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Lights, camera, action

EXPRESS PHOTO BY ANDY BLICO
 Tyler Funk films William Prince while he performs the Ballad of John Ramsay on the shore of Lake Winnipeg for the documentary being shown at the Gimli Film Festival.

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Developer of tiny home subdivision in RM of Gimli withdraws application

By Patricia Barrett

A proposal for a tiny home subdivision along the RM of Gimli's southern boundary has been withdrawn, and council passed a resolution stating it won't be proceeding with rezoning the development.

The Eastern Interlake Planning District received notice from Vince Dery of Wudlake Homes that he's withdrawing an application to have agricultural land bordering Trevino Trail Road and PR 229 rezoned as residential resort land.

"I'm not sure why he decided to withdraw the proposal," said Assistant CAO Kelly Cosgrove during council's regular meeting July 11.

The provincial department of Municipal Relations advised the EIPD that council should pass a resolution. Had the project proceeded, the proposed rezoning would have required a public hearing.

Other council briefs:

- Upgrading of municipal water lines along Highway 9 continues. Construction company Southwood Ventures is carrying out the work. The RM is cost-sharing the renewal of water lines in the urban centre with the provincial Water Services Board.

- Council gave first reading to Bylaw 18-0010 to designate Sunrise Lutheran Camp Chapel a municipal heritage

site pursuant to the provincial Heritage Resources Act. The building sits on land owned by Coun. Thora Palson and her husband.

"Having heritage designation can free up a better opportunity to secure some grant funding," said Cosgrove when asked about the benefits of heritage status.

The Palsons and friends and family spent hundreds of hours last year refurbishing the building's exterior. When the chapel was part of Husavik's Sunrise Lutheran Camp (children's camp), it also served as a meeting hall and included a library, stage and plenty of space for dancing and dramatic performances.

Sunrise was among dozens of 20th-century Fresh-air Camps that sprang up along the shores of Lake Winnipeg, offering local kids and underprivileged kids from the city an opportunity to go to camp. Sunrise operated from 1945 to 1974 until a successor camp, the Icelandic Language and Cultural Camp, took over the site, along with the chapel. It's the only surviving building from the Sunrise era.

- Council approved a policy to reimburse employees for work-related cell

Continued on page 7



Gimli council from left front: Assistant CAO Kelly Cosgrove, Mayor Randy Woroniuk, Coun. Danny Luprypa. Back: Coun. Richard Petrowski and Deputy Mayor Peter Peiluck (missing: Coun. Thora Palson).



EXPRESS PHOTOS BY PATRICIA BARRETT
Upgrades to water lines along Highway 9 continues.

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Gimli's Robert T. Kristjanson receives the Order of Manitoba



EXPRESS FILE PHOTO BY PATRICIA BARRETT

Three generations of the Kristjanson fishing family. From left: Chris, his son Trevor and Chris' dad Robert T.

By Patricia Barrett

After receiving the Order of Manitoba last Thursday for helping increase public awareness of algal blooms on Lake Winnipeg, among a host of other achievements, commercial fisher Robert T. Kristjanson got straight back to business, championing the lake he's fished for about 70 years and advocating for the protection of our water.

Kristjanson told the *Express* he's astonished the City of Winnipeg is allowed to continue to pollute the lake with raw sewage and with phosphorus, which encourages the growth of toxic algal blooms, and that North Dakota, through its Northwest Area Water Supply project, could potentially imperil it by sending fatal fish diseases and other types of invasive species our way.

He's even more astonished by the blasé attitude towards it all and a lack of meaningful action to protect the lake.

"The only thing we have left in Canada is our water," said Kristjanson two days after Manitoba's Lt.-Gov. Janice Filmon presented him with the award at the legislature. "We're polluting ourselves. For God's sake, where are

we? This is all what we have left. Do you mean to tell me that we can't protect our water?"

Likening the City of Winnipeg to a massive hog barn, Kristjanson said people don't seem to connect the flushing of their toilets with the downstream damage of phosphorus loading. When they visit the beachside resorts on Lake Winnipeg, he said he hears them wonder about what's wrong with the lake.

"They come here to Gimli or Winnipeg Beach and bellyache about not being able to go in the water because there's algae and zebra mussels and everything else," he said.

The provincial department of Sustainable Development gave the city an environmental licensing reprieve (until 2019) to reduce phosphorus in its wastewater effluent. The North End Water Pollution Control Centre is the fourth largest phosphorus polluter of all wastewater treatment plants in the country.

And last year the department gave the city 27 years to phase out its combined sewer system, which overflows during periods of heavy rain and dumps raw sewage into the river

about 22 times a year on average from 79 outlets.

"You're talking against the church when you talk against the City of Winnipeg," said Kristjanson. "They can do whatever they want as long as it doesn't bother them. But something has to be done about Winnipeg. Nobody wants to do anything. It doesn't matter how much noise I make, where I go, I'm just one old guy trying to bring attention to this. Somewhere down the line we have to stand up to this bullshit."

Kristjanson said he's attended Red River Basin Commission meetings and "blasted" its representatives about the damage being done to Lake Winnipeg (he said they refuse to put him on the board). And politicians to whom he's brought his concerns have been less than effective.

"Might as well to talk to the wall," he said. "Every time I go around the Perimeter, I see miles of homes being put in, and all that wastewater being

Continued on page 5

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'A Song for John Ramsay' will be screened at Gimli Film Festival

Submitted

A new documentary about a legendary local Indigenous man named John Ramsay will be screened at the Gimli Film Festival this year. It is the first public screening of *A Song for John Ramsay*, which features Juno Award winning singer-songwriter William Prince from Peguis First Nation.

In *A Song for John Ramsay*, Mr. Prince is challenged to write an original piece of music and to speak for John Ramsay, who is credited with being a great friend to the Icelandic colonists who arrived in the Riverton area in 1876. No known pictures or written words remain from John Ramsay, but his story has been kept alive by local people. Now, Mr. Prince gives him a voice in a song.

Mr. Ramsay lost his wife, several of his children and other relatives in the smallpox epidemic that swept through the Icelandic and Indigenous communities during the winter of 1876-77. Still, Mr. Ramsay remained a good friend to the newcomers, helping them in their struggle to survive on the wilderness shores of Lake Winnipeg.

In 2017, as part of Canada 150 celebrations, the New Iceland Heritage



Betsey Ramsay's gravesite near Riverton.

Museum in Gimli asked Mr. Prince to write an original song for a new interactive exhibit about Mr. Ramsay. The exhibit opened last year. The documentary tells the story about the writing of the song for the exhibit and it examines how the Icelandic community has taken steps to respect and



William Prince performed the Ballad of John Ramsay in the historic pavilion in Gimli.



EXPRESS PHOTOS BY ANDY BLICQ

William Prince visits Betsey Ramsay's grave near Riverton as part of the making of *A Song for John Ramsay*.

remember Ramsay for more than a century.

"The tragic story of John Ramsay and his love for his wife Betsey are an important part of local history," says Andy Blicq, who wrote and directed the film and who is co-owner of 4th Avenue Productions, along with Huw Eirug. "The exhibit and the documentary acknowledge the unique relationship between Ramsay and the Icelandic community."

The exhibit and the film were made possible with the financial support of The Westshore Foundation, the Thomas

"THE TRAGIC STORY OF JOHN RAMSAY AND HIS LOVE FOR HIS WIFE BETSEY ARE AN IMPORTANT PART OF LOCAL HISTORY."

Sill Foundation and the Province of Manitoba. The documentary was commissioned by Bell MTS Stories From Home and broadcast in Winnipeg and other major centres on its pay-for-view platform, but it has not been available for public viewing in Gimli and other local communities.

The documentary will be screened during the festival on Thursday, July 26 at 5:30 p.m. and Saturday, July 28 at 10 a.m. in the Lady of the Lake Theatre at the New Iceland Heritage Museum.

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Inwood church plans events for 100th anniversary

By Jennifer McFee

Inwood's Gethsemane Lutheran Church is preparing to mark the milestone of its 100th anniversary, and all are invited to join in the centenary celebration.

On Saturday, Aug. 11, a church service will take place at 11:30 a.m. followed by an old-fashioned picnic on church grounds.

After the light lunch, a blessing of the graves will begin at 2:30 p.m. at the Inwood cemetery. After that, Rosie's Café will cater a supper at the Inwood Memorial Hall.

Lori Mott, one of the event organizers, said the date of the event was chosen to coincide with the actual historical anniversary.

"Our records show that Aug. 11, 1918, was the first church meeting followed by a service," she said. "That's why we're having it on that actual day and not the Sunday."

The history dates back even further to 1902 when the Skogan family settled in the area that is now known as Inwood. Back then, there was no town, school or church. Lars Skogan, minister of the Winnipeg-based Norwegian Lutheran Church, to travel by train to Teulon. Then Skogan would pick the minister up from there with his horses and wagon. The reverend would stay for about a week and host a Sunday service at Union Prairie School.

Years later, Rev. F.M. Aasheim held his first service at Union Prairie School on Aug. 11, 1918. During a meeting afterwards, the attendees decided to organize a congregation for the Gethsemane Lutheran Church. At the next meeting on Oct. 13, 1918, trustees were elected, including Lars Skogan.

In 1919, they decided to build a church, which would join the Norwegian Church of America. Sunday Schools were organized in the area, as

well as a Ladies Aid, a Young People's Club and a choir. Rev. O.G. Haugen became the next minister after Rev. Aasheim.

More and more people continued to join the church. In 1923, they decided to proceed with building the church, with each member donating \$10 or five days of work.

In November 1924, women were given the right to vote in all church affairs. The Ladies Aid was working to pay off the church mortgage in instalments.

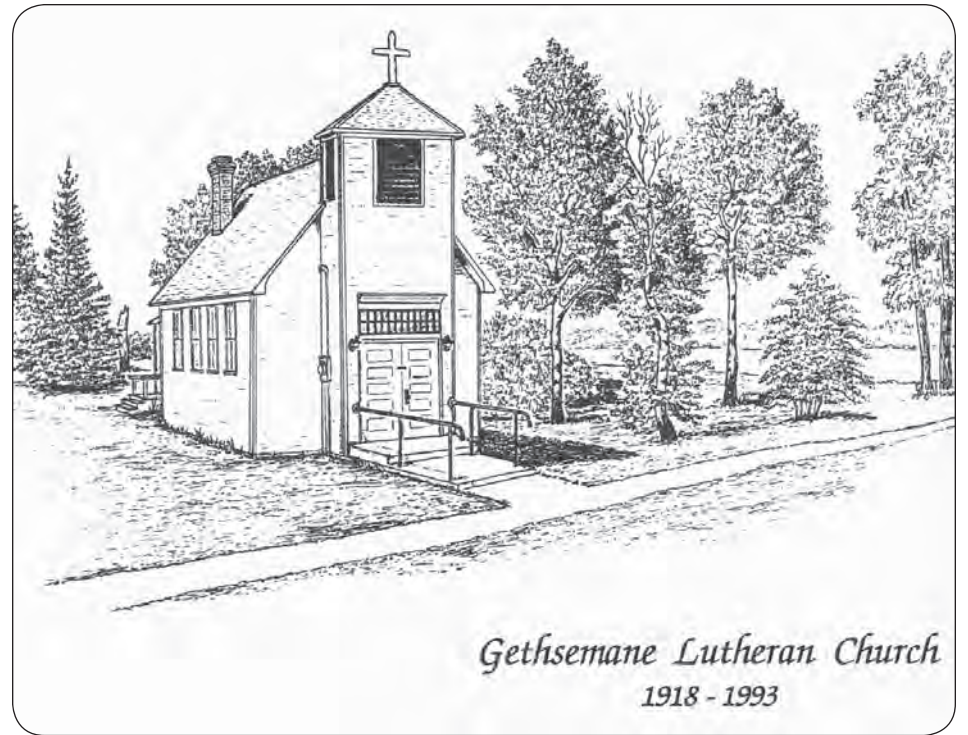
Pastor Haugen moved to Starbuck but travelled to Inwood twice each month to hold services. Pastor L.J.R. Larsen became the next minister in Starbuck. He travelled to Inwood once per month to hold a service, which was mostly in English with main points emphasized in Norwegian.

In 1931, Pastor J.T. Borgen took over, but interest in the church seemed to be waning. The mortgage was paid off in 1934, and in the following years, the building seemed to be used more often as a community hall than as a church.

In 1940, Pastor Borgen and his wife returned to the United States, where they were originally from. A minister from Winnipeg came to Inwood once in a while since the church didn't have its own minister.

In 1941 and 1942, student pastor Arnfeld Morck came during the summers to provide services and teach the children. Over the years, more student pastors continued to serve the congregation, with part of their salary paid by the Ladies Aid. They slept on a cot in the church kitchen, which was too hot in the summers and too cold in the winters.

One of the student pastors, Arthur Dahlen, returned to Starbuck after he was ordained, and he came to Inwood every two weeks. The congrega-



Gethsemane Lutheran Church
1918 - 1993

EXPRESS PHOTO SUBMITTED

Inwood's Gethsemane Lutheran Church will celebrate its 100th anniversary on Saturday, Aug. 11.

tion started to grow again, and Rev. Dahlen's work was later continued by the pastors that followed him.

Eventually, the church joined with St. Peter Lutheran Church in Teulon and Peace Lutheran Church in Fraserwood to form a parish, with Arild Borch as the first minister in 1962. The following year, the church celebrated its 45th anniversary.

Today, the congregation has dwindled and only two services are held throughout the year, usually in the spring and the fall.

Efforts are ongoing to connect with as many people as possible who may have had family members that attended the church. The goal is to gather everyone together for the 100th anniversary celebration, which will feature pictures on display and souvenirs available for purchase. People

are also encouraged to bring their own memorabilia.

Supper tickets cost \$20 for adults, \$10 for kids aged five to 10, and free for kids aged four and under. The cost includes the catered dinner, a light lunch and a flower to place at the gravesite.

For more information, contact Lori Mott at 204-278-3418, Joan Todd (Haycock) at 204-282-2951, Freida Jorheim at 204-278-3322, Malinda Skogan at 204-794-0566 or email gethsemanelutheranchurch100@gmail.com.

> ORDER OF MANITOBA, FROM PG. 3

put into the Red River. It's just like a great big sewer pipe." Blue-green algae, more akin to bacteria than plant algae, has dominated Lake Winnipeg and produces toxins deadly to humans and animals.

Scientists are predicting a significant toxic algal bloom this year on western Lake Erie that will threaten millions of Ontarians' drinking water, as well as wildlife, according to media reports last week. The Ohio government, recognizing the extent of the phosphorus loading problem, said it plans to introduce regulations on farmers to reduce fertilizer runoff. About 400,000 people in Toledo were told to avoid drinking tap water because of toxins produced by blue-green algae.

Kristjanson said the trend towards the destruction of Canada's water has got to stop.

"This water business here has got to be brought forward. The City of Winnipeg must be brought to task. Same as

[North Dakota] and all the people working in the water system," he said. "I'm not being a pain in everybody's [backside]. We have to somehow raise awareness about this. We can't seem to make anybody understand."

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New tool to help canola growers optimize combine performance and yields

Submitted by Canola Council

The Canola Council of Canada (CCC) released a new web-based application to help producers with combine adjustments during harvest, maximize yield and edge us closer to an average yield of 52 bu/ac by 2025.

The combine optimization tool was developed on behalf of the CCC by the Prairie Agricultural Machinery Institute (PAMI) and is intended to assist with the process of setting the combine for canola harvest. The new tool can be found at www.canola-calculator.ca alongside calculators for target plant density and seeding rates.

"In combine adjustments for all crops, we are trying to balance productivity with harvest losses and grain quality but most producers know firsthand the particular challenge this can pose for canola harvest," says Angela Brackenreed, CCC agronomy specialist. "We often see an unacceptable level of loss that is frustrating to correct."

In 2016, the CCC released a video explaining the loss measurement process and revamped the Combine Seed Loss Guide. Brackenreed says the combine optimization tool is a valuable follow-up.

"Simply suggesting that setting adjustments need to be made when there are high losses is much easier said than done, particularly with challenging harvest conditions."

The combine optimization tool takes the traditional diagnostic settings flowchart and puts it into a web-based application you can access on



EXPRESS PHOTO SUBMITTED

The Canola Council of Canada has released a new tool to help canola farmers during harvest optimize performance and yields.

your phone. Growers can go through a stepwise process based on the harvesting issue they're experiencing (i.e. grain loss, grain sample quality or productivity) and review the adjustment options most likely to correct the issue.

Joel McDonald, program manager of Agricultural Development Services at PAMI's Humboldt facility, points out that the optimization tool can be used for any make or model of combine. "It could be 25 years before most combines on the Prairies have built-in sensor technology that creates self-adjusting machines. Until then, there are tens of thousands of combines that rely on the operator and this guide is a new way for PAMI and

CCC to reach them with the information they need when they need it."

Brackenreed and McDonald presented on combine grain loss and the new combine optimization tool at the Agri-Trend Knowledge Tent earlier this week.

The Canola Council of Canada is a full value chain organization representing canola growers, processors, life science companies and exporters. Keep it Coming 2025 is the strategic plan to ensure the canola industry's continued growth, demand, stability and success — achieving 52 bushels per acre to meet global market demand of 26 million metric tonnes by the year 2025. Visit canolacouncil.org to learn more.

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Public forum explores questions around cannabis

By Caitlyn Gowriluk

Approximately 100 people attended a public forum in Winnipeg last week to hear from panellists about the some of the legal, health and business implications of the upcoming Oct. 17 legalization of recreational cannabis.

The event was an example of the kind of public discussion that will be necessary to help people make informed decisions about cannabis once it's legalized, said Marion Cooper, executive director for the Canadian Mental Health Association in Winnipeg and Manitoba.

"We need to be proactive. It's not saying 'no' to cannabis. It's saying make informed decisions and have accurate information," said Cooper. "This kind of event needs to happen weekly because people do want to have the information. We need to think of a whole range of ways to get good information, accurate information out to ensure that we are giving Canadians and Manitobans the information that they need to have conversations around the family dinner table."

Cooper said the Canadian Mental Health Association hopes to advance research about the potential impact of cannabis on mental health and how to best design proactive support and treatment services, particularly for youth and heavy users.

"We still don't know an awful lot about the long-term impact," said Cooper. "Whether that's in a workplace or in the context of schools or neighbourhoods, or communities or how things are going to be sold, we need to be thinking about how to pro-

mote and protect the health of citizens."

While recreational cannabis will soon be legal in Canada, that doesn't mean people will be allowed to drive while under the influence of the drug, said Winnipeg Police Service Const. Jason English.

"The perception seems to be that cannabis is less impairing [than alcohol]," said English. "The large message that we want to convey as the police [is] we're not judging consumption of cannabis. I'm judging your collision decision. And making the decision to drive a vehicle while you're impaired by any drug is a poor decision."

The legalization of recreational cannabis will bring with it the introduction of three new offences for driving while under the influence, including a new summary conviction offence and two new hybrid offences, said English.

While cannabis consumption doesn't affect the body in the same way as alcohol consumption, it can still impair judgment, he said.

"Social messaging and education is the most important perspective here," said English.

The event was organized by the Manitoba Schizophrenia Society and hosted by Winnipeg radio personality Ace Burpee.

Other panellists included Dr. Ginette Poulin from the Addictions Foundation of Manitoba, Dr. Daniel Sitar from the Alzheimer's Society of Manitoba, Nadine Sookermany from the Women's Health Clinic and Wendy Hofford from Wendy Hofford Leadership Training & Consulting.



EXPRESS PHOTOS BY CAITLYN GOWRILUK

Seven panellists gathered at the Centre Culturel Franco-Manitobain in Winnipeg on July 10 to discuss the upcoming legalization of cannabis in Canada.



Winnipeg radio host Ace Burpee served as the MC for the public forum.

> RM OF GIMLI, FROM PG. 2

phone usage.

"We have some employees who are required to carry cell phones, according to our Work Alone Policy," said Cosgrove. "Grader operators use the older style phones, not smartphones, and they're given an allowance for that. Some employees use their own personal phones for work — and they're required to do that because they have to answer calls and emails."

Cosgrove said employees are reimbursed for only a portion of their cell phone bill and that it's cheaper in the

long run for the RM to provide an allowance rather than RM-supplied phones.

- Council approved a policy for supplying materials to organizations and individuals undertaking voluntary community clean-ups. This year the Sandy Hook Community Club asked the RM for garbage bags and gloves, as did another group north of Gimli.

"This was the first round of these requests. What happened after that is we said we should create a policy and have them fill out a form indi-

cating how many items they need for their community clean-ups," said Cosgrove.

The RM will supply garbage and compost bags and gardening gloves.

Last year, Gimli High School students cleaned up Highway 9 and a stretch along PR 222, and the RM provided them with Gimli Gold (tokens that can be exchanged at local businesses for goods) for their efforts.

- The north end concession stand on Gimli Beach (near the big red dock) requested a resolution from coun-

cil to support its establishment of a beer garden on July 27 and 28. The request was made in conjunction with the board of the Gimli Film Festival, which runs July 25-29.

Council said it will support the initiative subject to a letter from the festival's board. The concession stand will still have to apply for a licence from Liquor and Lotteries, and if approved, will likely have to rope off the area to stop people from wandering down the beach with alcohol.

getfishing

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> ARNIE WEIDL **The lakes are alive with the sounds of water**

Hello my friends.

Some of us, as time goes on, forget how alive we felt when we used to play in our creeks, rivers and lakes where we grew up. As kids splashing in the warm summer waters, we saw the beauty of waves lapping on our familiar soft, sandy shores. Now, the quickness of adult life has perhaps made us see our waters as something we boat on, scuba dive in, fish in, sun bathe or take a quick dip in. Constantly, though, I am fully brought back to the living beauty of our waters with their sometimes-grey, flat, glass-like surface or wind-driven ripples or rolling high waves in red-grey muddy river water or the deep blue or near crystal clear lakes.

Such a reminder came to me through the eyes of Marles Cyr, her husband, Francois and their young daughter Christina, who I met by the Red River near Selkirk not long ago. They are from Steinbach and love to be out with nature. They sat on folding chairs, fishing rods in hand, and watched the endless slow flowing of the Red River water glide past them.

The sun reflected off its small waves as calling seagulls dipped from the sky after minnows. The smell and rustling of river bank grasses and trees that leaned over the water was ev-

erywhere. I had broken their serenity by slowly and casually walking up to them and asking, "Well, did you catch anything?"

Marles replied with a quick ready smile, "Yes, I am the only one who did."

The family and I began trading outdoors stories that happened at different waters we had enjoyed. In time, Christina, now an attractive young lady with an engaging smile, offered a fishing experience she had years ago when the family had gone camping at Dorothy Lake in the Whiteshell. She wanted to try fishing for the first time and was given a long rod normally used by adults. Marles and Christina walked out to the end of the wooden dock and mom baited her hook and then helped by casting out for her. Marles went back to shore to join Frank while Christina sat down on the planks of the dock in the still, sunny afternoon holding her rod, occasionally toying with it in an up and down fashion.

Now, as we all know, fish like that up and down movement of a minnow, especially if you are a hungry averaged-sized jackfish. Suddenly little Christina's rod end pulled down, but since it was so long, she was able to hang onto it. She sprang to her feet crying

out, "I caught a fish! I caught a fish!" and began reeling in.

It wasn't long before the jackfish came close to the pier, swimming just below the surface where Christina could see her prize. Frank, all smiles with pride in his daughter, got up and walked quickly down the pier to help her as the hapless jack was sprung up onto the pier by the rod's flexing and Christina's excited jumping about. That day, Christina was the only one that caught a fish for supper.

I got a bit of a surprise as I drove up onto the Hnaua pier last Friday. Before me at the end of the pier were a number of bikers. Their bikes at rest, they were standing around talking amongst themselves in the windy, sunny afternoon. I walked over to them after visiting with other anglers on the pier and struck a conversation with them. It seems their group, the TNR, were on a short trip to make sure their bikes were working well in preparation of a longer fundraising benefit trip this week. Naturally, I asked if anyone had a fishing story for us, and one thin, fit, friendly chap with dark slightly greying hair came forward with a story from his youth. His name was Dennis Zaboroski from Winnipeg Beach, and when he was younger, he lived in Riverton.



EXPRESS PHOTO BY ARNIE WEIDL
Marles Cyr of Steinbach with her catch from the Red River by Selkirk.

He recalled when he was a kid how the fishing in the Icelandic River was as good as it gets. There used to be a mink ranch south of town by the river and occasionally the workers would toss the leftover mink feed into it. The minnows loved that feed; however, nature being what it is, the larger fish loved eating the minnows.

Dennis and his friends would make hooks out of safety pins, use string for a line, a willow sapling for a rod and fish off the bank by the mink ranch, catching all kinds of fish every day. Dennis loved that Icelandic River and his boyhood time with it.

See you next week. Bye now.

Gimli's fish flies ascend right on schedule, a week before film festival

By Patricia Barrett

Fish flies must have some sort of water-borne telepathic powers that tell them when the Gimli Film Festival's organizing team and army of volunteers are madly prepping for next week's launch and the hundreds of festival-goers about to descend on town.

Those long-tailed, dragon-like beasts work their way up from the bottom of Lake Winnipeg each July and insouciantly throw themselves against shop windows, vehicles, tourists on the move and anything else of firm substance without so much as a by your leave. How dare they.

But look on the bright side: this year's "infestation" isn't so bad. And fish flies don't bite or suck your blood. And there's been no need, so far, for front-end loaders from the municipality's public works department to scrape their squished, fishy-smelling corpses from the roads.

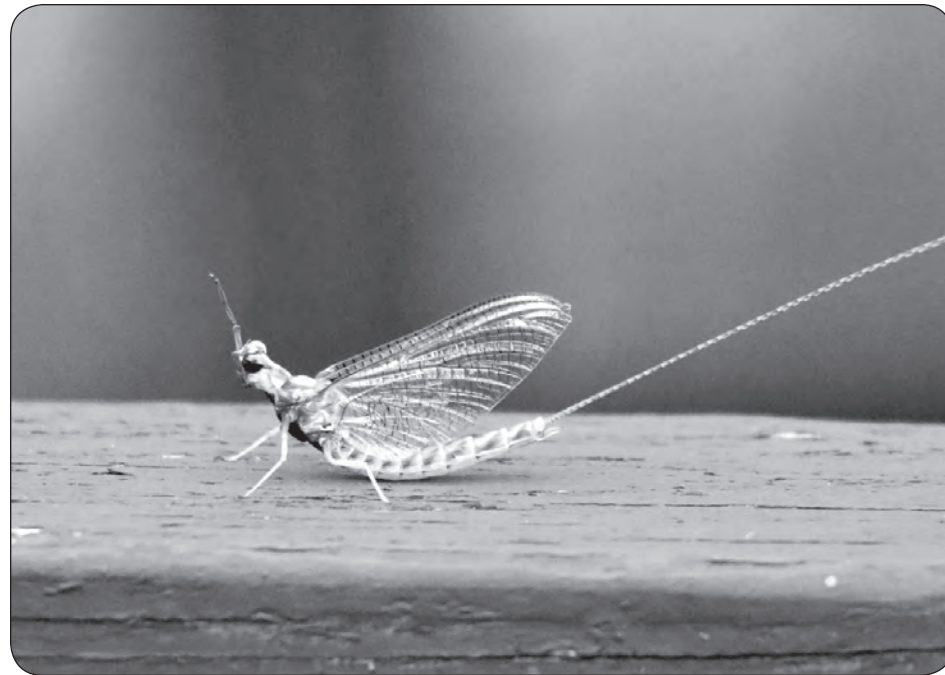
Better yet, the throng of gulls that pester fish-and-chips-wielding beachgoers on Gimli Beach are too busy with the fish fly buffet — gobbling up the little green ones and the big golden-yellow ones with eyes the size of peas and wings of gossamer — to take proper note of other protein-enriched snacks.

Gimli Mayor Randy Woroniuk even said this: "They taste good. Just pop them in your mouth. A little crunchy but fine. The tails get stuck in your teeth, though."

When he's not enjoying a fish fly snack, the mayor turns their carcasses into compost for his garden.

"They make good fertilizer. At night they gather around light standards, and you find them in piles in the morning," he said. "I wait until they decompose, shovel them up and put them in my composter."

Business opportunity, anyone?



EXPRESS PHOTO BY PATRICIA BARRETT
Fish flies made their way to the municipal office last Wednesday to see what council was up to.

Naturally formed channel connects Red River with Lake Winnipeg

By Lindsey Enns

Boaters can now safely travel between the Red River and Lake Winnipeg thanks to a naturally formed channel to the east.

Guy Beriault, the commodore of the Royal Manitoba Yacht Club located in West St. Paul, says the natural channel was identified and then later marked by the Canadian Coast Guard last fall. He said the coast guard came across it while doing some surveying in the area.

"They've put in a whole new marker system, marker buoys current to the new regulations they have," Beriault said while sitting inside the yacht club last Thursday. "It's just great that we have this now."

He added the channel is currently around six feet deep, which can accommodate most boats. The previous channel, which is near the new channel, was only around two to three feet deep and it was just a matter of years before it would be impassable.

"Now with this channel being that deep, it's not going to drop ... it will always be accessible," he said. "We always thought it was all rocks along this side. We never would have taken a chance to go through there. Now that it's marked and everything else, it's perfect."

The new channel is also welcome news to the growing local yacht club.

"We get quite a bit of traffic down from Gimli and Winnipeg Beach, we get boaters that come and spend some time with us and we travel up onto the lakes as much as we can," he said. "Before a lot of people wouldn't do it because it was too risky. But now with this open, it opens up for pretty well anybody to navigate the waters and get up there."

Beriault said they've heard from a couple of boaters who have used the channel and, so far, the feedback has been positive.

"They say it's well marked and it's accessible and the risk is gone," he said, adding they are working on getting the word out that this channel exists. "We've let everybody know here that this is accessible."

Beriault said they hope this channel will allow more visitors to stop at the yacht club as well as continue to help grow their business.

The Royal Manitoba Yacht Club, located at 90 Kenabeek St. in West St. Paul, was established in 1955 by Mr. Gilbert Eaton and a circle of inspired boaters. In 1981, Queen Elizabeth designated the Club "Royal." Such designations are permitted to only one club per town, city, or province, according to the club's website.

Beriault, who has been with the club for 10 years, says it has gone through many changes and upgrades throughout the years. The once-private members club has been open to the public for around seven years.

The club currently has 45 members who dock their boats on the river, a number of others who store their boats on the property, as well as clubhouse members.

"We're striving to let the public know that we're here. It's sort of a hidden gem," Beriault said. "Our clientele is growing because people are becoming more aware."

He added they also have a restaurant, bar



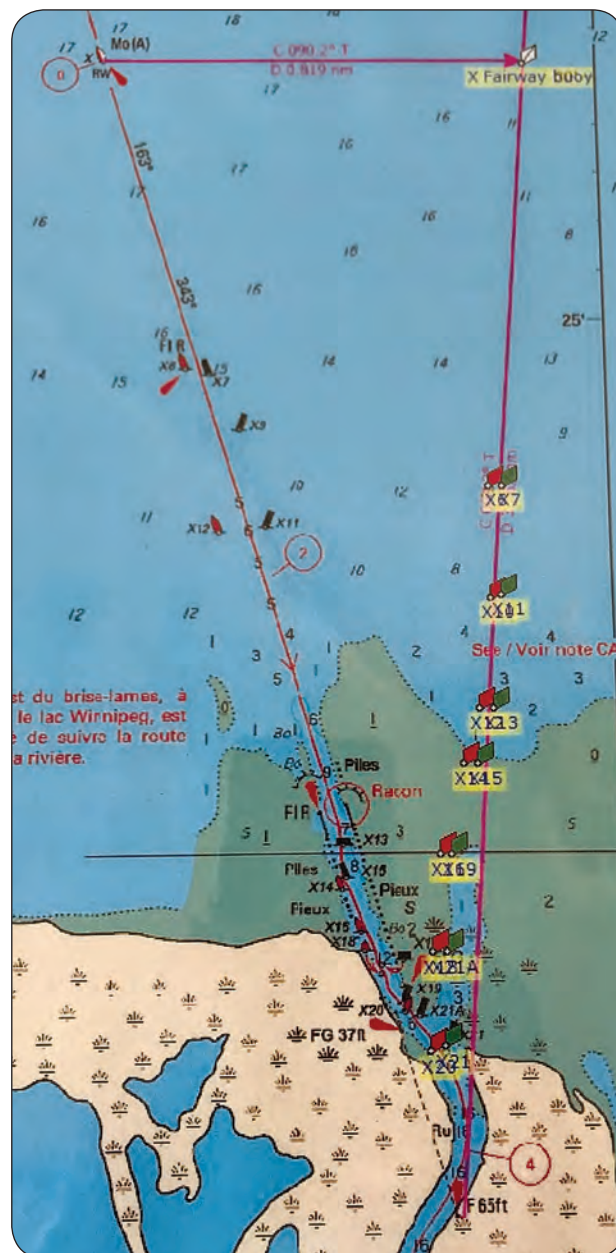
EXPRESS PHOTOS BY LINDSEY ENNS

Club member boats are docked outside the Royal Manitoba Yacht Club along the Red River located in West St. Paul. A picture of a detailed map available at the Royal Manitoba Yacht Club shows the old channel connecting the Red River with Lake Winnipeg on the left and on the right the new naturally formed channel that was recently marked by the Canadian Coast Guard.

and patio as well as a banquet facility that holds up to 70 people for special events and meetings at their park-like setting.

Those interested in more information about the yacht club can visit royalmanitobayachtclub.com/home.html or call 204-334-0530.

Attempts to contact the Canadian Coast Guard for comment regarding the channel were not returned by press deadline Monday.





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Fair and rodeo returns to Arborg with new attractions

By Melissa McIvor

The Arborg Fair & Rodeo begins on Friday, July 20 for a jam-packed weekend of family fun at one of the Interlake's top summer attractions.

In addition to the rodeo, a great number of other events await visitors. Pancake breakfasts, photography and patio planter contests, a horse show, petting zoo, KID Zone, beer gardens, barbecue suppers and musical performances are only a few of the attractions on the festival schedule.

Lenore Olafson, vice-president of the Arborg Agricultural (Ag) Society, attributes the fair's past success to the collaborative individuals who make up the group's board and members.

"We work together all year long to put this event together," she explained. "We have a board of nine directors and we rely on a core group of about 20 individuals who meet on the regular basis and all have a role to play. We've got really talented people on our team."

Of the returning events they orga-

nize, the Antique Tractor Pull is another fair highlight.

Pull participants take part in different competitions based on the class of their tractor to determine the most powerful machines at the fair.

"The tractors pull a skid," Olafson explained. "As they begin their pull, the skid shifts; there's a weight on it, and as they progressively pull along this track, the skid shifts its weight and it becomes heavier and heavier."

"To have a full pull is 300 metres. If your tractor can make that 300 metres, you're golden and then it's about who can pull it even farther than that."

Olafson said the event has been part of the fair for about 15 years and has steadily gained popularity.

"It does bring out a lot of our older farmers because it brings back memories," she said. "It's nice because even our younger people are able to tinker with them since they're not computerized. It's a hands-on type of event."

New to the Arborg Fair and Rodeo this year is a Sweet Ride night on Fri-



EXPRESS PHOTO SUBMITTED

The Teakle Family Circus will put on an interactive show on Saturday.

day, July 20 from 7 p.m. to 9 p.m.

"We are asking our friends and neighbours, if they have a vehicle that they would like to show off like an antique or classic car or a really beautiful truck or motorcycle, to bring it down to the fairground," said Olafson.

"It will be laid back and informal with no entry fees or prizes. It's just a night to gather together and have a barbecue, sort of like a tailgate party. We are looking forward to that."

On Saturday, the Teakle Family Circus will put on an interactive show to teach their audience how to perform various circus tricks. Escape artist Dean Gunnarson will provide intermission entertainment during the Sunday rodeo, and motocross performances are scheduled for Saturday and Sunday.

"We are bringing them in from Alberta," Olafson said. "It's a really fun show. It's something different and off the beaten path for the people who are coming out."

The Arborg Ag Society has been around for the past 93 years and has been in charge of arranging the fair since 1954.

"Back in the day, the fair used to be a celebration of the year," Olafson explained. "A person would bring their sheaf of wheat or their canning and their garden produce."

Earlier fairs also featured cattle and sheep shows, and other events where domestic farm animals were gathered and judged.

Treasurer Joy Gislason has been a

member of the Arborg Ag Society for around five decades and has fond memories of the Arborg fairs of her childhood.

"I remember the hall being just packed with jams, jellies, flowers and all kinds of cakes and baking," she recalled. "Because back then, the ladies didn't work; they were at home and they did their preserves and canning and sewing and knitting."

These elements play less of a role in today's fair, though Gislason hopes that they might return in full force to the fair one day.

Even so, there is no shortage of events and entertainment to regale the crowds that come out to celebrate their community.

"It has been part of our mandate to bring the community together and we are, of course, an agricultural community," Olafson explained. "We've had lots of ups and downs over the years, but in the last 15 years we've had a very progressive group of volunteers who have a vision to create a jewel of an event for the Interlake and that is the Arborg Agricultural Fair and Rodeo."

Visitors will find the fairgrounds four miles south of Arborg in Silver, Man. Admission can be purchased for \$10 per person, or \$25 for a family of four, with a \$5 fee for each additional child. Admission is free for children under the age of six with supervision. To view the full fair schedule and tractor pull rules, visit www.agsociety.net.



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Selling previously loved goods at annual garage sale

By Amanda Lefley

As the saying goes, one man's trash is another man's treasure. But for the community of Eriksdale, their community-wide garage sale is a living legacy of Al Kelner who died two years ago after a battle with cancer.

According to Keith Lundale, who has been co-ordinating the event for the past three years, Kelner was the driving force behind the Eriksdale Chamber of Commerce's biggest fundraising event for 25 years.

"He was the garage sale," said Lundale. "He had a file on it, had everything documented. He did that of his own free will. He never got paid for anything. ... Al was larger than life, very friendly and open and he would talk to anybody. You knew Al was there because he had a big presence, whether it was his voice or his size."

With the garage sale also being an important event in the community as well as a major fundraiser for the chamber, Lundale said there was a need to carry it forward.

He explained that Eriksdale's Community Wide Garage Sale is one of the originals in the area and they see participants come from other surrounding communities, as far as Fisher Branch and Gimli. Last year, the sale raised approximately \$2,000 for the chamber. Considering items can be sold for as low as 25 cents, it was an astronomical success.



EXPRESS FILE PHOTOS

Eriksdale's Community Wide Garage Sale will take place on Saturday, Aug. 25.

"We're here to sell your treasures. We don't promote any retail vendors," said Lundale.

The Eriksdale Community Wide Garage will take place on the Saturday of the August long weekend for the 27th year. On Aug. 4, participants around the community will set up between 9 a.m. and 4 p.m. selling their previously loved goods. Those living outside of the community's borders have the opportunity to rent a table from the chamber and set

up shop on Station Lane, where there will be a hub of activity throughout the day. The chamber will have a tent available here as well with maps detailing garage sale participant locations.

"The chamber thanks the community for their support and the success of our garage sale, and we look forward to continued success," said Lundale. "The community has been very supportive of the garage sale."



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		Shirkers 98 m		690 Vopnafjörður 57 m				
		GFF Opening Reception						
						A League of Their Own 128 m		
	5PM	6PM	7PM	8PM	9PM	10PM	11PM	12AM
Will Hear		Mankiller 74 m		Archangel 90 m		Terror Nullius 57 m		
		A Song For John Ramsay 62 m		690 Vopnafjörður 57 m		Aftermath 75 m		
		King, The 118 m		Roll Red Roll 80 m				
		Pub Quiz proceeds to GFF!						
						Phantom of the Paradise 92 m		
	5PM	6PM	7PM	8PM	9PM	10PM	11PM	12AM
		Shirkers 98 m PG.21		Sweet Country 113 m		Terror Nullius 57 m		
Overphone m		The Way Things Were: Classic Short MB Docs DOC 35 74 m		Never Steady, Never Still 112 m		Scotty & the Secret History of Hollywood 98 m		
		Swan, The(Svannurin) 91 m		Miseducation of Cameron Post 90 m		Tales from the Winnipeg Film Group 80 m		
		Three Identical Strangers 98 m		Rider, The 104 m				
		Women in View Panel Free!						
						Dazed & Confused 105 m		Big Lebowski, The 117 m
	5PM	6PM	7PM	8PM	9PM	10PM	11PM	12AM
ay		Aboard the Namao 63 m		Those Who Come, Will Hear 107 m		Cocote 106 m		
le You Also rts 77 m		Exit Music 77 m		Minding the Gap 100 m				
		Never Steady, Never Stil 112 m		Western 119 m				
Contest		Custody (Jusqu'à la Garde) 93 m		Bachman 80 m		Sorry to Bother You 105 m		
		Film Maker Meet & Greet		Awards Reception		Rock & Roll Movie Night feat. Shooting Guns live soundtrack to Nosferatu (1922)		
						Stand By Me 92 m		RAIN DATE: Big Lebowski, The
	5PM	6PM	7PM	8PM	9PM	10PM	11PM	12AM
		Sweet Country 113 m PG.17		Cocote 106 m				
ts		Miseducation of Cameron Post 90 m PG.16		Shirkers 98 m				
angers		Transformer 77 m		Best of Fest				
						Great Outdoors, The 91 m		



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Gimli's Thai Plaza to keep its sunny sign at the rear of the building

By Patricia Barrett

Gimli council approved a variance that will allow the owner of Thai Plaza to keep a brightly coloured sign whose size, relative to the surface area of the building, does not meet provisions set out under the RM's zoning bylaw.

Sumalee Phanad had undertaken renovations of the building at 76 First Ave. and mounted the "Thai Food Takeout" sign — which had originally

hung at the front — at the rear of the building, facing a back lane and an RM-owned parking lot.

"I wanted to keep it, but I didn't know where to put it," said Phanad, who attended the variance hearing during council's regular meeting July 11. "I put it in the back so when people are parking, they can see we have Thai

Continued on page 17



EXPRESS PHOTOS BY PATRICIA BARRETT

One person objected to Thai Plaza's colourful sign, mounted at the rear of the First Avenue business, but colour is irrelevant in the zoning bylaw.

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RBC SUNSET SCREENINGS ON THE BEACH!

Join us for cult hits and classic flicks on the beach, every night at 10 pm! As always, our films are ABSOLUTELY FREE at the RBC Sunset Screenings on Gimli Beach. Check out our map for the Beach Screen location.

- WED, JULY 25 | A LEAGUE OF THEIR OWN | 1992 | 128 M | PG
- THURS, JULY 26 | PHANTOM OF THE PARADISE | 1974 | 92 M | PG
- FRI, JULY 27 | DAZED AND CONFUSED | 1993 | 102 M | 14A
- FRI, JULY 27 AT 11:45PM | THE BIG LEBOWSKI | 1998 | 117 M | 18A
- SAT, JULY 28 | STAND BY ME | 1989 | 86 M | PG
- SUN, JULY 29 | THE GREAT OUTDOORS | 1988 | 91 M | PG

7:30PM – 9:30PM | FRI, JULY 27 & SAT, JULY 28
RBC BEACH BOARDWALK

FREE | GIMLI BEACH, BEFORE THE RBC SUNSET SCREENINGS
Leading up to our nightly beach films, join us for FREE fun on the beach including interactivities, free games for kids, free giveaways, GFF table with 2018 merchandise & raffle tickets and more!

12:30PM – 8PM | JULY 26, 27 & 28
GIMLI COMMONS & PARK

Enjoy an outdoor lunch and some special displays and activities at the Gimli Commons. Pick a shady spot in the park for your picnic, and check out some special activities in this space, including the RBC Mobile Truck. Location: park area north of 76 First Ave (Thai Plaza).

5:30PM | FRIDAY, JULY 27
WOMEN IN VIEW PANEL DISCUSSION

FREE | JOHNSON HALL, 5TH FLOOR, 94 FIRST AVE.
Join an experienced panel of woman-identified filmmakers in discussion about their lives, careers and why they choose to work in cinema. Moderated by Toronto-based organization Women in View, who research and advocate for women working in film & television!

SPECIAL EVENTS

OPENING NIGHT FILM #1

6PM | WEDNESDAY, JULY 25 | LADY OF THE LAKE THEATRE

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In 1992, teenager Sandi Tan and her friends shot Singapore's first indie road movie called "Shirkers" with their enigmatic American mentor Georges. After shooting wrapped, Georges vanished without a trace with all the footage. 20 years later, the footage is recovered in New Orleans, sending Sandi on a personal odyssey across two continents to discover the truth about their film. \$10 or free with pass.

OPENING NIGHT FILM #2

8PM | WEDNESDAY, JULY 25 | LADY OF THE LAKE THEATRE

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In the middle of nowhere, the 645 people of Vopnafjörður go about their daily lives. The fear of depopulation hangs over this little village. The film explores the communal tensions that push people to leave, and how personal identity can be so profoundly linked to place. \$10 or free with pass.

**SPECIAL FILM SCREENING | 9PM, SAT, JULY 28
ROCK & ROLL MOVIE NIGHT**

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- July 7 – July 8: 12 p.m. – 4 p.m.
- July 14 – July 15: 12 p.m. – 4 p.m.
- July 21 – July 29: 10 a.m. – 5 p.m.

GIMLI FILM FESTIVAL MAP

- 1 DR. GEORGE JOHNSON MIDDLE SCHOOL
- 2 GFF BOX OFFICE
- 3 GIMLI DANCE PAVILION
- 4 GIMLI THEATRE
- 5 LAKEVIEW RESORT
- 6 LUTHERAN CHURCH
- 7 RBC BEACH SCREEN
- 8 UNITARIAN CHURCH
- 9 WATERFRONT CENTRE - LADY OF THE LAKE THEATRE - JOHNSON HALL

Gimli's Beach Bash folds thanks to Mother Nature

By Patricia Barrett

With a severe weather warning issued by Environment Canada for the Gimli area last Saturday afternoon, the RM's annual Beach Bash concert on the main beach had to pull up sticks.

By suppertime, the temperature had reached 37 degrees Celsius with the Humidex but dropped quickly as storm clouds made their way into the region. The downpour started around 7 p.m., just as the bands were set to play, and flooded streets.

Additional Beach Bash concerts are scheduled for Aug. 11 (Little Miss Higgins with Jaxon Haldane and friends) and Aug. 25 (TBA).



EXPRESS FACEBOOK PHOTO BY GLEN MARTIN

Ominous clouds swept over Lake Winnipeg just as bands Amberlite and the Paradise Band were scheduled to play on Gimli Beach.



EXPRESS FACEBOOK PHOTO BY CARALYNN SIATECKI
Centre Street was inundated with rain.

Fisher River booming



EXPRESS PHOTO BY PATRICIA BARRETT

The grades 7-12 Fisher River School is scheduled to open this fall.

Staff

In the story "Fisher River booming with new developments; solar farm nearing completion" in the July 5 edition of the *Express Weekly News*, we

inadvertently misnamed a photo that showed the First Nation's new grades 7-12 high school under construction. The school is scheduled to open this fall.

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Stop the phosphorus and save Lake Winnipeg

By Patricia Barrett

There are two major ways to reduce algal blooms on Lake Winnipeg. The first is to help the City of Winnipeg turn off the phosphorus tap at its North End Water Pollution Control Centre, and the second is to start restoring wetlands that were sacrificed to agriculture.

That was the overall message two Lake Winnipeg scientists delivered a few weeks ago to over 100 people gathered at the Gimli Yacht Club to support a first-ever "Save the Lake Fundraiser" for the Lake Winnipeg Foundation.

The LWF's executive director Dr. Alexis Kanu and the Lake Winnipeg Research Consortium's managing director Dr. Al Kristofferson said algal blooms on the world's 10th largest freshwater lake will only get worse if government, industry and citizens don't take concrete action to stop phosphorus loading, which leads to the production of blooms.

Algal blooms do more than cause unsightly green waves and contaminate beaches: they can kill wildlife, poison humans, starve fish of oxygen, negatively impact Indigenous communities reliant on the lake, deter tourists and take a bite out of lakefront property values that stoke municipal coffers.

Kanu said the LWF worked with a Winnipeg-based planning firm to determine the value of South Basin lakefront properties and came up with a number of \$2.5 billion, which generates \$40 million for municipalities.

"If we start to see erosion in that value, it can have quite a significant impact on our provincial economy," said Kanu. "I don't think we acknowledge the economic role of this lake."

Kanu called the City of Winnipeg a "phosphorus hotspot," contributing about five per cent of the nutrient to the lake. The North End plant has the dubious distinction of being the fourth largest phosphorus polluter of all wastewater treatment plants in Canada.

"The [city] is the single largest point source that we can address with targeted action," she said, referring to a quick end-of-the-pipe fix that could

be implemented before the city embarks on a major overhaul of the plant. "There have been chronic delays in upgrades to the plant; we've been cited construction timelines and the cost associated with that."

To make matters worse for the lake, Sustainable Development extended the city's 2014 phosphorus-reduction deadline to 2019, and also gave it 27 years to fix its combined sewers, which release raw sewage and other contaminants into the Red River about 22 times a year on average.

For the past few years, LWF and its mass of citizen scientists have been collecting samples from waterways around the province in order to identify phosphorus hotspots. With that data, Kanu said the LWF can help the government determine where best to allocate funding to tackle the problem.

In addition to being beset by nutrient-laden wastewater, Lake Winnipeg has seen the demise of many of its vital phosphorus-fighting allies, such as boreal forests, shoreline scrub and wetlands.

Kanu said southern Manitoba has lost "over 70 per cent" of its wetlands through agricultural drainage and that's stymied the landscape's "built-in capacity to absorb nutrients. They're a great tool and we have to protect what we have left."

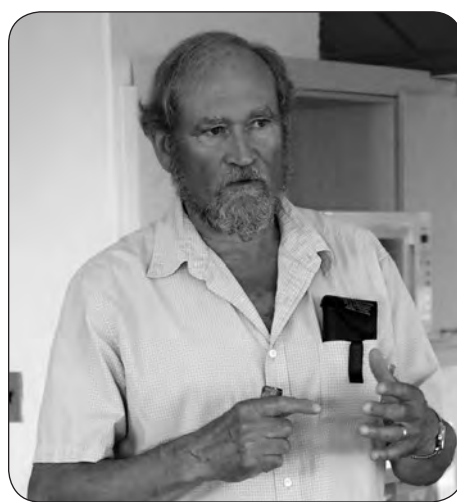
Agricultural producers, which she said constitute a "huge industry within the watershed," have a major role to play in protecting and creating wetlands.

Dr. Al Kristofferson, who worked for the federal department of Fisheries and Oceans before taking the LWRC helm, said the lake is not "dead" or "dying," but it's facing a very serious phosphorus problem.

"And if we don't do something about it, we're going to be in trouble big time."

The consortium's scientists gather data from 65 stations on the lake, measuring physical, chemical and biological properties. That data tells them whether land-based efforts to reduce phosphorus are working.

With the majority of wetlands in southern Manitoba having been



Dr. Al Kristofferson



Dr. Alexis Kanu

drained for agriculture, Kristofferson said we've created a "perfect storm" that's weakened the lake's ability to repair itself.

"All that filtering infrastructure is gone, and all we need is a big blast of rain and the nutrients wash right off the land into the lake," he said.

Commercial fishers were first to sound the alarm about algal blooms in the '90s after they began hauling up nets coated with green slime. Beaches in Sandy Hook were closed a number of years ago because of a high level of microcystin, a toxin produced by blue-green algae, which are more closely related to bacteria (or cyanobacteria) than they are to plant algae.

Almost the entire algal community, said Kristofferson, became dominated by the blue-greens in the noughties, and that was related in a "big way" to phosphorus loading. In 2006, an algal bloom covered nearly the entire surface of the lake.

"Algal toxins — that's a downside to these blooms," he said. "Some are neurotoxins and some are liver toxins. Farmers know very well that if you get a bloom like this on a dugout, and the cattle ingest the neurotoxin, they can die within a couple of minutes."

And fish can die, too, by virtue of starving them and their food sources of oxygen. Kristofferson said phosphorus loading is having the biggest impact in the North Basin and the Narrows, where oxygen levels at the bottom of the lake have dropped. Bottom-dwelling benthic organisms,

which fish eat, are disappearing.

"In 2002 we found a little shrimp-like creature, an excellent food source for whitefish, which are bottom feeders, and we've seen a significant decline in that [shrimp]," said Kristofferson. "Fish move in terms of environmental destruction. So there's a hypothesis here that maybe the reduction in food organisms in the North Basin are causing whitefish to come south."

In terms of fish health, the "good news" is that only "trace" levels of contaminants have been found in them, meaning the lake itself doesn't have a "contaminant problem," said Kristofferson. "We've tested the fish for over 140 different contaminants and they aren't there."

The watershed feeding Lake Winnipeg is massive, covering four Canadian provinces and four U.S. states, and that makes phosphorus loading an "international issue and responsibility," he said. Fifty per cent of the phosphorus comes up the Red River, delivering about 8,000 tonnes a year.

"We've got to clean this issue up," said Kristofferson. "If you know what the system does, you know where and how to fix it. If no data are available to government, they won't do anything. The data we're producing is right there under their noses because [the federal and provincial governments are partners in the LWRC]. They know there's a problem. And they have to do something about it."

Community to celebrate Phase Two of Viking Park

Submitted

Approximately 100 donors will be recognized with pathway stones that form the new Breakwater Pathway in Viking Park.

The pathway, which runs along the old breakwater east of the Viking stat-

ue, will travel from the park toward 1st Avenue. It is completed and will be welcoming visitors and donors on Sat., July 20 at 11 a.m. to noon to view the pathway with a few of the Viking Park Cabinet Committee members.

Meanwhile, consultations with fu-

ture partners and stakeholders continue. In order to break ground on the next phase, partners in the harbour area must work together to create a shared vision and plan for the park and kickstart fundraising efforts.

The festival must raise another

\$300,000 in order to trigger matching funds from the federal and provincial governments. The \$600,000 was made available last year through the Small Communities Fund that supports pri-

Continued on page 17

Telus when you need some shade and we'll get you covered

By Patricia Barrett

Telus Communications brightened up Gimli's newly minted outdoor Aquatic Centre last Tuesday with a donation of 10 splashy purple beach umbrellas.

Telus' head office staff, as well as staff from privately owned Telus dealers, set up some of the umbrellas at picnic tables in the grassed park beside the pool as scores of people swam, whooped as they made their way down the slides and cooled off under the waterfall.

"I think the umbrellas are great," said Gimli Mayor Randy Woroniuk, who was on hand for the "celebration of shade" and who received a Team Canada toque from Telus' corporate office staff members Todd Krebs and Sherry Hodge. "It shows community co-operation with our Aquatic Centre. We have a Telus provider in town and it's important that we all get together and share this beautiful facility."

Telus staff carted a few umbrellas and portable stands to the poolside area to try out their ability to block ultraviolet rays — signals people don't usually complain about to their local communications carriers.

"This was a team effort between Wave Electronics, 4L Communications and Telus marketing," said business sales specialist Jim Bugera from 4L Communications, which operates stores in Winnipeg and three Interlake locations — Selkirk, Beausejour



Telus Communications donated umbrellas to Gimli's outdoor Aquatic Centre as part of their "Give Where You Live" program.

and Stonewall.

He said Telus donated dozens of umbrellas to the municipality last summer for sun-seekers on Gimli Beach, but many of the umbrellas, unsurprisingly, "disappeared."

Jim Mohan from Gimli's Wave Electronics store said the donation is part of Telus' "Give Where You Live" program.

"Telus likes to donate into the communities that we sell our phones in and to volunteering and non-profit organizations," he said. "This is also



EXPRESS PHOTOS BY PATRICIA BARRETT

From left: Jim Bugera from 4L Communications, Gimli Mayor Randy Woroniuk, Joe Mohan from Gimli's Wave Electronics, Todd Krebs (senior account manager) and Sherry Hodge (dealer development manager) from Telus' corporate office get a little poolside shade at Gimli's Aquatic Centre.

an appreciation for the RM of Gimli: competitor to Telus. And they got a good deal."

> THAI PLAZA, FROM PG. 14

food in here."

The sign takes up 25.4 per cent of the rear building's face. The zoning bylaw stipulates a maximum of 20 per cent.

Council received only one objection to the sign, but it was deemed irrelevant to the bylaw.

"[The] objection was to the colour of the sign," said Assistant CAO Kelly Cosgrove. "And there's nothing in the zoning bylaw about colour. It's just about the size."

Council approved the sign after considering a number of bylaw provisions, including whether a sign is compatible with the general nature of the surrounding area, will not prove detrimental to the health or general welfare of people living or working in the area and will not negatively affect other properties.

Thai Plaza relocated from Winnipeg about six years ago and sells colourful Thai clothing, beachwear, jewelry, home décor items, flowers and spicy Thai food.

Phanad recently built a fenced-in



Customers ordering a Thai takeaway can dine on the new patio beside the store.

brick patio between First Avenue and the lane so that customers popping in for takeaway can dine outdoors. The patio has an umbrella, tables and plants.

Deputy Mayor Peter Peiluck said she gets "full marks" for improving her business.

Mayor Randy Woroniuk said the patio is part of the "beautification of our community. We should be encouraging businesses to do something together even if they face the back lane."

> PHASE TWO, FROM PG. 17

ority public infrastructure projects in communities with fewer than 100,000 residents across Canada.

"Viking Park weathered the winter well and the elves are busy cleaning up their houses. Most of the perennials, shrubs and trees are in full bloom," jokes Grant Stefanson, festival president and Viking Park campaign co-chair.

"Some plants needed to be replaced in June, but we're sure the park will continue to be enjoyed by residents and tourists alike this summer."

"We are so pleased to have created a unique space that embodies the spirit of Gimli so well," says Kathi Thorarinson-Neal, campaign co-chair.

"We're thrilled to see visitation to park on the rise and that it is fulfilling its objective to make Gimli

a destination location in the Interlake."

Stefanson and Thorarinson-Neal say they hope the future phase will celebrate other aspects of Gimli's proud history, such as its roots in commercial fishing, boating and sailing. They also hope to celebrate key developments such as the creation of the Loni and South Beach areas.

In 2014, Islandingadagurinn commemorated 125 years of celebrating Icelandic history, culture and its contribution to life in Manitoba. In honour of this milestone anniversary, the festival worked with the RM of Gimli, Bethel Home Foundation and the community create a park around the famous Gimli Viking statue.

Lundar receives \$10,000 for arena upgrades

By Caitlyn Gowriluk

Lundar Arena is extending its ice surface by 15 feet to meet sport regulations, thanks to a grant from the Manitoba Hockey Hall of Fame.

The arena was the recipient of the organization's \$10,000 community award, which is given out annually to support grassroots hockey in Manitoba.

While the town had also applied for the grant the past two years it was offered, it wasn't until this year that they were successful, said Sandra Johnson, secretary for Grettir Co-op Inc., the organization that runs the arena.

"It's volunteers that run the arena," said Johnson. "We just expanded on our application from previous years and just highlighted how great of a group of volunteers we have and how hard we've worked for our arena."

The arena's ice surface was previously 185 feet long, which is 15 feet short of regulation length. Extending the arena's ice surface will allow the community to continue to grow their development programs, said Johnson.

"We're a small community. We like to get all the youth of the community involved from a young age, and have an organized sport program to offer the children in the community to stay active through the winter," said Johnson. "We're very grateful for the opportunity and that they're funding programs



EXPRESS PHOTO SUBMITTED

The town of Lundar received this year's \$10,000 community award from the Manitoba Hockey Hall of Fame to extend their ice surface to regulation length.

like this to help our small community to be able to pay for these upgrades that we've wanted to do."

The community award is specifically intended to support hockey at a grassroots level to encourage more people to get involved with the sport, said Manitoba Hockey Hall of Fame president Don Kuryk.

"As a committee, we see that hockey is actually dy-

ing in a lot of parts of not only Manitoba but [also] throughout Canada," said Kuryk. "We encourage all communities to apply."

Now in its third year, the community award has previously been received by communities in Clearwater and Lac du Bonnet. For more information on how to apply, visit the Manitoba Hockey Hall of Fame website at mbhockeyhalloffame.ca.

Levy appointed regional member for Manitoba/Saskatchewan of the CRTC

Submitted

Joanne T. Levy has been appointed to the position of Regional Member for Manitoba/Saskatchewan of the Canadian Radio-television and Telecommunications Commission (CRTC) for a term of five years effective July 3.

Ms. Levy has 40 years of experience in Canadian communications, film and television production, and strategy. She has owned the independent production company Scorpio Productions since 1989. Her past experience

includes the positions of Senior Manager, Producer, and Head of Convergent Content at Buffalo Gal Pictures, as well as Director of Programming for the Aboriginal Peoples Television Network. She has served as Chair of the Board of Directors of On Screen Manitoba, was a former member of the Production Committee for the Canadian Association of Broadcasters, and served four years on the National Board of Directors of Women in Communications and Technology.

"Joanne Levy has led a diverse career as a journalist, as director of programming at APTN, as a producer of television, documentary and feature films that provides an excellent preparation for her role at the CRTC. On Screen Manitoba congratulates Joanne Levy, a past chair of our Board of Directors and recognize her knowledge and understanding of the challenges faced by regionally-based creators and producers across Canada," said Nicole Matiation, On Screen Manitoba Ex-

ecutive Director.

"I was so pleased to hear of Joanne's appointment, said Carole Vivier, Manitoba Film & Music Chief Executive Officer & Film Commissioner. "I have worked alongside her in the production sector for over a decade and believe her rich experience and varied skill set give her invaluable insight on this industry and the challenges we face today. I look forward to working with her in this new role as we strive to enhance the sector."

Roaring through the dirt and the mud in Winnipeg Beach



EXPRESS PHOTOS BY ROBERT E. WILSON

Dust was flying and mud was spraying south of Winnipeg Beach last weekend at the 4th annual Interlake Mud Bog, sanctioned by the Manitoba Dirt Racing Organization with 25 different vehicles taking part. Friday evening started with shoot out racing and followed with entertainment by the band 'Hide your Crazy.' Fast track, mud pit racing and Monster truck rides kept everyone entertained on Saturday. The next MDRO event will take place Oct. 5-6 in Ste. Rose. For more information check out their website MBRO.ca or their Face Book page. Left photo, Gimli's Denis Ducharme drove 'Gator Done' and came in first in the fast track event on July 13, while, Wilf Moccasin, middle photo, from Saskatoon and his Ford 'Iron Will' placed second. Shayne Ohlogge, right photo, from Wisconsin placed third.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Grosse Isle off to 18U baseball provincials

By Brian Bowman

The Grosse Isle Jays have earned a trip to the 18U AA baseball provincials.

Grosse Isle is off to the provincials after sweeping the Stonewall Blue Jays 2-0 in the best-of-three Mervin Farmer Memorial Regional Championship series last weekend.

Grosse Isle won games by scores of 9-4 and 8-6. Game 1 saw Grosse Isle break open the game with four runs in the final inning.

In Game 2, the turning point was in the sixth inning when Stonewall had runners on second and third with no outs but failed to score a run.

With the series sweep, Grosse Isle is peaking at just the right time.

"We started the season playing a lot of the top teams in the league, so our record didn't kind of indicate the quality of team that we had," said Grosse Isle coach Trevor Procter. "We lost a lot of close games against the top teams.

"A lot of these kids didn't know each other when the season started but they developed quite a good chemistry over the course of the year.

"That probably had a lot to do with these kids playing a lot better now. They're a fun group to be around and they all get along.

"I think the chemistry on the team

has contributed to the success we've had lately," he added.

Grosse Isle won four out of its last six league games before the sweep over Stonewall.

Stonewall finished its regular season with a 8-7 record while Grosse Isle was 5-11.

"We were going into that series on a little bit of a high," Procter noted. "Our record definitely didn't indicate the calibre of team that we had."

Grosse Isle's Achilles Heal all season, said Procter, has been their team defence.

"We've had great pitching all year and, our offence, seemed like we scored just enough runs to win, but our defence let us down quite a bit," he said.

"That's something we really had to work on towards the last part of the season and they played a lot better defensively in that series against Stonewall."

Grosse Isle hopes to continue their success this weekend in Altona. They didn't have much time to celebrate their regional sweep over Stonewall.

"We won't have much time to prepare," Procter admitted. "But it's actually good like this because everyone is on a high going into it and it's not like we have a big layoff.

"We're ready to go." If this Grosse



EXPRESS PHOTO BY SHAWNA ADAIR

Grosse Isle won the 18U "AA" Mervin Farmer Memorial Regional Championship banner last Saturday. Back row, left to right, Trevor Procter (coach), Mike Tataryn, Lucas Procter, Brett Tataryn, Noah Johnson, Hunter Sholdice, Corey Procter, Connor Bindle, Brent Sholdice (coach); front row, Owen Tataryn, Jamie Johnson, Troy Godfrey, Riley Wirgau and Austin Adair. Missing from the photo Laura Kilbrei, Jayson Christensen, Trey King and manager Joanne Johnson.

Isle team plays good defence at the provincials, they have a good chance to surprise a lot of people and be very competitive.

"We've held our own with the top teams in the league," he said. "If these guys play up to their potential, we're

definitely going to go there and be very competitive.

"If we play well enough, then we can hope to get to Sunday and the playoffs and then we'll take it from there and we'll see what it happens."

Einarson named to Canada's national curling team program

Staff

Several Manitoba curling teams have been named to Canada's national team program, including Camp Morton's Kerri Einarson.

Those named to the program, which was announced Tuesday, will receive funding and access to high-performance coaching and medical support.

Four of the eight women's teams named to the program are from Manitoba. Einarson, defending world champion Jennifer Jones of Winnipeg, East St. Paul's Tracy Fleury, and Darcy Robertson of Winnipeg were also included on the list. Teams were named to the program based on the results from the 2017-18 curling season.

Former Winnipegger Chelsea Carey, now living in Calgary, 2018 Winter Olympian Rachel Homan of Ottawa, Casey Scheidegger of Lethbridge and Laura Walker of Edmonton were also selected.

On the men's side, West St. Paul's Carruthers and Jason Gunnlaugson's Morris rink were named to the program.

Other teams on the men's side feature Brad Gushue of St. John's, Olympian Kevin Koe of Calgary, Edmonton's Brendan Bottcher, Toronto's John Epping and Brad Jacobs of Sault Ste. Marie.

Here are the mixed teams that will be part of the National Team Program:

Chelsea Carey (Calgary)/Colin Hodgson (Winnipeg)

Joanne Courtney (Edmonton)/Reid Carruthers (Winnipeg)

Emilie Desjardins/Robert Desjardins (both Chicoutimi, Que.)

Jennifer Jones/Brent Laing (both Shanty Bay, Ont.)

Kaitlyn Lawes (Winnipeg)/John Morris (Canmore, Alta.)

Kalynn Park (Edmonton)/Charley Thomas (Calgary)

Jocelyn Peterman (Winnipeg)/Brett Gallant (St. John's)

Val Sweeting (Edmonton)/Brad Gushue (St. John's)

Laura Walker (Edmonton)/Kirk Muyres (Saskatoon)

Members of the wheelchair National Team Program will be announced at a later date.

"This is a seasoned group of athletes in whom we have a great deal of confidence, and we're pleased that we can offer them support from Curling Canada and our funding partners to help them take their games to new levels," said a media release. "We're also pleased that there is an amazing array of talent within the Curling Canada high performance staff/consultants realm that is truly dedicated to helping these athletes, both on and off the ice."

get inspired

> MEAL IDEAS



Beef and Vegetable Soup

- 1 can (14 1/2 ounces) stewed tomatoes
- 1 teaspoon dried basil
- 1 cup cooked egg noodles

In 4-quart saucepan over medium-high heat, in hot oil, cook ground beef until well browned on all sides, stirring frequently. With slotted spoon, remove beef to bowl.

In drippings remaining in saucepan over medium heat, cook onion and garlic until tender-crisp.

Add beef broth, carrots, green beans, stewed tomatoes, basil and ground beef; over high heat, heat to boiling. Reduce heat to low; cover and simmer 10-15 minutes to blend flavors, stirring occasionally. Stir in cooked egg noodles.

Recipe courtesy of Cans Get You Cooking

- Servings: 6
- 1 tablespoon vegetable oil
- 1 pound lean ground beef
- 1 medium onion, diced
- 2 garlic cloves, minced
- 1 can (14 1/2 ounces) low-sodium beef broth
- 1 can (14 1/2 ounces) sliced carrots, drained
- 1 can (14 1/2 ounces) cut green beans



Vegetable Frittata Minis

- 1/4 teaspoon dried basil
 - 1 can (8 ounces) mixed vegetables, drained
 - 1/4 cup grated Parmesan cheese
- Heat oven to 375 F. Spray mini muffin tins with nonstick cooking spray.

In large bowl, beat eggs, milk, salt, pepper and basil to blend well. Stir in mixed vegetables and Parmesan cheese.

Fill prepared pans with egg mixture. Bake until egg mixture puffs and is just set in center, about 8-10 minutes.

With rubber spatula, loosen frittatas from muffin cups and slide onto platter.

Recipe courtesy of Cans Get You Cooking

- Servings: 36
- Nonstick cooking spray
- 8 large eggs
- 1/2 cup milk
- 1/4 teaspoon salt
- 1/4 teaspoon ground black pepper



Gluten-Free Pumpkin and Chocolate Chip Bread

- 1 cup bittersweet chocolate chips
- 1/2 cup confectioners' sugar
- 1 tablespoon milk

Heat oven to 350 F. Grease two 8-by-4-inch loaf pans. In large bowl, combine oat flour, baking soda, cinnamon, nutmeg and salt.

In large bowl using mixer, beat butter and sugar until light and fluffy. Beat in eggs one at a time. Add vanilla, oat flour mixture and pumpkin; beat until just blended. Stir in walnuts and chocolate chips. Spoon mixture into prepared pans.

Bake 50-55 minutes, or until toothpick inserted in center comes out clean. Cool 10 minutes. Remove from pan. Cool completely.

In small bowl, stir confectioners' sugar and milk until smooth. Drizzle mixture over pumpkin bread.

Recipe courtesy of Cans Get You Cooking

- Servings: 20 (2 loaves)
- 4 cups oat flour
- 2 teaspoons baking soda
- 2 teaspoons ground cinnamon
- 1 teaspoon ground nutmeg
- pinch of salt
- 1 cup (2 sticks) butter, softened
- 2 cups granulated sugar
- 4 large eggs
- 2 teaspoons vanilla extract
- 1 can (15 ounces) pumpkin
- 2 cups chopped walnuts



Emotional Growth in Mid-Life Not Unusual for Women

be if they could share in the growing process. Instead, they seem to be drifting farther apart. What now? Well, she is right about one thing. If one partner is growing and the other is not, that can certainly create problems in the relationship. However, not growing is not an option once the urge is there. You cannot discourage someone from new learning when their heart is pulling them in that direction.

If you try, they will only become depressed and resentful. The only way to keep pace with someone who is having a growth spurt is to do some growing yourself. The key is to grow in an area that excites YOU. You do not have to become an expert in everything she is learning. In fact, if you are both learning different things, then there is more to share. Conversations are more stimulating. The relationship becomes more passionate. It is important that you each have respect for the other's area of growth. A partner may feel that it is unfair to be nudged towards growth. He may feel that she married him the way he was, and he shouldn't have to change. The important point is that she wouldn't put the effort into encouraging his growth if she didn't really love him and want to be with him. You stagnate at your own risk. Instead of fighting her push towards growth, embrace it as a wake-up call. It is all too easy to sleepwalk through life, but if you fall asleep in the middle, you'll miss the best part.

It is quite common for women to experience an emotional growth spurt in the mid-life years. There may be many reasons for this. It might be that the children are a little older, and she has time to think again. Or it might be that she feels a little more independent. Perhaps, once the childbearing is done, she has a burst of creative energy.

Whatever the reason, she is often in a learning mode that may seem insatiable. She may begin to do a lot of reading, writing, or perhaps she takes some classes. This is all very exciting for her. She keeps thinking of more things that she wants to do. Her partner, however, may not share her excitement. He may feel a little threatened, for it may seem like she is turning into someone else, right before his eyes. She may seem to have less time for him. Other things seem more important.

At some point she may begin to worry that she might be leaving her partner behind. He must start to grow too, she reasons. Thus, begins her attempt to interest him in her newfound path. She may share what she is learning, and that sharing may slowly begin appearing as a thinly veiled attempt to teach.

The partner, sensing this, may begin to resist. He might argue with the points she is making; put down or discredit what she is learning, or simply refuse to discuss it. If he won't participate in discussions, she decides that she will give him some books to read. Perhaps an "expert" will have more credibility. He might be interested, but he also may leave the books right where she left them on the coffee table. She interprets his refusal to join in her journey as an unwillingness to work together to make the relationship better. She is so excited by her own growth and thinks how wonderful it would

Gwen Randall-Young is an author and award-winning Psychotherapist. For permission to reprint this article, or to obtain books, cds or MP3's, visit www.gwen.ca. Follow Gwen on Facebook for daily inspiration.

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1 bedroom apartment for rent in the Town of Teulon. \$725 per month. Call or text Kirt 204-886-7717.

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PULFORD
COMMUNITY LIVING SERVICES

We are currently looking for Permanent Part Time Support Workers in the surrounding Lundar area!

Pulford Community Living Services Inc. is a growing agency in the social services sector. We are creating opportunities for enthusiastic, motivated professionals who have a genuine interest to work in the field. We have been in operation since 1986, an are a not-for-profit community based agency that provides individualized support services for those living with an intellectual disability. If you are looking for an opportunity to work in a progressive agency with a positive team and fulfilling work, we would like to hear from you.

Position Summary for Direct Support Worker:

We are looking for energetic employees to provide residential supports to individuals with a developmental disability living within a community. The employee will be expected to work a rotation of shifts that includes days, evenings, weekends, and holidays.

Responsibilities for Direct Support Worker:

This position has responsibilities and duties relating to eight (8) major areas:

- Individual Support and Development
- Relationships and Community Involvement
- Advocacy
- Health
- Communication
- Organizational
- Financial Management
- Safety

Requirements for Direct Support Worker:

The successful candidate will be expected to provide the following documentation upon hire: Criminal Record Check (with Vulnerable Sector Search) Child and Adult Abuse Registry check. To reduce wait times on employment, we suggest that all applicants apply ahead of time. Please be aware that obtaining these documents does not guarantee employment.

For further information:

<https://www.gov.mb.ca/fs/abuseregistries.html>

<http://www.winnipeg.ca/police/pr/PIC.stm#pic>

Pulford Community Living Services Inc. offers meaningful work, competitive wages, flexible hours, and a health care spending account for part time employees. All interested applicants are to complete an application and submit a resume.

To Apply:

Call Gary Monkman at 204-762-5050 OR

Apply online www.pulford.ca/employment/apply

RURAL MUNICIPALITY OF

West Interlake

REQUEST FOR PROPOSAL

The Rural Municipality of West Interlake is requesting proposals from residents within the municipality for the development of a new logo.

Council for the RM of West Interlake wishes to adopt a new logo that will be utilized to represent the amalgamated municipality. Proposals should include:

- A colored paper copy of the logo design
- An attached description of each design that explains how and why the design should be chosen
- An electronic copy of each design submitted to the email below in both JPEG and PDF formats
- Price quotation for purchasing the design

OR

Council/staff consultation, and logo production. Digital files and guidelines for the use of your new logo.

- a price estimate/proposal toward the development of a new logo for the RM of West Interlake.

Criteria for selection:

- The lowest cost or any proposal may not necessarily be selected
- Ease of implementation (too much or too little detail in design)
- Limit of 3 design options per proposal, (only 1 design will be selected)

Inquiries can be made at the Ashern office directly at #38 Main St., Ashern, Mb., Ph. 204-768-2641, or to the Eriksdale office directly at #10 Main St., Eriksdale, Mb. Ph. 204-739-2666.

adminashern@rmofwestinterlake.com

Closing date for proposals to be accepted is 10:00 a.m.

August 15th, 2018



THE WINNER IS ...
Diane Irvine

Diane's ticket won our BBQ and Feast Basket Draw!

Thanks to our mayor Randy Woroniuk who came into our office to make the draw.

Congratulations Diane.



Our thank you!

We would like to thank everyone who came out to our Garage and Vendor Sale on July 14th.

You helped to make it a success. A special thanks to Richard King for donating the use of his parking lot. Along with a big thank you to the staff who put in some very long hours: Beth, Angie, Shannon, Brandi and Jackie. Also, our board members who came out.

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