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EXPRESS PHOTO BY TEE-JAY FURGALA

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Spruce Sands sewage spill closes beach

Other beaches with elevated E. coli remain open

By Patricia Barrett

High E. coli levels resulting from a sewage spill at Spruce Sands Beach in mid-July resulted in two days of provincially mandated beach closures, but other beaches on Lake Winnipeg that had bacterial levels above the provincial recreational water quality objective remained open.

The maximum allowable level of E. coli in recreational water is set by the province at 200 E. coli per 100 millilitres (mL).

According to the province, the Spruce Sands spill occurred on July 15 and was caused by a sewage line that was damaged during “routine ditch maintenance.”

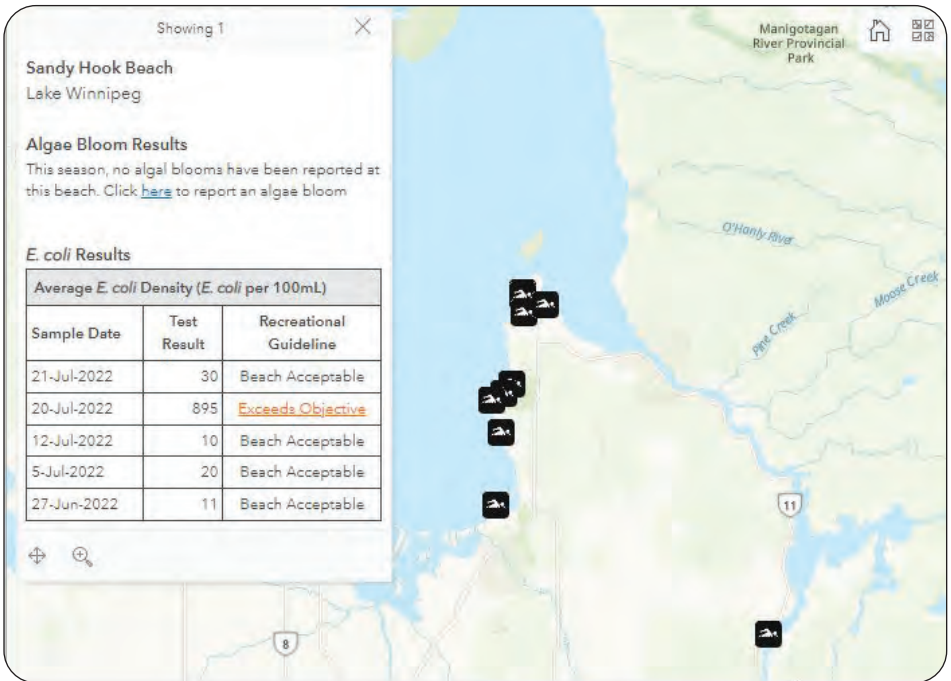
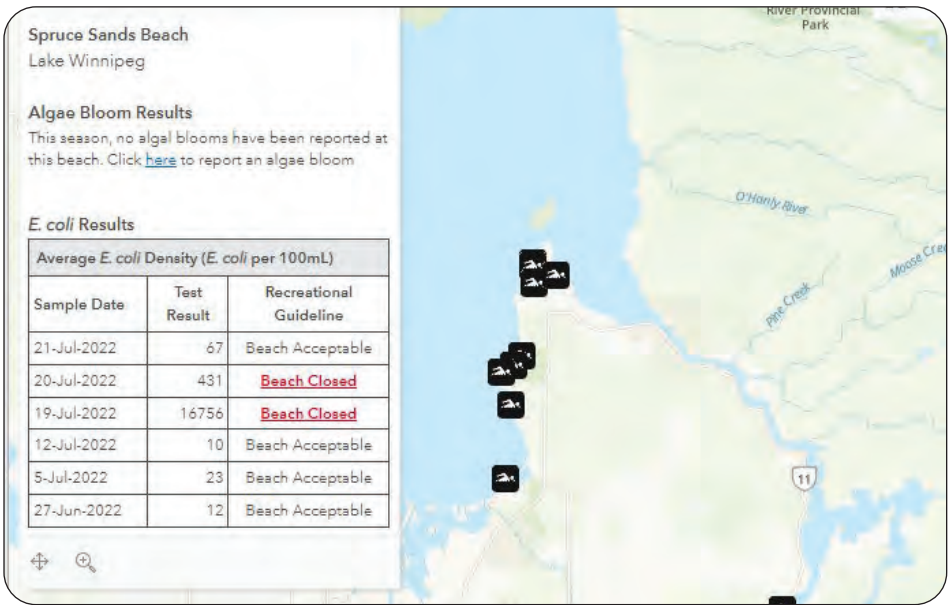
“The leak (untreated domestic wastewater, which includes sewage) came from the sewer line connecting Spruce Sands RV Resort with their wastewater treatment lagoon system. The sewer line does not drain into the ditch, but is located under the ditch,” said a provincial spokesperson. “Sewer lines are commonly located within municipal rights of way, including ditches (as was the case here). An

above-ground component (clean out) of the line was damaged, resulting in a leak to the ditch, then into Lake Winnipeg, which resulted in the closure of Spruce Sands Beach.”

The E. coli results from Spruce Sands were not within “routine fluctuating range” usually observed at Lake Winnipeg beaches, said the spokesperson, and that prompted the decision to close the beach.

“The elevated E. coli results, coupled with information obtained from the reported sewage leak in close proximity to the beach, supported the decision to protect public health by issuing a beach closure,” said the spokesperson. “The beach closure remained in place until the sewage leak was controlled and re-sampling at Spruce Sands Beach and other beaches in the area and on the west side of Lake Winnipeg confirmed that E. coli densities had returned to below the recreational water quality objective.”

Staff with the province’s beach monitoring program had taken water samples at Spruce Sands Beach on July 19, four days after the leak, and found 16,756 E. coli per 100 mL, which exceeded the 200 E. coli standard. On July 20, the test showed 431 E. coli, which also exceeded the standard.



PROVINCE OF MANITOBA BEACH MONITORING

Spruce Sands Beach had 16,756 E. coli per 100 millilitres when it was tested on July 19 and 431 E. coli on July 20, resulting in beach closures both days. Sandy Hook beach, south of Gimli, had 895 E. coli per 100 mL on July 20, but the beach remained open. The province’s recreational water quality standard is 200 E. coli per 100 mL.

The beach was closed both days.

The province issued a news release on July 20, advising of the spill at Spruce Sands and recommending that people and animals stay out of the water until further tests showed it below the standard.

Some other beaches on Lake Winnipeg during that same time period also showed E. coli levels above 200 but, nevertheless, remained open.

Sandy Hook Beach, 11 kilometres south of Gimli, had 895 E. coli per 100 mL on July 20, but the beach stayed open, according to the province’s beach monitoring website. Hnaua Beach also exceeded the objective, with 270 E. coli on July 19 and stayed open. And Milne Beach, also known as Matlock Beach in the Village of Dunnottar, exceeded the objective

with 222 E. coli on July 20 but remained open.

“Although elevated Escherichia coli (E. coli) results [were] observed at Sandy Hook, Hnaua and Milne beaches, these were within the range experienced occasionally on Lake Winnipeg due to natural processes. Studies on Lake Winnipeg beaches have shown that naturally occurring elevated densities of E. coli are present in the wet sand of the beach area and can periodically be transferred to swimming areas by wave action and water level changes,” said the spokesperson.

“In addition, the significant distance between these three beaches and the sewage leak means that impacts were

Continued on page 5



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Arborg Interpretative Walking Trail an avenue for activity and education

By Autumn Fehr

Outdoor spaces help keep communities active and healthy.

Walking trails and parks are some places where community members can gather actively, enhancing the growth and well-being of the community.

The town of Arborg has started the construction of an Interpretative walking trail on the east side of town, following the Icelandic River on the south side, which will help create more active spaces for residents.

This trail will join the west walking trail to the Arborg & District Multicultural Heritage Village and cross over the bridge by the Heritage Village back onto River Road.

The town of Arborg is taking the lead on this project, along with the East Interlake Watershed District.

The trail will benefit tourism by giving those staying at the Heritage Village campgrounds a walking trail along the river and a easier way to see the town, said Ron Johnston, deputy mayor of Arborg.

The extension to the trail will be roughly a mile — the same length as the existing portion of the trail on the west side.

The trail will have signage to share the wildlife's history and their roles in the environment.

Some of these displays along the interpretative trail will include what the willows do to protect the shoreline, a tall grass prairie display along the trail that will show off the fish ladder on the river and what that does to enhance the fish habitat.

"One of the benefits of the interpretative trail aspect of it is that it will educate the public on some of the ini-



EXPRESS PHOTO BY RON JOHNSTON

The prospective new interpretative trail will run along the Icelandic River in Arborg.

tiatives that the Watershed District is trying to do, such as protecting our shorelines, rivers and waterways and informing the public on what can be done," said Johnston.

The new trail will be open to various types of activity such as walking, biking and eventually rollerblading once the trail is asphalted and paved during Phase 2 of the project.

Phase 1 of the project started about six to eight months ago, said Johnston.

During the first phase, the town applied for funding through Trails Manitoba and the Watershed District, secured their landowner agreement, among other things, and mapped out where they were going to put the new

trail.

Based on the town's budget, the project's total cost is around \$80,000, said Johnston.

"We wanted to enhance our current walking trail, make it a little bit longer and add an interpretative compo-

nent to it," he said.

Phase 2 will begin once the town finds a contractor to construct the trail.

This phase will consist of removing the sod, settling down the filter cloth,

Continued on page 7

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Icelandic culture celebrated



EXPRESS PHOTOS BY TEE-JAY FURGALA
The 133rd Islingadagurinn, or Icelandic Festival, offered four days of Icelandic-style merry-making in Gimli that included a Viking village, Viking battles, a strongman competition, traditional food, beer gardens, a huge parade and carnival rides and on Sunday, Frisbee enthusiasts signed up for the made-in-Gimli Fris-Nok competition won by Rhett Arnason and daughter Lilija Arnason.



Experience living history at the Manitoba World War I Museum

'A Day in the Trenches' returns Aug. 7

By Ashleigh Viveiros

It's been over a century since the battles of the First World War were waged overseas.

The men who fought them are all gone now, but their memory continues to be honoured at places like the Manitoba World War 1 Museum.

Located a few miles west of La Riviere, the facility is home to a massive collection of memorabilia from the Great War.

These artifacts paint a vivid picture of what the locals who served went through from 1914 to 1918, and the museum showcases them with public tours through the summer months and by appointment in the winter.

But if you want to get a further taste of what it was like on the front lines, "A Day in the Trenches" is where you want to be this weekend.

The museum's annual living history event takes place on Sunday, Aug. 7 from 1 to 4 p.m.

"We're going to have people dressed up in period uniforms and they'll be presenting all different aspects of the life of a Canadian soldier in the First World War," said curator Bruce Tascona.

Those presenters will guide guests through the allied and enemy trenches (the museum has a few hundred metres of trenches on the grounds), headquarters, battle stations and so on.

Tascona noted they'll be welcoming representatives from a few different military history museums to broaden the scope of the presentations. Coming up from the U.S. are a group of reenactors who will play the role of the German soldiers.

"So visitors can come through and look at the Canadian side of it and then there will be some presentations by people dressed up in German uniforms they can ask questions of as well," he said.

There will also be special presentations at 2:30 p.m. and 4 p.m.

"We'll be having a simulated gas attack," Tascona said, explaining they'll be using smoke to give people an idea of what it looked like when the trenches were hit with gas. "We'll try to show how the soldiers had to quickly put on their gas masks and then fight with these burdensome masks on."

The 4 p.m. presentation will be the "grand finale" of soldiers going over the top of the trenches to cross No Man's Land.

Also, in addition to the museum's usual exhibits, they're putting together a special display for the day.

"It's how the children viewed the First World War during that period of time," Tascona said. "We have some framed artwork and a map we acquired from one of the one-room schools that shows how the students



EXPRESS FILE PHOTO

The Manitoba World War One Museum hosts its A Day in the Trenches event on Sunday, Aug. 7.

studied the war."

The last few years have been challenging ones for the museum, thanks to the pandemic. Tascona said he used the downtime to reorganize the collection and improve many of the displays. He urges anyone interested in history to come down and check it out.

To get to the Manitoba World War 1 Museum, travel down Highway 3 three miles west of La Riviere, turn north on Municipal Road 58W and then east on 16N (GPS co-ordinates: 49 14' 5" N 98 45' 59" W).

You can also call the museum at 204-825-2961 or find them on Facebook for more information.

> SEWAGE, FROM PG. 2

highly unlikely. In fact, increases in E. coli densities were not observed through enhanced testing at other beaches in closer proximity to Spruce Sands. All three beaches have been posted with yellow advisory signs providing advice for swimmers on how to reduce their risk of illness."

Beaches at Gimli and the town of Winnipeg Beach were deemed acceptable on July 20, with 136 and 117 E. coli per 100 mL.

Manitobans can find data from weekly beach testing by visiting the department of Environment, Climate and Parks' beaches website and clicking on the link "Map of Monitoring Results" for an interactive map of the beaches that are monitored by the province for water quality.

The Express contacted the Municipality of Gimli, asking

why no notice was posted on its website about the sewage line break at Spruce Sands and for more information about break.

It's unknown how much raw sewage entered Lake Winnipeg as a result of the sewage spill at Spruce Sands.

Raw sewage entering Lake Winnipeg is a common occurrence. The City of Winnipeg experienced an almost-four-hour power failure at a city pumping station on July

11 that resulted in 1.19 million litres of sewage spilling into the Red River, which flows into Lake Winnipeg.

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EXPRESSW PHOTO BY CARMEN MATTHEWS

Crop dusters have been busy spraying fields throughout the Interlake. With the frequent rains and generally warm temperatures risk of fungal diseases is prevalent. Fungicide spraying is ongoing in all regions as later crops reach the correct stage. The rainfall has made ground applications challenging. Help the Express record the weather of the week and send in your photos of friends or family enjoying the outdoors. Email: weather@expressweeklynews.ca.

Access, Amaranth CUs mulling merger

By staff

Hot on the heels of their last merger, Access Credit Union is in talks for another.

The financial institution last week announced it is in discussion with Amaranth Credit Union about a potential partnership.

These discussions began earlier this year following Amaranth's expression of interest in joining Access.

"The proposed partnership with Access provides tremendous benefits to our members, employees, and communities," Amaranth board president Marie Strong said in a statement Friday. "Although these discussions are still in the beginning stages, we look forward to bringing more details forward to our members in the future."

The two organizations' boards note

they both value the co-operative principles, which include investing in communities and keeping rural branches accessible and open.

Joining Access, the largest credit union in Manitoba, would allow Amaranth members to benefit from better technology and innovative solutions in an ever-increasing competitive environment, they add.

"We continue to look towards building a credit union for all Manitobans," said Access board chair Kevin Beresford. "Amaranth shares that perspective and these merger discussions are focused on how to extend that vision to Amaranth and its surrounding communities."

As part of doing their due diligence, Amaranth Credit Union will be engaging with their members and em-

ployees about the idea en route to the board providing a recommendation.

Should the board decide to move ahead with the merger, Amaranth members will need to vote on the proposal, likely this fall.

Access Credit Union members will not need to vote since Access' portion of assets represent more than 90 per cent of the proposed new entity's asset size.

Access, which merged with Cross-town Credit Union in 2021 and Noventis and Sunova Credit Unions earlier this year, is currently the largest credit union in Manitoba with more than \$10.5 billion in assets, 52 branches, and over 168,955 members.

Amaranth Credit Union, meanwhile, currently serves 1,200 members with \$18 million in assets and one branch.

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WHO declares monkeypox international public health emergency

By Patricia Barrett

The World Health Organization declared monkeypox a “public health emergency of international concern” or PHEIC a few weeks ago, signalling the seriousness of the spread of the virus to over 70 countries worldwide and the need for a coordinated effort to get it under control.

WHO director-general Tedros Adhanom Ghebreyesus made the declaration July 23 after a committee of international experts, which advises the WHO, met to discuss the multi-country outbreak but failed to reach a consensus on whether to declare the spread of the virus an emergency. The director-general reserves the right to declare a PHEIC and issue recommendations to deal with it.

The WHO’s last declaration of an international public health emergency was in 2020 after COVID-19 cases accelerated around the world.

A PHEIC is defined as “an extraordinary event which is determined to constitute a public health risk to other states through the international spread of disease and to potentially require a coordinated international response.”

Since Jan. 1, 2022, there have been 16,836 cases of lab-confirmed monkeypox, of which 16,593 cases (or 99 per cent) have been confirmed in countries that have not historically reported the virus. In total 74 countries have reported cases, 68 of which have not historically reported the virus, according to the U.S. Centers for Disease Control and Prevention (data as of July 22).

The virus is transmitted through skin-to-skin contact and with the body fluids and respiratory droplets of an infected person. It can also be transmitted through items such as towels and bedding. The number of lesions — flat, raised or fluid-filled — that can erupt anywhere on the body vary from a few to several thousand.

Ghebreyesus said the implementation of a co-ordinated response should have a “goal of stopping human-to-human transmission” of the virus. Efforts include strengthening laboratory testing capacity, conducting genomic sequencing and contract tracing and isolating people until the infectious period ends. There should also be a focus on communication with and support of the communities at risk of exposure, which include men who have sex with men, bisexual and gay.

The majority of monkeypox cases so far have been confirmed in men who have sex with men, says the WHO.

Temporary WHO recommendations include preparing the health sector and related networks, such as dental practices and sexual health clinics, to respond to cases of monkeypox and stop its transmission, establishing national epidemiological surveillance measures and implementing interventions to avoid stigmatizing and discriminating against the populations affected by the virus. The promotion of personal protective measures and risk-reduction behaviour is also recommended.

Canada has reported a total of 803 cases of monkeypox (as of July 29),

with 367 from Ontario, 359 from Quebec, 61 from British Columbia, 13 from Alberta, two from Saskatchewan and one from Yukon.

Canada’s chief public health officer Theresa Tam said Canadian data show that 99 per cent of the cases are male with an average age of 36.

“In line with international trends, the majority of cases in Canada reported intimate sexual contact with other men,” said Tam in a July 27 statement. “To date, less than one per cent of confirmed cases reported nationally were in females or people under 20 years of age. Although we are aware of international cases involving women and children, these account for one per cent or less of cases with available data.”

The federal government has deployed over 70,000 doses of Imvamune vaccine to provinces and territories, said Tam, and is “working to secure future national supplies of both vaccines and therapeutics.”

Other health news:

- The provincial government’s COVID surveillance report for the week July 17-23 shows an increase in infections since the last reporting period.

There were 242 COVID cases confirmed by laboratory PCR testing, an increase of 71 infections from the 171 cases confirmed the previous week. There were also 45 new hospital admissions for COVID, with eight people requiring treatment in the intensive care unit, and three deaths.

Because of restricted PCR testing, provincial data is an undercurrent

of the true number of infections. The province also doesn’t track rapid antigen test results. There are no restrictions requiring positive cases to isolate.

There were four new COVID outbreaks in long-term care homes during the reporting period, with two in the Prairie Mountain health region and two in the Winnipeg health region. There was also an outbreak at the Health Sciences Centre in Winnipeg.

Manitobans continue to die from COVID, with the latest death toll at 2,061.

- Emergency room services at the Eriksdale and Arborg hospitals is very limited for the period Aug. 1-15. Eriksdale’s ER will be closed for 11 of those 15 days, and Arborg’s ER will be closed for 11 and a half days. When there’s no physician coverage, ERs are mandated to close.

ERs at Ashern, Gimli, Selkirk and Stonewall hospitals for the same time period show doctors available every day (across a 24-hour period).

The IERHA posts ER opening and closing times a few weeks in advance on the main page of its website at www.ierha.ca. Residents can also call 1-866-267-5818. Schedules could change after posting.

Residents can visit Doctors Manitoba’s RuralCare.ca website for advice on how to access rural medical services and what to do in a medical emergency given the number of ERs expected to close or have reduced operating hours this summer.

> WALKING TRAIL, FROM PG. 3

putting gravel on the trail and compacting it so it’s ready for service in the next phase.

This project is needed because it will help create a more active, healthy lifestyle for the residents, said Johnston.

The town is currently accepting

tenders for the trail construction, approximately 6’ x 2,460,’ including all materials, labour and equipment.

For those interested, the deadline for tender submission is on Monday, Aug. 8, at 4:30 p.m.

If more details are needed, there are tender packages available for pick up at the town office located at 337 River Rd. between the hours of 8:30 a.m.

and 4:30 p.m., Monday to Friday.

The project will be awarded in the

best interest of the town and at its sole discretion.

“WE WANTED TO ENHANCE OUR CURRENT WALKING TRAIL, MAKE IT A LITTLE BIT LONGER AND ADD AN INTERPRETATIVE COMPONENT TO IT.”



Dr. Nardin Faragalla

Interlake-Eastern RHA welcomes Dr. Nardin Faragalla to Eriksdale Wellness Centre

Dr. Nardin Faragalla is accepting new patients at the Eriksdale Wellness Centre. Dr. Faragalla is a family physician who trained outside of Canada and has also trained with the University of Manitoba.

To make an appointment with Dr. Faragalla please call the Eriksdale Wellness Centre at 204-739-2672.



Interlake-Eastern
Regional Health Authority

Physician accepting new patients in Arborg

Dr. Reshad Nazim is now accepting new patients at the Arborg Primary Health Care Centre. Dr. Nazim completed his medical training outside of Canada and has also trained at the University of Manitoba.



Appointments with Dr. Nazim can be made by calling: Arborg Primary Health Care Centre at 204-376-2781



Interlake-Eastern
Regional Health Authority

Eriksdale Music Festival to pay tribute to three music lovers

By Autumn Fehr

As our province slowly gets back to “normal” again, many community events are coming back to life this summer.

For the Interlake, this means a summer packed with music events once again.

Eriksdale will have its second annual ROGerKimLee Music Festival at Eriksdale Railway Memorial Park from Aug. 19-21, hosted by Derrick McCandless and Dawn Mills, the owners of the Eriksdale Music and Picture Frame Shop.

“We want a festival that’s going to hopefully bring money into the community and spark this community up,” said McCandless.

They also hope to bring more of a focus on the arts within the community.

Although this festival is about more than getting together to have a good time, it is also honouring friends who have been lost in recent years who were a part of the music community.

McCandless and Mills had three friends pass away in 2020.

In memory of their friends, McCandless and Mills put together a small memorial in their backyard, inviting all of the people who knew Roger Young, Kim Russell and Lee Oreniuk.

McCandless said the festival name is in their honour.

They have been planning the festival all year to make it bigger and better than the last.

The festival will host a variety of musical acts and headliners, an artisan market, a Bikes & Cars Show ‘n Shine and a RAT Guitar Makers Challenge.

The acts and headliners for the festival this year include Sol James,

singer/songwriter/music therapist; El Leon and The Strangers, a Latin dance band; DB + the DeadBeats, a blues band; Had It Coming Band, a family band; ROGer Young — memorial ROGer of the festival name — with his wife Pete, stepson Sam Menard and Derrick McCandless and the Handsome Wanderers.

McCandless and Mills plan to keep all the musicians that play at the festival as Manitoba-based artists.

Saturday, the festival will host an array of free events in the park for the day.

A pancake breakfast will kick off the morning from 9 to 11 a.m., catered by Eriksdale Fire Department volunteers.

Following breakfast, various events will start at 10 a.m., which visitors can take in until 5:30 p.m.

The festival’s first annual Show ‘n Shine for bikes, cars and kids’ bikes will be on display at 10 a.m. There will be a “Best” awarded in each category by popular public vote. To pre-register for the event, contact Pete at Petey27144@gmail.com or register onsite from 10 to 11:30 a.m.

The Show ‘n Shine was created for Young as he was an avid motorcycle rider, teacher and coach. Unfortunately, he died in a motorcycle accident in September 2020 on Highway 59 at Highway 4.

From 10 a.m. to 5:30 p.m., a market garden will be where visitors can shop from local artisan vendors with various products. Vendors who want to book a spot contact Mills at 204-430-4664 or msdawnmills@gmail.com.

Also, there will be a RAT Guitar Makers Challenge Display during that time. RAT guitars are functional and made from used and repurposed materials. To register for the RAT Guitar Makers Challenge, contact McCandless at 431-334-7558.

There will be music on the outdoor stages with an open mic segment, and kids’ activities, such as interactive projects for fire and bicycle safety



The ROGerKimLee festival honours three music lovers who passed away in 2020.



The 1959 Ford Galaxy will be one of the many cars on display for the Show ‘n Shine.

at the fire hall with a safety educator and a variety of other activities with the rec director from 11:30 a.m. to 5:30 p.m.

Live music will begin at 7 p.m. with Sol James, a singer/songwriter/music therapist raised in Eriksdale, who will perform at the Rec Hall.

The evening concerts at the Eriksdale Recreation Centre cost \$20 fee to help cover the musicians’ travel and the cost of renting out the centre.

On Saturday, there will also be a 50/50 draw.

For more details on the festival’s events for the rest of the weekend, visit Eriksdale Music Shop or call the Eriksdale Music Shop at 431-334-7558.

There is a family weekend pass for two adults

and four children for \$150, a single-day concert pass for \$20 and a family day pass for families of two adults and two children for \$100.

All kids under 12 are free.

Passes can be purchased online at eventbrite.com.

This year McCandless and Mills couldn’t get a lot of grants for the festival but decided to go ahead with it anyway. Next year they hope to have a bigger festival, said McCandless.

“We want to provide something for the younger people,” said Mills.

This festival is a great kickoff to get back into the swing of things and to get together as a community again through music after being cooped up and isolated from the community during the pandemic.

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Loss of heritage averted: historic Lutheran church to remain in Arnes

By Patricia Barrett

The Lutheran Pioneer Memorial Church in Arnes will remain in the community after residents and the RM of Gimli's Municipal Heritage Advisory Committee (MHAC) fought to stop the building from being moved to a museum in Arborg.

A majority of Gimli council voted to keep the church in Arnes where it has stood for over 100 years rather than approve a request from the church's board of trustees to move the building to the Arborg Multicultural Heritage Village.

Mayor Lynn Greenberg and councillors Thora Palson, Richard Petrowski and Peter Holfeuer voted against the board's request to move the building while Coun. Cody Magnusson voted in favour of it, according to people who attended council's July 27 regular meeting. The *Express* contacted the RM to verify the vote but did not hear back by press time.

The church is a designated municipal heritage building and the site on which it sits is a designated historical site under RM of Gimli Bylaw No. 09-0010 of 2009. It was built between 1911 and 1917 and moved to its present site on Arnes Road by horse and sleigh in 1920. The wood-framed structure and its iconic tower with candle-snuff spire is well preserved and has nearly every historic feature intact, according to municipal information.

Former MHAC chair Wally Johannson said he had attended a public consultation organized by the municipality on July 17 in Arnes where he and Arnes residents presented arguments in favour of keeping the church.

"There were a lot of presentations at the consultation a few weeks ago. The people of Arnes showed overwhelming support for keeping their church. Not only did people speak in favour of keeping the church, but they also felt very strongly about it," said Johannson by phone last week. "Only Harold Thorkelson, the chair of the church's board of trustees, spoke against keeping the church in the community."

Johannson said that Coun. Cody Magnusson, who is the council liaison for Area 4 (Arnes and area), did not attend the RM's public consultation, and that he had made attempts to deliver legal documents pertaining to the church to Magnusson.

"I attempted to have a meeting with

Coun. Magnusson to give him copies of all the legal documents that are relative to the case, but he never met with me," said Johannson.

He doesn't know why Magnusson voted in favour of allowing the church board to move the building to Arborg, he said.

The *Express* reached out to Magnusson by email.

In 2019 the church's board had attempted to move the church to Arborg. A transport company was hired — without advising the Arnes community or the municipality — to take the church to the Heritage Village. Two residents saw the movers preparing to load the building and intervened. The RCMP and municipal councillors were notified.

Arnes residents also formed a church preservation committee that year to oppose the church board's plan and had presented to council a petition with 195 signatures in favour of the keeping church.

Church board chair Harold Thorkelson said at a council meeting in the fall of 2019 the community had shown little interest in attending services and that the church would be better cared for at the Arborg Heritage Village, which preserves and showcases historic buildings.

But the church's board held no services from 2014

to 2018, according to documents Johannson said he acquired. The church preservation committee, on the other hand, had held three non-denominational services prior to the COVID-19 outbreak and subsequent public health restrictions.

The church is also in "quite good condition," said MHAC's current chair Andy Blicq, who attended council's July 27 meeting to hear the verdict. If the church was in danger, and the only way to "save it" was to move it offsite, he would have agreed with the board's proposal.

"There was general acknowledgment at council, specifically from Coun. Thora Palson, that the church's trustees, who have stewardship over the church, had done a terrific job of looking after the church for many, many years," said Blicq.



EXPRESS PHOTO BY ANDY BLICQ

The Arnes Lutheran Pioneer Memorial Church is a designated municipal heritage building. It was built between 1911 and 1917 and is the oldest Icelandic Lutheran church in the Municipality of Gimli.

MHAC provided council with information and advice and noted recommendations made by the provincial government to leave the church in Arnes. Senior heritage conservation officer Jeff Gauley wrote a letter in which he stated: "... a building moved from its original site loses an important aspect of its heritage or character... [and] it is strongly recommended that the church continue to be conserved on its original site." Gauley added that, "Taking a building away from where it has stood for a century results in the loss of original material — the original foundation — and damage to the original sills and cladding. Also, to facilitate a highway move, the church's spire may need to be temporarily removed and, even if carefully done, this will likely result in some damage."

The church preservation committee signalled its intent to step up and care for the church, said Blicq. One of its members, Diane Dzdyz, said during the meeting the committee has raised a considerable amount of money, including pledges from the community, to maintain the church and carry out repairs when needed. They'd also be eligible for grants from the province and/or other organizations.

"Diane had three key points: they have a critical mass of people to take on the church, they have the resources, or access to those resources, to do it, and they have a plan to hold church services and perhaps other events so that the building gets used," said Blicq. "There's a future here for this church."

Blicq said the debate over the Arnes church raises the issue of a larger trend of threatened heritage buildings, especially churches as congrega-

tions dwindle in small communities and future generations aren't so inclined to step into the breach.

"This is happening everywhere with these little churches. It's a huge problem as congregations decline and people grow older in rural Manitoba and Canada. The future of many churches like this is in jeopardy because there's no one to look after them," said Blicq. "How can we find ways to make sure these historic buildings continue to be used and thrive and that enough of them don't disappear?"

MHAC's role is to support the municipality's communities that have interest in preserving their heritage, and Blicq said it has found council to be supportive of heritage initiatives. But preservation ultimately comes down to the passion and effort of the local people.

"You have to have enough local people stepping up, making donations and providing support and have interest in looking after these buildings. And that appears to be the case here: the Arnes community came out and showed their support, and as long as their issues about church ownership can be resolved in the future, the church will stay where it is," he said.

"There's no doubt the church would have been well looked after in Arborg because the Heritage Village does great work. But as the provincial government official said, it's much better that the church remains where it is."

In the best interests of the church, Blicq said it would be ideal if the church board and the preservation committee could "find common ground" and come to some agreement to help preserve the important historical structure.

"YOU HAVE TO HAVE ENOUGH LOCAL PEOPLE STEPPING UP, MAKING DONATIONS AND PROVIDING SUPPORT AND HAVE INTEREST IN LOOKING AFTER THESE BUILDINGS."

RM of Fisher farm a reservoir with unnatural backflow of water from the north

By Patricia Barrett

A landowner in the Rural Municipality of Fisher says he has been trying to figure out how almost 1,000 acres of his farmland have become over the years a reservoir due to overland flooding but hasn't been able to get clear answers from his municipality, watershed district and the provincial government.

Mark Troschuk's agricultural land surrounds Cartier Lake, about seven miles northwest of Poplarfield. Troschuk said he and his dad, who formerly owned the land, have made attempts to find a solution to the increasing incursion of water and loss of arable land.

When Troschuk's grandfather purchased the farm in 1945, the government had retained title on 34 acres of open water on Cartier Lake. That has now expanded to 986 acres of open water on his 1,920-acre farm, he said.

In western Canada water flows from the foothills of the Rocky Mountains through Saskatchewan to Manitoba. It eventually makes its way into Lake Winnipeg and flows onwards to Hudson Bay.

The water Troschuk gets from the west has always naturally drained north into the Fisher River water system and out to the lake. But he said something must have happened to prevent the water from draining because he gets backflow onto his farm from the north over a ridge.

"I don't know why this water is not flowing north where it has flowed its entire existence. It's unnatural to get water backflowing from the north. It's coming across a ridge — water doesn't flow uphill but it's crossing a ridge — and flooding my grain fields. That's how much pressure there is

from the north," said Troschuk. "My farm has more standing water on it than it ever has in the history of the farm. Water flows onto my farm from the west — and the north — and it has no way out. What has happened to change the natural flow of water?"

Although the Interlake is currently having an extremely wet year, which Troschuk said has resulted in some flooding of his land, the "backflow" of water is a separate issue that has gotten worse over the years.

"Mother Nature's flooding that's happening right now in Manitoba is not the issue: having all this water backflowing from the north onto my land and my land being used as a reservoir is the issue," he said.

Troschuk's dad tried for about 15 years to get the East Interlake Watershed District and various levels of government find a solution to the build-up of water, he said. And Troschuk himself asked for strategically placed retention ponds and dykes to prevent water from spilling back onto his agricultural land, but those requests were rejected.

Troschuk said he's not the only farmer in the area that's affected by whatever is preventing water from flowing northwards on its natural course to Lake Winnipeg. He has lost pristine, organic acreage — he farms without fertilizer and chemicals — and he has been forced to pump water from his yard to prevent his artesian wells from potential contamination.

"All I want to do today is farm my land. I want to cut hay, seed crops and sustain my own agricultural livelihood," he said. "But I'm unable to do so."

He said he's made every attempt to find a solution. He had staff from the



MANITOBA AGRIMAPS

Troschuk farms around Cartier Lake (yellow arrow), which is about seven miles northwest of Poplarfield.



EXPRESS PHOTO SUBMITTED

Large provincial culverts that would have helped water in the RM of Fisher flow north have sat on Crown land in the municipality since about 2010. The province said in July that the culvert installation project had been "reconsidered" because it needs to collaborate with the federal government on flood mitigation measures in Peguis First Nation.

EIWD survey his farm in 2019 and he has spoken to municipal and provincial staff and politicians.

"The RM is 100 per cent knowledgeable of my situation. I took my ward councillor on a tour and he's fully aware of what's happening, and I've spoken to municipal council and the current and the former CAO," said Troschuk. "I've spoken to [provincial] water resources staff and I had our MLA and agriculture minister Derek Johnson out here. I approached the minister of infrastructure, Doyle Piwniuk, about the long-term ramifications of engineering decisions and upstream flows affecting other farmers."

Troschuk said because there's no natural flow of water from his property and he has not been offered any solutions, he has been left with no option but to see his land continue to be used as a reservoir and have his livelihood negatively affected.

"I can't seed a crop or plant a garden and I can't make hay. I'm in the middle of a financial crisis. There's no self-sustainability here. I can't make payments on anything because the farm is overrun with water. If I make

seven bales of hay this year, I'll be lucky," he said. "I want to keep the family farm going, but I need to find out why the water is being held back on my farm and what can be done to get it flowing."

The *Express* contacted the Municipality of Fisher's reeve, CAO and ward councillor, asking what is known about the lack of water flow and what it has done to help Troschuk, but no response was received by press time.

When contacted about the water retention issue, the East Interlake Watershed District said it had surveyed Troschuk's land, using LiDAR, land and satellite imagery and soil data to understand the lay of the land. It found that the land consists predominantly of an intact system of wetlands and forests.

"Watershed district programming focuses on the maintenance, enhancement or protection of watershed natural assets such as wetlands, grasslands, forests, shelterbelts, soil or the aquifer," said EIWD manager Armand Belanger. "When we look at water flow, our focus is finding areas to store and slow down the water,

Continued on page 18

Gimli harbour soaked



EXPRESS PHOTO BY RAYME THOMSON

High water on Lake Winnipeg flooded the Gimli Seawall, parts of the harbour and residential streets on July 24. Manitoba Hydro says southern Manitoba has received "record precipitation" and water flowing into Lake Winnipeg has raised its level five feet since last fall. As of July 26, the lake was sitting at 717.5 feet. High water will last through the summer. Shoreline properties are at "high risk" from wind storms.

Eimskip donates children's bicycle helmets to Kiwanis Club of Gimli

Submitted by Kiwanis Club of Gimli

Sam Sekhon was appointed as the international trustee consular for the Kiwanis Iceland and Forar District, amongst other districts.

In 2019, Sam Sekhon and his wife, Terry Sekhon, travelled to Iceland to attend the District Convention of Iceland and Forar District. They met with numerous excellent Kiwanians who were all dedicated to serving the children in their communities.

Trustee Sam Sekhon was tremendously impressed with one particular Kiwanian, Ólafur Jonsson. He is the chair of a program that distributes bicycle helmets to younger children to keep them safe from serious head trauma. This program has been in existence for more than 25 years.

The Sekhons also met with Petur Jokull Hakonarson, the district manager of Eimskip, which is the company that makes the bicycle helmets. Terry Sekhon initiated a conversation with him about the possibility of Eimskip donating these bicycle helmets to the Kiwanis Club of Gimli and District for the children in our community. Hakonarson agreed to do so, as he pointed out that Gimli was the second Iceland and would be happy to serve the children here. The COVID-19 pandemic hindered the hope of this partnership. But to their extreme surprise and joy, Ólafur Jonsson, with whom they had stayed in contact, told them that Eimskip had agreed to keep their promise and that the helmets would soon be on their way to Canada. Eimskip's partner is Matthias Oskarsson.

Ólafur Jonsson contacted CEO Gunnar Mar Sigurfinnsson and assistant CEO Jona Agust Gísladóttir of Icelandair Cargo to see if the airline could deliver the helmets to Winnipeg for free. Unfortunately, Icelandair Cargo does not fly to Winnipeg but Icelandair Cargo would send the helmets to Toronto. Jonsson, who walks using a walker, made several 700-kilometre treks from his home to meet with Eimskip and Icelandair cargo. The Kiwanis District Governor of the Iceland and Foroyar and Ólafur Jonsson were planning to come to Gimli for the Icelandic Festival along with a few other Kiwanians.

When the helmets landed in Toronto, there

was a mad rush to find someone in Toronto to have the helmets released from Canadian customs. Terry Sekhon contacted Kiwanis Governor Ken Allan of the Western Canada District to ask if he had any contacts in Toronto who could help with this. Allan suggested that she contact Kiwanis Governor Jim Scott of EC&C (Eastern Canada & Caribbean), who may be able to help. Terry contacted Governor Jim Scott who went out of his way to help to get the helmets released from Canadian customs. Governor Jim Scott is a businessman who lives and works in London, Ont. He arranged for a broker to have the shipment released from customs and placed it with Loomis Cargo to bring the helmets to the Sekhons' home in Winnipeg.

This complicated process involved several moving parts, but Ólafur Jonsson, Icelandair Cargo, Governor Jim Scott, Eimskip, Sam and Terry are incredibly pleased that it was successfully completed. Ninety-three helmets will benefit Icelandic children, the children of the Ukraine refugees, as well as some needy children in Gimli. The Kiwanis motto was fulfilled



EXPRESS PHOTO SUBMITTED

From left: Gimli Kiwanians Sam and Terry Sekhon and Frances Petrowski with the helmets.



EXPRESS PHOTO BY TEE-JAY FURGALA

Ninety-three helmets from Iceland arrived in Gimli on Sunday during the Icelandic Festival.

through this project: "Serving the children of the world." A project of this magnitude has never been attempted before today.

Thank you to the Icelandic Festival committee who, even after the printing of their schedule, made it possible for the Kiwanis Club of Gimli and District to present these beautiful bicycle helmets to the children on the main stage in Gimli Park on Monday, Aug. 1 at 1:35 p.m.

This was great collaboration between Iceland and Canada (Gimli).



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Arborg Training Centre expanding for post-secondary programs

By Patricia Barrett

The Arborg Training Centre is currently undergoing an expansion that will provide more space for post-secondary programs and improve accessibility.

The training centre consists of two renovated buildings, the former Kinsmen building and the former Age Friendly building, which are located near the Arborg-Bifrost arena. The Kinsmen building will be moved across the parking lot, placed on a foundation and have its square footage expanded.

"We have poured a foundation for a basement beside the Age Friendly building and we'll be moving the Kinsmen building from its current location and putting in on top of that foundation," said Ron Johnston, who is a member of the building committee that's overseeing the project. "That will expand our training centre by another 2,000 square feet."

The two buildings will sit about 25 feet apart, he said. The extra space in the basement will enable the centre to host additional training programs.

The centre has already offered health-care programs such as certified health-care aide training, and it will

be the host site for a practical nursing diploma program starting this September. The program will have capacity for 25 students and will be taught by Assiniboine Community College.

The college is working in conjunction with the Interlake-Eastern Regional Health Authority to provide Interlake residents with post-secondary training programs in health care. Training close to home will enable students to stay in or close to their home community.

In addition to moving the Kinsmen building, Johnston said it will be upgraded for accessibility.

"As soon as it's placed on the foundation, we'll be able to start the renovations for accessibility," he said. "We're putting a lift in between the basement and the main floor so that it meets all the accessibility requirements."

The relocation of the building is expected to take place the first week of August after the cement foundation has cured for 10 days, said Johnston.

Town of Arborg chief administrative officer Cindy Stansell said the project received several grants and funding support from all levels of government and local businesses and organizations.

The federal government provided \$25,000 under the New Horizons for Seniors Program for the accessibility lift to help people with mobility challenges, and the provincial government provided a grant under the Building Sustainable Communities program. Funding support was also received from the Town of Arborg, the Municipality of Bifrost-Riverton, Noventis Credit Union, the Central Interlake Chamber of Commerce, the Arborg-Bifrost-Riverton Community Development Corporation, the Thomas Sill Foundation, and Community Futures East Interlake under a Building Interlake Growth Regionally, or Big-R, grant program.

Local businesses donated about \$30,000 and more is ex-



The Kinsmen building will be moved from its present location beside a park onto a foundation beside the Age Friendly building.



EXPRESS PHOTOS BY MORLEY NORDAL

The Arborg Training Centre is undergoing an expansion that will give it 2,000 additional square feet of space and enhance its ability to host post-secondary educational programs. A two-year practical nursing program is scheduled to start this September.

pected, said Stansell, to bring the level of funding close to \$50,000.

"We're very excited about this project and what it will mean for the community and our area. Being able to train people locally is important to us and it will help offset travel costs students would incur if they had to take these courses in Winnipeg or Brandon," she said. "Having programs close to home means a great deal to us, to our businesses and our residents."

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- Appointment of Auditors
- Door Prizes

Lockport artist creates 'Fab' designs

By Tammy Karatchuk

Janet Dornian's passion for art led from another passion.

Living in Regina, Sask., at the time, Dornian was an avid gardener for 22 years and wanted some sculptural pieces for her garden. Forget gnomes, though. Dornian had a vision for the pieces and she visited a few metal shops.

"No one really wanted to do it," said Dornian, "because it'd be a one-off, and they said it'd be very expensive. And I said, 'I'll have to do this myself.'"

Growing up on a farm, Dornian was familiar with welding and metal fab. With no one to create her garden sculptures, Dornian signed up for evening courses at a college in Regina.

"When I ended up moving to Winnipeg, I went back to school and took metal fabrication," said Dornian, a retired seed analyst and psychiatric assistant. "From there, I set up a studio on my property in Lockport, and that's what I've been doing sort of as a hobby ever since."

Dornian praised her teachers from the Winnipeg Industrial Skills Training Centre, and said, "I'm still in contact with them today. They're an excellent source for help. Sometimes I run into things, I'm not sure just how to do or if I have a really big piece they'll help me with bending the material there."

Her first projects were a room divider, a bonsai tree and then fine art such as sculptures.

"You just sort of go wherever your mind takes you," said Dornian, owner and creator of Steel Your Art Away studio. "Inspired, some things work, some things don't. That's kind of the fun of it. What I tell some people when they're looking at pieces, 'Well, you didn't see the four that didn't make it. This is the fifth one.'"

Dornian creates trees, wolves and sasquatches out of Tyndall stone and metal.

"It's Canadian. It's Manitoba, but it's also Canadian and a little bit rustic," said Dornian. "All of my designs that are large; I also take them small and do a line of ornaments. I have a Sasquatch in my yard that's eight feet tall, which I'm encouraging everyone to come down and take a picture with, and an eight-foot moose. I take these same designs and will just go tabletop. The Sasquatch is attached to some Tyndall stone. I also take him down to the size of an ornament."

The ornaments are "small enough that they go into a Christmas card, and they've become popular for trav-



EXPRESS PHOTO SUBMITTED

Janet Dornian created steel pelicans for the art show. She was inspired by the peaceful nature of the bird, and she felt it symbolized the Interlake — and the Red River North Region.

ellers as souvenirs.

Ten vendors carry Dornian's creations such as Pulse Gallery at the Johnston Terminal in Winnipeg,

Gwen Fox Gallery and WishMe in Selkirk, and Made in Manitoba in Clear Lake and Brandon.

Dornian was approached by Red River North Tourism, and they asked her to create a piece for consideration. Her design was a metal pelican. The RRN loved the idea, and they accepted her for their Garden and Art Tour. But, why pelicans?

"Living by Lockport ... there's always pelicans down there, and they're always fishing and having a great time," said Dornian. "Because we're close to the river, we just watch the pelicans soar and you just see hundreds of them ... going up and up and up. Even though they're a kind of a big gawky bird when they're sitting on the water? Man, when they're soaring they hardly flap a wing. They're just so graceful and beautiful ... they're flying for the sheer love of flying. They're not birds of prey. They're just going for a spin, and it's a wonderful thing to watch."

Dorian believes they symbolize the Interlake. "We have all the lakes up here. Fishing. And I think they're a

Continued on page 16



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AUGUST 5 & 6, 2022

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| 2=Shawl Dancers Saturday 3-4 | 4= Outdoor Market- Saturday 10-4 |
| 2=Colour Zumba Dance Saturday 2-3 | 5= Wrestling @3 - Saturday |
| 2= Pluck a Duck - Friday after parade | 6= Kids Zone - Saturday 11-5 |
| 2= Talent Show Saturday 10-2 | 2= Henna by Kim - Saturday 1-5 |
| 3= Old Time Bingo Saturday 2-4 | 7= Pickleball Saturday 10-1 |
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Winnipeg Beach fire truck pull this Saturday

By Patricia Barrett

Recreation staff for the Town of Winnipeg Beach are gearing up to host a fire truck pull with the fire department this Saturday that will see teams pulling a 35,000-or-so-pound truck down Main Street.

Recreation manager Charissa Melnick said it's not too late for teams to register for the fun event, which is raising money for charities.

"We have about seven teams committed so far. More teams can join in," said Melnick last Wednesday. "And we're having some local musicians jamming for us in the afternoon."

Teams of eight people will be challenged to pull one of the town's fire trucks 100 metres. The team that completes the distance the fastest will be crowned the winner.

All funds raised from the event will be donated to the Firefighters Burn Fund and to Muscular Dystrophy Canada, said Melnick.

The event had tentatively been scheduled for Aug. 20, but the date was changed to Aug. 6.

Teams can register with recreation staff before the event or on Saturday morning when registration opens at 11 a.m. The pull is expected to start around noon on Main Street by the Winnipeg Beach bandstand.

Upcoming events include an Outdoor Craft & Vendor Market scheduled for Saturday, Aug. 20. For more information about the fire truck pull and other events and programs, call recreation staff Charissa Melnick or Clint Torfason at 204-389-5126 or email rec@winnipegbeach.ca



WINNIPEG BEACH FIRE DEPARTMENT TWITTER

The Winnipeg Beach Fire Department and town recreation staff are hosting a fire truck pull this Saturday, Aug. 6 to raise money for Muscular Dystrophy Canada and the Firefighters Burn Fund.

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> FAB, FROM PG. 13

significant bird, so that's where my mind went was to the pelican."

Dornian also made a tabletop pelican along with the two large art pieces.

"You start off with basic shape ... but I thought I would do one that was more stylized."

Dornian isn't sure what her next project will be; however, most of her ideas percolate when she meditates or naps. She also wakes up with new ideas.

"The other time is just before you sleep and your brain is emptied out from all this trash of the day. That's where the best ideas come from. And honestly, I don't even know if I make them up. I think they're just shown to me. That's how it feels," Dornian said.

"I'm fortunate to be able to enjoy my hobby. "It's grown quite a lot. And now I have my sculpture for my gardens. Been a long way around"

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Manitoba's mind, body and soul wellness festival

I Am Festival runs from Aug. 12-14

By Autumn Fehr

In today's society, many find themselves caught up in "hustle culture" — a culture where people are on auto-pilot and success is determined by how much you get done in a day.

Often, because of this culture, self-care and relaxation seem to be non-existent — a thing from the past.

The "I Am Festival" hopes to combat this culture, even just for a few days or a weekend away, to give the long-awaited rest, relaxation and self-care that has often been neglected.

Newer to the world of festivals, the I Am Festival started in 2016 but was named Canada's Wellness Retreat this year.

In 2020, like many other festivals, they took a break due to the pandemic but pulled together a small version for summer 2021.

Co-founders Tracy and Maurice Thibodeau created the festival as they saw a need for mindfulness and wellness in the community.

Tracy is also the co-chair of I Am events, which is the non-profit that runs the I Am Festival.

They live out on a property in nature and met a friend Keith Macpherson (an originating founder), who is a mindfulness and yoga instructor, and recognized that they could use

the property as a space for people to unplug from the business of the day-to-day.

The couple worked with the RM so they could turn their property into an official retreat event centre — Ignite retreats — to host the festival in the Interlake.

"The land out there is just so fulfilling and so to be able to use the space out there that actually welcomes conscious communities to connect is fitting," said Tracy.

From Aug. 12 to 14, the I Am Festival will kick off its fifth annual festival at Ignite Retreats in Teulon.

The title of the festival was chosen to recognize the different labels that people put on themselves daily.

"We can get really caught up in the labels we give ourselves — good or bad — trying to make sense of ourselves, and so I Am is meant to help people come into acceptance and acknowledge that you are a lot of things," said Tracy.

Throughout the weekend, many sessions are offered.

When you buy a ticket for the festival, you will be given three I Am tokens to use to sign up for sessions being offered.

Excluded with the choice of sessions is free entry to the Sacred Song Sanctuary where activities such as community jam sessions, guided meditation and workshops are offered and the Movement Masters Playground where movement sessions are avail-



EXPRESS PHOTO BY LISA WALDNER

I Am participants learn about emotional processing in a number of workshops.

able all day, including yoga, dance and free-slow movement.

With the three tokens included with the ticket, there are a variety of activities guided by an instructor, such as massage therapy, astrological readings and universal understandings, ecstatic fatherhood and motherhood circles and relationship and sexuality coaching.

"We really believe the world needs people to slow down to raise more consciousness, to be more mindful, aware and more tuned in to what's driving them and how they are showing up. When we can create space to step out of auto-pilot and practise

some mindfulness and slow things down, we have so much more to offer to our communities and families," said Tracy.

Tracy welcomes first-timers to the festival, as they find it is a great opportunity for people to come out by themselves and meet new people and build new connections.

"We welcome people to come and try it out, whether it's just a day or an entire weekend," she said.

To discover more events happening on the festival weekend and other activities that can be redeemed with I Am tokens, visit www.iamfestival.net.

Still time to sign up for slo-pitch tourney

By Jennifer McFee

Teams are invited to step up to the plate and compete in a fundraising slo-pitch tournament in Stonewall.

The tournament takes place Saturday, Aug. 20 and Sunday, Aug. 21 at the ball diamonds at Quarry Park. The event serves as a fundraiser to benefit Danica and Abby's Village, a charity created in honour of local girls Danica deLaroque and Abby Margetts who died in separate tragic accidents.

Danica and Abby's Village aims to connect and build communities. One of the organization's major initiatives is to raise funds for rainbow buddy benches that encourage inclusion and friendship among children.

Tournament organizer Richard Klapp explained that the tournament will feature a round-robin format on the Saturday, with teams separated into groups.

"They will play everyone in their group once. Once all games on Saturday are completed, teams will be

ranked based on win/loss record and ties will be broken based on total runs and runs against," he said.

"There will be a several 50/50 draws happening. Winning numbers will be posted beside the draw near the canteen. Each team must consist of at least four ladies and six gentlemen or five and five. Teams can have a max of 16 players."

So far, 19 teams have registered — and more are welcome to join the fun. Players need to be at least 16 years old to participate.

"All skill levels are welcome," Klapp said.

"There will be a variety of prizes available for participants and for the winners. There will also be alcohol available for purchase."

For more information or to register a team, contact Richard Klapp at 204-479-3760 or email danicaandabbysvillage@gmail.com. Limited adult-sized T-shirts with the "Danica and Abby's Village" logo will be available for purchase at the tournament.

Slo-Pitch Tournament

August 20 and 21
Stonewall, Manitoba





All charity money raised will go to Danica and Abby's Village.

If you would like to register a team, please contact
Richard Klapp @ 1-204-479-3760
Or Danicaandabbysvillage@gmail.com

PHOTO SUBMITTED

The tourney will benefit Danica and Abby's Village.

River Rock Massage Therapy Clinic expands services

By Autumn Fehr

Starting as a small business working out of the Waterfront Centre in Gimli in 2013, Jennifer Krulicki was able to provide care to the community.

When River Rock Massage Therapy Clinic (RRMTC) opened its doors in April of that year, Krulicki was the only registered massage therapist.

This type of service was the first of its kind in Gimli, as RRMTC was the first clinic to specialize in remedial massage therapy.

In 2020, the business moved into its own space to serve the community better.

Almost 10 years since Krulicki started her business, it has grown substantially.

Today, RRMTC consists of five registered massage therapists, all with the highest standard of training and carrying their own unique skill sets, specializing in assessment and treatment, rehabilitation, maintenance and relaxation massage.

This July, Krulicki joined forces with Andrew Meyer, manager at Gull Harbour Marina and Light-house Inn, to expand RRMTC into the surrounding Interlake area of Gull Harbour.

"Since I've opened the business, my goal was always to provide this type of massage therapy care to the community and so I believe that that's exactly what we are going to continue doing but in Gull Harbour, and also it will provide a different opportunity for people that come from other areas to Gull Harbour," said Krulicki.

Krulicki had been wanting to expand RRMTC further into the Interlake, and this was the perfect opportunity.

One of the massage therapists at the clinic approached Krulicki with the idea of working with Gull Harbour.

Krulicki and her husband Garth Krulicki own Nor Col EZ Dock, which partners with Gull Harbour Marina.

Krulicki thought they would use that connection to see if Gull Harbour would be interested in offering massage services, which they were, she said.

After Krulicki received the go-ahead from Meyer, they transformed the gazebo at Gull Harbour Marina into a spa area and turned it into a massage therapy clinic satellite space for RRMTC.

"When Jennifer approached us, it was a no-brainer because the gazebo has got that lake view. It's a little piece of heaven up here," said Meyer.

The business had a slow opening starting July 2.

"We are hoping it takes off and we can start offer-



The Red River Massage Therapy Clinic has a lake view. The team includes, left to right, Alison Gel, Ashley Rechik, Jennifer Krulicki, Samantha Richardson. Missing from the photo is Megan Specula.



EXPRESS PHOTOS BY SUSAN CHAMPAGNE SHAPIRO

ing some weekday appointments, especially in the summer months," said Krulicki.

For the time being, RRMTC will be offering services at the Gull Harbour Marina only on Friday, Saturday and Sunday and will resume its services at its location in Gimli during the week.

"It's been a slow takeoff. I'd like to be able to build it so that we can include it with room packages as well. So, if you are booking a guestroom, then you can pre-book a time for massage therapy, so that will help promote the area as well," said Meyer.

Meyer used to run (formerly) Emerald Palms, located in the south Andros of the Bahamas, shown on the TV series formerly known as the *Island of Bryan*.

He said they had very similar services with massage therapy on the beachside with the ocean breeze blowing in, and customers loved it.

Meyer said that by partnering with RRMTC, he could offer massage services on the beach at Gull Harbour, and hopefully bring in more clients to enjoy these services.

Krulicki said expanding her business to Gull Harbour has provided many benefits for her clients but also the other registered therapists.

Not all the therapists that work at RRMTC live in Gimli but in the surrounding Interlake area, so this expansion could mean less travel time for them, said Krulicki.

It has allowed them to change scenery and work in a more of a spa-type, relaxed setting. For the clients, it allows them to have a different option if they go out to Gull Harbour and leaves them with

the familiarity of being able to have the same massage therapist they have in Gimli, she said.

"Hecla village itself has around 200 homes and a lot of them are becoming year-round — people are retiring up here. Lots of people spend their entire summer out here. Having these types of services close by and having the fantastic support from the local community already using our services is just a value-added service that we can provide to the local communities and surrounding areas too," said Meyer.

In the upcoming years, Krulicki said she plans to continue to expand her business into other locations and surrounding communities.

"Gull Harbour is certainly our first spot that we are going to get our feet wet with what it's like to have a satellite clinic. It's a great location and we are really excited about it," said Krulicki.

"The catchphrase I love using is wilderness pampering. Everything we do up here when we put out new initiatives is all about protecting the integrity of Gull Harbour and protecting that quietness and calmness that you can find up here. This type of service is exactly in line with our mission," said Meyer.

Within a couple of weeks, Krulicki said she hopes to get their online booking service up and running to make the process even smoother for current and prospective clients when booking their appointments at either location.

In the meantime, to book an appointment at either location — 50 North Colonization Rd. in Gimli or at Gull Harbour Marina — call 204-642-3755 or email at rrmtc@outlook.com.

> BACKFLOW, FROM PG. 10

which helps to reduce downstream flooding and filters and cleans the water before it reaches the streams, rivers and lakes."

If there are areas to enhance or protect, he added, landowners can receive project and yearly incentive payments through programs the EIWD delivers with funding from the provincial and federal governments.

The *Express* asked the provincial government whether some sort of work had been done that's preventing water on Troschuk's land from draining and what options it has to help get the water flowing off his land.

A government spokesperson said the area west of Poplarfield is part of an extensive, low lying area

where a relatively flat landscape affects the ability of water to drain quickly.

"Wetlands dominate this landscape and agricultural production is limited as compared to the area east of Poplarfield. This area, like many in Manitoba, has also experienced tremendous variation in precipitation over the last several years. After experiencing extreme drought conditions in 2021, precipitation in 2022 has been as much as 150 per cent of normal in the area," said the spokesperson. "The Manitoba government recognizes the water management challenges that occur in areas like this and the impact of severe drought and flood conditions."

The spokesperson said a number of government departments and associated entities such as the EIWD have "provided advice and support to" Troschuk regarding water management on his

land, but because of the natural landscape and recent weather extremes, challenges are "difficult to resolve."

"Ultimately, landowners are responsible for determining how they wish to manage water on their land and to seek provincial authorization for drainage and water control works," said the spokesperson. "The local watershed district, a partnership between municipal governments and the province, does have programming to support water retention projects and other land- and water-management projects. Not all project ideas are technically feasible or would alleviate the water management challenges. The district remains open to working with the landowner to discuss proposals that fit the criteria of the programming available from the district."

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Shoot To Score camps return to Gimli

By Ty Dilello

NHL alumni father and son Reggie and Jamie Leach will be putting on a Shoot to Score Hockey camp in Gimli at the Rec Centre Aug. 29 to Sept. 3.

Jamie Leach was a Stanley Cup winner with the Pittsburgh Penguins in 1992. His father, Reggie Leach (the Riverton Rifle), needs no introduction as he is one of our most famous Interlakars. Reggie won a Stanley Cup in 1975 with the Philadelphia Flyers, was a Conn Smythe Trophy winner in 1976, and was one of the most lethal goal scorers throughout his entire NHL career.

Over the last few decades, the Leach father-and-son team have been travelling across Canada and the United States, putting on Shoot to Score Hockey camps for young players trying to improve their game.

"Coaching and running camps for Shoot to Score Hockey is one of the most gratifying experiences of my life," said Jamie Leach. "We get to travel all over Canada and the U.S. to work with young athletes. The best

part is when we return to a community and you see these hockey players grow not only as players but as people. Being involved with Shoot to Score Hockey is a privilege and an honour."

The Gimli camp at the end of August will offer three programs. "Heads-Up Hockey" is a skill-based program where the players have to read and react to different scenarios. As a result, not only do the players develop skills, but they also improve their hockey IQ.

"Battle Camp" is just what the title says. Players have to battle and compete for the puck and body position. This is one of Shoot to Score's most popular programs.

"Rookie Camp" is designed for younger players who want to improve their skating and puck skills in a fun, safe environment.

The Heads-Up and Battle Camp programs are for boys and girls born between 2009 and 2015, while the Rookie Camp is for kids born between 2016



EXPRESS PHOTO SUBMITTED

Jamie, left, and Reggie Leach will be bringing their Shoot to Score Hockey camp to Gimli at the end of summer.

and 2018.

Prices for each camp are \$425 for Heads-Up Hockey, \$275 for Battle Camp and \$175 for Rookie Camp.

The easiest way for parents to sign their kids up for their programs is by checking out the website shoottoscorehockey.com.

Interlake athletes excel at Tri-Province Challenge

By Brian Bowman

Interlake athletes had some outstanding results at the Tri-Province Track and Field Challenge in Edmonton.

Four Interlake athletes — Arborg's Kylee Emms-Finnsson and Sydney Burak and Gimli's Ivy Alexander and Jencie Henry — were part of Team Manitoba that competed against athletes from Alberta and Saskatchewan at the three-day event.

Henry, 13, was sensational in the U15 discus, placing first overall with an impressive throw of 28.68 metres which was a personal best.

"I was really excited because I have only been doing (discus) for three weeks now. To be a good discus thrower, it just comes to you naturally and you need to be tall, I guess," said Henry, who is 5-foot-10.

Henry also competed in the shot put, placing ninth, and hammer throw where she did well by finishing fourth.

"That was my first time doing (hammer throw)," she said.

Henry was very thankful for the opportunity to represent Manitoba.

"I was super excited that I did so well," she said. "I was really excited to represent Manitoba."

Burak did really well in the triple jump, finishing fourth with a personal best jump (10.02m), and she placed sixth in the high jump. Her previous best triple jump was 9.71m.

"I didn't jump as well as I could (in the high jump)," she said. "But it was still a good experience. It was very cool to be there and represent Manitoba against the two different provinces. It was kind of surreal to me that I was there representing Manitoba at the age of 15 so that was really cool."

Burak did extremely well competing in the U18 division and she hopes to go back again next year.

Emms-Finnsson, meanwhile, competed in discus, javelin and shot put



Gimli's Jencie Henry won the U16 discus event at the Tri-Province Track and Field Challenge in Edmonton.

and achieved personal bests in all three events. She won a silver medal in both the discus and javelin and placed fifth in the shot put.

"I didn't really care where I placed. I was just really happy that I got personal bests in everything," said the 17-year-old. "There was some good competition."



Kylee Emms-Finnsson won a pair of silver medals at the Tri-Province Track and Field Challenge in Edmonton.

Alexander also had several strong performances, placing fourth in the hammer throw, shot put, and discus.

"I was going against people older than me so I didn't expect to do super good," said the 16 year old who competed in the U18 division. "But I did good for myself. I got (personal bests) in everything."

Bowlers earn bronze medals at Youth Canada Bowling championship

By Patricia Barrett

A youth bowler who practises at Bowlers Lanes in Gimli was back in the swing of things a few weeks ago, earning a bronze medal as part of Manitoba's trio team during a national five pin bowling championship.

Aiden Falk of Gimli, along with Colton Youzwa of Selkirk and Jacob Isaac of Winnipeg, represented Manitoba at the 58th Annual Youth Bowl-

ing Canada championship held in Oshawa, Ontario from July 10 to 12.

Over 160 of Canada's top youth bowlers took part in the competition which had singles, doubles, trios and four-player mixed teams competing for gold, silver and bronze medals.

Falk was the bantam boys champion gold medal winner at the 2022 provincial (Manitoba) singles championship earlier this year.



Aiden Falk lets it roll during the Youth Bowling Canada championship in Oshawa, helping his team earn bronze.



EXPRESS PHOTOS COURTESY OF STEPHANIE FALK

The Manitoba trio team with their bronze medals, coach and competitors Colton Youzwa, Jacob Isaac and Aiden Falk.

Interlake winless at 15U AAA Tier 2 baseball provincials

Staff

Interlake finished with an 0-4 record at the 15U AAA Tier 2 baseball provincials last weekend in Brandon.

They started play Friday with losses to Brandon (8-1) and Midwest

(12-2).

On Saturday, Interlake was defeated 8-2 by Red River and then outscored 15-13 by Pembina Hills.

Sunday saw Interlake lose 12-2 to St. James.

Dankochik to compete in female lacrosse at 2022 Canada Summer Games

By Brian Bowman

For the first time ever, Manitoba will be sending a U17 female box lacrosse team to the Canada Summer Games.

And Gimli's Hunter Dankochik will be part of that history.

"It's pretty cool," she said last week.

The Games begin this Saturday in Niagara Falls, Ont.

Dankochik really enjoys the fast pace of lacrosse and being part of Team Manitoba.

"It's a lot of fun," she said. "The team environment is so different from other teams. Everyone knows that

we're in it together."

Manitoba has a young squad but there is a lot of talent on this year's team.

"We definitely have a couple of strong players," said the 16-year-old Dankochik. "But the whole team all have their strengths. Everyone has something that they're great at."

Manitoba expects to face some stiff competition from other provinces at the Summer Games.

"There's definitely going to be some teams there that will be better than us," Dankochik admitted. "But we're

just going to go out there and try our hardest."

Dankochik is really looking forward to the entire experience that the Games will bring.

"I'm really excited and I think it's going to be a great opportunity," she said.

Manitoba's roster also features Selkirk's Delainey Kiteley and West St. Paul's Caitlyn Winzoski.

Manitoba's head coach is West St. Paul's Kim Winzoski while St. Andrews' Daina Ojala is an assistant coach/manager.



Hunter Dankochik

Interlake teams compete at baseball provincial, qualifier

Staff

Interlake finished third at the U18 AAA Tier 2 baseball provincials held July 22-24 in south Winnipeg.

Interlake started play with a 16-5

win over Pembina Hills before shutting out Midwest 10-0 and losing 15-5 to Elmwood.

They wrapped up play with a 9-6

loss to Midwest.

Meanwhile, Interlake posted an 0-6 record at the U15 AAA qualifier in Seine River July 22-24.

Interlake suffered losses to South Central (11-0), Carillon (13-8), Pembina Hills (6-3), Midwest (16-3), Brandon (10-2) and Oildome (15-5).

370 athletes to represent Manitoba at Canada Summer Games

Submitted by Sport Manitoba

Beach volleyball's Erika Vermette of Morris is Team Manitoba's flag bearer for the opening ceremony of the 2022 Canada Summer Games in Niagara, Ont.

"It's such an honour to be selected to lead Team Manitoba into the opening ceremony," said Vermette. "This is my first Canada Games, and I am looking forward to the whole experience — on and off the court. I've been training for years for this opportunity and I'm excited to get back into competition coming out of the pandemic."

Vermette is one of 370 athletes who will compete for Team Manitoba at the Games between Aug. 6 and 21 and truly exemplifies what the Canada Games are all about: passion, performance and provincial pride. She has achieved remarkable individual and team success while serving as a role model for those on their way up.

The athletes will join 90 coaches,

managers and technical support staff, and 25 mission staff to participate in all 18 sports over the duration of the 2022 Canada Summer Games.

"Congratulations to all of the members of Team Manitoba at this year's Canada Summer Games," said Sport, Culture and Heritage Minister Andrew Smith. "To this year's flag bearers, you share an honour with those that have gone on to be champions and top competitors in their sport. I know you will represent our province with the utmost character and dedication."

Chef de Mission Drew Todd is looking forward to his first Games as chef with Team Manitoba.

"The opportunity to attend an event like the Canada Games is more meaningful now than ever before. We've all worked tirelessly over the years with all the starts, stops, and uncertainties in order to make this team and represent our province at the highest level

of sport. I am astounded by our athletes' determination and grit knowing the hard work they've put in to get here, and I have the utmost confidence they are ready to shine on the national stage."

Team Manitoba is proud to partner with Kenora Designs and Kahuna-verse Sports as the suppliers for our 2022 Canada Summer Games walkout uniform. This year's kit is designed to help us look our best while also performing our best. Each team member receives a jacket, two T-shirts, pants, shorts, a baseball hat and a backpack, which will make the Herd the best-outfitted team at the Games.

You can search individual team information, search for coaches and managers, and see full athlete profiles which include their bios, achievements and more, on the 2022 Canada Games GEMS.pro website at <https://cg2022.gems.pro/default.aspx>

Impact atop MMSL 4th Division standings

Staff

The Interlake Impact are now in first place.

Interlake blasted Kucame U24 7-0 in Manitoba Major Soccer League 4th Division action last Thursday at the Ralph Cantafio Sports Complex.

Kyle Buhler (two), Everett Fast (two), Stefan Schuler (two) and Kyle Reenders scored for the Impact.

On July 24, Interlake doubled the Hanover Strikers 4-2 in Steinbach.

Impact goals were scored by Reenders (two), Christian Dyck and Joseph Barkman. Heriberto Ayala replied with a pair of goals for Hanover.

The Impact, now with a 8-1-1 record and 25 points, will play Sinjar FC this Thursday at the Memorial Park Turf Field. Game time is 7:15 p.m..

take a break > GAMES

SUDOKU

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

Fun By The Numbers

Like puzzles? Then you'll love sudoku. This mind-bending puzzle will have you hooked from the moment you square off, so sharpen your pencil and put your sudoku savvy to the test!

Level: Intermediate

Here's How It Works:

Sudoku puzzles are formatted as a 9x9 grid, broken down into nine 3x3 boxes. To solve a sudoku, the numbers 1 through 9 must fill each row, column and box. Each number can appear only once in each row, column and box. You can figure out the order in which the numbers will appear by using the numeric clues already provided in the boxes. The more numbers you name, the easier it gets to solve the puzzle!

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

Sudoku Answer

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

Crossword Answer

X CROSSWORD

CLUES ACROSS

- Female parent
- NY city
- Israeli diplomat Abba
- Surrounded by
- Car part
- Simple aquatic plant
- Tough skin of fruit
- Finnish lake
- Composition
- Very willing
- One and only
- Cluster cups
- Famed Hollywood director
- Score perfectly
- Important lawyers
- Undivided
- Part of the foot
- Spun by spiders
- Married woman
- Reagan's Secretary of State
- Instruments
- The A-Team drove one
- Short-tailed marten
- Oil organization
- Predecessor to the EU
- "Hotel California" rockers
- Color at the end of the spectrum
- Actress Ryan
- Digital audiotape
- Expression of creative skill
- Scientific instrument
- Dog- : marked for later
- Israeli city Aviv
- Fencing sword
- Turkish title
- Wise individuals
- Cold wind
- Popular type of shoe
- The territory occupied by a nation
- Tattle
- Chop up
- Actress Zellweger
- Romanian city

CLUES DOWN

- Female of a horse
- Bowfin

1	2	3	4		5	6	7	8	9		10	11	12	13
14					15						16			
17					18						19			
20				21		22				23				
			24		25				26					
27	28	29		30				31			32	33	34	
35			36				37				38			
39					40					41				
42					43				44					
45				46				47				48		
			49				50				51			
52	53	54				55				56		57	58	59
60					61				62		63			
64					65						66			
67					68						69			

- Chinese dynasty
- Small venomous snake
- Global news agency
- Common fractions
- American state
- Tired
- Boxing's GOAT
- Made less severe
- A group of countries in special alliance
- God of fire (Hindu)
- Northeast Indian ethnic group
- Anchor ropes
- They
- Apprehend
- Autonomic nervous system
- A theatrical performer
- 2-door car
- Partner to flowed
- Pair of small hand drums
- Former Houston footballer
- Discharge

- Former women's branch of the military
- Partner to cheese
- Witch
- Live in a dull way
- Satisfies
- Snakelike fish
- Consume
- Type of student
- Erase
- Instruct
- Girl's given name
- Spiritual leader of a Jewish congregation
- Every one of two or more things
- Indian city
- Greek letters
- Weapon
- Geological times
- Cycle in physics
- Soviet Socialist Republic
- Witness

get inspired

> MEAL IDEAS



Chile Verde

1 Minute Chicken & Herb Seasoned Rice Cup
2 teaspoons salsa verde
1 tablespoon shredded cheese
1/16 teaspoon ground cumin
Microwave rice according to package instructions.
Add salsa verde, shredded cheese and ground cumin; mix to combine.



Penne Alla Vodka

1/4 cup grated vegan Parmesan cheese
1/2 teaspoon kosher salt
1/4 cup loosely packed fresh basil leaves
In pan over moderate heat, melt plant butter. Add onions and garlic. Cover and cook until onions are translucent, about 5 minutes.
Add tomato paste and red pepper flakes. Cook until tomato paste starts to lightly brown.
Add vodka and stir well, scraping bits of browned tomato paste from bottom of pan. Cook over high heat until liquid is reduced by about half to concentrate flavors.
Add plant cream and water; stir to incorporate tomato paste evenly. Bring to simmer.
Toss in cooked pasta. Add vegan Parmesan, salt and fresh basil.

Prep time: 10 minutes
Total time: 30 minutes
Servings: 5
1 tablespoon Country Crock Plant Butter with Olive Oil
1/2 cup chopped white or yellow onion
1/2 teaspoon finely chopped garlic
1/2 cup tomato paste
1 pinch red pepper flakes
1/4 cup (2 fluid ounces) vodka
16 fluid ounces Country Crock Plant Cream
1/4 cup (2 fluid ounces) water
3 cups dry penne pasta, cooked and drained



Strawberry Shortcake

To make strawberries: In bowl, toss sliced strawberries and sugar. Let berries sit 30 minutes-2 hours before serving.
To make whipped plant cream: In chilled bowl, using electric hand mixer or stand mixer on high, whisk chilled plant cream, powdered sugar and vanilla extract until plant cream thickens and stiff peaks form.
To make shortcakes: Preheat oven to 475 F.
In small bowl, mix 3/4 cup plant cream and lemon juice; set aside 2-3 minutes, or until it begins to curdle.
In large bowl, whisk flour, sugar, baking powder, baking soda and salt. Stir in plant butter and plant cream mixture.
Knead dough a few times then shape into 1-inch-tall circle. Cut circle into eight wedges. Transfer wedges onto baking sheet lined with parchment paper. Brush tops of biscuits generously with additional plant cream and sprinkle turbinado sugar on top.
Bake 10-12 minutes, rotating sheet halfway through baking. Biscuits should be golden brown. Cool before assembling.
Split each biscuit in half. Spoon strawberries over half of biscuits. Add dollop of whipped plant cream on top. Layer other biscuit halves on top followed by more strawberries and plant cream.

Prep time: 20 minutes
Cook time: 12 minutes
Servings: 8
Strawberries:
2 pounds strawberries, hulled and sliced
6 tablespoons sugar
Whipped Plant Cream:
2 cups Country Crock Plant Cream, directly from refrigerator
2 tablespoons powdered sugar
2 teaspoons vanilla extract
Shortcakes:
3/4 cup chilled Country Crock Plant Cream, plus additional for brushing, divided
1 tablespoon lemon juice
2 cups flour
2 tablespoons sugar
2 teaspoons baking powder
1/2 teaspoon baking soda
1/2 teaspoon salt
1/2 cup (1 stick) Country Crock Plant Butter Sticks with Avocado Oil, melted
1 tablespoon turbinado sugar

The real buzz on the bees

By Vicky Islietson, REACTInc.org

Have you heard that honeybees are in trouble? Have you wondered what you can do about it or why you should care? Well, "Dear Reader", let me fill you in on the latest buzz!

I share my small property with a dozen beehives a few clicks outside of Stonewall, so I spoke with the local beekeeper who looks after them. I'm here to tell you that living with that many bees in my "backyard" has been a sweet eye-opener!

So, why should you be interested, you might ask? Of course, most of us like the sweet stuff (a.k.a HONEY), especially when you can buy it locally at a market, or see "Manitoba" on the label at the grocery store, but do you also like local fruits and veggies, or grow them in your garden? You need bees for that! For example, my lone apple tree gives me apples because the bees know my neighbour has apple trees too. You see, the bees need both pollen and nectar to feed the hive and make the honey, so they will find the flowers that have the right mix. By the way, you might also enjoy the wild flowers along the roadside or a blooming field of canola or sunflowers. They all need the bees too.

So what can you do, and what should you avoid? Bees wake up in the spring as soon as temperatures are above freezing, and they are hungry! The beekeepers feed them, but they really prefer flowers, even the ones we don't like. So, with the exception of the notorious glyphosate (if you can't say it, just round up), although most herbicides don't really harm bees, if you can tolerate those yellow flowers that come out first in spring, we'd be grateful!

On the other hand, insecticides are bad news for bees, so go organic if you need to use them, and refrain altogether when possible. Bug zappers are deadly too, so please consider



TRIBUNE PHOTO SUBMITTED
A honeybee collecting nectar.

alternatives for keeping mosquitoes away.

Bees need water, so a shallow bird-bath, kept clean and filled, is a great help when it's dry. (Hummingbird feeders attract bees, but are designed to be inaccessible.) And plant those flowers so they will bloom at different times of the growing season. The bees will find them.

One last thing I have learned is that unless you get close to their hive, or you accidentally grab or swat one, bees will not sting you. They are too busy doing their jobs, feeding themselves and us. So if you hear the buzz, bee friendly and so will they!

References:

Gavloski, J. (2012), Pest Management Facts: Bees on Canola – What are the Benefits?, Manitoba Agriculture. <https://www.gov.mb.ca/agriculture/crops/insects/pubs/beesoncanolafactsheet.pdf>

BeeAware.org. (n.d.). Grains, <https://beeaware.org.au/pollination/pollinator-reliant-crops/grains/>



Creamy Chicken Risotto

1 Minute Chicken & Herb Seasoned Rice Cup
2 tablespoons heavy cream
1 tablespoon shredded Parmesan cheese
2 teaspoons chopped basil
1 pinch garlic powder
Microwave rice according to package instructions.
Add heavy cream, Parmesan cheese, basil and garlic powder; mix to combine.

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HANDYMAN'S GARAGE SALE. Large and small power tools, many hand tools. Friday, August 5, 9 a.m. - 2 p.m. & Saturday, August 6, 9 a.m. - noon. 55 Clubhouse Road, Sandy Hook, MB.

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Want to learn how to fly? Interested in a career as a commercial pilot? Lakeside Flight Academy is the most affordable in Canada. We have students from all over the world. We offer flight training and ground school (air law, navigation, meteorology, aeronautics general knowledge). Call 204-642-4799.

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WANTED

Wanted - good used vehicle under \$1000. Ph 204-330-9439.

MISCELLANEOUS

A Sabbath well spent, brings a week of content, And health for the toils of the morrow: But a Sabbath profaned, whatever may be gained, Is a certain forerunner of sorrow. Author unknown. Please visit our updated website for educational resources www.clda.ca

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

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Please send resume or drop off at the workshop to
Alex Janower Manager
Riverdale Place Workshop Inc.
Box 609 Arborg MB. ROC OAO
Tele- 1-204-376-5584
Fax- 1-204-376-5584
email riverdalew@mymts.net



VILLAGE OF DUNNOTTAR PUBLIC NOTICE BOARD OF REVISION FOR 2023

PUBLIC NOTICE is hereby given that the 2023 Assessment Roll for the Village of Dunnottar has been delivered to the Municipal Office at 44 Whytefold Road, Dunnottar, Manitoba and is open for public inspection during regular business hours. Applications for revision may be made in accordance with Sections 42 and 43 of *The Municipal Assessment Act*.

Application for revision

42(1) A person in whose name property has been assessed, a mortgagee in possession of property under section 114(1) of *The Real Property Act*, an occupier of premises who is required under the terms of a lease to pay the taxes on the property, or the assessor may make application for the revision of an assessment roll with respect to:

- liability to taxation;
- amount of an assessed value;
- classification of property; or
- a refusal by an assessor to amend the assessment roll under subsection 13(2).

Application requirements

43(1) An application for revision must

- be made in writing;
- set out the roll number and legal description of the assessable property for which a revision is sought;
- state the grounds on which the application is based; and
- be filed by
 - delivering it or causing it to be delivered to the office at the address below, or
 - serving it upon the secretary, at 44 Whytefold Road at least 15 days before the scheduled sitting date of the board as indicated in the public notice.

The Board of Revision will sit on **September 7, 2022, at 10:00 a.m.** in the council chamber of the Village of Dunnottar at 44 Whytefold Road to hear applications. The final date on which applications must be received by the Secretary of the Board is August 22, 2022.

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

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



RURAL MUNICIPALITY OF ARMSTRONG PUBLIC NOTICE BOARD OF REVISION for 2023

Public Notice is hereby given that the 2023 Assessment Roll for the Rural Municipality of Armstrong has been delivered to the Municipal Office at Inwood, Manitoba and is open for public inspection during regular business hours. Applications for revision may be made in accordance with sections 42 & 43 of the Municipal Assessment Act:

APPLICATION FOR REVISION

42(1) A person in whose name property has been assessed, a mortgagee in possession of property under section 114(1) of *The Real Property Act*, an occupier of premises who is required under the terms of a lease to pay the taxes on the property, or the assessor may make application for the revision of an assessment roll with respect to

- liability to taxation;
- amount of an assessed value;
- classification of property; or
- a refusal by an assessor to amend the assessment roll under subsection 13(2).

APPLICATION REQUIREMENTS

43(1) An application for revision must

- be in writing;
- set out the roll number and legal description of the assessable property for which revision is sought;
- state the grounds on which the application is based; and
- be filed by
 - delivering it or causing it to be delivered to the office of The Rural Municipality of Armstrong at Inwood, Manitoba, or
 - serving it upon the Secretary,

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

The Board of Revision will sit on **Thursday, September 8, 2022 at 10:00 A.M.** in the Council Chambers in Inwood in the Rural Municipality of Armstrong to hear applications.

The final date on which applications must be received by the Secretary of the Board is **Tuesday, August 23, 2022 at 4:30 PM.** Dated at Inwood, in Manitoba this 12th day of April, 2022.

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

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Are you suffering from joint or arthritic pain? If so, you owe it to yourself to try elk velvet antler capsules. Hundreds have found relief. Benefits humans and pets. EVA is composed of proteins, amino acids, minerals, lipids and water. Key compounds that work to stimulate red blood cell production & cartilage cell regeneration & development. Stonewood Elk Ranch Ltd., 204-467-8884 or e-mail stonewood.elk@mymts.net

SEED FOR SALE

Certified #1 Algonquin alfalfa, inoculated. Ph Carla Shergold at 204-372-6490 or 204-298-4099.

NOTICE TO CREDITORS

IN THE MATTER OF:
The Estate of Phillip Daniel Bottrell, late of the Town of Eriksdale, in Manitoba, deceased.

All claims against the above estate, duly verified by Statutory Declaration, must be filed with the undersigned at their offices, P.O. Box 1400, Stonewall, Manitoba, R0C 2Z0 on or before the 14th day of September, 2022.

DATED at Stonewall, Manitoba this 28th day of July, 2022.
GRANTHAM LAW OFFICES
Solicitor for the Executor

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We thank all applicants for their interest, but only those selected for an interview will be contacted.



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Canada

Pêches et Océans
Canada

Harbour Improvements – McBeth Point, Manitoba

Fisheries and Oceans Canada, Small Craft Harbours Branch, will be undertaking work at the McBeth Point Small Craft Harbour site during summer 2022 and winter 2023.

The construction is planned to occur from August 2022 to March 2023. This timeline is subject to weather conditions and the results of the tendering process. The project includes the construction of a new timber anchor crib, repairs to existing timber wharves, replacement and the addition of new floating docks.

During construction, areas of the wharf and harbour will be closed to the general public. Harbour users are advised to use caution when accessing the facilities.

For inquiries, please contact:

Small Craft Harbours
Fisheries and Oceans Canada
501 University Crescent
Winnipeg Manitoba
R3T 2N6

Tel: 204-588-8115

Canada



EMPLOYMENT OPPORTUNITY HVAC TECHNICIAN

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

HVAC Technician Responsibilities:

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

HVAC Technician Requirements:

- High school diploma, GED or suitable equivalent.
- If possible, some experience as an HVAC technician, and willingness to continue education in HVAC field. If no experience willingness to be trained.
- Valid driver's license.
- Excellent written, verbal, and interpersonal skills.
- Ability to work some after hours, over weekends and on public holidays.
- Ability to work in confined spaces and with heights.

Benefits

- Full benefit package
- Company van fully stocked
- Cell phone

If interested, please email resume and three references to: Futuremechanicalsystems@hotmail.com or contact the office at 204-642-5600.

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Lynne Hunnam
Happy 70th Birthday
-Love Rob, Ashley, Ken, Claire,
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In Loving Memory
of **Bill Horodecki**
October 4, 1923 – August 7, 2014
Eight years have gone by,
But you're always in our hearts
And are deeply missed.

-Wife Helen and family

IN MEMORIAM



In Memory of
Robert (Bob) Neal
August 3, 1945 – June 13, 2022
Best friends for over 32 years!
You left me with a million memories.
My family and friends have hundreds of
"remember when..." stories to share. The
hours fishing, camping, working side by side
in the garden, the lunches out in the hay field,
cooking your favourite meals, I will miss it all.
In my mind I still talk to you, you were a big
part of my heart. Rest in peace.

-Love,
Margaret and Sable

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Municipality of Bifrost-Riverton PUBLIC NOTICE BOARD OF REVISION

Public Notice is hereby given that the 2023 Assessment Roll for the Municipality of Bifrost-Riverton has been delivered to the Municipal Office at 329 River Road, Arborg, Manitoba and is open for public inspection during regular office hours.

The Board of Revision will sit on Thursday, September 8, 2022 at 1:00 p.m. at the Council Chamber of the Municipality of Bifrost-Riverton to hear applications for revisions made in accordance with section 42 & 43 of The Municipal Assessment Act.

APPLICATION FOR REVISION

42(1) A person in whose name property has been assessed, a mortgagee in possession of property under section 114(1) of The Real Property Act, an occupier of premises who is required under the terms of a lease to pay the taxes on the property, or the assessor may make application for the revision of an assessment roll with respect to:

- liability to taxation;
- amount of an assessed value;
- classification of property;
- a refusal by an assessor to amend roll under subsection 13(2).

APPLICATION REQUIREMENTS

43(1) An application for revision must:

- be made in writing;
- set out the roll number and legal description of the assessable property for which a revision is sought;
- set out which of the matters referred to in subsection 42(1) are at issue, and the grounds for each of those matters; and
- be filed by delivering it or causing it to be delivered to the office indicated below, or serving it upon the secretary, on or before Tuesday, August 23, 2022.

Dated this 4th day of August, 2022
Tanis Johnson - Board of Revision Secretary
Municipality of Bifrost-Riverton
Box 70, 329 River Road, Arborg, MB ROC 0A0
Email: bifrostriverton@mymts.net



Rural Municipality of
FISHER

Box 280, Fisher Branch, MB, ROC 0Z0
Tel: 204-372-6393, Fax: 204-372-8470

EMPLOYMENT OPPORTUNITY

UTILITY OPERATOR Weekend Part-time

The Rural Municipality of Fisher invites applications for the position of a Utility Operator.

This is a Saturday, Sunday and Statutory Holiday relief position.

Duties include taking readings at water plant and completing daily reports. This position requires successful applicant to be on-call each day of scheduled work. Compensation includes on-call and vehicle allowance.

Open until suitable candidate is found.

For further information regarding this position, please contact the Rural Municipality of Fisher at 204-372-6393.

Kelly Marykuca, Chief Administrative Officer
Rural Municipality of Fisher
Box 280 Fisher Branch, Manitoba ROC 0Z0
fishercao@mymts.net
Tel: 204-372-6393

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CELEBRATION OF LIFE

Helen Kissack (nee Christensen)

A Memorial Service for Helen will be held at the Lundar Cemetery on Saturday, August 13, 2022 at 11:30 a.m. Coffee and lunch will be served at the Lundar Legion following the service.

OBITUARY

Constance (Connie) Rosalia Ostertag



With heavy hearts we announce the passing of Connie Ostertag (nee Olafson), after a brief illness, on July 24, 2022 at the age of 85.

Connie was born in Riverton, Manitoba on November 24, 1936 where she lived for most of her life. She married the love of her life, Charles (Charlie) Ostertag, on August 25, 1956. They remained in Riverton where they raised their six children and spent many happy times with their children, grandchildren, and great-grandchild.

Connie is survived by Charlie, her husband of 66 years; children Cheryl (Greg), grandchildren Kelsi and Kyle; Stefan (Rhonda), grandchildren Casey and Katie, great-granddaughter Brinley; Cindy (Greg), grandchildren Skylar and Reena; Warren (Cindy), grandchildren Reese, Graeme, and Brett; Ryan (Marsha), grandchildren Alex and Ivy; her son-in-law, Brent Halwachs; two brothers-in-law, Raymond Ostertag and Jim Mark, and many

nieces and nephews.

She was predeceased by her precious daughter, Corinne; her parents, Stefan Olafson and Kristin Soffia Olafson (nee Thorarinson); her siblings, Helga (George), Steve (Dora), Harry (Beatrice), Fjola, Joyce (Brodie), Esther (Leo) and Viola.

Connie was the heart of her family. She spent countless hours caring for her husband, children, grandchildren, and the family home. She was dedicated, passionate, kind, giving, loyal, and was always ready with an engaging smile. She treasured the time she spent with family and lifelong friends. She had a special relationship with each of her grandchildren who loved spending time with their Amma.

Connie had an amazing memory and passionately shared her Icelandic family history. She was an exceptional cook and baker. She loved spending time gardening, canning, tending to her flowers and always kept a beautiful yard. Connie loved to drive, and you could see her driving anything from cars, trucks, tractors, and farm equipment. She loved animals and had many special pets over the years. She always enjoyed taking evening drives on the country roads, especially with Charlie.

Connie was a very active member in the community who never hesitated to help anyone. She volunteered as an ambulance attendant for many years, and she was actively involved in community programs - 4-H, Riverton Skating Rink (Figure Skating Club, Hockey Club, and Concession stand).

The family would like to thank the staff at Arborg Hospital and Betel in Gimli for the excellent care she received. A special thank you to Mussie for his kindness and spirituality that made Connie comfortable through her journey. Her family will be forever grateful.

In lieu of flowers, if you so wish donations may be made in Connie's memory at cancercarefdn.mb or to a charity of your choice.

The funeral service was held on Monday, August 1, 2022 at 12:00 p.m. at the Riverton Lutheran Church. Interment will follow at the Riverton Cemetery.

"In her essence she was a gift to her family and to the world."

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

Gilbart Funeral Home, Gimli in care of arrangements.



Your memory will live forever Engraved within our hearts

OBITUARY

Helena Owczarek (nee Krzyzewska)



We announce the passing of Helena Owczarek at the Gimli Betel Home on July 29 at the age of 98.

Mom was predeceased by her parents Julian and Emilia, brother Stan and husband Walter, daughter Mary and son Stan.

She is survived by her sister Maria Krupnik; daughter Zofia (Gilles); son Edward; grandchildren Stephen (Katrina), Gillian, Kevin (Michelle), Kyle (Ashley), Nicole (James) and Thomaz and also nine great-grandchildren.

Mom was born and married in Poland and had her four children when she was asked to come to Canada and help with the care of her aging parents. Helena and Walter settled on the farm in Fraserwood. Both parents were happy on the farm while Mom enjoyed her garden and flower beds and helping with the mixed farm they had. Always a celebration when family and friends come

by.

Funeral Mass will be held on August 4 at 11:00 a.m. in the St Michael's Roman Catholic Church, Gimli, MB, with Father Art Seaman officiating. Interment in Precious Blood Cemetery in Fraserwood. Pallbearers Stephen Lantagne, Kevin Zuk, Thomaz Owczarek and Ed Krupnik.

We would like to thank the staff at Gimli Betel Home for the excellent care mom received in her stay.

In lieu of flowers, donations may be made to Gimli Betel Home foundation or a charity of your choice.

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

Gilbart Funeral Home, Gimli in care of arrangements.



OBITUARY

Mildred Edna Meisner (nee Richter)

July 3, 1938 – July 26, 2022

Edna passed peacefully on July 26, 2022 at the Ashern Personal Care Home, MB, with family by her side.

A Graveside Memorial Service will be held at 11:00 a.m. on Saturday, August 6, 2022 in the Saint Thomas (Bayton) Cemetery with Robbie Bauch officiating.

Our family wishes to thank the nurses and staff of the Ashern Personal Care Home, Home Care Workers, daughter-in-law Margie who was so helpful to Edna over the years.

In lieu of flowers, donations may be made in Edna's memory to the Ashern Personal Care Home, Recreational Use, c/o Darlene Hargot, PO Box 110, Ashern, Manitoba R0C 0E0.

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