Gimli 150 bursts with enthusiasm, crowds

By Jim Mosher

It all began with a colourful, bursting-at-its-seams parade then a ceremony that galvanized onlookers.

Gimli’s Canada Day, on only its first day, rivalled the crowds familiar to the August long-weekend Icelandic Festival.

Thousands attended the Canada Day parade and more clamoured for a seat and standing room at Gimli’s Harbourfront stage, as the special day marking Canada’s one-hundred-fiftieth celebration kicked into high gear.

Sure, everyone loves a parade. There were plenty of people — young, older and all — who walked, biked or drove to the center of Gimli’s urban centre.

The capper in the early afternoon Saturday was a ceremony raw with emotion. Capably emceed by Gimli councillor Thora Palson, the ceremony featured a host of dignitaries and guests. Performers included the likes of Gimli’s own Barvinok dance troupe — who won oohs-and-ahhs from an appreciative crowd for their bang-on performances, among them the younger and older dancers.

On-hand was the Winnipeg Icelandic Choir which offered up a medley of tunes.

More on Page 2
By Jim Mosher

Also on the hit list was a choir made up of students from Sigurbjorg Stefansson Early School and Dr. George Johnson Middle School. The youngsters, led by Krystal Isfeld, sang a wonderful and moving O Canada to the delight of those gathered. The students included Keira Erlendson, Jayden Craven, Elin Isfeld, Ellery Artimovich, Morgan Meadows and Ava Michaluk.

Dignitaries included Senator Patricia Bovey, Gimli Mayor Randy Woroniuk, Gimli MLA Jeff Wharton and Coun. Palson. The ceremony was kicked off by elders Bernice and Irvin Hilt, who offered a blessing.

In all, it was a spirited affair.

“We are here to celebrate our nation,” said Palson as she introduced the Hilt, of the Peguis Band of Indians. “We begin by acknowledging the traditional territory on which we gather today. We are on Treaty 1 territory and Métis homeland. We honour our partnership with the indigenous people and respect the gift of history, culture and language of Canada’s original people.”

The theme of recognition and inclusion of indigenous people was a common one at Canada Day festivities across the region.

Mayor Woroniuk said one of his proudest moments was when his daughter returned to Canada after a tour in Afghanistan. “She said, ‘You know Dad, as Canadians, we made a difference,’” the mayor, his voice tinged with emotion, said. “Whether we win as warriors or peacekeepers, we make a difference in the world.”

Thora Polson did a masterful job as emcee during the Canada Day ceremony.

Gimli’s Barvinok dance troupe wowed the crowd.

Children darting into the street for candy - Organizers may have to look at safety protocols.

The Winnipeg Icelandic Choir entertained during Gimli’s Canada Day ceremony.

A cheerful young woman fronts Icelandic Festival float.

Students from schools in Gimli stirred the many gathered with their singing of our national anthem.
Gimli Harbour busy with afternoon Canada Day activities

By Roger Newman

Gimli beach and harbour were the scene of a variety of outdoor activities on Canada Day.

Most of them were part of a Saturday afternoon “Love Our Lake” program organized by Gimli’s Canada 150 committee as an element of the celebration marking the community’s milestone birthday.

One of the busiest spots was the sand in front of Gimli Yacht Club where owner Rob Jantz was offering free rides to potential customers of his Prairie Sea Kayak Adventures. His company — based on Willow Creek Rd. — was recently established to give guided tours of Gimli-area waterways to paddlers at all levels.

Jantz had lots of takers for his rides. Two of them were Kelly Cosgrove, the RM of Gimli’s acting assistant CAO, and her sister Deneen Coyston from Winnipeg. “We’re investigating kayakng as a pastime,” said an excited Cosgrove as Jantz helped them weigh anchor.

Harbour visitors were also able to try paddle boarding and learn about the need for a healthy lake. At one of the docks, they witnessed Winnipeg artist-designer James Culleton and artist-technician Michael Koch-Schulte preparing to launch their floatable illuminated art installation. It was made especially for the 150 celebration and features recycled plastic bottles to promote environmental vigilance and clean water.

Crafted with the help of an $11,000 federal grant, the installation also incorporates designs by Gimli High School students of a Viking ship and the community’s iconic Viking statue. It was towed into lake at the head of the community’s iconic Viking statue.

Perfect family/starter home in the ever popular Manitoba Beach area. This immaculate one owner 1487 sq ft home is in move in ready that shows extreme pride in ownership and features a four season sun room, spacious eat in kitchen, large open front foyer, vaulted ceilings and gorgeous lake and lanscape throughout the home. There are a total of 3 bedrooms and 2.5 baths.

If you are looking for a solid 2 bedroom home with basement heating, hardwood floors, deck off the back door and more it’s on the lakeside of the highway so it’s easy walking down to the lake and it’s ready for immediate possession.

“Winnipeg art installers put finishing touches on new ‘Love Our Lake’ project”

INTERLAKE ENTERPRISE August 11, 2016

By Roger Newman

Artist-designer James Culleton, center, his assistant Michael Koch-Schulte and Canada 150 Committee member Nic Mundey were putting the finishing touches on an illuminated art installation that will float this summer in the water off the beach.

Rob Jantz, of Prairie Sea Kayak Adventures, prepares to launch Kelly Cosgrove and her sister Deneen Coyston on a trial ride.

The 150 Committee member Nic Mundey were putting the finishing touches on an illuminated art installation that will float this summer in the water off the beach.

Artist-designer James Culleton, center, his assistant Michael Koch-Schulte and Canada 150 Committee member Nic Mundey were putting the finishing touches on an illuminated art installation that will float this summer in the water off the beach.

The 150 Committee member Nic Mundey were putting the finishing touches on an illuminated art installation that will float this summer in the water off the beach.

Keep Your New Year's Resolution!

Keep Your New Year's Resolution!

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Keep Your New Year's Resolution!

Keep Your New Year’s Resolution!
Participants are plentiful at twin
Canada Day celebrations

A large crowd listened to the speeches at Matlock.

Dignitaries on-hand at Matlock included club president Dan Carrie, Dunnottar Mayor Rick Gamble and St. Andrews Mayor George Pike.

Carla McDonald and her dog "Ozzie" got all dressed up for the parade to show their appreciation for Canada.

This float with the pirate kids was cute rather than threatening.

There were many colourful floats at Ponemah.

By Roger Newman

Dunnottar and St. Andrews residents had a full Saturday at major Canada Day celebrations at both the Ponemah Sportsplex and the Matlock Recreation Club.

The day had an early start as the 19th annual edition of the Ponemah Parade departed down Railway Ave. at 10 a.m. and circled the community before returning to the Sportsplex for birthday cake and speeches.

The parade, which gets longer every year, was given a send-off by the Ottar Crofters Band which fitfully played "This Land Is Your Land". That put a spring in the steps of colourfully-costumed marchers and bicyclists who were decked out in red and white regalia. They were interspersed with imaginative floats plus such staples of rural parades as a Legion colour party and the community's fire engines.

One noticeable marcher was Carla McDonald who also had her dog "Ozzie" decked out in a Canada Day outfit. "I love Canada and wanted to make sure that Ozzie also appreciates our country," said McDonald, a retired Air Canada employee who calls herself "the travelling guardian" because her present occupation is escorting insecure seniors on holidays.

An eye-catching float — featuring kids dressed as pirates — was entered by the Oliver, Zylberman-Reid kids dressed as pirates — was entered by the Oliver, Zylberman-Reid. Winnipe Beach Legionnaires Jim Dunnottar/Winnipeg Beach/ Sandy Hook/Gimli/ Riverton/ Arborg/Meleb/Poplarfield/ Fisher Branch and area/ Peguis First Nation/ Fisher River First Nation/ Hwy #8 from Stonewall to Moosiboro.

Dunnottar Mayor Rick Gamble rode in a vintage car with his usual chauffeur George Thompson while councillors David Obedrading and Rosalyn Howard waved to the ample crowd from less auspicious vehicles.

The successful and well-attended day was organized by chairperson Cydnie Mather and her Sportsplex committee. It was still going full blast at noon when the Matlock Recreation Club opened its afternoon Canada Day program which has been a tradition for seven decades.

Winnipe Beach Legionnaires Jim and Cindy Stewart, a Matlock couple, raised the Canadian flag to get proceedings under way. The Stewarts were doing double duty as they were also in the colour party at the Ponemah celebration. Also making his second appearance of the day was Gamble who spoke at the Matlock opening ceremonies.

"We are fortunate to live in a safe and peaceful country — not everybody does," said the Dunnottar mayor.

Other dignitaries on-hand included Matlock club president Dan Carrie, St. Andrews Mayor George Pike and St. Andrews deputy mayor Laurie Hunt who is the area councillor. They kicked off an afternoon that included hot dogs, sodas, whist and horseshoe tournaments, a beer garden, children's races and an adult grocery scramble. There was also a Canada 150-themed quilting show by the Matlock Sew and Sews plus a photo contest.

"Ozzie" decked out in a Canada Day

McDonald who also had her
dog "Ozzie" decked out in a Canada Day
Legends and legacy take the stage at Riverton Hootenanny

By Jay Boaz

The difference between a news article and an editorial is that in a news article, the author is to remain impartial and present the facts of the story, devoid of passion or personal observation. In an editorial, the author is free to express her thoughts and feelings on a particular topic or subject.

It was about halfway through the Riverton Hootenanny Sunday night that I made the decision to write an editorial.

While I started the night diligently taking notes to present to you who performed what song and stressed about which of the five different ways to spell Johannesson I needed to use, I found myself making a lot of little notes about things I observed.

Like how the couple sitting next to me whispered to each other “That’s our song” when the Whiskey Jacks & Friends performed “Four Strong Winds”.

Or how excited someone in front of me got when Sol Sigurdson started talking about Howardville.

I have notes for multiple songs that the crowd seemed to know all the words and sang along.

I saw tears, some of joy, some in remembrance of those no longer with us. Hugs, handshakes, and laughter abounded.

I was struck by the storytelling in the music, telling old tales of the area I had never heard before. There was far, far more substance to all of the songs sung than you’ll find on any Top 40 list these days.

And I might have to buy the audio CD of the concert just to hear Fred Oleson perform “Granny” again.

While I grew up in Riverton, my family doesn’t have deep roots in the community; I was one of around three people in high school that didn’t have to worry about accidentally dating a cousin. So while I don’t have generations of family history in the community like the majority of the audience did, I could still feel this event was really, really special.

There are rare times when a small community comes together and feels truly united. The last, and maybe only, time I’ve really felt this was the flood of 2011, where Riverton’s old orange walking bridge was destroyed. I remember racing against the river as the whole community worked together; everyone played a role, whether it was laying sandbags, loading trucks, filling sandbags, driving around to give food and water to the other volunteers. Everyone pulled up their socks and helped each other.

I had the same feeling tonight, of a community coming together as one, but this time, thankfully, for a joyous reunion instead of a natural disaster.

The Legacy of the Lions group put on a fabulous event, with approximately 700 people cramming into the Riverton Hall (I didn’t even know you could fit that many people in there). The funds raised from the concert will be used towards purchasing an audio-visual system for the hall. I speak from experience when I say no community can fundraise like Riverton can, thus I have no doubt that the only thing that can rival the financial success of the evening will be the emotions it generated.

Now I don’t want all of my aforementioned note taking to go to waste, so for those who couldn’t make it here is a short description of what happened Sunday night.

The nearly four-hour concert was split into three acts. The first act featured the grandchildren and great grandchildren of the Mates members, showcasing an amazing amount of musical talent on fiddle, guitar, piano, drums, and vocals. The second act belonged to the headliners of the Hootenanny era in the 1960s, playing hits from their heyday. The third act was designated for tributes to past performers, some still with us, some not. And while he’s known for his hockey talents rather than music, a special verse was added to “This Land is Your Land” in honour of the Riverton Rifle, Reggie Leech, who was in attendance with his family.

A point-by-point retelling of the event really can’t recapture what happened that night, so I’m not going to try. The Legacy of the Lions will be selling DVDs and audio CDs of the concert, with the proceeds going to their fundraising target for the AV system. For more information on how to order your copy contact Lloyd Roche at lroche@mymts.net. While the magic of the evening cannot be truly captured on a recording, the Legacy of the Lions have done their darndest to do so by hiring a professional recording company to handle the task.

Everyone involved deserves a clap on the back and thanks for putting together an amazing evening.

And I have to agree with emcee Rod “Roddy” Palsson, I’ve never...
The Village of Dunnottar is just getting started with its Canada 150 summer celebrations.

There will be a second huge weekend of events Aug. 4-6 to mark Canada’s century-and-a-half of existence.

The August long weekend celebration will be a joint venture mounted by village council, the Dunnottar Community Club, the Matlock Recreation Club and the Ponemah Beach Central Arts Centre.

Cultural activities will be featured Friday night at the Ponemah centre followed by a sports day Saturday at the Dunnottar Community Club. There will also be a Saturday reception to name the village office the Walter Miller Building in honour of the late long-time mayor who was instrumental in moving the office from Winnipeg to Dunnottar.

Wrapping the weekend will be a day-long Sunday celebration at the Matlock Recreation Club on Matlock Rd. It will commemorate both Canada’s 150th birthday and the 70th anniversary of the club’s existence.
Riverton Reunion Days a weekend to remember

By Jay Boaz

While communities around the country celebrated Canada 150 this past week-end, you would be hard pressed to find a community that pulled together to celebrate more than Riverton. The three-day event brought visitors from far and wide and they did not leave disappointed, even if Mother Nature literally rained on Saturday’s parade three separate times.

“This weekend has been absolutely perfect,” said Bifrost-Riverton councillor and former Riverton mayor Colin Bjarman. “The local support has been outstanding to make everything come together.”

The community took advantage of and celebrated its namesake running through the town, incorporating the river into many of the festivities.

The traditional Riverton Elks kids fishing derby was held July 1, bringing out 164 young anglers who all went home with a hot dog, drink and a prize, even if nothing was caught. Later that night, the district Handi-van.

Following the parade a rubber duck race, held as a fundraiser to help cover costs of Reunion Days, took to the water, after which competitors competed in canoe races put on by Riverton Collegiate.

There was plenty of action away from the water, as well. The community hall was the home for a multicultural celebration hosted by the Riverton & District Friendship Centre on June 30, with the Legacy of the Lions capping the weekend off with a hootenanny July 2, both events filling the hall to capacity.

The boat parade was not the only event the weekend, as the traditional Canada Day procession down main street was also held. Despite the alternating rain and sunshine the sidewalks were jam-packed with more than 1,000 spectators and an amazing number of floats. The parade took place over the course of an hour on a route only stretching from Riverton Collegiate Institute to Centennial Park.

The park was the hub of the event where so many activities were held, including barbecues, a talent show, inflatable bouncy houses, nail driving and log cutting competitions; there was something for everyone. The park was also host to an interdenominational church service on Sunday morning.

A dunk tank was set up on the Saturday as a fundraiser by the Riverton Collegiate Grads of 2018 (where this reporter, while wearing a sleeping baby, dunked his wife Sarah, the school’s home economics teacher, three times out of three attempts and didn’t even have to sleep on the couch afterwards). Warren Toderan received the most dunks of the day, with Riverton Chamber of Commerce president Mark Myrowich a close second.

Co-chair of the Reunion Days committee Ruth Ann Furgala couldn’t agree more. “The community partnerships created an event worthy of the Reunion Days of old. The best part was watching friends and family connect and celebrate together,” said Furgala. “It was a wonderful family event inclusive of our very youngest to our elderly. We have so much to be thankful for.”

The ‘Dinner on the Bridge’ has to turn to the bridge next year, her event co-chair knew what she wants to try. After a breathtaking week-end of memories made, Ruth Ann Furgala probably summed up the feelings of many in the little village that most definitely could on Monday:

“I’m exhausted, but so very, very proud of our community.”

The memory of community volunteer Ivan Grimolfson was honoured in both parades with a banner sponsored by the Riverton Co-op. Photo provided by Vickie Johnson

Diners were serenaded by the breeze blowing through the beams of the town’s walking bridge over the Icelandic River. Photo provided by Vickie Johnson.

Minions are grown big at ECBVerdyol.

The weekend featured too many events to fit all within a single article, so this reporter isn’t going to try. After a breathtaking week-end of memories made, Ruth Ann Furgala probably summed up the feelings of many in the little village that most definitely could on Monday:

“I’m exhausted, but so very, very proud of our community.”
By Roger Newman

The long-established Gimli Children’s Centre is embarking on a significant upgrading with the help of the community. Work will start July 12 on $60,000 worth of improvements at the centre which provides daycare for 50 children at its building at 59 Third Ave.

“We’re installing rubber padding under our two outdoor play structures and replacing all the windows in the building,” says centre director Michele Couture. “The windows are being lowered so the children will be able to see outside.”

Two community organizations are stepping forward with a Saturday, July 15 fundraiser to push the project’s finances over the top. Gimli Kiwanis will start the day by hosting a pancake breakfast at the centre while Gimli Ford will also be on-site to collect $20 for the upgrading project from every driver who test drives a Ford vehicle. The Gimli dealership recently helped Gimli High grads raise funds through test drives which are part of a Ford of Canada national program to assist non-profit organizations.

“We picked the children’s centre for our second test drive project because it is a non-profit serving many members of our community,” said Karen Raemer who handles community affairs for Gimli Ford. “We hope parents, friends and supporters of child care will come out to support this worthy cause.”

Couture said the centre appreciates the support it is receiving from Gimli Ford and the local Kiwanis club. “Their help will benefit families and children by equipping us to provide the best quality care in the long term.”

Raemer estimates the combination of test drives and the pancake breakfast could potentially raise $6,000 toward the cost of the centre project. She said Gimli Ford is open to hearing from other Interlake non-profits who would like to use test drives as a fundraising project.

“We have the capacity to do four projects a year,” she said.
Breath test that may indicate you some insight. It is a simple relatively new test that may give growth (SIBO). Many people that cause a host of issues. in places they shouldn’t, they can not live without them. However, if systems. Very simply put, we can - our food and balance our immune that live inside us that help digest gut flora; the billions of little bugs over the past several years about our A lot of research has been done with few options. They have, perhaps a test or two was done but it all came back normal and they are left with few options.

A lot of research has been done over the past several years about our gut flora; the billions of little bugs that live inside us that help digest our food and balance our immune systems. Very simply put, we cannot live without them. However, if we have too much of them growing in places they shouldn’t, they can cause a host of issues.

If this sounds like you, there is a relatively new test that may give you some insight. It is a simple breath test that may indicate you have small intestinal bacterial overgrowth (SIBO). Many people that have been diagnosed with Irritable Bowel Syndrome (IBS) find answers with SIBO, and finally have not only an explanation as to what is causing their long-standing issues, but also a solution. It is also common with a long history of antibiotic use, even as a child. The small intestine is primarily where we digest and assimilate our food and absorb essential nutrients. The majority of bacteria reside primarily in the large intestine. The overgrowth in the small intestine can cause inflammation, which can lead to intestinal permeability, sometimes resulting in food reactions, skin issues, fatigue, etc. The bacteria can digest the nutrients we eat before we get a chance to, resulting in nutrient deficiencies such as iron or Vitamin B12.

After an initial consult with a patient, if their symptoms are presenting like SIBO, they take the test home with instructions, send it into the lab and we receive the results back within 10-14 days. If positive, we meet with the patient to go through their treatment plan to restore a proper bacterial balance in the gastrointestinal system. Depending on the patient, treatment can take a few months, but patients often report improvement in symptoms within 4-6 weeks.

Nature Doctors — Naturopathic Family Medicine

By Janice Fyfe, ND

Tummy troubles?

It might be time to address the underlying cause before nutrient depletion, fatigue, skin reactions. Take over your life!

Many people suffer with digestive concerns from pain to diarrhea, bloating, chronic constipation, or all of the above. There are many different products out there geared toward solving these issues, but if it is a chronic, ongoing battle, most of these products fail to address what’s really causing the issue. Most people think it’s normal and don’t pursue treatment. If they have, perhaps a test or two was done but it all came back normal and they are left with few options.

Tummy troubles can be helped

Keeping Interlakers in Motion....
By Roger Newman

Icelandic Festival watch out!

Tiny Fraserwood is threatening to have a better parade than you.

That thought crossed a reporter’s mind as he watched the Fraserwood Hall’s second annual parade proceed down PR 231 on the last Sunday in June. The parade, from the fire station to the community hall, is starting to rival its Icelandic counterpart in both length and ingenuity. Furthermore, the parade is just one element of a full day of activities that includes a picnic, races, games, music and a beer garden at the hall.

“We couldn’t be more proud of our parade this year,” says Kyrie Mishtak who organizes the parade and picnic with her sister-in-law Tanya Mishtak. “Altogether we had around 20 floats and we were blown away by their creativity.”

The parade was made up of numerous decorated floats, horseback riders and many individual marchers, including some in Ukrainian costume reflecting Fraserwood’s heritage. Family floats were entered by the Mishtaks, Yablonskis, Krochen-skis and Klyms while organizations represented in the procession were the Fraserwood Fire Department, the East Interlake Conservation District, the Interlake Off Road Club, the Classical Equitation horse riders, Armstrong Construction and Radio Station CJ 107.

Fraserwood’s event also attracted the Shriners Rough Rider motorcyclists who weaved down the road in intricate in-and-out patterns. That’s a sign of the event’s growing status as the Shriners also participate in the Icelandic Festival parade to commemorate their soft landing on Willow Island after a party.

After the parade, the large crowd spent the afternoon at the Fraserwood Hall and grounds where there was a picnic with races, games, a tug-of-war, music and a beer garden.

“The East took the West in our famous tug of war, but we will get them next year,” said Kyrie Mishtak who was obviously on the losing side.

There was food all day starting with a pancake breakfast, lunch at noon and a pulled pork dinner with music by the “Kaylna” band.

“We even got to crown our hall president Peter Capar as the winner of the Baba’s Borscht making contest,” Mishtak said.

She said the day was a success due to the efforts of “an amazing, hard-working group of volunteers.”

“The weather was also better this year,” she added. “We only had a few downpours and one short moment of hail. We can hardly wait until next year to share another full day of fun and entertainment.”

Organizer Kyrie Mishtak says an amazing crew of volunteers is responsible for the success of the Fraserwood Parade and Picnic.

Parade watchers were entertained by a fiddler on the Fraserwood Hall float.

Marchers in Ukrainian costume reflected Fraserwood’s heritage.

There were many decorated floats in the parade.
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Ambitious, multi-year study plumbs depths of lifestyle and health

By Jim Mosher

What happens at the intersection of lifestyle and health?

It’s accepted that lifestyle choices can affect health. Excessive drinking, smoking, a poor diet and other lifestyle choices affect health. That’s part of the narrative, but there be more that we don’t know a lot about.

The deeper questions around the correlation of lifestyle and health — and the deeper answers — have yet to be mapped thoroughly. A Manitoba study may change that.

Researchers associated with the Richardson Centre for Functional Foods and Nutraceuticals have designed a multi-year study they believe will help fill in the science gaps, thus offering the possibility of transformative interventions that will improve the health of Manitobans.

There are 12 primary researchers in the study, along with principal researchers guiding the study. Each of their teams comprise five to 25 individuals from a variety of specialities.

Dr. Peter Jones, a nutritional biochemist, is lead in what’s dubbed The Personalized Lifestyle Research (TMPLR) team — scientists like this stuff. He says while similar studies have been conducted elsewhere, TMPLR is unique. There are a number of added components, he says, of the study which will examine and scan volunteers between the ages of 30 and 46. That age range was chosen because volunteers will be asked to have subsequent examinations down the road.

There have been 440 volunteers who have participated in the study so far. The goal is to get 800 people to sign on. The city was easy, says Dr. Jones. Now it’s time to broaden that pool in rural Manitoba.

“The intent of the study is to capture a snapshot of Manitobans in terms of their dietary, their physical activity, their sleep behaviour and make connections or associations between those lifestyle characteristics and their risk of disorders or diseases,” Dr. Jones said in an interview June 22. “We look at bone density. We assess physical activity as indicators of health or, on the flip side, as indicators of disease.”

“A number of these longitudinal studies have been performed before, certainly on a much greater scale,” Dr. Jones said. “This one is unique because it’s looking at Manitobans for the first time.”

“It’s also got some pretty cool added components that very few other studies have,” he continued. “Two examples of that is that we’re studying genetics because we understand, increasingly, the importance of genetic characteristics, people’s genetic architecture.”

He explained that slight differences in a person’s ‘genetic architecture’ plays a part in the relationship of consuming certain foods and risk of disease. Just how significant that correlation may be is one of the many aims of the multi-year research study.

Researchers will also being looking at the bacteria in people’s poop. “We’ll be looking at the bacterial content of the intestinal tract,” Dr. Jones explained. “We call it the bacterial biome. There are more bacteria in one person’s intestine than there are people on the planet.”

He said the intestinal biome “forms a very intrinsic part of our make-up.”

TMPLR has a 40-ft. mobile research unit, which recently visited Gimli.

To learn more about the study or to volunteer, visit TMPLR.ca

Assessments include:

- blood pressure
- body scan to measure lean mass, fat mass and bone density
- blood and urine samples for biomarker analysis
- stool sample for gut microbiome analysis
- DNA sample for genetic analysis
- physical activity test on an exercise bike
- activity monitor for one week to assess day to day physical activity and sleep
- questionnaires about current lifestyle and childhood experiences

What are the benefits of participating?

The research team will provide participants with their information from the measurements performed such as the body scan, blood pressure and strength test. Participants will also be remunerated for their participation in the trial. Finally, we hope the information from this study will benefit Manitobans in prevention of obesity, type 2 diabetes, metabolic syndrome, cardiovascular disease and kidney diseases.
Legacy of Johnny and his Musical Mates lives on

By Jay Boaz

Next to Reggie Leech, Riverton may be best known for the musical legacy of Johnny and his Musical Mates. The families of the band ensured that legacy continues with the unveiling of a new highway sign informing visitors to Riverton of the hometown legends.

An informal ceremony was held at the site of the new sign, just south of Riverton on the east side of Hwy. 8, where nearly 100 family, friends, and sole surviving Mates member Sella Benedictson gathered for the reveal.

A lot of discussion and work went into the final design that was chosen. “The Johannessen family felt the sign needed to send a message not only about the Musical Mates and the orchestra, but also celebrate the broader meaning of the group to the community and to music period in this area,” said emcee Rod Palsson.

In addition to the sign, the launching of a website about the group was announced, with the web address www.musicalmates.ca displayed prominently on the sign. “It’s still a work in progress but we’re going to be adding more music, so if you don’t have a turntable anymore you can go and listen to the songs, as well as read some stories about the band,” said Palsson. “It’s a wonderful way to commemorate the legend that is Johnny and his Musical Mates.”

Beach Canada Day 1-5-0 an emotional time for all

By Jim Mosher

Tony Pimentel, the always affable mayor of Winnipeg Beach, made a deeply personal speech during his town’s Canada Day ceremony.

A large crowd of some 800 crowded around the Main St. bandstand to hear what the mayor and other dignitaries had to share about their views of the significance of Canada’s sesquicentennial.

Pimentel’s was a message that underlined the importance of immigration — our country’s lifeblood — and inclusion. More than that, it accentuated the abiding influence of family, an influence that does not change over time.

“When I think Canada and I think about the immigrants and the people who came to Canada, I think of my Dad,” Pimentel began. “He was just 22 years old when he came to Canada. He couldn’t speak a word of English. My parents are from Portugal, from a little island called São Miguel. My Dad came out here to study better English, studying to speak better English, studying to take his Canadian citizenship. I said to my Dad, when I was young, ‘Why would you want to come to Canada? It’s cold here.’”

“He said, ‘You know, the people here, we all work hard. It doesn’t matter what language you speak, what colour you look, everybody’s the same. We all work together to make what we need and get things done.’”

Pimentel said his father’s observation many years ago still has resonance for him. “Canada is a place where you can dream whatever you want to dream — and you can attain it, as long as you set yourself goals,” the mayor, who first visited Winnipeg Beach at age 11, said.

MP James Bezan, Beach Mayor Tony Pimentel and Gimli MLA Jeff Wharton spoke with eloquence and heart during Canada ceremony. Pimentel said his father’s observation many years ago still has resonance for him. “Canada is a place where you can dream whatever you want to dream — and you can attain it, as long as you set yourself goals,” the mayor, who first visited Winnipeg Beach at age 11, said.

MP James Bezan (Selkirk-Interlake-Eastman) and Gimli MLA Jeff Wharton also spoke with eloquence during the evening Canada Day ceremony.

Bezan said Canada’s evolution began before Confederation. “You have to think back to the Lord Selkirk Settlers and the relationship they had with Chief Peguis,” the veteran MP said. “Two hundred years ago this summer, they signed the first treaty that allowed the Selkirk settlers to farm land. And with the hospitality shown by Chief Peguis were able to survive.”

He also remarked about the Métis who, he said, worked “hand in glove” with the settlers.

“There’s so much that unites us as Canadian, regardless our race, religion or where we live in this great country. We are united strong and free.”

Bezan also gave the nod to military veterans who have served the country in sometimes far-flung wars to preserve our country’s core principles.

But, he added: “We can’t be complacent. We have our pioneers to thank for our roots, our heritage and our culture to celebrate. One hundred fifty years is a milestone. We have to keep Canada the true north strong and free. Unlike Trump, who says he wants to ‘make America great again’, Canada is great — and we’re all proud of being Canadian.”

Wharton talked about the importance of the settlers, most of whom were immigrants. “The sacrifices that they made in order to enjoy the freedoms we enjoy has given us the opportunity to prosper,” he said.
By Jim Mosher

Birder Charlie McPherson, a passionate advocate for the ecologically-troubled Netley-Libab Marsh, will be giving a talk about the marsh Saturday at Matlock Recreation Centre at 10 a.m.

Readers of this newspaper will recall our feature stories about McPherson — and his one-man effort to protect the marsh Saturday at Matlock Recreation Centre at 10 a.m.

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Birder Charlie McPherson, a passionate advocate for the ecologically-troubled Netley-Libab Marsh, will be giving a talk about the marsh Saturday at Matlock Recreation Centre at 10 a.m.

Readers of this newspaper will recall our feature stories about McPherson — and his one-man effort to protect the marsh.

For McPherson, the marsh is a place of bonding with his father and siblings. It also provided a glimpse of the natural marsh habitat. But over the ensuing 50 years, the marsh has lost some of its ecological lustre. It’s been inundated by perpetual flooding, which has all but eliminated its former mud flats and significantly reduced vegetation.

The process of wetland loss continues. As an avid birder, McPherson has seen another loss — one that has him close to his avocation. There are fewer birds. Many of the species that once thrived during the marsh’s annual migration have disappeared or dwindled in numbers.

The confluence of the several stressors facing the marsh conspire to undermine the marsh’s natural function of providing habitat to aquatic creatures and migrating and breeding birds of all description — not to mention the salutary benefit the marsh provides in reducing nutrient loading of Lake Winnipeg.

McPherson fervently hopes that the province can craft what he calls a “southern flood agreement” to mitigate the relentless force of too much water that threatens the health of the marsh. For him, it’s not a pipe dream, rather a last push to save a marsh that so many seem to have forgotten.

To learn more about McPherson’s take on Netley-Libab Marsh, attend his presentation this Saturday at the Matlock Rd. recreation centre.

Also on-hand will be Kelly Leask, who will give a talk about native plants and native pollinators. As well, there be information booths about the birds of Dunnottar, Prairie Originals, community gardens and the East Interlake Conservation District. The morning session is free, as are coffee and pastries.

For more about what McPherson and other birders and marsh-habitat supporters are doing, visit the Facebook page: Dunnottar Bird Watch.
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