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More than just pets

Christina Kallstrom sits outside at Northwoods Farm with her fainting goats.

EXPRESS PHOTO BY ALYSSA KALLSTROM

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Fainting goats make good pets on Eriksdale farm

By Evan Matthews

If an animal faints under normal circumstance, one might consider themselves worried. However, at Northwoods Farm near Eriksdale, a fainting goat is perfectly normal.

Christina Kallstrom owns and operates Northwoods Farm, located five kilometres south of Eriksdale right off Highway 6. The farm has a cattle operation, as well as a petting zoo (including fainting goats, Nubian goats, a pot-bellied pig, donkeys, miniature horses, and chickens).

"I always loved fainting goats since I was little, so we built the barn and I thought, well, I might as well get the donkey, too. But the pig came with the donkey, and then I just figured why not chickens?" said Kallstrom, laughing.

She added that she actually uses the products produced by the animals to make other products.

"I milk the fainting goat, and I make goat's milk soap and lip balm. It started with my daughter, who has really sensitive skin. I was doing research, and read goat milk soap is good for people with sensitive skin, and it all started there," she said.

She then sells the products at the Eriksdale and Lundar Farmer's Markets, as well as smaller craft sales.



Kallstrom's finished products, labelled Northwoods Farm Soaps, is all made with local product right at the farm.

Kallstrom said she's registered with Health Canada to ensure her products meet standards.

Northwoods Farm also has a presence at the Lundar Petting Zoo, as Kallstrom sits on the board for the Lundar Agricultural Society.

As with many industries, Kallstrom said COVID-19 threw her operation for a bit of a loop.

"I wasn't sure there would be any markets or anything this summer, but it sounds like things are easing," said



EXPRESS PHOTOS BY ALYSSA KALLSTROM

Christina Kallstrom sits outside at Northwoods Farm with her fainting goats, from left to right, Ariel, Olivia, Oreo and Elsa.

Kallstrom. "Otherwise it's been really good. We love the animals, making the products, and participating in the community markets."

For those who don't know, Kallstrom said when fainting goats get highly excited or scared, they actually faint.

The goats will fall over, Kallstrom said, and after about 30 seconds the goat pops back up as if nothing has happened. The fall doesn't harm the animal in any way, she said, and each animal has its own degree to which it faints.

"My buck is very sensitive on the scale. ... When he faints and gets up, he looks like he's in pain and very stiff, but he's fine. The babies run around, faint and then get right back up," said Kallstrom. "I love them so

much. They're the best, and they make great pets. Everyone is always worried about having a goat as a pet because they'll jump up on your car, but fainting goats don't have that ability. ... They're really popular."

She added that she has been a registered breeder for five years but has already had an overwhelming number of calls for 2021. Next year's litter is already spoken for, she said.

This is also the first summer that two of Northwoods Farm's "young boys," Willy and Pogi, are staying on Goat Island at Steep Rock.

Northwoods Farm always welcomes guests. Anyone interested in visiting the farm can call Kallstrom at 204-214-1170 or email at ckallstrom@outlook.com.

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Manitoba government further extends state of emergency

Submitted by Manitoba government

The Manitoba government extended the provincewide state of emergency under The Emergency Measures Act to continue to protect the health and safety of all Manitobans and reduce the spread of COVID-19.

The extension takes effect at 4 p.m. today, Tuesday, July 14 for a period of 30 days.

A state of emergency allows the government to take quick action to support Manitobans when they need it most. The state of emergency was first declared on March 20 by the powers

set out in section 10(1) and 10(2) of The Emergency Measures Act to enable the province to respond to the COVID-19 pandemic. It was further extended on April 18, May 17 and June 15.

For additional information and to view the state of emergency and public health orders, visit www.manitoba.ca/covid19/soe.html.

For more information on The Emergency Measures Act and a state of emergency, visit <https://web2.gov.mb.ca/laws/statutes/ccsm/e080e.php>.

Endowment fund for Gimli's New Iceland Heritage Museum

By Evan Matthews

Gimli's New Iceland Heritage Museum will have more stable and predictable funding for years to come, according to its executive director.

The Manitoba Government has created an endowment fund to ensure ongoing support for the province's seven signature museums, Minister of Sport, Culture and Heritage Cathy Cox announced on July 17.

"(This) will help ensure these organizations have permanent, sustainable funding into the future," said Cox.

"These investments come at a time when many Manitoba families are staying within our province and spending more time exploring our own beautiful backyard."

Named the Signature Museum Sustainability Funds, the funds will provide each signature museum with its own \$1.4-million endowment fund to be administered by its community foundation, according to the press release.

In Gimli's case, the fund will be managed by the Westshore Community Foundation.

Interest generated from the fund will be used to support each of the seven museums, the press release

reads, as each designated signature museum will receive approximately \$62,000 in 2020 alone. The amount will continue to grow over time, creating guaranteed sustainability and growth for the museum in perpetuity.

"This gives us predictability. We know that every year, moving forward, we're going to have that base funding. The predictability is a weight off our shoulders," said Julianna Roberts, executive director at the New Iceland Heritage Museum in Gimli.

"Of course, with the world being what it is, in years previous we get worried that our funding might get cut around budget time, and now we just don't have to worry."

In addition, the signature museums will have access to about \$10,000 for training each year through the proceeds of a \$200,000 Signature Museum Capacity Building Fund that will also be managed by The Winnipeg Foundation.

Roberts said earmarking the \$10,000 for training is hugely important, as any time there are budget deliberations and reductions, training is often one of the first things cut.

Derek Johnson, MLA for Interlake-Gimli, welcomed the announcement



EXPRESS PHOTO SUBMITTED BY TAMMY AXELSSON

MLA for Interlake-Gimli Derek Johnson, left, stands with New Icelandic Heritage Museum executive director Julianna Roberts following the announcement of the Signature Museum Sustainability Fund on July 17.

of the \$10-million fund at the Manitoba Legislature.

"The New Iceland Heritage Museum welcomes visitors from around the world to its multimedia facilities in the heart of Gimli," Johnson said.

"Through its unique collection and both permanent and travelling exhibits, the (museum) greets over 15,000 visitors who are eager to learn more

Continued on page 7

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Province expropriating land from Moosehorn farmers

By Evan Matthews

Private landowners near Moosehorn are demanding answers, as the provincial government expropriates their lands to start construction on the Lake Manitoba and Lake St. Martin Flood Outlet Channels.

The province has made expropriation offers to 23 affected property owners — ranging from Lake Manitoba (near Watchorn Bay) to the southern tip of Lake St. Martin — according to the RM of Grahamsdale's Deputy Reeve Randy Sigurdson. The RM is ready to support and advocate for the private landowners during its monthly meetings with Manitoba Infrastructure, he said.

"The province has said they've offered fair market value for the properties, but I know many of the farmers are upset. But the (farmers) haven't formally asked for our support just yet," said Sigurdson.

"But if and when they do ask for our support, we'll keep this topic on the agenda with Manitoba Infrastructure every month until this is resolved."

One farmer, who asked to remain anonymous for fear of affecting the process, said he was offered \$230,000 for his second-generation, 350-cattle farming operation, in which the government has expropriated 300 of his 1,200 acres.

A private property evaluator told the farmer his land was worth significantly more than that, at well over \$1 million, adding that number was passed on to the province.

The original offer from the province came in over a year ago, he said, but nothing has been finalized and all property owners remain in limbo.

The farmer alleged the \$230,000 doesn't even fully cover the cost of constructing a new house and moving the farming operation to its new location, which is unacceptable, he said.

"We hired an engineering firm, spent a whole pile



PHOTO SUBMITTED BY MB GOVERNMENT
A diagram of the channel project.

of money out of our own pockets. We're building a whole new farm down the road," said the anonymous farmer.

"We've had to leverage everything we've got on a huge mortgage and loan. ... The house is just about done now, as we wait for the government to come up with something fair for us. We've heard absolutely nothing from them since, other than that

they're taking our land."

The farmer has hired a legal team, as he plans to take on the province to get what he deems as fair for his property and house, adding the degree of economic devastation ranges with each landowner.

However, the farmer noted a new deputy minister has been appointed in the last week and intends to come forward with a new (expropriation) offer. The farmer said he will wait to move forward with his lawsuit to see what the offer is.

"But give us some help. ... Come and talk to us. Let's negotiate," said the farmer. "I'm not looking to get rich. I just want to raise cows."

Despite the problematic nature of the expropriation process, Deputy Reeve Sigurdson said the RM does acknowledge the value that the flood outlet channel project provides.

"We definitely understand the importance of this channel to the whole province, and we definitely support it. We also understand our people will benefit from it to a certain extent, too, for flood protection," said Sigurdson.

"Our ideal outcome is that the project moves forward but that our private land owners get fair market value before having to move elsewhere," he said.

When the province expropriates private land owners, according to The Expropriation Act, landowners receive at least 30 days' notice prior to the possession date.

In the case of private landowners near Moosehorn, a provincial spokesperson said formal notices of possession have not been sent out yet; however, landowners have been advised the possession date is expected to be Oct. 31, 2020.

To date, the province has not received its environmental approvals, which has led municipal officials

Continued on page 7



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Loch Woods face-mask sewers raise over \$2,400 for EBN food bank

By Patricia Barrett

Two sisters from Loch Woods, north of Gimli, raised over \$2,400 for Evergreen Basic Needs after sewing cloth face masks to help protect people from COVID-19 during Manitoba's lockdown.

Jane Serr and her sister Laurrie Lloyd donated the masks to residents in their subdivision, area residents and others beyond the Interlake in exchange for a donation to EBN's food bank.

"The mask sales went very well over the COVID season. We ended up raising over \$2,400 for Evergreen Basic Needs," said Serr last week. "We are so blessed that our neighbours and other people got behind us."

Serr reckons she and her sister made over 2,000 masks in a variety of sizes and colours to meet the needs of adults and children.

"It did my heart good to be a part of that because I have friends that are nurses and doctors and a niece who is a nurse practitioner," said Serr. "Some nurses in Manitoba were damn scared. I thought, 'I'm in this until we're out of it.' I felt I had to be a part of this war on viruses."

Serr said they had extended the availability of their masks and fundraising for EBN into Canada Day. They set up an "orange happy wall" outside the Gimli Co-op store after the manager was "gracious enough to let us use the facility." Serr also invited retired NHL player Ted Irvine, who lives north of Gimli, to join them and sign autographs.

Serr said she also offered people a chance to win one of four prizes regardless of whether they bought a mask and made a donation. Co-op's store manager ending up providing \$200 in gift cards, which Serr split between the four prizes (\$50 each).

Some of the prizes contained a 12-pack of toilet paper, two cloth masks, a survival bracelet and the \$50 Co-op card.

"We wanted to make sure people were prepared," said Serr, referring to a possible resurgence of the virus, "and we wanted to pay it forward to the community for their support by offering these prizes."

She'll announce the winners on her personal Facebook page and also share it on a community social media site.

In terms of COVID infections, Manitoba has been relatively fortunate compared to cities in America, South America and overseas. As of July 10, the province saw 325 cases with 314 recoveries, four active cases and seven deaths.

Worldwide, COVID has infected almost 12.8 million people with over 566,000 deaths (Source: Johns Hopkins University as of July 12). New cases have been growing by 1 million a week over the past several weeks. America has the highest number of infections in the world and some American cities have had to reinstate lockdown measures.

On its COVID advisory website, the Canadian government advises that the risk to Canadians is still consid-



EXPRESS PHOTO BY JANE SERR

Retired NHL player Ted Irvine, left, who played for the New York Rangers, Los Angeles Kings and other teams, spent Canada Day at the Gimli Red River Co-op store, signing autographs, spreading a little cheer and helping raise money for the local food bank.

ered "high" and "may be increased" in certain settings such as gatherings, shopping centres, public transit and cruise ships.

Although Serr said she and her sister have taken their foot off the sewing pedal for now, they'll be ready to respond should we see a possible future surge of infections. They have a surplus of masks and can hop back on

the machine if need be.

"I'm exhausted after sewing for three months. My sewing machine is retired for the season, hopefully," she said. "But we don't know what's going to happen this fall. It might be mandatory that kids will have to wear them in school. We may do another setup in the fall."

Driver fatigue leads to crashes: Manitoba Public Insurance

Submitted by MPI

With summer holiday road trips now in full swing, Manitoba Public Insurance is raising awareness about the dangers of driver fatigue. On average, 75 crashes each year in the province are tied to some form of driver fatigue. Some of these crashes are fatal.

In a recent poll conducted by Manitoba Public Insurance, almost half of 800 respondents reported driving while drowsy/sleepy.

"Survey data confirms people are pushing themselves when fatigued. Raising awareness about this issue is important as we enter into summer where traffic volumes on our highways typically increase as people travel to holiday destinations," said Satvir Jatana, vice-president of employee and community engagement for Manitoba Public Insurance. "Some drivers may be tempted to push themselves to drive for longer periods of time to get to their holiday destinations more quickly, but doing so could lead to unnecessary collisions. Driver fatigue is a concern to everyone on our roadways."

When travelling on summer road trips alone or with family, it's important that drivers remember to build in time for frequent breaks to ensure a safe arrival. Drivers should

also build in time for potential travel delays due to severe weather, traffic congestion or road construction.

"We encourage all drivers to self-monitor and be aware of the symptoms of fatigue," said Jatana. "This means recognizing when you are too tired to be behind the wheel. Pull over, rest and continue on when you're alert and completely awake. It's better to arrive late than not at all."

Fatigue warning symptoms to watch for while driving:

- Can't stop yawning
- Trouble keeping your eyes open
- Can't remember the last few kilometres you've driven

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- Car starts drifting within your lane
- Unable to concentrate and find that your thoughts wander

If you have one of these symptoms, it's best to get off the road and to find a safe rest area to take a nap.

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New COVID cases shouldn't cause concern

By Evan Matthews

After 13 consecutive days with no new COVID-19 cases, Manitoba was hit with five more on July 14. One of those cases was identified in the Interlake region.

This came on the same day that the Province of Manitoba extended the state of emergency, as it relates to COVID-19 and the public health orders, for another 30 days.

The state of emergency due to the coronavirus dates back to March 20, and under the Emergency Measures Act, provides the province more power to put public health orders and/or measures in place as deemed necessary by provincial public health officers.

So it would seem, just as Manitobans began to see the proverbial "light at the end of the tunnel," we are reminded that this pandemic is not over.

The total number of cases in this

province remains low: 330 total cases with only five active cases, only seven deaths and, thankfully, 318 fully recovered individuals.

Yet, our Interlake communities are not immune to this ongoing invisible threat. It is still in our midst.

Our society has come to realize, however, the novel coronavirus is not as lethal as originally thought.

Perhaps we don't need to live in such fear the way we originally thought, either?

This is not to disrespect those who have been drastically affected by the virus or those who have lost their lives.

But how are we to move forward?

Some people have arrived at the point where they just don't care anymore. Others still seem to be living in constant fear and paranoia.

What is the right approach?

The answer is not a conclusive one.

But it seems, at least for the foreseeable future, we will have to continue maintaining social distancing measures, (for those who are worried) continue to wear masks, consistently be over-washing our hands and, most importantly: stay home if you feel sick.

We don't know what the future holds in regard to a vaccine, when or if one will ever come. We don't know when or if that second wave will ever come.

All to say, there are other things you can do to proactively prevent the worst-case scenario, too: get outside in the sun, take your vitamins (specifically B12 and Vitamin D), exercise and try to enjoy your life.

The proper path forward, collectively, lies somewhere in the middle of ignorance and paranoia; take care of yourself and your loved ones, but do not live in fear. We're almost assuredly going to get through this.

CERB is the not reason thousands can't go back to work: Pallister is

By Richard Davies, Manitoba Liberal Caucus

Manitoba Liberals say that if Brian Pallister is looking for a reason why Manitobans are having difficulties going back to work, he should look in the mirror.

In April and May, Pallister demanded thousands of layoffs across Manitoba, ordering organizations and employees to apply for CERB instead. The latest round of job numbers from Statistics Canada showed that while some private businesses are rehiring, unemployment is sharply up in Winnipeg and public sector jobs have reduced by more than 3,000.

Among the programs that ended up on the PCs' chopping block was

Manitoba Hydro's Summer Jobs program, which provides job opportunities for students. That's on top of multiple rounds of cuts and freezes across government — with the notable exception of the premier's own staff. Even before the crisis, Pallister was boasting about the number of public sector jobs he had eliminated, saying he had reduced total payroll by eight per cent.

"Pallister went out of his way to destroy thousands of jobs and drive up unemployment, then complains when people can't work," said Dougald Lamont, MLA for St. Boniface. "In April, the PCs set out to eliminate more than \$800-million worth of public and private sector jobs. CERB is

not the reason people can't go back to work. It's because Brian Pallister eliminated thousands of jobs."

Lamont says the Pallister PCs' latest "wage subsidy" program announced today once again misses the mark because it ignores the problems that businesses and workers have been asking for help with for months.

"Manitoba Liberals have been telling the PCs that businesses need help with debt, overhead and PPE costs and that employees need affordable child care. For four months, Manitobans have been begging for a life preserver, but the PCs keep handing out anchors."

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Don't give up! Your future depends on it

By Shawna Howard, CLC

I was sitting in my beach chair listening to the birds singing and watching the waves of Dauphin Lake roll into shore.

It was a sunny, warm and beautiful morning. I had my morning coffee in hand and I was thinking about the day ahead. It was just me, my three kids, my three nieces and a big day of swimming planned.

As I was looking out over the lake, I watched as a large pesky black raven attempted to bother a much smaller bird. This little bird was in a tree and I assume this is where her nest was.

All at once the smaller bird flew at that raven and chased him far down the shore. This little bird of perseverance flew right with the raven, only slightly higher, chirping and pecking at him, slowly making the raven fly lower and lower until he had to land.

This little relentless bird was letting the much larger bird know in no uncertain terms that he was not welcome and his attempts will not be tolerated.

Only when that raven landed far from the little bird's nest did the little bird soar back into the sky and back to her nest.

I was amazed! How brave of that little bird! Even though she was a quarter the size, she was not deterred. She fought back as if she was twice the raven's size.

She didn't think, "No use. I'm nothing compared to this big bird. I can't do anything about him." No! She didn't give up. She didn't quit halfway. She gave it her all until she got the result she desired.

In that moment I saw how we should be. When life comes with all its struggles, fears, unanswered prayers, loss, illnesses and uncertainty, how do we respond?

I wonder how often we are just like that little bird

or not enough like that little bird. When those big black scary birds come trying to steal what we have and what is important to us, do we fight back with courage until the threat is gone? Do we keep our thoughts in the right direction? Do we remember we are overcomers? Do we speak with words of courage and faith? Or do we give up, speak defeat, only fight back halfheartedly, let thoughts tell us, "This problem is too big; there's nothing I can do about it."

There's no doubt in my mind that the big black raven will be back over and over again to try and bother, steal and destroy the little bird and what she's protecting. But I'm positive that little bird will never give up! She will rise up every single time to defeat that bully and she will push against the attacks with all that she is because she knows that she has something worth fighting for and she has something precious to protect.

That's just like you and me. We need to never give up because even though life throws unexpected and awful things our way, we have something worth fighting for and we need to protect it with all that is in us.

When business is slow and fear is attacking you, don't give in to those thoughts. Provision is coming, just like it always has.

Get your mindset right and push away thoughts of lack and not enough. Remember the times of plenty and focus on what you are grateful for right now.

When you get your mindset right, new ideas will come to you. New creativity and opportunity will show up.

When someone tells you your child isn't fitting in, don't let that bother you. You know your child better than anyone. You know they will do great things with their life. You can't let one person's opinion

change yours. They don't know what you know: there's greatness inside of your child, gifts, talents and creativity. Just say, "I'm not giving that comment one more second of my time!"

When your marriage is suffering, don't give up. Don't fall into the trap of thinking it's over, not worth the work, not ever going to be better. Take charge of the situation.

Like that little bird, you've got to fight for what you want. Fight to protect what is sacred to you.

Start by getting your mindset right. Think thoughts like: "I will not give up on my spouse. I will be the one to make a positive change. My marriage is worth every effort. Love is not an emotion; it's a choice and I will choose to show love to my spouse."

Just see where this takes you. A fresh new romance will bloom within your relationship and you'll grow closer than ever.

When life happens and it's not all sweet, remember this little bird. Remember to be relentless like she was. Persevere through the problem. Don't give up. Follow through until the darkness is pushed back. Keep a positive mindset. Have a deep knowing that whatever comes against you, you will never give up.

We are not promised a perfect life without problems. But when the problems come, we can rise above and push the problem down! We may need to do this over and over again, but we should never give up. Like the little bird, defeat is not an option.

Take care, friends. Have courage and don't give up!

Shawna Howard is a Certified Life Coach with Dare to Soar Life Coaching. You can reach her at daretosoarlife-coaching@gmail.com.

> MOOSEHORN, FROM PG. 4

and private landowners to believe the project may not start as scheduled.

But the provincial spokesperson said construction will start as soon it receives environmental approvals and that the province is working through the final phases of the environmental assessment, hoping to receive federal environmental approvals in the fall.

In some cases, the spokesperson said arrangements may be negotiated for the owners to remain in occupancy after the possession date, if

the construction schedule permits and there are special circumstances.

Once construction starts, the spokesperson said the channels will take approximately three to four years to complete. When asked, the province did not definitively say whether or not it has completed appropriate First Nation consultations but did say it plans to "continue" First Nation consultation.

In 2011, southern Manitoba experienced unprecedented flooding when Lake Manitoba ex-

perienced very high inflows leading to widespread flooding of the areas surrounding Lake Manitoba and Lake St. Martin.

The proposed Lake Manitoba and Lake St. Martin outlet channels project will provide the ability to regulate the water levels of both lakes and significantly reduce the likelihood of flooding during high runoff events without affecting water levels on Lake Winnipeg.

> ENDOWMENT FUND, FROM PG. 3

about 'New Iceland' and the history of Lake Winnipeg and our fishing industry."

Though, Roberts did point out 2020 will see a drop in international visitors due to COVID-19.

"I am very pleased that our government has been able to deliver this very significant support for the (museum) and support for other signature museums across our storied province," he said.

The signature museum program was established in 1998 and assists selected museums with potential to be significantly enhanced as heritage tourism attractions.

Signature museums are recognized and designated for their "significant contributions" to preserving Manitoba's history and heritage.

The seven signature museums are the Commonwealth Air Training Plan Museum (Brandon), the New Iceland Heritage Museum (Gimli), the Royal Aviation Museum of Western Canada (Winnipeg), the Mennonite Heritage Village (Steinbach), the Manitoba Agricultural Museum (Austin), the St. Boniface Museum (Winnipeg) and the Canadian Fossil Discovery Centre (Morden).

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THE **EXPRESS**
WEEKLY NEWS

Miami the heart of Manitoba's harness racing for 2020

By Becca Myskiw

The Manitoba Standardbred Racing Industry Inc. isn't letting COVID-19 stop them from racing.

When most tracks across Manitoba closed their gates because of the pandemic, Miami opened theirs. Now, for ten weeks, they'll be hosting Manitoba's harness racing.

Race secretary for Miami Agricultural Society Jan Moody is also on the Manitoba Standardbred Racing Industry Inc. board. She said they didn't think they'd be able to race at all this year, so being able to is something they won't take for granted.

"This is a way the industry can progress," she said.

The races are also bringing tourism and support to the town of Miami. Moody said the racers are renting barn space and camping spots, they're giving business to the local businesses, and the races are bringing outsiders in.

Each harness race has five to eight

horses. They run a mile, which is two laps of the Miami track, and the first horse to cross the finish line wins. In total, Moody said there are 70 to 80 horses signed up to race this season.

Because of the pandemic restrictions, only 200 people are allowed to watch in person. Moody encourages people to show up early to ensure they get a seat, but if they can't make it in, each race is broadcast across Canada thanks to simulcast racing.

That means people can bet in person and online.

Vice president of the Manitoba Standardbred Racing Industry Inc. Mike Williams said they've been racing on the Manitoba circuit for 119 years. They usually race in six or seven towns throughout the summer, but right now they're just grateful to race at all.

"It's a privilege," he said. "None of us thought we'd be able [to race] because of the COVID-19."

The first races were on July 11. Wil-



EXPRESS PHOTO BY BECCA MYSKIW

The second race was a close finish.

iams said the grandstands were full that day with 200 people who came out to watch.

On July 18, the rain didn't stop over 60 people from coming out to place their bets.

Harness racing will be on in Miami at 1:30 p.m. every Saturday until Sept. 12 when the finals will dig up the track. Admission at the gate is \$5 a person and children 12 and under get in for free.

Province expands 'back to work' wage subsidy program

By Manitoba government

As part of #RestartMB, Manitoba's roadmap to recovery, the Manitoba government is expanding its 'Back to Work' wage subsidy program and providing additional financial support for businesses to bring more Manitobans back, Premier Brian Pallister announced last week.

"Since the beginning of this pandemic, we knew we had to create opportunities for young Manitobans and we've created them," said Pallister.

"We have supported the creation of 8,200 additional positions for young people and now we lead the country, but there is still work to do. Today, I am proud to announce the expansion of our Back to Work wage subsidy program to provide more opportunities for businesses to offer the services Manitobans depend and rely on."

The enhanced Back to Work pro-

gram will reimburse up to \$5,000 for up to 10 new workers to a maximum of \$50,000 per business, not-for-profit or charity. Businesses that have already benefited from provincial summer wage subsidies are eligible for this new wage subsidy benefit to hire or bring back an additional 10 employees. The program will now reimburse half of all wages for those newly hired to Oct. 31. Employers that have received financial support from other various provincial and federal programs are all eligible, the premier noted.

Over the past month, more than 300 Manitoba businesses have applied for approximately \$5 million to support 1,000 positions.

"Many retailers are only now beginning to slowly rebuild their staffing to their levels prior to the onset of COVID-19," said John Graham of the Retail

Council of Canada. "The extension of this job creation incentive will play a critical role in helping many business owners lessen the risk of expanding their workforce in anticipation of business growth."

The application deadline is Oct. 1, with a deadline to submit proof of wages of Jan. 4, 2021. Businesses can apply for the wage subsidy starting July 16 at noon at <https://manitoba.ca/covid19/business/btwmp.html>.

Although Manitoba posted the second-best job recovery statistics in the country last month, Pallister noted there are still more than 69,000 Manitobans looking for work.

"Getting people back to work safely is job number one for our government," said Pallister. "We are leading the country in putting in place the most generous and most comprehensive job creation programs our prov-

ince has ever seen and any province has put in place."

As an additional support for Manitoba businesses, the government also announced today that it will be extending the Manitoba Gap Protection Program deadline for applications to Aug. 31 from July 31. Businesses that are ineligible for federal support can also apply for an immediate \$6,000 under this program, which has already provided more than \$45 million in COVID business relief to over 7,600 employers who otherwise had no government support.

"Our suite of job creation programs is designed to give Manitoba workers and employers the right support at the right time for the right job opportunity," said Pallister. "We are looking ahead to build our economy back even stronger."

COVID-19 cases climb with outbreak on several Hutterite colonies

By Lorne Stelmach

A spike in COVID-19 cases over the weekend did not come as a surprise to public health officials, but it did serve to reiterate their continued message to Manitobans to remain vigilant in controlling the spread of the coronavirus.

The Monday update highlighted 18 new cases over the weekend includ-

ing a cluster of 10 cases so far that are linked to Hutterite colonies.

"We need to realize that this virus is not done with us yet," said Dr. Brent Roussin, chief provincial public health officer for Manitoba. "It's not unexpected to see more cases as we reopen."

"A number of these new cases are linked to clusters, which we can also

expect over time, but it's a reminder that we can't let our guards down. We have to continue to find ways to live with this virus, to fall back on the fundamentals that got Manitobans here," said Roussin.

"The virus is still here in our province. We need to continue to adhere to these strategies that have got us so much success to this date."

The new cases over the weekend included 11 cases in the Interlake-Eastern health region, three cases in the Winnipeg health region, three cases in the Prairie Mountain Health region and one case in Southern Health-Santé Sud health region. The latter case involves a male in his 40s.

Continued on page 10

Waterways launches to bring paddling programming to 1,000 Indigenous youth

Submitted by Tristan Schneider

Indigenous youth are the fastest growing demographic in Canada and tragically suffer from some of the worst health outcomes in the country; but does it have to be this way?

We certainly don't think so. Launching a non-profit during a global pandemic was not an easy process but the message from our communities was clear: Indigenous youth need us now.

Waterways Recreation Inc. is a new Indigenous-led Manitoba-based non-profit that's youth focused and community driven. We rely on collaboration with our community partners to deliver canoe-based outdoor recreation programs that have the power to change lives. Our collaborative canoe programs are designed to empower youth, connect them with the land and their cultures while nurturing their mental, physical, emotional and spiritual well-beings. Paddling (canoeing or kayaking) layers the benefits of cultural connectivity with physical activity. It cultivates a higher sense of self-esteem, confidence and pride, giving Indigenous youth the tools they need to take on the challenges they may face in life.

"Being able to connect with nature through a traditional activity like canoeing can be phenomenally positive for youth," said James Lavallée, direc-

tor of Waterways and former member of the Canadian National Canoe/Kayak Team.

Waterways was created by five individuals who've brought together a broad range of experience in Indigenous programming, competitive and recreational paddling, Indigenous knowledge, Manitoba wilderness knowledge, and a profound belief in the affirming power that recreation can have in young people's lives.

"We're excited in our first year to have programming scheduled in nine Indigenous communities for 1,000 youth this summer," said Schneider, director of Waterways and owner of Twin River Travel. "We'll be bringing programming to fly-in communities like Pauingassi and Little Grand Rapids and closer communities like Brokenhead and Berens River. Some programs will also run in Winnipeg."

While programming has been confirmed for 1,000 youth, Waterways continues to seek private and public support.

"We have several communities on our waiting list and hundreds of more youth who could benefit from this enriching experience this summer," says Mo Crossman-Serb, director of Waterways and provincial canoe/kayak coach for the North American Indigenous Games.



EXPRESS PHOTOS SUBMITTED

Waterways Recreation Inc. will be delivering canoe based outdoor-recreation programs to Indigenous youth.

The organization would like to thank its partners: Southeast Child and Family Services, the Manitoba Paddling Association, Canoe Kayak Canada, Government of Canada (Canada

Summer Jobs), the Manitoba Metis Federation, Sport Manitoba, Canadian Roots Exchange, and the Manitoba Aboriginal Sports and Recreation Council.

Grahamdale Reeve Halaburda steps down

By Evan Matthews

The Reeve of the RM of Grahamdale has decided to step down.

Citing health concerns, former-reeve Clifford Halaburda stepped down on June 30. Deputy Reeve Randy Sigurdson will fill the role, for now.

"We're going about the transition (and byelection) slowly. We have a se-

nior election officer starting to set up the byelection, but with COVID, there are a few hoops to jump through," said Sigurdson.

"We'll make sure the RM continues to operate smoothly for now, but the ratepayers will have a chance to put their names forward and/or vote for a new reeve."

About three months ago, Halaburda said he was started experiencing stomach issues related to cancer. Though not as bad as it sounds, Halaburda said he's in the midst of chemotherapy treatment and did not feel he could continue in his role as reeve.

"I certainly didn't want this to happen. I wanted to stay right to the end. For over 23 years, I have represented Grahamdale both as a councillor, and as reeve for the last six years," said Halaburda, addressing the RM of Grahamdale's residents and ratepayers.

"My time here has been marked by both challenges and triumphs. I want to thank everyone that has supported me during my time on council. I would like to (add) ... I have enjoyed

working with council and RM staff very much."

A byelection will take place to fill the position of reeve, according to Deputy Reeve Sigurdson, but will not happen until September at the earliest or potentially October.

A call for nominations will be published in the newspaper when the time is right, Sigurdson said, to en-

sure enough time to campaign for the position.



Clifford Halaburda

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Annual Teulon Tractor Pull cancelled due to COVID

By Jennifer McFee

For more than four decades, the Teulon Truck and Tractor Pull has been a much-anticipated event for folks in town and far beyond.

Like many other outings this year, the 2020 event has been cancelled due to COVID-19.

Bert Campbell, who co-chairs the tractor pull along with Garry Dola, takes a moment to reflect on the history of the event.

"Last year was 45 years. In the beginning, the tractor pull was just a little bit of a demonstration that went on at the fair in Teulon, and then they hooked it up with the fair and the rodeo. The tractor pull was on the Friday night and Saturday afternoon and the rodeo started after that," he said.

"Then they both decided to part ways because it was too hard to track the people and the costs. That's when the tractor pull went to the August long weekend, but a lot of people like to go to the lake or camping so we moved it to the third weekend in August."

When they first started out pulling in Teulon, they used to use what farmers called a "stone boat," which is a plate to haul stones off the field, Campbell explained.

"A small tractor would hook onto the plate and they would put a bit of weight on it. There would be guys standing on either side of the track," he said.

"As the tractor pulled the skid down the track, more guys would step onto the plate, which would make it harder to pull by adding weight. That was the original way."

In a later rendition, the event would feature a 45-foot hay trailer with a friction plate under the front by the kingpin.

"A contractor loaded a little Caterpillar tractor onto the trailer. As the tractor pulled the skid down the track, he would go forward with the Cat, which added weight to the skid plate and made it harder to pull. This was the most unsafe thing you saw in your life," Campbell said.

"When the tractors started to get the big modified engines with big power, they couldn't do this anymore."

In fact, at that time, they had close to nine locally built modified tractors within a few years, Campbell added.

"First was Alec Dawson with Ol' Blue and Jack Palen with Midnite Mistake and Victor Dola and Sons with Farmer's Dream, which was the first multi-engine tractor around here. Wakshinsky Bros came along with Sod Buster, also a multi-engine at the same time," he said.

"Don Dufner was one of our first Americans who came up here with The Green Goat in the mid '80s.



EXPRESS FILE PHOTO

The annual Teulon Tractor Pull will be cancelled this year due to the coronavirus pandemic.

Duf still comes here today with the Goat. Don is now 83 and still having a ball."

The Chamber of Commerce sponsored the pull at first, and they built a sled over the winter from scratch.

"They had a couple of big rails and a friction plate at the front with a big cable on it and a box off an old dump truck that they put a bunch of cement weight in it," he said.

"The cable would pull that box forward and it looked like a real sled. It was pretty crude but it did the job."

As the tractors continued to get bigger and more powerful, they started renting professional sleds, including one called the Bumblebee Sled from South Dakota.

At the time, all of the sleds needed to be pulled back up the track throughout the competition. It was a real game-changer when they started using a self-propelled sled with a motor that originated in Virden.

Over time, they connected with the Red River Valley Pullers Association, which had their own sled.

"They would come up here with a number of pullers and we would pay them to put on a show. We would add our own antique tractors in our area and stock four-by-four pickup trucks," he said.

"Two-thirds of our pullers are up from the United States and the sled comes from the United States, hence the main reason we're not having the tractor pull this year is we can't get the Americans up here — and we're not sure if we want them here this year anyway."

The entertainment has also changed over time, with plenty of memorable events to captivate the crowds.

"The first time we stuck our necks out, we had a heavy horse pull. It was really amazing to watch how

the horses would get way down and almost drag their bellies on the ground as they tried to drag that heavy weight. We've also had a slow tractor pull where they have their John Deeres to see whoever can move the weight in the slowest amount of time," Campbell said.

"Then we stuck our necks out again and tried a combine demolition derby for about four or five years. There were actual old combines that guys don't use anymore. You'd have someone riding in the grain tank spraying water at each other's motors and trying to kill the engine. They would plow into each other."

A weekend dance in the arena used to draw crowds to see live bands perform, along with involvement from a radio station.

"There was lots of variety over the years. It was really busy, but it was a pile of work and we just couldn't get enough people who wanted to do it anymore," Campbell said.

"But we made money over the years doing and we donated tens of thousands of dollars, to put it mildly."

Recipients of donations include the Liliane Baron Breast Cancer Support Group, the Teulon and District Museum, the Children's Wish Inwood and Woodlands chapters and the Teulon centennial celebration and fireworks. For at least 25 years, the local firefighters association has also received \$1,000 donation, which is usually presented at the annual Firefighters' Ball.

"Other groups that have benefited include the Teulon and District Lions Club, which has run the barbecue and canteen for as long as I can remember. The tractor pull has never taken a cent of commission, so all the revenue they gain is totally theirs. I think it's one of their biggest fundraisers every year," Campbell said.

"Volunteers the Teulon Curling Club run our gate and we give them \$1,500 every year for that. In addition, they run the beer garden and we don't take any commission for it."

Generally, the sponsorships pay for the event advertising and the admission costs go towards the community donations.

"We donate it all. When we're done, we just have a little bit of money left over to start out the next year," Campbell said.

"There's been lots of variety over the years. We've had all the big stuff that you'll see just about anywhere. Now it's really exciting with the super stocks and the pro stocks and the smokers. It's always lots of fun and we're looking forward to another 3,000 seats in the seats for 2021."

> COVID-19 CASES, FROM PG. 8

The investigations are ongoing but the new cases, aside from those connected to the Hutterite colonies, include two related to international travel and one transport driver as well as three close contacts to another positive case.

One of the individuals announced as a positive COVID-19 case was a passenger on Asiana flight OZ 0704 from Manila, Philippines, to Seoul, South Korea, on July 7 then Air Canada AC 0064 from

Seoul to Vancouver on July 8 (rows 26 to 32) and Air Canada AC 0296 from Vancouver to Winnipeg on July 8 (rows 21 to 27). Individuals on these flights are advised to self-isolate for 14 days following the flight and monitor for symptoms.

The total number of lab-confirmed positive and probable positive cases in Manitoba is now 354. One person is in intensive care with 29 active cases while 318 individuals have recovered from COVID-19, and the number of deaths due to COVID-19 remains at seven.

An additional 384 laboratory tests were per-

formed Friday, 1,390 on Saturday and 695 on Sunday, bringing the total number of tests performed since early February to 76,354.

You can visit www.manitoba.ca/covid19 to use an online screening tool or call Health Links-Info Santé at 204-788-8200 or 1-888-315-9257 toll-free for health guidance. For up-to-date information on COVID-19 in Manitoba, visit www.gov.mb.ca/covid19, and a comprehensive list of Manitoba government COVID-19 measures can be found at manitoba.ca/bg/2020/04/covid19.html.

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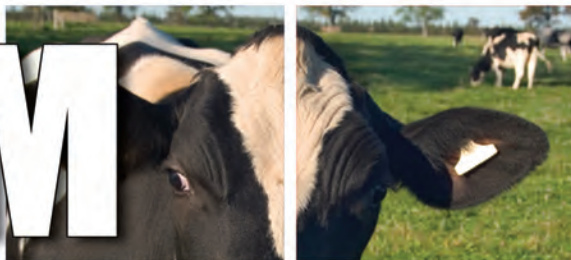
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Your FARM



Does your canola need protection from sclerotinia stem rot?

Submitted by Clint Jurke

Should I spray for sclerotinia stem rot? Canola growers in Western Canada are often challenged to find a satisfactory answer to this annual question. In reality, we don't need very much infection to justify a fungicide application.

When considering the total cost, a fungicide would only have to preserve around three bu./ac. of yield to break even. This economic threshold should be easily achieved in a high-yield canola crop growing in an area with a history of sclerotinia stem rot.

The general rule is that yield loss is roughly half of the "incidence rate," which is the percentage of plants infected in a field.

If 10 per cent of plants are infected, yield loss will be five per cent. For a 50

bu./ac. canola crop, the three bu./ac. threshold would be a six per cent loss — so that means around 12 per cent of plants would have to be infected. With moderate amounts of moisture before, during and after flowering, this 12 per cent incidence rate could be fairly common in any canola growing area of Western Canada.

What is a moderate amount of moisture? Kelly Turkington, plant pathologist with Agriculture and Agri-Food Canada, provides this rough guide: Rainfall amounts of least five to 10mm more than two days a week and daily minimum relative humidity (RH) over 80 per cent is enough for the sclerotinia stem rot infection cycle.

Continued on page 13



SUPPLIED PHOTO

Spore-infested petals landing on leaves and stems provide the entry point for sclerotinia stem rot. Fungicides on petals and leaves prevent this infection.

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Your FARM



> DOES YOUR CANOLA NEED PROTECTION, FROM PG. 12

Basically, if topsoil underneath the canola canopy has moisture for most or all of the day, this promotes germination of sclerotia and production of apothecia, the tiny mushrooms that release sclerotinia spores. Continued humid conditions in the canopy will provide the moisture needed for infection.

The decision to apply a fungicide to prevent sclerotinia stem rot may be generalized by answering these four questions:

- Have environmental conditions prior to flowering been moist enough for apothecia development and survival? (A few rains and humidity commonly above 80 per cent in June is usually enough.)
- Is the canola crop canopy dense and yield potential high? (If your pants get wet when scouting canola mid-day, the canopy is probably suffi-

ciently dense and humid for disease.)

- Does the weather forecast predict precipitation and/or humidity during the flowering period?

- Is the pathogen present in sufficient quantities? (With moisture and a history of sclerotinia stem rot in the area, you can assume the answer is yes. To find out for sure, Spornado from 20/20 Seed Labs or DNA-based petal testing kits from Quantum Genetix and Discovery Seed Labs can identify the presence of spores.)

If the answer is "yes" to all four questions above, then spraying is generally recommended. If the answer to some of the questions is "no" or uncertain, then the decision is more difficult. Perhaps an easier approach is to identify the situations where risk is limited.

Factors that decrease risk:

- Dry conditions through the flow-

ering period will decrease the risk of economic yield loss from sclerotinia stem rot.

- A poor canola canopy that allows for a lot of air flow will reduce canopy humidity, and it also signals lower yield potential.

- Below or well-above average temperatures (less than 10°C or greater than 25-30°C) and limited rainfall. Risk is limited when current conditions are dry, max daily temps are 30°C or more and forecast to continue for seven to 14 days.

Farmers and agronomists often ask whether heavy rains or continuous rains will reduce the risk. Continuous rain events can wash off of petals from plants, remove spores from the air and trap spores in water droplets that form on the tops of the apothecia. But rain events that actually reduce sclerotinia stem rot risk would be un-

usual.

If conditions are right for disease and farmers decide to spray, the spray window for most fungicides is 20 to 50 per cent flower. Many products also allow for two applications, which can provide a return on investment in high-risk situations with good moisture, high yield potential and an extended flowering period.

For lots more on this topic, including videos and helpful links, please read "Factors in the sclerotinia spray decision" at canolawatch.org.

—Clint Jurke is agronomy director for the Canola Council of Canada. Reach him at jurkec@canolacouncil.org.

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Your FARM



Interlake crops thrive with good weather despite dry conditions

By Sydney Lockhart

Interlake crops are thriving as weather conditions remain next to perfect for farmers.

"Most are about a month away from harvest. Lots of the crops look extremely good," said Terraco agronomist Ryley Holod.

This year farmers are expecting to produce an abundant harvest with such healthy crops.

"The crops are looking pretty good better than they have in the last few years. The last few years have been dry in general," said Ryan Hueging, director of Manitoba Wheat and Barley Growers Association and a farmer in the Woodlands area.

At the beginning of the growing season, some canola farmers experienced issues with flea beetles attacking their crops, causing them to reseed parts, if not all, of their fields. However, with the good weather conditions, they

have made a healthy comeback.

Grasshoppers were also an issue with some of the highest numbers seen in years. The Interlake area does not spray for them, which means it's an added cost to farmers to keep them away from their crops.

"People have had an impact of them. It's really a headache," said Hueging. "Grasshoppers eat any grain material. They eat the leaves and leave the stock and can kill the plant. It will prematurely ripen and not develop like it should."

The number of grasshoppers was expected to be high this year, but it was not anticipated just how extreme the numbers were going to be.

"Last fall we noticed the grasshopper numbers started to increase. This summer we saw the grasshoppers appear early and in large numbers," said Holod.

The warm humid weather has been



EXPRESS PHOTO BY LANA MEIER

Farmers throughout the Interlake are optimistic about their crops this season.

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beneficial for the crops; however, if one thing could be improved, it would be the amount of rain as crops are on the dry side.

Because of the dry weather, not all cereal crops such as wheat, barley, and oats were able to reach their full potential as they dried a bit too early.

"Wheat and barley, hay for cattle — it's been a struggle. It's been dry. There was winter kill with some alfalfa," said Hueging.

Hay has had a better year than last year when it struggled but it is still below average for hay crops due to the dry weather.

"More people are going to be buying hay so the price, I would assume, will go up again this fall," said Holod.

He added that more producers are opting to grow corn for silage opportunity instead because of the difficulty hay has been having the past few

Continued on page 15

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Your FARM



Veterinary urges owners to be aware of heat stress

By Becca Myskiw

July and August are the hottest months in Manitoba with an average temperature of 26 degrees Celsius, according to current results.

With hot weather comes humidity — and the Government of Manitoba is reminding animal owners to be aware of heat stress.

Heat stress, also known as heat exhaustion, is the same in animals as it is in humans. The government of Canada says the burden of heat in the body causes a rise in core temperature.

In animals, there are various visible signs of heat stress: difficulty breathing, excessive panting, drooling, bright red gums, anxious behaviour, excessive water consumption, vomiting, diarrhea, weakness, collapse and seizure.

Dr. Luc M. Versavel at Equi-Tech Veterinary in Stonewall said heat stress can cause an animal's organs to fail and they don't always recover. The best way to combat that, he said, is by using common sense.

Versavel said the most common cause of heat stress in animals is from being left in a car with the windows up on a hot day. He warns pet owners to never leave their pets in the vehicle under the sun.

"It's the same rule of thumb as in people," he said. "They need access to shade, drinking water, and they can't be overly active on hot and muggy days."

Versavel said he only sees one extreme case of heat stress a year, which means most pet owners in his area are cognizant of the heat.

There are ways to stop heat stress from getting to the point of a vet visit, though, as outlined by the provincial government.

If a pet owner notices less severe symptoms of heat stress, they should take them into a cool area immediately (air conditioning or near a fan). They can wrap them in a wet towel, splash cool water on them, and give them lots of water to drink if they aren't yet vomiting.

Some animals are more susceptible



EXPRESS PHOTO BY MJ HEAPS

Veterinarians suggest using water to keep dogs from overheating in extreme weather.

to heat stress than others — those with a dark and thick or long coat, flat-faced animals such as a pug, overweight animals, very old or very young animals, naturally hyper pets, and those with underlying medical conditions like heart or lung disease.

Versavel said to treat the pet the same as a human in this case. When it's hot outside, the owner should play with their pet inside and avoid vigorous activities. Even if the home doesn't have air conditioning, he said it's not a problem.

> CROPS, FROM PG. 14

years. Even with the weather on the dry side, the Interlake area has been lucky with the lack of extreme weather and storms.

"We've been fortunate that we've been getting just the right amount of rain. We've had the hail and bad storms miss us," said Chris Stewart, a RM of Rosser and Stony Mountain barley, canola, sunflower and soybean producer.

Areas outside the Interlake, such as Brandon and Elie, were hit with multiple inches of rain and hail, in many cases damaging crops this season.

Aerial spraying has not been as abundant this year, enabling producers to be able to do their own ground spraying.

GPS systems are used within aerial spraying planes to shut off at the ends of the field to prevent any drifting to neighbouring crops or ditches.

"Aerial spraying is done if the ground is too wet but that hasn't been the case," said Holod.

Sunflower and corn crops are some of the few that are still more often sprayed aerially because they are taller and tightly packed, meaning aerial spray does less damage to the crops as they aren't being trampled by ground sprayers.

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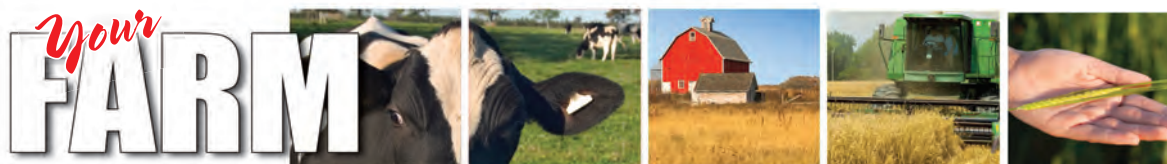
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New program announced to help agri-processors mitigate the spread of COVID-19

Submitted by Manitoba government

The governments of Canada and Manitoba announced a new \$3-million cost-shared Canadian Agricultural Partnership program to support projects that will help agricultural processors mitigate the spread of COVID-19, federal Agriculture and Agri-Food Minister Marie-Claude Bibeau and Manitoba Agriculture and Resource Development Minister Blaine Pedersen announced Monday.

"Food producers and processors have had to deal with so many new challenges over the past months, while continuing to supply Canadians with the high-quality food they produce. Manitoba processors have stepped up to deal with those challenges, just as Canadians have never been more appreciative of the importance of our food supply chain," said Bibeau. "The funding our two governments are delivering together today gives Manitoba processors an extra financial boost to adjust to the challenges presented by COVID-19 and help keep their workers safe."

"A COVID-19 response for the agri-food and agri-product sector is needed to ensure processors can adapt, recover and maintain competitiveness," said Pedersen. "The pandemic has required them to make changes to their operations and enhance their employee protections. Manitoba's food and

agri-product processors are significant contributors to our economy, so we are pleased to offer a program that helps respond to these challenges."

The new COVID-19 Response Initiative will provide financial assistance to agri-food and agri-product processors, food distributors and agri-food industry organizations for:

- personal protective equipment and sanitation supplies;
- business continuity practices, training and resources to support COVID-19 mitigation; and
- beginning in September, financial assistance will also be available for materials, supplies and equipment rentals needed to adapt production processes to meet social distancing and other precautions related to COVID-19.

Eligible costs must be directly related to the execution of a project and must be incurred between April 1, 2020, and Jan. 31, 2021. Projects must be completed on or before Jan. 31, 2021.

Governments will contribute a maximum of 50 per cent of eligible project costs, up to \$25,000 per applicant.

Agriculture and Agri-Food Canada's Emergency Processing Fund (EPF) is a federal investment of up to \$77.5 million to help companies implement changes to safeguard the health and safety

of workers and their families due to the impacts of the COVID-19 pandemic.

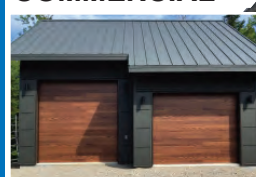
The five-year, \$3-billion Canadian Agricultural Partnership includes \$2 billion for cost-shared strategic initiatives delivered by the provinces and territories and \$1 billion for federal programs and services. For more information, visit www.canada.ca/Agri-Partnership.

Funding applications are available on the Manitoba Agriculture and Resource Development website at <https://www.gov.mb.ca/agriculture/canadian-agricultural-partnership/ag-action-manitoba-program/financial-assistance-covid-19.html>.

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The Canadian Fossil Discovery Centre in Morden, Manitoba is your chance to glimpse into an ancient North American seascape!

The museum's many paleontology displays lay out a fascinating, ancient and dangerous world, now hidden by today's serene prairie. Located less than 90 minutes south of Winnipeg, the Canadian Fossil Discovery Centre houses the largest collection of marine reptile fossils in Canada.

The star of the collection is Bruce the mosasaur, who – at 13m long with teeth to match – would have dominated the water during his lifetime, 80 million years ago.

The museum is open seven days a week! Check out the Aquasaur Theatre and the Agassiz Activity Room, where kids and adults alike will leave amazed by fossilized discoveries. Even better, book a VIP tour with a knowledgeable tour guide for a behind the scenes look!

After enjoying the museum, discover the fantastic shops, restaurants and parks of Morden, as well as a great campsite and beach at Lake Minnewasta. Even gorgeous hiking trails are just a short drive away at the Pembina Valley Provincial Park, known for its red tail hawks and bald eagles.

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Four things every family must do in Winnipeg this summer

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Taste top-notch eats. Play a little. Ponder. Add a night at a cool hotel with a waterslide and you've got the makings of one memorable family weekend. Winnipeg has heaps of neat things to do. Make this the summer to finally do some of those things. Simply add some fun to your usual shopping run and create your own staycation. You may even win something!

Eat

St. Norbert Farmers' Market has sweet homemade pies, juicy fruits, unusual vegetables—mao gua anyone?—and farm-fresh everything. Early Saturday, roam the local market for a breakfast of buns or pizza (no judging).

If you're stocking up at some of the big box stores on Kenaston—hello IKEA meatballs—nosh at Nuburger, or the newly opened Frankie's Italian Kitchen & Bar. Or at any number of restaurants along Academy and Corydon Avenues near Assiniboine Park.

BDI on Jubilee is a classic go-to for its famous 'Goog' Special, or for a healthier choice, the Cantaberry, because, duh, it's served in a cantaloupe. Dug and Betty's dreams up authentic treats like its Fog & Oats artisan cookie with London Fog ice cream and triple oatmeal cookie. Ice cream pics are the best – go snap happy on the family treats.

Play

Bring bikes along to ride the hilly—yep, hilly—bike trails at FortWhyte Alive's bison butte. Or, rent cruisers to ride the gentler trails. Take a break for some serious cloudspotting from the tree house or gambol on a baby bison walk.

Families love water. Head to a neighbourhood spray pad with younger children. Or take on the challenge of an escape room with tweens and teens. Lots of diversions exist to keep the kids cool.

Snap pics of the zoo beasts or sculpture garden in and around Assiniboine Park's really pretty, green space. Forgot your cricket bat? Toss a disc, kick a ball around or nab a snooze in the shade.



There are many scenic trails for families to explore at FortWhyte Alive.
Photo courtesy of Mike Peters

Think

What was it like to live way up North long ago? Ponder that while examining the tiny and exquisite caribou and people at the Inuit miniature carvings exhibition at the Winnipeg Art Gallery. Download the booklet and delight in more than 100 carvings by Inuit artists portraying life in the North.

Partake of a provoking experience taking in Manitoba's human and natural history at the Manitoba Museum's 10 galleries, including the new Winnipeg Gallery.

Stay

With hotels offering great deals now, it's stress-free to dazzle up your standard "grab your essentials and go" trip. Stay overnight at a suburban place convenient to where you've got to get to. Or, opt for a place with a waterslide!

Downtown accommodation is within walking or quick-cab distance of The Forks, the Canadian Museum for Human Rights, the Manitoba Museum and St. Boniface.

While many hotels near the airport in the St. James District offer suites perfect for families, as well as themed indoor waterparks.



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Interpretive signage erected for local tourists

By Evan Matthews

The RM of Armstrong has some new interpretive signage, adding some new flare to its attractions.

Reeve Susan Smerchanski said tourism is a huge and growing industry and has a tremendous impact on communities and businesses, as well as recreation and economic growth, so adding to the region's existing attractions was a no-brainer.

"We have gorgeous statues, as many communities do across the Interlake," said Smerchanski, speaking about Inwood's "S-S-Sam" and "S-S-Sara" snake statues and Meleb's mushroom statue.

"But, to date, there has been no information about the symbolism or significance. We felt interpretive signage was a perfect way of showcasing our statues and preserving the RM of Armstrong's history and culture."

The June 27 and 28 installation came just in time for Canada Day in congruence with Manitoba's 150th birthday.

Aiming for fall 2020, Smerchanski said Armstrong has a similar plan to install signage in the Fraserwood community.

The Fraserwood project will likely be located at the former Canadian Pacific Railway Station, according to Smerchanski, as the railway that went through the community provided so much culture and history.

"It was the main mode of transportation, and it brought so many immigrant settlers to our community to start a life," said Smerchanski.

"We had a creamery here at one point, and there is a lot of history and culture in this region we want to continue to showcase."

The Inwood and Meleb interpretive signage was a \$18,255 project, according to Smerchanski, made possible through the Community Futures East Interlake Grant (\$5,000), the Provincial Heritage Grants Program (\$2,500),

and the RM of Armstrong (\$10,755).

The RM contracted Heather Hinam to research and create the interpretive signage.

The former Interlake Tourism Association president, now-owner of Second Nature Interpretive Design, Hinam said she has a PhD in biology but decided she didn't want to be an academic. She started her business in 2011.

"The signs in Inwood and Meleb involved so much research. Trying to find the stories, sort through them all, and verify them all, it was not an easy task," said Hinam.

She had to track down the 93-year-old author Anne Yanchyshyn who wrote *MPC Flashbacks: A Commemorative Local History Celebrating the 90th Anniversary of the Arrival of Settlers in Meleb-Park-Cumming School District Area*.

"It was really quite fascinating. Settlers from the Ukraine and Poland showed up in the late 1800s. Most of the good land was taken at that point, so they were forced to move where Meleb is now. ... Now it's mostly drained, but go back 100 years and it was mostly swamp," she said.

"They literally had to build their lives out of a swamp. They built their houses, and one of the most interesting stories I came across was a family who kept a cow in their house with them until they had enough money to build a barn."

For more stories about the history and culture of the area, Hinam pointed to the signs. Interpretation goes beyond information, according to Hinam, meaning the signs are designed to evoke a response from people through storytelling.

Second Nature Interpretive Design has also been contracted for the Fraserwood project, according to Smerchanski.



EXPRESS PHOTOS BY SUSAN SMERCHANSKI

Inwood's snake statue—"S-S-Sam and S-S-Sara" is now home to three interpretive signs designed by Second Nature Interpretive Design.



Meleb's mushroom statue is now home to three interpretive signs designed by Second Nature Interpretive Design.

Sprinkler system installation temporarily reduces access to Eriksdale personal care home

Submitted by IERHA

Installation of a fire sprinkler system at Eriksdale's E.M. Crowe Memorial Hospital and personal care home is progressing according to plan.

Excavation preparation is currently underway for the system's cistern. This work requires the personal care home's main entrance to be closed temporarily.

Personal care home visitors are being asked to attend their prescheduled meeting at the building's north side entrance located beside the back

deck outdoor visiting area. People with appointments at the hospital and clinic are being asked to enter via the emergency department entrance off Railway Avenue. Clinic access is being affected by the kitchen renovation project that is coinciding with the sprinkler system installation.

Construction will affect visitor parking. People visiting the hospital, clinic and personal care home are being asked to park at the Wellness Centre.

"We apologize to community members for the inconvenience we're

causing but we are working as quickly as we can on this installation so that patients, residents, visitors and staff can benefit from the enhanced safety the new system will offer," said Tom Still, senior project manager with Interlake-Eastern RHA's capital planning team. "This is a multi-stage project and there are a few elements that affect access. Placement of the cistern is one of them."

Information on accessing the facility during construction has been shared with patients' and residents' family

members and key contacts.

Emergency vehicles will still be able to access the personal care home's main entrance.

The personal care home entrance should be open to public and staff by mid-August if the project proceeds as planned. There will be one more temporary closure of the personal care home's main entrance in the fall prior to project completion to allow for landscaping and asphaltting of the area that had been excavated.

Bifrost-Riverton honours councillors for years of service

By Evan Matthews

The RM of Bifrost-Riverton is acknowledging two of its councillors for years of service.

On the heels of the Association of Manitoba Municipalities' (AMM) virtual meetings, at the RM's July 8 meeting, Reeve Brian Johnson presented the 2020 Interlake District Service Awards to councillors Frode Andersen for five years and Gordon Klym for 10 years, respectively.

Both councillors Anderson and Klym declined to comment for this story.

"Both Frode and Gordon are very dedicated to their wards and the municipality," said Reeve Johnson.

From Ward 5, Klym represents quite a large area including Okno.

Andersen represents Ward 1, which includes cottage areas along Lake Winnipeg

"Both know their wards very well, bringing (ratepayer) concerns and solutions to help the municipality plan budgets and infrastructure spending. Both (councillors) go the extra mile; they want to make a difference, make

huge contributions, and go well above expectation," he said.

RM of Bifrost-Riverton CAO Jordan Willner said due to COVID-19, AMM was focused on health and safety and therefore held its June meetings virtually.

As a result, 2020 Service Award recipients had their pins sent to municipal offices to be presented by leaders of each respective council.

Councillors have many hats, as Reeve Johnson said both men sit on RM committees in order to plan for the short- and long-term as effectively as possible.

Klym is the vice-president of the Bifrost, Arborg and Riverton (B.A.R.) Waste Authority Co-op. He also sits on the Riverton-Bifrost

Fire Committee, the Arborg-Bifrost Parks and Recreation Committee, the West Drainage Committee, and the Interlake Weed Control Board.

Andersen sits as part of the East Drainage Committee, BASIC, East Interlake Conservation District, Eastern Interlake Planning District, Evergreen Regional Library, Interlake

"AS EXEMPLIFIED IN THEIR MANY ROLES, THESE AWARDS ARE WELL-DESERVED."



EXPRESS PHOTO BY CAO JORDAN WILLNER

Just inside the RM of Bifrost-Riverton council chambers, Reeve Brian Johnson, right, presents Frode Andersen, left, and Gordon Klym, middle, with their five-year and 10-year service pins, respectively.

Immigration Settlement Services, Interlake Weed Control District, Riverton-Bifrost Fire Committee, and the Riverton-Bifrost Parks and Recreation Commission.

"As exemplified in their many roles, these awards are well-deserved and the municipality thanks them for their dedication, and for their great service," said Reeve Johnson.

"Both councillors work ... to ensure benefits to their (boundary) wards but also to the municipality as a whole."

AMM to meet with RM

The AMM also announced it will present a delegation at the RM of Bifrost-Riverton's Aug. 6 meeting.

"The purpose of this meeting is to allow council to discuss the issues that specifically affect their municipality with the AMM delegation," said Willner in an email.

"It is also an opportunity for the AMM to update the council on some of the issues the AMM board has been involved with during recent months, and what the organization is working on for the future."

Alternative Therapy techniques offered in Gimli

By Sydney Lockhart

Body and Sole Wellness is offering alternative therapies in Gimli by Registered Canadian Reflexology Therapist Erika Goodman.

Goodman offers foot reflexology, energetic body cleanses, ear candling and ionizing detox footbaths.

"Reflexology is based on energy lines that run through the body and end in your, hands, feet and your ears. Through manipulation of those reflex points on the feet, I'm stimulating all the body organs to work more efficiently," said Goodman.

She added that she thinks it is helpful for anyone who does not feel 100 per cent efficient with their body.

"In energetic body cleanses, I use a combination of various energy healing techniques to cleanse a person's energetic field," she said, "It will look like a spider web or a crack in the chakra field."

These cleanses are done without any touching of the client. Goodman says that she can help heal emotional trauma

and pain through energy cleanses.

"She will put her hands underneath the table at the base of the back and I can feel the warmth without being touched," said Sheila Drouin, who has been a client of Goodman's for over a year.

Drouin says that Goodman detected a neck injury from a past car accident through foot reflexology that she hadn't told her about previously, and the session helped it.

Ear candling is a process that involves lighting a long candle that is sticking out of the ear, melting the inner wax and creating a vacuum that draws the ear wax out of the ear and cleanses it.

Body and Sole Wellness also offers ionizing detox footbaths.

"Through the process of ionization with water, with salt and a double coil electrode it creates positive and negative ions in the water," said Goodman,

Our bodies are also a composite of positive and negative ions. It will balance them out in the water. You can



EXPRESS PHOTO SUBMITTED

A client of Body and Sole Wellness gets their ears candled to remove ear wax buildup.

see the gunk that has been detoxed out of the body, all different consistencies and colours."

Body and Sole Wellness services are



Registered Canadian Reflexology Therapist Erika Goodman doing foot reflexology on a client at Body and Sole Wellness to try and help relieve pain.

\$60 for an hour, \$40 for a half-hour, and ear candling is \$40.

To make an appointment, phone Erika Goodman at 204-583-6631.

The boys are back for the annual Gimli Glider Day exhibit

By Sydney Lockhart

The annual Gimli Glider Day is taking place on July 23 remembering the historic emergency landing on the Gimli runway in 1983.

The Air Canada Boeing 767 had an emergency landing on the old Gimli runway that was being used as a racetrack after they ran out of fuel on a flight from Montreal to Edmonton.

The pilot and co-pilot safely landed the plane with no casualties after falling to the earth without fuel for 17 minutes, an unlikely feat.

When the plane landed safely people listening to the radio towers cheered nationwide.

Each year on July 23 since it has opened, the Gimli Glider Exhibit, located at 119 B 1st Ave. in Gimli, has lowered its admission rate for people to come and experience the emotional story that took place 37 years ago.

The exhibit is filled with parts of the plane, stories of those trying to prepare themselves for death, the pilots trying to save the lives of their passengers, and the Gimli community members who were there to witness the plane land and help those on it after the landing.

When the plane was making its emergency landing, there were boys on their bikes on the runway that were close to being hit. Two of these boys will be at the exhibit to answer questions that the public has for them and to share their experience from 1 to 3 p.m.

Admission for the day is \$5 and masks are mandatory to enter the exhibit.

The exhibit is a non-profit federal charity so any donations made over \$20 get a tax receipt. Currently the exhibit is experiencing low visitor numbers due to the pandemic. Anyone wishing to donate can do so on their website at gimliglider.com.

For more information, call 204-642-5577.



EXPRESS PHOTO SUBMITTED

Volunteers Emery Gal and Mal MacDonald co-pilot visitors in the simulator experience at the Gimli Glider Exhibit, which gets guests to attempt to land the plane as Captain Pearson did on July 23, 1983.

Province outlines three scenarios for back to school this fall

By Ashleigh Viveiros

The provincial government last week unveiled three different plans for reopening Manitoba's schools this fall.

What the start to the 2020-2021 school year ends up looking like will depend on the status of the COVID-19 pandemic in the weeks ahead, Education Minister Kelvin Goertzen said at a press conference Thursday.

"We are planning to have all students, from kindergarten to Grade 12, back in classrooms in September. While we can't be sure what the COVID-19 pandemic will look like in the fall, detailed planning is needed to ensure schools can resume in-class learning and to prepare for different scenarios," he said. "This framework will allow schools and school divisions to prepare plans that are flexible at the local level, yet consistent with those at other sites across the province."

The province hopes to see students back in class Sept. 8 and teachers returning a few days earlier on Sept. 2.

The best-case scenario would see in-class learning for all K-12 students with near-normal conditions.

The second scenario would feature in-class learning as well, but with additional public health measures including limited interaction between classes and grades.

This scenario calls for an emphasis on getting K-8 students, students with special needs, and those who require additional supports back into the classroom.

High schools can increase in-class learning to five days a week as long as they can maintain physical distancing and limit interaction between different groups of students. If not, Grade 9-12 students will have a blend of in-class and remote learning, with a minimum of two days in class per week.

The final scenario, should Manitoba's COVID-19 numbers warrant it, is for remote learning from home with limited use of school facilities, which is how schools finished off the 2019-2020 school year.

Core curriculum and required courses will be the focus come fall, which means electives like gym or music, while they may still be offered, could look different from usual, Goertzen said, especially in schools that need to use alternative spaces as extra classrooms in order to meet distancing guidelines.

Physical distancing requirements will also make for limited space on school buses (the rule will be one child per seat, though kids from the same household can sit together), so parents who are able to drive their children to school may be asked to do so.

School divisions are being asked to provide detailed reopening plans to Manitoba Education based on these three scenarios and to make those plans available to parents and students.

Which scenario Manitoba schools will be following will be announced by Aug. 1.

"Things will not be exactly as they were last September when students come back to school this September, but we are in a very envious position compared to most places in Canada and many in North America," Goertzen noted. "It is happening in Manitoba because Manitobans have done the right things to make it happen. They have done the things to put us into this position and we need to keep doing the right things."

A more detailed overview of the back to school plan is available online at manitoba.ca/covid19/restoring/safeschools.html.

get inspired

> MEAL IDEAS



Total time: 30 minutes
 Servings: 2
 2 rings freshly cored pineapple
 2 Lightlife Plant-Based Burger patties, thawed
 salt, to taste
 freshly ground black pepper, to taste
 1 cup baby arugula
 2 sesame seed burger buns, lightly toasted
 1/4 cup crispy fried onions
 2 tablespoons honey garlic barbecue sauce
 Heat grill to medium heat. Grill pineapple slices 4-5 minutes per side until grill-marked and slightly car-

RED RIVER CO-OP FOOD STORE

Burger with Grilled Pineapple and Honey Garlic Barbecue Sauce

melized. Cut slices in half and set aside. Wipe down grill to cook burger patties.

Season burger patties with salt and pepper, to taste. Grill 4-5 minutes per side until burgers are evenly browned with internal temperature of 165 F.

To assemble, layer handful of baby arugula leaves on toasted bottom buns, top each with burger and two cut slices each of grilled pineapple. Sprinkle on crispy fried onions, drizzle with honey garlic barbecue sauce and place toasted sesame seed bun on top.



Recipe courtesy of Annessa Chumbley, RDN, on behalf of the Seafood Nutrition Partnership
 Prep time: 5 minutes
 Cook time: 10 minutes
 Servings: 5
 10 wooden skewers
 water
 2 medium zucchinis, cut into large chunks
 2 medium bell peppers (any color), cut into large chunks

Easy Shrimp Skewers

2 red onions, cut into large chunks
 1 cup cherry tomatoes
 10-12 ounces cooked shrimp, peeled, deveined, tails on
 olive oil
 sea salt, to taste
 1 lemon, juice only
 In bowl, soak skewer sticks in water at least 10 minutes to prevent burning on grill). Preheat grill to medium-high heat.

Build skewers by alternating zucchinis, bell peppers, onions, tomatoes and shrimp, pushing ingredients closely together on each skewer. Brush each with olive oil and sprinkle with sea salt, to taste.

Cook skewers about 9 minutes, rotating every 3 minutes until veggies and shrimp are seared but not overcooked. Remove and place on large platter.

Drizzle with lemon juice and serve.



Recipe courtesy of Annessa Chumbley, RDN, on behalf of the Seafood Nutrition Partnership
 Prep time: 5 minutes
 Cook time: 10 minutes
 Servings: 4-6

2 tablespoons olive oil
 4-6 salmon filets (each about 1-inch thick)
 sea salt, to taste
 1 can chickpeas, drained and rinsed
 1 can quartered or chopped artichoke hearts, drained
 1 cup diced cucumber

Seared Salmon with Mediterranean Salsa

1 cup diced cherry tomatoes
 1/3 cup diced red onion
 1/2 cup crumbled feta cheese
 1 handful fresh spinach, chopped
 balsamic glaze

In skillet over medium-high heat, heat olive oil. Sear salmon filets 4 minutes. Sprinkle tops of each salmon filet with sea salt, to taste. Flip and cook 4 minutes until barely done. Remove to serving platter.

In medium bowl, make salsa by gently folding together chickpeas, artichoke hearts, cucumber, tomatoes, red onion, feta and spinach. Sprinkle with sea salt, to taste. Drizzle with balsamic glaze and spoon salsa over each salmon filet.

Refrigerate leftover salsa.



Pulled Pork Sliders with Tangy Red Slaw

1 pound pulled pork, heated through
 1/4 cup hickory smoked barbecue sauce, warm

12 small pull-apart dinner rolls, split crosswise and lightly toasted

To make slaw: In large bowl, combine oil, vinegar, sugar and cayenne pepper; whisk to combine. Add celery, bell pepper, onions and red cabbage; toss to coat.

To make sliders: In medium bowl, mix pork and barbecue sauce. To assemble, spoon pork evenly over bottom half of each roll. Top with slaw and top half of each roll.

Note: If desired, slaw can be served warm. In saucepan over medium-low or medium heat, cook slaw about 5 minutes, or until heated through, stirring frequently.

Prep time: 25 minutes

Servings: 6

Slaw:

1 tablespoon olive oil
 2 tablespoons apple cider vinegar
 3/4 teaspoon sugar
 1/8 teaspoon cayenne pepper
 1/4 cup thinly sliced celery
 1/4 cup finely diced green bell pepper
 1 cup Aunt Nellie's Whole Holland Style Onions, drained and coarsely chopped

1 jar (16 ounces) Aunt Nellie's Sweet & Sour Red Cabbage, drained
 Sliders:

Lemon-Butter 4 Bean Ravioli

Recipe courtesy of "Winnie's Balance" on behalf of Seneca Foods

Prep time: 15 minutes

Cook time: 12 minutes

Servings: 4

1 package (10 ounces) fresh cheese ravioli

1 teaspoon olive oil
 2 cups combination of sliced button mushrooms, chopped kale and grape tomatoes

2 tablespoons unsalted butter, divided
 2 large cloves garlic, minced
 1 can (15 ounces) READ 4 Bean Salad
 1-2 tablespoons fresh lemon juice
 crushed red pepper flakes (optional)

Cook ravioli according to package directions. Drain and set aside.

Heat medium skillet over medium heat. Add olive oil; swirl to coat.

Add mushrooms, kale, tomatoes and 1 tablespoon butter. Cook 6 minutes, or



until mushrooms are soft and tomatoes burst, stirring occasionally. Remove from heat.

Return pasta to medium heat. Add remaining butter and minced garlic. Cook 2 minutes, or until garlic is fragrant, stirring frequently. Stir in bean salad; cook 1 minute, or until heated through.

Gently stir vegetables into pasta. Drizzle with lemon juice. Toss gently and top with red pepper flakes, if desired.

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sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Carin' for Karen golf tournament raises \$20,000

By Becca Myskiw

Over \$20,000 was raised at a golf tournament on June 27 for Karen Bridgwater and her battle with cancer.

Bridgwater who lives in Sandy Hook was diagnosed with the disease almost seven months ago. She said after feeling unwell, she took a sudden trip to the Selkirk hospital and from there she was sent to St. Boniface.

The doctors told Bridgwater she had a bowel obstruction, which she later found out was caused by her cancer.

"Well, that was the least of my worries," said the 57-year-old.

During her surgery for the obstruction, the doctors found that Bridgwater's tumours are wrapped around her organs and a vital artery near the gall bladder. In other words, her cancer is inoperable.

So, Bridgwater went for three months of chemotherapy — but her body didn't accept it at all. Her tumours grew by another third of their size in those three months.

Then Bridgwater started doing naturopathic treatments to boost what the chemotherapy does. According to the Canadian Cancer Society, naturopathic medicine "is a system of healing that focuses on supporting and

stimulating the body's ability to heal itself."

For Bridgwater, it's done just that.

In the last three months, her tumours haven't grown at all. They also haven't decreased in size. But she said she's feeling healthy otherwise and is able to carry on gardening, mowing the lawn and doing the things she likes to do.

"I'm very lucky with my quality of life," she said. "Everyone's body reacts differently to treatment."

The naturopathic treatments, however, are very costly and Bridgwater has to pay out of pocket for them. That's why Colette Banks and a few of her friends organized the Carin' for Karen golf tournament at Inwood Golf & Country Club.

Banks said the idea came from the group of friends feeling helpless and wanting to do something for Bridgwater.

"We were never dreaming it would raise this much money," she said. "It's just a testament to how loved she is in this community."

Banks said they didn't publicly advertise the tournament, but the support was crazy. They had 134 golfers (all of whom adhered to social dis-



EXPRESS PHOTO SUBMITTED

Bridgwater said the doctors think she has cervical cancer but they aren't sure because it's everywhere.

tancing guidelines) along with many silent auction donations.

In less than a month, the tournament raised \$20,162 — every cent will go to Bridgwater, who plans to use it for her naturopathic treatments.

Those treatments make living with cancer easier for Bridgwater.

"It gives me a little bit of hope," she said. "It just made me realize that you need hope and that's what all these people gave me."

Interlake Blue Jays' Sunday doubleheader postponed

Staff

The Interlake Blue Jays' Manitoba Junior Baseball League road doubleheader against the Pembina Valley Orioles was postponed on Sunday.

No, it wasn't poor weather. It was a lack of players by the Blue Jays.

The two games will be rescheduled

at a later date.

Last Wednesday, the Blue Jays lost 6-5 in an extra inning to the St. James A's in Winnipeg.

Ben Anderson led the Interlake with three hits while teammates Devon Cassan and Liam Allen each had two hits. The Blue Jays' runs were

scored by Cole Olfert, Anderson, Jeremy Wasilewski, Kaden Stewart and Thomas Waldner.

Interlake RBI's came off the bats of Anderson (two), Allen (two) and Cassan.

Noah Cnockaert-Ducharme pitched five innings for the Blue Jays. He was

relieved by Brittney Langlais and Allen.

Interlake, now 6-4, will visit the Carillon Sultans (4-8) on Wednesday at 7 p.m. before hosting the Pembina Valley Orioles (6-3) Friday (7:30 p.m.) and the St. Boniface Legionnaires (2-8) Sunday (7 p.m.).

Trstenjak wins 2020 Nott Autocorp Men's Amateur Championship

Staff

Marco Trstenjak of the Elmhurst Golf & Country Club won the 2020 Nott Autocorp Men's Amateur Championship on Sunday with a three-stroke victory over St. Charles' Neel Soni at the Glendale Golf & Country Club.

Trstenjak started the final round in a tie for the lead at 2-under par with 2020 Manitoba Junior Men's runner-up, Braxton Kuntz of the Breezy Bend Country Club.

He wrapped up his final round even par. Trstenjak, the only player to break par for the 72-hole event,

played a steady final round that included three bogeys and three birdies.

He earlier carded rounds of 73, 68, and 73 to finish with a 286 total. It is the first men's amateur title for Trstenjak.

Defending-champion Colwyn Abgrall of the Southwood Golf & Country Club posted a 1-over par round of 73 on Sunday, moving him into the medals with a third-place finish.

Selkirk Golf & Country Club's Wesley Hoydalo was very good, finishing in a four-way tie for 10th overall. He fired rounds of 75, 71, 75 and 77 for a

10-over 298.

Pine Ridge's Noel Ngo wrapped up his play in a three-way tie for 29th after rounds of 76, 79, 73, and 85 for a 25-over 313.

Just a stroke back was Elmhurst's Ben Bandura (76, 77, 76 and 85) while his son, Brady, placed 54th after rounds of 80, 79, 79 and 92.

Elmhurst's Adam Ingram was 55th with scores of 74, 85, 84, and 89.

Next up is the Manitoba Senior Championship, which will be hosted by the Carman Golf and Curling Club, from July 27 to 29.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Albert finishes second at 2020 Junior Women's Championship

By Brian Bowman

Selkirk's Mikyla Albert finished second overall at the 2020 Junior Women's Championship presented by the Alex & Peggy Colonello Foundation at the Selkirk Golf & Country Club last week.

Albert carded rounds of 80, 79 and 82 for a 242 total. She admitted that she was disappointed in those scores and felt she should have scored "a lot lower."

Still, she was just two strokes back of 14-year-old Crystal Zamzow, who fired rounds of 79, 77 and 84. Those are great scores for a 14-year-old.

"That's amazing because I definitely was not there when I was 14," Albert said. (Her future) is very bright."

Albert had her sights firmly set on winning the championship in her final year of junior eligibility.

"To be honest, I'm a little upset but there's nothing I can do about it now," said Albert last Sunday. "Second place is a great finish for me."

Albert was the runner-up to Kate Gregoire of Quarry Oaks at the 2019 provincial juniors at Pine Ridge.

Zamzow held the lead all three days of the tournament. It was her first junior women's championship.

In third was Cala Korman, another 14-year-old, who shot a final round 85 for a three-day total of 243. In the age division categories, Albert was tops in the 17- and 18-year-old division.

Albert, who has been battling a recent leg injury, plans to play in a few more MJT tournaments this season.

Sarah Farmer was the other individual in that age division. She finished the 54-hole event at 290.

Jewel Lafleche won the 12-&-under division shooting 208 for 36 holes. Zamzow won the 13- and 14-age division, Aarmon Dhillon of Elmhurst Golf & Country Club won the 15- and 16-age division with a 264.

Play was delayed twice during Monday's second round as thunderstorms crackled in the area.

In the men's championship, round two had to be completed early Tuesday morning due to play being called to darkness the night before.

St. Charles' Neel Soni shot an even par round of 70 during Tuesday's final round to hang on for a one-stroke victory over Breezy Bend's Braxton Kuntz.

Soni finished the 54-hole event with a 208. Finishing alone in third was Carter Johnson of the Ross-



RECORD PHOTO BY GOLF MANITOBA

Mikyla Albert, far right, finished second at the 2020 Junior Women's Championship last week at the Selkirk Golf & Country Club. Albert had a three-round total of 242, which was just two strokes back of Crystal Zamzow.

mere Country Club who shot 70 during the final round for a three-day total of 212.

Wyatt Brooks, who golfs out of the Selkirk Golf & Country Club, finished 18th overall with a 24-over par 234. He carded rounds of 81, 74 and 79.

In the age group divisions, Brayden Boge of Pine Ridge won the 12-&-under division, Grady Chuback of St. Charles Country Club won the 13 and 14 division, Kuntz was tops in the 15- and 16-year-old

division and Soni captured the 17- and 18-year-old division.

In the Junior Men's Interclub championship, it was team Rossmere No. 1 of Lachlan Allerton, Trey Ross and Carter Johnson shooting a best two of three 36-hole total of 9-over par 289. Just one back was the team of Jacob Armstrong, Payne Wood and Scott Miner of St. Boniface.

Stonewall Blue Jays split Saturday doubleheader

By Brian Bowman

The Stonewall Blue Jays were a busy bunch on Saturday.

Stonewall hosted a pair of Winnipeg Senior Baseball League games against two different teams at Fines Field. The Blue Jays first battled the St. Boniface Legionaires and then took on the Boni-Vital Brewers in the

rare doubleheader.

Against St. Boniface, the Legionaires scored all of their runs in the first three innings en route to a 12-1 victory. After Stonewall scored in the top of the first inning, St. Boniface replied with four in the first, seven in the second, and added another in the third.

Stonewall rebounded nicely to hammer Boni-Vital 8-2 in Game 2. The Blue Jays scored single runs in the first, five, sixth and seventh innings. Stonewall also added a four spot in the second.

The Blue Jays outhit the Brewers 13-6.

Last Thursday, the Blue Jays lost 6-5

to the St. James A's in Stonewall.

Stonewall (3-3) will wrap up a four-game homestand at Fines Field with a game this Wednesday against St. James. First pitch is 7:30 p.m.

The Blue Jays will then hit the road to play St. Boniface on Thursday and the Springfield Braves next Monday. Both games will start at 7 p.m.

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Gardener req'd, Winnipeg Beach. Ph 204-389-4735.

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GARAGE SALES

Large antique as well as downsizing sale - something for everyone! Fisher Branch, Lot 19, Laroue St. (across from motel). Watch for signs. July 24-31, 9 a.m. - 5 p.m. Call 204-372-6483 for more info.

MISCELLANEOUS

Culvert - 4 pieces, 20 ft. long each, 48" diameter, 10 gauge, c/w 3 couplers. (New \$10,500), asking \$4,800 obo. Call Bob 431-996-9599 (Manitoba) or Jim 204-781-8108.

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NOTICE OF NOMINATIONS TOWN OF WINNIPEG BEACH

NOTICE IS HEREBY GIVEN that on the following days, Saturday, August 01, 2020 to Friday, August 07, 2020, between the hours of 8:30 a.m. and 4:30 p.m. **by appointment** at a mutually agreed upon location, I will receive nominations for the office of:

One (1) Councillor of the aforesaid Local Authority

The nomination deadline is Friday, August 07, 2020 at 4:30 p.m. Nominations cannot be accepted after this day.

All nominations shall be made in writing and shall be signed by at least twenty-five voters, or NOT less than 1% of the voters (whichever is the lesser) of the authority, but in all cases by at least two voters. Each nomination shall also be accompanied by the candidate's declaration of qualification.

Nominations may be filed in person at the above location, on the dates and hours specified, or by an official agent. To obtain a nomination paper, and/or candidate's declaration of qualification, contact the S.E.O. by e-mail or at the telephone numbers listed below.

Nomination papers not accompanied by the required documents and not properly filed shall be rejected.

David Lobban, Senior Election Official
Town of Winnipeg Beach
204-389-4980

Cell: 204-918-7563

E-mail: seo@winnipegbeach.ca

Dated at the Town of Winnipeg Beach on July 16, 2020



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DITCHING/SIDEWALK PROJECTS

The Municipality invites Quotations for the following:

DITCHING PROJECTS

Quotation # 1 - N19, E19 & S20-23-3E - 2.25 Miles

Quotation # 2 - SE9, IN4-25-4E & IN33-24-4E - 2.5 Miles

SIDEWALK PROJECT

Quotation # 3 - Centennial Park Sidewalks

Quotation packages are available at the Main Office or through email. Sealed bids marked with project name and clearly displaying the bidder's name will be received by the undersigned until 12:00pm on August 7, 2020.

Jason Comeau, Public Works Manager
Municipality of Bifrost-Riverton

**The Express Weekly News Classified booking deadline is
Monday at 4 p.m. prior to Thursday's publication
Please Call 204-467-5836**



PUBLIC NOTICE OF VOTERS LIST / VOTING AS A NON-RESIDENT VOTER / and PERSONAL SECURITY PROTECTION Town of Winnipeg Beach

In accordance with Section 36 of the 'The Municipal Councils and School Board Election Act', Notice is hereby given that a copy of the VOTERS LIST may be reviewed at: The town office of the Town of Winnipeg Beach, 29 Robinson Avenue, Winnipeg Beach, **by appointment** with the SEO. Updates to the Voters List can be made until August 07, 2020.

Updating of the Voters List including:

- adding names of voters who are entitled to have their names on the list;
- deleting the names of persons who are not entitled to have their names on the list; and
- Making such other corrections of errors to the list as required.

VOTER ELIGIBILITY: Subsection 21(1)

A person is eligible to have their name added to the Voters List if they are:

- 1) a Canadian Citizen and at least 18 years of age on election day; and
- 2) a resident of the local authority for at least six months prior to election day; or
- 3) A registered owner of land in the municipality for at least six months prior to Election Day.

VOTING AS A NON-RESIDENT VOTER: Subsection 22(1)

A maximum of two non-resident property owners per property are permitted to vote in a municipal election, Subsection 22(2). Where there are more than two non-resident property owners, each of the two votes must receive written consent from the majority of the registered landowners and this is to be filed with the SEO prior to August 07, 2020 for inclusion to the voters list.

Note: When voting, you may be required to provide proof of ownership to the voting official.

When voting, proof of identity may be requested by the voting official.

When voting, proof of citizenship may be requested by voting officials.

A voter's name must not appear on the voters list more than once.

APPLICATION FOR PERSONAL SECURITY PROTECTION: Subsection 34(3)

A voter may apply in writing to the senior election official (at the address or e-mail below) no later than August 07, 2020, to have their name and other personal information omitted or obscured from the voters list in order to protect the voter's personal security. The application must include the voter's name, address and include proof of identity (an official document issued by a federal, provincial or municipal government that includes the voter's name, address and photograph). Any photocopies must be legible.

All changes to the voters list are to be completed by the close of business (16:30) on August 07, 2020, in preparation for municipal election to be held on Saturday, September 12, 2020.

David Lobban, Senior Election Official for the Town of Winnipeg Beach
Address: Box 285, Winnipeg Beach, MB R0C 3G0
Telephone: 204-389-4980 / e-mail: seo@winnipegbeach.ca

Announcements

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FARMLAND FOR SALE

Grain land for sale - 311 acres cultivated cropland in the RM of Bifrost-Riverton. Section 29-SW and NE quarters between Rd. #130NE and 131NE north of PTH 68 on PR 222 & PTH 8. Interested parties can make contact by mail to Box 634, Riverton, MB. R0C 2R0. Phone 1-204-376-5206.

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Wanted 5-700 reasonably priced round bales or standing hay within 50 miles of Silver. Will haul off field, smaller quantities welcome. Please phone 204-376-5692 leave a message.

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Hay for sale - large round hardcore bales of alfalfa and brome grass. Ph 204-461-0722.

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BIRTHDAY



Margaret Durrant
Happy 80th Birthday!

The calendar says this amazing woman is turning 80 on July 26, but everyone that knows her is sure she isn't a day over 40! Still going strong and young at heart!

-All our love,
Fred, Tammy, Nolan and Ashton

OBITUARY

Leola Sigurbjorg Jonasson (nee Gislason)
August 20, 1944 - July 9, 2020

Leola, age 75, left us peacefully with her family by her side. Leaving to honor her memory is her husband of 57 years Halli Jonasson; daughters Laurie (Sid), Denise and son David; grandchildren: Samantha, Ákilena and Haley, Daniel, Jordan and Jason, Halli and great-grandson Leo. She is predeceased by Sam and Runa Gislason and her daughter Nadine.

Leola was born in Selkirk and grew up in Riverton - a lifelong resident. She raised her family near her childhood home beside the Icelandic River. Working at the Co-op in Riverton for over 30 years, she was known for her kindness and friendliness to all her customers. She retired with Halli at the Icelandic River Lodge.

Leola loved to travel North to Whitehorse to see David, Laurie and her family, as well as west to St. Claude to visit Nadine and her family. Denise took her on trips enjoying many family reunions in Alberta, North Dakota and Montana. It was important for her to keep roots deep with family, and she loved the Icelandic history of our relatives instilled by her parents.

Mom loved her flowers and had a beautiful variety of orchids and African violets which were her pride and joy. She enjoyed many quiet times by the shores of Lake Winnipeg. She loved to help her children and was a beautiful wife, mom, amma and langamma. Leola will be sadly missed as she touched the heart of everyone deeply.

There will be a private family service due to the COVID 19 pandemic at the Riverton cemetery. A memorial service will be held August 22 from 1-4 p.m. at the Riverton Hall.

Special thanks to the Arborg hospital staff for their care of Leola during her final days. In lieu of flowers, the family requests that donations be made to the Riverton cemetery "Góða nótt elskan"

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RURAL MUNICIPALITY OF GIMLI

UNDER THE AUTHORITY OF THE PLANNING ACT

NOTICE OF PUBLIC HEARING

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

THE RURAL MUNICIPALITY OF GIMLI BY-LAW NO. 20-0019
Being an amendment to the Gimli Zoning By-law No. 11-0013, as amended.

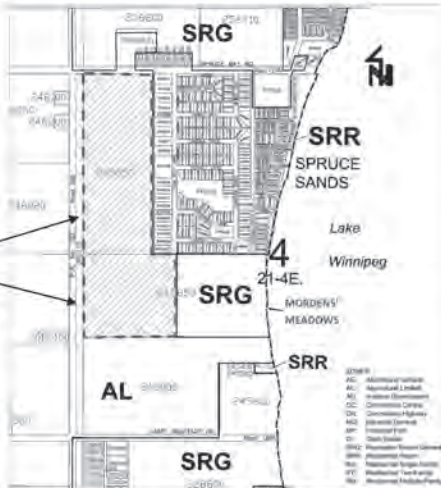
HEARING LOCATION: Gimli Recreation Centre
45 Centennial Road
Gimli, MB

DATE & TIME: August 12, 2020
7:00 pm

APPLICATION: RMG-20-01R

AFFECTED AREA: Pt. 4-21-4 EPM Being Pt. Lot 13, S.P. Plan 44952
WLTO and Pt. NW ¼
Roll No.: 245050 & 245850

GENERAL INTENT: To rezone two areas in the RM of Gimli from "AL" Agricultural Limited Zone to "SRG" Recreation Resort General Zone. For the purpose of an expansion, to the west, of the existing trailer park, being "Mordens Meadows", by 36 sites and for future development on the balance of the parcel(s).



FOR INFORMATION CONTACT: Nancy Thorn, CAO/Development Officer, Eastern Interlake Planning District
82 2nd Ave, Box 1758 Gimli MB R0C 1B0 - Ph: 204-642-5478 Fax: 204-642-4061
Email: epd@mymts.net website: www.interlakeplanning.com

COVID-19 PROTOCOL: Should you wish to attend the hearing, you must PRE-REGISTER NO LATER THAN AUGUST 11, 2020 by 4:30 p.m. with the RM of Gimli office at 204-642-6650.

A copy of the proposal and supporting material may be inspected at the location noted above during normal office hours, Monday to Friday. Copies may be made and extracts taken there from upon request.

Please Note: E.I.P.D. recommends that property owner's notify lessee/renter if applicable.

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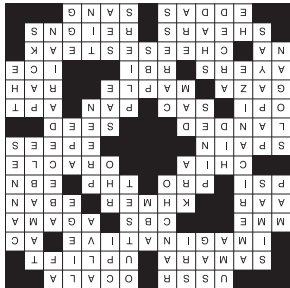
Tender closes July 25, 2020

Contact Jeff @ 204-280-0693

CROSSWORD

CLUES ACROSS

1. One-time world power
5. Central Florida city
10. Winged nut
12. Elevate spiritually
14. Creative
16. It cools your home
18. Woman (French)
19. "60 Minutes" network
20. Old World lizard
22. Swiss river
23. Ethnic group of Cambodians
25. Abba __, Israeli politician



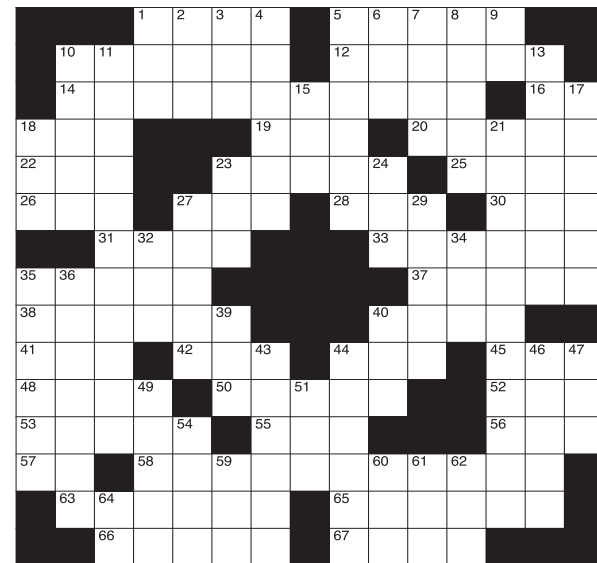
Crossword Answer

26. Tire measurement
27. Affirmative
28. Thrust horse power (abbr.)
30. One point north of due east
31. A type of "pet"
33. Tech giant
35. European nation
37. Fencing swords
38. Acquired
40. Origin
41. Cashless payment interface (abbr.)
42. Pouch
44. Peter's last name
45. Inclined
48. Palestinian territory __ Strip
50. A type of syrup
52. Bravo! Bravo! Bravo!
53. Weather Underground activist
55. Run batted in
56. Frozen water
57. Sodium
58. Philly specialty
63. Cuts the wool off
65. Rules
66. Icelandic literary works
67. Tattled

CLUES DOWN

1. "Pulp Fiction" actress

- Thurman
2. Actors' organization
3. Conscientious investment approach (abbr.)
4. Ranch (Spanish)
5. Beginning
6. Index
7. Portuguese wine
8. A feudal superior
9. Military brach (abbr.)
10. Lithuanian given name
11. A way to become different
13. Able to be domesticated
15. Defensive nuclear weapon
17. Hosts film festival
18. Shows you how to get there
21. Arranged alphabetically
23. S. Thai isthmus
24. The 17th letter of the Greek alphabet
27. Woods
29. Make yourself attractive
32. Concealed
34. Large primate
35. A favorite saying of a sect or political group
36. Tropical fruits
39. Obstruct
40. Car mechanics group



43. Stroke gently
44. They're in your toolbox
46. Throngs
47. One and only
49. In a way, bent
51. "Downton Abbey" broadcaster

54. Herring-like fish
59. A major division of geological time
60. Vast body of water
61. Cannister
62. Encourage
64. The man



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