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Cooling off



EXPRESS PHOTO BY LANA MEIER

Cousins Emma and Nash went for a quick slide to cool off after their swimming lessons at the Noventis Credit Union Aquatic Centre last Thursday.

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Cool down and get swinging with Arborg-Bifrost recreation programs

By Patricia Barrett

With temperatures shooting up, the Arborg-Bifrost Parks and Recreation Commission (ABPRC) is continuing to cool kids and adults down at its Noventis Credit Union Aquatic Centre.

ABPRC is offering several swimming programs at the outdoor pool that will extend into the first week of September.

A Bronze Medallion course will run from Aug. 3-5, and a Bronze Cross course will run from Aug. 9-11. The programs are designed to develop swim strokes.

A water safety instructor course will also be offered. Run by the Canadian Red Cross, the courses are scheduled for August 7, 12, 19 and 21.

Aqua-Fit is available on Monday evenings and Aqua-Zumba on Wednesday evenings. The two programs offer low-impact ways to get fit or maintain a level of fitness. Aqua exercises use the water's resistance to build body strength and get the heart pumping without putting undue pressure on the bones and joints.

All classes will require physical dis-

tancing and there will be minimal contact. Any equipment used will be sanitized between classes. The 2021 opening of the pool is contingent on the province's COVID public health restrictions and is subject to change.

Public swim times are available each day starting at 1:15. People can enjoy the 40-foot twin racing slide, the 140-foot twisting slide, a four-lane pool, spray arches and floor geysers, a vortex and a pre-school pool area with a slide.

On Tuesdays, people can get cool for a Toonie from 6-8 p.m.

Because there is a maximum pool capacity, people are encouraged to register on sign-up sheets posted at the pool's entrance. Masks must be worn on the pool deck, at the canteen and in line-ups to enter the building.

The pool can be reserved for private parties, business events, birthdays and other family occasions.

The daily schedule can be found on the Noventis Aquatic Centre Public Swim page hosted on the Town of Arborg's website.

ABPRC is also getting people out on



EXPRESS PHOTO BY LANA MEIER

Evan Magnusson, with the help of his mom, was learning to swim at the Noventis Credit Union Aquatic Centre last Thursday.

the pitch through its slow-pitch baseball league that has eight teams. The games take place on Thursday nights at the baseball field. Youth baseball and soccer are also being offered.

For information about all the recre-

ations programs being offered, please email Tom or Karen at the ABPRC: tom.abprc@mymts.net karen.abprc@mymts.net or call them at (204) 376-5576 or (204) 376-2236.

Many Manitoba dogs are getting sick from Kennel Cough this year

By Sydney Lockhart

Kennel Cough is spreading through Manitoba at high rates this year, causing many dogs to become sick.

"Kennel cough is the common name for upper respiratory infection involving sinuses. Bacteria Bordetella and other viruses are what makeup kennel cough. It is very contagious," said Dr. Meagan Ballard of Gimli Veterinary Services.

Ballard said that Kennel Cough is easily transmissible and that it spreads from the nose making it easy to spread in places like kennels and groomers as it becomes an aerosol. In addition, tiny particles can travel far from coughing, and the enclosed space increases the chances of contracting the illness.

"Prevent your dog from going to high dog traffic areas like dog parks and kennels when there is an outbreak. Also, don't take your dog to those places if they have symptoms," she said.

Ballard recommends that dogs who are kenneled get vaccinated at least three weeks before, if not more, against Bordetella to decrease their risk of getting sick.

While kennel cough is often a mild

disease the cost can be chronic, and it can last for several weeks. In addition, it can lead to pneumonia if left untreated, which can be a severe detriment to many dog's health.

"Vaccinating is the best way to prevent but it often will not completely prevent the symptoms, but they will be less severe," she said.

Common clinical signs include a loud cough, a cough that is often described as a goose honk, runny eyes, sometimes runny nose, infrequently. Sometimes they have swollen tonsils; sometimes, they wheeze and occasionally lack appetite or can be depressed or have lethargic behavior.

Often dogs will need to be placed on antibiotics along with a physical examination to treat the bacterium. However, Bordetella can be transferred to people, which can cause disease in people, especially if they are immune-compromised.

This summer, with extreme heat, it is also essential to keep pets cool and hydrated.

"In the hot weather, you can keep your pet cool by keeping them in the

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Continued on page 4

Arborg pastry chef enjoying culinary farming adventures in PEI

By Patricia Barrett

An Arborg pastry chef got a plum job in Prince Edward Island where she works for one of Canada's top chefs and is learning about culinary farming on both land and sea.

Lexi Orbanski, who is well known in the Interlake for stunning cakes that look more like works of art than something you'd want to dismantle with a fork, has been working as a pastry chef at Chef Michael Smith's Inn at Bay Fortune where fresh food from the hotel's farm is the order of the day.

"Almost everything we use in the kitchen is grown on the inn's farm," said Orbanski by phone last week. "Every chef working here spends an hour on the farm gathering food for the meals. That's where the freshness and flavour come from."

An advocate for sustainable cooking, Smith is a judge on Chopped Canada and host of Chef Michael's Kitchen, Chef at Home and Chef Abroad on the Food Network Canada. His inn is located in Souris on the northeastern tip of PEI.

While the seaside town may be associated with fish, its name is French for mouse, a nod to centuries past when mice were so plentiful their bodies were said to fill the harbour. Now it's tourists in steady supply.

The upscale inn has an eight-acre organic farm, which produces over 200 fruits, vegetables, herbs and edible flowers for its restaurant. Freshly caught seafood is also on the menu.

"Farm-to-table is definitely becoming more of a trend, but [the Smiths] have been doing this at the inn since Day 1 with their farm," said Orbanski, who graduated with honours from a pastry arts program in Toronto and continued to operate Lexi Lynn Cakes, a business she started in high school.

Not only has she been able to learn about the role of organic farmer in PEI, but she also got to try her hand at lobster fishing, discovering she has sea legs.

"We got to go out on a lobster fishing boat with the lobsterman who supplies the inn," said Orbanski. "I spent eight hours on the ocean. We pulled up lobster traps, put elastic bands on their claws and helped sort them. It was a really cool experience and super interesting."

In addition to fruits and vegetables, the inn raises chickens for eggs and pigs which will be "on the menu next year," said Orbanski. Anything it can't grow is purchased from local farms.

Orbanski said she saw Smith's job posting and applied. Although she landed the post in 2020, COVID-19 outbreaks across the country kept her

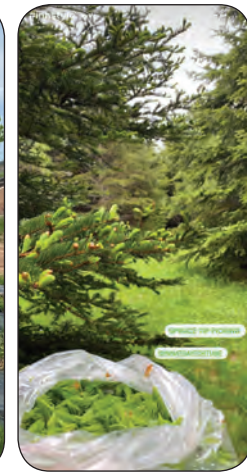


Lexi Orbanski spends an hour on the farm gathering food for the meals daily.



EXPRESS PHOTOS COURTESY OF LEXI ORBANSKI

Arborg's Orbanski landed a job working alongside Chopped Canada and host of Chef Michael's Kitchen Chef at Home and Chef Abroad on the Food Network Canada at the Inn at Bay Fortune in PEI.



Strawberry rhubarb cake with creeping speedwell flowers and spruce tip ice-cream. All the meals are prepared with food grown on the inn's farm.

in Arborg until this spring.

"I drove to PEI in April," said Orbanski. "It's about 3,600 kilometres from Arborg. It was a pretty long drive. I did a two-week quarantine here, and now I've been here for almost three months."

Orbanski said although she's new to fine-dining, plated desserts, she has been given "lots of creative freedom" to build on ideas (usually based on what's in season) the head pastry chef comes up with, and collaborates with the pastry team. One of the inn's desserts is the aptly named Quarantine Tart, featuring blueberries and lemon cheese cake. Currently, it's strawberry season so the inn is offering a dessert based on that. Hascap berries [blue honeysuckle] will be next.

The inn provides living quarters for its chefs and encourages them to explore on days off, she said.

"It feels like home here, I guess because I'm in a small town and everyone is so friendly," said Orbanski.



Obanski spent eight hours on the ocean lobster fishing.



"And it's so beautiful. The farmland looks like Manitoba, but turn around and you've got the ocean. It hasn't been hard getting used to living out here."

Because the inn is open only between May and October's end, Or-

banski said she'll have to find a new situation for six months. But she wants to return next spring and learn more about the business.

Orbanski's pastry adventures can be found on her Instagram page or Lexi Lynn Cakes on Facebook.

Poor conditions force farmers to choose between livestock

By Nicole Brownlee

Drought and grasshopper infestations have led to several rural municipalities declaring a state of agricultural disaster. With limited viable crops to hay, some farmers are considering selling their livestock as a last possible option if they cannot support their animals.

Jason Nickel is the third generation to care for his family's farm and owns around 300 cow-calf pairs, 150 yearlings and acres of crops.

"We're going to try to hold out as long as possible, hoping for some rain that will extend the grazing at least," said Nickel.

"If things don't change, I think everybody will be selling livestock."

He was forced to sell around 80 cows over the past few years because of challenging conditions, but this season is one of a kind, he said.

"What made this one worse was the frost that we had early on, that just completely stopped everything growing for a very long time," said Nickel. "Nothing really improved after that."

Just like an average year, Nickel has been spending his time haying his crops, but the process has gone sig-



EXPRESS PHOTO BY LANA MEIER

Interlake farmers are struggling to find feed for their cattle this year.

nificantly faster.

"We're almost done haying them, which usually takes us all summer, but it's shortened up this year because we're trying to race against time. Before the grasshoppers eat it all," said Nickel.

Every day they're losing five per cent

yield at least, he added, so they're preparing to look elsewhere for more feed, but Nickel's concerned the government may not step in in time to regulate the price of hay.

"If they don't somehow try and put a cap on the price of hay, you're not going to be able to afford to keep your

cows anyways," he said.

Darcy Hueging has no plans in mind to sell his livestock, but he's started supplementing their pastures with grain to keep his cattle fed.

"I'm planning on keeping ours and gathering feed," said Hueging. "It's a challenge, but I'm trying to do everything I can to not have to sell cows basically."

Hueging has around 250 cows at his Grahamdale farm. He grew up working on his family's farm in Woodlands but started on his own six years ago.

"I haven't had a lot of years, but it's definitely the worst year that I've experienced," said Hueging.

Off of 80 acres of land, Hueging said he reaped five bales.

"I had what was looking like a decent wheat crop, and I was intending on harvesting for grain, and then just in like 10 days of the hot, dry weather, it went from a decent grain crop to just a poor salvage crop," said Hueging. "Everything's [grown] for feed right now instead of cash crops."

Farmers' morale and optimism have been significantly impacted by this season, said Hueging.

Manitobans invited to weigh-in on water management strategies

Staff

As the much of the province remains in drought conditions, the government is giving Manitobans the opportunity to have their say on a new water management strategy.

It recently launched an online public engagement seeking feedback.

The last provincial water management strategy for Manitoba was done in 2003, but much has changed over the 20 years, noted Blaine Pedersen, who had been in the role of Agriculture and Resource Development Minister until cabinet changes announced last week.

Pedersen said a new water strategy will ensure effective and sustainable management of our water resources and that the province looks forward to working with all Manitobans in the development of a made-in-Manitoba water strategy.

"Water is a key resource for Manitobans, the environment and the economy, and our government is committed to the careful management of this precious resource," he said.

"We encourage Manitobans to share their thoughts with us and recognize we must work together to sustainably manage water, while considering the

impacts of a changing climate and growing economic and social needs."

The public input follows the commitment of \$1 million in funding announced earlier this year to support development and implementation of the water strategy, and a committee will review and approve projects under the fund.

"Manitoba has a once-in-a-generation opportunity to create a water management strategy to drive economic and environmental prosperity in our province," said Ray Bouchard, chair of the oversight committee for the fund.

"Over the next year, this fund will support building a roadmap for a long-term water management strategy with identified projects from key economic sectors. Insights from a diversity of stakeholders in Manitoba is an integral part of this process and will be sought through the EngageMB survey as well as engagement sessions planned for the fall."

To take part in the engagement, visit engagemb.ca. The deadline for feedback is Aug. 13.

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> KENNEL COUGH, FROM PG. 2

shade, providing cool water, keep them out of the sun and inside during the hottest part of the day. If at any point they have diarrhea, vomiting or purple gums, go to the nearest emergency veterinarian," said Ballard.

She added that pet owners should never leave their pets without air conditioning in a vehicle.

"The vehicle can get very hot very fast, so they can easily get heatstroke and heat exhaustion in minutes in the hot weather. Cracking the window is not enough airflow to keep them cool and they can die," she said.

Ballard said that hydration is the most important as dehydration can kill a dog as fast as heat stroke and that drinking cool water will help them keep cool from the inside out.

Manitoba inching ever closer to a post-pandemic world

By Ashleigh Viveiros

Manitoba reported 37 new cases of COVID-19 on Monday, on top of 106 over the weekend.

The majority of the day's new cases were in the Winnipeg health region (21) followed by eight each in both the Interlake-Eastern and Southern Health-Santé Sud health regions. The Northern and Prairie Mountain regions had no new cases at the start of the work week.

The data also shows Manitoba currently has 922 active cases of the virus, 55,117 recoveries, and a total of 1,165 deaths.

The five-day test positivity rate was

at 3.6 per cent provincially and 3.1 per cent in Winnipeg.

People hospitalized with the virus total 117, including 27 in intensive care units.

The last Manitoban receiving ICU care out of province was returned to a Manitoba hospital on Friday. A total of 57 COVID-19 patients were transported to hospitals in Ontario, Saskatchewan, and Alberta between May 18 to June 9 for care due to a lack of ICU beds here.

As the numbers continue to drop across Manitoba, the time is coming when daily case reports become a thing of the past, noted Dr. Jazz Atwal,

Manitoba's deputy chief public health officer, at a press conference in Winnipeg Monday.

"In a post-pandemic Manitoba we will see public health guidelines, not orders, we won't be reporting daily case counts, and our health system won't be overrun by a single cause," he said.

"We have the power to make this happen through vaccination, but we will have to remember that the virus that causes COVID-19 will likely continue to be present in our communities even after the majority of Manitobans are fully vaccinated. We need to learn to live with COVID-19 like other

respiratory illnesses."

To that end, Atwal said, it will still be important for people to make risk assessments for certain activities, especially if they are at a higher risk of becoming seriously ill with the virus or interact regularly with people who are.

All Manitobans age 12 and over are eligible for the COVID-19 vaccine. Information about booking an appointment, finding a pop-up clinic, or tracking down walk-in availability can be found at protectmb.ca or calling 1-844-626-8222.

Ken Stadnek chosen as Ward 3 councillor in Bifrost-Riverton byelection

By Patricia Barrett

Ken Stadnek was elected Ward 3 councillor for the Municipality of Bifrost-Riverton last week, filling a vacancy left by Morley Nordal, who decided to step down from council earlier this year.

Stadnek and Bryan Foster were the only two byelection candidates running for the ward, which covers the south-central part of the municipality,

in the area surrounding Arborg.

Overall, Stadnek received 100 votes and Foster received 70. In the advanced poll of July 3, Stadnek received 32 votes while Foster received 6. But the two candidates were almost neck and neck on election day, July 14, with Stadnek picking up 68 votes and Foster receiving 64.

"My goal is to be as transparent as possible and accountable to all tax-

payers," said Stadnek by email after the results were announced.

He'll be focusing on a number of issues for the remainder of the term, he said. Those include tourism initiatives and the extension of a re-constructed highway that was recently completed north of Arborg.

"We need to bring new business and tourism into our RM," he said. "We have a lakeshore and need to possi-

bly look at developing seasonal lots for campers. There also needs to be a paved extension to PR 326."

Senior Election Official Jeannette Nickols had the byelection results posted on the municipality's website. The next municipal election is scheduled for 2022.

Pfizer-BioNTech says third dose of COVID vaccine may be beneficial

By Patricia Barrett

Pfizer-BioNTech say a third shot of their COVID-19 vaccine might be beneficial to maintain strong immunity against the virus and its more robust variants after real-world data from Israel show protection waning.

The two companies said they've seen "encouraging data" from an ongoing study looking at immunity levels offered by a third dose of their vaccine against the original virus strain (also called the wild type) and more highly transmissible variants such as beta (B1351).

"Initial data from the study demonstrate that a booster dose given 6

months after the second dose has a consistent tolerability profile while eliciting high neutralization titers against the wild type and the Beta variant, which are 5 to 10 times higher than after two primary doses," said the companies in a joint statement issued July 8.

Discussion about whether a third dose of Pfizer-BioNTech might be needed comes after Israel's Ministry of Health released real-world data showing the vaccine's efficacy declining six months after vaccination and failing to prevent both infections and symptomatic disease. However, the vaccine's efficacy in preventing seri-

ous illnesses "remains high."

The delta variant is becoming the dominant strain in Israel as well as in other countries, the statement reads. To that end, the companies are tweaking the vaccine to make it stronger against delta.

"While Pfizer and BioNTech believe a third dose of BNT162b2 [the vaccine] has the potential to preserve the highest levels of protective efficacy against all currently known variants including Delta, the companies are remaining vigilant and are developing an updated version of the Pfizer-BioNTech COVID-19 vaccine that targets the full spike protein of the Delta

variant," says the release.

More definitive data from the study is expected in the coming weeks and the companies will be submitting that information to the U.S. Food and Drug Administration, the European Medicines Agency and other regulatory authorities, states the release.


Canadian health authorities have yet to advise on whether a third dose – or even a yearly schedule of COVID vaccinations – will be required to keep the virus and its variants at manageable levels.

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New public health orders now in effect

By Lorne Stelmach

A further easing of restrictions came early for Manitobans last week as the province reached the next target in the government's reopening strategy.

While announcing the implementation of the second phase of the 4-3-2-One Great Summer plan, Premier Brian Pallister and chief public health officer Dr. Brent Roussin also encouraged Manitobans to keep doing what has gotten the province to this point.

"We are close to achieving all of our vaccination milestones ahead of schedule. Now we just need that extra effort by every Manitoban not yet vaccinated to roll up your sleeve and push us across the finish line so we can fully reopen, safely, and quickly," said Pallister. "This is a marathon, not a sprint. We are not at the finish line yet."

"Vaccines are the safest and quickest way out of this pandemic. The sooner all eligible Manitobans get fully vaccinated, the sooner we can all get our lives back," he continued. "Thanks to the incredible efforts of Manitoba's vaccine team and Manitobans' willingness to roll up their sleeves—not once, but twice—we are able to move forward earlier than anticipated with fewer restrictions on our economy and our communities."

The second vaccination milestone of at least 75 per cent first dose and 50 per cent second dose for those age 12 and older was reached nearly a month ahead of schedule July 6. That, coupled with continued improvement in the overall COVID-19 situation, meant restrictions were able to be eased somewhat this past Saturday.

The new orders include:

- Indoor gatherings at private residences are now permitted to a maximum of five people plus the household members.

• Indoor gatherings in public spaces are permitted to a maximum of 25 people.

• Outdoor gatherings on private property increase to a maximum of 25 people.

• Public outdoor gatherings increase to a maximum of 150 people.

• Retail businesses increase to 50 per cent capacity or 500 people, whichever is lower.

• Restaurants, licensed premises and food court capacities expand to 50 per cent capacity; outdoor maximum table size remains at eight people. Patrons may sit together indoors if they are from the same household or if all 12 years of age or older are fully immunized (unvaccinated children under 12 may dine with fully vaccinated members of their household in this case).

As well, opening hours extend to midnight, and the requirement to purchase food when ordering alcohol no longer applies.

VLTs may be operate with all other restaurant/bar rules applying (two-metre distance, only households or fully vaccinated people seated together).

• Personal services (haircuts and styling, nail salons, estheticians and massage) continue at 50 per cent capacity; however, appointments are no longer required.

• Dance, theatre and music school capacities increase to 50 per cent capacity to a maximum of 25 people per group.

• Indoor sporting facilities may host groups up to a maximum of 25 people; interaction between groups and tournaments are not permitted.

• Day camp capacity increases to groups of 25; joint activities between groups and overnight camps are prohibited.

• Outdoor recreation including games and practices may take place to maximum group size of 50 people; spectators are permitted and do not count towards this capacity limit; tournaments are not permitted.

• Gym and fitness centre capacities expand to 50 per cent capacity; masks and increased physical distancing (three metres) are still required.

• Outdoor weddings and funerals may include up to 150 participants in addition to photographers and officiants; indoor weddings or funerals increase to 25 people in addition to photographers and officiants.

• Libraries may open to 50 per cent capacity to a maximum of 150 people, whichever is lower.

• Faith-based and cultural gatherings may expand to 50 per cent capacity or 150 people indoors, whichever is lower; masks and physical distancing between households is still required. If the facility design allows, the capacity limits may be applied to different physical spaces within the venue. Outdoor faith-based and cultural gatherings permitted up to 150 people and drive-in services continue to be permitted without restriction;

• Movie theatres; bingo halls, VLT lounges and casinos, museums and galleries may now reopen for fully immunized people only to a maximum capacity of 50 per cent. Unvaccinated children under 12 may attend as appropriate if accompanied by fully vaccinated members of their household;

• Large-scale outdoor professional

Continued on page 7

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NEWS > VIEWS > GIMLI > ARBORG > HIGHWAY 6 > SURROUNDING AREAS



EXPRESS PHOTO BY PAULA HOFER

Beaches have been extra busy this summer with above normal temperatures all across the province. Temperatures in Gimli registered a record high of 33.3 C on July 18 with it's previous record 32.9 C. set in 2011. Fisher Branch also broke an 18 year record reaching 34.4 C. on Sunday, almost two degrees warmer than the previous record of 32.5 C. Jacenta and Thalissa Lavallee play with Harper Moar at the beach in Matlock last Sunday. Help the Express Weekly News record the weather of the week and send in your photos of friends or families enjoying the outdoors. Email: weather@expressweeklynews.ca.

> HEALTH ORDERS, FROM PG. 6

sports or performing arts events may operate with capacities up to 100 per cent after developing an approved event plan in consultation with public health.

In all cases, following the COVID-19 fundamentals including indoor mask use and physical distancing is still required to protect the health and well-being of all Manitobans, officials stress.

"This is the safe, reasonable and appropriate next step in our reopening," said Roussin. "More and more vaccinations allow us to loosen public health restrictions, but COVID-19 is still circulating in the province and continues to challenge our hospital and ICU capacity. A phased reopening is a safe reopening."

The current public health order is scheduled to expire at 12:01 a.m. Saturday, Aug. 7 and will be reassessed at that time in the context of vaccination rates and the province's overall COVID-19 situation.

Conditions ideal for West Nile virus skeeters

Staff

The hot, dry conditions this summer are making for perfect breeding grounds for the mosquitoes that carry the West Nile virus (WNV).

The provincial government warns that the *Culex tarsalis* mosquito is on the hunt for water to lay their eggs, and, not finding it in the usual places thanks to the drought, are making due with unusual locations.

"While normally not suitable, the drought has caused some smaller rivers and creeks to stop flowing, thus

creating ideal spots for *Culex tarsalis* to lay their eggs," the province's first West Nile Virus bulletin read last week. "As a result, larval control will be conducted along these unusual larval development sites to reduce the numbers of *Culex tarsalis* adults that emerge and reduce the risk of WNV."

To that end, the City of Winnipeg sprayed for skeeters last week along a number of rivers and creeks.

Currently, no human cases of West Nile virus have been identified in Manitoba.

While the risk for WNV exposure is low right now, the province warns that's likely to change as we head further into the summer.

Between 2012 and 2018, there were 112 cases of WNV in Manitoba. Nearly 40 per cent of those cases were hospitalized and 11 required intensive care.

You can protect yourself by taking the following preventative measures:

- Reduce the amount of time spent outdoors during peak mosquito hours between dusk and dawn.
- Use an appropriate mosquito re-

pellent.

- Wear light-colored, loose-fitting clothing with long sleeves and pant legs.
- Maintain door and window screens.
- Clean and empty yard items that collect water.

For more information on West Nile virus, head to www.gov.mb.ca/health/wnv or call Health Link at 1-888-315-9257.

Phone surveyors misrepresenting as RHA affiliates

Submitted by IERHA

Interlake-Eastern Regional Health Authority has learned that residents in the region are receiving phone calls from people who are misrepresenting themselves as members of Interlake-Eastern RHA's wellness team.

In reports to RHA staff, members of the public say callers ask for details about their health conditions and the medications they are taking. The call-

ers then offer to provide medications for a fee.

Interlake-Eastern RHA does not undertake phone surveys of the public to ask information about health conditions and/or medications being taken.

Members of the public are advised that personal health information should only be discussed with trusted family members and known care providers. Divulging personal health in-

formation over the phone to unknown callers is not advised at any time. This includes providing information about health conditions, providing Manitoba Health card information and offering any details about medications being taken.

If you should receive any calls from individuals identifying they are from or working with Interlake-Eastern Regional Health Authority, or from any

other organization/company, and if that call leads to requests to divulge personal health information, please hang up immediately.

You can advise the RCMP of this fraudulent activity by calling the Canadian Anti-Fraud Centre at 1-888-495-8501 or visiting www.antifraudcentre-centreantifraude.ca and clicking on the tab "Report Fraud".

Barn quilt trail expands across the Interlake

By Nicole Brownlee

Colourful quilts embellish barns across the Interlake region and offer a new way to explore communities.

The Interlake Tourism Association joined with the Interlake Barn Quilt Trail Committee in 2015 to create a trail that leads tourists to barn quilts throughout the region.

Barn quilts are painted designs hung on buildings that could double as quilting patterns. Donna Sue Grover started the trend in Ohio in 2001, which has since spread across the United States and Canada.

Interlake residents Donna Kerns and Janice Skene first discovered barn quilts while touring the northeastern seaboard down to the southern United States.

"When I got back from this trip, I just wanted one," said Kerns. "I wanted to make one for myself."

Kerns said it took a few years of trial and error to find the right supplies to create a quilt that would last, but once she hung her first quilt, she spotted a few more in the Winnipeg Beach community.

"The Interlake is an ideal spot for something like this to grow," said Kerns.

Before her first barn quilt, Kerns had recently started quilting but had never ventured into painting.

"Painting was not my forte," said Kerns. "I had never painted anything before in my life. I've never painted

a fence... So this was, kind of, a new experience."

"It's like quilting. It's fairly specific work," said Kerns. "It's just satisfying when you get one area done, and it's very colourful, and it looks really good... By the time you finish, you've got this great design."

Using signboards, outdoor exterior latex primers and paints, Kerns jumped into the project alongside several community members to create numerous quilts and start a tour across the Interlake.

"We started out with basically friends," said Kerns. "Then it was just a matter of people seeing them. People becoming interested in them. Then, our spreading the word just talking to people... and it, kind of, grew from there."

By the end of 2015, there were 21 registered barn quilts on the Barn Quilt Trail. As of June this year, the trail has expanded to 53 quilts, with more on the way.

"People can submit their barn quilt [to ITA] whenever they get one or create one," said Melissa Van Soelen, ITA manager. "They can fill out a form online and then just submit it to us, and we add it to our little trail."

The quilts add history and encourage people to explore their community, said Van Soelen.

To access the tour, visit interlake-tourism.com or use the Driftscape app to access the map offline.



EXPRESS PHOTOS SUPPLIED BY ITA

This barn quilt, called the Harvest Sun, is hung in the Arborg and District Multicultural Heritage Village in Arborg and was one of the first quilts added to the 2015 trail.

For more information on registering your barn quilt to join the Barn Quilt Trail, visit interlaketourism.com or contact ITA at admin@interlaketourism.com. To purchase a barn quilt, contact Karen Debraga at karen2@live.ca or Wendy Church at wchurch@hotmail.ca.



EXPRESS PHOTO BY LANA MEIER

Two 12'x12' barn quilts are featured on "The Sentinel" elevator at the West Interlake Trading Company in Warren.



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Physician Departure – Eriksdale Medical Clinic

Please be advised that on August 15, Dr. Sunu Thomas is concluding her practice at Eriksdale Medical Clinic. She will be available over the next few weeks if patients wish to make an appointment to see her before she leaves.

Interlake-Eastern RHA wishes Dr. Thomas all the best and thanks her for her years of service to Eriksdale and area residents.

All remaining physicians at the clinic are accepting patients. Please call the Eriksdale Medical Clinic at 204-739-2672 to make an appointment with Dr. Matta Noseir or Dr. Sukhwinder Randhawa.

We look forward to announcing the arrival of new physicians to the area in the near future.



Interlake-Eastern
Regional Health Authority

Beachside grocer gets a new paint job

By Nicole Brownlee

A colourful mural in Winnipeg Beach is catching eyes and covering graffiti.

Cory Riediger was spending time at his family's cottage in Winnipeg Beach with his eight-year-old son Karl when he noticed graffiti spattering the back of the Park Place Meats & Grocery store.

Riediger reached out to Park Place owner Kevin Kanski and offered to cover up the scrawls for free.

"I thought that I could do something to help," said Riediger. "I have a little bit of artistic talent."

Kanski accepted and encouraged Riediger to try.

"Basically, I kind of gave him free rein. Just to kind of go with a beach theme and see what works," said Kanski.

This was Riediger's first mural, but he had enjoyed painting and drawing throughout his life.

"It was really exciting, I enjoyed doing it," said Riediger about transitioning to a much larger canvas than he's used to.

Using a similar plan to how he creates on canvas, Riediger used acrylic and spray paint to create the piece, experimenting with different techniques to decide what he thought

would look the best.

"I like just to go on the canvas... mix the spray paint and paint markers and all that stuff, and I found a kind of way to make it work for myself," said Riediger.

He spent hours during the evening working on the mural featuring a cotton candy night sky, Winnipeg Beach landmarks and renditions of animals.

"I tend to just run with ideas, and then if they don't work, I quickly change it up and try to think of something else," said Riediger.

His son Karl and his friend Scott "the kid" Anderson would often join Riediger, as would community members.

"Somebody came and asked us what we were doing, and then he started to help, which was quite interesting," said Riediger. "My friend had left, and he was still there at midnight helping me."

Riediger finished the mural on July 15 and plans to continue creating murals to help out the community.

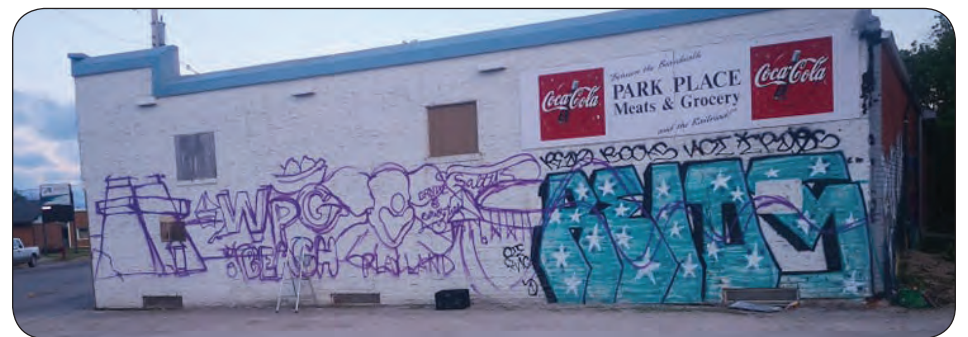
"If there's people who have an area that has graffiti on their property or something that they want to get rid of, I'd love to help," said Riediger. "It's kind of a fun way I can do a little bit of community service."

Kanski said he thinks Riediger did a great job, and he's been receiving lots



EXPRESS PHOTOS BY CORY RIEDIGER

Cory Riediger spent his spare time at his family's cottage in Winnipeg Beach creating a mural at Park Place Meats & Grocery.



Riediger thought covering the graffiti on the back of Park Place would discourage more marks, and brighten the space.

of positive comments online about his work.

"I'm very grateful that [Kanski] gave me the opportunity to [paint the mu-

ral]," said Riediger.

To contact Riediger about his artwork, email coryriediger10@msn.com.

Celebrating 50 years of helping Manitobans

Brock Vantor
Denturist

Time flies when your having fun, in our case, since 1971!

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It has now been over 11 years since I took over and Dad is gone. Now, as we celebrate the 50th year of business and reflect on why we are still here, I can't help but remember that it has always been about treating patients like *family*, finding *creative* solutions to fix problems, doing a *great job*, and not standing at work with our hands in our pockets!

Dad really pioneered the way for Denturists to practice in Manitoba since he was one of the first. He



George Vantor poses at the front desk of Vantor Denture Centre in 1982

taught us the core principles of what we do, and we are so thankful for everything he passed along about being a Denture Genius.

At the core of what we do is finding creative ways to fix problems. Sometimes it's just a sore spot. Other times it's looseness and the inability to eat. Maybe it's discomfort and the loss of self-confidence due to an unsightly smile. Alternatively, a patient has had a denture for years and years that they love and have no issues. They know it's time for a new one, but don't want any new problems! Whatever the situation, our goal is to identify what it is you want, and then find a way to make it just right for you!



Brock Vantor poses in the patient room at Vantor Denture Centre in 2018 with his award winning dentures.

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Paddling program pushes Indigenous youth to explore the culture

By Nicole Brownlee

An Indigenous-led non-profit organization is creating waves, connecting Indigenous youth to traditional culture through paddling.

Waterways offer day camps in Indigenous communities to teach youth about paddling and Indigenous culture while learning about water safety and beginner to intermediate canoeing skills.

"We also try and connect with community knowledge keepers and elders to bring more of the cultural aspects into the camp," said James Lavallée, camp leader and co-founder of Waterways.

Lavallée started kayaking when he was 11 years old and has represented Canada internationally at kayaking competitions. In 2016, Lavallée joined Canada's national canoe-kayak team and received several awards for his craft.

After spending decades making strides in the water sport, Lavallée wanted to develop and share his connection to the culture behind paddling.

"Paddling is inherently Indigenous, and we want to reconnect people to the water, to their land through paddling, but it's just a great vehicle to also engage people learning languages and learning more about their cul-

tural skills and identities," said Lavallée.

Waterways' programs extend across the province, including two travelling teams and one stationed in Winnipeg.

"We're just doing a pile of stuff, and we can't keep up with the demand, but it's been really fun," said Lavallée.

During their first week, campers start their day off with a smudge or a prayer followed by land activities and water training.

"The best way to teach canoeing and like boat skills and safety skills is through play and through games," said Lavallée.

By the second week, with some basic paddling skills under their belts, the group completes day trips to nearby destinations to explore the land and gain more experience.

Waterways hope to extend the program to include overnight trips to spend more time with the youth and plan more extensive trips once COVID-19 restrictions permit them, said Lavallée.

"[Overnight trips] are some of the more impactful programmings we could be doing," said Lavallée. "Getting kids out on the land and like being overnight is a better experience normally."

The campers who join are usually between nine and 14 years old, but a goal of the camp is also to train com-



EXPRESS PHOTO SUPPLIED BY JAMES LAVALLÉE.

James Lavallée (right), and his group of campers finished their trek on July 16 at Matlock Beach after a day of paddling.

munity members to continue running the program alone.

"We have coaching courses we aren't able to run this year because of COVID," said Lavallée. "But the idea is that we're training community members so they can take these programs and work in their own communities."

He's already heard stories about how Waterways' visits have impacted communities, said Lavallée.

"After these kids have, kind of, developed a base level of skills and confidence on the water, they were taking their parents out when we weren't even there," said Lavallée. "We've come in there and given the kids the

skills, and they're bringing it back to their parents and grandparents."

Niko, 13, recently attended a Waterways camp and said it was awesome to experience the culture.

Morgan, 14, agreed, adding, "I want to do this every year and lead this for Métis youth next year."

Waterways is hosting a fundraiser to help support their programs, purchase equipment and transportation to continue offering affordable camps. Visit waterwayscanada.com to learn more about Waterways or to donate to Waterways' We are Resilient like a River fundraiser.

Ukrainian Farmers



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Gimli Art Club to celebrate Manitoba 150 this year with unveiling of map

Staff

The Gimli Art Club plans to unveil a supersized map of Manitoba on Aug. 1 when more visitors will be allowed to stroll through its gallery and studio workspace.

Club members created the map in 2022 to honour Manitoba's 150th year as a province but haven't been able to unveil it to the public because of the province's COVID-19 public health restrictions.

Since March 2020, the pandemic has disrupted club meetings and workshops. Celebrations such as the club's annual Christmas party have also been cancelled because of ongoing COVID infections.

"The Manitoba 150 project has been delayed for over a year," said Olive Hnatiuk, who sits on the club executive as a member at large. "August 1 will be a special day as the club is able to open its doors to more visitors. But we're still requiring people to wear a mask."

The map is eight feet (2.4 metres) long by four feet (1.2 metres) wide. About 30 artists, including a potter, worked on the project. It showcases the province and some of its special



GAC FACEBOOK

Members of Gimli Art Club are shown celebrating an anniversary a few years ago.

features.

The Gimli Art Club was created in 1969. It offers studio and pottery space to artists and has a large art gallery where the public can purchase paintings, ceramics and other unique items. Club members have also beautified the harbour seawall with paintings depicting the area's history and significant events.

The map is scheduled for unveiling at around 1 p.m. on Aug. 1. There will

be other events to enjoy, as well.

"In addition to the unveiling of the map, children from 5 to 12 years of age can learn more about the Interlake from a colouring book featuring destinations, birds, fish, animals and some history," said Hnatiuk. "We hope to make the day fun for all visitors."

The Gimli Art Club is located at 3 Centre St., across from the Lakeview Hotel. For more information, call the club at (204) 642-8217.

COVID outbreak declared at Arborg Assisted Living housing facility

By Patricia Barrett

The Arborg Assisted Living Centre is experiencing an outbreak of COVID-19 infections, with residents in the housing complex told to stay in their rooms and visiting suspended.

The outbreak was declared last Friday, several days after cases first arose, and authorities aren't saying how many cases have been identified.

The facility, also known as the Mary Thorarinson Estates, provides suites for people needing assisted living and supportive housing. It is owned and operated by the Arborg Seniors Housing Corporation and overseen by the Town of Arborg. In addition, the Interlake-Eastern Regional Health Authority provides healthcare services.

Peter Dueck, who is chair of the housing corporation, said the outbreak occurred the week of July 5, but could not say precisely how many people were infected.

"There were more than two cases at the Assisted Living," said Dueck by phone on July 13.

He said there was an immediate lockdown with visiting suspended.

"The Assisted Living facility is following all the protocols and direction from the Interlake-Eastern Regional Health Authority," said Dueck. "There is no visiting, and tenants have been asked to remain in their rooms."

With highly transmissible COVID variants circulating in the province and provincial public health having eased visiting restrictions, it seemed only a matter of time before new infections arose.

The housing facility has 32 suites, of which half are designated as assisted living suites and the other half as supportive housing suites. It offers 24-hour on-site support, hot meals, light

housekeeping and laundry services, and recreational activities.

On July 16, the Interlake-Eastern Regional Health Authority declared an outbreak at the facility.

"Today, Interlake-Eastern RHA's medical officer of health declared a COVID-19 outbreak at Mary Thorarinson Estates in Arborg. This is an assisted living facility that is owned and operated by Arborg Seniors Housing Corporation," said a health authority spokesperson by email. "A COVID-19 outbreak, in this setting, is defined as two or more confirmed cases of COVID-19 epidemiologically linked."

In its COVID-19 technical notes, the province defines an outbreak as two or more cases diagnosed within a 14-day period in a setting, with evidence of transmission occurring within the setting.... But in a highly vulnerable setting, a single laboratory-confirmed case of COVID-19 in a staff member, volunteer, or resident may define an outbreak at the discretion of the Medical Officer of Health.

The IERHA spokesperson didn't address questions about the exact number of cases, whether residents or staff – or both – are infected and whether a COVID variant is involved.

The IERHA provides home care services to the facility.

"Interlake-Eastern RHA provides home care services in the building, and this facility is part of Interlake-Eastern RHA's community-based options for placements of people who have been confirmed as needing supportive housing as determined through the paneling process," said the spokesperson.

The health authority is taking steps to manage the outbreak by having its infection, prevention and control team



EXPRESS FILE PHOTO BY PATRICIA BARRETT

The Arborg Assisted Living facility.

working with on-site staff "to ensure provincially defined infection prevention and control procedures, including appropriate use of PPE, are being implemented and reviewed with all staff members and residents, said the spokesperson. And it's expected that the province will notify the public about the outbreak on July 19 when it provides a public health update.

The facility operator said all residents were fully vaccinated as of the

end of March.

"As of midnight tonight (July 19), there will be one person left quarantining."

The province's COVID dashboard showed six active cases of the virus in the Arborg/Riverton area, with 91 cases having recovered and no deaths. As a whole, the Interlake-Eastern health region had 245 active cases, 3,700 recovered, and 47 deaths (July 17 data).




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Read, draw and create to win Ashern library competition

By Nicole Brownlee

A West Interlake reading competition hopes to attract community members back to the library.

Parkland Siglunes Regional Library in Ashern recently received a grant to offer free programming while encouraging people to get involved with local libraries, said librarian Judith McCudden.

"I think there is a big push to try to ensure that libraries remain vibrant community hubs," said McCudden. "To try and get people back into libraries and also really to support free access to info and entertainment."

Parkland libraries offer several national programs to encourage reading, but McCudden said that many of the Ashern library's junior patrons didn't participate last summer.

Hoping to raise participation this year, McCudden thought of a regional-focused solution.

"I decided I would try and do one for this particular area," said McCudden.

McCudden launched two competitions aimed at readers aged 5 to 15 years old on July 9 to try to get young people reading more and involved in the library community.

"I think that's from my teacher background," said McCudden, who taught at Ashern Early Years School. "There was a real concern that there are some children who walk out at the end of June and don't pick up a book, and

that's especially not good for children who need to develop their reading skills.

The first part of the competition requires readers to submit a book report after reading a book during the summer. Each emailed book report acts as a ballot, then entered into a draw to win a Fire HD tablet.

McCudden said she had already received ten entry ballots by July 13.

The second competition ties in the Interlake's natural landscape and calls for participants to create an art piece, like a painting, drawing or model, that expresses the contestant's

favourite summer water activity.

Entries can be dropped off in the brown box outside of the library, or a photo of the piece can be submitted to the library's email.

"I'm very conscious that you've got families and patrons coming from quite an area who come to the lake," said McCudden, who wanted to include as many young library-

goers as possible.

"I wanted to make sure that it was not just Lake Manitoba that, you know, there are lots of other ways to use the water," said McCudden.

Sam Bayer, recreational officer for the RM of West Interlake, will join McCudden to decide the second competition winner who will receive a summer gift bag stocked with a beach towel, water bottle, Chicken Chef ice cream vouchers and more.

"THERE WAS A REAL CONCERN THAT THERE ARE SOME CHILDREN WHO WALK OUT AT THE END OF JUNE AND DON'T PICK UP A BOOK."



The Siglunes District Library is hosting a summer reading competition to encourage readers aged 5 to 15 to read more during the summer.



EXPRESS PHOTOS BY JUDITH MCCUDDEN

Siglunes District librarian Judith McCudden has put several water-themed books on display to inspire young readers participating in the competition.

All entries for the contests must be submitted by Aug. 27. The draw for the tablet will be pulled on Sept. 3.

To learn more about the competition and how to enter, visit the Siglunes District Public Library Ashern Facebook page, or contact Judith McCudden at siglun15@mymts.net, or by phone at 204-768-2048.

Physician Departure – Ashern Medical Clinic

Please be advised that on August 20, Dr. Armin Sabri is concluding his practice at Ashern Medical Clinic. He will be available over the next few weeks if patients wish to make an appointment with him before he leaves.

Interlake-Eastern RHA wishes Dr. Sabri 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:

Dr. Christopher Okpaleke 204-768-3821
Dr. Mina Gendi 204-768-3404
Dr. Samina Nishat 204- 768-2881

We look forward to announcing the arrival new physicians to the area in the near future.



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Little library makes big impact on Winnipeg Beach couple

By Nicole Brownlee

A creative Father's Day gift has put one Winnipeg Beach couple on the map in the community and across the globe.

Jaclyn Oliver surprised her Dad, Mike Oliver, with a plaque signifying that the library he constructed on their Winnipeg Beach cottage property was added to an international catalogue of "little free libraries."

Mike sought to create a little library last summer after he and his wife Diane retired.

"Rather than locking ourselves in the cottage and just kind of pouting, we're trying to find what we can do to not only lift our own spirits and meet a few people out here who are in the same doldrum state of mind and lift everybody's spirits," said Diane Oliver.

Using an old Metro newspaper box, Mike and Diane painted, decorated and secured the box at the end of their driveway, stocked with books from their previous home in Winnipeg.

"We had a whip load of books," said Diane.

After a successful first year of running the library last summer, the Olivers decided to keep the tradition going.

"This spring, as soon as we got out here, I opened it up again, and I put a posting on Facebook that we've got it open again, and all of a sudden there were like 130 likes," said Diane.

Neighbours, visitors and pedestrians stop by the library to check out the selection and chat with the Olivers.

"We're on the corner of third and Abbotsford," said Mike. "People are always walking by, or biking by, and actually, it's a good way to meet people too."

Diane restocks the books each week to offer a fresh display for patrons, but the library has become so

popular that Mike recently constructed an addition.

"It used to just pop open at the top," said Mike. "But the books have been going so fast this year that I actually cut a hole in the bottom and put another Plexiglas door on it."

Children's books are now stored on a lower shelf that is easier for them to reach, while adults get an eye-level view of their picks.

"We don't want to put Robert Munsch in beside James Patterson," explained Diane.

Kids are coming by daily to check out the books, comics and activities found in their library, said Mike.

"It's unreal how many kids are coming by," said Mike.

Book donations are stacked inside the Olivers' cottage, ready to be sorted and added to the library collection.

"We're grateful for donations," said Diane, but they're also thankful for the quick visits they get to have with people dropping off books.

"It's really kind of building relationships with people in the community," said Diane. "When they're coming in, they're looking for a book, and we start a conversation, and we get to kind of know a little bit about them."

"There are some people that are using this as an important outlet for them," she added.

After several visits, the Olivers have been keeping track of some special books they think some of their patrons might like, like larger print for people with vision impairments, a dinosaur book for a little enthusiast and chapter books about animals for another.

"I'm always keeping my eyes out to make sure that I've got a few of those things for those special people who have requested," said Diane.



EXPRESS PHOTO SUBMITTED

Mike Oliver's little free library has earned a plaque, symbolizing its international recognition and membership to a community of small libraries across the world.

The couple is looking forward to continuing their library and meeting more of the community.

To check out the internationally recognized little free library, visit the Olivers at 204-3 avenue in Winnipeg Beach.

BASF Safety Scouts Program keeping farm families alive

By Becca Myskiw

BASF Canada Agricultural Solutions, in partnership with the Canadian Agricultural Safety Association (CASA), recently launched its Safety Scouts Program in the hopes of educating young farmers on how to be safe.

Last year, CASA partnered with BASF Canada Agricultural Solutions to launch a resource page for farm families. It has information on how to decide when a youth is ready for certain farm tasks, safe play areas on the farm, information on parent-kid safety contracts, and more.

Robin Anderson from CASA said it's a one stop shop for farm safety. And now, they've progressed the program to include the Safety Scouts Program, which is safety kits for farm youth.

Each kit includes a safety vest, name badge, colouring sheets, and a membership certificate. They're completely free, and each family can order up to three at a time at <https://www.casa-acsa.ca/en/resources/for-kids/>. Anderson said they're well-rounded and

give families an opportunity to start a conversation with their children.

"This is a great way for farm families to talk about farm safety," she said. "The reality of it is Canadians still die in agriculture-related incidents. We still lose children adults and seniors in farming. It's devastating"

Anderson said almost each incident that leaves someone dead or injured is preventable. CASA and BASF Canada Agricultural Solutions is hoping the Safety Scouts Program will help lower the number of incidents and keep more people safe.

"We want farms to thrive and succeed," she said. "And we want farms to last for generations, they can't do that if they're not safe."

So far, over 700 kits have been ordered from across Canada. Anderson said she hopes more people will hop on the site and order the kits for their families, starting the safety conversation in their own homes.

She said safety vests aren't the "end all, be all", though, and the conversation that should come with it is im-



EXPRESS PHOTO SUBMITTED

BASF and CASA have launched their Safety Scouts Program to keep farm families safe.

portant. Safety on the farm, she said, prolongs agriculture in Canada, and keeps farming alive for generations.

"We know that people are interested

in safety and keeping kids safe," she said. "It's just more tools in the tool kit to keep families successful and safe."

Tour a virtual Gimli during this year’s film festival

By Tyler Searle

Filmgoers have the opportunity to tour a virtual replica of Gimli during this year’s Gimli Film Festival (GFF). Festival Director Alan Zeghers created the digital rendition of the town using a video chat platform called Gather.

“I thought it was an interesting way of having the possibility of spontaneous social interactions and a higher level of interactivity than just a Zoom call or watching a live stream,” Zeghers said.

“Of course, that’s what we’re all really missing over the last year.”

Gather launched last spring and allows users to create what it calls a Metaverse, a virtual layer over the physical world where people can work, socialize and learn.

The service features fully customizable virtual spaces rendered in 8-bit animation—the effect is reminiscent of a retro videogame.

Users design offices, campuses, or towns and use them as venues for meet-ups and events. When people join the space, they create an avatar in their likeness and are free to wander.

When avatars approach each other, they automatically connect in an impromptu conversation via video chat.

In the case of the GFF, people can enter the Gather portal from their home computers and explore the digital Gimli. Once inside, filmgoers can interact with multiple projectors scattered around the map and watch films.

The projectors feature eight short films and one feature-length documentary.

The festival commissioned the films last year in celebration of the festival’s 20th anniversary and Manitoba 150. They explore life and culture in Manitoba and focus on themes distinct to the middle province.

Visitors to the virtual town will also recognize familiar landmarks like the Viking statue, Johnson Centre, and Gimli beach, where the festival typically screens its outdoor movies.

The Gimli Theatre, Ship & Plough Tavern, Flatland Coffee Roaster, and Robin’s Donuts are all online and accessible.

GFF used Gather to host the festival’s VIP Virtual Opening Reception on July 12.

Festival staff invited all super-pass holders to attend the event, where they could screen films, participate in Q & A sessions with filmmakers, and watch a live concert broadcast from the Ship & Plough.

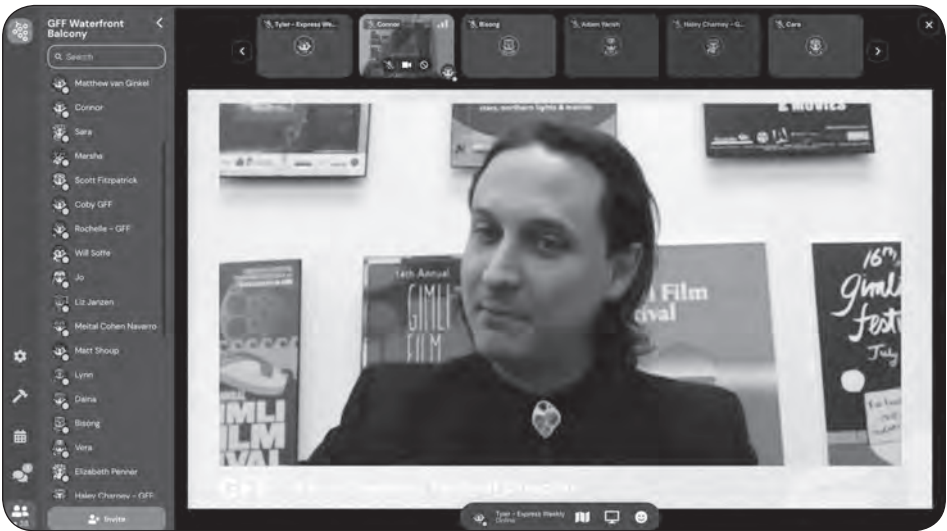
A small number of people attended the show in person at the tavern’s brick-and-mortar location, while others joined from the virtual venue.

Matlock musician Micah Erenberg performed his blend of alternative folk music to an adulating crowd of real-life fans and digital avatars.

Access to the virtual town was initially reserved for super-pass holders, but festival staff have now opened it up to all festival-goers.

To explore, visit: <https://gather.town/app/y96131qsBMkjcU1s/GFF%20Waterfront%20Balcony>

Or find the link on the festival website by looking under the 2021 Festival tab and selecting special events.



EXPRESS PHOTOS BY TYLER SEARLE

GFF director Aaron Zeghers welcomed festival-goers to the virtual town of Gimli during the VIP Virtual Opening Reception on July 12.



Using Gather, visitors can create avatars and explore familiar locales like the Ship & Plough, where musician Micah Erenberg performed live during the reception.

sports&recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Baseball Manitoba 2021 Return to Play Update

From Baseball Manitoba

Due to the most recent announcement regarding Public Health Orders, Baseball Manitoba has created and released Version 6 of its Return to Play Document.

The following guidelines came into effect at 12:01 a.m. on July 17.

Mask Use:

Coaches

Coaches are encouraged to wear a mask outdoors when not engaged in physical activity or cannot properly Physical Distance (two metres).

Umpires

Umpires are encouraged to wear a mask outdoors when not engaged in physical activity or cannot properly Physical Distance (two metres).

Participant Limit:

Groups of 50 athletes plus registered team staff and officials, including coaches, managers, Health and Safety Coordinators, and umpires are allowed.

Spectator Limit:

150 spectators are allowed at each session/competition and must always physical distance (unless from the same household). This number is based on the current maximum public gathering size. Spectators are not included in the participant group

numbers.

Contact Tracing:

Contact tracing will continue to be required for indoor sessions.

Contact tracing is encouraged, but is no longer required for outdoor sessions and competitions.

“Baseball Manitoba will continue to monitor the Public Health Orders,” read a statement on Baseball Manitoba’s website. “We will be prepared to revise any and all aspects of our Return to Play Plan in the event of any updates to the Public Health Orders. We are extremely excited baseball is in full swing in Manitoba.”

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

U18 Orioles swept by Pembina Hills

By Brian Bowman

The Interlake Orioles U18 "AAA" baseball team is going to have to wait a little longer to get their first win of the season.

Interlake lost three games last week, dropping their record to 0-7.

Interlake was swept in a double-header by Pembina Hills last Sunday, losing by scores of 15-3 and 6-0.

The Orioles lost their fifth straight game to start the season after dropping a 12-4 decision to the Elmwood Giants on July 14 at Koskie Field.

Interlake hosted the Bonivital Black Sox this past Tuesday but no score was available at press time. The same two teams will play again this Thursday (7 p.m.) at Whittier Park.

In 15U "AAA" action, the Orioles lost 9-0 to the St. James A's last Wednesday.

Interlake hosted St. James this past Monday but no score was available.

The Orioles' next game is Monday when they battle the Red River Valley Pioneers in Grosse Isle. First pitch is 6:30 p.m.

The U13U Orioles, meanwhile, dropped a pair of games last week. Interlake was defeated 13-3 by St. James on July 12 and then was downed 9-8 by Red River the following evening.

The Orioles played the Bonivital Black Sox on Tuesday and then will visit the North Winnipeg Pirates next Tuesday (6:30 p.m.) at the Sunova centre in West St. Paul.



EXPRESS PHOTO BY JO-ANNE PROCTER

The Interlake Orioles' Hayden Faragher makes the tag on a Pembina Hills' player at second base during U18 'AAA' action last Sunday in Stonewall. Pembina Hills swept the doubleheader, winning by scores of 15-3 and 6-0.

Canad Inns Mixed Doubles Curling Trials to be played in Portage la Prairie

Curling Canada

Canada's quest for back-to-back gold medals in Olympic mixed doubles curling will begin in Portage la Prairie.

The announcement was made last week by Curling Canada.

The Canad Inns Canadian Mixed Doubles Curling Trials will be played Dec. 28 to Jan. 2 at Stride Place in Portage la Prairie, and will determine the pairing who will represent Canada in mixed doubles curling at the 2022 Winter Olympics in Beijing.

"Portage la Prairie did a superb job hosting the first Canad Inns Canadian Mixed Doubles Trials four years ago, so it was an easy decision to bring the event back to Stride Place," said Amy Nixon, Chair of Curling Canada's Board of Governors. "Portage la Prairie has proven repeatedly that it can put on top-calibre curling championships, and I'm positive the city will show its support for these Olympic hopefuls."

Four years ago, at the inaugural Canad Inns Canadian Mixed Doubles Trials in Portage, Kaitlyn Lawes and John Morris prevailed, and then went on to claim gold at the 2018 Winter Olympics in Pyeongchang, South Korea, where mixed doubles curling made its debut as an Olympic medal sport.

"The City of Portage la Prairie is very excited to be hosting this world-class event at Stride Place. We look forward to welcoming curling fans and curlers from across Canada in December," said Portage la Prairie Mayor Irvine Ferris.

Sixteen teams will be competing in Portage la Prairie, and six have already qualified, including the top two finishers at the 2021 Home Hardware Canadian Mixed Doubles Championship, presented by Nature's Bounty Vitamins — gold-medallists Kerri Einarson and Brad Gushue and silver-medallists Kadriana Sahaidak and Colton Lott.

Also in the field are the top four finishers (as of May 1, 2020) in the 2019-20 Canadian Mixed Doubles Rankings: Jocelyn Peterman and Brett Gallant, Jennifer Jones and Brent Laing, Nancy Martin and Tyrel Griffith, and Rachel Homan and John Morris.

"Canad Inns is a Manitoba Owned, Manitoba Grown and Manitoba Proud company. And what can be more Manitoban than curling," said Dan Lussier, CEO for Canad Inns. "We are thrilled and honoured to be the Title Sponsor of the Mixed Doubles Curling Trials once again. The City of Portage la Prairie and its residents have a proven track record of hosting large sporting events and we know that

they will put on a world-class event. In 2018, Manitoba's own Kaitlyn Lawes and John Morris won the Trials and went on to win Olympic gold. We know whoever wins this year's Trials, will be great ambassadors for Canada at the 2022 Olympics and we wish all teams a great bonspiel."

A fourth-place finish by Einarson and Gushue at the 2021 World Mixed Doubles Championship last month in Aberdeen, Scotland, clinched Canada's berth in the 10-team mixed doubles field in Beijing.

"I'm not sure Canadian curling fans realize just what an amazing accomplishment that was by Kerri and Brad in Aberdeen," said Scott Pfeifer, national mixed doubles coach for Curling Canada. "They were both exhausted from spending so much time in the bubble in Calgary, away from friends and family, and went to Scotland under an immense amount of pressure to secure our Olympic berth. It was a performance Canada should be proud of."

The event will follow the 2021 Tim Hortons Canadian Curling Trials in Saskatoon, where Canada's four-player men's and women's teams for Beijing will be decided. Members of Canada's Olympic four-player teams won't be eligible to compete in the Canad Inns Canadian Mixed Dou-

bles Trials because of the rigours of the Olympic curling schedule.

"It seems that curling fans and volunteers in Manitoba step up every four years for events such as the 2013 Tim Hortons Roar of the Rings in Winnipeg and the 2018 Canad Inns Canadian Mixed Doubles Trials, and we all know what the winning teams did in both Sochi and Pyeongchang," said Craig Baker, Executive Director of CurlManitoba. "We hope Manitoba continues to provide our Canadian team with a bit of luck heading into what is sure to be a thrilling curling season. We're proud that our province will be part of the excitement."

Stride Place, which opened in 2010, has 1,675 seats in its main arena, and is home to the Manitoba Junior Hockey League's Portage Terriers.

"In 2018 our city became part of history as the first to host a Canadian mixed doubles trials event and we can't wait to continue that legacy in 2022," said host committee chair Rob Gemmell. "Our community is passionate about curling and we'll be proud to once again say that Team Canada's path to the mixed doubles curling podium begins in Portage la Prairie."

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Junior Blue Jays snap five-game losing streak

By Brian Bowman

The Interlake Blue Jays snapped a five-game losing streak with an impressive 8-3 win in Game 2 of a Manitoba Junior Baseball League double-header against the Pembina Valley Orioles last Sunday.

"We were on a little bit of a schneid there for about a week but we're still just trying to figure things out," said Blue Jays' head coach Adam Kirk. "Figure out where guys fit in and I think after yesterday we finalized that. Hopefully, going forward here we can get things done more efficiently."

Interlake led 3-2 after the first inning before Pembina Valley tied the score at 3-3 with a run in the fourth.

The Blue Jays came right back, though, to score four in the fifth and then added another in the sixth.

Andrew Everitt led the Blue Jays with three hits and three runs scored while Kalli Einarson had a pair of hits and scored twice.

"The middle of the lineup has kind of struggled a little bit for us this year and we didn't have some guys there yesterday so those guys got to step into those spots and it was nice to get production from the middle of the lineup," Kirk said.

The Blue Jays' Jeremy Wasilewski scored once and also finished the game with two hits.

Interlake's other runs were plated by Noah Ducharme and Liam Proven.

Ducharme earned the complete-game win, scattering 12 hits while adding three strikeouts.

"(He was) efficient," Kirk said. "He gave up a hit but it was a ground ball through the hole. They may have gotten a lot of hits but they didn't hit



Blue Jays' right-hander Brittney Langlais delivers a pitch.

them super hard. There were one or two hard hit balls but he kept throwing strikes and the defence turned a couple of double plays. It was a well-pitched game, in my mind, even though he gave up a bunch of hits."

In Game 1 of the doubleheader, Pembina Valley downed Interlake 5-1. The Orioles scored twice in the first inning and then added three more in the fifth.

Ducharme scored Interlake's lone run in the top of the fifth. The Blue Jays had just three hits in the game.

Last Friday, Interlake was defeated 8-5 by the St. James A's in Winnipeg. The Blue Jays led 5-2 going into the bottom of the fifth but the A's scored



EXPRESS PHOTOS BY RICK HIEBERT

In Game 2 of the Blue Jays 8-3 win over the Orioles, Andrew Everitt led Interlake with three hits and three runs last Sunday.

twice and then added three more in the sixth.

Ducharme and Devon Cassan each had a pair of hits. Blue Jays' runs were scored by Ducharme, Ben Anderson, Liam Allen, Chris Fines, and Cassan.

The Blue Jays (2-5) will host Winnipeg South (2-3) on Wednesday (7:30 p.m.) and then will visit the Carillon Sultans on Friday (7 p.m.).

As a reminder, up to 150 fans are now allowed to attend all baseball games in the province. Kirk wanted to encourage spectators to come out and watch baseball in Stonewall.

In Winnipeg Senior Baseball League

action, the Stonewall Blue Jays lost 9-4 to the Elmwood Giants last Thursday at Koskie Field.

Elmwood scored two runs in the second inning, added three more in the third, and then put up another four in the fourth.

The Blue Jays scored a run in the fourth and then three in the top of the sixth.

Stonewall visited the St. James A's this past Tuesday but no score was available. The Blue Jays will then host the Carillon Sultans this Thursday (7:30 p.m.) at Quarry Park.

MJHL hosts U18/U16 Prospects Camp

Staff

The MJHL #ProtectMB U18/U16 Prospect Development Camp wrapped up at the Seven Oaks Sportsplex in Winnipeg.

U16 groups, made up of elite Manitoba players born in 2006 who are eligible for the 2022 MJHL Draft, checked-in last Wednesday with daily on and off-ice activities taking place until Saturday.

U18 groups, made up of elite MJHL

Prospects from Manitoba born in 2004 and/or 2005, checked-in on Thursday with daily on and off-ice activities taking place until Sunday.

The main goal of the camp was to help prepare players on and off the ice for the upcoming season, what it takes to be successful in the MJHL and what it takes to get to the next level (NCAA, WHL, USports, NHL).

Camp activities emphasized the elements these players need to focus

on to transition successfully from elite minor hockey to elite Junior "A" hockey. The camp also provided players with an important opportunity to return to organized hockey activities in a professional, safe, and fun environment.

Players received both on and off-ice skill development led by experienced professionals and high-level hockey players. The on-ice program consisted of practice and skill develop-

ment group sessions, and the off-ice portion covered elements related to athleticism and mental skills, as well as the technical and tactical skills required to play in the Manitoba Junior Hockey League.

Interlake Lightning players invited to the U18 camp included goaltender Dawson Cowan, defenceman Austin Lourenco, and forward Hayden Wheddon.

Invited to the U16 camp were Interlake goaltender Alex Myers and forward Brandon Burak.

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Rural Municipality of Armstrong



PUBLIC NOTICE BOARD OF REVISION FOR 2022

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

APPLICATION FOR REVISION

42(1) A person in whose name property has been assessed, a mortgagee in possession of property under section 114(1) of The Real Property Act, an occupier of premises who is required under the terms of a lease to pay the taxes on the property, or the assessor may make application for the revision of an assessment roll with respect to:
(a) liability to taxation;
(b) amount of an assessed value;
(c) classification of property; or
(d) a refusal by an assessor to amend the assessment roll under subsection 13(2).

APPLICATION REQUIREMENTS

43(1) An application for revision must:
(a) be in writing;
(b) set out the roll number and legal description of the assessable property for which revision is sought;
(c) state the grounds on which the application is based; and
(d) be filed by:
(i) delivering it or causing it to be delivered to the office of The Rural Municipality of Armstrong at Inwood, Manitoba, or
(ii) serving it upon the Secretary,

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

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

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

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

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

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Rural Municipality of FISHER

OFFICE CLERK FULL-TIME - OFFICE CLERK POSITION

The Rural Municipality of Fisher invites written applications for the position of full-time Office Clerk.

The successful applicant will be required to provide a variety of administrative and financial clerical duties associated with municipal and utility services. A detailed job description and duties are available upon request.

The successful candidate shall possess the following qualifications:

- Ability to communicate effectively with Council, employees and the public.
- Strong written communication skills.
- Computer Knowledge
- Attention to accuracy and detail.
- Honesty, reliability, integrity, team player and ability to work well with others is a must.
- Graduate of Municipal Administration an asset or willing to acquire
- Previous Accounting/Business knowledge an asset
- Able to handle stressful situations and deadlines
- Willingness to learn and grow within our organization

Salary is set out in the CUPE Local 4348 Collective Agreement and is dependent upon qualifications and experience.

Written applications including resume, cover letter and three work related references to be submitted in confidence by 4:00 July 30, 2021. Open until suitable candidate is found.

RM of Fisher "Office Clerk Position"
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The RM of Fisher thanks all applicants for their interest. Only those considered for an interview will be contacted.

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MORTGAGE SALE ADVERTISEMENT

The building and land known as 110128 PTH 7, RM of Armstrong, in the Province of Manitoba as described in Certificate of Title No. 2825694/1 will be sold at auction on Wednesday, the 18th day of August, 2021, by way of video or teleconference at 11:00 a.m.

The Vendor is informed that there is situated on the property a single family 1 3/4 residence of approximately 2,814 square feet with 3 bedrooms, 2 bathrooms, living room, dining room, kitchen, full partially finished basement and a double attached garage.

TERMS: Deposit of \$38,000.00 by certified cheque, bank/credit union draft or solicitor's trust cheque to the address below within 24 hours of the date and time of auction and the balance in accordance with the conditions to be announced at sale.

The Property is sold subject to a RESERVE BID of \$192,254.22 plus such other additional and incidental costs which may be incurred by the Lender from the 8th day of July, 2021 to the date of auction and which costs will be announced prior to the commencement of the Sale.

Property Taxes are paid to December 31, 2019. Property Taxes are outstanding for 2020 in the amount of \$1.44 plus accruing penalty interest.

Purchaser to be responsible for payment of any outstanding water accounts owing by the Mortgagor.

Property is subject to Caveat 244315/1.

In order to participate in the auction sale, you must pre-register by contacting Sonia at 204-957-6437 or by email at sruppel@itglc.ca at least 24 hours in advance of the scheduled auction.

The auction sale will be conducted pursuant to an Order for Sale issued by the District Registrar. Certain parties may be prohibited from purchasing the property, including but not limited to, parties who by virtue of their employment or relationship to a person involved in the sale process would have special knowledge of the circumstances pertaining to the sale. For more information and a list of prohibited purchasers please visit: www.teranetmanitoba.ca

Further information and copies of Conditions of Sale may be obtained from:

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IN MEMORIAM

A remembrance of Ray Wright's life will be held August 1st 3:00 pm at Winnipeg Brookside Cemetery Section 27, Row 3.

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OBITUARY

Doris T. Dawson

April 17, 1937 - July 16, 2021

Peacefully on July 16, 2021, Doris Dawson, aged 84 years of Faulkner, MB, passed away at the Fisher Branch Personal Care Home.

Cremation has taken place and a graveside service will be held at 2:00 pm on Sunday, July 25, 2021 in the Faulkner Cemetery with Dawn Tober officiating.

In lieu of flowers, donations may be made to the Faulkner Community Hall, PO Box 4, Faulkner, MB R0C 0Y0 or to the Fisher Personal Care Home, Box 119, Fisher Branch, MB R0C 0Z0.

Arrangements by: ARNASON FUNERAL HOME

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OBITUARY

James Roy Wesley Gilbert

Peacefully, on July 13, 2021, after a brief illness, Roy Gilbert, a lifelong resident of Selkirk, Manitoba passed away on his 92nd birthday. He is now reunited with June (nee Pruden), his beloved wife of 69 years.

Dad was born in Selkirk, the third of four sons, to Maurice and Muriel Gilbert (nee Dixon). They came to Selkirk from Elkhorn for Maurice's vocation in the funeral business. The family lived in numerous homes around town and Dad really enjoyed reminiscing about the Selkirk town of



old, his neighbourhoods, and various antics with friends and brothers. He was a great storyteller and throughout the years loved to recall funny, strange or unique experiences of school chums, residents, and the old Selkirk landscape.

An entrepreneur right from the early days, Dad had "the best paper route in the world" which he faithfully executed each day with his dog Rover and in winter pulling him and his sleigh. He took an avid interest in the merchants and businesses in town, especially in the funeral business observing his father. When Maurice passed away, dad was too young to take over, so he furthered his studies and trained at Bardal's in Winnipeg, earning his funeral directors license.

In 1955, now fully licensed and in his early twenties, he repurchased the funeral home in Selkirk that his father had started, when Mr. Langrill died. He also built a new chapel in Gimli and then in 1981 expanded the chapel and built a new staff residence and garage. Dad was very devoted to the people he served and the Gilbert Funeral Home, running it successfully for many years. He was later joined by his son Wes and subsequently Wes's son, David making it a four generation business. Dad was a member of the Manitoba Funeral Service Association for many years and had served as president.

Dad met Mom one fine day in Winnipeg Beach at a church picnic when their families just happened to spread their blankets next to one another, and the rest they say is history. Dad would tease that he had strong competition from dapper men in fancy cars from Winnipeg vying for mom's attention. Thankfully he persisted and prevailed in the end! Roy and June were married in 1951 at St. George's Church, Wakefield.

Dad was a lifelong member of the Selkirk United Church, serving on council several times. Being community minded, he was a member and president of the Selkirk Rotary Club and was instrumental in the building of the new public pool in the Selkirk Park, a School Trustee during the amalgamation of the Lord Selkirk School Division, and also a member of the Masonic Order. He sat on the board of the Betel Home Foundation for many years and helped purchase property and plan for the new Betel Home in Gimli.

A true golf enthusiast, Dad was a lifelong member of the Selkirk Golf and Country Club, enjoying his game on the course for 80 years and then watching on TV from the comfort of his lazyboy chair. Dad and Mom loved the game of bridge, playing with their friends and at the Selkirk Duplicate Bridge Club. They won the club championship twice and at age 90 were and still are the reigning champs.

They enjoyed their cottages first at Chalet Beach and later north of Gimli. Dad enjoyed duck hunting, curling, and, in retirement, the art of stained glass. He made countless stained glass keepsakes for us all.

The door at Roy and June's house was always open. People of all ages were welcomed to the pool, to parade day each July, backyard barbecues, and enjoying the river view. The family met there most Sundays for dinner and life long traditions were established in the yard that have continued to the present generation. A few years ago Dad and Mom moved into condo life, leaving behind their beloved home on Eveline Street with Wes and Leanne. Today the family still congregates there and the traditions continue!

Dad and Mom loved to travel to Mexico, Europe, across Canada and the US, and finally found their paradise in Hawaii. They loved their daily routine on the beach and cherished the many new friendships they made. They welcomed each grandchild to the island and introduced them to the "Aloha Spirit".

Roy was predeceased by his beloved wife June on March 18, 2020 and leaves surviving his daughter Jane Massey (Bob), sons Wes (Leanne) and Geoff (Cheryl); seven grandchildren, Andrea (Phil), Jamie (Ashley), Kurtis (Ashley), David (Cindy), Kayla (Adam), Deanna (Ray), Graham (Alisha); and eight great-grandchildren, Vivienne and Elysia; Skylar, Locklyn and Berklee; and Grayson, Everleigh and Vayda. Roy will also be missed by his brother Don (Del), in-laws Glen (Alice), Norm (Pat), and Dale (Carol) and many nieces, nephews, relatives, and friends. He was predeceased by his brothers Eric and Mel. A celebration of Life will be held at the St. Clements Cemetery with Rev. Cole Grambo officiating. In lieu of flowers, donations in Roy's memory can be made to the Selkirk and District Foundation or the Selkirk United Church.

Roy's memorable storytelling, his generous spirit, big laugh and great sense of humour will be missed by his family and friends. Rest in peace Dad and Poppy!

Condolences may be left on his tribute wall at www.gilbartfuneralhome.com

Gilbert Funeral Home, Selkirk in care of arrangements.



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Phone: 204.302.1289

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