.”

The MDR department is located on the second floor of the Selkirk Regional Health Centre in Room 2088. Since it’s a restricted area of the hospital, it’s important that anyone interested in visiting the department contact Patricia Purse first.



EXPRESS PHOTOS SUBMITTED

Pictured left to right: MDR technician Branden Grocholowski, MDR co-ordinator Patricia Purse and MDR technician Allison Pilat.

To schedule a visit, email her at ppurse@ierha.ca.

GEAC launches survey on Gimli to Winnipeg commuter service

By Patricia Barrett

With prohibitive gas prices and carbon emissions damaging the planet, the Gimli Environmental Advisory Committee (GEAC) wants to find out how many people would be interested in using a commuter service between Gimli and Winnipeg.

GEAC, which provides advice to RM of Gimli council on environmental issues, created a brief survey to gauge the interest of residents, cottagers, day-trippers, workers and others who’d be interested in hopping aboard a bus from Gimli and other communities along the way.

“The point of the survey is to see if there’s enough interest for a commuter service,” said GEAC member Rosemary Dzus. “We’re asking questions about potential users’ age range, how often they’d use the service if it was available and how much they’d be willing to pay. Those are the three big variables we need to get a handle on before we take this further.”

Greyhound pulled its bus services in western Canada in October 2018, leaving rural communities without affordable transportation options or a means at all to travel to and from larg-

er centres for services not available in the country.

Dzus said she has talked to many people about a public transportation service and found there’s quite a bit of interest.

“Getting people from A to B, helping them reduce their carbon footprint, helping them out economically and addressing safety issues — especially highway driving on the weekends — is something we’re interested in,” said Dzus.

People who live in or visit communities such as Gimli, Sandy Hook, Winnipeg Beach, Dunnottar (Ponemah, Whytewold and Matlock), Petersfield, Clandeboye and Selkirk are invited to complete GEAC’s survey. People in Winnipeg who visit these communities are also welcome to fill it out.

In addition to questions about how often they’d use the service and cost, the nine-question survey asks what purpose people would use the service for (i.e., work, medical appointments, shopping) and if they have concerns about finances or the environment. The survey doesn’t ask people for their names, addresses or other per-



EXPRESS PHOTO SUBMITTED

The Gimli Environmental Advisory Committee (GEAC) wants to find out how many people would be interested in using a commuter service between Gimli and Winnipeg.

sonal information.

People who don’t have the Internet can pick up a paper copy of the survey at the Gimli New Horizons Centre near the Gimli sports field and dog park.

The online survey will be available throughout August and September

and perhaps into October, depending on the frequency of responses.

The survey can be accessed by visiting www.surveymonkey.com/r/XLYVXY3 or GEAC’s Facebook page.

For more information about the survey, contact GEAC by email: geac@rmgimli.com

The countdown is on for Teulon's rodeo

By Ty Dilello

Dust off your cowboy hats and boots and bring out your family for the Teulon Rodeo taking place this month from Aug. 27 to 28.

The rodeo has been put on since 2013 by the Teulon Rodeo Club, which is a volunteer organization committed to keeping the western heritage alive by offering a fun, family-oriented event for the community and visitors alike. It is a sanctioned Heartland Rodeo and riders earn points to qualify for the finals.

The club consists of many dedicated people who have spent countless hours and raised funds over the past few years to update the rodeo arena and racetrack to provide an excellent venue for rodeo contestants and the community.

One of the locals who will be performing at the rodeo is Terence Caumartin, who has been riding horses all his life. Caumartin is currently the manager for Narcisse and Sylvan Dale Pastures.

"I started roping and attending some smaller jackpots in high school. From there, that evolved into a passion for which I was fortunate enough to find a job that entailed the riding, roping and working cattle all into one," said Caumartin.

"My family has developed a passion for riding and roping and this western way of life along my side. My three daughters have 'grown up in the saddle,' so to speak. Emily and Raelyn are now adults doing their own thing but still make time to ride and rope. Our youngest Karen is coming into her own and proving she may be the fiercest of the three yet. They all love being 'put to work' roping, riding, checking the livestock and treating sick animals alongside Dad. They have learned how to

train their own horses, handle cattle and to be humble and caring."

For weekend entertainment, the Caumartin family participates in various events in the rodeos and in various circuits.

"I participate in tie down roping and team roping, for which I head and heel. My daughters participate in barrel racing, team roping, breakaway roping, sometimes goat tying and wild pony racing. My wife is our videographer and loudest cheerleader in the stands capturing our memories."

Caumartin and his family are members of various Roping associations across North America, such as HRA, MRCA, MTRA, MBRA and Calf Ropers Unlimited.

"We view rodeos as a way to spend time as a family doing the things we love. My proudest moments are seeing our girls doing what they love, which just so happens to be my passion also. The comradeship and the people are what make the rodeos great. We love the competition, but the one(s) with ourselves are the best. We strive every time to do better than our last time, to be better and learn. Placing and winning are just bonuses."

There will be no shortage of activities for all ages. There will be a beer gardens all weekend long, which opens at noon both days with the local band Three Pistols playing for the dance crowd Saturday night starting at 9 p.m.

For the first time ever, there will be Manitoba Stock Dog Association competition on Saturday starting at 8 a.m. There will be kids' activities, including face painting and a bouncy castle, along with a vendor market.

The cost to check out this year's Teulon Rodeo is



EXPRESS PHOTO SUBMITTED

Terence Caumartin of Narcisse will be at the Teulon Rodeo this month participating in tie down roping and team roping.

\$10 for adults, while children 14 and under get in for free.

Gimli Art Club hosts Winnipeg Art Gallery's travelling Inuit art show

By Patricia Barrett

The Gimli Art Club helped bring Inuit art to Gimli last Saturday when it played host to the Winnipeg Art Gallery's (WAG) travelling art show.

The WAG is showcasing artwork from its Inuit art centre, Qaumajuq, and making it more accessible to the public by taking it on the road this summer.

The show titled *Nakatamaakewin* was available in Gimli for several hours.

Gimli Art Club president Erika Hanneson said the idea of a travelling art show was sparked during the pandemic when on-again, off-again public health restrictions and COVID-19 waves wreaked havoc with art gallery hours. School kids were also deprived of the opportunity to visit the WAG and other galleries after field trips were cancelled.

"The travelling art show was the started by the WAG during the pandemic because museums and galleries kept getting closed," said Hanneson. "This is the WAG's second year. The idea is to bring art to people in

communities outside Winnipeg as opposed to hoping those people make it into Winnipeg to the gallery."

Hanneson said the WAG drives out to communities in a cargo truck that has been turned into a mini-art gallery.

"They roll into town, open up the back of the truck and it's set up as a gallery. It's like walking into a tiny house. It's accessible with a ramp," she said. "The WAG also set up a tent near the art club where they offered activities for children pertaining to the art works and the history of the works."

The works in the *Nakatamaakewin* show include original Inuit prints, carvings and textiles, as well as audio-visual stories that allow people of all ages to learn about Inuit art and culture.

"I'm hoping the WAG does this on a yearly basis with different exhibits because it has been successful," said Hanneson. "This is great for small communities."

Upcoming WAG tour dates include



EXPRESS PHOTO BY ERIKA HANNESEN

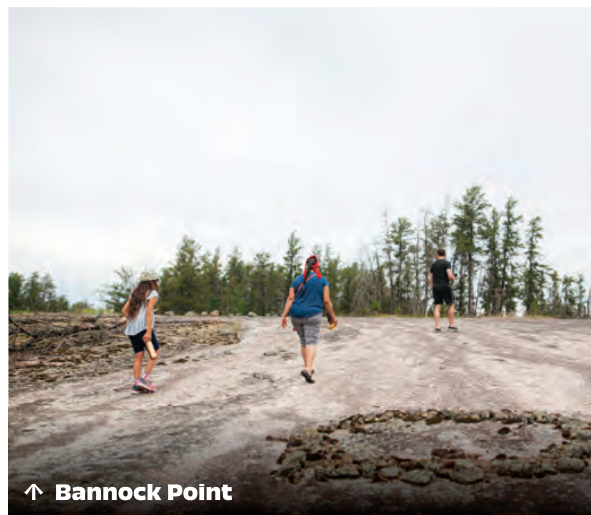
Dr. John Anderson and his mother, Margaret Anderson, paid a visit to the Winnipeg Art Gallery's travelling art show in Gimli. WAG staff member and tour guide Ray Lytle showed visitors artwork from the WAG's Inuit art centre.

the Lower Fort Garry Harvest Fest in St. Andrews on Aug. 20 from 10 a.m. to 4 p.m.

Manitoba Road Trip Ideas

Whispers of the Whiteshell

Breathe in the outdoors in Whiteshell Provincial Park. This slice of the Canadian Shield is rich in sunsets, Indigenous roots, boreal forest and year-round adventure. This summer, hit the road and remember *home is where the heart is*.



↑ Bannock Point

1 WHERE THE SPIRIT SITS

There are three entry points to **Whiteshell Provincial Park**, Highway 1 east to access the South Whiteshell and Provincial Trunk Highway 44 or Provincial Road 307 to access the North Whiteshell. Start off in the northern end of the park at **Nutimik Lake**, where a favourite trail is an easy and convenient 4.2-kilometre hike located right off the campground. Take a walk to the stunning Whiteshell River Suspension Bridge. The trail also leads to **Sturgeon Falls**, where large, lake-wide rapids await.

The **Bannock Point Petroforms** (known to the Anishinaabe as Manitouabee or where the spirit sits) is a sacred site with stones laid out on the bedrock in the shapes of snakes, turtles and a Thunderbird. The rock formations are believed to have been made centuries ago for teaching and healing ceremonies. Set up a tour with Whiteshell Indigenous Knowledge and Wisdom to get the most out of your visit to the site. Discover more at travelmanitoba.com/Indigenous-Experiences.

Pine Point Rapids is one of Manitoba's most popular hikes, with several routes to choose from depending on your desired level of difficulty. If you have kids in tow, take the easier trail that goes directly to the rapids. A second section offers a more challenging trek over rocky landscapes. Another favourite spot is **Rainbow Falls**, where swimmers often gather.

Next, take a short detour to the **Alfred Hole Goose Sanctuary and Interpretive Centre**. The sanctuary offers free admission and a visitor centre that shares the story of the sanctuary, explains the biology of Canadian geese and offers opportunities to view the birds up close, especially during the fall migration.

There are nine different lodge and resort options in the North Whiteshell, with many offering amenities on site such as restaurants and convenience stores. This is in addition to ten campgrounds in the north and central parts of the park, including everything from full service to walk-in sites.

2 TUNNELS AND METEORS

Whiteshell Provincial Park is home to many amazing canoe routes, but one of the most popular runs through the picturesque **Caddy Lake Tunnels** in the southern end of the park. Caddy Lake connects to North Cross Lake and South Cross Lake through granite tunnels and offers both short and weekend paddling options. Canoe rentals are available at **Caddy Lake Resort**.

Relish the beauty of **McGillivray Falls** on this moderate hike, which provides rewarding views of McGillivray Lake. The falls themselves are located near the beginning of the trail and are best viewed in the spring.

Next, welcome to **West Hawk Lake**, the not-so-sleepy summer town known for its amazing trails, deep lake (formed by a meteor!) and its high energy, lake-life vibes. Restaurants here serve up the classics, like burgers and ice cream, enjoyed in dining rooms or patios. Whether you set your home base at the campground or in one of the town's motels and resorts, there's plenty to keep you

occupied at West Hawk Lake.

Hunt Lake Trail, one of Manitoba's most popular wilderness trails, launches off from West Hawk Lake—the average hiker needs at least five hours to complete this challenging trail. For an easier trek, take the **Dragon Fire Trail** that's located in the campground. This trail starts low in the trees and continues to the top of the rock face, where you will be treated to sweeping views of the lake.

West Hawk is also known for its spectacular beaches and crystal clear water. There are several beaches to choose from, the main Crescent Beach (featuring a long stretch of sand and interpretive signs explaining the lake's meteor history) and Miller Beach, a smaller beach located in the campground that offers a bit more solitude.

For even more ways to get out into the water, West Hawk Marina rents out paddleboards, kayaks, standup paddleboards and canoes. The marina also provides lifejackets, which are absolutely essential for staying safe while on the water.



↑ West Hawk Lake



↑ Hunt Lake



SCAN THE QR CODE TO OPEN THIS ROAD TRIP MAP ON YOUR PHONE.



↑ Falcon Trails Resort

PHOTO: MAX MUEENCH



↑ Falcon Lake

PHOTO: MAY CONTAIN STUDIOS

3 BEACH DAYS, BIG SWINGS AND TAKING THE REINS

It's time for the next leg of the trip, which ventures into another popular summer town, **Falcon Lake**. Spend a day with your toes in the sand or walk the boardwalk. Stop into local shops for clothing, souvenirs and tasty treats. Grab a bite to eat at one of the restaurants, drive-ins and bakeries.

Nearby, you can get one of the best views in the Whiteshell from the **Top of the World** hike. The four-kilometre trail brings you to the highest elevation in the area. The trailhead is accessible from the parking lot at **Falcon Trails Resort**. In addition to the resort here, there are four other lodges and resorts in this part of the park. There are five campgrounds as well at Falcon, West Hawk and Caddy Lakes.

Another way to explore the area is on a horseback riding excursion with **Falcon Beach**

Ranch. This ranch offers beautiful accommodations and horseback rides ranging from pony rides to 40- to 60-minute trail rides, with options that include adding on a cookout or even doing an overnight ride and pitching a lakeside tent.

To finish off an adventurous road trip to the Whiteshell, head to **Falcon Lake Golf Course** for a challenging 18-hole course, with forest-lined fairways. Or choose mini-golf, where your chances for a hole-in-one are a whole lot better.



SCAN THIS QR CODE FOR MORE ROAD TRIP IDEAS.

Manitoba
CANADA'S HEART BEATS

Arborg's Steet Festival back after a two-year hiatus



EXPRESS PHOTOS BY LANA MEIER AND HALEY CVAR
Arborg's community celebration began Friday night with a parade, a free concert by the band Lost in a Small Town and a spectacular fireworks display. The festivities carried on throughout the day on Saturday.



Interlake Dragway hitting stride this season

By Ty Dilello

The Interlake Dragway is a quarter-mile IHRA-sanctioned drag strip located inside the road course at Gimli Motorsports Park.

Drag racing started at the facility in 1978, and has previously operated under the names Dragways International, Viking Dragway and Gimli Dragway.

For most weekends in the summer months, drag racing takes centre stage and is a key event in Gimli that attracts many folks to cheer on their favourite racers.

“The 2022 season has been good when we get to run. We had a late start this year because of the amount of snow, and the weather hasn’t helped with all the rain on some days,” said Brandy Wruck, owner of Interlake Dragway.

“But we have two good weekends coming up as on Saturday, Aug. 13, we have a day session and an evening session and then the Sunday is day only. We also have September long weekend, which is always a great event.”

Mike Hawco from MacGregor has been racing at Interlake Dragway for eight years now.

He says that because Interlake Dragway is the only sanctioned quarter-mile dragstrip in Manitoba, “The safety is there with the rules and regulations. Sometimes you go to outlaw tracks, and it’s not the way things should be, but Interlake does it right.”

Hawco has always been a racer right from inception.

“My dad brought me up in a junkyard, and I just learned how to tinker on cars pretty early on and then I mud raced for years. But it was getting to not be affordable anymore, and a bunch of my buddies were drag racing at Interlake.”

Hawco put a 1972 Chevy Vega wag-

WILD RIDES PRESENTS CASH DAYS

WHEN
August 13/22
6:00 pm
Driver's meeting is at 5:30pm

WHERE
Interlake Dragway

Instant Green
1/8 mile
No Clocks
First round call outs before card picks.
Can grid/race between rounds if you have been eliminated
Three classes to choose from

REAL STREET CLASS
700 or slower
MUST BE REGISTERED
ANY SIZE DRAG RADIAL, MAX 29 X 10.5 NO W TIRE

HEAVY STREET CLASS
MUST BE PLATED, DEALER PLATES ALLOWED
ANY SIZE DRAG RADIAL, MAX 29 X 10.5 NO W TIRE
TRUCKS MUST HAVE A SLICKS IF RACING IN OHV
NO FUNNY CAR CAGES

IMPORT CLASS
MUST BE PLATED, DEALER PLATES ALLOWED
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OUTLAW CLASS
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on together and went racing with that for five years. He switched it up to a 1979 Camaro after that.

“I progressed through the years to faster cars, and now I’m a full dragster, with a 235-inch, 2001 Undercover Dragster. My car can do 7.81 in a quarter mile at 172 mph.”

For Hawco, there are still four race weekends left in this 2022 season. The next one is this coming weekend from Aug. 13 to 14.

“I just get out there and have fun. I’ve been successful this past season, taking a first place in my last race. I do it as a family, as both of my kids race junior dragsters as well. So when we go up there to Gimli, it’s a fun-filled weekend, and it’s a family thing. It teaches them a lot of character and some responsibility because they have to make sure the tires are filled when they race and stuff like that.”

Interlake Dragway offers a full day of entertainment for anyone interested in attending. Generally racing will begin at 9:30 a.m. and conclude at 5:30 p.m. on scheduled weekends. Admission for spectators is \$10 for test and



EXPRESS PHOTO SUBMITTED

Interlake Dragway at Gimli Motorsports Park is the only sanctioned quarter-mile dragstrip in Manitoba.

tune, \$15 per race day and \$20 per day and under are free with an adult. on special featured race days. Kids 10

Would you like to join our team?

Evergreen School Division is looking for bus drivers!

We require caring, safe drivers to be bus drivers for our students.

There is no fee to attend this training session, but you must pre-register by Wednesday, August 24th. Contact the Transportation Department for more information at 204-642-6263.

<p>Where: Tec Centre 234 Tudor Lane Gimli Industrial Park</p>	<p>Date: This is a 2-day training session Thursday August 25th & Friday August 26th 9:00am – 5:00pm each day</p>
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Please bring your own lunch and we hope to see you there!

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IMMIGRATION ADVISORY COUNCIL PUBLIC MEETINGS

Have Your Say

Share your views on Manitoba's settlement programs and services.

PUBLIC MEETINGS WILL BE HELD PROVINCE-WIDE

Meetings will be held over the summer, including sessions in:

<p>AUGUST 11 - Winnipeg Maples Community Centre 424 Adsum Drive 6 p.m. to 7:30 p.m.</p>	<p>AUGUST 18 - Arborg Bifrost Community Centre 409 Recreation Centre 1:30 p.m. to 3:00 p.m.</p>
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For more information, visit:
immigratemanitoba.com/iac/

Manitoba

Pretty native plant invading gardens across the province

By staff

The pretty Creeping Bellflower (*campanula rapunculoides*) has been provincially designated as a noxious weed.

This perennial introduced from Europe as an ornamental, reproduces both by seed and creeping rhizomes. Roots can travel under fences, through lawns and even under sidewalks and concrete. It can survive periods of drought and tolerates a range of light conditions.

A noxious weed, harmful weed or injurious weed is a weed that has been designated by an agricultural or other governing authority as a plant that is injurious to agricultural or horticultural crops, natural habitats or ecosystems, or humans or livestock. Typically they are plants that grow aggressively, multiply quickly without natural controls (native herbivores, soil chemistry, etc.), and display adverse effects through contact or ingestion.

Its creeping root system and resistance to some herbicides makes Creeping Bellflower extremely difficult to eradicate. Flowers are pollinated by insects, but in the absence of

pollinators flowers can become self-fertile and still produce seed.

The Creeping Bellflower prefers light sandy to medium loamy, well-drained soils that are pH neutral. It can grow in full sun, part-shade or shade.

The erect stems are often purplish, can be hairy or smooth, and grow to one metre or more. It's leaves are alternate, (3-7 cm long). The lower leaves are long-stalked and heart-shaped with coarsely toothed margins. The upper leaves are sessile and lance-shaped with some hairs on the lower surface. Nodding light purple flowers are borne in the axils of the upper leaves and occur mainly along one side of the stem.

There are numerous seeds per pod and are spread by wind because of their light weight. Each plant can produce 3,000 or more seeds annually making it difficult to control.

Prevention of noxious weeds such as the Creeping Bellflower include hand-pulling or cutting and bagging flower spikes pre-bloom and digging out a much of the roots as possible which may take several year's effort. The spread of this particular plant can



EXPRESS PHOTO BY JO-ANNE PROCTER

Creeping Bellflower, which has been deemed a noxious weed, can be found in many gardens throughout the province.

also be subdued by applying Glyphosate which is effective for spot applications. Creeping Bellflower is an invasive plant that is resistant to 2,4-D.

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Incredible Creatures: ants: amazing, numerous, talented and social

By John Gavloski

Ants are one group of insects you don't have to look hard to find. While at times their presence may be unwanted, ants do have quite incredible traits and many beneficial roles. In this month's Incredible Creatures, we will explore the fascinating world of ants.

Sharing Food with the Community

There are about 14,000 different species worldwide, with possibly thousands more yet to be discovered. Although the majority of species live in limited areas of the tropics, there are 229 species of ants in Canada and 82 species of ants in Manitoba.

Ants have two stomachs. The larger of the two stomachs is called the crop and is a community stomach. Ants will share the food in this stomach with other ants. When a fellow ant is hungry, it strokes the food-gathering ant's head in a certain way with its antennae. The two ants then put their mouths together, and liquid food is passed from the food gatherer to the hungry ant. The smaller stomach is the ant's personal stomach. When the ant needs to nourish itself, some of the food in the crop is passed into this stomach and digested.



PHOTO SUBMITTED

Stomachs have two stomachs, one for feeding other ants and one for nourishing themselves.

Working Together to Survive

Ants cannot live as individuals. For one ant to survive, it must work together with other ants. Ants are thus considered "social" insects. They must function together, each doing their own special job, to keep the community alive.

There are three main types of adults in an ant colony: one or more queens, a few males and many, many female workers. Some of the workers may be soldiers, which are extra-large workers with big heads and powerful jaws. Other workers may be nurse workers. The queen is the largest ant in the colony. Her job is to mate and lay eggs. The males' only duty is mating with the queen. Remain-

Wednesdays Farmers Market
Visit the Arborg Heritage Village every Wednesday to check out what the vendors have to offer!

Every Wednesday from 10 am to 3 pm
Contact Marlene at 204.376.5607 to book a table

Saints on side of Top 2 teams in Winnipeg Beach's inaugural Fire Truck Pull

By Patricia Barrett

The saints may have been on the side of the first- and second-place winners of the inaugural Winnipeg Beach Fire Truck Pull last Saturday. The Winnipeg Beach Fire Department and town recreation staff hosted the event that saw firefighters from Ste. Anne, about 50 kilometres southeast of Winnipeg, and St. Andrews pull ahead of firefighters from Gimli, Matlock and Winnipeg Beach in a best-of-three competition. Teams of eight firefighters pulled a 42,000-pound pumper 100 feet down Main Street. The fastest team was the winner.

Ste. Anne was the team to catch with a blistering best time of 14.96 seconds and St. Andrews was second with a

best time of 17.14 seconds. Gimli was hot on their heels at 17.32 seconds, followed by Matlock at 17.98 seconds and Winnipeg Beach at 18.36 seconds. Ste. Anne earned a trophy crowned with a golden fire truck, \$200 cash, free registration next year and bragging rights. The department is obliged to defend its title next year, according to Winnipeg Beach fire chief Dave Schellenberg, who emceed the event.

Through their registration fee of \$250, the five teams raised \$1,250 for the Firefighters Burn Fund and Muscular Dystrophy Canada. Staff from the two organizations were on hand to accept donations from spectators.

Fort Garry Fire Trucks, which builds custom pumpers, aerial ladders, tankers and other firefighting equipment for cities and municipalities, supplied the pumper and refreshments.



Sparky and a young firefighter fan.



The St. Andrews team finished second.



Denyse and Saveja cheered on firefighters.



Larry Boittiaux from the Firefighters Burn Fund.



Winnipeg Beach firefighters flex their muscles.



EXPRESS PHOTOS BY PATRICIA BARRETT

Gimli firefighters were a close third to the St. Andrews team.



The Matlock firefighters had a time of 17.98 for a fourth place finish.



Ste Anne firefighters came in first at 14.96 seconds.



The kids were serious contenders, pulling the fire truck 100 feet.

Small business brings the world closer to Arborg

By Autumn Fehr

A local business importing clothing items, jewelry and home products from far-out countries supports producers from developing countries from afar.

Alanna Finnson lived and worked in China for four years. While there, she travelled to Thailand and Bali, and shopped at stores in Beijing that imported clothing from Nepal and India.

Finnson said she fell in love with the stuff, bought a bunch to bring home, and sparked an interest in the com-

munity.

"When I came home, I would wear it, and people would always ask me, 'Where did you get that?'" she said.

Arising out of this community interest came an idea for her own business to import things from these countries.

"It was born out of my love for travel and beautiful clothing and jewelry that people in developing countries make," said Finnson.

Far Out Imports sources made-to-order pieces from far-out countries in the world and brings them to Manitoba for people to enjoy.

Finnson said that she created

her business because she likes supporting local producers, but she also likes supporting producers in developing countries.

"A couple of people that I work with, their mission statement is, 'Give us trade, not aid,' so there was an element of wanting to be helpful, as well as have a business and make some money — kind of everyone is happy type of thing," said Finnson.

In 2011, Finnson took out her business name and in 2012 started selling her "far out imports" at the Arnes Farmer's Market.

This year, she celebrates her 10th anniversary of selling items at the mar-



Hand-carved sterling silver and genuine gemstone jewelry.

ket when she started her business.

"I love the atmosphere of the whole vending thing, meeting new people and helping them find things that they love," said Finnson.

It's been a learning curve to figure out how to run the business successfully.

Over the years, she has developed good relationships with small family-run textile companies in Nepal, Thailand, Indonesia, India and Nicaragua that she collaborates with over the winter on colours, styles and patterns. Everything is made for her to order, and she even designs some of it.

The people that Finnson is working with now, she has been working with for the past seven years.

"I like to continue supporting them. They are all really great people that have become friends."

Far Out Imports carries an array of imported, made-to-order pieces that cannot be found anywhere else unless you take a trip overseas.

The business sells various clothing items such as pants, overalls, hats and dresses.

The clothing Finnson sells is mainly from Nepal and Thailand.

The footwear, such as rope sandals from Nicaragua, are made from recycled carpets.

A few home décor pieces are also imported, including tapestries and quilts made from women's groups in India.

She also sells sterling silver jewelry with genuine gemstones, rings and wooden earrings that are hand-carved in Bali.

Finnson mainly sets up shop at the Arnes Farmer's Market seasonally from May to October but also sells at other farmer's markets. She also sells her items through her website and Etsy during the off-season.

Over the winter, she orders the items and says she always looks forward

ANNUAL GENERAL MEETING

for
MOOSEHORN CONSUMERS CO-OPERATIVE LTD.

Monday, August 22, 2022
7:30 p.m.
Moosehorn Community Hall

Refreshments and 2021 Equity Cheques will be available

- Financial Report
- General Manager Report
- Election of Directors
- Appointment of Auditors
- Door Prizes

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Show 'n Shine Car Display - Sunday
Sponsored by Stonewall Home Hardware

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FAMILY FUN ZONE 1-6 PM
- MEMORIAL PARK

Parade Route
Saturday, August 20th
11 am



EXPRESS PHOTO SUBMITTED

Alanna Finnsen from Far Out Imports brings many items from overseas and sells them online and at the Arnes Farmer's Market seasonally.



EXPRESS PHOTOS BY ALANNA FINNSEN

Purses, wool socks, headbands, felted slippers and deerskin hip bags made by friends of Finnsen's from South Dakota.

> WORLD, FROM PG. 16

to the spring when she can bring the pieces she had fallen in love with to her customers.

Some of her favourite bestsellers pieces include Thai pants – pants from Thailand that she carries in four different sizes — overalls with fabrics from Nepal and gemstone jewelry as the different gemstones all have their own meanings.

"It's hard to not keep everything when I get it," said Finnsen.

At the end of every year, Finnsen donates five per cent of her profits to a different local cause.

One year, she donated to the Arborg Hospital in memory of her grandma, who was a part of the Arborg Hospital Auxiliary. She has also contributed to an organization providing formula and baby supplies for financially struggling mothers in Winnipeg, among many other organizations.

In the future, Finnsen believes she can expand her business as her kids are getting older but only plans on doing it if it resonates with her.

Above everything, she said that her goal is to keep it enjoyable because she loves what she does and plans to keep it that way.

Arborg Training Centre gets a lift



EXPRESS PHOTO BY MORLEY NORDAL

One of the buildings that make up the Arborg Training Centre really got a lift last week. A foundation was prepared for the former Kinsmen building to provide additional training space. The centre is preparing to host a practical nursing program next month.

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Residents invited to share concerns about environment: EIWD holding watershed meetings

By Patricia Barrett

The East Interlake Watershed District is in the process of updating its Netley-Grassmere-Willow Creek integrated watershed management plan and is inviting users of the watershed — residents, cottagers, Indigenous people, fishers, agricultural producers and others — to a series of open houses where they can share their concerns about the environment and what they value in their regions.

Watershed management plans describe actions that are needed over time to ensure a sustainable watershed and serve as a guide to activities, balancing protection with the needs of communities.

EIWD staff already held a public meeting in Stonewall and are welcoming residents to upcoming meetings in West St. Paul, Matlock, Gimli and Selkirk.

“We will be working with governments, professionals and the people of the watershed to help prioritize and develop ways to protect, restore and manage watershed natural assets,” said EIWD manager Armand Belanger. “Watershed natural assets are things and places in the watershed that are environmentally, socially and economically important. These can be biological assets (rare birds, fish, bugs, plants), land and water areas (grasslands, forests, specific rivers, lakes, wetlands) or the soil and air in the watershed.”

Watershed plans address concerns such as deforestation, loss of natural areas, urban development, pollution of surface water, contamination of drinking water and flooding. Public input helps shape goals to protect the watershed.

People that live, work or have historical and traditional rights in the watershed can help EIWD staff identify and map out natural assets by attending an open house.

“New to this plan is the focus of mapping out and

selecting the priorities of natural assets in the watershed. EIWD is working with Strategic Systems Engineering on an interactive map that shows features of the watershed, and people will be able to zoom in to their natural asset to mark the location and talk about its importance in the watershed,” said Belanger. “We will also be looking for stories of why these natural assets are important to people socially, environmentally and economically. Do they spend time there with their family and friends? Do these assets support them financially? Or do they value the way these assets help make the watershed sustainable?”

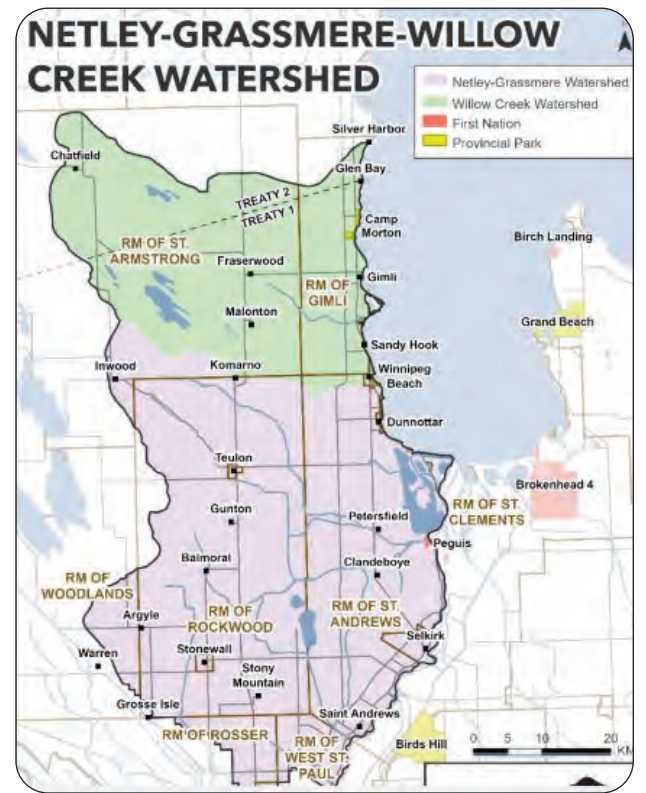
If people are unable to attend one of the open houses, they can call or email EIWD or visit its website to fill out a questionnaire, which asks about people’s Top 3 most valuable natural assets and their location on a map provided, what the threats are to those assets and suggestions as to how to enhance or protect those assets.

The updated plan will be put together by a project management team made up of representatives from EIWD, Peguis First Nation, the Manitoba government and the municipalities/towns of Gimli, Armstrong, Winnipeg Beach, Dunnottar, Rockwood, Teulon, St. Andrews, Selkirk, West St. Paul, Stonewall and Rosser.

“The team is leading and writing the plan that the district and our partners will use for sustainable management and activities in the watersheds,” said Belanger.

The upcoming open houses are scheduled for the following dates:

- Aug. 15 at 6:30 p.m. at the Aki Centre, 1985 Grassmere Blvd. in West St. Paul
- Aug. 27 at 10 a.m. at the Matlock Recreation Centre, 77 Matlock Rd.



EXPRESS PHOTO BY EIWD

The East Interlake Watershed District is updating its Netley-Grassmere-Willow Creek integrated watershed management plan.

- Aug. 29 at 6:30 p.m. at the Farmers Hall, west of Gimli on PR 231 near the Gimli Airport
- Sept. 12 at 6:30 p.m. at the Gaynor Family Library in Selkirk.

For more information about the meetings, watershed management plans or other EIWD programs, call Armand Belanger at 204-642-7578 or email him at manager@eastinterlake.ca

> ANTS, FROM PG. 14

ing work, such as building the nest, caring for the young, gathering food and defending the nest, is done by the workers.

Inside the Nest

Most local ants nest in the earth, although carpenter ants make tunnels in damp, rotten wood and an invasive species called the pharaoh ant can nest indoors. In the ground, under the anthill, are tunnels with

rooms branching off. In a typical nest there are many rooms, each with its own special use. One of the rooms is reserved for the queen. Other rooms will be nurseries for the eggs, larvae and pupae. Workers take piles of newly laid eggs to these rooms, and there nurse workers take care of the young. Ant larvae are white, blind and have no legs. There are usually many nursery rooms. Other rooms may be storerooms for food or resting places for the workers.

Food for the Colony

The food that ants eat varies depending on the species. They get sugar from plant juices and sweet liquids, and protein from the bodies of insects and animals. Some species are primarily seed gatherers. Other species will protect insects such as aphids, so they can eat the sweet honeydew the aphids produce.

In some species, “scout” workers will leave the nest to find food. If they find something too large to handle alone, such as a large insect, they rush back to the nest and tell the other workers about their find by tap-

ping them with their antennae. Other workers will then head out to find the food.

Ants can, at times, have less admirable traits for some, when they show up at picnics or in the kitchen. But ants can be helpful as well. They may eat insects that feed on crops. They are also food for animals such as other insects, frogs and some species of birds. Their underground tunnels help to make the soil healthy by letting air circulate through it. Although their presence may not always be welcome, ants are ecologically beneficial and have some amazing traits.

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Raising funds for Children's Wish

By Autumn Fehr

After a two-year hiatus due to COVID-19, the Ride for Child's Wish fundraiser is back at the end of this month, ready to continue making wishes come true for kids by donating their funds to Make-A-Wish Foundation.

The well-known event will be hosting its 32nd annual Ride for a Child's Wish on Saturday, Aug. 27, starting at 11 a.m. at Silver and Gary Peltier's farm on Highway 6, located a mile and a half before the RM of Woodlands/Warren boundary.

"We want people to have fun and to donate money through pledges, the auction or having supper to help us raise money so the kids can get their wishes for whatever they want," said Silver.

The fundraiser will feature a 10-mile horse trail ride behind the farm, a motorcycle ride, the Wish Auction, delicious food and much more — including kids' entertainment and a musical performance from the local band Lost in a Small Town during the barn dance starting at 9 p.m.

The Peltiers started the fundraiser in 1988 when they had just moved to their farm.

Gary and his buddy got some horses and wanted to meet people, so they decided to do a small trail ride.

The first year we had 11 riders and 25 people and raised \$750, said Silver.

It's grown a lot since then. The numbers doubled for the first five, 10

years, she said.

Since then, they have continued to host the event on their property every year (besides the two years of the pandemic) and have raised a range of different amounts each year — raising well over a million dollars.

Out of all the organizations they could donate to, the couple has made a point to continue to give their donations from the fundraiser to the Children's Wish Foundation every year.

After their first year hosting the ride, the couple went to look around to see where they could donate the money. The Peltiers happened to go to a show where there was a homemade banner with children's signatures and handprints painted on it at a booth.

The Peltiers approached the man at the booth and told him that they were thinking of doing a ride to raise funds for a good cause, but they didn't know how much they would be able to raise.

"He said, 'If you give me a dime, it's a dime I didn't have yesterday,'" said Silver.

Silver said all the other organizations they had visited wanted them to bring in a lot of money.

"We have healthy kids and I have three healthy grandchildren, but I've met a lot of kids that either have cancer or leukemia, and we just want them to be able to get a wish, whatever it is," said Silver.

The horse ride will start at 11 a.m.,



EXPRESS PHOTOS SUBMITTED BY SILVER PELTIER

Some of the volunteers from the event in 2019 where they raised \$111,233.

with riders leaving between 11 and 12 p.m. and arriving back between 3 and 4 p.m. Following the horse ride, there is a motorcycle ride through the Interlake that starts at the Warren Domo on Highway 6, going for approximately 250 kilometres.

There is currently construction on Highway 17 towards Inwood, so the exact trail is still in the process of being finalized and may be different from previous years.

Kids' entertainment starts at 3 p.m.

A barbecue-style supper with all the favourites — including barbecued chicken, baked potatoes and corn on the cob — will be served at 5 p.m., followed by the Wish Auction at 7 p.m. — with a horse included as one of the items to be won — and the dance at 9 p.m.

The fundraiser is a volunteer-led event organized by the Peltiers and their committee of volunteers.

"We could not do any of this without all the help," said Silver.

Anyone is welcome to attend the event to support the cause, whether you have a motorcycle or a horse or not.

If anybody wants to donate to the ride, they can text or email Silver and she will make arrangements for someone to meet them.

"It's how we make some money for the kids," said Silver.

Registration for the trail ride starts at 9 a.m. on Saturday, Aug. 27.

If anyone would like to volunteer, participate or donate, please get in touch with Silver Peltier at 204-461-0640.

Live entertainment continues on the bandstand



EXPRESS PHOTO BY AVERY PLATT

Classic rock cover band JukeBox Heroes from Winnipeg performed live on the Winnipeg Beach bandstand on July 31. The band has three more performances this summer playing at the Spike in Winnipeg Aug. 12-13, the Marion Sept. 2-3, and the Fall Red River Ex Sept. 5, all in Winnipeg. Saturday entertainment on the bandstand continues for the month of August in Winnipeg Beach.



sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Manitoba off to red-hot start in female lacrosse at Canada Summer Games

Staff

Wow, what a start for Manitoba's U17 female box lacrosse team at the 2022 Canada Summer Games.

Manitoba was a perfect 2-0 after a pair of wins on Sunday.

Kaitlynn Anderson scored twice and added an assist while Halle Chabluk added a goal and an assist as Manitoba opened action with a 5-2 win over Saskatchewan.

Sidney Green and Keira Karpowicz also scored for Manitoba. Goaltender Kaylee Perry made 20 saves.

Perry then made 37 saves in a 3-2 victory over Quebec.

Manitoba played Prince Edward Island this past Monday but no score was available.

Manitoba's roster includes West St. Paul's Caitlyn Winzoski, Stonewall's Emelia LeClair, Selkirk's Delainey Kiteley and Gimli's Hunter Dankochik. The team's head coach is West

St. Paul's Kim Winzoski while Daina Ojala is the assistant coach/manager.

In baseball action, Manitoba pounded Newfoundland and Labrador 10-0 in five innings on Sunday.

Matt Thompson was the winning pitcher and went 2-for-4 with a single, double and four RBI.

Manitoba, whose roster includes Stonewall's Hayden Faragher and Ryan Slatcher and St. Andrews' Colsen Smith, played New Brunswick and Quebec on Monday.

In female softball, Manitoba was defeated 5-0 by New Brunswick last Sunday.

The Manitobans battled Nova Scotia on Monday.

In men's soccer action, New Brunswick edged Manitoba 3-2. Manitoba's roster includes Naro's Jason Scott, West St. Paul's Sydney Nachtigall and Leonardo Takahashi, and East St. Paul's Nick Waplack.



PHOTO TEAM MANITOBA/SPORT MANITOBA

Manitoba won a pair of games in female box lacrosse on Sunday at the 2022 Canada Summer Games.

Manitoba played P.E.I. on Tuesday but no score was available.

Laxdal named Oshawa Generals' new head coach

Staff

The Ontario Hockey League's Oshawa Generals announced last Thursday that Derek Laxdal has been named the team's 35th head coach in its history.

Laxdal, 56, formerly of Stonewall, joins the Generals after spending three seasons with the NHL's Dallas Stars as an assistant coach to Rick Bowness from 2020-22, joining mid-season in 2019-20.

Generals' general manager and vice-president Roger Hunt is thrilled to have Laxdal as the team's new head coach.

"With Derek's track record of winning in junior and his list of players he has coached at the pro level, this is a huge step forward in our quest to bringing another championship to Oshawa," Hunt said on the Ontario Hockey League's website.

Before joining the Stars, Laxdal spent six seasons with the AHL affiliate Texas Stars as the head coach from 2014-2020.

In 380 AHL games, he compiled an impressive 189-139-52 record including a run to the Calder Cup final in 2018, losing in seven games to the Toronto Marlies.

His other professional coaching experiences include five years in the ECHL with the Idaho Steelheads. Finishing with a winning record in all five seasons, Laxdal took the Steelheads to two Kelly Cup Championship finals, winning in 2007 and losing the finals in 2010.

Paired with his championship in 2007, he was also awarded ECHL Coach of the Year.

Laxdal also spent four seasons with the Edmonton Oil Kings from 2010 to 2014. During his tenure with



EXPRESS PHOTO OHL.COM

Derek Laxdal was named the Oshawa Generals' 35th head coach in team history last week.

the Oil Kings, Laxdal coached his team to three consecutive WHL finals, losing the championship final in 2013 but winning the Ed Chynoweth Cup in 2012 and 2014. His 2014 run continued with a Memorial Cup championship victory, defeating the Guelph Storm in the championship final 6-3.

As a player, Laxdal spent time with the WHL's Portland Winterhawks, Brandon Wheat Kings and New Westminster Bruins. Drafted in the eighth

round, 151st overall by the Toronto Maple Leafs in the 1984 NHL Entry Draft, he spent parts of four seasons with the Leafs before being traded to the New York Islanders in 1989. His professional career would continue with stops in the AHL, SM-Liga, ECHL, and the BHL. Laxdal retired from his playing career following his 2001 season with the Odesa Jackalopes.

Impact doubled by Sinjar FC

Staff

The Interlake Impact was defeated 4-2 by Sinjar FC in Manitoba Major Soccer League 4th Division action last Friday at the Memorial Park Turf Field.

Kyle Buhler and Kyle Reenders scored for the Impact.

Sinjar FC goals were tallied by Ahraj Hesso (two) and Sahm Qasim. Interlake was charged with an own goal.

Despite the loss, Interlake still remains in first place in the 10-team division with an 8-2-1 record and 25 points. They are one point in front of the YFC Saints (7-0-3) although the Saints have a game in hand.

The Impact will play the ninth-place Dirty Garrys this Thursday at the Buhler Recreation Park. Game time is 7 p.m.

Optimist Park to host 14U Western Canada Girls' Baseball Championship

Submitted by Patti Hacault

The 14U Western Canada Girls' Baseball Championship will be hosted at Optimist Park in Winnipeg from Aug. 19 to 21.

The four western Canada teams will be starting tournament play on the Friday at 10 a.m. with British Columbia and Alberta taking the field followed by the opening ceremonies at 1:30 p.m.

Manitoba and Saskatchewan will be throwing their first pitch at 2:30 p.m. The Skills and Parent Home Run events will commence at 6 p.m.

Beginning at 10 a.m. on Saturday, Manitoba takes on British Columbia while Alberta plays against Saskatch-

ewan. In the 2 p.m. games Manitoba will be facing Alberta while Saskatchewan meets British Columbia.

A barbecue and meet and greet will be held in the evening.

The gold and bronze-medal games will start at 10 a.m. Sunday. The closing ceremonies and awards will be presented at 5 p.m.

"We are excited to host the 14U Western Canada Girls' Championship and provide young girls an opportunity to compete and showcase their skills," said Roger Langlais, chairperson, 14U Western Canada Girls' Baseball Championship host committee.

Markusson, Ingram compete at Canadian Men's Amateur Championship

Staff

Curtis Markusson, formerly of Gimli, and West St. Paul's Brent Ingram failed to make the cut at the Canadian Men's Amateur Championship in Vancouver last week.

Markusson fired rounds of 72 and 76 to finish at 6-over par.

Ingram carded rounds of 82 and 87.

Ryan McMillan and Marco Trstenjak of the Elmhurst Golf & Country Club were the only Manitobans to make the cut at the Canadian Men's Ama-

teur Championship.

Trstenjak was the highest finishing Manitoban on the leaderboard at T54. He shot a final round 74 to finish the tournament at 291.

McMillan carded his second straight 77 to finish at 298.

Manitoba finished eighth in the Willingdon Cup Inter Provincial Team Competition at +25. Quebec placed first at -3.

take a break > GAMES

SUDOKU

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

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!

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

Sudoku Answer

P	O	S		S	D	D	S	P	O					
S	T	I	D	E	C	E	E	E	C	I				
T	V	A	C	I	C	S	V	A	V	R				
			S	S	H	N	N	L	V	B				
			I	T	I	H	P	E	N					
T	N	E	P	O	L	E	V	E	D					
D	C	O	E	R	E	A	P	E						
S	E	A	S	T	E	A	D	V	H	S				
			S	N	S	E	D	I	O	T				
			N	O	I	A	T	O	R	M	A	F	O	
			S	E	N	I	N	N	E	P	A	V		
S	O	B	V	N	V	N	S	E	F	E	S	V	C	
S	O	B	V	N	M	V	R	A	S	S	V	I	L	
S	A	B	C	H	O	O	S	E	S	I	H	S		
O	O	C	O		R	S	H		E	D	E	C	A	V

Crossword Answer

CROSSWORD

1	2	3	4		5	6	7		8	9	10		
11				12				13			14		
15								16			17		
	18				19			20			21		
					22	23				24			
25	26	27	28	29									
30								31					
32									33	34	35	36	37
					38	39	40		41	42			
					43			44					
	45	46	47										
48					49				50	51	52	53	54
55					56				57				58
59					60				61				
62					63						64		

CLUES ACROSS

- 1. Breezed through
- 5. Time units (abbr.)
- 8. Pigeon's murmur
- 11. Moves aside in fright
- 13. Partner to "ahh"
- 14. Taxis
- 15. Monetary units of Turkey
- 16. Returned material authorization (abbr.)
- 17. Prolific Italian opera composer
- 18. Restaurants
- 20. One's grandmother
- 21. Ancient Greek City
- 22. Italian mountain ranges
- 25. Data
- 30. Acted in an obedient way
- 31. Autonomic nervous system
- 32. Not on the up-and-up
- 33. Mock lightly
- 38. Mimic
- 41. Built
- 43. A neighborhood
- 45. Inflammation of the kidneys
- 48. Semitic fertility god
- 49. Temporary name of Seaborgium
- 50. Wise people
- 55. Tear down
- 56. ___-fi (slang)
- 57. Diamond weight
- 59. Frosted
- 60. Predecessor to EU
- 61. Makes changes to
- 62. Some are secret
- 63. Tooth caregiver
- 64. Old English poet

CLUES DOWN

- 1. Sign language
- 2. In style
- 3. Norwegian river
- 4. People with impaired hearing
- 5. Large stinging paper wasp
- 6. Bucharest is its capital

- 7. River in Ireland
- 8. Type of TV
- 9. Double-reed instruments
- 10. Spanish motorcycle manufacturer
- 12. Midway between south and southeast
- 14. French commune
- 19. Alike
- 23. A bachelor's apartment
- 24. Foot part between the ball and ankle
- 25. Belonging to a thing
- 26. Japanese classical theater
- 27. Supervises flying
- 28. Not even
- 29. Capital of Saudi Arabia
- 34. Electronic countermeasure
- 35. Consumed
- 36. American politician (abbr.)

- 37. Sun up in New York
- 39. Casually looked through
- 40. Revealed the presence of
- 41. Peyton's little brother
- 42. Diana __, singer
- 44. Study of moral values and rules
- 45. Civil Rights group
- 46. Makes less severe
- 47. Made an emotional appeal
- 48. Vivacity of style
- 51. One who is highly skilled
- 52. Gets around in pursuit of pleasure
- 53. Famed guitarist Clapton
- 54. Most common Japanese surname
- 58. Recipe abbreviation

get inspired

> MEAL IDEAS



Filet Mignon with Blue Cheese Chive Butter

tion of plastic wrap and place over blue cheese chive butter then shape butter into 1 1/2-inch cylinder.

Continue to roll butter in plastic; pinch ends of plastic wrap while rolling to tighten cylinder.

Once size and tightness are achieved, tie off loose ends of plastic wrap and chill in refrigerator 1-2 hours, until blue cheese chive butter is chilled and firm.

To make filet mignon: Bring filet mignons to room temperature, about 20 minutes; pat dry and season on both sides with rub, to taste.

Prepare grill for 500 F direct heat.

For medium-rare, place steaks on grill 3-4 minutes. Flip and cook 2-3 minutes, or until 130-140 F internal temperature is reached.

Rest 7-8 minutes before serving.

Slice chilled blue cheese chive butter into 1/2-inch pieces and place on top of filets.

Recipe courtesy of Omaha Steaks Executive Chef David Rose

Servings: 2

Blue Cheese Chive Butter:

4 ounces unsalted butter, cubed

4 ounces blue cheese

1 tablespoon fresh chives, minced

1/4 teaspoon kosher salt

1/4 teaspoon black pepper

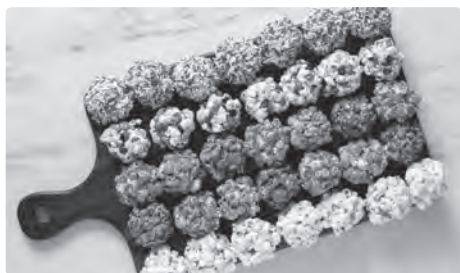
Filet Mignon:

2 Omaha Steaks Private Reserve Filet Mignons

Omaha Steaks Private Reserve Rub

To make blue cheese chive butter: In medium bowl, use rubber spatula to fold and incorporate butter, blue cheese, chives, salt and pepper.

Section 18 inches of plastic wrap and place blue cheese chive butter about 6 inches above bottom. Take bottom por-



Pop-a-rific Popcorn Balls

Butter hands well and form into 2 1/2-inch balls.

Variations: To color popcorn balls, add 3-4 drops of food coloring to smooth marshmallow mixture. Mix well to distribute color evenly then pour over popcorn as instructed.

Mix in candies, nuts or dried fruit after mixing popcorn and melted marshmallows. Stir to distribute then form into balls.

Place nonpareils in shallow bowl or plate. Roll popcorn balls in nonpareils after forming.

Yield: 14 balls

3 quarts popped popcorn, unsalted

1 package (1 pound) marshmallows

1/4 cup butter or margarine

Place popped popcorn in large bowl.

In large saucepan over low heat, cook marshmallows and butter or margarine until melted and smooth. Pour over popcorn, tossing gently to mix well. Cool 5 minutes.



Simple Popcorn S'mores

Yield: 10 cups

10 cups freshly popped popcorn

1 package (10 1/2 ounces) miniature marshmallows

2 cups graham crackers, broken into small pieces

1/2 cup milk chocolate, melted

On baking sheet, combine popcorn, marshmallows and graham crackers.

Drizzle with melted chocolate and cool.

Five small lifestyle changes to lose weight

By Fitness Expert Julie Germaine Coram

You can lose weight without dieting, exercising, and counting calories. By applying simple lifestyle changes, you can naturally speed up your metabolism and create lasting weight management.

Try this 5 tips to begin your journey towards a happier - more energetic and fit - you!

1. Get. More. Sleep.

I would estimate that 80% of people who reach out to me for help in achieving their fitness goals are not getting enough sleep on a regular basis. When you are tired, you lack the motivation to workout and are more likely to make bad choices when it comes to nutrition. By forcing yourself to get some shut-eye instead of extra screen time (be it work or pleasure), you'll be in a better mood and that alone will go a long way toward achieving your goals. Remember, stress is amplified when you are tired, and stress hormones inhibit weight loss and can encourage fat cells to be created.

2. Start Lifting.

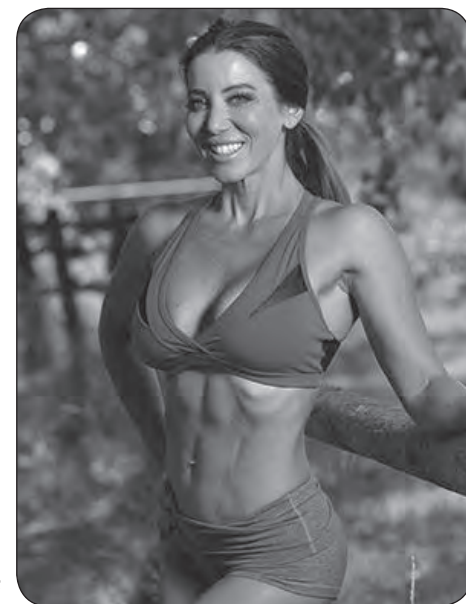
My passion for weight training began early, and this is one of the reasons I can so easily manage my figure. Resistance training builds muscle and helps you burn more calories. You can motivate yourself to get in those sessions by remembering that more muscle means you naturally burn more calories at rest, too! It's never too late to get started, and I can help you develop an exercise routine at any point in your life, working around your individual obstacles.

3. Boost Your Healthy Fats

This is beyond simple! Less processed foods, more whole foods that are healthy sources of fats, like nuts, seeds, and avocados. Eat these yummy snacks daily!

4. H2O for the Win!

Begin every single day with a large glass of water, and bonus points if



Health and Wellness Fitness expert Julie Germaine Coram

you end your day the same way. Staying hydrated reduces food cravings and allows your body to function properly, so you'll feel great.

5. Protein Every Meal

It's really not a huge secret that protein is important, but did you know that this is a factor in weight loss, too? Having lean protein with every meal and snack will satisfy your hunger for longer. Think about ways to add chicken, eggs, dairy, legumes, or seafood throughout the day to enjoy the benefits.

Easily lose two inches from your waistline by joining my 30 Day VIP Fat Loss Challenge! Visit: www.calendly.com/juliegermaine or email info@juliegermaine.com to apply today.

Coach Julie Germaine Coram is a Manitoban fit mom, 2x International Pro Fitness Champion, Miss Fitness Manitoba, Certified Nutrition Coach & Renowned Fitness Expert. She has helped thousands of men and women improve their health since 2005.

Jalapeno Bacon and Salsa Biscuit Bites

Recipe courtesy of chef George Duran

Yield: 16 biscuit bites

1 tube biscuit dough (8 biscuits total)

7 ounces grated mozzarella cheese

1/4 cup jarred jalapenos, chopped

8 slices cooked bacon, chopped

1 cup Fresh Cravings Restaurant Style Salsa

nonstick cooking spray

Preheat air fryer to 350-360 F.

Divide each biscuit in half by pulling apart in centers. Use hands to flatten each biscuit into circles. Set aside.

In bowl, mix mozzarella cheese with chopped jalapenos, bacon and salsa.

Add heaping spoonful into each flat-



tened biscuit and pinch each together tightly to form balls. Top each with small amount of salsa mixture.

Spray nonstick cooking spray in air fryer and, working in batches, cook biscuit bites 6-9 minutes until golden brown.

Serve warm.

Note: If air fryer access is unavailable, biscuit bites can be baked 8-10 minutes at 400 F in oven, or until golden brown.

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Municipality of Bifrost-Riverton PUBLIC NOTICE BOARD OF REVISION

Public Notice is hereby given that the 2023 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 office hours.

The Board of Revision will sit on Thursday, September 8, 2022 at 1:00 p.m. at 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.

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;
- 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;
- 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 below, or serving it upon the secretary, on or before Tuesday, August 23, 2022.

Dated this 4th day of August, 2022

Tanis Johnson - Board of Revision Secretary

Municipality of Bifrost-Riverton

Box 70, 329 River Road, Arborg, MB R0C 0A0

Email: bifrostriverton@mymts.net

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is to be begin Aug 29/2022
Hours 11:00-5:00 Monday-Friday
(more hours are possible)

Deadline for application is Aug 19/2022

(Only suitable applicants will be interviewed)

Please send resume to
carealot@mymts.net or
contact Tami @ 204-280-0245

We can't wait to meet you!



Town of Arborg PUBLIC NOTICE - BOARD OF REVISION

Public Notice is hereby given that the **2023 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
 - delivering 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 14th, 2022 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 29th, 2022**.

Dated at Arborg, in Manitoba, this 8th day of August, 2022.

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

FISHER ARMSTRONG PLANNING DISTRICT UNDER THE AUTHORITY OF THE PLANNING ACT **NOTICE OF *AMENDED* PUBLIC HEARING**

On the date and at the time and location shown below, a PUBLIC HEARING will be held to receive representations from any person(s) who wish to make them in respect to the following matter:

**RM of Armstrong Zoning By-law No. 5/2022
Being an AMENDMENT to the RM of Armstrong
ZONING BY-LAW NO. 6/04 (AS AMENDED)**

HEARING

LOCATION: RM of Armstrong Council Chambers
Lot 55 Highway 17, Inwood, MB

DATE & TIME: Tuesday, August 9, 2022, at 1:00 PM *cancelled*

***NEW DATE & TIME: Tuesday, September 13, 2022, at 1:00 PM**

GENERAL INTENT:

To:

- Add definition for "Ecovillage"; and
- Add regulations for "Ecovillage"; and
- Allow "Ecovillage" as a Conditional Use in the "AI" Agricultural Intensive Zoning District.

FOR INFORMATION

CONTACT: Corlie Larsen, CAO
RM of Armstrong
Lot 55 Hwy 17 Inwood, MB R0C 1P0
Phone: 204-278-3377
Email: cao@rmofarmstrong.com

A copy of the above by-law and supporting material may be inspected at the Rural Municipality Armstrong Municipal Office, Lot 55 Highway 17, Inwood, Manitoba during normal office hours (8:30 AM to 4:30 PM), Monday to Friday. Copies may be made and extracts taken therefrom, upon request.

Note : Property owners are responsible for notifying lessee.

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Or mail resume to Glenko Enterprises (1994) Ltd.
Box 1000 Arborg, MB R0C 0A0



VILLAGE OF DUNNOTTAR PUBLIC NOTICE BOARD OF REVISION FOR 2023

PUBLIC NOTICE is hereby given that the 2023 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 7, 2022**, 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 22, 2022.

Dated at Dunnottar, Manitoba this 28th day of July 2022.

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

WANTED STRAW AND HAY BALES

Looking for 5000 straw bales. Will consider any straw, any amount, in swath, baled or delivered. Also looking for hay bales.
Let me know what you have.
Call Brent at 204-642-3026

Ukrainian Farmers CO-OP NOTICE OF TENDER REMOVAL OF BUILDINGS AND SITE CLEANUP FISHER BRANCH

The Ukrainian Farmer's Co-op is currently accepting sealed tenders for the removal of a concrete and cleanup of the site at 26 Tache St. in Fisher Branch. The property must be backfilled, levelled and left with gravel base.
Submit sealed tenders to: "Clean Up of Lot"
Box 160, Fisher Branch, MB R0C 0Z0 or
Drop off at Ukrainian Farmers Co-op 22 Tache St., Fisher Branch.
Deadline for tenders is noon on Aug. 18, 2022.
Highest or any tender not necessarily accepted.
For more information please contact
Kyle Yaciuk at 204-372-6202.



EMPLOYMENT OPPORTUNITY HVAC TECHNICIAN

Future Mechanical Systems Ltd is seeking HVAC technicians / apprentices / helpers. Future Mechanical Systems Ltd is a well-established business in the Gimli area with over 25 years of service to the Interlake. We are looking to hire a detail-oriented HVAC technician to install, maintain and repair HVAC systems. The HVAC technician will be skilled in cleaning, adjusting, and repairing systems. You will guide and advise the customer to select the most appropriate air quality system to fulfill their requirements. You will be responsible for air quality systems from installation to end-of-life by performing maintenance, warranty, and emergency repairs.

HVAC Technician Responsibilities:

- Installing, maintaining, and repairing ventilation and air conditioning systems and equipment.
- Identifying maintenance risks on equipment.
- Diagnosing electrical and mechanical faults for HVAC systems.
- Cleaning, adjusting, and repairing systems, and performing warranty services.
- Performing emergency repairs promptly and efficiently.
- Keeping daily logs and records of all maintenance functions.
- Ensuring compliance with appliance standards and with Occupational Health and Safety Act.
- Complying with service standards, work instructions and customers' requirements.
- Assisting with customers' queries.

HVAC Technician Requirements:

- High school diploma, GED or suitable equivalent.
- If possible, some experience as an HVAC technician, and willingness to continue education in HVAC field. If no experience willingness to be trained.
- Valid driver's license.
- Excellent written, verbal, and interpersonal skills.
- Ability to work some after hours, over weekends and on public holidays.
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If interested, please email resume and three references to:
Futuremechanicalsystems@hotmail.com
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MUSICAL INSTRUMENTS

Takamine acoustic 6 string guitar, \$350 obo; one Vantage acoustic guitar, 6 string, \$350 obo; one violin, \$100 obo; one Grundig stereo, needs work. Ph 204-643-5452.

UPCOMING EVENTS

Cluck & Quack Poultry Club Annual Sale - Poultry, small animals, equipment, crafts, vegetables, hobbies, etc. Saturday, Sept. 10th, 10 a.m. - 3 p.m. at Springfield Curling Club in Dugald, MB. For further vendor information contact Bill 204-755-2347 Email: bhartmann@explornet.com

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10 years has passed

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It's full of beautiful things.
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And send you all our love.
We hold you close within our hearts,
And there you will remain;
To walk with us throughout our lives,
Until we meet again.

-Love,
your family

CELEBRATION OF LIFE



Bruce Sielski

Our family invites you to a Celebration of Life for Bruce Sielski who passed away December 5, 2021.

This will take place at the Winnipeg Beach Legion Hall on Saturday, August 20, 2022 from 1 to 4 p.m. Memories and a toast will be shared at approximately 2:30 p.m. for those who wish to join in.

We look forward to seeing you.

OBITUARY



John Douglas Mackay

On Friday, July 29, 2022 at the Selkirk Regional Health Center, John entered into the loving arms of his Lord and Saviour Jesus Christ at the age 86.

John leaves to cherish his memory, children, John (Michelle) Mackay, Dawn (Timothy) Plett, and Kevin (Lynette) Mackay. Six grandsons, Ian, Orrin, Ryan, Tyler, Malcolm, and Michael. He is also survived by his dear sisters Florence Skwarek and Margaret Palmer, sisters-in-law Alice Banman and Alvina Jardine, and brother-in-law Garth (Diana) Jardine.

He was predeceased by his father Alexander in 1990, mother Daisy in 2005, his beloved wife Donna on May 1, 2020, brother Melvin in 1969, sisters Irene Chambers in 1993, and Eleanor Husluk in 2002, niece Kathleen Kisiloski in 2003, sisters Joyce Kisiloski and Audrey Hebert in 2006, niece Boni Easton in 2008, nephew Randy Husluk in 2016, nephew Malcolm Chambers in 2021, nephew Ronald Hebert in 2022, as well as seven brothers-in-law, and sister-in law Agnes Moore in 2021.

Pallbearers will be Tyler Mackay, Malcolm Mackay, Michael Mackay, Ryan Plett, David Boehmer and Jamie Chambers.

John's father Alexandre was born on May 3, 1899, John was born 37 years later, on May 3, 1936, and 35 years later, John's son Kevin was born on May 3, 1971. This became the date for many family celebrations over the years.

John attended Hartley School. At age 16, he learned the trade of roofing, which he did for approximately 55 years. When he wasn't roofing, in the off season he would be putting up wood for his own home and to sell. He was known to be a very hard worker and had the nicknames of "Roofer" and "Driver", that showed his ambition to provide for his family.

He married Donna, the love of his life, on December 21, 1963, and then followed three children. Over the years, John's interests were in baseball, hunting - ducks, geese, deer, and moose. In his late 30's he learned of his Lord and Saviour Jesus Christ and desired to have Him in his life and serve Him by reading the scriptures and telling others of Gods love and their need of Him. John faithfully attended church with his family. He began his personal ministry of visiting people and sharing the gospel with them. His love for the Lord, and his love for people was so evident in the way he lived his life. Now we know he is no longer struggling for air that the rheumatism was taking from him. He is healed and rejoicing in the presence of the Lord.

Special thanks to the lovely nurses, doctors and staff at the Selkirk Regional Health Center for your care and compassion to make John as comfortable as possible in his final week. Special thanks also to Glenn Hayes for words of friendship, faith, and comfort, as well as special thanks to musicians Dee and Lauren Friesen.

Viewing took place on Friday, August 5th at 7:00 p.m. Funeral service was held on Saturday, August 6th at 11:00 a.m. Both in the Gilbert Funeral Chapel in Selkirk, MB. Interment followed at the Dunara Cemetery on #8 Hwy.

Condolences may be left on his tribute wall at www.gilbartfuneralhome.com
Gilbert Funeral Home, Selkirk
in care of arrangements

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OBITUARY



Michael Arthur Panteluk

Michael Arthur Panteluk, beloved father and grandfather, passed away unexpectedly on December 10, 2021 in his home in Gimli, Manitoba at age 65.

Michael is survived by his sisters Shaunda (Gary) and Kim, his children Aimie (Joey), Michelle (Armand), Coreen (Murad), Mark (Ashley), Marlie (Andy) and his grandchildren Sigrid, Keira, Oscar, Maya, Madelyn, Chase and Sóley, and his cat Milo.

He is predeceased by his parents Tony (Papa) and Sheila (Lala) Panteluk, and his grandparents Sigga and Arthur Benediktson and Michael and Tina Panteluk.

Mike was born on December 16, 1955, in Gimli, Manitoba. From age 2-9 he lived in Winnipeg then returned to Gimli to live on his grandparent's farm. In 1978 he married Roberta (Larusson) and they had five children. He worked hard helping his family with

grain, cattle and eventually the strawberry farm. Later, he worked as a grader operator with the RM of Gimli, a long haul and hazardous materials driver and even some ice road trucking. As much as he enjoyed and took pride in his work, he really showed up for socializing with his co-workers and the people he met along the way.

Mike was a proud father to his kids, and a beloved "Auggie" to his grandkids, whom he loved to surprise with candy and treasures. At his country property he encouraged them to enjoy nature as he did and to explore. For years he hosted bonfires, made skating rinks and created trails along the winding creek where everyone could ski, canoe or have fun on one of his many off-road vehicles.

He was a gentle soul who loved to birdwatch and had tamed chickadees, much to his children's delight! He had a great fondness for other animals as well, namely his cat Milo and all of his loyal family dogs. He always asked his kids to give the family pets a big kiss on the nose for him. He regularly donated to local charities and to the Winnipeg Humane Society, and was always generous with his time for others.

His love for his family was on full display at gatherings and family dinners, with a smile on his face, telling his many jokes and stories.

He had a knack for connecting with everyone, even people he met in passing in town, taking every possible opportunity to make them laugh, smile and lift their spirits.

He will be so dearly missed by his friends, family and all who got the pleasure of meeting him.

Due to COVID restrictions, a private family ceremony was held in December to honour the life of Michael. The family will be holding a 'come and go' memorial on August 28th at Minerva Hall from 2-4 p.m. Friends and family are welcome to join us then while we remember this wonderful man.

OBITUARY



Frank Steven Ambrozik
January 20, 1945 - July 27, 2022

It is with deep sadness that we announce the passing of Frank, surrounded by the love of his family, at the Percy E. Moore Hospital in Hodgson, Manitoba.

Frank was predeceased by his parents Stella and Albert, his brothers Walter and Sarafin, brothers-in-law Metro Genyk and Mike Yuzwa and nephew Kenny Genyk.

He is survived by his brothers John and Andy and sisters Mary, Vickie (Walter), Anne, Helen (Ron), and Jane, sister-in-law Irene Ambrozik, numerous nieces and nephews and great nieces and nephews.

Frank loved his family and always looked forward to the family gatherings. He spent his entire life on the farm. He enjoyed the farm very much. He liked Ukrainian music and always looked forward to

going to the Ukrainian Festival in Dauphin. Frank was a kind and gentle person always willing to give a helping hand. We will cherish his memories forever and miss him so much.

Vichnaya Pamyat

Special thank you to Doctor Hoo, nurses and staff at the Percy E. Moore Hospital.

A private family service was held Wednesday, August 3, 2022 with Father Yaroslav Buduykevych officiating. Interment was at the St. Anthony's Cemetery in Zbaraz, MB.

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OBITUARY

Frode Pur Andersen



It is with deep regret we announce the passing of Frode Pur Andersen, on July 31, 2022, at his home in Finns, Manitoba.

He will be forever loved and missed by his wife Tamara Hurst, his daughter Britta and husband Caleb and children Easton and Vala; daughter Amber; and son Devin; his sister Ragnhild, her children and grandchild; sister Hanne; and brother Leo and sister-in-law Pia and their children; and good friend Erik who all reside in Denmark; his father-in-law Wayne Gislason; in-laws Tannis and Grant and family, Tracey and David and family; and Wes and Nadine and family.

Frode was predeceased by his parents Dora and Jens Andersen; Tamara's mother Alice Gislason; and sincerely missed friend Lawrence Einarson.

Frode was born on March 16, 1957 in Aarhus, Denmark and grew up in Hasselager where he was influenced by his father's greenhouses. Frode always had an entrepreneurial spirit and worked on side businesses, like growing and selling brussel sprouts when he was young. He also worked hard in construction with Jens, building houses. However, the pull to Agriculture College was great, and he graduated as an educated farmer in Denmark.

Frode pursued adventure in his early 20's, travelling around the world with friends. He filled his passport with stamps from Egypt, Thailand, Malaysia, and the Philippines, just to name a few.

In 1977-78, with the International Agricultural Exchange Association, he was a trainee in Australia and Canada, learning various farming techniques. He returned home to Denmark, working construction as a welder, machinery operator and home builder. In the meantime, he decided to emigrate to Canada, his new chosen home.

Upon returning to Canada in 1981, and with the help of Allan Chambers, Frode settled in Arnes to pursue his love of farming. He realized his dream of purchasing a home and farm in Finns. Common sense, hard work and determination helped him develop his own farming business raising wheat, oilseed, alfalfa and eventually strawberries. He was also proud to receive Canadian citizenship in 1992.

Frode was an amazing person. He socialized with many people and neighbours through the years which resulted in lifelong friendships. He especially loved curling. An avid curler and talented skip for many, Frode could read the ice skillfully and enjoyed watching curling every winter.

In 2003, Frode and Tamara formed a relationship while working on his strawberry patch. He embraced Britta, Amber, and Devin wholeheartedly. Frode was a thoughtful, loving, and even-tempered man. These qualities were apparent in his family, social life, and work ethic. He never had a strong word or action; it was always support and guidance.

Frode strongly believed in giving young people opportunities for work and loved teaching through mentorship. He enjoyed sharing his farming knowledge with those who worked alongside him.

For the last seven years, Frode was a counsellor for the Bifrost-Riverton municipality. He worked for the betterment of the area, again with a common-sense approach to all situations and problem-solving.

That was our Frode, morfar.

Elsket og savnet. Hvil i fred Frode.

(Loved and missed) (Rest in peace Frode)

All are welcome to a celebration of life that will be held at 2:00 p.m. on Thursday, August 18, 2022, at the Arnes Community Hall. Lunch and fellowship to follow with a private interment at the Arnes Cemetery afterwards.

In lieu of flowers, donations can be made to one's choice in Frode's memory.

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