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VOLUME 6 EDITION 29    THURSDAY, JULY 18, 2019

**WEEKLY NEWS**

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Sweet treats

EXPRESS PHOTO COURTESY OF RAUBERTO MINARDO  
Luna holds a Buskers speciality, the cotton candy carnival cone, as Rauberto Minardo takes a bite.

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# Songs and sweets come together at Buskers by the Beach

By Gabrielle Piché

Visions of ice cream cones wrapped in cotton candy and covered in caramel popcorn are coming to life in Gimli this summer.

Buskers by the Beach, Gimli's new ice cream shop, opened for business June 29. Roughly 2,000 people picked up a sweet treat at the shop during its opening week.

Buskers by the Beach sells ice cream of all sorts — banana splits, sundaes, milkshakes, flurries, hard ice cream and more. What makes it different is its specialty treats.

Linda Miyai, one of the shop's founders, said the Busker Bowl is a popular item. Customers buying the Busker Bowl choose three flavours of hard ice cream. The ice cream goes on a chocolate chip cookie and gets slathered with whipped cream, chocolates and caramel sauce.

The shop also has specialty cotton candy and popcorn ice cream cones.

Miyai plans to make the ice cream parlour distinct by having buskers play music outside the shop most evenings. During its first week, people sung and played the piano while customers bought desserts.

Linda Miyai owns Buskers by the Beach with her husband, Tim Miyai. She said Tim had loved music since



Customers can buy popcorn ice cream cones at Buskers by the Beach.

his youth.

"After working his day job, you could almost always find Tim busking somewhere," she said.

Tim played guitar and sang at farmers' markets, Winnipeg Jets games and The Forks. Now, he and his wife are opening a spot beside their ice cream shop for others to perform.

The couple is open to all types of instruments. Entertainers must schedule an audition with Tim if they want a spot at Buskers by the Beach.

The Miyais ask that buskers have



EXPRESS PHOTOS SUBMITTED

Customers line up outside Buskers by the Beach to try the newest specialty ice cream treats.

one to three hours of family-friendly material ready to perform at the shop.

The Miyais have owned a cabin in Gimli for 30 years. Linda was an educational assistant with the Winnipeg School Division, and she retired this year.

"It's been a lifelong goal to open my own business," Linda said. "Being retired now gives me the time to fulfill my dream."

Linda said there'd always been four-litre tubs of ice cream in her house growing up.

"Opening our own ice cream shop was a no-brainer," Linda said. "You have to love what you serve."

She and her husband started looking for a building for their business in 2012. They bought the old Water Source Emporium in July of 2017 and

began renovations that fall.

"It took a couple of years of remodelling to bring it up to the standards we imagined," Linda said.

She said they changed everything, including the outside area, and they made sure the place was wheelchair-friendly.

Linda said she wants to see tourists and locals at her shop. In the first week, Buskers by the Beach saw customers from the Interlake, Winnipeg, Ontario and the United States.

Buskers by the Beach is open from 4 p.m. to midnight every day except for Tuesdays. The shop does not open on Tuesdays.

People interested in auditioning to busk at the ice cream shop can email Tim at [tmiyai@shaw.ca](mailto:tmiyai@shaw.ca).

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# From flowers to the beehive – how honey ends up on the table

By Gabrielle Piché

You can put honey in desserts, on toast, in smoothies and on meat. It is versatile, and it lasts forever. But how does it get from beehives to your kitchen table?

Tom Borsa owns Beachside Farm and Apiaries in Sandy Hook. Borsa is just beginning to harvest honey from over 200 hives in his three apiaries.

“Even though this year is such a dry year, we’re producing pretty good honey,” Borsa said.

Borsa began harvesting honey at 12 years old. His uncle Joe got him into it — Joe raised honeybees, and he taught Borsa what he knew about beekeeping. Borsa worked on Joe’s farm in the summers when breaking from high school and Red River College.

Borsa started Beachside Farm and Apiaries five years ago. Before then, he’d spent 20 years as an electrician, saving money to buy his farm.

Borsa planted three crops: alfalfa, alsike clover and sweet clover from eastern Europe.

He chose these crops because he’d noticed they attract honeybees. He said he doesn’t need to worry about bees wandering off his farm because they stick around the clover crops.

“We just plant really forage-friendly plants for them,” Borsa said.

He seeds his fields every spring and lets his bees out when the crops are ready.

The bees collect nectar from Borsa’s fields. Once bees finish collecting, they bring the nectar back to their hive. Bees carry the nectar back by storing it in their extra stomachs.

During this time, the nectar mixes with en-



Borsa sells his honey at farmers’ markets and on his farm.

zymes. During this change, the nectar becomes suitable for long-term storage.

At the hive, bees put their nectar into a honeycomb. Younger bees then fan the honeycomb with their wings to evaporate the water inside the nectar, according to an article by Live Science.

This turns the nectar into honey.

Typically, there are 50,000 to 70,000 bees per hive and a worker honeybee normally lives for 40 to 50 days, Borsa said.

Borsa uses honey supers, a type of box, to retrieve honey from the hives. He puts the honey supers on top of the bees’ regular hives. The bees will make honey in these boxes and then leave through an exit chamber called a bee escape. When a bee goes through a bee escape, they can’t come back into the super.

“It’s like a one-way funnel,” Borsa said.

When the honey super is full of honey, Borsa



EXPRESS PHOTOS SUBMITTED

Beachside Farm and Apiaries owner Tom Borsa among his beehives.

removes the box from the regular hive for harvesting.

The honey then goes into a settling tank. Borsa doesn’t filter his honey because he likes to keep the nutrients.

From there, the honey is poured into bottling tanks. If it’s to become specialty honey, it goes into a creaming machine for 10 to 20 days along with other ingredients.

Continued on page 5



Borsa’s bees gather nectar from his clover fields.

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# Winnipeg Beach gearing up to welcome thousands for annual festival

## Boardwalk Days July 26-28

By Becca Myskiw

The annual Winnipeg Beach Boardwalk Days are fast approaching, and organizers are gearing up for another exciting year.

The annual festival will run from July 26 to July 28 and includes a variety of attractions to keep visitors busy.

Winnipeg Beach recreation director Allan Sulyma said Boardwalk Days is a huge hit and fills the town with people from all over the province each year.

"It's always a madhouse," he said. "It explodes."

Wonder Show's midway is open throughout the weekend including five food vendors and local businesses. Sulyma tries to get food vendors who won't compete with the local restaurants.

"We always try to find food vendors who bring in something different," said Sulyma.

The Craft & Vendor Market has been brought back due to popular demand. Sulyma said the old market wasn't working, but they've found a way to

make it work for this year, and it will be open on the Saturday of the festival.

The parade will start at 11 a.m. and will travel from Prospect and Maple to downtown. Fireworks will light up the sky on Saturday at 10:30 p.m.

A pancake breakfast will be held on Sunday from 8 a.m. to 12 p.m. in the firehall.

One of the most popular and most anticipated attractions is possibly the Bon Jovi Tribute Show. Winnipeg Beach has a different band playing on the bandstand each weekend throughout the summer, and Sulyma said there were over 2,000 people there for Canada Day.

"You can't see these concerts anymore," said Sulyma. "They can come and see a tribute show for free."

Boardwalk Days will also have a bicycle-decorating contest for children 12 and under. Participants show up to Prospect and Maple at 10:30 a.m. on Saturday and ride their beautified bike in the parade for the town to see.



EXPRESS FILE PHOTO BY LANA MEIER

The Wonder Show's midway will be open during the annual Winnipeg Beach Boardwalk Days from July 26 to 28.

# Gimli council revisiting Recreation Centre expansion

By Patricia Barrett

Gimli council is revisiting a plan to expand and upgrade the Recreation Centre.

During its regular meeting July 10, council approved the submission of a funding request to the joint federal-provincial Investing in Canada Infrastructure Program, and also committed \$1,866,667 towards the project.

The last iteration of council under then-mayor Randy Woroniuk had also submitted a funding proposal to both levels of government to turn the Rec Centre into a wellness centre.

If approved, the project can be completed over a 10-year period.

"What we'd be working off is the documents that were produced in the last term [of council]," said Coun. Thora Palson. "We do have a conceptual design that we put together with feedback from the community."

The design includes upgrades to existing spaces such as the gym and change rooms and to the exterior of the building and parking lot.

Coun. Peter Holfeuer said feedback he has received from the public is focused on the centre's "much greater potential."

"A walking track: we hear this over and over again, a facility for larger events and air conditioning," said

Holfeuer. "For all the things that go on in ... Gimli, we just need to have a proper venue. I'm quite optimistic the funding will come through and we can put the Recreation Centre on the right track."

Mayor Lynn Greenberg said even if the government provides funding, council will need to create a good fundraising committee because "it's important we fundraise."

He agreed the town has to put money into recreation and that there should be an indoor walking track.

Other council briefs:

-Council gave to its approval to the Gimli Environmental Advisory Committee to expand on an existing shelterbelt near its site. The environmental committee had about an acre taken away from it by the RM when a parking lot was constructed.

GEAC's site is on North Colonization Road, close to the sports park.

GEAC member Gail Mastin, who attended council with fellow committee members Cam Bellingham and Audrey Swift, said about a decade ago the committee was given the 3.1-acre site to care for, and also received a grant to enhance it.

The committee has a number of projects on the way, including the creation of a grasslands, a rain garden, a water



EXPRESS PHOTO BY PATRICIA BARRETT

Members of the Gimli Environmental Advisory Committee from left Cam Bellingham, Audrey Swift and Gail Mastin

pollution abatement scheme, walking trails and the planting of more trees.

"We know walking trails would be good for Gimli and we want to set up native trees along that area," said Bellingham.

Swift said the committee has already planted 65 trees.

Mastin said the project can't be completed all at once, but will come along

slowly.

-Council reported it has no update about the new 55-plus housing project the provincial government pledged to build near the sports park.

-Council submitted a funding request under the Investing in Canada Infrastructure Program to upgrade the town's watermain.



# NDP candidate addresses healthcare, education and environment

By Patricia Barrett

The NDP's Interlake-Gimli Riding candidate paid a visit to Gimli council last week to touch base and speak about her commitment to protecting healthcare services, education and the environment.

Sarah Pinsent, who grew up in Stonewall and now lives in Winnipeg Beach with her husband and children, was a delegate during council's regular meeting July 10.

"I'm eager to work alongside leaders like yourself," said Pinsent, who has a master's degree in social work and runs her own Gimli-based practice, Lean In Counselling & Consulting. "I know past NDP governments worked closely and successfully with the RM and town council."

Pinsent said she comes to the candidate role with firsthand experience of how the current Conservative government's restructuring of the healthcare system has negatively affected frontline staff – herself included. Her position as manager of family medicine at the St. Boniface Hospital was terminated without warning last year under a round of cuts.

"I've seen firsthand what's happening with the cuts, the threats to our vital resources, the impact on our staff. If Brian Pallister is re-elected, he will

proceed with the second round of healthcare cuts, which will be in rural Manitoba. There are no exceptions to that. That's what I'm standing up against," she said.

At present there is "insufficient staffing" in the region's hospitals and no or too few doctors in the emergency rooms, she said. In Fisher Branch, there's a six-week waiting list for patients to see a family physician.

The Teulon Hospital had its emergency room permanently shuttered a few years ago, and the ERs in Gimli, Arborg, Eriksdale, Beausejour and Pine Falls (Interlake-Eastern RHA) are still subject to temporary closures on a weekly basis or for several hours at a stretch when there are no doctors available, according to schedules the IERHRA posts online.

"We're facing hospital closures and downgrading of our hospital facilities in the Interlake region," said Pinsent. "Hospitals like Eriksdale, Arborg and even Ashern are being slated to be transformed or closed."

Having to be re-routed to an ER that has a doctor available only "overloads"

the capacity of the staff and the entire system, she said. "The Manitoba NDP will always prioritize health care as an essential and universal right for Manitobans."

On the education front, Pinsent said she's expecting the recent K-12 provincial review to result in amalgamation of school boards. Reviewers had travelled all over the province to hear from educators, but did not come to the Interlake. The report is scheduled for release in February 2020.

"We can only hope that our feedback has some value and some meaning. But as we all know, when Pallister says review, it really means cut," said Pinsent, who's been a member of the Winnipeg Beach School parent advisory council for nine years. "I'm afraid this education commission has gathered a wealth of information and none of it will matter."

Pinsent praised council for its commitment to the environment, demonstrated by its future investment in electric car charging stations and its

representation at the recent Save the Lake awareness event a few weeks ago.

She said there needs to be a positive partnership struck with the City of Winnipeg in order to reduce the amount of phosphorus entering Lake Winnipeg.

"Our lake is everything. It's our tourism, our economy, our pay, our health and we need a provincial government to invest wholeheartedly without exception in saving the health of the lake," she said. "There needs to be a partnership immediately with the City of Winnipeg in regards to the North End sewage treatment plant."

As for the commercial fishers, who've been unable to work collaboratively with Sustainable Development and voluntarily dismantled their co-management fishery board a few months ago, Pinsent said she wants to work with them to ensure the future health of the lake.

"There's been so much deceit, information withheld from them, lack of partnership, lack of collaboration and it has created a huge storm of discontent," she said. "And it's putting people's livelihoods at risk. As MLA I want to re-build that partnership."

The election is scheduled for Sept. 10

"I'M EAGER TO WORK ALONGSIDE LEADERS LIKE YOURSELF,"

## > HONEY, FROM PG. 3

Sometimes, Borsa mixes lemon and honey in the creaming machine. Other times, he combines his honey with ground cinnamon root.

"Anything we flavour our honey with needs to be a natural product," Borsa said.

There's one exception — Borsa's candy cane honey has processed candy canes.

Borsa tests his honey to learn where the honey's nectar originates. He labels his honey accordingly.

For example, if one hive produces honey using 90 per cent sweet clover nectar, Borsa will label the honey "sweet clover."

He said the type of nectar affects the honey's taste.

"I don't know 'regular honey,'" Borsa

said. "There's so many different varieties of nectar that you can get a variety of different tastes of honey."

This is one reason why Borsa likes having his own clover fields — he knows where his bees will get their nectar year after year.

Some farmers travel to several areas with their bees, like canola fields and apple orchards, because they don't own farmland.

Borsa said he also likes having his own fields because he doesn't have to worry about herbicides and pesticides.

The chemicals harm the bees and are sometimes lethal.

"Without honeybees ... fruits and vegetables we eat are not pollinated, so it's not a

good thing," Borsa said.

He said people could help protect honeybees by not spraying their dandelions in the spring. Honeybees use dandelion nectar at the beginning of the honey-making season. The honey made from dandelion nectar feeds the bees and strengthens them for the summer.

Borsa said people with farms near apiaries could help by spraying their crops when bees aren't around collecting nectar. The best times to spray would be early in the morning and late in the evening.

In the past, Borsa has sold his honey at farmers' markets in areas like Petersfield and Lockport. Borsa will con-

tinue to do so this summer. He's also selling some honey to BeeMaid.

BeeMaid will process Borsa's honey in their plant. When people buy BeeMaid honey, they're buying a mix of honey from different western Canadian farmers.

Borsa still processes the honey he sells at local markets and on his farm.



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## Physician Departure – Ashern Medical Clinic

Please be advised that on August 5 Dr. Rastim Kashur is concluding his practice at Ashern Medical Clinic. He will be available the last two weeks in July if patients wish to make an appointment to see him before he leaves.

Interlake-Eastern RHA wishes Dr. Kashur all the best and thanks him for his years of service to Ashern and area residents.

**All remaining physicians at the clinic are accepting patients:**

To contact the office of Dr. Christopher Okpaleke or Dr. Mina Gendi, phone 204-768-3404.

To contact the office of Dr. Rezvaneh Azad-Armaki or Dr. Armin Sabri, phone 204-768-3821.



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## Folk Fest community a standalone

By Evan Matthews

For the 45th consecutive year, Birds Hill Provincial Park played host to (arguably) Manitoba's greatest festival.

Winnipeg's Folk Festival is an amazing time and place.

The festival's lineup is always filled with so many artists you already know and have to see. It also has so many other artists you haven't heard of but then fall in love with.

This year saw acts like K'Naan, Jason Mraz, Deathcab for Cutie, The Sheepdogs, FM Belfast, and Alvays as the festival's staple acts.

But then, there were artists such as Tim Baker, Ziggy Alberts, Sean McConnell, Steve Gunn, Mt. Joy and Tal National, who came in and stole some hearts.

But don't forget about the local acts either, acts all from Manitoba, including Begonia, Castlemoon Theatre, Christine Fellows, Lindy Vopnfjoro, Living Hour, Roman Clarke, Seanster and the Monsters, Taylor Janzen, Jesse Matas, or Peguis' own William Prince.

The amount of talent is immeasurable.

Having said that, the talent and the shows still might not be the highlight of what Folk Fest is.

What starts as an empty field, within a few hours, is soon a community of a (cumulative) 70,000 people.

What's even more astonishing than the number of visitors to the park grounds is the fact that, with the help of 2,800 dedicated volunteers, people from all walks of life come together to build an incredible community.

It's not an exaggeration because Folk Fest does become a community.

It becomes a community that doesn't exist anywhere outside of the festival environment. It's a standalone.

Folk Fest is a place where you walk up to your campsite and might not know the people camping a site over, but you will know them by the end. More than likely, you'll end up as friends.

Did you forget your toothpaste? What about coffee? Don't worry, it's all good because your neighbour has both, and they're happy to make sure you're comfortable and taken care of.

But wait, your neighbour forgot sunscreen and it's 30 degrees Celsius? That's OK, too, because you want to help them in the same way they've helped you.

In the same way you get to know your neighbours, you'll get to know

others from around the grounds. At some point, a long-haired man with a ukulele may stumble upon your sun tent and walk inside.

While it may be uncomfortable in any other context to have someone you don't know join your group, here you can welcome that person in and the next thing you know you're all making beautiful music together.

It's hard to enter back into reality from a place like Folk Fest.

In day-to-day life, people tend to be a bit more closed off, set in their routines and focused on their many goals for the week, month or year.

Politicians fight and argue, our society faces many issues, and people bicker about it all on social media.

But to try and take back some of the lessons Folk Fest teaches us, it's worth trying.

Help out your neighbours, try to think positively before you think negatively, be open-minded and loving, and, more than anything, try to remember how your attitudes and perceptions help to shape the attitudes and perceptions of those around you.

Life is what you make it, so make it a happy life.

## Gimli council up to speed with traffic bylaw and speed policy

By Patricia Barrett

Gimli council is gearing up to regulate speed in the municipality after the province gave municipalities the authority to determine their own speed limits.

In March, the provincial government's Traffic and Transportation Modernization Act came into force, scrapping both the Highway Traffic

Board and the Motor Transport Board and turning over to municipalities the authority to set speed limits within their boundaries.

The RM put together a new traffic bylaw and a speed review policy and procedure, and will be holding an Open House in August.

Traffic Bylaw No. 18-0022 is an amalgamation of 29 existing bylaws. It will

give the RM exclusive control over its streets, lanes and roadways with the exception of provincial highways and roads 8, 9, 222, 229, 231 and 519.

Working with Coun. Thora Palson, administrative staff wrote a comprehensive 44-page bylaw that covers everything from traffic control devices,

Continued on page 7

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## Who says you need glasses to land a fish?

Greetings, good friends.

Jim Kless was the kind of guy you would expect to be a very successful salesman. With a likeable free-flowing voice and pleasant appearance, he could strike up an easy conversation with whoever was closest to him. I happened to be closest to him last week on the Red River bank by Selkirk and became privy to a funny little fishing story he experienced.

Jim is from Palm Beach, Fla. He married a Selkirk gal and, for years, they have spent their summers here and their winters down south. His first summer here, he spent a lot of time sitting on a river trail trying to catch a fish from the Red without much success. One day, an older bearded chap pulled up on his ancient, squeaking bike and said, "I've been fishing this river all my life and if you want to catch more than you might be able to handle, try this."

Jim's new friend, Albert, went on telling him to very specifically rig a minnow on a #2 hook with a #3 weight, cast out as far as he could and then hang on.

His enthusiasm rejuvenated, Jim kissed his wife goodbye after coffee the next morning and strode down to the river for some real fishing.

Old Albert happened by a few hours later on his bike. After seeing Jim had cast his baited hook nearly out to the middle of the river, he simply said, "Yeah, you've got it. Now hang on!"

and left.

As the day wore on, Jim cast out repeatedly without a nibble. He began growling nasty words meant for Albert. He had spent extra money for a rig on Albert's advice and seemed no further ahead. Then he felt a snag. Anggrily he hauled up, and to his astonishment, his snag started moving.

"Hang on." Albert's advice rang in Jim's mind. Now Jim understood! If the fish stayed still, Jim stayed motionless. When it wanted to swim slowly away, he followed it along the bank, letting line out. Not once in his 30-minute duel with this fish, which by now Jim could tell was a giant cat because of its behaviour, did he forcefully haul and reel in. He let the fish play itself out and then drew it to the shore mud. He was startled.

The grey monster was the size of a hog. He proudly took pictures to show his wife and pushed it back into the water. The next day found Jim fishing in his usual spot when Albert came creaking along on his old bike.

"Well, did you catch a certain fish and hang on instead hauling hard?"

"Yes I did," said Jim.

"Yes sir, there's some giants in the middle of that river," Albert said.

Jim showed him the picture.

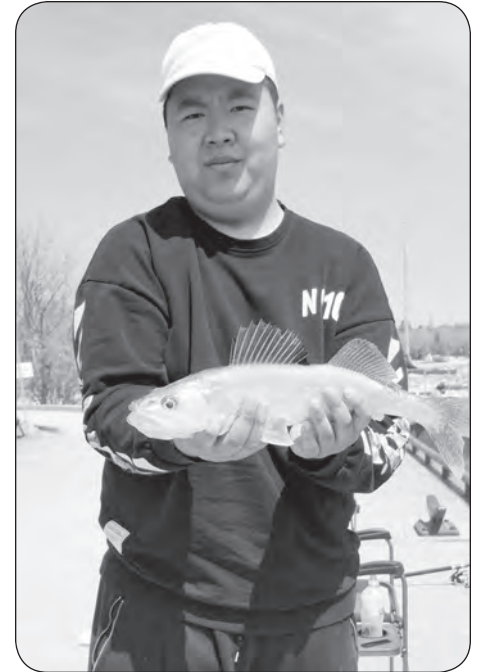
"Yeah, it kind of looks like the one I landed here last summer," Albert said to Jim as he mounted his bike and peddled away smiling.

Last weekend, I met another charm-

ing person, Janie Vaarmeyer, of Winnipeg who also had a humorous fishing story. Janie was a happy lady with glasses that sat halfway down her nose and a tan camper's hat with a downturned brim. She joyfully went into a story about a family fishing day on Lake Laclu in The Lake of the Woods. They had rented a small rowboat for Janie and her mom while Janie's dad and a friend got stuck with a canoe, which he had no clue how to manage.

Mom was a very determined angler. She got the first bite that sunny, windy afternoon and started reeling in quickly, telling everyone to stay out of her way. The walleye on her line flipped out of the water, exciting her. She stood up in the little dingy, rocking it dangerously as she fought to bring in her catch. By now, Janie's dad had brought his canoe close to theirs and half stood up to grab on. Just then, mom pulled back hard on her rod, hitting dad in the head and knocking him overboard. He rose from the water, sputtering and clutching the side of the canoe minus his glasses.

Undaunted, mother continued and landed her walleye. Dad stayed in the water hanging on to the canoe while Janie tied her boat to it and paddled to shore. As they prepared to head home, dad declared he couldn't drive without his glasses. Janie was the only other one with a licence, and a beginners at that. So it came about, father and daughter sitting in the front seat



EXPRESS PHOTO BY ARNIE WEIDL

Calvin Tu of China with his catch of a walleye off the Victoria Beach pier.

of the car, with half-blind, soaking wet dad giving Janie instructions on which forest lanes to take to get to the highway!

By the way, I was visiting a dear lady in the Gimli Hospital last week and met a commercial fisherman, Bert Whiteway from Matheson Island. He told me the fishing has not been good up there because the water is too warm.

Our feature picture for this week is Calvin Tu from China with a nice walleye he caught off the Victoria Beach pier.

Bye for now.

## > TRAFFIC BYLAW, FROM PG. 6

horses, farm machinery and bicycles to working on roadways, parking, motorized mobility vehicles, soliciting rides on a street and clinging to motor vehicles, as well as the penalties associated with breaking the law.

"Part of the process was to review the bylaws of the municipality and any changes made were to be ready by September," said Palson during council's regular meeting July 10. "As you can imagine, a lot of work went into amalgamating them into one bylaw, and I want to thank our administration for all the time and patience and double-checking that it took to do this."

In addition to the bylaw, RM staff created a policy to deal with requests

for speed limit alterations based on guidelines the province provided in April. Policy No. CS10 sets out specific procedures council will be required to follow when residents ask for a review.

For their part, residents will be expected to request a speed review in writing, providing specifics about the roadway and the length of the speed area, current speed and proposed speed, and why the request is being made, among other requirements.

The RM would then submit the request to its Public Works department, which will verify roadway conditions, land area usage, seasonal impact and so forth. It would also undertake a preliminary speed limit analysis, col-

lecting data on the numbers of vehicles using the roadway and determining the speed at which 85 per cent of motorists tend to travel.

Council will be able to implement speed limit changes within 10 km/h of the current speed. But if residents want a speed limit change over or above 10 km/h, council would have to consider (via resolution) whether it should have an engineered traffic study done. That's estimated to cost \$6,000.

"If it's 50 [km/h] and they want 40, we can change that," said Coun. Cody Magnusson. "If it's 60 and they want 30, then we have to spend money on a study."

Coun. Palson said the new responsibility for speed limits could prove challenging to the municipality if it

gets a high number of requests for speed reviews.

CAO Joann Murphy said council would, in that case, have to determine priority areas.

Palson showed meeting attendees a map of the entire municipality and its current speed limits by area, including reduced speed zones. She also asked that council hold an open house so that residents can be brought up to speed on the changes, understand the procedure for requesting speed reviews and the high cost of engineered traffic studies.

The open house will take place Saturday, Aug. 10 from 1 to 3 p.m. in council chambers.

Council gave first reading to the bylaw with all councilors in favour.



# Women warriors with compassion, building belonging

By Evan Matthews

Two Interlake women are looking to cultivate community, and they'll do it by empowering the region's women in body, mind and spirit.

Cassandra Enns-Bullied, owner of Firewalkers Canada as well as its certified coach and therapist, will host a women's retreat with workshops on the topics of becoming empowered, becoming stronger within one's self, and learning how to say no.

"We have amazing Interlake gems in our communities. I want to get a group of women together, women who are empowered and women who aren't," said Bullied, who was a long-time Warren resident but recently moved to Gimli.

"I want to provide a space to be open and honest, for women to push themselves."

The Women's Warrior Retreat, as Enns-Bullied is calling it, will be held at Camp Arnes over the Sept. 27 weekend.

During the day, the group will be doing things like high rope, zip lining and so on, according to Enns Bullied, but the event will include focused discussions throughout the day as well.

The leadership group has also brought in a physiotherapist, who Enns-Bullied said will be a head coach for those who struggle with mobility, and she can take them through Tai Chi and different ways they can move their bodies.

"We're looking for women who feel a little bit tired, who have children, who have been in the work force for a while, etc. Once we hit 30, we're all tired and we're all working, so we're looking for that mature group," said Enns-Bullied.

"We want women to walk away with this with a sense of self, being OK with who they are, and some goals to set for themselves if they want to create any sort of change in their lives. The other thing is everyone will be walking away with contacts, 50 women who are like them, and five leaders who are there for help and support afterward."

Enns-Bullied has taught people to



EXPRESS PHOTO BY EVAN MATTHEWS

Cassandra Enns-Bullied (left) and Christina Hooper (right) hope women in the Interlake will band together for support and discussion, all relating to mental, physical and spiritual health.

walk on fire and glass and said many people view those teachings as extreme.

However, learning to walk on fire is metaphorical in a sense, she said.

"You've been told your entire life that fire burns. I can tell you I've walked on fire hundreds of times and, yes, it can burn, but you've been told things over and over again, and unless we try them for ourselves — how are we to know it's true?" said Enns-Bullied.

"We've been put into these (societal) boxes, and firewalking proves that just because you've been told no doesn't mean no is the right answer. Just because you have fears doesn't mean you can't get past them. Once you walk on fire, you kind of feel there isn't anything you can't do."

After finding that it was mostly women coming to her, Enns-Bullied said she decided to focus on a wom-

en's weekend.

She began looking for coaches who are strong women. Physical fitness was an important aspect to planning, too, according to Enns-Bullied.

Christina Hooper and Enns-Bullied had been acquainted for five years and wanted to join forces.

"We're going to have five coaches in total, bringing their skills together, honing and focusing those skills on the group we develop," said Enns-Bullied.

"We so often focus on our bodies and our physical health, but many still have issues with what goes on in their mind. We're trying to bring together our body, our mind and our spirit."

Hooper is a fitness and wellness coach and owns Backcountry Fitness and Conditioning. She's been a personal trainer for 17 years.

But more so than her expertise re-

lating to physical fitness, it's been her advocacy efforts that have drawn her to the Women's Warrior Retreat, she said.

As a young adult, Hooper said she was oft-sick with things like pancreatitis, appendicitis and gallbladder attacks.

Hooper said she also struggled with postpartum depression after the birth of her first biological child. Even after dealing with postpartum, Hooper said she then struggled with chronic pain that was eventually diagnosed as endometriosis.

"I ended up in the hospital over many months. ... I was just very sick as a young person. I actually had to drop out of university as a result," said Hooper.

"My life changed. It's why I wanted to start living a healthier life and be in better fitness overall."

Sharing the knowledge she's acquired relating to both has become a passion of Hooper's, and she wants to open up the conversation.

The Mayo Clinic defines postpartum depression as depression new mothers suffer with following childbirth, typically arising from the combination of hormonal changes, psychological adjustment to motherhood, and fatigue — though Hooper said it is far more complex than that.

The Mayo Clinic defines endometriosis as an often-painful disorder in which tissue that normally lines the inside of the uterus — the endometrium — grows outside the uterus. Endometriosis most commonly involves a woman's ovaries, fallopian tubes and the tissue lining the pelvis, according to Mayo.

Endometriosis can be difficult to diagnose and often goes undiagnosed, according to experts.

Hooper said she hopes other women will find belonging and support in not only her but the other teachers and collective group at the retreat.

There are only 40 spaces left, according to Enns-Bullied. Women who are at least 30 years old can register on the Firewalkers Canada website.

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# Interlake's Queen of Chocolate to lead rambling and rejuvenating tour across Costa Rica

By Patricia Barrett

The Interlake's Queen of Chocolate is set to lead an upcoming small-group tour to Costa Rica that will be educational, adventurous and downright delicious, and there are still spots available.

Author Doreen Pendgracs, who lives in Matlock, has an exciting itinerary lined up that includes a bustling seaside town, a jaunt to the edge of a volcano, a leisurely stroll through a tropical forest and a plunge (literally, if you like full-body chocolate wraps) into the world of cacao.

"We have an incredible variety of things to do while still allowing for some free time so that people won't be run off their feet," said Pendgracs, who's visited the Central American country in the past and writes about its chocolate producers on her blog, Chocolatour.net. "This is meant to be a leisurely tour. I want it to be rambling and rejuvenating but transformative as well."

Pendgracs said in addition to an experiential chocolate adventure, participants will learn about the country's culture, spend time with local people and come away with greater respect for the environment.

Pendgracs is no amateur when it comes to the world of fine chocolate. She's been researching cacao for 10 years and it's taken her to 20 countries with vastly different cultures. She regularly hosts chocolate and wine pairing events at McNally Robinson (she's booked for Sept. 13) and around the Interlake (Aaron's on the Lake Bed & Breakfast near Ponemah) and has published a book titled *Chocolatour: A Quest for the World's Best Chocolate*.

She chose Costa Rica for her "chocolatour" because it earned a high rating with an association called International Living, she said. It's a relatively



Doreen models a full-body Costa Rican chocolate wrap.



Sloth with cocoa pod.

EXPRESS PHOTOS SUBMITTED

safe country with a stable government that promotes environmentally sound practices, has a high literacy rate (most people speak English in addition to Spanish) and the water is drinkable across the country.

Participants will see firsthand how cacao is grown and learn about sustainability efforts on plantations such as the Nahua Chocolate Factory and the Caribbeans Coffee and Chocolate farm, which is operated by American ex-pats.

"People will experience how they grow the cacao, how they process it and how they make chocolate," said Pendgracs, referring to Caribbeans' owners. "They use really primitive methods — a hair dryer to winnow the shells off the cacao beans and a small coffee roaster to roast their beans for

their bean-to-bar chocolate."

The tour includes a stop at an 11-acre organic coffee plantation called Heliconia Ranch, the Monteverde Cloud Forest Biological Preserve, a cross-country drive and an up-close look at dormant volcanoes in Braulio Carrillo National Park. Participants will also spend time with the BriBri Indigenous people on the Watsi Reservation.

"We're going to meet a shaman and learn about the importance of cacao to their local culture," said Pendgracs. "They believe it has high medicinal properties."

Pendgracs is partnering with EF Go Ahead Tours for the nine-day customized tour. It will include eight breakfasts, five lunches, five dinners, three chocolate tastings and a private de-

lux motor coach, among other perks.

With World Chocolate Day recently celebrated on July 7, Pendgracs said an on-the-ground tour to a cacao-growing country is a great way to learn about chocolate culture, understand how farmers make their living and how the international chocolate market works.

"When I think of World Chocolate Day, I think about how people celebrate it around the world and what personality chocolate has in different parts of the world."

The Costa Rica tour is scheduled for Jan. 11-19, 2020. Bookings close July 31. Call EF Tours' Maureen Downs toll free at 1-800-742-1731 to reserve a spot or visit [grouptoursite.ca/tours/costaricachocolatour](http://grouptoursite.ca/tours/costaricachocolatour).

# Thai Plaza demolition and re-building underway

By Patricia Barrett

The demolition of part of the Thai Plaza building on First Avenue in Gimli was well underway last week. The Thai clothing store and restaurant was badly damaged this winter after a major water main break in town. Undeterred by the loss, Plaza owner Sumalee Phanad has set up a food truck at the site, which is located next to a shady walkway with picnic benches. She'll continue to operate her store at its temporary location in the Lighthouse Mall on Centre Street while she re-builds.



While the Thai Plaza undergoes demolition, owner Sumalee Phanad is offering Thai food from a food truck.



EXPRESS PHOTOS BY PATRICIA BARRETT  
Contractors tear down the front part of Thai Plaza.



# Arborg Fair & Rodeo bound to take your breath away

By Patricia Barrett

Get out the fire extinguishers and be prepared for some human and vehicular sparks. In addition to bucking broncos, barrel racers and chugging antique tractors, the Arborg Agricultural Society has some hot entertainment lined up for its annual fair and rodeo this weekend, July 19-21.

Dr. Von Houligan's Carnival of Calamities will feature fire-breathing, mad science, balancing and juggling acts and some high jinks. The carnival is a family-friendly touring show that provides small communities with access to popular circus and magic tricks.

If that doesn't leave your head spinning, the tumbling dirt bikes will.

Keith Sayer from Montana will be bringing his feisty motocross show to the fair grounds on Saturday and Sunday, somersaulting and twisting mid-air during tractor pull intermissions.

The festivities get underway on Fri-

day. Cowboys and cowgirls can kick back with some spuds and streak and enjoy "Sweet Ride Night," which is free and open to anyone with a classic car, truck or motorcycle. Contact Jay Gislason 204-376-5130 to sign up.

To kick off Saturday's events, the Arborg Legion on Main Street will be hosting a pancake breakfast from 8:30 to 10:30 a.m. The big parade will then wind its way through town starting at 11 a.m. The fair gets underway at noon at the Silver Fair Grounds.

The Heartland Rodeo, with steer wrestling and bull riding, starts at 6 p.m. on Saturday with equestrian drills during intermission.

Tribute band Frankie and the Poor Boys will be entertaining the crowds that night with songs by Credence Clearwater Revival and former lead singer John Fogerty.

The three action-packed days include a craft and flea market, photography contest, petting zoo, Crazy Jumpers agility dogs, beer gardens



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Dr. Von Houligan's Carnival of Calamities will feature fire breathing.

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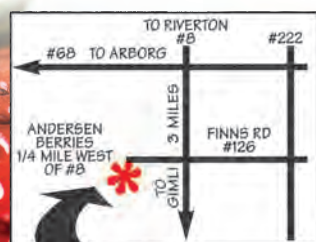
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and the dynamic sibling dance trio, the Ivan Flett Dancers.

The Silver Fair Grounds are four miles south of Arborg (Highway 7 and

Road 125N). The Arborg Agricultural Fair runs July 19-21. For a full list of events and times, visit [www.agsociety.net](http://www.agsociety.net).

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# GIMLI FILM FESTIVAL

JULY  
24 TO 28

## Short film by Los Angeles-based filmmaker set to play in town's film festival

Gimli High School graduate directs film be screened at Film Festival on July 26

By Gabrielle Piché

One of Gimli's own will have her film shown at Gimli Film Festival this summer.

Marilyn Thomas is a screenwriter, producer and, now, a director. Her film *Blood Bus* will be shown in Gimli on Friday, July 26 as part of the Indigenous Filmmakers Association (IFA) Shorts.

Thomas has called Los Angeles home for the past seven years, but her



Sarah Booth has her fangs fixed on the set of *Blood Bus*. Booth plays a vampire in the short film.

roots are in Gimli. She used to live

Continued on page 12



Marilyn Thomas directs on the set of her short film *Blood Bus*.

EXPRESS PHOTO SUBMITTED

### FREE STUFF!

#### RBC SUNSET SCREENINGS

WED, JULY 24 – SUN, JULY 28 – ABSOLUTELY FREE!

Roll call! It's back to school this summer at the Gimli Film Festival.

Leave your ruler and calculator at home, but don't forget a towel or beach chair when you make your way to the Gimli Beach for GFF's nightly RBC Sunset Screenings on our legendary 35ft tall beach screen! All festival-long we'll be playing classic schoolyard movies you know and love! So, study up and come on down to your homeroom on the beach at the 2019 Gimli Film Festival!

10 PM | WED, JULY 24 – CLUELESS | PG | 1995 | 97 MIN.  
10 PM | THURS, JULY 25 – RUSHMORE | PG | 1998 | 93 MIN.  
10 PM | FRI, JULY 26 – MEAN GIRLS | PG | 2004 | 97 MIN.  
10 PM | SAT, JULY 27 – SCHOOL OF ROCK | G | 2003 | 109 MIN.  
10 PM | SUN, JULY 28 – THE BREAKFAST CLUB | PG | 1985 | 97 MIN.

#### RBC BEACH BOARDWALK

7:30 – 9:30 PM, FRI & SAT AT THE GIMLI BEACH SCREEN

Leading up to our nightly beach films, join us for FREE fun on the beach including interactive and family-friendly activities, including our new Big Game Zone!

FRI, JULY 26 | 7:30 – 9:30 PM

Join us on the RBC Mobile Truck for unique virtual reality experiences created by the National Film Board of Canada and hosted by New Media Manitoba!

SAT, JULY 27 | 7:30 – 9:30 PM

Mama Cutsworth's famous family dance party is hitting the beach! Join us at the RBC Mobile Truck for an all-ages family dance party!

### SPECIAL EVENTS

#### OPENING NIGHT FILMS

FOR SAMA (USA/SYRIA/UK)

Wednesday, July 24 | 3 PM  
The Gimli Theatre

WHEN THE STORM FADES (CANADA)

Wednesday, July 24 | 6 PM  
Lady of the Lake Theatre

JAWLINE (USA)

\*Canadian Premiere  
w/ director Liza Mandelup in attendance!  
Wednesday, July 24 | 8 PM  
Lady of the Lake Theatre



### SPECIAL FOCUS: CINEMA OUTSIDE THE BOX!

This special focus for 2019 will explore cinematic work outside of traditional single-channel films by showcasing expanded cinema live performances, multi-media installations, and virtual reality projects at this year's festival.

Some of our Cinema Outside the Box special events for 2019 are:

#### SPECIAL SATURDAY NIGHT PERFORMANCES: CINEMA OUTSIDE THE BOX

Saturday, July 27 | 9 PM to Midnight  
Johnson Hall, 5th Floor, Waterfront Centre

Join us for a special night of cinematic performances, featuring projections and live music from Mexico City, the United Kingdom, Saskatoon and Winnipeg! This event features a cash bar, snacks and is free for Super Pass and Film Community Passholders. General admission is \$20.

#### INSTALLATIONS AROUND TOWN | CINEMA OUTSIDE THE BOX

Explore various locations around town during the Festival to catch additional cinematic installations from local and Canadian artists including Leslie Supnet, Mike Maryniuk, Damien Ferland & the National Film Board of Canada. Stop by the Following locations and see if you can spot the installed video & VR works:

- Flatland Coffee Roasters – 41 Centre Street
- Evergreen Basic Needs – 71 Fourth Avenue
- Robin's Donuts Gimli – 10 Centre Street
- The Gimli Art Club – 3 Centre Street
- Ship and Plough Tavern – 42 Centre Street
- Up a Stump Used Books – 33 Centre Street
- GFF Box Office – 73 First Avenue

### GFF BOX OFFICE

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73 First Ave – Lakeview Resort  
Located in Tara's Corner, entrance on First Ave  
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#### HOURS OF OPERATION:

Sat, June 29 – Mon, July 1: 12 PM – 4 PM  
Sat, July 6 – Sun, July 7: 12 PM – 4 PM  
Sat, July 13 – Sun, July 14: 12 PM – 4 PM  
Sat, July 20 – Sun, July 28: 9 AM – 5 PM



Red River



### WELCOME TO GIMLI!

Welcome to the Town of Gimli! Visitors here enjoy much that this dreamy lakeside community has to offer, from the beaches, to shops and restaurants, to the unfettered natural surroundings and our laid-back, Icelandic way-of-life. Share your visit by tagging @exploregrimli



GIMLI FILM FESTIVAL

JULY 24 TO 28



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GIMLI FILM FESTIVAL SCHEDULE – JULY 24 TO 28, 2019

WEDNESDAY, JULY 24	10 AM	11 AM	12 PM	1 PM	2 PM	3 PM	4 PM	5 PM	6 PM	7 PM	8 PM	9 PM	10 PM	11 PM
GIMLI THEATRE							For Sama 100 m - Pg. 23							
LADY OF THE LAKE THEATRE									When the Storm Fades 81 m - Pg. 20		Jawline 99 m - Pg. 25			
JOHNSON HALL										GFF Opening Reception - Pg. 39				
GIMLI BEACH - RBC SUNSET SCREENINGS													Clueless 97 m - Pg. 12	
THURSDAY, JULY 25	10 AM	11 AM	12 PM	1 PM	2 PM	3 PM	4 PM	5 PM	6 PM	7 PM	8 PM	9 PM	10 PM	11 PM
ASPIRE THEATRE - GIMLI UNITARIAN CHURCH				Amateurs 102 m - Pg. 15		Gods of Molenbeek 73 m - Pg. 23			The Deposit 90 m - Pg. 16		Capernaum 126 m - Pg. 16			
LADY OF THE LAKE THEATRE	Silence is a Falling Body 75 m - Pg. 28			Killing Patient Zero 100 m - Pg. 25		Shorts #1   Future Work 68 m - Pg. 56			Urban Eclipse: Rising Tides of Kekekoziibii (Shoal Lake 40) 77 m - Pg. 28		Recorder: The Marion Stokes Project 87 m - Pg. 27		Djon Africa 95 m - Pg. 17	
GIMLI LUTHERAN CHURCH THEATRE	Los Reyes 78 m - Pg. 25			Manitoba Young Filmmakers 70 m - Pg. 40		The Seer and the Unseen 80 m - Pg. 27			One Child Nation 85 m - Pg. 27		Woman at War 101 m - Pg. 20		Diamantino 92 m - Pg. 16	
GIMLI THEATRE	The Fireflies are Gone 96 m - Pg. 18			Diane 95 m - Pg. 17		Sunset 144 m - Pg. 20								
GIMLI BEACH - RBC SUNSET SCREENINGS													Rushmore 93 m - Pg. 12	
FRIDAY, JULY 26	10 AM	11 AM	12 PM	1 PM	2 PM	3 PM	4 PM	5 PM	6 PM	7 PM	8 PM	9 PM	10 PM	11 PM
ASPIRE THEATRE - GIMLI UNITARIAN CHURCH	Nervous Translation 90 m - Pg. 19			Indigenous Filmmakers Association 50 m - Pg. 50		A Colony 102 m - Pg. 15			The Hottest August 94 m - Pg. 24		The Seer and the Unseen 80 m - Pg. 27		There Are No Fakes 114 m - Pg. 28	
LADY OF THE LAKE THEATRE	Into Invisible Light 99 m - Pg. 19			Better Than Chocolate 101 m - Pg. 15		El Toro w/ The Other Side 60 m - Pg. 23			Shorts #2   A Look in the Mirror 81m - Pg. 57		Urban Eclipse: Rising Tides of Kekekoziibii (Shoal Lake 40) 77 m - Pg. 28			
GIMLI LUTHERAN CHURCH THEATRE	Amateurs 102 m - Pg. 15			Firecrackers 93 m - Pg. 18		Edge of the Knife 100 m - Pg. 17			Maxima 88 m - Pg. 28		nipawistamâsowin: We Will Stand Up 98 m - Pg. 26		Films by Bea Hout 50 m - Pg. 61	Secret Screening!   Premiere of MB Feature Film 75 m - Pg. 40
GIMLI THEATRE	In My Blood It Runs 90 m - Pg. 24			The Deposit 90 m - Pg. 16		The Souvenir 120 m - Pg. 19			Jawline 99 m - Pg. 25		The Goose w/ CRUNCHTIME 80 m - Pg. 18			
JOHNSON HALL						Masterclass w/ Liza Mandelup (Jawline) - Pg. 40				MASTERCLASS w/ Penny Lane (Hail Satan?) & Reception - Pg. 40				
GIMLI BEACH - RBC SUNSET SCREENINGS													Mean Girls 97 m - Pg. 13	
SATURDAY, JULY 27	10 AM	11 AM	12 PM	1 PM	2 PM	3 PM	4 PM	5 PM	6 PM	7 PM	8 PM	9 PM	10 PM	11 PM
ASPIRE THEATRE - GIMLI UNITARIAN CHURCH	Capernaum 126 m - Pg. 16			Djon Africa 95 m - Pg. 17		Midnight Family 90 m - Pg. 26			Into Invisible Light 99 m - Pg. 19		A Colony 102 m - Pg. 15		Nervous Translation 90 m - Pg. 19	
LADY OF THE LAKE THEATRE	Firecrackers 93 m - Pg. 18			When the Storm Fades 81 m - Pg. 20		DGC's Creator's Talk w/ Shelagh Carter 90 m - Pg. 53			Shorts #3   Documenting Displacement 67 m - Pg. 58		Los Reyes 78 m - Pg. 25		El Toro w/ The Other Side 60 m - Pg. 23	
GIMLI LUTHERAN CHURCH THEATRE	nipawistamâsowin: We Will Stand Up 98 m - Pg. 28			There Are No Fakes 114 m - Pg. 28		Diane 95 m - Pg. 17			Woman at War 101 m - Pg. 20		Killing Patient Zero 100 m - Pg. 25			
GIMLI THEATRE	RBC \$10,000 Emerging Filmmaker Competition - Pg. 39			Manitoba Shorts in Competition 64 - Pg. 55		WFG 48 Hour Film Contest Pg. 40			Hail Satan? 95 m - Pg. 24		For Sama 100 m - Pg. 23		Diamantino 92 m - Pg. 16	
JOHNSON HALL									Filmmakers Meet 'n' Greet	Awards Reception - Pg. 41		Performances & Closing Party: Cinema Outside the Box - Pg. 33		
GIMLI BEACH - RBC SUNSET SCREENINGS													School of Rock 109 m - Pg. 13	
SUNDAY, JULY 28	10 AM	11 AM	12 PM	1 PM	2 PM	3 PM	4 PM	5 PM	6 PM	7 PM	8 PM	9 PM	10 PM	11 PM
ASPIRE THEATRE - GIMLI UNITARIAN CHURCH	Gods of Molenbeek 73 m - Pg. 23			One Child Nation 85 m - Pg. 27		Midnight Family 90 m - Pg. 26			The Fireflies are Gone 96 m - Pg. 18		Best of Fest: Grand Jury Prize Winner - Pg. 41			
LADY OF THE LAKE THEATRE	Recorder: The Marion Stokes Project 87 m - Pg. 27			Shorts #4   Who Will Bury Us When We're Dead? 59 m - Pg. 59		Shorts #5   Visions of the End 67 m - Pg. 60			Silence is a Falling Body 75 m - Pg. 28		The Hottest August 94 m - Pg. 24			
GIMLI THEATRE	Maxima 88 m - Pg. 26			Hail Satan? 95 m - Pg. 24		In My Blood It Runs 90 m - Pg. 24			Best of Fest: Audience Choice Winner - Pg. 41		The Souvenir 120 m - Pg. 19			
GIMLI BEACH - RBC SUNSET SCREENINGS													The Breakfast Club 97 m - Pg. 13	

> SHORT FILM, FROM PG. 11

near Aspen Park, and she graduated from Gimli High School.

It was these roots that helped Thomas get into the town's film festival. While at an event in Los Angeles, Thomas met Roger Boyer, a filmmaker based in Winnipeg. The two hit it off. Boyer founded the IFA. He curates the

Indigenous short films portion of Gimli Film Festival. Boyer asked Thomas to submit *Blood Bus*, and she did.

"Film festivals are such an amazing experience and more so when it's a filmmaker's hometown," Thomas said.

*Blood Bus* is the first film Thomas has directed.

Twisted Twins Productions puts on an annual blood drive as part of Women in Horror Month. The owners of the production company, Jen and Sylvia Soska, asked Thomas to make a film for their blood drive.

"They were supportive in my making the leap from screenwriting to directing," Thomas said. "When they asked me to participate, I couldn't say no."

Thomas wrote the film in November

of 2007. Just a month later, she filmed *Blood Bus*.

Thomas launched her short film in February of 2008 — the same month as the Soska sisters' blood drive.

Fittingly, Thomas' film is about donating blood. It's also about vampires.

Paula, the main character, is giving blood in a blood drive van when vampires attack. Paula fights the vampires, using her IV pole as a weapon. After

the credits, a screen lists different places to donate blood in Los Angeles.

"I love a chance to play with blood," Thomas said. "Plus, it's for a great cause."

Thomas said she hopes her film motivates people to give blood.

"We tend to donate only after big disasters, but we should donate more often."

The leading star in *Blood Bus*, Paula

Lindberg, is scared of needles. Thomas said Lindberg actively avoids blood drives because of her fear.

"When she agreed to be a part of *Blood Bus*, I told her she also had to donate with me, so it's a bit tongue in cheek," Thomas said.

Both gave blood at the Children's Hospital in Los Angeles when they were done filming.

Thomas will not be at Gimli Film Festival to watch the showing of *Blood Bus*, but she said she hopes to come back to Canada for work at some point.

Thomas went to Vancouver Film School in 2001, and her first job was on the set of *Da Vinci's Inquest*, a show on CBC television.

Since moving to Los Angeles, Thomas has written and produced multiple short films and documentaries. She's now working on a series called *Future*

*Proof*. She directed six episodes, and the series is now in post-production. *Future Proof* will be shown on the TV network First Nations Experience.

*Blood Bus* will be shown at Aspire Theatre at 12:45 p.m. during Gimli Film Festival. It's one of 10 films selected to be in the Indigenous Filmmakers Association Shorts this year.

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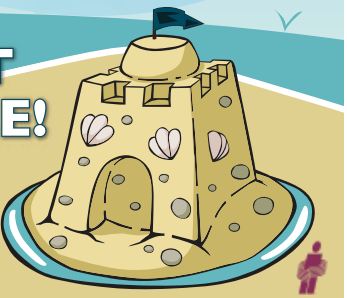


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# Ashern community fundraising to replace Handivan

By Evan Matthews

Not only is the community of Ashern looking at replacing its dated Handivan, but the need for the van has sparked conversation about just what services the van can provide.

Interlake MLA Derek Johnson said with the right vehicle and removal of some red tape, perhaps a Handivan could soon provide stretcher services as well.

"We'll have to look at (removing) some of the red tape to potentially allow stretcher services in conjunction with Handivans. It would be another stream of income for the Handivan services. ... If you don't have an operational Handivan or an associated stream of income, fundraising or donations, etc., it really takes away from the independence of the elderly," said Johnson.

"The longer we can keep families together and cohesive in the same place — with kids, parents and grandparents — the longer we can keep our rural communities together."

On July 10, roughly 50 people attended the Ashern Royal Canadian Legion Branch 57, to hear from Lakeshore Handivan Association Chairperson Gary Anderson.

Anderson spoke about the need to replace the van, and the various (van) options that exist for the Ashern community moving forward.

"As a board, we need to realize (politicians) are responsible for some of this, too. We hope they agree with our preferred choice," said Anderson.

"There isn't a huge difference in cost ... about \$22,000. Our preferred option is a Class 5 vehicle and can carry more passengers," he said.

Though the Handivan Association has two choices in vans, Anderson said the preferred option will cost approximately \$82,000.

In addition to donating the space for Wednesday's gathering, the Ashern Legion also donated \$10,000 to start off the Handivan Association's fundraising efforts.

"This is an essential service, for sure. I used to drive the Handivan, so I've seen the need first hand," said William Ebbers, president of the Ashern Legion for the last 42 years.

"The (Ashern) Legion raises its money through bingo nights, and we're happy to make this donation."

The Handivan Association also received two separate donations from local organization Wools N Needles, totalling \$1,200.

Aside from the generosity of community organizations, Anderson said the association would be looking at federal and provincial grants.



Move Mobility president Richard Jones explains to community members why he believes his company's vehicles are the best on the market, while going through a variety of features.

"Ashern is an amazing community. We can already see everyone pulling together with a goal in mind," said Selkirk-Interlake MP James Bezan.

"This is really just a matter of getting funds raised and applying to the federal grant programs, such as the Federal Community Infrastructure program to help offset some of these costs," he said, noting the communities of Teulon, Stonewall, Selkirk and Beausejour have all accessed the funding pot for Handivan services.

Though Johnson said he's previously explored why an Interlake stretcher service doesn't exist, there haven't been many answers, to date.

With ambulances being such an expensive machine — upwards of \$200,000 — Johnson said he's of the opinion that making Handivans multipurpose would be a wiser choice than purchasing ambulances.

However, he said there are no timelines available as to when Handivans could act as stretcher services.

For those interested in donating, call the Lakeshore Handivan Association at 204-768-2237.



Derek Johnson speaks about the potential for using a Handivan as a multi-purpose vehicle and stretcher service.



James Bezan encourages volunteers to access funding grants.



EXPRESS PHOTOS BY EVAN MATTHEWS

Selkirk-Interlake MP James Bezan, Lakeshore Handivan Association Gary Anderson, Interlake MLA Derek Johnson, West Interlake Reeve Arnthor Jonasson, Ashern Legion president William Ebbers, Grahamdale Reeve Clifford Halaburda, and Ashern Legion Ken Morley, stand in front of the Lakeshore Handivan Association's preferred option.



Chairperson of the Lakeshore Handivan Association Gary Anderson speaks to the crowd about the importance of a Handivan in the Ashern community.



Anderson, left, receives a cheque for \$10,000 from the Royal Canadian Legion Branch 57 president Bill Ebbers.



Ashern Wool N Needles volunteers Marie Ebbers, left, and June Price present Lakeshore Handivan Association chairperson Gary Anderson with a \$1,200.



# Car enthusiasts cruised to Gimli to celebrate the old and new

By Gabrielle Piche

The town of Gimli brimmed with cars of all colours, ages, makes and models last Sunday during its annual Cruisin' Gimli Beach show and shine.

Over 400 owners brought and displayed their cars in Gimli.

Some registered for Cruisin' Gimli Beach in Matlock and then drove to Gimli together, stopping to buy poker hands on the way.

Collector Car Appreciation Day happened last Friday for most provinces and states celebrating, but Manitobans recognized the day on Sunday in Gimli.

The day is normally celebrated in Winnipeg. However, organizers of Cruisin' Gimli Beach partnered with the Manitoba Association of Automobile Clubs (MAAC) this year to hold celebrations in town.

Cruisin' Gimli Beach is no stranger to big crowds. Sunday marked the 17th year of the event, and in the past, a single day could bring in over 400 cars.

This year, Centre Street was blocked off so people could walk among the parked vintage and luxury vehicles, while a section of First Avenue was reserved for the event.

Wayne Douglas owns a 1937 two-

door Pontiac. He's brought his car to Cruisin' Gimli Beach for the past three years.

"As I get older, I want to take in as many of the events as I can," Douglas said.

Douglas lives in Balmoral, but to him, the drive to Gimli is worth it.

"I've made a lot of friends over the years at car shows."

He said he'd gotten ideas from other people on how to fix and add to his Pontiac.

Brian Riege displayed his purple 1933 Plymouth Sedan at Cruisin' Gimli Beach. He said he recognized some of the cars at the show because he'd seen them driven.

"You go to these functions and see who actually owns that car," Riege said.

Some car owners won awards at the event based on the age, use and condition of their vehicle.

"The older, the better," said Judi McQueen, a judge at Cruisin' Gimli Beach.

McQueen said the judges try to involve all types of cars. The awards aren't given solely based on the car's appearance. Judges look at how owners are using their vehicles.

"They're driving it, and they're hav-



EXPRESS PHOTOS BY GABRIELLE PICHE

Brian Latimer, left, stands with his 2016 Polaris Slingshot. The vehicle is registered as a motorcycle but classifies as an autocycle because of its three wheels.

ing fun with it — to me, that's what's most important," McQueen said.

Judges handed out the awards Sunday afternoon.



George Bergen looks at a vintage car.



A 1929 Ford Model A Sedan.



A 1952 General Motors truck.



A 1959 Chevrolet Impala in Gimli on July 14.



A 1970 Dodge Super Bee.



Judi McQueen makes notes as she judges cars at Gimli's show and shine.

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# Gimli film explores a complex relationship between immigrants and Iceland

By Gabrielle Piché

The word “immigrant” takes on a life of flesh and blood in the emotional Icelandic film *The Deposit*.

Ásthildur Kjartansdóttir directed the movie. It came out on Jan. 31, and it will be shown at Gimli Film Festival this summer as part of the festival’s Icelandic film series.

Kjartansdóttir’s movie focuses on Iceland’s relationship with immigrants. Physically, foreigners are accepted into the country. But are they welcomed in society?

In *The Deposit*, Kjartansdóttir shrinks Iceland into a house. Gisella’s house.

Gisella is a broke journalist who quits her job over frustrations with her editor. She applies to a new magazine, where she’s asked to write an article on immigrants and housing in Iceland.

Gisella finds three immigrants — Marisol, Abeba and her daughter Luna — to move in with her. The women pay rent to Gisella, helping the journalist with her bills.

*The Deposit* follows the relationship between the Icelander and her tenants. Everyone starts happy and excited to be part of this new agreement. However, as the women get to know each other, their differences cause rifts.

Gisella clashes with the immigrants as the women try to exert control over their lives. The Icelander adds rules and punishments to the household

to maintain her dominance over the women.

Gisella pities the immigrants and wants to help them only when she has the upper hand. The women come from different backgrounds, but Gisella expects them to conform to her way of life.

It seems like Kjartansdóttir uses Gisella as a metaphor for much of the western world. As a society, we accept and want to help immigrants, but only to an extent — once our way of life feels threatened, we turn immigrants to “others” and want them to become more like us.

Kjartansdóttir does an excellent job of humanizing his characters for the audience.

We see the women getting along — they dance, laugh, and drink wine together.

By the time cracks form in the relationship between Gisella and her tenants, we have a good idea of everyone’s personalities. The immigrants aren’t perfect, but they’re lovable — they’re human.

It’s hard to watch Gisella’s household change from a democracy to a dictatorship. Gisella is relatable — who doesn’t want authority in their own home?

However, it’s difficult to root for her as she fights with the immigrants. Marisol and Abeba aren’t foreigners. They’re people who have hard lives, and they’re trying to get by.



EXPRESS PHOTO SUBMITTED

From left: Gisella, Marisol and Abeba talk in Gisella’s kitchen.

*The Deposit* is, unfortunately, realistic. The tension between Kjartansdóttir’s characters is in western society.

Westerners can get protective when they feel another group threatens their country and way of life. They don’t want the other group’s culture to overshadow their own, so they make rules restricting the other group’s practices.

Take Quebec’s law banning public workers from wearing religious symbols.

Muslims can immigrate to Quebec. However, under the new law, a female Muslim teacher cannot wear her hijab at school. The government is exerting

control to keep its idea of normal intact. The proposed law tries to make “them” look like “us.”

*The Deposit* is a good film for people who want to explore the complicated relationship between immigrants and western society. It’s not a feel-good movie, but it does make you think. It has mature themes, so it’s best suited to people 16 and older.

*The Deposit* will be shown at 5:30 p.m. at Aspire Theatre on Thursday, July 25. It will be shown again at 12:30 p.m. in Gimli Theatre on Friday, July 26.

## Pedal power: Westshore grant will enable Gimli chamber to install bike racks

By Patricia Barrett

The Gimli Chamber of Commerce is in the process of wheeling out a project to encourage Gimplites to ditch their vehicles and get pedalling after it had a funding proposal approved.

Thanks to a \$4,000 grant from the Westshore Community Foundation, the chamber will install public bike racks around town. The initiative will help make Gimli a more cycle-friendly town and contribute to the reduction of greenhouse gas emissions.

“We want to encourage people to be eco-friendly and help reduce carbon emissions,” said Robin’s Donuts owner Cheryl Buhler, who co-chairs the chamber’s tourism committee. “This will promote active transit in town and in the surrounding communities.”

Some of the bike racks are scheduled to be installed this fall with the remainder in the spring of 2020, said Buhler. Style and colour is yet to be determined, but the racks will be branded with the Gimli logo (identical to the street banners).

The chamber and the municipality will work together to determine the best locations.

“We’re going to consult with both the chamber’s beautification committee and the municipality,” said Buhler.

The Westshore Community Foundation allocates funds to projects that protect the environment, support the arts, contribute to infrastructure renewal and improve the health and wellbeing of the communities in its catchment area, which includes Gimli, Winnipeg Beach, Dunnottar, Fraserwood and Riverton.

Westshore president Tim Arnason said board members weighed the chamber’s funding request against a number of criteria earlier this spring.

“What resonated with us were wellness issues — specifically on the active transportation aspect of this — as well as the environment, health and recreation,” said Arnason. “This will also reduce road congestion, which is a safety issue. Active transportation is something Gimli and our catchment



EXPRESS PHOTO BY GABRIELLE PICHE

The chamber will install a number of bike racks around Gimli thanks to a \$4,000 grant from Westshore. The racks will be branded with the Gimli logo.

area are really focused on.”

Westshore also liked the fact that the bike racks will promote the Gimli logo, which enables tourists to in-

stantly identify with the town, and that the chamber is taking steps to provide a more consistent look in the downtown area, he said.



# get inspired

> MEAL IDEAS



1 teaspoon olive oil  
3 pounds pork shoulder roast  
kosher salt, to taste  
ground black pepper, to taste  
4 cloves garlic, quartered  
4 cups low-sodium chicken broth  
8 ounces dried peaches  
1 tablespoon chili powder  
1 cup California Black Ripe Olives, wedged  
2 teaspoons country mustard  
1 ounce arugula  
8 onion rolls, split and toasted  
Heat oven to 375 F.  
In large, high-sided saute pan, heat oil over medium-high heat.  
Season pork with salt and pepper, to taste, and cook in pan 3-4 minutes on

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## Pulled Pork Sandwiches with Peach-Olive Jam

each side until browned.  
Stir in garlic and continue cooking 3-5 minutes.  
Pour in chicken broth, peaches and chili powder; bring to boil.  
Cover loosely with foil and bake in oven 2 hours.  
With slotted spoon, carefully remove peaches and transfer to small mixing bowl. Mix olives and mustard with peaches; set aside.  
Continue to cook pork in oven 30-60 minutes until fork tender.  
Allow to cool slightly then shred by pulling apart with fork.  
Assemble sandwiches by spooning pork onto toasted rolls.  
Top with arugula and peach-olive mixture.



## Sun-Dried Tomato and Olive Tapenade

sea salt, to taste  
freshly ground pepper, to taste  
crackers or toasted baguette slices  
In food processor, pulse shallots, sun-dried tomatoes, olive oil, vinegar and garlic until finely chopped. Add olives, basil, salt and pepper; pulse again until chopped.  
Cover and chill 1 hour.  
Serve with crackers or toasted baguette slices.  
Note: Recipe can be prepared one day in advance.  
Photo courtesy of The Wicked Noodle (Easy Olive Bread)

1/2 cup shallots, chopped  
1/4 cup chopped smoked sun-dried tomatoes  
2 tablespoons extra-virgin olive oil  
2 tablespoons white balsamic vinegar  
2 cloves garlic, minced  
1 can (6 ounces) California Green Ripe Olives, drained  
1 can (6 ounces) California Black Ripe Olives, drained  
1/4 cup lightly packed fresh basil



## Tortillitas (Shrimp Pancakes)

Stir together the flours, baking powder, salt, and pepper. Add water and stir; the mixture should resemble heavy cream. Stir in the onions, shrimp and herbs. Heat enough olive oil to coat the bottom of a nonstick pan; bring to high heat. Pour in half the batter, until it fills the center of the pan. Spread gently with a spoon to form a large pancake. Cook about 3 minutes, or until the pancake is set around the edges. Flip the pancake and cook for 3 minutes, then flip it again and cook it for another 30 seconds or so, until it is crisp on the outside but still moist inside. Remove from the pan and serve the first pancake immediately, while cooking the remaining batter.

Serves 6  
1/2 cup chickpea flour  
1/2 cup white flour  
1/2 teaspoon baking powder Salt and freshly ground black pepper  
1 cup water  
1/3 cup chopped onion or scallions  
1/2 cup chopped raw shrimp  
2 to 3 tablespoons chopped chives, parsley, thyme or cilantro  
Olive oil



## Be Aware, Don't Let Others Make You Feel Angry

them. Then the fight becomes polarized into "Yes, I do!" and "No you don't."

Being reactive may give us a sense of taking control of the situation, but in fact, our old patterning is controlling us. Rarely does anything get resolved this way.

It is when we learn to respond that we begin to take control of our lives and the situations that have been driving us to distraction.

Responding requires that we become aware of different choices we could make, and the outcomes of those choices. Then we choose the response that will create the desired outcome. Instead of getting angry and blaming someone for your feelings, it works better to focus on the solution you desire.

Rather than assuming someone does not care or does not respect you for not calling when they said they would, sit down with them and focus on how this pattern can be corrected.

This is not an easy process, but it can be learned. If you are stuck in old patterns, it might be worth getting a little professional guidance. The positive impact on relationships makes it well worth the effort.

Gwen Randall-Young is an author and award-winning Registered Psychologist practicing in Sherwood Park, Canada. For information on her books, MP3 recordings and resources go to [www.gwen.ca](http://www.gwen.ca) Follow her on Facebook for daily inspiration.



## Easy Olive Bread

2 green onions, chopped  
1 loaf French bread, sliced in half lengthwise  
Heat oven to 350 F.

In bowl, mix cream cheese, butter and mayonnaise until thoroughly combined. Add garlic; stir well to distribute. Add cheddar cheese, green olives and green onions; stir to combine. Spread mixture on cut sides of bread. Bake 20-30 minutes, until cheese is hot, bubbly and starting to brown.

Recipe courtesy of The Wicked Noodle  
8 ounces cream cheese, softened  
1/4 cup unsalted butter, softened  
1/2 cup mayonnaise  
1 clove garlic, minced  
2 cups shredded cheddar cheese  
10 ounces California Green Ripe Olives, chopped

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# Cityfolk Farm to host 4th annual Homesteader Festival

By Lindsey Enns

A family farm near Thalberg, Man., is gearing up to host the fourth annual DIY Homesteader Festival presented by Home Hardware Selkirk next month.

Kris Antonius — who runs the festival along with her husband, Mike Berg, at Cityfolk Farm — says they started the event as a response to the growing interest in reclaiming skills of the past, reconnecting with the land and cultivating community with a focus on a DIY lifestyle.

This year's two-day festival, which takes place on Saturday, Aug. 10 and Sunday, Aug. 11, will feature more than 30 workshops covering a wide range of topics, a DIY kids area, an artisan market and trade show with more than 40 vendors, homegrown Manitoba music and a local foods lunch. Tickets went on sale in early June and Kris says the event is garnering interest from across Canada.

"It's really becoming a national event and we're pretty excited to be hosting all of these people who are interested in creating a connection with the land," Kris said. "The positive energy, community vibe and sharing of skills at the fest is a testament to the attitude and values within the hearts of urban and rural homesteaders."

This year's festival will feature more than 30 workshops and demos cov-



EXPRESS PHOTOS COURTESY OF JANINE KROPLA PHOTOGRAPHY + JOSH DOOKHIE

Cityfolk Farm, near Thalberg, northeast of Selkirk on Highway 12, will play host to the fourth DIY Homesteader Festival presented by Home Hardware Selkirk on Aug. 10 and 11.

ering everything from how to keep bees with Beeproject Apiaries to wild plants and basketry with Prairie Shore Botanicals to Mushroom Cultivation with River City Mushrooms to Hide Tanning with Manitoba Buckskin. This year, Zach Loeks is the 2019 featured teacher. Loeks hails from the Ottawa Valley and is a farmer, permaculture designer, educator, and author of *The Permaculture Market Garden*.

"The folks that come out to the fest are going to leave inspired about how easy and gratifying it can be to make or grow what you need," Kris said.

"We believe that we can have stronger, healthier, more resilient people and communities when we connect around these skills."

Cityfolk Farm is located near Thalberg, which is roughly 50 kilometres northeast of Selkirk.

This year, a percentage of the proceeds from the event will be donated to the Brokenhead Wetland Trail. Debwendon will also be offering attendees a special guided tour of the trail for a small fee on the Saturday evening.

"There's something simultaneously

energizing and grounding about the festival," said Mike. "So many people in one place, excited to share knowledge and learn from each other; moving forward together, not towards faster phones or fancier cars, but toward these foundational, essential skills."

Kris said there are still plenty of tickets available for the festival as well as some for the individual workshops. She encourages those planning to attend to purchase their tickets in advance. For more information about the event, visit [homesteaderfest.ca](http://homesteaderfest.ca).

## Family-run horse facility busier than ever

By Becca Myskiw

Helstrom Performance Horses are gearing up for a busy July.

Helstrom Performance Horses is a family-run boarding and training facility that has been running for 19 years. They have 12 shows coming up this month, including the Teulon Horse Show on July 27.

The Helstroms' facility is west of Winnipeg Beach and is run by Heidi Helstrom and her husband Garth Helstrom with help from their three children.

The business is on their farmland of nearly 100 acres and has room for over 30 horses to board. It consists of one barn, many paddocks for individual and group boards, and an indoor riding ring.

Garth Helstrom has been training horses since he was 16. He's an Equine Canada Western coach and judge and has been certified for over 30 years. Heidi Helstrom said his favourite part of the business is colt starting. Colt starting is essentially getting a young

horse ready for riding and training.

"He (Garth) really enjoys what he does," said Heidi Helstrom. "I think he loves the challenge of it."

Heidi Helstrom said she'd always had an interest in horses, but she got involved when she met Garth. The couple moved to their farm by Winnipeg Beach in 2000 with Helstrom Performance Horses in mind and turned their vision into reality.

At the facility, the Helstroms feed hay twice a day and give extra care to the horses that need it. Heidi Helstrom said the oldest horse they board right now is 28 and requires extra care and an individual paddock. Good quality hay is their No. 1 priority, but the recent hay shortage has made it difficult for the business.

Heidi Helstrom said the only hard part about what they do is dealing with the hay situation.

"I guess if you love it, there's not too many hard parts," she said.

Helstrom Performance Horses trains for Western Pleasure, a western rid-



EXPRESS PHOTO SUBMITTED

Left to right: Garth Helstrom holds Pierre, Cade Helstrom holds Paris, Vilena holds Pal and Bryce and Heidi hold Coco on their family farm.

ing style where the horse is judged on manners, relaxed, collected and slow speed of gait and responsiveness. They also work on trail patterns, colt starting and generally getting the

horses into shape and training them to be respectful and responsive to the rider.

Continued on page 19



# Parents ask Gimli council for temporary extension of after-school program

By Patricia Barrett

Parents whose children took part in an after-school program run by the Gimli Recreation Centre appealed to council for its temporary reinstatement after it was cancelled at the end of the school year.

About 15 parents and some of their children attended council's regular meeting July 10 to express concern about the loss of the program.

The municipally run program was launched in 2017. It had been held in the lounge on the second floor of the Rec Centre and attracted between 30 and 40 children.

The parents' spokespersons, Heather Wozlowski and Jay Boaz, emphasized the positive influence the program had had on their children.

"The program quickly grew on my nervous child and became the highlight of his day," said Wozlowski, referring to her son, Easton, who attended the meeting. "Before I knew it, I was getting in heck from Easton for picking him up too early."

Wozlowski said she spoke with dozens of parents when word of the cancellation began to trickle out, and they all told her they valued the social and educational aspects of the program.

The children, as well, told their parents they enjoyed making new friends, learning new skills and taking part in adventures around town, which included trips to the library to get a library card. The program also taught them how to be responsible citizens through endeavours such as street and beach clean-ups, said Wozlowski. Exposure to extra-curricular programming such as music, gymnastics and hockey also had an impact on the kids.

"It has given them a sense of belonging, independence and growth through socialization and building self-confidence," said Wozlowski.

Parents were dismayed and "baffled" when council axed the program — and without any consultation, she said. The program created stability for working parents in that they didn't have to worry about leaving work early or trying to find a job that fit around regular school hours. The availability of after-school care also provided young families with an incentive to remain in the community. Parents had been hoping it would have eventually been expanded to include a before-school component.

Gimli is now the sole town within the Evergreen School Division's catchment area with no after-school program.

Jay Boaz, who has a background in sports and recreation and served as recreation director in Riverton, said

he called the municipality and a number of councillors to try to understand why the program had been dropped.

He said he was told there were three primary reasons: the upstairs of the Recreation Centre is not a suitable space for children's programming because it's a lounge, the person who had been running the program stepped down, and the RM should not be in the childcare business; that task should fall to schools or the existing Gimli daycare centre.

"I have to admit this line of reasoning boggles my mind for several reasons. I don't understand why any facility would not want to maximize the usage of its space during its down times," said Boaz. "I would be surprised if there's a high public demand for that lounge from three to six, Monday to Friday."

The space, he said, has been used for years to host children's events from sports wind-ups to birthday parties.

"My son's been asking me this question: 'Why can't we be there anymore?'" said Boaz. "And he came with me tonight because he doesn't understand why he isn't welcome any more on the second floor of the Rec Centre."

Other towns use their recreational facilities in a number of different ways, he went on to say. The Arborg Curling Club, for example, offers pickleball during the summer, and the Town of Winnipeg Beach uses part of its rink as a community centre with year-round programming for a variety of different activities.

He said the RM could have put out a job posting rather than letting the program to die when the staff member notified them she'd be leaving.

That staff member attended the hearing and said she had given her notice in mid-March and told the RM she'd stay until the program wrapped up at the end of the school year.

As for the RM saying it shouldn't be in the childcare business, Boaz said its job is to serve the citizens, and that the Gimli Children's Centre (licensed daycare) is "maxed out."

Coun. Peter Holfeuer asked Boaz whether he knew of any other municipality that runs an after-school program. Boaz said he wasn't aware.

But parents are committed to keeping the program in place, he said, and asked that council consider reinstating it this fall — adding a before-school component as it's done in Arborg — and to keep it running until at least the end of 2020. Parents would use that time to set up an advisory board and work on taking over the program.

"We need co-operation, transparency and the time to create an al-



EXPRESS PHOTO BY PATRICIA BARRETT

Heather Wozlowski and Jay Boaz spoke on behalf of a group of parents concerned about the loss of the after-school program.

ternative," said Boaz. "We also don't want to lose the momentum the after-school program has already built as the number of children using [it] has only grown year after year."

Coun. Thora Palson, who along with the Rec Centre's co-ordinator had made some inquiries with provincial child care representatives about alternative programming, said she had not been made aware of the dilemma facing the parents. "I apologize the perception was that we were not engaged or supportive."

With reference to a soccer program that had been seamlessly transitioned from RM oversight to a parental advisory board, Palson said she's in favour of a transition period for the after-school program.

"I think if we can take that same model as we did working with the soccer board transition, it will be a huge benefit," said Palson.

Wozlowski said she's already been in contact with staff who run the before-and after-school program in Arborg to find out how to become incorporated, create bylaws, apply for grants and register as a co-op. Arborg staff are willing to help the Gimli parents.

"It's been in operation 20-plus years in Arborg," said Wozlowski. "Riverton has a similar program that's run in conjunction with the daycare centre."

The process would take at least a year, she said. Sigurbjorg Stefansson Early School indicated it may be able to offer parents a designated classroom.

Council said it will consider the parents' request to temporarily reinstate the program and advise them as to its decision.

Parents are holding a meeting on Wednesday, July 17 at 7 p.m. in the Rec Centre (second floor). Anyone is welcome to attend.

## > HORSE FACILITY, FROM PG. 18

For the shows this month, Garth Helstrom will be showing a young horse and their daughter Vilena Helstrom will show their gelding. They'll be doing a halter class, which shows how the horse is put together. They will also be in a few Western Pleasure classes, horsemanship and showmanship, which allow the rider to display riding and handling abilities; trail and reining class, which showcase how well trained the horse is; and a few English classes, which include jumping and speed events with barrels, poles and keyholes. Heidi Helstrom said they go to

family-friendly shows so everyone can enjoy their time together at them.

Although they spend a lot of time with their business, Heidi Helstrom said they realized family is more important when one of their children was diagnosed with cancer. He is in remission now, but she said finding a balance is important and the business is not the Helstroms' entire world.

Helstrom Performance Horses is already booking into next spring and offers lessons to people ages eight and up who have their own horse.



# sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

## Phillies prepared for U16 fastpitch provincials

By Brian Bowman

The new season is about to begin for the South Interlake Phillies' U16 fastpitch team.

After struggling with a 3-17-2 record during the regular season, South Interlake now has a clean slate heading into the provincials, which begin Thursday and wrap up Sunday, at the John Blumberg Softball Complex.

It's going to be a very busy several days for the Phillies

"The provincials are a grind," said Phillies' head coach Ryan Fines. "There's seven games in three days and then tiebreakers and, hopefully, Sunday. We're going to have a lot of games."

South Interlake wrapped up its regular season last Saturday with a doubleheader against Eastman, winning the first game 9-3 and then tying Game 2 8-8.

"I thought those were two of our better games," Fines said. "We pitched good and hit the ball really well. But we also played good defence (which is important) because we pitch to contact. We don't have strikeout pitching...and if our 'D' shows up then it makes a big difference for us."

Hopefully, South Interlake can get

that strong defensive play. Another important question is whether or not they can consistently produce offence throughout the provincials.

"The girls seem to be streaky," Fines admitted. "But a good number of them right now are hitting the ball really well and that bodes well for the weekend, for sure."

South Interlake struggled with nine straight losses to start the season. Their first league win was a 14-7 victory over the Angels on May 28.

But the Phillies have played better ball in the second half of the season and have closed the gap between themselves and other teams.

"That was to be expected, I knew we would catch up," Fines said. "These other teams that we play, they have girls that are there all winter. They're playing ball all winter and we have girls that are multi-sport athletes and we have good athletes on our team, which is good and that's what you want."

"It takes a little while with baseball - you need practice time. The season starts early and it happens quick."

"We played a little catchup to start the year but we've closed the gap really well."



EXPRESS PHOTO BY LANA MEIER

South Interlake Phillies' pitcher Maddy Fines and the U16 team split a doubleheader with Eastman last Saturday in preparation for the provincials this weekend.

## Brandon beats Balmoral in 15U 'AA' playoffs at provincials

Staff

The Balmoral Orioles played some outstanding baseball to reach the playoffs of the 15U "AA" provincials last weekend in East St. Paul.

Balmoral was ousted from the provincials after a tough 6-5 playoff loss on Sunday.

Balmoral started the provincials with a thrilling 18-16 win over the St.

James A's on Friday morning. The Orioles then shut out Brandon 8-0 later in the day.

On Saturday, Balmoral was doubled 20-10 by East St. Paul but then beat Ste. Rose 8-7 to claim a playoff spot.

Gladstone won the provincial 15U "AA" baseball title after whipping Winkler 12-1 in the final Sunday evening.



EXPRESS PHOTO BY LANA MEIER

Arborg's Landon Kilbrei and the Balmoral Orioles lost 6-5 in the playoffs at the 15U 'AA' provincials last weekend.



The Arborg Ice Dawgs Jr B Hockey Club is looking for a **General Manager**

(paid position)/

**Coaching Staff**

for the upcoming season.

Please call Ivan Gulay at 204-642-2252 or email [ibgulay@gmail.com](mailto:ibgulay@gmail.com).



# Classifieds

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Tollak Place has 1 & 2 bedroom suites, located at 40 Eveline Street. Spacious suites, with F/S, A/C, storage areas and large balconies; utilities are included, parking is extra. Tollak 2 is a 55 plus bldg., river view apts. with central air, F/S, DW & microwave; large storage area off the kitchen and a balcony; utilities and parking extra. Call the onsite office 204-482-2751 for AVAILABILITY.

## CONDO FOR RENT

For rent - 2 bedroom condo, Shorepoint Village, includes one parking stall, fridge, stove. Laundry on-site. \$850/month plus utilities. Call Rick 204-250-8139.

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## Winnipeg Beach Curling Club invites applications for:

1. Bar Manager for the 2019-2020 season (Oct. 28, 2019 - March 31, 2020)  
Position pays contract wage of \$850.00/month.
2. Canteen Operator / Lessee for the 2019-2020 season (Oct. 28, 2019 - March 31, 2020)  
Lessee fee is \$150.00/month.

Curling starts Monday, October 28, 2019.

Curling days are:

**Ladies** (Monday evening)  
**Men** (Tuesday and/or Thursday evening)  
**Doubles** (every second Wednesday evening)  
**Mixed** (Friday evening)

To register or for further information, please contact:

Larry Moore, 389-3086  
Shawna Pawluk, 641-1721

**The Express Weekly News Classified booking deadline is Monday at 4 p.m. prior to Thursday's publication.**

**Please Call 204-467-5836**

## Zag Fab Boats

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## Recycling Driver Full Time Position

Riverdale Place Workshop Inc. requires a Recycling Driver to drive a 4x4 truck and 16ft. Recycling trailer for Recycling pick up in the Town of Arborg and Village of Riverton. Also to assist in the recycling department. Hours 8:30a.m. to 4:30p.m. Monday to Friday. Benefit plan and pension plan provided First Aid and C.P.R. provided. A Criminal Record Check and Adult Abuse check required. Job Description available at the workshop.

Please drop of resume or send to  
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Riverdale Place Workshop Inc.  
Box 609 Arborg MB. ROC OAO  
Tele-1-204-376-5584 Fax-1-204-376-5584  
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## RURAL MUNICIPALITY OF GIMLI PUBLIC NOTICE



The Municipality would like to invite you to a public information meeting for the Amended Traffic By-law on August 10, 2019. It will be held in the Council Chambers at the Municipal Office at 62 2nd Ave between the hours of 1:00 pm and 3:00 pm.

Dated this 11th day of July, 2019

Joann Murphy, CMMA  
Chief Administrative Officer  
Rural Municipality of Gimli

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## RETIREMENT AUCTION:

**Interlake Heating & Ventilation, 500 River Road, Arborg, Manitoba**

Friday, July 26, 2019 (6:30pm - 8:30pm) Viewing of items 1pm to 5pm

Office furniture, equipment, supplies & shop material will be sold

**Saturday, July 27, 2019 starting at 10:30 AM**

**It's retirement after 44 years in business!**

This sale has a good variety of new & used heating & ventilation equipment, tools, office furniture, supplies, parts, etc to numerous to mention everything. Many items will be sold in lots. This is the ideal auction for everyone who is in the trades.

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### SHOWER ANNOUNCEMENT

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Saturday, July 27, 2019  
Riverton Fellowship Circle - 50 William Ave.  
1:00 - 3:00 p.m.  
The bride would appreciate gift cards from  
Canadian Tire, Cabela's, Costco, Winners  
Ikea and Home Depot  
Community donations may be left at  
Riverton Co-op

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# Announcements

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### OBITUARY

Lorraine Hargreaves (Gadway)  
August 10th, 1930 - July 5th, 2019

It is with great sadness that we announce the passing of our  
mom, grandma, nana, and great grandma Lorraine on July 5th,  
2019.

Lorraine's greatest pride was her family; she is survived by her  
children Brian (Barb), Bert Jr., Fraser (Teena), Jay (David), Melanie  
(Steve); her grandchildren Brittany, Stephanie (Adam), Amanda  
(Jeremy), Matthew (Jade), Ashley (Dexter), Michael, Lexy, Sterling,  
Dylan, Alicia (Rowan), Derek, Thomas, Terry, Sean, Nicholas, Sara  
(Gord), AJ; her great-grandchildren including her special girls Leah,  
Emily and her special boys Clayton, Hunter, Levi, Logan, as well  
as great-grandchildren Bentley, Ty and Cameron; sisters Anna and  
Glenda and brothers Harvey and Lorne; and close friend and niece  
Cathie (Arnold). She also leaves behind many special friendships.



Lorraine was predeceased by her loving husband, Bert (2010), and her daughter Jill (2014).

Mom was a very prosperous woman, she raised her family building a life full of love, laughter,  
and memories with them. She treasured the time she spent with her family and friends, and  
always enjoyed sharing the stories of all the visits from her children, grandchildren, and great-  
grandchildren. The pictures and drawings were always displayed proudly after having been shared  
with all of her friends in Rotary. Mom could always be seen slipping a treat to her grandchildren  
or great-grandchildren whenever she was around them, and you could always count on her for  
a witty joke. Mom always took care of everybody else, especially with her favourite hobby of  
knitting sweaters and socks to make sure everyone kept warm. She kept busy doing puzzles,  
taking care of her plants, reading, and if she wasn't at home, you knew you could find her at  
bingo.

A special thanks to the amazing Ed who cared for her as if she was his own mother, also to  
Diane, Gwen, Willette, and the ICU doctors, respiratory team, and nurses that tried to save her.

Also a special thank you to Neil Bardal Funeral Centre for their excellent care of Mom.

As per mom's wishes, cremation has taken place and a private family gathering will take place  
at a later date.

### OBITUARY

Robert Baldur Danielson

It is with heavy hearts that we announce the sudden passing  
of Robert at the age of 67. He passed away at Health Sciences  
Centre following a short illness on July 11, 2019.

Robert was born April 28 to Baldur and Inga (Palsson) Danielson.  
Robert spent the majority of his life in Arborg. He worked as a  
mechanic and carpenter in his earlier years, and spent his remaining  
years helping his brother Glen on the family farm. He enjoyed his  
morning coffee with Glen and Harold on the farm. Robert loved  
conversation and was always up for a spirited debate. Robert had  
a love of animals and was especially fond of his herd of barn cats  
that he was always trying to rehome. Robert always took the time  
to chat with people he encountered on his town trips with Glen.  
The loss of Robert's interesting character will leave a tremendous  
void in our lives.

We wish to thank Dr. Donnelly and the staff at the Arborg Hospital,  
as well as the ambulance service for their care and compassion.

In keeping with Robert's wishes there will be no formal funeral  
service held.

In lieu of flowers anyone who wishes can contribute on Robert's  
behalf to the Arborg Unitarian Church or the Humane Society.



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Please submit your resume in person or email to

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### MOVING AUCTION SALE For Karl & Janet Lange

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## ACREAGE AUCTION for Wes & Jackie Eidse



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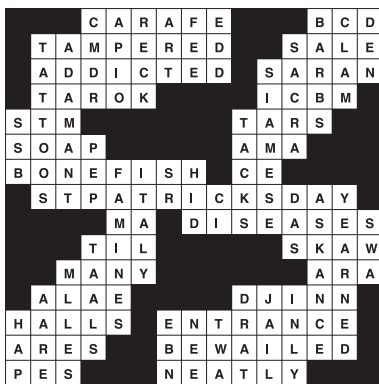
# take a break

> GAME

## X CROSSWORD

### CLUES ACROSS

1. Used to serve wine
7. System to code a number
10. Meddled
12. A type of discount
13. Dependent on
14. Type of wrap
15. Nigerian people
16. Nuclear missile
17. Scientists' tool (abbr.)
18. \_\_\_ and feathers
19. It cleans you
21. Doctors' group

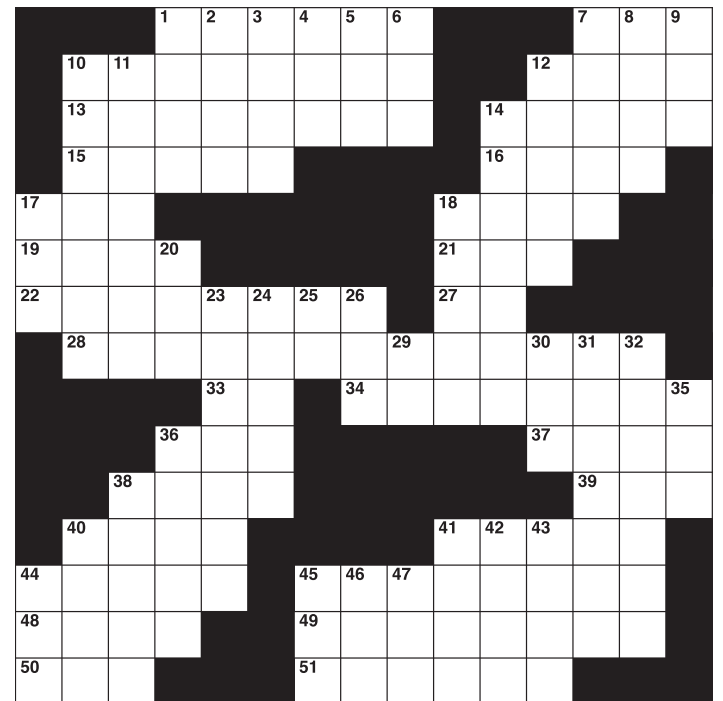


Crossword Answer

22. Silvery marine fish
27. Atomic #58
28. Popular March holiday
33. Pa's partner
34. Sicknesses
36. '\_\_\_ death do us part
37. Scottish settlement
38. Innumerable
39. Small constellation
40. Wings
41. Supernatural creatures
44. Some are hallowed
45. The front door
48. Greek war god
49. Lamented
50. Foot (Latin)
51. Sprucely

### CLUES DOWN

1. Military leader (abbr.)
2. Celery (Spanish)
3. Pay heed
4. The products of human creativity
5. Surcharge
6. Doctor of Education
7. Hurtful remarks
8. Marine mollusk
9. The habitat of wild animals
10. Pieces of body art
11. Refusing to budge
12. Triangular back bones
14. Type of cat
17. Type of web browser (abbr.)
18. Small, broad-headed nails
20. Man City coach Guardiola
23. Periods of food shortages
24. European nation
25. Jr.'s father
26. Concealed
29. One who works with the police (abbr.)
30. Lawyers
31. Look of disapproval
32. Longed
35. Type of power cable (abbr.)



36. Hindu cymbals
38. Young women (French)
40. Swiss river
41. Expression of annoyance
42. Where criminals go
43. Inwardly
44. Luck
45. One point north of due east
46. Originally called
47. Defunct airline

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