



DEVELOPMENT OPPORTUNITY
Lakefront
150+ Acres
6 miles to Gimli



UNIQUE 28 ACRES ON WILLOW CREEK
1330 sf MH OR Beautiful Building Site OR Hobby Farm
6 miles to Gimli.



Ph: 204-641-8450 Email: kim@rightchoicerealty.ca Website: rightchoicerealty.ca



THE EXPRESS

WEEKLY NEWS

www.expressweeklynews.ca

VOLUME 10 EDITION 24 THURSDAY, JUNE 15, 2023

LOCALLY OWNED HISTORY BOOK FOR THE COMMUNITY



ALL IN STOCK NOW

Cub Cadet XT1 LT42B
10.5HP Briggs and Stratton single cylinder, hydrostatic, 42" stamped deck
\$3,299⁰⁰
Cub Cadet

2023 Honda CRF50F
Designed to fit young riders
\$2399⁰⁰ (Reg. Price \$2699⁰⁰) **SAVE \$300**
INCLUDES FREIGHT AND PDI

PowerSmart 21-inch Gas-Powered 170CC
132cc power more OHV, recoil start, w/primer, 20" side discharge
\$249⁰⁰

STIHL FS 38 Trimmer
Powerful, durable lightweight gas powered grass trimmer, ideal for lawn edging
Now Only \$179

SHACHTAY SALES & SERVICE
Arborg, MB
204-376-5233



A royal wave

EXPRESS PHOTO BY LANA MEIER

Filipinos in Fisher Branch gathered to celebrate Flores de Mayo, giving a glimpse of one of the most popular traditions back in the Philippines. Reyna Emperatriz or the Queen Empress, Miss JP Javier was accompanied by Mr. Klyd Miranda.

SERVING LUNDAR, ASHERN, ERIKSDALE, MOOSEHORN, FISHER BRANCH, RIVERTON, ARBORG, GIMLI, WINNIPEG BEACH, ARNES, MELEB, FRASERWOOD

Countryside Home
building centre
Lot 1, Hwy 17 S, Fisher Branch, MB
204-372-8501



Milwaukee

M18 Redlithium Cordless Compact Drill & Impact Driver Combo Kit
- 18V + 2 Batteries + Charger + Tool Bag

\$199⁹⁷



Filipino community celebrates festive tradition of Flores de Mayo

Philippine community celebrate their flower festival tradition with a parade

By Irene Shaw

The community of Fisher Branch gathered to celebrate the Filipino Heritage Festival Sagala 2023, a Filipino tradition from the Philippines of the The Santacruzian or the Flores de Mayo.

The Santacruzian (Santa Cruz being Spanish for holy cross) is a pageant held on the last day of the Flores de Mayo, the Flowers of May, and is a celebration in honour of the finding of the True Cross by Helena of Constantinople (also known as Reyna Elena) and her son, Constantine the Great. Fourteen young ladies, princesses, representing the queens of this tradition, were escorted by young men, princes, for this occasion last Saturday.

Friends, family and dignitaries, including Gimli Interlake MLA Derek Johnson, enjoyed the colourful parade as well as an afternoon of Filipino food, music, dancing and culture.

Event organizers Rochell Javier, business manager of North Interlake Filipino Organization (NIFO), and



Reyna Esperanza symbolizes hope and is represented by Miss Grace.

Lyra Tacad, treasurer of NIFO, wanted to help the community fundraiser for a new play structure for Fisher Branch Collegiate and for a number of high school scholarships.



EXPRESS PHOTOS BY LANA MEIER

Reyna de Elena, Queen Helena, represented by Miss Geneil Tacad with her Constantino, the debonair, Mr. Zyden Sta. Ana.

The NIFO hosted a parade last year to raise funds for a student who was battling cancer. Javier said that the committee wanted to build off of the previous fundraiser and make it an

annual event while celebrating Filipino culture with their May flower festival traditions to be celebrated here in June.

Continued on page 3

ATTENTION FARMERS

REGENERATIVE AGRICULTURE *FIELD TOUR DAY*

GUEST SPEAKERS:
Michael Thiele
Blain Hjertaas

Understanding AG

Visit two farms that are improving their operations and watershed health

- ◆ Talk and share with local experts
- ◆ Find out more about **FUNDING OPPORTUNITIES**

DATE & TIME: June 30th (12PM - 5PM)
LOCATION: South Interlake Rockwood Ag. Society

BUS LEAVES AT NOON ON JUNE 30th
AT THE SOUTH INTERLAKE
ROCKWOOD AG. SOCIETY
AKA:
LITTLE RED BARN SOUTH
OF STONEWALL

Limited
Space
Available

Register at:
info@eastinterlake.ca
or (204) 642-7578

LUNCH & SNACKS PROVIDED



Baker Law

CORPORATION

Do you have a current will?

Protect your family by having a current will, power of attorney and health care directive. Call us or stop in for more information and find out how we can help you.

Grant D. Baker

Barrister, Solicitor and Notary

Providing full time legal service to families and small businesses in Gimli and the Interlake.

GIMLI LOCATION
72 Centre Street, Gimli, MB
Our office is open 9-5 Mon to Fri
204-642-8681 or 1-866-487-5688

RIVERTON LOCATION
33 Main St. Riverton MB
Open Mon & Wed 9:30-4:30
204-378-5427



> FLORES DE MAYO, FROM PG. 2

A colourful pageant procession showed off the beauty and grace of the Filipino community with 14 floats and princesses with intricately designed gowns and a flower arch on each truck. Each young lady princess, with an angel or prince at her side, represented a Spanish queen or divine feminine figure, which included in her name the virtue or character she reflected.

The parade started at the arena and wove its way through Fisher Branch, stopping at the Fisher Personal Care Home and then looping around the historic wheel before arriving at the Collegiate. On the first float to arrive, the little girls, the Ave Maria angels, were greeted by friends, family and other community members.

One by one, the young ladies arrived before being escorted onto the

field where they were introduced to the community.

The Sagalas, the 14 young ladies — princesses, representing the queens of the Flores de Mayo, the Flowers of May festival, on the floats with their princes by their sides and a collection of children representing the Ava Maria and the Tres Marias — made their way onto the stage.

Javier started with the “beautiful little angels called Ave Maria” who are “always the ones at the front as our guardian angels.”

These young ladies were followed by the Tres Marias or three Marys in the Bible named The Virgin Mary, Mary Magdalene and Mary, Mother of James.

The princesses, representing the festival’s queens were as follows below.

Reyna Paz, Queen of Peace, was



Residents and staff of the Fisher Branch personal care home enjoyed the parade.

Miss Raine Amber Javier.

Reyna Del Cielo, Queen of Heaven, was Miss Mithos Villaneuva.

The Reyna Veronica, who represented the woman who wiped the face of

Jesus, was Miss Zoe Heinrichs.

The Reyna Banderada, the Queen with the Banner, represents the ar-

Continued on page 7

\$200 million
to retain, train and
recruit healthcare
providers.

Healing Healthcare:
A Recovery Plan

RETAIN. TRAIN. RECRUIT.

Manitoba 

Learn more at manitoba.ca/health/hhrap

Happy Father's Day

POWER TOOLS | FISHING SUPPLIES
PIT BOSS GRILLS | FIREWORKS | RV SUPPLIES
CAMPING SUPPLIES | OUTDOOR GAMES
OUTDOOR FIREPLACES | M&M FOODS

Home Hardware has

AWESOME GIFT IDEAS FOR DAD!

Arborg Home hardware building centre  **Here's How.**
451 Main Street, Arborg
204-376-3090

 @sales@arborghhbc.com @arborghomehardware

SSES students raise \$2,251 for Dimes for Diabetes

By Patricia Barrett

The Gimli community really stepped up for students at Sigurbjorg Stefansson Early School, helping them raise over \$2,200 for juvenile diabetes research.

Students who are part of Team Asher — the fundraising team named after student Asher Johnson, who was diagnosed with Type 1 diabetes when he was one year old — organized their 3rd Annual Dimes for Diabetes fundraiser for the Juvenile Diabetes Research Foundation.

SSES teacher Lisa Michaluk said the community and students from other Gimli schools rallied behind the early years students and cheered them on as they took to the streets on June 2 to raise funds to help find a cure.

“The generosity of our communi-



Asher at the SSES assembly.

ty overwhelmed us once again this year,” said Michaluk. “We raised \$2,251, which makes our school total for the three years just over \$5,500.”

Type 1 diabetes is an autoimmune disease that affects the pancreas, which produces insulin. Insulin allows the body to generate energy from sugar found in food. Insulin-producing cells in the pancreas get destroyed, resulting in a deficit of insulin. People with Type 1 diabetes require lifelong insulin replacement through multiple daily injections, pump therapy or an automated insulin delivery system, as well as glucose monitoring. Complications from the disease include kidney failure, heart disease and blindness. JDRF funds research on Type 1 diabetes in the hope of finding a cure.

Asher’s optimistic outlook about the future of research is inspiring. In his biography posted on JDRF’s website, Asher says that when he grows up, maybe he won’t have Type 1 diabetes any longer because researchers are going to find a cure one day.

As they had last year, Team Asher held a kickoff assembly for the entire school before they took to the streets with large, colourful homemade Dimes for Diabetes banners.

This year was extra special as Asher’s family donated 11 blue Team Asher T-shirts and cups that went into a draw for two winners from



PHOTOS BY LISA MICHALUK AND MELANIE JOHNSON

Asher Johnson (left) and his classmates at Sigurbjorg Stefansson Early School raised \$2,251 from the Gimli community to help find a cure for Type 1 diabetes.



PHOTOS BY LISA MICHALUK AND MELANIE JOHNSON

Asher Johnson (left) and his classmates took to the streets of Gimli on June 2.

Continued on page 12

Father's Day SALE

ON NOW

DEPENDABLE. JUST LIKE DAD.

FS 38
GAS TRIMMER
27.2 CC - 9.5 LB

FATHER'S DAY FEATURE
SAVE \$50
\$179⁹⁹
MSRP \$229.99

BG 50
GAS HANDHELD BLOWER
27.2 CC - 7.9 LB

FATHER'S DAY FEATURE
SAVE \$60
\$179⁹⁹
MSRP \$239.99

MS 170
GAS CHAIN SAW
30.1 CC - 8.6 LB

FATHER'S DAY FEATURE
SAVE \$100
\$199⁹⁹
MSRP \$299.99 with 16" bar

RMA 460 (SET)
BATTERY LAWN MOWER
19" DECK - AK 30 - AL 101 - 57.5 LB

\$699⁹⁹
MSRP

Ⓢ Weight without fuel, cutting attachment or deflector. Ⓣ Weight without fuel. Ⓤ Weight with powerhead only. Ⓦ Price shown with 61PMM3 chain. Ⓧ Weight without battery. Ⓨ Unit priced with battery and charger.

Dealer inventory may vary on the products featured in this flyer. While supplies last at participating dealers.

STRINGER RENTALS SALES & SERVICE

99 7th Avenue, Gimli Manitoba 204-642-7490
www.stringerrentalsandpower.com

I'D RATHER BE GOLFING

I love that you're my dad

I ❤️ GRANDPA

Big D #1 DAD LLAR

HOURS
MONDAY - THURSDAY 10-6
FRIDAY 9-9
SATURDAY 9-6 SUNDAY 12-5

315 **439 MAIN ST., SELKIRK** **316**
North of Manitoba Ave.

Gimli shows its support for diversity with Pride celebrations



By Patricia Barrett

Gimli showed its support for diversity and inclusivity last weekend during its annual Pride Weekend that drew hundreds of people to the streets and venues around town.

The festivities included “This is Your Queer Life,” which featured Ashley Smith, director of advocacy from the Rainbow Resource Centre, a comedy night at the Ship and Plough pub and lighting of the Viking statue in rainbow colours on Friday night.

On Saturday, Pride organizers held opening ceremonies and a Pride flag-raising at the Gimli Harbour bandstand that was followed by a Pride Walk Rally led by the FAF Marching Band. The afternoon included coffee house entertainment at the Lakeview Resort and a drag show and Pride

party at the Ship and Plough.

A number of local businesses and organizations supported the celebrations, including the Ship and Plough, the Lakeview Resort, Chicken Chef, Sobeys, Home Hardware, the New Iceland Heritage Museum, the Rural

Municipality of Gimli, as well as the Winnipeg-based Rainbow Resource Centre, which supports the 2SLG-BTQ+ with programming, education and counselling.



EXPRESS PHOTOS BY RAYME THOMSON



**INTERLAKE CONSUMERS
CO-OP LTD.**

AGM NOTICE

**THURSDAY, JUNE 29, 2023
MEETING 7:00 PM
Arborg Community Hall
409 Recreation Centre**

Agenda Items to Include:

- Minutes from 2022 Annual Meeting
- Audit/Financial Report
- Director Terms
- General Managers Report
- Board Report
- Appointment of Auditors for 2023

Please see instore for more details



SUPPLY CHAINS ARE IMPROVING

Order **Your** New Ford Today!

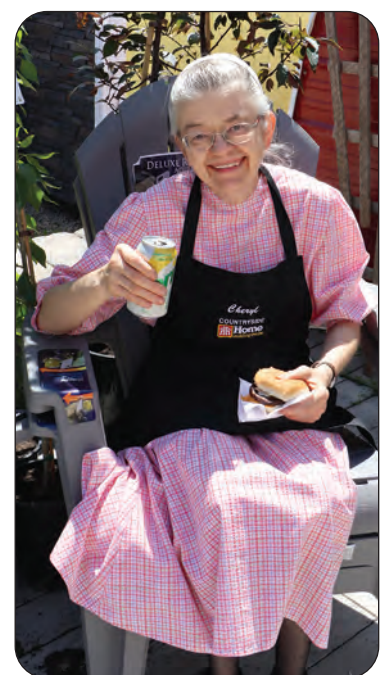
7th Avenue, Gimli
204-642-5137 Or
Toll Free 1-888-424-4654



Countryside customer appreciation: a smoking good time

EXPRESS PHOTOS BY LANA MEIER

Countryside Home Hardware Building Centre was extremely busy last Friday and Saturday serving up barbecued hamburgers, doughnuts and drinks during their 31st annual Customer Appreciation Day. It was a great opportunity to say thank you to all their valued customers for supporting the business. There were 1,040 burgers flipped over the two days and prizes to be won. The youngsters were kept busy jumping on the trampoline. Bruce Huewan won the lawn chair, Darius Hofer won the Husqvarna trimmer and Riley Dmyterko won the Milwaukee fire pit.



Government invests in long-term system capacity with sleep disorder centre agreement

New agreement to expand staff, add equipment builds capacity, reduce backlogs

Submitted by Manitoba government

The Manitoba government has approved a new agreement with the Sleep Disorder Centre (SDC) at Misericordia Hospital to expand staff and add equipment to reduce sleep study backlogs and increase patient volume by 200 per month over the next two years, Health Minister Audrey Gordon announced last week.

“We are healing the health-care system and getting Manitobans the care they need,” said Gordon. “The quality of our sleep has a significant impact on our well-being and health, with thousands of Manitobans affected. A new agreement with the Sleep Disorder Centre aligns with our government’s commitment to building

long-term system resilience into our health system.”

The SDC agreement is a nearly \$1.8-million initiative funded by the Diagnostic and Surgical Recovery Task Force (DSRTF) that will expand the SDC team and add equipment such as sleep machines to build capacity to reduce sleep study backlogs and create long-term system resilience. The agreement includes implementing an at-home sleep study program to provide patients with more options.

Undiagnosed sleep disorders can increase the risk of diabetes, obesity, hypertension and heart disease. More complex cases or cases of rare sleep disorders will continue to be referred to the SDC for overnight, in-lab observed testing.

The current waitlist for sleep diagnosis is unable to be accurately defined by the DSRTF as that information is held exclusively by the SDC, the minister noted, adding that it is expected to be several thousand Manitobans

waiting for testing. As a part of the agreement, the SDC will be required to share waitlist information with the task force to improve co-ordination of patients through central intake.

In addition to building capacity at the SDC and to provide Manitobans with a number of options to get the care they need faster, the minister noted the task force is also expanding an interim partnership agreement with Cerebra Medical. This agreement offers patients comprehensive, convenient and timely access to at-home testing, diagnosis, treatment planning and care — at no cost to them.

Manitobans who receive their sleep study and treatment planning from the SDC or from Cerebra Medical qualify for the Manitoba government’s continuous positive airway pressure (CPAP) program therapy if required.

“We are pleased to extend our agreement with providers such as the SDC and Cerebra Medical to expand diagnostic and surgical care options for

patients as we reduce wait times as quickly as possible,” said Dr. Peter MacDonald, chair, Diagnostic and Surgical Recovery Task Force steering committee. “The Diagnostic and Surgical Recovery Task Force puts patient care first through permanent measures that are expanding and making lasting improvements to our public health system and innovative partnerships.”

The Manitoba government established the DSRTF in late 2021 to address waitlists for diagnostic and surgical procedures, and other related services affected by the COVID-19 pandemic. Supported by experts from across Canada, the team of respected local health-care professionals identify and implement short- and long-term solutions to improve surgical and diagnostic waitlists and make overall lasting improvements to Manitoba’s health-care system.

For more information about the DSRTF, visit www.gov.mb.ca/health/dsrecovery.

> FLORES DE MAYO, FROM PG. 3

rival of Christianity and was Miss Anna Mae Beaudette.

Reyna Caridad, Queen in Red symbolizing charity, was Miss Sky Miranda.

Divina Pastora, Divine Shepherdess bearing a shepherd’s staff, was Miss Rona Tacad.

Reyna Esperanza, Queen of Hope, was Miss Grace.

A set of queens, the Rosa Mysticas or Mystical Roses, were Miss KP Javier and Miss Heart Javier.

The queen of Flores de Mayo, always carrying a bouquet of roses, was Miss Yana Lumasac.

“Reyna Emperatriz or the Queen Empress, another representation of Saint Helena, was Miss JP Javier,” Javier explained. “And, of course, this Santacruzian will never be complete without the presence of the most important queen of Flores De Mayo.”

Reyna Elena or Queen Helena is the last member of the procession, Ortega noted.

“She represents Helena of Constantinople who found the True Cross. This is alluded to by her attribute, a small cross or crucifix that she carries in her arms,” Ortega said.

“With her is the Constantino, a young boy representing the Queen Helena’s son Emperor Constantine.”

Queen Helena was Miss Geneil Tacad with her Constantino by her side, Mr. Zyden Sta. Ana.

Following the introductions, and the formal introductions, the festivities continued into the afternoon MCed by Javier and Ortega.

The national anthems of the Philippines and of Canada were sung. An opening prayer and introductory and opening remarks were given by various individuals including the past NIFO president Lyra Tacad, incoming NIFO president Marites Miranda and Gimli Interlake MLA Derek Johnson.

A traditional lunch, including vegetables on rice noodles and pork or beef spring rolls, was sold for \$15 as part of the fundraiser.

Afternoon entertainment included music, cultural dances and games.

If anyone from the community would like to donate to the fundraiser of the Filipino Heritage Festival Sagala 2023, please contact either NIFO treasurer Lyra Tacad at 204-291-8015 or NIFO business manager Rochell Javier at rochelljavier@gmail.com or 204-494-0258.

What’s *Your* story?

We want to hear from you.

The Express Weekly News connects people through stories to build stronger communities.

Do you know someone who has a unique hobby? Will be recognized by a local organization for volunteer service? A teacher that goes above and beyond? A hometown hero? A sports star? A business celebrating a milestone or expansion? A senior celebrating their 100th birthday? A young entrepreneur starting out?

Please share your story ideas at news@expressweeklynews.ca or Phone 204-467-5836

THE EXPRESS WEEKLY NEWS

Winnipeg Beach Legion Br. 61
 Legion 204-389-2660 /
 Lorraine 204-894-3701

July 2nd – Pancake Breakfast
 8:30 a.m. – 11:30 a.m. 50/50 Draw

Regular Meal \$7.00
 (3 pancakes, 3 sausages, Coffee or Tea)

Lighter Fare \$5.00
 (2 pancakes, 2 sausages, Coffee or Tea)

Kids Meal \$5.00 (2 pancakes, 2 sausages, Juice)
 email: rclbr61@mymts.net /
www.winnipegbeachlegion.ca
 All events are cash only.

THE **Flicks** CINEMA

319 First Street E., Stonewall, MB

SHOWTIMES:
 Please check individual listings
 Due to various picture lengths showtimes vary

204-467-8401
 PROGRAM SUBJECT TO CHANGE WITHOUT NOTICE
 Cash only

FRI-THURS JUNE 16 - 22
TRANSFORMERS: RISE OF THE BEASTS
 at 8:00 pm Each Night
 Violence; Coarse Language **PG**

FRI-THURS JUNE 23 - 29
THE FLASH
 at 8:00 pm Each Night
 Subject to Classification

Take care of details so they don't have to. *Just ask Ken.*

KL
 KEN LOEHMER
 FUNERAL SERVICES

55 Main St, Teulon Call 204-886-0404 or visit www.klfuneralservices.ca

THE EXPRESS WEEKLY NEWS

get informed

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



Call Patricia Barrett
1-204-407-6099
patricia@expressweeklynews.ca



PUBLISHER
Lana Meier



SALES
Brett Mitchell



SPORTS EDITOR
Brian Bowman



REPORTER/PHOTOGRAPHER
Jennifer McFee



ADMINISTRATION
Corrie Sargent



REPORTER/PHOTOGRAPHER
Patricia Barrett



REPORTER/PHOTOGRAPHER
Ty Dilello



DISTRIBUTION
Christy Brown



PRODUCTION
Debbie Strauss



PRODUCTION
Nicole Kapusta



ADMINISTRATION
Jo-Anne Procter



ADMINISTRATION
Allana Sawatzky



PRINT
Dan Anderson

OUR SISTER PUBLICATIONS



EXPRESS PHOTO BY JACKIE SAURETTE

No fishtales here — this catfish was caught by Pelican Beach near Gimli, on Saturday, June 10 at 9 p.m. 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.

Lundar RCMP respond to fatal ATV collision

Submitted

On June 11 at approximately 2:15 a.m., Lundar RCMP received a report of a missing 70-year-old male from Faulkner, Man. Preparations were being made to begin a search by ATV when it became light.

At approximately 5:10 am, Lundar RCMP received a report of a single ATV rollover on Faulkner Road. The ATV driver was the 70-year-old male who had been missing. When officers arrived on scene, the driver had been pronounced deceased.

Investigation has determined the ATV rolled on a trail close to Faulkner Road. The male was not wearing a helmet and was injured by the rolling ATV.

An autopsy is being conducted. The investigation continues.

ADVERTISING OR PRINT CONTACT INFORMATION

Lana Meier 204-292-2128
ads@expressweeklynews.ca
PHONE 204-467-5836
FAX 204-467-2679

OUR EDITORIAL STAFF

Brian Bowman Sports Reporter
sports@expressweeklynews.ca
Patricia Barrett - Reporter/Photographer
Cell 204-407-6099 patricia@expressweeklynews.ca

PAPER DELIVERY OR FLYER CONCERNS

Christy Brown, Distribution Mgr.: 204-467-5836

The Express Weekly News is published Thursdays and distributed through Canada Post to 11,396 homes. Republishing in whole or in part without permission is strictly prohibited. Printed in Canada by Prolific Printing.

This newspaper is supported 100% by advertising dollars. If you enjoy the paper and would like to see the newspaper grow and prosper visit any of the advertisers and businesses in our rural communities. - Keep your dollars working at home and shop local. Our commitment to you, the reader - we connect people through stories to build stronger communities.



> EMAIL US

Letters to the Editor: letters@expressweeklynews.ca
Classifieds: classifieds@expressweeklynews.ca
News: news@expressweeklynews.ca
Print: igraphic@mymts.net

ADDRESS

74 Patterson Drive, Stonewall Industrial Park
Box 39, Stonewall, MB R0C 2Z0

Advertising Deadline: Monday 4:00 pm prior to Thursday Publication

View the Express Weekly News online at www.expressweeklynews.ca



Funded by the Government of Canada



Interlake-Gimli MLA Derek Johnson honours Jubilee medal recipients

By Patricia Barrett

Interlake-Gimli MLA and agriculture minister Derek Johnson paid tribute to Interlake recipients of the Queen Elizabeth II Platinum Jubilee Medal last Friday during a ceremony held at the Arborg & District Multicultural Heritage Village.

Johnson presented Pat Eyolfson (Victor Eyolfson attended the ceremony on her behalf), Philip Thorkelson and Maxine Ingalls with their medals and certificates. Frances Sigurdson, who had received her medal at an earlier ceremony this year, also attended the event.

In January, Premier Heather Stefanson held an official presentation ceremony at the Manitoba legislature, where residents from the Interlake-Gimli constituency received their medal and a certificate. Eyolfson, Thorkelson and Ingalls had been unable to attend that ceremony.

The Platinum Jubilee medal celebrates the 70th anniversary (on Feb. 6, 2022) of the Queen's accession to the throne. There were 1,000 medals distributed to recipients across the province.



EXPRESS PHOTO BY DONNA GISLASON

From left: Victor Eyolfson (receiving the medal on behalf of recipient Pat Eyolfson), Maxine Ingalls, Frances Sigurdson, Philip Thorkelson and MLA Derek Johnson.

Applications being accepted for seniors hearing aid program

Submitted by Manitoba government

The Manitoba government is now accepting applications for the new \$12.6-million hearing aid program that will provide funding assistance to eligible Manitoba seniors who need hearing aids, Seniors and Long-term Care Minister Scott Johnston announced last week.

"Untreated hearing loss is linked with social isolation, difficulty communicating, increased risk of falls, cognitive decline and dementia,"

said Johnston. "Hearing aids provide valuable benefits to improve quality of life, and this program will ensure more Manitoba seniors have the financial means to access them."

The Manitoba Seniors Hearing Aid Program is open to individuals aged 65 or older with a net household income under \$80,000. Approved applicants can receive up to \$2,000 for hearing aids, including fitting costs.

To apply for the grant, individuals must submit:

- a program application form;
- a "Proof of Income" statement from the Canada Revenue Agency; and
- a prescription or audiogram from a certified hearing aid dealer licensed in Manitoba.

Individuals must receive an approval letter before purchasing hearing aids, noted the minister.

"Our government developed Manitoba, A Great Place to Age: Provincial Seniors Strategy as a strong foundation for improved seniors care," said

Johnston. "This new program aligns with its strategic priorities to enhance financial security for Manitoba seniors and create safe, inclusive, accessible communities with convenient, affordable access to comprehensive services and supports."

For more information on the Manitoba Seniors Hearing Aid Program, visit https://www.gov.mb.ca/seniors/hearing_aid_program.html.

Task force to explore construction, renovation and demolition waste diversion

Keeping waste out of landfills helps protect environment

Submitted by Manitoba government

The Manitoba government, Winnipeg Metropolitan Region and the Manitoba Heavy Construction Association are launching a new Construction, Renovation and Demolition Task Force to find new ways to divert waste materials from Manitoba landfills, Environment and Climate Minister Kevin Klein announced last week.

"Construction, renovation and de-

molition waste is a major contributor to our landfills, so by diverting these materials through reuse and recycling, we help address the problem while protecting our environment," said Klein. "Diverting these materials from the waste stream leads to the better preservation of finite natural resources and reduction of greenhouse gas emissions, in addition to generating new economic opportunities."

In 2021, the Manitoba government's Waste Diversion and Recycling Framework Review identified that construction, renovation and demolition products are the second largest waste stream in Manitoba, representing an estimated 20 to 30 per cent of

total waste.

"The construction industry has been recycling select materials from road or other projects, but there are numerous materials that could be recovered and reused from broader construction activities to promote resource management and environmental stewardship," said Chris Lorenc, president and CEO, Manitoba Heavy Construction Association.

The benefits also align with the Winnipeg Metropolitan Region's draft Plan 20-50, which will establish a regional approach supporting waste minimization, diversion and recycling.

"Building resiliency in our region is a

key objective in Plan 20-50," said Colleen Sklar, executive director, Winnipeg Metropolitan Region. "This starts with improved data sharing and good working relationships across all levels of government, which ensure sound decision-making and an environment of trust."

The new Construction, Renovation and Demolition Task Force — which will include participation from the City of Winnipeg, Association of Manitoba Municipalities, Winnipeg Construction Association and the Manitoba Home Builders' Association — will submit a report with recommendations to the Manitoba government in the fall.

'Smoke alarm for every family' program renewed

Submitted by the Manitoba government

The Manitoba government, through the Office of the Fire Commissioner, is once again offering the Smoke Alarm for Every Family (S.A.F.E. Family) program, in partnership with the Manitoba Firefighters' Burn Fund, Municipal Relations Minister Andrew Smith announced Monday.

"The risk of dying in a reported home fire is reduced 50 per cent in homes with working smoke alarms," said Smith. "Smoke alarms save lives — but they need to be properly installed, equipped with functioning

batteries and within their 10-year service life."

The goal of the S.A.F.E. Family program is to save lives by protecting every home with a working smoke alarm and encouraging residents to make and practise a home fire escape plan.

Any homeowner without a working smoke alarm can apply to receive one. Only owner-occupied homes qualify for the S.A.F.E. Family program, since landlords are legally responsible for installing and maintaining smoke alarms in rental units.

Fire departments will focus on identifying homes with at-risk residents including older adults, newcomers to Canada, young children, people with disabilities and low-income families.

"The recent rash of fires in both vacant and occupied residences points out the seriousness of the issue for the public and firefighters, along with the number of adults and children who are admitted each year with serious and life-threatening burn injuries" said Martin Johnson, chair, Firefighters' Burn Fund of Manitoba. "The Firefighters' Burn Fund is pleased to

be in partnership with the Office of the Fire Commissioner and Manitoba's fire departments in the delivery of this vital program."

Since the program started in 2015, fire departments across the province have installed more than 7,500 smoke alarms in eligible homes, the minister noted.

For more information on the S.A.F.E. Family program, contact a local fire department or visit www.manitoba.ca/safefamily.

Manitoba small businesses at risk of closure as CEBA repayment deadline approaches

By Canadian Federation of Independent Business

Community Support Service

AA Meetings in Ashern

Open Meeting

Time: 6-7pm Fridays

Starting Friday March 3rd.

Location: #11 2nd Ave North

-Pioneer Manor

(beside the main door entrance of Pioneer Manor)

Contact AAMBCO@mts.net

AA Eriksdale

Eriksdale United Church building

#7 Main Street, Eriksdale (side door)

Meetings are Mondays

at 6:30 p.m.

AA Winnipeg Beach

Lady of the Lake RC Church

Corner of Hwy. 9 and Lake Ave.,

Winnipeg Beach

Meetings are Saturdays

between 7 and 8 p.m.

Contact Ann J 204-389-3417

Gimli Group AA

Bldg 18 Municipal Rd

Industrial Park

Fri & Sun Mtgs at 7:30 pm

Womens Mtgs Thurs at 10:30 am

Al-Anon

Gimli and Winnipeg Beach

Please join us at 17B North Colonization Road, next to New Horizon building... Gimli at 7:00 pm Wednesday evenings for an hour of support, strength, guidance and Hope. Contact 204-389-4777.

Over 8,000 small businesses — 19 per cent of all small businesses in Manitoba — could be at risk of closing their doors after 2023 unless the federal government changes the deadline to repay the Canada Emergency Business Account (CEBA) loan, warns the Canadian Federation of Independent Business (CFIB). If the deadline isn't extended, small businesses will lose the forgivable portion as of Dec. 31, 2023, which will add up to \$20,000 more to their debt and cause them to face five per cent interest on the full balance.

"The message from small businesses is loud and clear: they need more time to repay their CEBA loan. With only half of small businesses back to normal sales, most businesses — particularly in the arts, recreation, hospitality and the service sectors — will need extra runway," said Dan Kelly, CFIB president. "Financial institutions still have time to delay repayment processes if the government extends the CEBA deadline, but that window is closing. Ottawa needs to act now."

A new report released today by CFIB entitled *Back in Business? Spring Update on Small Business and CEBA* also includes the following key results:

Of the nine in 10 (90%) Manitoba small businesses that used CEBA, over two-thirds (68%) accessed loans between \$40,001 and \$60,000, while one quarter received loans of up to \$40,000. Only 12 per cent of Manitoba CEBA users have repaid their loans.

A total of 42 per cent of Manitoba CEBA users risk missing the current repayment deadline by end of 2023. Small businesses in the arts, recre-

ation and information (62%), hospitality (61%) and social services sectors (46%) are most likely to miss the current CEBA deadline.

The smallest businesses with 0-4 employees are the most likely to miss the repayment deadline (49%).

Even among the 46 per cent of Manitoba small business owners who indicate they will meet the 2023 deadline, over half (51%) say they will struggle to do so, and 55% would like to see an extension of the per cent repayment deadline.

"Most business owners want to repay the loan on time in order to secure the forgivable portion, but many of them still can't guarantee they can do it. Our analysis suggests that most small firms expect to struggle in the process, putting their businesses' future at risk," said Simon Gaudreault, chief economist and vice-president of research at CFIB. "The closer we get to the end of this year, the more uncertainty a CEBA status quo will create for thousands and thousands of businesses."

CFIB is pushing the federal government to provide some relief to small businesses by:

Extending the repayment deadline for the CEBA loan to the end of December 2025 or at least 2024

Considering additional debt forgiveness

Implementing an appeal process for CEBA loan recipients that are now deemed ineligible

"The CEBA loan, which once served as a pivotal economic lifeline during the nearly two years of COVID restrictions, is now a source of immense stress and anxiety for small businesses. Ottawa must give them more time, or we will see more 'permanently closed' signs in the coming months," said Corinne Pohlmann, senior vice-president of national affairs at CFIB. "If nothing changes, the consequences will be serious not just for affected businesses, but also for their employees and the wider economy."

Business owners can sign CFIB's petition to government to extend the CEBA repayment deadline.

"THE MESSAGE FROM SMALL BUSINESSES IS LOUD AND CLEAR: THEY NEED MORE TIME TO REPAY THEIR CEBA LOAN. WITH ONLY HALF OF SMALL BUSINESSES BACK TO NORMAL SALES, MOST BUSINESSES — PARTICULARLY IN THE ARTS, RECREATION, HOSPITALITY AND THE SERVICE SECTORS — WILL NEED EXTRA RUNWAY."

Efficiency Manitoba expands income eligibility for its assistance program

Approximately 40 per cent of Manitoba households could qualify for free and significantly subsidized energy efficiency upgrades

Submitted by Efficiency Manitoba

Efficiency Manitoba has revised its income thresholds to ensure more Manitoba households are eligible to access free and significantly subsidized energy efficiency upgrades through its income-based Energy Efficiency Assistance Program. The program assists homeowners and tenants in implementing energy efficiency upgrades to their homes to reduce their monthly energy bills, while also helping improve the comfort of their homes.

"This program is an important part

of our government's commitment to helping Manitobans save money on their energy bills while reducing our province's carbon footprint," said Kevin Klein, Minister of Environment and Climate and the Minister responsible for Efficiency Manitoba. "By supporting energy-efficient home upgrades and renovations, this program is making a real difference in the lives and budgets of families and individuals across the province. With this change, more people can enjoy the benefits of an energy-efficient home, while also reducing their energy bills and playing a role in creating a more sustainable future for all Manitobans."

Program eligibility is based on low-income cut-off (LICO) values for urban centers with more than 500,000 residents, as determined by Statistics Canada. Efficiency Manitoba has increased these thresholds from LICO 125 (LICO plus 25per cent) to LICO 145 (LICO plus 45per cent) making more Manitobans eligible. This change means approximately 40per cent or approximately 200,000 low- to moderate-income households in Man-

itoba will now qualify. The increase will see a two-person household now qualify with a total household income (before deductions) of \$53,035 or less, while a four-person household will qualify with a total household income of \$79,161 or less.

Efficiency Manitoba's Energy Efficiency Assistance Program helps to minimize the financial cost to households by providing free or significantly subsidized energy efficiency upgrades while also simplifying the process for customers through a turn-key approach. All participants receive a free home energy check-up from an energy advisor and have free energy-saving devices installed in their homes. Homeowners and renters may also be eligible for a free insulation upgrade or a subsidized natural gas furnace or boiler upgrade; Efficiency Manitoba will connect the customer with a registered contractor to complete the upgrade.

Efficiency Manitoba is dedicated to working with Manitobans at a community level to ensure homeowners and renters are aware of the Energy Efficiency Assistance Program and

can easily participate.

The Consumers' Association of Canada (CAC) Manitoba applauded the change to the income threshold. The organization informs and educates consumers on marketplace issues and advocates on behalf of consumers with government and industry. Jacqueline Wasney is a board member of the CAC Manitoba and sits on an Advisory Committee for Efficiency Manitoba as an advocate for the consumer interest.

"A lot of what we're hearing is that people want to find solutions to help lower their bills for the long term," said Wasney. "Efficiency Manitoba is doing good work to help make home efficiency upgrades more affordable for more Manitobans. Investing in energy efficiency in our homes results in long-term savings, but they also mean people and families can enjoy much more comfortable homes and a little extra money in their pockets."

For more information about Efficiency Manitoba's Energy Efficiency Assistance Program, visit efficiencyMB.ca/EEAP.

Red River Métis unanimously accept modern-day treaty with Canada

Submitted by the Red River Métis

The Manitoba Métis Federation (MMF), the national government of the Red River Métis, brought an estimated 4,000 of their citizens together, in-person and virtually, to approve the Red River Métis Self Government Recognition and Implementation Treaty on Saturday, June 3.

Indeed, this was the largest assembly in MMF history.

The treaty was unanimously ratified as thousands of citizens stood up and raised their hand and voted to continue our historic progress forward.

"This vote was as extraordinary as the assembly itself," said David Chartrand, president of the MMF. "So many of our citizens

have fought along our side, shoulder to shoulder, for decades — some for their whole life — to finally find our place in Confederation. I was so proud to see so many of our citizens participate in the vote, with a sea of hands raised in favour of ushering in this new era for our nation — one that was 200 years in the making. I was overwhelmed to see thousands of hands reaching for the ceiling and

dancing in the air like prairie grass in a strong wind."

Now, the treaty will go through Canada's ratification process and be introduced to the House of Commons this fall to solidify its place in legislation and the Constitution of Canada. Once the implementation legislation is passed, the Red River Métis government and our nation will be enshrined

in our country's constitution through this modern-day treaty.

"With this vote, our treaty rights a wrong that took place 153 years ago, when our first treaty — the Manitoba Act — was negotiated and then ignored by Canada. We negotiated this agreement in good faith with Canada,

but before negotiations were even complete; Canada backstabbed our nation," said Chartrand. "Today, we are another step closer to justice, taking yet another step in restoring our rightful place in Canada's confederation through this treaty may well be the most important thing we've done as a nation to date."

It is Red River Métis tradition to gather in assembly to make decisions

that affect the future of the nation, making this vote on the modern-day treaty a direct echo of the way the nation's ancestors have always made important decisions.

The vote comes on the heels of negotiations that began in 2016 and three intensive months of consultation with citizens, both within Manitoba and beyond borders. From Vancouver to Toronto and Thompson to Fargo, citizens turned out in record numbers to hear about the treaty and provide their feedback and guidance.

"In every consultation leading up to this vote, it was clear that our citi-

zens recognized the historic nature of this treaty, and fully understood the power it gives to our youth to shape the path of our nation in the future, when they become our leaders," said Chartrand.

"It was equally clear that our Elders, seniors and veterans who fought so hard to arrive at this historic moment were moved to see the progress we've made as a nation. We are truly standing on the shoulders of giants today, and we have answered the call of our ancestors to complete what they started. We are Red River Métis and we stand united."

"THIS VOTE WAS AS EXTRAORDINARY AS THE ASSEMBLY ITSELF,"

NOTICE OF BRANCH CLOSURE

TO: All members of Access Credit Union Limited (the "Credit Union")

Notice is hereby given, in compliance with the Credit Unions and Caisses Populaires Regulation, that the Credit Union will be closing the location of its Winnipeg Beach branch located at:

23 Stitt St, Winnipeg Beach, MB R0C 3G0

The branch will close effective as of October 27, 2023.

All existing members of the Winnipeg Beach branch will continue to conduct their business at the Gimli branch location (34 Centre Street, Gimli) with no changes of membership number or account numbers.

DATED this 15th day of June, 2023
ACCESS CREDIT UNION LIMITED
By order of the Board of Directors



Crime in east region, including Interlake, increases in April

By Patricia Barrett

The RCMP's latest crime data for its east district, which includes the Interlake, show an increase in criminal activities in April compared to the same period last year.

The data, released May 30, compare crimes committed in April 2023 with those from April 2022. Crimes such as robbery, extortion, harassment, threats, assaults, break and enter, possession of stolen goods, fraud and drug possession all show an increase, and in some cases a significant increase.

The Manitoba RCMP is divided into three districts: east, west and north. The east district includes communities such as Arborg, Ashern, Fisher

Branch, Gimli, Gypsumville, Lundar, Peguis, Selkirk and Stonewall in the Interlake, as well as Beausejour, Berens River, Falcon Beach, Headingley, Morris, Oakbank, Sprague, Steinbach and the Winnipeg airport.

Calls for RCMP service in the east district in April increased by nine per cent (from 5,525 to 6,035 calls) over last year.

Crimes against property, overall, increased by 24 per cent, with a total of 690 cases in April 2022 and 853 cases in April 2023. Possession of stolen goods increased by 100 per cent, break and enter was up by 33 per cent, fraud increased by 32 per cent, mischief increased by 28 per cent and theft over

\$5,000 increased by 31 per cent. Arson was the only specific property crime to have shown a decrease (by 67 per cent) over last year in April, and theft under \$5,000 remained at the same level, neither increasing nor decreasing with 155 cases this April and 155 cases last April.

Crimes against the person, overall, increased by two per cent, with a total of 390 cases in April 2022 and 399 in April 2023. Assaults (excluding sexual assaults) rose by two per cent, and robbery, extortion, harassment and threats increased by 23 per cent. Forcible confinement remained at the same level (four cases in April 2022 and four in April 2023) and sexual of-

fences fell by 41 per cent.

Common police activities increased, overall, by four per cent compared to April 2022. Well-being checks increased by 25 per cent, and suspicious person, vehicle and property increased by five per cent. RCMP assistance to the general public fell by 34 per cent and breach of the peace fell by 19 per cent.

Drug enforcement, overall, increased by four per cent over last April.

There were two fatal motor vehicle collisions in the east district in April and two in April 2022. There were also two serious collisions in April compared to one in April 2022.

Manitoba small businesses at risk of closure as CEBA repayment deadline approaches

By Canadian Federation Independent Business

Over 8,000 small businesses — 19% of all small businesses in Manitoba — could be at risk of closing their doors after 2023 unless the federal government changes the deadline to repay the Canada Emergency Business Account (CEBA) loan, warns the Canadian Federation of Independent Business (CFIB). If the deadline isn't extended, small businesses will lose the forgivable portion as of December 31, 2023, which will add up to \$20,000 more to their debt and cause them to face 5% interest on the full balance.

"The message from small businesses is loud and clear: they need more time to repay their CEBA loan. With only half of small businesses back to normal sales, most businesses — particularly in the arts, recreation, hospitality and the service sectors — will need extra runway," said Dan Kelly, CFIB president. "Financial institutions still have time to delay repayment pro-

cesses if the government extends the CEBA deadline, but that window is closing. Ottawa needs to act now."

A new report released today by CFIB entitled Back in Business? Spring Update on Small Business and CEBA also includes the following key results:

Of the nine in ten (90%) Manitoba small businesses who used CEBA, over two-thirds (68%) accessed loans between \$40,001 and \$60,000, while one quarter received loans of up to \$40,000.

Only 12% of Manitoba CEBA users have repaid their loans.

A total of 42% of Manitoba CEBA users risk missing the current repayment deadline by end of 2023. Small businesses in the arts, recreation, and information (62%), hospitality (61%) and social services sectors (46%) are most likely to miss the current CEBA deadline.

The smallest businesses with 0-4 employees are the most likely to miss

the repayment deadline (49%)

Even among the 46% of Manitoba small business owners who indicate they will meet the 2023 deadline, over half (51%) say they will struggle to do so, and 55% would like to see an extension of the repayment deadline.

"Most business owners want to repay the loan on time in order to secure the forgivable portion, but many of them still can't guarantee they can do it. Our analysis suggests that most small firms expect to struggle in the process, putting their business' future at risk," said Simon Gaudreault, Chief Economist and Vice-President of Research at CFIB. "The closer we get to the end of this year, the more uncertainty a CEBA status quo will create for thousands and thousands of businesses."

CFIB is pushing the federal government to provide some relief to small businesses by:

Extending the repayment deadline for the CEBA loan to the end of De-

cember 2025 or at least 2024

Considering additional debt forgiveness

Implementing an appeal process for CEBA loan recipients that are now deemed ineligible

"The CEBA loan, which once served as a pivotal economic lifeline during the nearly two years of COVID restrictions, is now a source of immense stress and anxiety for small businesses. Ottawa must give them more time, or we will see more 'permanently closed' signs in the coming months," said Corinne Pohlmann, Senior Vice-President of National Affairs at CFIB. "If nothing changes, the consequences will be serious not just for affected businesses, but also for their employees and the wider economy."

Business owners can sign CFIB's petition to government to extend the CEBA repayment deadline here.

> WALK, FROM PG. 4

each class.

"It truly was incredible to watch the sea of blue moving through town," said Michaluk. "It was one of Asher's favourite things about the walk."

Team Asher drew a detailed map of their significantly long walking route around town, and it included businesses, municipal buildings and schools along the way. They started out from SSES at 9:30 a.m. walking down Autumnwood Drive to Centre Street West and up to the highway. They walked down Centre Street to the harbour and along the boardwalk

to the Gimli Evergreen Library. They headed back to SSES passing the Gimli Children's Centre, Dr. George Johnson Middle School and Gimli High School on the way.

Kids from the children's centre even walked part of the route with Team Asher.

"We are so grateful to the little ones from Gimli Children's Centre for meeting us in town and walking the route by the lake with us. They made the perfect caboose," said Michaluk. "When we were by the lake, the Namao sounded its horn in support of our walk and the smiles on the kids' faces said it all. Dr. George Johnson Middle School lined the sidewalk in

front of their school to cheer us on. The Grade 9s from Gimli High School cheered us on to give us that last little boost of energy to get back to the school. All three groups had raised money and presented us with their donations as we walked by."

As Team Asher made its way through town, Michaluk said people honked, waved, cheered and gave them donations. The sense of community made their hearts "so happy." In the afternoon students talked about their walk and fundraiser.

"One of Asher's classmates said, 'It felt amazing to raise that much money to help Asher and kids like him. The scientists and researchers will be

able to use it,'" said Michaluk. "These kids believe with their whole hearts that a cure for Type 1 diabetes is not only possible but will one day happen for their friend."

Michaluk said they are so grateful for the support shown by SSES families, the daycare, the middle school and high school and the general community who donated to the cause.

"Days like this show the kids what community truly means. As Asher's mom says, 'It takes a village,' and we couldn't be more proud to be part of Asher's team," said Michaluk.

Asher personally delivered a cheque for \$2,255 to the JDRF during its walk event on June 4 in Winnipeg.

Simple to extraordinary quilts at Lakeside show



EXPRESS PHOTOS BY LANA MEIER

Leanne Kleinsasser with her daughter Summer and son Canaan of the Crystal Spring Hutterite Colony shows off her "Storm at Sea With Love" quilt she completed with her best friend Josi when she first got married."

By Annaliese Meier

The Lakeside Quilters group was excited to once again bring its quilt show to life at the Gimli Rec Centre last weekend, after the COVID-19 pandemic forced it to put the popular event on hold for three years.

The show featured 129 spectacularly varied quilt displays, (101 quilts/quilted items, 28 donation quilts) and 16 pieces of fabric art entered in the show, demonstrations and workshops by experienced quilters, a penny parade, a raffle quilt, a guild table and vendors selling virtually everything related to quilting.

The quilts had a wide variety of styles, techniques and materials from traditional patchwork quilts made of squares or strips of fabric to contemporary art quilts featuring intricate designs and abstract shapes. Quilting allows for a range of artistic expression. Some quilts were hand-sewn or had hand-quilted pieces, while others used machines to create intricate patterns and designs.

The quilts on display were all new to the show. There were two quilt categories: Quilts/Quilted Items and Donation Quilts. This year, Lakeside Quilters added a new category to the show: Fabric Art.

All show entries are judged by visitors to the show. Prizes were awarded to the top three winners in each category.

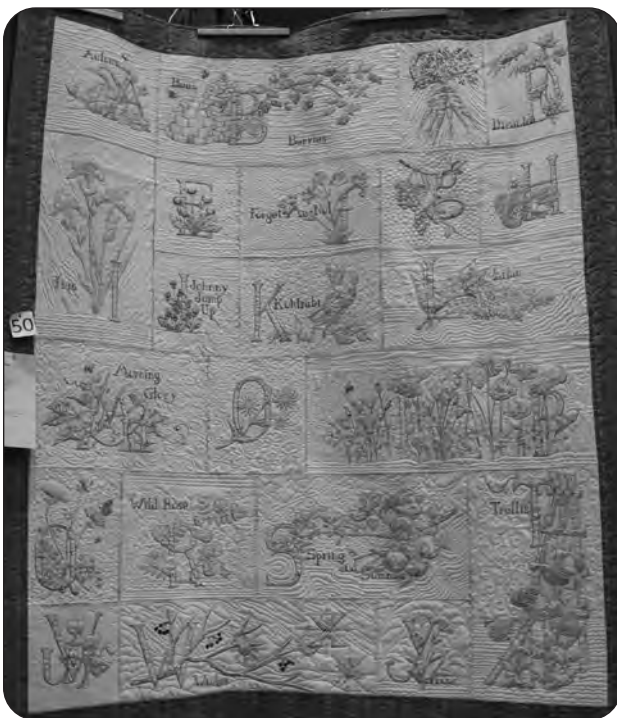
The winning entries in the People's Choice were: Quilts/Quilted items - First went to Jocelyn



Cathy Sveinson's "Wedding Quilt" is one of three quilts that she designed during Canada's 150th. The quilt is a gift for her son Kyle and daughter-in-law Chang Shu Mai (Elsa) to commemorate their marriage in Taiwan, Aug. 7, 2020.



The winning entry in the People's Choice, Quilts/Quilted items category was Jocelyn Marchuk of Bowsman for "Life is Good."



Debbie Einarson's "A Gardener's Alphabet" placed third for the People's Choice award. Her quilt is a patchwork of botanical garden blocks that she first tinted with crayon for added dimension and reality and then hand-embroidered.

Marchuk of Bowsman for "Life is Good." Second was Jocelyn Marchuk of Bowsman for "My Guy." Third was a tie between Debbie Einarson of Gimli for "A Gardener's Alphabet" and Donna Kerns of Winnipeg Beach for "Blooms."

Donation Quilts - First place went to Debbie Einarson of Gimli for Tonga Treats design "Diamonds in the Rough." Second was Elaine Lezubski of Gimli for a Gudren Erla design. Third was Marion Ya-



Donna Kerns saw this fabric at Fabriculous and really had to have it. The "Bloom" quilt is from Jason Yenter's book, "Garden of Dreams Quilts." Kerns tied for third in the People's Choice.

mada of Gimli for a Kim Brackett design.

Fabric Arts: First went to Debbie Einarson of Gimli for "Fresh Cut" (a wall hanging). Second was Lorraine Metz of Gimli for "Hardanger Embroidery - White Doily." Third was Leslie Pinchin of Matlock for "Blackbird" (a wall hanging).

The donation quilts will be distributed to the Gimli Senior Resource Council and the Interlake Women's Resource Centre.

Local opera singer performs spring concerts

By Jennifer McFee

A local opera singer brought music to life through a classical music concert at the Canadian Museum for Human Rights.

Camryn Dewar of Stony Mountain, along with pianist Paul Williamson, performed a concert entitled Living Music in the museum's picturesque Garden of Contemplation on May 20.

The spring concert served as a tribute to living North American composers, including Métis composer Ian Cusson and Grammy-award winning composers Caroline Shaw and Jake Heggie.

"It was fabulous. There were so many people there from various periods of my life. I had a childhood friend from middle school that came out and also Mel Braun, who was my voice teacher for my undergrad at University of Manitoba," said 22-year-old Dewar, who is pursuing her master's degree in music at Montclair State University in New Jersey.

"Neil Weisensel is one of the composers whose music I sang at the concert and he came out too with Larry Desrochers, who is the CEO of Manitoba Opera."

After studying classical opera, Dewar discovered that living composers created the music she most enjoys singing.

"This past year showed me how much talent we have right here in our backyard in Canada and the States as well. Since this music is really difficult, not many people are performing it very often. I really wanted to bring a lot of this music to Manitoba," said Dewar, an operatic soprano who is a member of Red River Métis Nation.

"You can follow all these people on



Camryn Dewar

Instagram and see what they're up to, which you can't do with Mozart. You can't call him up and ask him why he composed something a certain way."

Dewar also wanted the concert to take place at a venue that was meaningful to her.

"I was looking at maybe doing it at Cloverdale church, which is the church where my grandma played organ, or somewhere else in Red River that was meaningful to my family and ancestry, maybe like Louis Riel's house," she said.

She decided to reach out to the Canadian Museum for Human Rights to see if they had a performance space available for the concert.

"They were really gracious for us to work together and do the collaborate effort. I chose the Garden of Contemplation and we went from there," she said.

"It was totally cool to be making meaningful music in an inspiring



EXPRESS PHOTO SUBMITTED

Camryn Dewar of Stony Mountain performed a spring concert, along with pianist Paul Williamson, at the Canadian Museum for Human Rights.

space like that. I'll definitely be back there because everything went really well. It was amazing."

Inspired by a homegrown opportunity, Dewar has decided to take a year-long academic sabbatical next year.

"At Manitoba Opera, they're doing an opera called *Li Keur: Riel's Heart of the North*, which is about Louis Riel and the central role of women in his life. It's about Métis women in general and their positive impact on the founding of Manitoba," she said.

"I don't think I'll ever have the opportunity again to be on the ground floor in Red River, where the Métis people were born, workshopping an opera about my people and my culture — and specifically about my experience as a Métis woman."

Métis poet and librettist Suzanne Steele wrote the production, with music from Métis composer and fiddler Alex Kusturok and composer Neil Weisensel.

"Li Keur" means "The Heart" in Michif, and the title reflects how Métis and Indigenous women are at the heart of the story. The collaborative effort includes songs and speech in Heritage Michif, French Michif, Anishinaabemowin, French and English.

"We actually prepped a lot of this opera back in 2021. Back when we were learning it, I was back in the chorus with my dad. I get my Métis from my dad's side of the family. We're singing the Métis folk songs that my grandma used to play on piano and we're singing them in Michif, the Métis language. It was just so powerful," she said.

"It's going to be so amazing to see how all of this is created for the first time. Because of that, I decided to take a year off. I'm going to be working on community involvement and section leading, and I'm also going to be in the chorus."

For those who missed Dewar's performance of the Living Music concert, they had another opportunity to enjoy the show. She performed the same program on June 5 at Canadian Menonite University as part of the Agassiz Chamber Music Festival.

For Sale in Eriksdale, MB

12 May Street - \$104,900

3 beds, 1 bath, 952sf, built in 1974

24 2nd Street - \$104,900

3 beds, 1 bath, 1,015sf, built in 1974

FINANCIAL INCENTIVES TO THOSE WHO QUALIFY

To view or to see if you qualify, please contact:

trevor.jaworski@gov.mb.ca
204-451-3960 or 1-855-201-4624

Manitoba 

St. Philip Anglican Church
Hodgson, Manitoba

*100th Anniversary
Celebration*

Sunday, August 13th, 2023, at 3 p.m.
**RSVP your attendance to 204-372-6332 or
Text 204-308-1890 by July 20th.**

BreastCheck Mobile Mammography Clinic coming to Eriksdale

Staff

The BreastCheck Mobile Mammography Clinic is coming soon to Eriks-

dale.

BreastCheck recommends eligible people aged 50 to 74 make an appoint-



EXPRESS FILE PHOTO

The BreastCheck Mobile Mammography Clinic will be in Eriksdale from July 4 to 6.

ment for a screening mammogram at BreastCheck every two years.

"Regular screening mammograms are the best way to find breast cancer early. When found early, there may be more treatment options and better chance of a cure. Regular mammograms can find breast cancer two to three years before it can be felt by you or your doctor," said a BreastCheck spokesperson.

"Once a person turns 50, BreastCheck will automatically send an invitation letter to invite them for a screening mammogram. People who are interested in receiving a mammogram need to book an appointment."

According to the 2019 CancerCare Manitoba System Performance Re-

port, the screening uptake in the Interlake-Eastern region is about 52 per cent.

Two BreastCheck Mobile Clinics visit nearly 90 rural and northern communities around Manitoba on a two-year cycle.

The BreastCheck Mobile Clinic will be at Eriksdale Wellness Centre at 35 Railway Ave. from July 4 to 6.

To find a mammogram clinic close to you, visit cancercare.mb.ca/breast-check or call 1-855-95-CHECK (1-855-952-4325) to make an appointment. The website is updated regularly with upcoming BreastCheck Mobile Mammography Clinic information.

Interpreter services are available upon request.

QUARRY
PHYSIOTHERAPY
AN *inMotion* CLINIC

For the Dad
who has
everything...

Happy Father's Day

MASSAGE
GIFT
CERTIFICATES
AVAILABLE

GIMLI / 204-642-5353 • ARBORG / 204-376-2406
Keeping the Interlake inMotion since 1994
inmotionnetwork.ca

CO-OP
Interlake

Refill & Win
May 7 - July 1

**ENTER TO WIN A
FIREPIT PRIZE PACK!**

ARBORG GAS BAR
With a minimum
15lb propane refill!
*forklift tanks excluded from
this promotion*

**ERIKSDALE
HARDWARE**
When you exchange
your propane tank!

CO-OP

*one firepit prize pack to be won between two locations

BEST GIFT EVER!

Scenic Flight Tour

It's what every Dad, Husband, Grandfather,
significant male wants for

FATHER'S DAY

\$149 3 PASSENGERS AND THE PILOT
ALL FOR ONE LOW COST
Book Today!

LS AIRWAYS
FLIGHT ACADEMY

LS Airways Flight Academy | 311 Anson St, Gimli, MB | 204-651-1402

Revisiting aviation history: The Gimli Glider story

Submitted by Barb Gluck

Winnipeg Sports Car Club driver Dino Calvert was one of the dozen race car drivers who took action the evening the large new passenger plane surprised the club members and silently dropped out of the sky onto their racing track just before sunset.

It has been 40 years since the news of the emergency landing on a decommissioned Canadian Forces runway was on front pages of newspapers around the world within hours. Gimli became instantly famous for the skilled landing by Capt. Robert Pearson.

Calvert yelled loudly to anyone near him, "Heads up! Look to the south! Heads up!" to attract the attention and alert the families around the racetrack who were finishing suppers and relaxing at racetrack side at the day's end.



The rest is history told in numerous docudramas, a book and countless articles still being written today.

Fast forward to May 27, 2023, to the arrival of Lt.-Col. Jeff Buchman and his partner arriving in his large motorhome at the gates of the Gimli Motorsport Park from California, enroute to New York state. This was a trip he had been wanting to make for years

as an aviation professional aware of the skill and expertise it required to safely bring the powerless almost-300-passenger seat plane safely back to the ground from 41,000 feet in the air.

Buchman was about to have an unexpected interaction with the world-famous history. Dino Calvert was there at the track and introduced to the career American pilot. For the next 30 minutes reliving of the history, standing at the landing spot, details he never expected to learn were explained by an actual participant in the evenings event. Calvert was interviewed and filmed for an education chapter on the successful landing. Buchman explained later, as he visited the Gimli Glider exhibit, that he never could have foreseen how fortunate they were to meet a participant in the history during his highly anticipated trip. A lifetime experience had happened.

As a recently retired airlines pilot and captain, instructor and check pilot, Buchman is now director of Glider Flight Standards NER and chief glider flight instructor with future pilots. He was filming and composing an education lesson on the significance of the successful Gimli landing achievement when all expected it to be a disaster. In a thank-you email to the staff of the local aviation tourism draw, his comment was "We visit many aviation museums and yours is one of the best!"

This dedication to provide an experience of excellence by a small volunteer team is now directed towards the 40th anniversary event in July. Since

the 2017 opening, the Gimli Glider exhibit has been drawing visitors from every continent, and the local participation to assist the deplaned, shoeless passengers has garnered high interest.

The famous evening will be revisited for this year's Saturday, July 22 fundraising dinner and dance at the side of the Gimli Airport runway, just as 40 years ago a large Gimli high school reunion was in progress in a building nearby. Staff at the exhibit often hear how thankful the gathering students were for the experienced pilot's accomplishment to land the disabled aircraft and avert disaster.

Guests for the evening event will meet and hear from Capt. Pearson and a variety of other crew, passengers and persons associated with the history.

"We anticipate a sell-out as tickets have already been requested from most of our provinces and outside of Canada," said Barb Gluck, exhibit president. "Just the location inside a large hangar runway side makes it a unique evening to stage a recollection of that night. We are very grateful to Noura Gharib, owner of LS Airways Flight Academy, for her support making the venue available to us. The Rona North Group has offered their sponsorship for the event and we appreciate their interest in our continued presence in the community."

Purchase of a table of eight is available to companies and organizations for the evening. Profits from the event will go towards continued operating within the community, attracting visi-

Continued on page 25

40th ANNIVERSARY

Gimli Glider
EXHIBIT Fundraising Dinner & Dance

SATURDAY JULY 22ND 2023

6:30PM MEET & GREET
7PM DINNER

LS AIRWAYS FLIGHT ACADEMY
at the side of the Gimli Airport runway
Gimli, Manitoba

ENTERTAINING + INFORMATIVE + THOUGHT PROVOKING

With **CAPT. BOB PEARSON, PILOT** & OTHER SPECIAL GUESTS

JOIN US AS WE REVISIT THE SITE OF THIS HARROWING EVENT THAT TOOK PLACE 40 YEARS AGO, HERE IN GIMLI

TICKETS \$150
Tickets are very limited

204-642-5577 | @gimliglider.org
gimligliderinfo@gmail.com
The Gimli Glider Exhibit

Flight Training

START YOUR CAREER AS A PILOT!

Becoming a pilot can be a rewarding career

LAKESIDE FLIGHT SCHOOL IS THE MOST AFFORDABLE IN CANADA.
RECREATIONAL, PRIVATE AND COMMERCIAL LICENSE.
AUTHORIZED TRAINING FOR COMMERCIAL PILOT LICENCE, FLIGHT INSTRUCTOR RATING, NIGHT RATING, PRIVATE PILOT LICENCE, RECREATIONAL PILOT PERMIT AND VFR OVER-THE-TOP RATING

Want to learn to fly?

RECREATIONAL PILOT PROGRAM is the best way to get started. Must be 16 years of age. Privileges: fly for fun in a certified airplane, a home-built aircraft or an ultralight; fly by day only in Canada with one passenger. Can easily add float rating to permit.

LS AIRWAYS FLIGHT ACADEMY

LS Airways Flight Academy | 311 Anson St, Gimli, MB | 204-651-1402

Certified lifeguard jobs for the taking at Arborg pool

By Patricia Barrett

With the COVID pandemic having played havoc with the operating of pools and the training of lifeguards, the Arborg Aquatic Centre is opening a little later than normal this year.

Arborg-Bifrost Parks and Recreation Commission recreation director Tom Chwaliboga said the pool and the spray pad will be opening on July 1 as the commission needs to hire more lifeguards in order to safely operate.

“Normally, in the past we’d open around the first week June but we don’t have enough lifeguards,” he said. “Our current lifeguard staff are high school students — who are still in school until the end of June — and we don’t have any returning university students who are trained as lifeguards. If we had university students, we could have opened this month.”

To operate the pool throughout the summer at “proper staffing levels,” Chwaliboga said they need about 10 lifeguards and they currently have around five.

There are a number of courses students need to take to become a certified lifeguard, all of which are offered at the Arborg pool, he said. Youth



The spray pad at the Arborg pool.

about 13 years old can start to work towards becoming a lifeguard by first taking a bronze medallion course then going on to a bronze cross course. When they turn 15, they can take the lifeguard course but can’t actually work as a lifeguard until they turn 16.

“The bronze medallion and the bronze cross courses range between 18 and 26 hours, and the lifeguard course is 45 hours, which includes classroom and pool time,” said Chwaliboga. “This is not something you can train for on a weekend. It takes the kids a while to become certified lifeguards.”

With COVID having negatively af-



EXPRESS PHOTOS SUBMITTED

The Arborg pool with slides and the spray pad will be opening July 1.

ected the operation of the pool — and lifeguard courses — Chwaliboga said they couldn’t replace the outgoing lifeguards with new lifeguards as quickly as they could in the past. And

it’s an issue that other pool facilities may also be facing.

“I think there a lot of facilities that are probably in the same boat, and

Continued on page 28

When your heart needs to roam



GRAND BEACH PROVINCIAL PARK
50.56035° N, 96.62470° W

PHOTO: @LEISUREVANS

MINNEDOSA HERITAGE VILLAGE
50.25391° N, 99.83016° W



Step outside the expected, take a new path and discover the people, places and perspectives that make a trip worth taking. Because at the end of the road, your next big adventure is waiting.

Visit a museum to learn about culture and history or to hike across the serene landscapes of Manitoba’s wilderness—whatever you choose, there’s a road trip to get you there.



Find heart-stirring itineraries at travelmanitoba.com/road-trips.

MANITOBA CANADA’S HEART IS CALLING

Walk for Miles raises funds for TCI's mental health supports

By Annaliese Meier

The Walk for Miles was a powerful demonstration of community support and support for mental health awareness.

On Saturday, May 27, Teulon Collegiate staff and students and members of the Fisher River Cree Nation came together to raise funds in remembrance of their student Miles, who succumbed to a mental health struggle in February 2023. The walk was also to bring awareness to mental health issues among the youth in schools and the community.

The event accepted pledges, sold hot dogs and had a water balloon throw, raising an impressive \$3,500.

Greta Regnier, former student and friend of Miles, raised \$1,500. She and Miles both struggled with mental health issues and she felt deeply connected to him.

"I know I cannot help Miles anymore, but if I could help my friends in honour of Miles, I knew I would do the most I possibly could," said Regnier.

But it wasn't just about raising funds — it was about coming together to honour Miles and show support for those struggling with mental health issues.



EXPRESS PHOTO SUBMITTED

On May 27, Teulon Collegiate staff and students and members of the Fisher River Cree Nation came together to raise funds in remembrance of student Miles, who succumbed to a mental health struggle in February 2023.

Teulon Collegiate students, staff and friends joined together for the walk, with Miles's family and members of the Fisher River First Nations community. The Fisher River First Nation donated water for the walk.

"We don't get many opportunities for connections with First Nations

and this was a really positive experience, seeing people coming together for a common cause," said TCI staff member Kathy Simcoe.

It was a powerful reminder that events like these can bring different communities together in meaningful ways.

TCI staff Chelsea Meier said the funds raised this year will be used for a wellness committee including staff, administration, students and community representatives. The committee will decide the activities to put

Continued on page 28

Discover the new 2023 Sea-Doo® Lineup

Pre-order yours today



LIVE THE **SEA-DOO** LIFE

OPEN HOUSE Saturday June 17/23 • 9 am to 1 pm

GIMLI
SNOWMOBILE CENTRE

#109097 Hwy 9, Gimli
email: skidoo@mymts.net www.gimlisnowmobilecentre.ca
SALES • SERVICE • PARTS 204-642-7017

Your FARM



June is Turkey Month

Local turkey farmer shares the history of family farm

By Emma McGill

Having inherited a turkey farm that's been running for about 70 years, Eric Dueck of Frontier Turkey Farm appreciates Turkey Month for the sake of advertising turkey.

His is a breeder farm; they produce eggs that are sent to Charison's Turkey Farm to hatch. Dueck's farm started in the 1950s and was one of the first turkey producers in the Bifrost-Riverton area. His grandparents, Leonard and Linda Dueck, bought undeveloped land with a cousin, Delmer, and his wife Linda's sister Betty. Between the two of them, they worked to clear the land and moved there from Morris, where the Mennonites had settled after coming over from Ukraine in 1874. Leonard's grandpa moved from the Ukraine to Canada when he was nine years old.

Leonard and Linda settled in the Interlake because the land was cheap and, according to Dueck, the government wanted Mennonites to work the

land because of their farming skills.

"They were one of the first six families to start this community north of Riverton," says Dueck. "They built tiny little houses and started working the land. They got into turkeys because my grandpa's father-in-law had extras one year. I've always been proud of being a third generation turkey farmer here in the Interlake."

When they get new turkeys, they come at about a day old and are put into a heated, insulated barn. They have to be watched almost 24 hours a day for the first few days to make sure the birds are getting feed and water and not piling up on each other.

As the turkeys grow, they're moved from barn to barn. They start in the heated barn, then are moved to an open-sided barn at about four weeks old. They start laying eggs at about 30 weeks old, and the work becomes more intense: egg collecting begins. Shifts are taken from 4 a.m. to 6 p.m.

"As long as your feeding systems and your waters are working properly, it's smooth," says Dueck.

An insemination crew comes in once a week to inseminate every turkey, which can be up to 9,500 birds. The most eggs Dueck's farm has ever got-

ten in one day has been close to 7,000. They started with almost 12,000 birds this year.

Their farm got automated nests in 2001 to help with collecting the eggs; the birds go in them all on their own and eggs are pulled onto a belt that moves into the egg room once an hour. The eggs are cleaned and disinfected then stacked in racks to be ready for pick-up.

Biosecurity is a huge concern for turkey farms all over as the avian flu is on the rise. Despite precautions, Dueck's entire flock was lost just last year. For almost 30 years they have been a shower-in facility to help protect the flock.

Avian influenza, known as "bird flu," is a viral infection that spreads easily and quickly among birds.

Turkey producers all across the Interlake bring our communities together in ways that we may not see every



Continued on page 20



EXPRESS PHOTOS SUBMITTED

Eric Dueck is a third-generation turkey farmer and operates Frontier Turkey Farm in the Bifrost-Riverton area.

JUNE IS TURKEY MONTH

Get Grilling Manitoba-Raised Turkey this Summer!



Turkey Mac Burgers

- | | | |
|------------------|--------------------------|---|
| 8 | Frozen Turkey Patties | Combine all sauce ingredients. Allow flavours to combine for 30 mins. Preheat BBQ to 350°F (175°C). Oil patties and grill 5 mins, flip, then continue for another 5 mins or until a thermometer reads 165°F (75°C). Assemble with toppings as 8 single burgers or 4 double burgers. |
| 8-12 | burger buns | |
| 16 | pickle slices | |
| 1/2 cup (120 ml) | white onion, diced small | |
| 3/4 (175 ml) cup | lettuce, shredded | |
| 4-8 | cheddar cheese slices | |
| | Turkey Mac Burger Sauce: | |
| | | |

- | | |
|------------------|--------------------|
| 1/2 cup 120 ml | mayonnaise |
| 2 tbsp 30 ml | sweet relish |
| 1 tbsp 15 ml | mustard |
| 1/2 tsp 2.5 ml | white wine vinegar |
| 1/2 tsp 2.5 ml | paprika |
| pinch | garlic powder |
| pinch | onion powder |



More BBQ Turkey Recipes at:
turkey.mb.ca

Your FARM



Check out Cluck and Quack Fun Poultry show at Carman Fair

By Ty Dilello

The 2023 Cluck and Quack Fun Poultry Show will be held during the Carman Country Fair on July 15 from 10 a.m. to 2 p.m. at the Agriculture Education Arena (Carman B Arena).

This fun show is being put on by the Cluck and Quack Poultry Club in Manitoba, which is a club that aims to connect people with the same interests of raising poultry, waterfowl, pigeons and other exotic and domestic animals and birds to exchange information, provide contacts and promote accepted standards.

Because this is a fun event, it is open to all ages, all types of poultry (mixed or heritage breeds), and all poultry lovers, whether you have shown before or not. Some classes include Funky Bird Class, which is the weirder, the better; a costume class, where you dress up your favourite bird; and an obstacle course.

The other classes are Best Bantam, Best Standard, Little Britches, Best Duckie, Fancy Feather Class, 4-H Class, and Rainbow Egg Class. Prizes will be awarded for first, second and third place in each

event.

The Carman Fair is a free admission event, so viewing the show will be free. In the same building, a petting zoo will be put on by RuddNeck Ranch, various agriculture activities, holding a chick, photo opportunities and more.

"This is the first Fun Show that Cluck and Quack will be hosting, and we hope to see many more entries," said organizer Jacqueline Rudd. "We have secured a judge that has been showing poultry for many years and has extensive knowledge of all the breeds.

If you want to enter your poultry (chickens or ducks) in the show, please contact Jacqueline Rudd at agricultreed@dufferinagsociety.com or 204-312-0542 for the registration form and instructions. The entry fee is \$2 per bird or class. Registration papers can also be found here at the link here: https://carmancountryfair.ca/agriculture/#ag_register.

"Join us at the 2023 Fun Poultry show at the Carman Country Fair," said Rudd. "Registration is open to anyone, even if you have never shown your



EXPRESS PHOTO BY JACQUELINE RUDD

The 2023 Cluck and Quack Fun Poultry Show will be held during the Carman Country Fair on July 15]

birds or you have mixed breeds. It's all for fun, and we hope that everyone has a very good time."

> TURKEY MONTH, FROM PG. 19

day. Whether it's through employment, the local economy or bringing turkey to your table, turkey farmers of Manitoba are there for everyone.

Turkey is a nutritional powerhouse and is called the "power protein." Not only is turkey an excellent source of high quality protein, but also it's lean and nutrient-rich (meaning it

has a whole lot of nutrients per calorie).

Like any poultry, it is important to cook turkey to the right temperate. Whole turkey and roasts are cooked when a meat thermometer reads 170°F (77°C) for unstuffed turkey or 180°F (82°C) for turkey stuffed with a dressing. Turkey cuts such as breasts,

thighs, drumsticks and wings are cooked when it registers 165°F (74°C). Always insert your thermometer into the thickest part of the meat, away from any bones.

To ensure proper handling, those preparing a turkey can follow the set guidelines listed on the Manitoba Turkey Producers website turkey.mb.ca, such as properly handling, cooking and defrosting a turkey.



The Duecks inseminate 9,500 turkeys a week.

The Manitoba Turkey Producers website also has turkey recipes for ideas on what to make the next time you cook a turkey, whether using the whole bird or the leftovers after a big dinner with friends and family.

This month, support turkey farmers like the Dueck's by enjoying some turkey.

Some great options are a whole turkey, turkey roast, turkey cuts like a breast, thigh or a couple of drumsticks, ground turkey or something quick and easy like frozen turkey burgers, sausages, ham or franks.

Happy Turkey Month!



JOIN US FOR THE JUNE CONSIGNMENT SALE 2023

ITEMS AVAILABLE TO VIEW: JUNE 12TH - 15TH FROM 9AM TO 5PM
 BIDDING STARTS: JUNE 15TH AT 9AM AND LOTS START CLOSING JUNE 22ND AT 10AM

Pickup Days: June 23rd and 24th from 9am to 5pm.
Arrangements can be made otherwise. CLOSED SUNDAYS












SALE WILL CONSIST OF FARM EQUIPMENT, GENERAL MERCHANDISE, OVERSTOCK AND SURPLUS ITEMS. PLUS MUCH MORE! THIS IS AN ONLINE BIDDING AUCTION ONLY! IF YOU REQUIRE HELP OR DO NOT HAVE INTERNET ACCESS CALL THE OFFICE (204) 434-6519 CALL TODAY IF YOU WOULD LIKE YOUR ITEMS CONSIGNED!

Call Today if you would like your items Consigned! Office (204) 434-6519 • Brad Kehler (204) 346-2440 • Ed Pytyppjuk (204) 392-8442 • Darryl Enns (204) 216-0931 ITEMS ARE SOLD AS YOU SEE THEM. WITH NO WARRANTY.



All from a good place

**DAIRY
FARMERS**
EST.  1974
OF MANITOBA

Lundar Fair Friday, June 16, 2023

- 7-10 am FULL Breakfast Special at Concession
- 9:30 am 4-H Activities (Agri-Ed Centre)
4-H Clubs - Trailblazers, Dolly Bay, lundar 4-H Beef,
4-H Beef Achievement Day
- 1-3 pm Weigh-In & Entry for Tractor Pull (Fair Grounds)
- 2:00 Beer Gardens open (near tractor pull) Closes 1:00 am
- 4:30 pm 4-H Steer Sale
Live & Online with dvauction.com
- 5:00 Home living Exhibits open for viewing (Curling Rink)
Commercial Vendors (Curling Rink)
(Closes 9:30 pm)
- 5:00 Antique Tractor Pull Starts
- 10:45 FIREWORKS!!! (set off by air strip)
Sponsored by Sigfusson Northern



FRIDAY
4pm-12am
MIDWAY
WRISTBAND
SPECIAL
\$25.00



Enjoy the
69th Annual
LundarAg Fair

The Lundar Agricultural Society
wishes to **THANK** all our
dedicated volunteers for their
hard work in making the
69th Annual Lundar Fair
come together once again!

We want to welcome everyone to a
fun filled 2 days that promise to give
a variety of activities and
educational events for all ages.

Lundar Agricultural Society
Box 687, Lundar, MB R0C 1Y0



SIG STEEL
METAL ROOFING AND SIDING
www.sigsteel.ca 204-762-5030

Lundar Fair Saturday, June 17, 2023

Cub Cadet

0.9% FINANCING OVER 12 MONTHS*

*Subject to credit approval. Restrictions apply. Visit cubcadet.ca/en/financing.html for details.



MSRP
\$5,199**

XT2™ SLX50†

- 24 HP† Kohler® 7000 Series HD Engine Twin Cylinder
- Tuff Torq® Foot-Controlled Hydro
- 15" Cub Comfort™ Deluxe High-back Seat with Armrests / 10" Slide Adjust
- 50" Fabricated Deck with Nose Roller / Fast Attach™ Triple Blade System



MSRP
\$6,499**

XT1™ LT42E†

- 56V MAX* 3,000Wh-60Ah Lithium-Ion Battery
- Brushless Motors
- Foot-Controlled Electric Drive
- 42" Stamped Deck

*Maximum initial battery voltage (measure without a workload) is 56 volts. Nominal voltage is 50.4 volts.



MSRP
\$6,499**

ZT2 50†

- 23 HP† Kawasaki® FR691V Engine V-twin OHV
- Dual Tuff Torq™ TZ 350
- 20" high-back adjustable seat with armrests, ball-bearing seat slide and suspension system
- 50" Fabricated Deck



MSRP
\$6,899**

ZTS1 50†

- 23 HP† Kohler® KT7000 Engine V-Twin OHV
- Dual Hydro-Gear® EZT 2200
- Steering wheel with Synchro-Steer™ technology
- 20" high-back adjustable seat with ball-bearing seat slide and suspension system
- 50" Fabricated Deck

Cub Cadet



OFFICIAL LAWN PARTNER

FOR FULL PRODUCT SPECS AND TO DISCOVER OUR FULL LINE OF ATTACHMENTS AND ACCESSORIES, VISIT CUBCADET.CA

YOUR INDEPENDENT CUB CADET DEALER—EXPERT SERVICE. LOCALLY OWNED.
The advice, service, selection and support you need to find the right fit for you.

RANDY'S
TIRE & REPAIR 204-762-5815
LUNDAR, MB

- 7-9 am **FREE Pancake Breakfast**
(Upstairs Arena)
- 9:00 **Horse Show - Halter & Showmanship, English (Horse Ring)**
- 9:00 **Home Living Exhibits Open (Curling Rink)**
Commercial Vendors Open (Curling Rink)
- 9:00 **Regular Beef Show (Agri-Ed Centre)**
- 9:15 **Baby Show (Arena)**
- 10:00 **Pen of Three Heifers - Public Judging (10am - 4pm)**
- 11:30 **Parade - Starting by school grounds**
- 12:30 **Horse Hitch Demo following parade to Tiny Treasures Mobile Farm**
- 5:00 **Petting Zoo**
- 12:00 to 2:00 **Free Face Painting by laurel (by Arena)**
- 12pm to 12am **Select Shows Midway**

SATURDAY 12pm-12am MIDWAY WRISTBAND SPECIAL \$30.00

SELECT SHOWS MIDWAY FRIDAY & SATURDAY
Follow us on Facebook
Lundar Agricultural Society
Check out our website
www.lundaragsociety.com

Enjoy The Lundar Ag Fair June 16th & 17th

Derek Johnson
MLA for Interlake-Gimli
[interlakegimli@gmail.com](mailto:interlakegimli@ gmail.com)
Gimli 204-641-8525 | Arborg 204-376-3401

* Financing on residential equipment, on approved credit only. Deposit = 15%. 0.9% - 12 months with a financed value of \$1,500 or more. 1.9% - 24 months with a financed value of \$2,500 or more. 2.9% - 36 months with a financed value of \$3,500 or more. 4.9% - 48 months with a financed value of \$3,500 or more. 5.9% - 60 months with a financed value of \$3,500 or more. Offer valid until October 31, 2023. Administration fees apply. \$100 for 12 months financing. \$150 for 24 and 36 months financing and \$200 for 48 and 60 months financing. Taxes, freight and PDI extra. See full details at cubcadet.ca/en/financing.html.
† Models subject to limited availability. Images may not reflect dealer inventory and/or unit specifications.
‡ As rated by engine manufacturer.
** Actual retail prices are set by dealer and may vary. Taxes are additional and vary by location. Freight and PDI charges may be additional and vary by dealer.
Kohler is a registered trademark of Kohler Co. Tuff Torq is a registered trademark of Kanzaki Kogyokai Mfg. Co. Ltd. Kawasaki is a trademark of Kawasaki Heavy Industries, Ltd. Hydro-Gear is a registered trademark of Hydro-Gear Ltd.
© 2023 Cub Cadet 3622214_E_V_5

Lundar Fair Saturday, June 17, 2023

- 1:00 pm O'Canada - Pipes and Drums of Manitoba
Opening Ceremonies (by Arena)
Entertainment - 1-4 pm (by Arena)
- 1:00 Beef Dinner Opens (Arena- main level) Lundar Museum
- 1:00 Beer Gardens open (near tractor pull) closes lam
- 1:15 Horse Show continues - Western, Trail Stakes,
Lead Line, and Speed Event Classes (Horse Ring)
- 1:30 Registered Beef Classes resume (Agri-Ed Centre)
Followed by Junior Shows & \$1000 Jackpot Heifer Show
- 1:30/2:30/3:30 Prairie Exotics -
Interactive presentations in Arena
- 2:00 Antique Tractor Pull Starts
- 3:00 Open Beef Pee Wee Showmanship (Agri-Ed Centre)
- 4:00 Home Living Section Closes 4-Spm,
exhibits to be picked up by 6:00pm
- 4:30 Commercial Vendors & Displays closed



STEVENSON'S FOODS
Have Fun at the Lundar Fair!
56 Main St., Lundar
204-762-5714
FINE FOODS
THE SUPERMARKET'S CHOICE

POURING YOUR PAD!? Find pipe here from 39¢ a foot.



Suppliers of pre-designed and fabricated boiler boards and radiant floor systems for home and shop!

Plus use our pipe caddy, and save a man's labour - Contractor's love it! Unroll your pipe with ease.

CALL (204) 762-5661 lundarsupply@gmail.com



#6 Quality Repair

Call Randy Lavallee at
204-762-5716



It's where the pros go on Hwy 6!

Special Thanks to the Volunteers at the Fair!

We've got you covered
in DEERHORN, Mb!

Lundar MANITOBA
The Rural Municipality of Coldwell

Reeve, Council and staff welcomes you to come out and experience the Lundar Fair and extends best wishes to fair goers.

Good luck to all of the contestants, participants, and exhibitors.

And special thanks to all of the organizers, volunteers, and sponsors who make the event such a success each year!

Have fun at the Fair!

SABADOS INDUSTRIES

SABADOS INDUSTRIES
204-762-5461

- Machine Shop • Hydraulic Repair
- A Great Selection of Agricultural and Industrial Parts
- Livestock Feed and Mineral • Pet Food
- Convenience • Gas-Diesel • Open 7 days a week

Fisher Branch Ukrainian dancers share their love of dance

By Annaliese Meier

The Fisher Branch Chaika Dance Club enjoyed a great season running the full session from September to May.

According to Kristen Stocki, the dancers were thrilled to be back in full swing after a long break due to the pandemic.

The dance school has had an amazing season, thanks to the dedication and support of everyone involved.

The instructors, Deneika Leduchowski and Cody Vandersteen, worked tirelessly to teach the students traditional Ukrainian dance moves that are both fun and challenging. The dance families have been a constant source of encouragement throughout the season, attending all events and cheering at every turn. We couldn't have done it without them!

And let's not forget about community support. The people of Fisher Branch came out in force for many fundraisers, including dining at Malanka, celebrating the Spring Tea and waving at the Santa Claus parade. Their generosity helped raise funds for costumes, travel expenses including the Brandon Troyanda Competition and other necessary items.

We're proud to be part of such a vibrant community that values tradition and keeps Ukrainian culture alive through dance. And we can't wait for next season to begin so we can continue sharing this colourful art form with everyone around us.

> GLIDER, FROM PG. 16

tors to Gimli area.

"After three years with COVID guidelines and without the opportunity to hold a fundraiser, we are focused on providing an excellent evening of entertainment," Gluck said.

More information on the purchase of tickets for the evening and the opportunity to meet with Capt. Pearson and others on the aircraft can be made through contact with the Gimli Glider exhibit website at www.gimliglider.org or by email at gimligliderinfo@gmail.com

To purchase tickets online: <https://form.jotform.com/230627231501039>



EXPRESS PHOTO BY SARA URUSKI PHOTOGRAPHY

The Fisher Branch Chaika Dance Club show off their traditional outfits.

EXCITEMENT IS BUILDING
Stay Tuned...
July 22, 2023

SHORESIDE gm

ERIKSDALE CREAMERY DAYS
Fair and Rodeo
July 1 & 2, 2023
Register your float today

Get your parade floats ready and come join in on the fun on July 1st at the Eriksdale Creamery Days. Parade line up starts at 10 am after the free pancake breakfast. Color theme is red and white. Be sure to register your float/group by calling Doreen 204-739-5322 or Sandra 204-739-2067

TAYLOR McCAFFREY
LAWYERS

We're dreaming of the lake

Taylor McCaffrey has been serving Gimli, Riverton and the Interlake area for over 35 years. We are dedicated to being trusted advisors on a wide variety of legal matters.

To make an appointment, please contact:
David C. King | Partner
204.988.0420 | dcking@tmlawyers.com
Diana King | Associate
204.988.0442 | dking@tmlawyers.com
tmlawyers.com

Riverdale Place Homes, Inc

Open House
JUNE 16TH 1:00 TO 4:00 PM

Come & Join Us to Celebrate The Grand Opening of our newly purchased Apartment Block at 437 Crosstown Ave.

"Inclusive Community Housing"

Come & Go Tea
next door at our Office at 332 Ingolf St.
Ribbon Cutting and Program at 2:00 p.m.

DOOR PRIZES, CAREER & VOLUNTEER OPPORTUNITIES

Icelandic Festival of Manitoba chooses Tammy Axelsson as Fjallkona

By Patricia Barrett

With much anticipation leading up to what will be its 134th year of celebrating Icelandic culture, the Icelandic Festival of Manitoba board chose a new Fjallkona.

The board held a brunch June 4 at Johnson Hall in Gimli's Waterfront Centre with 85 people in attendance and announced that Gimli resident Tammy Axelsson had been selected.

Thora Palson, who is in her second year as manager of the Icelandic festival, said the announcement of the Fjallkona is an eagerly awaited and special occasion in the community.

"It's a highly anticipated event each year in which a woman from the Icelandic community is chosen based on her significant contributions to the Canadian Icelandic community and to Icelandic culture and heritage," said Palson.

Axelsson said she feels very honoured to have been nominated and chosen for the prestigious role.

"It is very exciting. It's a huge honour and I feel very privileged and very fortunate to be counted among such an esteemed group of women," said Axelsson last week. "It's empowering and incredible to have these women represent the Canadian Icelandic culture. The tradition goes back to 1924."

If you count the years since then, Axelsson is the 100th Fjallkona cho-



Tammy Axelsson was named the Icelandic Festival of Manitoba's 2023 Fjallkona last Sunday during a lunch at Johnson Hall in Gimli.

sen to serve.

The Fjallkona is the personification and symbol of Iceland, according to a history written by Elva Simundsson. Each year since 1924, the festival has chosen a woman based on merit and as a "fitting symbol of what is best in the culture of people of Icelandic an-



EXPRESS PHOTOS BY LEIF NORMAN

Tammy Axelsson (back row, 4th from left) was named Fjallkona last Sunday for the 2023 Icelandic Festival of Manitoba. The Fjallkona is the personification of Iceland. Previous Fjallkonur helped Axelsson celebrate the honour. Back row from left: Lenore Good (2000), Constance Carol Magnusson (2002), Margaret Thorlakson Kernested (2019), Tammy Axelson (2023). Sigrun Lindal (centre poster) was the first Fjallkona in 1924. Janice Arnason (2022), Vi Bjarnason Hilton (2011), Karen Borgford Botting (2016) and Roslind Vigfusson (2007).

Front row from left: Constance Magnusson Schimnowski (2012), Lorna Joyce Tergesen (1997), Dilla Sigurlina Narfason (1994), Anna Stevens (2020-21), Alma Sigurdson (2008) and Hedy Gudrun Bjornson (2014).

cestry." The Fjallkona's white dress represents purity and integrity, her lace headdress and veil symbolizing Iceland's snow-capped mountains and her green cape symbolizing the verdant slopes and valleys of Iceland.

Continued on page 28

Losing teeth? Here's how to keep your smile and confidence

BY ELISHA VANDOR

I have heard that first-time denture wearers lose a significant amount of weight during the waiting period between extractions and getting dentures. If you were to ask me, the mashed potatoes and smoothie diet in conjunction with no teeth for months and months is one way to lose weight, but not ideal. The good news is that you don't have to endure the waiting period before wearing a denture because the denture(s) can be made and ready BEFORE your teeth are pulled so you never have to be a day without your smile, self-confidence and teeth to chew. These dentures have a specific name called Immediate dentures because they go in immediately after extractions.

There are a lot of benefits of an immediate denture too!

- The denture acts like a Bandaid right over the extraction site to help stop the bleeding. In addition, the denture prevents food from going into the sockets. As you eat, you're simultaneously

getting used to wearing a denture, which brings me to my next point.

- The more you wear the denture, the easier it is to get used to, so starting right away is the best way. If you were to wait months without a denture, then it can be easier to ditch the denture and make do like you've always done, which makes the transition to dentures much longer and more difficult to get used to.
- Yes, it's a big deal going from your natural teeth to a denture. There's a lot of differences to get used to; however, the look of your smile shouldn't be one of them. Your smile is unique to you, from the shape of your teeth to the size and colour, we know that looking like you is important, which is why we create the denture to your liking. Some patients even bring in pictures of their former smile so we can recreate their look.

Our profession is all about dentures, and in our denture opinion, the most successful way to transition from natural teeth to dentures

is found in the aftercare process. You see, as your gums heal, they shrink, but the denture doesn't automatically shrink with your gums, so it starts to feel loose. A loose denture is probably the top 3 denture frustrations of all time and a big contributing factor to the weight lose situation, so before the frustration of ill-fitting dentures sets in, we will already have your next series of appointments booked to re-fit the denture(s) with a temporary lining so it's as snug as can be. Our Denturists Matthew and Brock have helped hundreds of people, like yourself, with immediate dentures. Everyday we see people for their aftercare appointments and know you will benefit from seeing us before your extractions too. All aftercare appointments are already included into the price of the denture(s) for up to 2 years. All you have to do is call and book your free consultation appointment and we will be here for you every step of the way.



- supplied photo -

Patients come in for their aftercare appointments at Vandor Denture Centre to ensure their transition from natural teeth to dentures is seamless.

VANDOR • DENTURE • CENTRE

AWARD-WINNING DENTURES AND IMPLANTS

(204) 482-6698

299.5 Eaton Ave, Selkirk, MB

Father's Day fun at Oak Hammock Marsh

By Jennifer McFee

If you're looking for a Father's Day outing, Oak Hammock Marsh is offering a fun-filled event for the whole family.

On Sunday, June 18, young and young-at-heart can enjoy the Father's Day Waterbug Derby.

"It's a really fun event for the whole family — kids can join in, moms can join in, dads can join in. Everyone can participate," said Jacques Bourgeois of Oak Hammock Marsh.

"Basically, we give them a dip net and a pail, and they go around the boardwalk trying to scoop up all the different species of creatures in the marsh."

Different points are awarded for different species, and prizes will be awarded to families who catch the highest diversity of bugs.

"Because of the heat and the warm weather, there are lots and lots of critters in the marshes. When it was a bit cooler a few weeks ago, there wasn't as much diversity, but now everything has just come out. It's so alive. It's very fun to watch," Bourgeois said.

"There's dragonfly nymphs, damselfly nymphs, mayfly, tiny little water fleas — all sorts of creatures. Some of them you might think of as a flying creature, such as the dragonfly. Meanwhile, they spend a lot more of their lifecycle under the water. They spend years in the water before becoming an adult. When they're an adult, they have about four weeks left to live, so basically the aquatic lifecycle for many insects is much more important than the aerial one."

In addition to the Father's Day festivities, Oak Hammock Marsh is hosting a full calendar of exciting events.

On Saturday, June 17, the Tiny Tot Walk is specifically geared for caregivers to bring toddlers and wee ones in strollers to explore the marsh with a guide.

Another interesting opportunity is a special session called Cooking With Cattails on Saturday, June 24.

"Most people don't realize that cattails are so delicious and nutritious. It actually has about 10 times the starch of a potato in the roots and the stems. The stems are my favourite part, and you can just eat them raw. It reminds me of a mixture between cucumber, watermelon and celery all mixed in together. It's a nice addition to a salad or a bowl of pasta," Bourgeois said.

"Before the seed head turns brown, you can actually eat it like corn on the cob. Believe it or not, it almost tastes like corn on the cob. Above the brown



The Acher sisters are checking to see what they caught in the marsh.

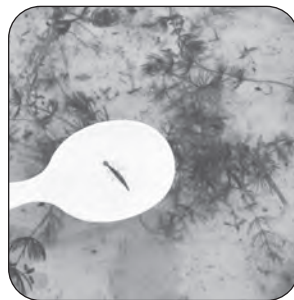


EXPRESS PHOTOS SUBMITTED

Oak Hammock Marsh is hosting a Waterbug Derby for Father's Day this Sunday, June 18.

on."

To learn more about Oak Hammock Marsh, visit www.oakhammockmarsh.ca or call 204-467-3300.



A water tiger is one of the many species caught critter dipping.

seed head, there's a yellow part that's like pollen. You can harvest that and turn it into flour. If you want to bake bannock, bread, cookies, muffins, it will turn your baking bright yellow and it actually adds protein to it as well. It's a really good survival plant."

On Sunday, June 25, the Stroll in the Marsh event will take a slow pace with accessible entries and exits as well as benches for breaks along the way.

With three milestone anniversaries to celebrate this year, visitors can look forward to special events each month.

"This year is the 30th of the Wetland Discovery Centre, it's the marsh's 50th anniversary, and it's Ducks Unlimited Canada's 85th anniversary. So there are going to be celebrations throughout the year. Instead of having one big birthday celebration, we've decided to have something special every 30th day of the month," Bourgeois said.

"For the 30th of June, we're doing a Birding 101 for people who would like to get into birding but don't really know how to. They can learn how to select binoculars, what to look for when you're looking for birds and so



Flyer design, Print & DISTRIBUTION

In our newspapers you will notice flyers from national and local companies. We have a design team that will work with you to create a classy flyer with pizzazz! If you already have your design prepared we can print it. If all you need is to get it in the hands of your customers, be with all of the "BEST SELLERS" in your logical newspaper and SAVE!

Email: bigandcolourful@mts.net or call 204.485.0010

Saskatoon Record

Stonewall Teulon Tribune

THE EXPRESS WEEKLY NEWS

> WALK FOR MILES, FROM PG. 18

together in support of wellness. They will also be partnering with Green Acres Art Centre to extend teen wellness activities outside of school.

Organizers plan to make the Walk for Miles an annual event to help raise funds for the school and to support young people with their mental health struggles.

The dedicated group of organizers from the collegiate included Amy Friesen, James Squissato, Chelsea Meier, Kathy Simcoe, Teresa Melnychuk, Laura Manchulenko, Jennifer Chartrand, Gloria Kim, Ohaira Abacan, Ali Charison, Annika Kowalchuk, Desiree Chartrand, Keira Waldbauer, Mia Werth and Abby Skinner. Together, they made the Walk for Miles possible and plan on making it an annual event.

NO YOUNG PERSON SHOULD HAVE TO STRUGGLE ALONE

A former Teulon Collegiate student speaks openly about her mental health struggles in hopes to help someone else in crisis.

Greta Regnier returned to Teulon, the community she once called home, to honour her friend Miles, who lost his battle to mental health.

TCI staff, friends and family came together for the Walk for Miles to

raise funds and awareness for mental health resources.

Regnier said it's never easy to say goodbye to a loved one, especially when they've left us too soon. Miles was a special friend who touched the lives of many. But behind his smile, Miles struggled with mental health issues, ultimately losing his battle.

Regnier attended Teulon Collegiate and met Miles at the beginning of the school year in 2022. They connected through mutual friends.

Regnier struggles with her mental health and when she met Miles, they connected. Regnier said, "Miles was the new kid in school and did not have many friends yet."

When they met, they became friends quickly.

Miles was more than just a friend to those who knew him. He left an indelible mark on his community, and his loss was felt deeply by all who loved him.

Regnier described Miles as "very outgoing, not afraid of anything, and was always wanting to try new things." Regnier speaks openly about her mental health challenges and the importance of seeking help when needed.

As Regnier explained, asking for help can be incredibly difficult.

"It is really scary to reach out and

be vulnerable, but it is the No. 1 thing that will help get through the hard times struggling with mental health," she says.

"It takes courage to admit that we are struggling with our mental health and to reach out to others for support. But it is also the most important thing we can do when we're going through a tough time."

Following the separation of her parents, Regnier remained in Teulon for a time with her mom. Her struggles continued, and she decided she needed to change her life. She moved to the city where she had more resources accessible and necessary to support her mental health.

Regnier talks about how big life changes such as family separation, a move from home or the loss of a loved one can be triggers for someone already struggling with mental health.

She emphasizes the importance of support and resources in communities.

"Resources such as help-line numbers in bathroom stalls would be a good step as that was a space where she would often go," said Regnier. "Having adults on the other end of help-lines sometimes opens the conversation on a more serious note for youth. Sometimes it's more heard if an issue or concern comes from another adult than a kid."

Regnier's experiences inspired her

to advocate for mental health resources for the Teulon community. Through sharing her story and being open with those around her, she raised \$1,500 at the Walk for Miles. She hopes these funds will fund vital resources for young people struggling with mental wellness in Teulon.

Regnier is very grateful for her family and friends for their support. She says she wouldn't have been able to do it without them. She also wants to say thank you to the family and friends of Miles for being a part of the walk as it meant the world to have people from his life all together working for a common cause in his memory.

Regnier hopes her efforts will make a difference in someone else's life — just as Miles made a difference in hers. With better access to education and resources on mental health awareness within their community, she hopes that no young person ever has to struggle alone again.

Editor's Note: Signs to look for in people who struggle with mental health: fidgeting or shaking and distancing or isolating oneself from others or activities they enjoy.

Remember: even if you're unsure of what you're feeling or how best to express yourself, there is always someone ready and willing to listen. You are never alone in your struggles; seek help if you need it today.

Mental health help line 1-877-435-7170

> FJALLKONA, FROM PG. 26

Other symbols of her dress tie her to the history, heritage, culture and geography of the homeland.

The Fjallkona typically serves for a year, although Anna Stevens graciously served for two years during the COVID pandemic.

In addition to representing the festival, which is held in August, Axelsson said the role of the Fjallkona entails service to the community. She can attend various events over the course of the year, including the Icelandic National League of North America's convention in the spring.

"It has been first and foremost about service to the Canadian Icelandic cul-

ture. One of my first duties will be to attend Iceland's Independence Day at the Manitoba legislature on June 17 and lay a wreath at the statue of Jon Sigurdsson then attend an event at the Winnipeg Art Gallery," said Axelsson. "The Icelandic festival is the biggest role with a pretty intense schedule on that weekend, which is really exciting."

Axelsson said she chose her daughter Fiona Axelsson and her niece Kate Sigmundson to serve as Fjallkona attendants.

A small festival committee consisting of the current president, the past president and the first vice-president

is responsible for reviewing candidates who've been nominated for the Fjallkona role," said festival board president Marilyn Valgardson. The final decision rests with the president.

The brunch is a very exciting event where the name of the new Fjallkona is kept tightly under wraps until the last minute, said Valgardson. She announced Axelsson had been chosen as Fjallkona and highlighted her dedication and service to Icelandic culture.

Axelsson stands out for her contributions to the community, which included serving on the festival's board of directors and involvement in Icelandic sister organizations.

"I've known Tammy for a long time. I've become very familiar with Tammy's work with the Icelandic Festival

of Manitoba. I sat on the board for a number of years and observed her quietly carrying out a very large and very extensive portfolio as co-chair of our hospitality group," said Valgardson, who grew up in Gimli.

"I've also seen a lot of Tammy's work in the community. She's been involved with many organizations and with local politics, as well as serving as the honorary consul [to Iceland] in Gimli. I know her strong commitment to the Gimli community and Icelandic culture here and in all of Manitoba."

Islendingadagurinn will be held on Aug. 4, 5, 6 and 7. For more information, visit the festival's website: www.icelandicfestival.com

> LIFEGUARDS, FROM PG. 17

they were having issues last year, too," said Chwaliboga. "Every year since we've been open, we've always had kids (trained as lifeguards) work for us from when they were about 16 to about 20. But with COVID we didn't have a lot of opportunity to train 13- to 15-year-old kids, the one

who would one day replace the older lifeguards that were aging out and moving on to a career path. We're playing catch-up from COVID now; we're in the process of trying to train our younger ones."

The commission will consider hiring those who've already earned

their lifeguard certification and want to work in Arborg, even those who want to work only a few days a week rather than full time.

"If someone is fully certified as a lifeguard or swim instructor, we'd be interested in hearing from them. They'd probably have a job," he said. "We had lifeguards from other communities that have expressed in-

terest in coming to help us out, and for that we're thankful. But if there's anybody else out there that can help us one or two days a week, that'd be huge."

For more information about a job as a lifeguard or training as a lifeguard, call the recreation commission at 204-376-5576.

Interlake-Eastern Regional Health Authority hosts first-year medical students

Submitted by IERHA

This year, 20 medical students attended Rural Week in eight communities in the Interlake-Eastern area.

During Rural Week, first-year medical students are hosted by communities and given the opportunity to shadow physicians, nurse practitioners and other care providers during their regular workday in local health clinics.

In an effort to provide medical students with exposure to the practice diversity found in rural settings, students shadowed hospital and primary health care staff in Arborg, Teulon, Stonewall, Gimli, Oak Bank, Beausejour, Pine Falls and Pinawa.

On top of clinic time, the week also includes a host of activities organized by community volunteers to give students an understanding of what it's like to live and work in rural communities. Medical students in Arborg did pickleball, a heritage village tour and fishing. In Gimli, students did a cruise of Lake Winnipeg and enjoyed an outdoor barbecue with bonfire.

David Oakley, chair of the Teulon Health Care Foundation and visit co-ordinator in Teulon, said the students

in Teulon enjoyed a barbecue, golfing and a tour of a local colony.

"It is such a pleasure to host students as they are so engaging and open to partaking in many new experiences. Every event seems to be well received and there is a lot of dialogue between the students, our foundation team and community members," Oakley said.

"Without question, their favourite part was climbing aboard a 500 HP John Deere tractor at the colony. Each student was able to sit in the driver's seat, hear the roar of the engine and turn the gigantic wheels effortlessly."

Rural Week, as part of the University of Manitoba medical curriculum, first started in 2004.

It's an initiative co-ordinated by Interlake-Eastern Regional Health Authority in collaboration with the department of family medicine, Max Rady College of Medicine and the Manitoba HealthCare Providers Network.

"Interlake-Eastern thanks each of the visit co-ordinators, doctors, nurses and staff, as well as the welcoming citizens of our region who made Ru-



EXPRESS PHOTO SUBMITTED

First-year medical students measured their height against a tractor at Interlake Colony.

ral Week 2023 such a success," said Pamela Robertson, physician recruiter. "We can't wait to do it again next year."

For more information on career opportunities with Interlake-Eastern Regional Health Authority, please visit www.ierha.ca/careers.

What do you find when you search your company on Line?

If you have no presence on line or are unhappy with your current website

WE BUILD WEBSITES

From a simple landing page with your essential details to interior pages, links, hot spots and e-commerce.

Big and Colourful
PRINTING & PUBLISHING

Email: bigandcolourful@mts.net
or call 204-485-0010

Provincial water control structure continues to flood Armstrong farmers

Concerns ignored for years

By Patricia Barrett

Rural Municipality of Armstrong farmers who've had their agricultural land west of Chatfield repeatedly flooded for years are once again calling on the provincial government and Ducks Unlimited to fix a water control project that was completed a few decades ago in the provincially owned Narcisse Wildlife Management Area (WMA).

Sam and Doris Hofer, cattle producers who live in the Rural Municipality of Coldwell, own and rent land across the border in the RM of Armstrong and are ratepayers in that RM.

Duck's Unlimited's water management project is within the 12,000-hectare Narcisse WMA, which is provincial Crown land. The bulk of the WMA lies west of Highway 17. The famous garter snake dens are on the WMA's eastern border, along Highway 17.

The Hofers said they've repeatedly asked the provincial government, Ducks Unlimited and the RM of Armstrong to address drainage from one of the WMA's wetlands, which is either a Class 4 or 5 wetland. An illegal breach in the wetland floods their hay land and deprives them of feed for their cattle.

Class 4 wetlands are deep marsh and Class 5 wetlands are open water, according to Duck's Unlimited's wetland classification guide. Normally, the provincial government does not issue a water rights licence to drain Class 4 and 5 wetlands.

There are seven connected wetlands in the WMA (referred to as cells) with structures controlling water levels, said Sam Hofer. Cell No. 1 is situated on NW-22-20-2W and is flooding them.

"The water being drained from this swamp flows onto my property," said Hofer. "It's a Ducks Unlimited project. The control structure is supposed to control the water levels, but somebody ripped a hole around it. There's a culvert and an open area in the middle [of the control structure] with a concrete barrier and it was supposed to let only so much water out. People didn't like that so they ripped a hole around the structure."

The sabotage of the control structure happened over 15 or more years ago, said Hofer. He knows who did it and how they did it. The hole is now at least three feet deep. To make matters worse for his land, someone lifted the concrete block in the structure a few years ago, and that drained the wet-



EXPRESS PHOTO BY DORIS HOFER

A water control structure in the Narcisse Wildlife Management Area was sabotaged years ago by someone who ripped a hole in it, and it floods the Hofers' hay land.

land "almost down to nothing."

"The three quarters I own and the quarter I rent are under water. That's my hay supply gone for my cattle. There's probably some benefit to someone else further back; maybe they have pasture or have more arable land, I have no idea," said Hofer. "To me, it's irrelevant who did it. The point is the hole that was ripped around the structure is draining that swamp out illegally, and the government and Ducks Unlimited and the municipality don't want to help us."

From the time the control structure was damaged, Hofer said he and Doris have been "begging and pleading" to have it repaired.

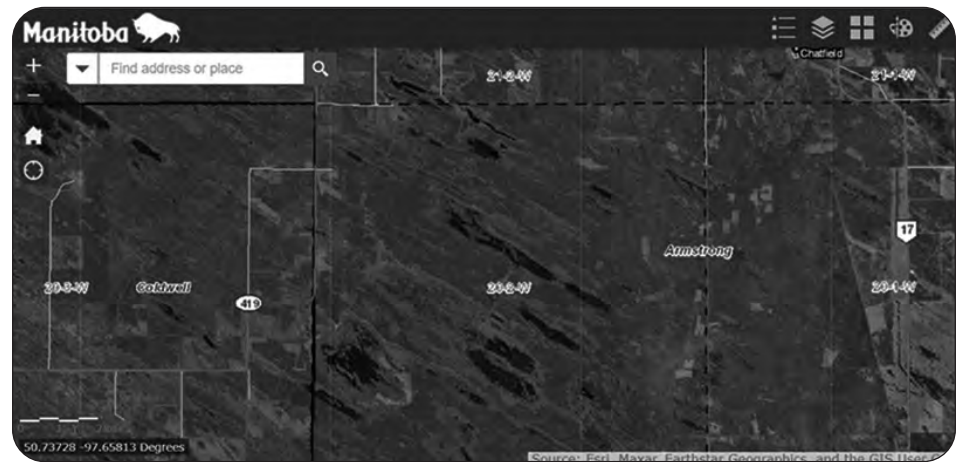
He said a beaver blocked a ditch last year, but somebody destroyed its dam and the water subsequently "came down again on top of my land."

Doris recently discussed the flooding "at length" with Armstrong Reeve Kate Basford, and they were told the municipality "needs more information," he said.

"I said, 'Why do you need more information?' You can clearly see the hole that's been ripped around the control and that it's draining the water on top of my land," said Hofer. "A few years ago, I took Coun. Paul Humeny to see it. He's still on council. He saw the hole ripped around the control structure. He knows what's going on."

Hofer said over the years he's taken various Armstrong councillors and/or Reeves to the sabotaged control structure.

"But nobody [from the municipality] would help me. Because the land



MANITOBA AGRIMAPS

The Narcisse Wildlife Management Area in the RM of Armstrong has seven connected wetlands (centre). Water levels are maintained by control structures. The Hofers' agricultural land, west of Chatfield, is being flooded by a sabotaged control structure that's draining a Class 4 or 5 wetland.

is wildlife land [provincial WMA], and Ducks Unlimited put the project in, they think they should fix it. It's a back-and-forth thing, you know; no one wants to take responsibility," he said. "I said I don't care who fixes it. Just get together — the government, Ducks Unlimited and the RM of Armstrong — and figure this thing out."

The Hofers said they had also spoken with Interlake-Gimli MLA Derek Johnson, who is currently the agriculture minister, about the flooding.

"[Derek Johnson] was in here two to three years ago. We brought a whole bunch of people here: Ducks Unlimited people, RM of Armstrong and RM of Coldwell people and Manitoba Water Stewardship people," said Hofer. "I really thought at that time they were going to do something about this. And nothing happened."

Hofer said he has never received any compensation for the flooding of his land.

Armstrong Reeve Kate Basford, who was elected last October, said she understands the bind the Hofers are in and empathizes with them as she herself is a farmer and had most of her land under water last year.

The RM can't fix the water control structure because it's a Ducks Unlimited project built on Crown land in the Narcisse Wildlife Management Area, she said. Because it's on provincial land and the province approved the project, "it's ultimately the province's responsibility" even though it's located in the RM.

"The Hofers' situation hasn't fallen on deaf ears. Our new council has been over the last eight months dealing with issues like this. It never ceases to amaze us; we cannot believe [illegal drainage] is going on," said Basford. "The action that needs to be taken here is not on a municipal level — it's provincial. Our council, however, is lobbying for the Hofers to get

the province and Ducks Unlimited to take responsibility. I see we're also going to need to work with adjacent municipalities on water issues."

She said she reached out all parties concerned regarding the inundation of the Hofers' land.

"I sent out a letter to the province, Ducks Unlimited and adjacent municipalities, asking them to sit down and figure out what's going on and what can be done about illegal drains. This is a really big problem. It's not just the Hofers being affected," said Basford. "The province has to start doing its job managing Crown lands."

The Narcisse WMA and other WMAs were established by the province for hunters and wildlife enthusiasts, she added, and if most of an WMA is under water, how is that meeting its objectives?

The province is putting together information for the municipality about the Narcisse water control project, including what's draining, what's not draining and who needs to correct things, she said. And she has an "incredibly vague and poorly referenced" report titled "Narcisse Project" dated Jan. 14, 2019, that talks about decommissioning the control structures. She's unsure whether the province or Ducks Unlimited prepared the report, which includes schematics of the seven wetlands and a pumphouse.

"The Narcisse Project report says the objective is to remove all metal infrastructure and naturalize the Narcisse complex. So put it all back to what it was," said Basford. "We have to look at this document and figure out whether that could cause more problems for the Hofers or whether it's the answer to the Hofers' problems. Could it maybe harm other landowners?"

> ARMSTRONG FARMERS, FROM PG. 30

When contacted for comment about the Hofers' land being flooded, the provincial government said there are water control structures in the area that are "currently" being decommissioned and it's working with an "owner" to ensure compliance in relation to unauthorized "works."

"The province is aware there are some water control structures in this area that are part of a project that is currently being decommissioned. The decommissioning plan will establish water levels below the natural, pre-existing conditions so that nearby landowners will not be negatively impacted," said a spokesperson. "However, some unauthorized works near one of the control structures have been identified and the province is working with the owner to ensure compliance."

The Express sent an email to Ducks Unlimited requesting comment on the flooding of Hofers' land. The or-



A concrete block inside the control structure was lifted by someone a few years ago, draining the wetland "almost down to nothing."

ganization said it's aware of the issue but any proposed work in the Narcisse WMA needs to be approved and coordinated by the government.



The damaged water control structure is located at NW 22-20-2W.

"In May, Ducks Unlimited Canada (DUC) was made aware of concerns in the Narcisse Wildlife Management Area and visited the site with staff from the provincial government. The Manitoba Department of Drainage & Water Control Works is actively evaluating options, as any proposed work would need to be approved and coordinated through government depart-

ments including Natural Resources and Northern Development (Wildlife Management Areas) and Environment and Climate (Drainage & Water Control)," said a spokesperson. "DUC has offered to help implement a government-approved plan when available."

RCMP get Snowcoach through Criminal Property Forfeiture Fund

Government facilitates purchase for Fisher Branch/Peguis RCMP

Submitted by Manitoba government

MLA Derek Johnson is pleased to announce that funds will be distributed to the Fisher Branch/Peguis RCMP Detachment.

The government is pleased to continue to distribute this program, which allocates funds towards activities related to crime prevention, law enforcement agencies and community initiatives across our province. These funds will be used to purchase a Snowcoach, enhancing emergency transport capabilities in the region.

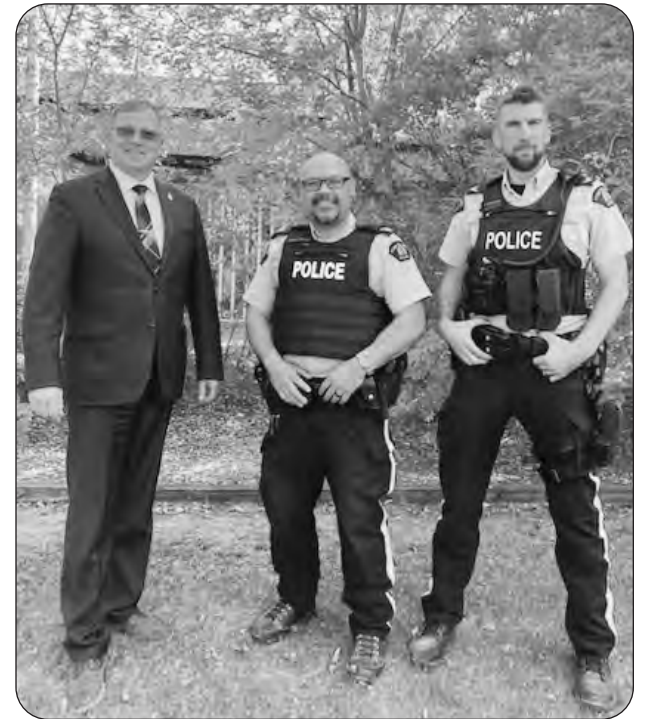
"The Criminal Property Forfeiture Fund continues to make much-needed investments in local community safety," said MLA Johnson. "The funds going to the Fisher Branch/Peguis RCMP Detachment for the acquisition of a Snowcoach exemplifies our government's commitment to bolster rural law enforcement and enhance safety in our local communities."

Sgt. Gabriel Simard, detachment commander for Fisher Branch, said, "The Snowcoach will be a valuable tool that will aid the Fisher Branch RCMP Detachment members while conducting rescue efforts during all seasons."

Cash and proceeds from the sale of forfeited property are deposited into the Criminal Property Forfeiture Fund. In turn, these funds are used to provide funding to victim services and compensate



The provincial government provided funds for the Fisher Branch detachment to purchase a Snowcoach to enhance emergency transport capabilities.



EXPRESS PHOTO SUBMITTED
MLA Interlake-Gimli Derek Johnson, Gabriel Simard and Cpl. Andrew l'Anson.

To see more photos of your favourite Interlake Athletes

GO TO Stonewall Teulon Tribune | flickr

Copyright Stonewall Teulon Tribune. To be used for personal use only.



victims of the unlawful activity that led to the forfeiture of the property. The funds also promote safer communities by investing in specialized equipment and training for law enforcement agencies and for community initiatives.

For more information in regards to the Criminal Property Forfeiture Fund, please visit: <https://www.gov.mb.ca/justice/commsafe/cpf/index.html>

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Locals win medals at MHSAA track and field provincials

Staff

There were several outstanding performances by local athletes at the Manitoba High Schools Athletic Association track and field provincials which were held in Brandon from last Thursday through Saturday.

The Gimli Lakers' TJ Sanderson finished first in the junior boys' high jump after clearing the bar at 1.75 metres.

Lundar School's Mya Beaman

placed second in the junior varsity girls' high jump, clearing the bar at 1.55 metres.

The Lakers' Ivy Alexander won a silver medal in the varsity girls' discus with a toss of 29.30 metres.

Alexander was also third in the varsity girls' shot put after an impressive throw of 9.98 metres.

Gimli's Jencie Henry won a bronze in the junior varsity girls' discus after a throw of 25.88m.



Gimli's Ivy Alexander won a silver medal in the varsity girls' discus and a bronze in shot put.



EXPRESS PHOTOS SUBMITTED

The Lakers' Jencie Henry, left, won a bronze in the junior varsity girls' discus at the MHSAA track and field provincials this past weekend.

Stonewall Blue Jays edged by A's in WSBL action

Staff

The Stonewall Blue Jays were edged 8-7 by the West Winnipeg A's in Winnipeg Senior Baseball League action last Thursday at Quarry Park.

Stonewall, now 1-5, played the St. Boniface Brewers this past Monday and the Springfield Sr. Braves the next day but no scores were available.

The Blue Jays will battle the Carillon Sultans next Tuesday (7 p.m.) at AD Penner Park.

In Manitoba Junior Baseball League

action, the Interlake Blue Jays split a doubleheader with the Pembina Valley Orioles last Sunday in Stonewall.

Interlake was beaten 5-3 and then won 4-0.

The Blue Jays were defeated 15-7 by the Elmwood Giants last Wednesday and 14-10 by the Winnipeg South Wolves on Friday.

Interlake will host the St. Boniface Legionaires on Wednesday and the Winnipeg South Wolves Friday. First pitch for both games is 7:30 p.m.



EXPRESS PHOTO BY JO-ANNE PROCTER

The Stonewall Blue Jays' Derek Millar slides back safely to first base during Winnipeg Senior Baseball League action last Thursday at Quarry Park.

Thunder win



EXPRESS PHOTOS BY JO-ANNE PROCTER

The Interlake Thunder's Gracie Fingas carries the ball while Gillian Gesell makes a tackle during varsity girls' football action last Thursday in Stonewall. Interlake defeated the Falcons Football Club 42-12.

Impact loses to United Weston FC

Staff

The Interlake Impact was defeated 4-1 by United Weston FC in MMSL 4th Division action last Thursday at the Buhler Recreation Park.

Interlake's goal was scored by Dalen Penner while Colton Lemieux played like Mario Lemieux, scoring three goals. United Weston FC's other goal was tallied by Lyndi Olivier-Job.

The Impact, now 0-3, battled Argentino F.C. this past Monday but no score was available.

Interlake will play Richmond United on June 22 at 7:30 p.m. at the Buhler Recreation Park.

get inspired

> MEAL IDEAS



Pecan Snack Mix with Cranberries and Chocolate

- 1/2 teaspoon kosher salt
- 1/4 teaspoon ground nutmeg
- 1/2 cup dried cranberries
- 1/2 cup dark chocolate chips

In large, microwave-safe bowl, add pecans, rice squares cereal and pretzels. In small, microwave-safe bowl, add butter, brown sugar, maple syrup, salt and nutmeg. Microwave butter mixture 1-2 minutes until melted then pour over dry mix. Toss well to combine.

Microwave snack mix in 45-second intervals, about 4-5 intervals total, until mix is fragrant, golden and toasty.

Cool mix completely then stir in cranberries and dark chocolate chips.

Recipe courtesy of Jess Larson and the American Pecan Promotion Board

Prep time: 10 minutes

Cook time: 5 minutes, plus 10 minutes cooling time

- 1 cup pecan halves
- 1 cup rice squares cereal (wheat or cinnamon)
- 1/2 cup pretzels
- 2 tablespoons unsalted butter
- 1 tablespoon brown sugar
- 1 1/2 tablespoons pure maple syrup



Salty Pecan Snack Mix

- 2 cups chopped pecans
 - 1 cup oyster crackers
- Preheat oven to 350 F.

In bowl, add rice squares cereal, oats and unsweetened coconut.

In small saucepan over medium heat, add honey, coconut oil, cinnamon and salt. Stir until mixture starts to boil then pour over snack mix and stir until well combined.

Transfer to baking sheet and bake 8-10 minutes.

In saucepan over medium heat, add butter. Stir until butter browns then add chopped pecans and oyster crackers. Turn heat to low and stir while pecans roast.

Remove snack mix from oven and add brown butter pecan and cracker mixture; stir to combine.

Recipe courtesy of Mallory Oniki and the American Pecan Promotion Board

Prep time: 10 minutes

Cook time: 20 minutes

Servings: 15

- 2 cups rice squares cereal
- 1 cup rolled oats
- 1 cup unsweetened coconut
- 1/3 cup honey
- 1/4 cup coconut oil
- 1/2 teaspoon cinnamon
- 1/2 teaspoon salt
- 1/4 cup butter



Grilled Sweetpotato and Blueberry Salad

- 1 cup fresh blueberries
 - 1/3 cup chopped walnuts
 - 1/4 cup blue cheese crumbles
- lemon wedges, for garnish (optional)

To make lemon honey vinaigrette: In bowl, mix olive oil, lemon juice, Dijon mustard and honey. Season with salt and pepper, to taste. Refrigerate until ready to serve. Preheat grill to medium heat. Drizzle sweetpotatoes with olive oil and season with salt and pepper, to taste. Grill sliced sweetpotatoes on each side about 5 minutes, or until sweetpotatoes are tender and slightly charred. Remove from grill and let cool. To arrange salad, spread spring salad mix onto large platter and top with grilled sweetpotatoes, blueberries, walnuts and blue cheese crumbles. Top with lemon honey vinaigrette and garnish with lemon wedges, if desired.

Recipe courtesy of the North Carolina Sweetpotato Commission and Andrea Mathis (beautiful eats and things.com)

Servings: 4

Lemon Honey Vinaigrette:

- 6 tablespoons olive oil
- 1/4 cup lemon juice
- 2 tablespoons Dijon mustard
- 2 1/2 tablespoons honey
- salt, to taste
- pepper, to taste
- 3 medium sweetpotatoes, peeled and sliced
- 2 tablespoons olive oil
- salt, to taste
- pepper, to taste
- 4 cups spring salad mix

Ask the Money Lady

Dear Money Lady, I'm in my 30's, not married and in a dead-end job. I'm thinking of going back to school but will have to get a school loan. Do you think it is okay to go into debt?

- Jessica.

Dear Jessica – definitely, do it !!!

Jessica I am so proud of you for taking the initiative to go back to school. Competition for good jobs is high and added education, experience, and business networking are necessary today, to gain a competitive advantage. You should be commended for making the concerted effort to get out of our comfort zone and take on a little risk. I wish more people would do the same. Experiencing a little risk could be anything: wearing something completely different to your usual style, reaching out to someone you wouldn't normally call, or maybe something bigger like, going back to school, asking for a promotion, or even starting your own business. The important thing is you must try. If you put yourself out there, you've got a 50-50 shot of being successful, but if you don't try, you've got a zero shot at being successful. The 50% chance of success sounds a lot better than a 0% chance, doesn't it?

Let's talk about debt. Most Canadians feel that debt is a "bad thing," and many feel quite nervous or insecure when thinking about going into debt to make money or to better their situation. Debt that advances a person's ability to purchase assets such as homes, vehicles, or investments; or is used to increase their income through business or education are all good debts. Many advisors would agree that these expenses are inherently appropriate today, and it is important for us to focus on what these borrowed funds will allow a person to achieve and if they will enhance wealth in the long run. Of course, there is a difference in the type of debt you hold, and although it would be great to be wealthy and debt-free you should remember that debt is also a tool to make you wealthy.



Christine Ibbotson

Bad debts on the other hand, are loans that do not advance wealth or income prospects, but instead provide enjoyment and an increased standard of living that cannot be supported by earnings alone. This would include things like balances on unsecured lines of credit, credit cards, or personal and consolidation loans. Some borrowers create a habit of using credit to fill-in the gaps in their earnings, believing that they cannot survive on their income alone and need the credit to increase their standard of living. This type of borrower, whether old or young, has the greatest risk today, especially now in a rising interest rate environment.

For anyone trying to better their situation by going into debt, remember we should never become complacent about our debt – good or bad. You always want to have a strategy to repay each debt in full during the life of the asset or at least by retirement. You always want to be planning. You can't expect to have a future if you don't plan to have one.

Good Luck & Best Wishes,
ATML - Christine Ibbotson

Written by Christine Ibbotson, Author, Finance Writer, National Radio Host, and now on CTV Morning Live, and CTV News @6. Send your money questions (answered FREE) through her website at askthemoneylady.ca

Orange Oatmeal

- 1 cup Florida Orange Juice
- 1 1/2 cups water
- 1 cup quick-cooking steel-cut oats
- 1 Florida Orange, peeled and diced
- 1 tablespoon agave nectar or honey
- 1/4 teaspoon cinnamon
- 1/4 teaspoon salt

In medium saucepan over high heat, bring orange juice and water to boil.



Add oats to boiling liquids.

Return to boil then reduce to medium heat and cook, uncovered, 5 minutes, stirring frequently.

Mix in diced orange, agave nectar, cinnamon and salt. Remove pan from heat; let stand 1 minute before serving.

Classifieds



Book Your Classified Ad Today - Call 467-5836 or Email classifieds@expressweeklynews.ca



Rural Municipality of
FISHER

Box 280, Fisher Branch, MB ROC OZ0
Tel: 204-372-6393, Fax: 204-372-8470

NOTICE OF TENDER GRASS CUTTING

The Rural Municipality of Fisher is inviting tenders for grass cutting at:

**Town of Broad Valley
Town of Hodgson
Town of Poplarfield**

Please state price per cut in the tender and provide separate tenders for each town.

- Applicant is to supply own equipment and fuel.
- Applicant to be 18 years of age or over.
- Lowest or any tender not necessarily accepted.

Submit sealed envelope marked "Tender Grass Cutting" for each location to:

Rural Municipality of Fisher
Box 280
Fisher Branch, MB ROC OZ0
Email: fishercao@mymts.net

Deadline for tenders is **4:00 p.m. July 4, 2023.**

For further information, call the RM of Fisher office at 204-372-6393.

Maps provided upon request.

RURAL MUNICIPALITY OF ARMSTRONG EMPLOYMENT OPPORTUNITY Casual Waste Management Attendant

The Council of the Rural Municipality of Armstrong invites applications for the following position:

Casual Waste Management Attendant to fill in as needed at any of the following waste site locations during hours of operation:

**Meleb Waste Disposal Grounds
Inwood Waste Transfer Station**

HOURS OF OPERATION

INWOOD TRANSFER STATION

Summer Hours	Winter Hours
March 1 to October 31	November 1 to February 28
Saturdays 10:00 AM to 6:00 PM	9:00 AM to 5:00 PM

MELEB WASTE DISPOSAL GROUNDS

Summer Hours	Winter Hours
March 1 to October 31	November 1 to February 28
Saturdays 10:00 AM to 6:00 PM	9:00 AM to 5:00 PM

The operator will be required to take the Manitoba Landfill Operator Certification Program and be responsible for various recycling programs. Candidate must be willing to fill in at any of the waste site locations.

Deadline to submit applications will be Friday, June 23, 2023 by 4:30 PM. We would like to thank all who apply but only those selected for and interview will be further notified.

Please submit written applications to:

RM of Armstrong Office
Lot 55 Highway 17 Inwood
Box 69, Inwood, MB ROC 1PO
Fax: 204-278-3437
Email: clerk@rmofarmstrong.com

SCRAP METAL

BUYING SCRAP METAL, CARS, TRACTORS, COMBINES, FARM SCRAP, ANY METAL MATERIAL, ANY FARM MACHINERY. PH LONNIE AT 204-886-3407 LVE. MESSAGE OR CELL AT 204-861-2031.

SCRAP METAL

Buyer for all farmyard scrap, machinery and autos. No item too large! Best prices paid, cash in hand. Phone Alf at 204-461-1649.



204-467-5836

NOTICE TO CREDITORS - IN THE MATTER OF the Estate of JACK BENNETT NELSON, late of the Town of Winnipeg Beach, in the Province of Manitoba, Deceased. ALL CLAIMS against the above Estate, duly verified by Statutory Declaration, must be filed with the undersigned at Box 940, Portage la Prairie, Manitoba, R1N 3C4, within fifteen (15) days of the date of publication. DATED at the City of Portage la Prairie, in the Province of Manitoba, this 6th day of June, 2023.

CHRISTIANSON TDS,
Solicitors for the Executor.

Reporter/Photographer Wanted

Are you a natural born storyteller with an eye for photography and a passion for community news? Carman-Dufferin Standard is currently seeking a full-time reporter and photographer to join its multi award-winning weekly community newspaper.

We are looking for someone who is both motivated and passionate about being the best outlet of interesting and breaking news stories and event coverage in the Carman-Dufferin area and surrounding area communities.

Qualifications:

- A post-secondary degree/diploma in journalism or equivalent experience in a related field
- Strong photography and writing skills with an interest in social media
- Self-starter with the ability to exercise solid news judgement
- Ability to establish professional relationships to consistently source and write a wide range of stories and cover events in a fair, balanced and accurate manner
- Able to work both independently and as a team on a flexible work schedule including both evenings and weekends to meet our weekly editorial deadline
- Experience covering council and school board meetings
- Knowledge of CP Style and about the Interlake and its surrounding communities would be an asset

Please forward your resumé along with three writing and photography samples to:

Lana Meier
Email: news@stonewallteulontribune.ca



FARM EQUIPMENT SALE

TOOL & FARM EQUIPMENT SALE. Come Take Another LOOK! Saturday & Sunday, June 24 & 25, 10 a.m. -4 p.m. Corner of Garven (66N) & Pleasant (38E), 8 miles from Anola, 37 152 Garven Rd. Variety of tools & implements: Tractor, hay buster, augers, hay trailer, seeders, cultivators, tube-a-later, stock trailer, hammers, drills, axes, saws, work benches, portable air conditioners...Some prices marked. Make an offer. All negotiable.

MOBILE HOME FOR SALE

Approx. 1996, 4 bdrm. Best Buy mobile home with addition. Comes with skirting, fridge, stove, dishwasher, electric heat, air conditioning. Located in Gimli. \$80,000. Ph 204-641-8137.

LOTS FOR SALE

Subdivision lots for sale in the town of Fraserwood. Size, 101' x 165'. Call 204-643-5478.

LOTS FOR SALE

Double lot for sale at Balaton Beach. Fully treed and gravel pad in place. Phone or text anytime 204-642-7158.

FOR RENT

Commercial office space - 900 sq. ft., 78 main St., Riverton. Ph. 204-642-2635 for info.

SERVICES

Wanted - hair dresser/barber to set up shop in great location. Unit E, 78 Main St., Riverton. Ph. 204-642-2635 for info.

WATER TREATMENT

Pentair water softeners. Well pumps/tanks. 5 stage reverse osmosis systems, \$285. E-coli ultraviolet systems. Iron/odour/manganese removal filters. 10" & 20" Polyspun. Pleated. String wound. Carbon replacement water filters. Best prices. All Seasons Furnishings 204-661-8581.

ADVERTISE YOUR UPCOMING EVENTS IN THE EXPRESS



REQUEST FOR QUOTE

To replace existing geo-thermal system with a conventional furnace and central air conditioner.

Including any electrical required. Building is approximately 1500 sq. ft. Ducting is existing.

Quotes will be weighted on price, warranty, experience, and ability to provide prompt service (Installation and future service requirements).

Submit quotes by June 22, 2023

To: RM of Coldwell Box 90, Lundar, MB ROC 1Y0 or coldwell@mymts.net



REQUEST FOR TENDER

The Gimli Community Development Corporation (GCDC) is seeking an Operator for Gimli Industrial Food Facility located behind the Dormitory at 208 Dunlop Ave. The Operator can open a Cafeteria / kitchen / Catering Company, to serve people staying at the Dormitory and living in the Community.

Details of the Tender are at gimli.ca/m/cdc or by emailing gimlicdc@rmgimli.com.

FLIGHT ACADEMY

Want to learn how to fly? Recreational Pilot Program is the best way to get started, must be 16 years of age. Privileges: fly for fun in a certified airplane, a home-built aircraft or an ultralight; fly by day only in Canada with one passenger; can easily add float rating to permit. LS Airways Flight Academy 204-651-1402.

WANTED

Firearms wanted. Looking for all unwanted firearms. Fully licensed for both non-restricted and restricted. Anywhere from individual items to estates. Cash buyer, paying top dollar. Please call or text Adam at 204-795-2850.

NOTICES

Advertisements and statements contained herein are the sole responsibility of the persons or entities that post the advertisement, and the Manitoba Community Newspaper Association and membership do not make any warranty as to the accuracy, completeness, truthfulness or reliability of such advertisements. For greater information on advertising conditions, please consult the Association's Blanket Advertising Conditions on our website at www.mcna.com.

URGENT PRESS RELEASES - Have a newsworthy item to announce? An exciting change in operations? Announcing a scholarship? Though we cannot guarantee publication, MCNA will get the information into the right hands for ONLY \$35 + GST/HST. Call MCNA 204-947-1691 for more information. See www.mcna.com under the "Types of Advertising" tab for more details.

FIND THE RIGHT PERSON FOR THE POSITION with an EMPLOYMENT/CAREERS AD in THE EXPRESS
204-467-5836

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

Classifieds



Book Your Classified Ad Today - Call 467-5836 or Email classifieds@expressweeklynews.ca

NOTICES

SUMMER HIRING? SOMETHING FOR SALE? HAVING AN EVENT? Book your Blanket Classified Ads NOW in the 32 Weekly Manitoba Community Newspapers to have your messaging seen all over the province! Call 204-467-5836 or call MCNA at 204-947-1691 for more details or to book ads. MCNA - Manitoba Community Newspapers Association. www.mcna.com

FINANCIAL SERVICES

Private mortgage lender. All real estate types considered. No credit checks done. Deal direct with lender and get quick approval. Toll free 1-866-405-1228 www.firstandsecondmortgages.ca

FIND THE RIGHT PERSON FOR THE POSITION
with an **EMPLOYMENT/ CAREERS AD** in **THE EXPRESS**
204-467-5836

HEALTH

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 stonewoodelkbranch@mymts.net

Flyers
Brochures
Business cards
Stickers
Window decals
Social tickets
Door hangers
Letterhead
Envelopes
Invoices
Estimate sheets
Posters
Memo pads
Post cards
Presentation Folders

Call **204-785-1618**

Manitoba Government Job Opportunities

Maintenance Worker

Several Departmental Full-Time Positions
Manitoba Transportation & Infrastructure, Transportation Operations, Highway Regional Operations, Capital Region, Several Maintenance Yards within the Capital Region
Advertisement Number: 40460
Closing Date: September 1, 2023
Salary Range: LAB (\$37,941 - \$40,612) & OR1-4 (\$41,051 to \$49,023); remoteness allowance where applicable

The Manitoba government recognizes the importance of building an exemplary public service reflective of the citizens it serves, where diverse abilities, backgrounds, cultures, identities, languages and perspectives drives a high standard of service and innovation.

The Manitoba government supports equitable employment practices and promotes representation of designated groups (women, Indigenous people, persons with disabilities, visible minorities).

Employment Equity is a factor in selection for this competition. Consideration will be given to women, Indigenous people, persons with disabilities, and visible minorities.

Current Opportunities: Altona, Beausejour, Carman, Dominion City, East St. Paul, Elie, Elm Creek, Eriksdale, Hadashville, Headingley, Lorette, Lowe farm, Morden, Morris, Piney, Sanford, Selkirk, St. Norbert, St. Pierre, Stony Mountain, Teulon, Warren, and West Hawk.
***Applications must state location preferences.**

In addition to a comprehensive benefits package, MTI offers a comprehensive orientation and training program that includes support in attaining a Class 3 license.

New employees are hired as Labourers (LAB: \$37,941 - \$40,612) and promoted to the Operator (OR1-4: \$41,051 to \$49,023) series once training, orientation, and proficiency-testing milestones are met.

Successful applicants will have at minimum the following qualifications: experience performing manual duties, operating hand and power tools, operating light and/or heavy duty equipment, and servicing and/or making minor repairs to vehicles and equipment.

For a full list of conditions of employment, qualifications & duties, please visit our website at: <https://www.gov.mb.ca/govjobs/>

This advertisement will remain open until positions are filled and will establish an eligibility list for future vacancies. If you're looking for a career with the Manitoba Government with an aptitude and interest in maintenance operations, we encourage you to apply.

Apply to:

Advertisement No. 40460
Service Centre 3, Human Resource Services
600-155 Carlton Street, Winnipeg, MB, R3C 3H8
Phone: 204-945-8819 / Fax: 204-948-3382
Email: govjobs@gov.mb.ca

WHEN APPLYING TO THIS POSITION, PLEASE INDICATE THE ADVERTISEMENT NUMBER AND POSITION TITLE IN THE SUBJECT LINE AND/OR BODY OF YOUR EMAIL.

Applicants may request reasonable accommodation related to the materials or activities used throughout the selection process.

Your cover letter, resumé and/or application must clearly indicate how you meet the qualifications.

Please be advised that job competitions for represented positions may be grieved by internal represented applicants. Should a selection grievance be filed, information from the competition file will be provided to the grievor's representative. Personal information irrelevant to the grievance and other information protected under legislation will be redacted.

We thank all who apply and advise that only those selected for further consideration will be contacted.

Find out about other current job opportunities — click on the Jobs button at manitoba.ca.

People. Purpose. Progress.
manitoba.ca/govjobs



Any personal information provided including employment equity declarations will be used for employment and/or statistical purposes and is protected by The Freedom of Information and Protection of Privacy Act.

Alternate formats available upon request

RARE OPPORTUNITY
80 ACRES OF VACANT LAND FOR SALE BY OWNER
Close to Lake Winnipeg in Bifrost Municipality
Email: Skyyland8542@gmail.com

YOUNG MOTHER IN CRISIS NEEDS YOUR HELP

gofund.me/20295fec

SALES CAREER OPPORTUNITY

Big and Colourful Printing & Publishing is looking for a dynamic, highly motivated person to become part of our advertising sales team in the Interlake area.

The successful candidate will thrive in a fast paced sales environment where a competitive nature, strong work ethic and excellent customer service skills are required and rewarded.

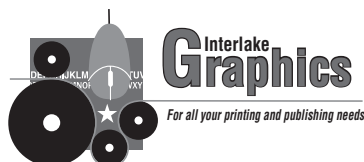
This opportunity involves building relationships and representing our newspapers to new and existing customers.

Qualifications: The successful candidate must be professional, dependable, energetic, goal-oriented, self-starter, can work within deadlines, well organized and friendly.

Customer service, sales experience and passion is a must.

- Strong computer skills, including Microsoft Office
- Excellent communication skills and a genuine love of people
- Willingness to learn
- Ability to work independently

If you fit this description please email resume to Bigandcolourful@mts.net



Classifieds



Book Your Classified Ad Today - Call 467-5836 or Email classifieds@expressweeklynews.ca

BATTERIES FOR EVERYTHING! 50,000 BATTERIES IN STOCK

- *Auto *Farm *Truck
- *Construction *ATV
- *Motorcycle *Golf Carts
- *Rechargeables *Tools
- *Computers *Medical
- *All phones *Chargers
- *Marine *RV & more

THE BATTERY MAN
1390 St. James St.
Winnipeg
TF 1-877-775-8271
www.batteryman.ca

Danny's

MOVING AND DISPOSAL

- Local & long distance
- Household packing
- Estate clear out & clean up
- Small Demolition

Small Jobs & Free Estimates
Seniors Discounts
Professional & Courteous
204-298-7578



Power Builder Advertising WORKS!

- GET SEEN by over 360,000 Manitoba Homes!
- Use your LOGO!
- Create instant top of mind awareness
- Showcase your info, business, product, job, announcements or event
- We format it, to make it look great!
- Starting at \$339.00 (includes 45 lines of space)
- The ads blanket the province and run in MCNA's 32 Manitoba community newspapers
- Very cost effective means of getting your message out to the widest possible audience

Contact this newspaper NOW or MCNA at 204.947.1691 or email classified@mcna.com
www.mcna.com

McSherry Auctions
12 Patterson Dr., Stonewall, MB
Online Timed Auctions @ iCollector.com

Estate & Moving
Closes June 21 @ 7:00PM
Auction for Muriel Taplin House & Building to be Moved
Closes June 27 @ 7:00PM

Estate & Moving
Featuring Guns & Ammo
Closes June 28 @ 7:00PM
Booking On Site Spring Auctions
McSherryAuction.com
204-467-1858
Consignors Welcome!

ReVolution Trailers

RVs Reimagined

- Renovated RV Sales
- Custom Renovations
- Service and Repair

Manitoba's Premier RV Renovator

1480 Springfield Rd
Winnipeg, MB
www.revolutiontrailers.ca

Call now:
204-955-7377

WANTED

Buying large amounts of coins & coin collections!



Old coins, old money, collectors coins, rare coins, coin collections, pre1969 10¢, 25¢, 50¢, \$1., Olympic coins, coin sets, **Royal Canadian Mint Coins, Franklin Mints Sets**, buying **Entire Collections & Estates**. USA, Canada & world collections **wanted**. Also purchasing bullion, jewelry, scrap, nuggets, sterling, gold, silver, platinum.

Todd
250-864-3521

HIP/KNEE Replacement?

Other medical conditions causing TROUBLE WALKING or DRESSING?

The Disability Tax Credit allows for **\$2,500 yearly tax credit and up to \$30,000 Lump sum refund.**

Apply NOW; quickest refund Nationwide! Providing assistance during Covid.

Expert Help:
204-453-5372

CARD OF THANKS

We would like to thank family, friends, co-workers, neighbors, community members and members of surrounding communities for the overwhelming support during our tragic loss. We appreciated all the kind thoughts, words, hugs and prayers.

Thanks to the people who donated food, dainties, meat and fruit trays, flowers, things for the kids, donations toward funeral expenses and help at the graveyard.

Also thanks to those who took the time to come to sit at the sacred fire, and to those who brought the firewood.

Finally thanks to everyone who shared special stories and events about Adrian, and the songs that helped in our grieving.

Words can never express the gratitude of how each and every one of you have helped us. We will never forget!

-The family of Adrian LaFreniere
Aime, Sherry, Kristen, and Owen
Shannon, Dominic, Sommer, Forrest,
Adrianna, Kieran and Victoria

Eddie's Gravel Supply Ltd. is Hiring

CLASS 1 DRIVERS

Must have a valid license

Competitive Wages, Benefits

info@eddiesgravel.com

204-389-2023

102086 Hwy 9, Wpg Beach, MB

1110 ACRE RANCH FOR SALE



7 adjoining quarters of good quality land and recently renovated bungalow near Arborg and Fisher Branch. Many outbuildings, calving facilities and heated waterers. 3 wire high tensile and cross fencing.


Riverbend Realty



CONTACT LISTING AGENTS
Sheldon Froese at 204.371.5131 or
Stacey Hiebert at 204.371.5930

Shoreside GM, formerly Giesbrecht and Sons, is looking for people for the following positions;

SALES CONSULTANTS

We are looking for Sales Consultants to provide excellent customer service to our dealership customers

What makes a good Sales Consultant?

- * organized and thorough
- * a people person
- * great phone and follow up skills
- * superior customer service

LICENSED TECHNICIAN

We are seeking a licensed technician to join our busy Automotive team.

Please drop resume in person to Shoreside GM
231 Airport Road at highway 8, Gimli
or email to jmichaud@shoresidegm.ca



Everything you need to promote your business

FLYERS
BROCHURES
BUSINESS CARDS
STICKERS
WINDOW DECALS

SOCIAL TICKETS
DOOR HANGERS
LETTERHEAD
ENVELOPES
INVOICES

ESTIMATE SHEETS
POSTERS
MEMO PADS
POST CARDS



Call Today!

204-467-5836

ON LINE ONLY FARM AUCTION SALE

For Osmond Cattle Company, Ashern, MB

Sale Starts online: Thursday, June 15, 2023

Closes: soft close starting at 1:00 p.m. Friday, June 30, 2023
www.apro.bid

(items listed in order of sale as per Apro.bid site)

- #3 – Case 1070 w/cab, standard shift, clutch recently replaced, dual hyd, Pioneer ends, 540 pto, 18.4x38 & 11 x 16 front (mismatched), good cond, 8735 hr showing
- #4 – Massey Ferguson 4255 w/595 Allied front end loader, 6ft bucket, 3pth, Shulte shift, 540/1000 pto, 18.4x30 rear tires (50%), 12.4x24 front, checking & poor, 6197 hrs showing
- #5 – Fendt Tractor w/880 MSL loader, 3 pth, bale spear quick attach, piped for grapple, 540/1000 pto, 540/65R28 (good), 650/65R38 (rear) 90%, rear wheel weights, variable trans, TMS hyd display, 4 set hyd outlets, hyd in front, air seat & heated, 9492 hrs
- #6 – J.D. 535 Baler w/540 pto
- #7 – Hutch Master 10ft Disc, notch front, smooth rear, 9" spacing
- #8 – 3 pth Farm King 6572 Tiller, 540 pto, like new
- #9 – Glendale 16ft Stock trailer
- #10 – 40ft 17 bale Hay trailer
- #11 – 2001 Ford 250 Truck, 7.3 diesel, automatic, (not safetied)
- #12 – Mister Squeeze Cattle chute
- #13 - 15ft alley w/back gate
- #14 - (4) 10 ft panels
- #15 – (3) 25 ft Panels
- #16 - (12) 25 ft panels
- #17 – Fimco 55 gal 3pt Sprayer w/broadcast nozzles
- #18 - 6ft Plastic water trough
- #19 – **Consigned by Lamport & Dowler Auction Service:**
2011 Ford F-150 4x4, super cab, 3.5 ltr Ecoboost, auto transmission, power windows, air, tilt, cruise. Engine replaced once during its Lifetime at Fairway Ford, 353,625 kms, not safetied (as is).
VIN #1FTFX1ET0BFB60135

Viewing by appointment only June 19th & 20th with Buddy Lorne (Buddy) Bergner, Auctioneer

John Lamport, Auctioneer
Box 1, Ashern, MB ROC OE0
Ph: (204) 768-2669

Email: bergauact@mymts.net www.globalauctionguide.com

BRIDAL SHOWER



Bridal Shower
Honouring
Samantha Porteous
Bride elect of Darren Sewell
Sunday June 25, 2023
1:00 pm – 4:00 pm
Arnes Community Hall
20005 Arnes Rd., Arnes, MB
Registered at myregistry.com

BRIDAL SHOWER



Jack & Jill Wedding Shower
In Honor of
Vanessa Kishka and Travis Skorupski
on Sunday, June 25, 2023 at 1:00 p.m.
at 1009 Domino Road or Road #99 Hwy 8
West
All Friends and Family Welcome
Registered at myregistry.com or
Home Depot/Visa Gift Cards preferred

FATHER'S DAY

Happy Father's Day



We Love You
To Infinity, and Beyond
- Love, your family

Classifieds Announcements



GRADUATION



Kate LeTexier
Bachelor of Education
University of Manitoba
June 8, 2023

Congratulations, Kate on your wonderful achievement. All the best to you in your teaching adventure in Melbourne, Australia. We are so proud of you!

-Love,
Mum, Dad, Lauren,
Grandma Heather Corbett
and Grandma Ivy LeTexier

BRIDAL SHOWER



Kindly join us for a bridal shower
honouring bride-to-be **Kaelyn Martin**,
bride-elect of **Tim Bobbee**
Saturday, June 24 at 1 p.m. at
the Royal Canadian Legion, 306 Main St.,
Arborg.

Kaelyn is registered at Myregistry.com
Donations may be left at
Arborg Co-op Grocery and
Arborg Home Hardware

SERVICE ANNOUNCEMENT

Valerie Price
October 7, 1949 - January 10, 2023

A memorial service will be held at 11:00 a.m. on Saturday, June 24, 2023, in the Grace Lutheran Church, Ashern, MB with Pastor Robert Lewis officiating. Interment to follow in the Col Clough Cemetery. A luncheon to be held in the Ashern Legion Hall.

Arrangements by:
ARNASON FUNERAL HOME
Ashern - Lundar
1.204.768.2072
1.866.323.3593

OBITUARY

Bernice Beatrice Kochan (nee Marko)

Mom, Baba, passed away peacefully on Friday, June 2, 2023 at Arborg Personal Care Home at the age of 85.

She is survived by her sons Gary (Gail) and Wayne (Leanne), and her grandchildren Jennifer (Garrett), Jaden, and Alayna.

She is predeceased by her parents John and Stella Marko (nee Konopetcki), husband Peter Kochan, grandson baby Garrett, and great-grandson baby Lemi.

Bernice was born and raised on the family farm in Poplarfield. Bernice lost her husband Peter when he was just 49, but with strong determination she continued to farm with her two sons. Her major roles were going for repairs to Arborg and bringing food to the boys in the field (way too much and too often). Family celebrations were always at her place and the spread was always both delicious and endless. Her cabbage rolls and meatballs especially were always incredible. In retirement, her favorite pastimes were gardening, planting flowers, cooking, making pickles, long phone chats with her friends and family, having coffee in town, spoiling her dog Buddy, and driving her John Deere lawnmowers every day, whether the grass needed cutting or not.

Mom, Baba, was a very strong, friendly, kind-hearted, keystone of our family. She cannot be replaced and we will remember her always, and miss her deeply.

The Funeral Service was held on Monday, June 12, 2023 at 11:00 a.m. at the Poplarfield Hall.

MACKENZIE FUNERAL HOME ARBORG
(204) 467-0024 • info@mackenziefh.com



OBITUARY

Shirley Colleen Michaluk (nee Johnson)
May 8, 1951 – June 11, 2023

Peacefully, on Sunday, June 11, 2023 at the Arborg and District Health Center, Shirley Michaluk, aged 72 years, passed away.

Shirley was born in the old Gimli Hospital to Stefan and Inga Johnson (nee Vigfusson).

She leaves to mourn, husband Michael; children Michelle Denise and Michael Stefan; grandsons Anton and Alex; mother Inga and brother Gerald Johnson.

Shirley grew up in Gimli and on fish camps. In January 1972, she graduated from the Winnipeg General Hospital as a Registered Nurse. She worked first in Arborg and then in at the Gimli Hospital, which opened on the day of her wedding.

She married Michael Michaluk on May 13, 1972. She decided to stay home from nursing to help on the farm, using her nursing skills on the cattle and the family. She was always willing to help family, friends and neighbours. She enjoyed knitting and sewing from the age of eight, and she also learned to crochet and cross stitch often late at night while her family slept. Her allergies to the farm helped her and Dad decide on early retirement. They sadly left the farm and moved to a six acre saskatoon farm and began new adventures. She enjoyed helping with the saskatoon farm, especially visiting people while picking.

Shirley was a member of the St. Michael's CWL, Gimli Health Auxiliary, Westshore Community Foundation, Minerva Ladies Aide and the Gimli New Horizons Club. These kept her busy and involved in the community. She suffered a mild stroke and Parkinson's set her back from volunteering and helping others for a few years but with Mike's help they were able to stay in their home and volunteer which kept them busy.

In lieu of flowers, donations may be made in her memory to the Gimli Community Westshore Foundation, Box 395, Gimli, MB, R0C 1B0.

A memorial mass will be held on Wednesday, June 21, 2023 at 11:00 a.m. in the St. Michael's Roman Catholic Church, Gimli, MB.

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

Gilbart Funeral Home, Gimli in care of arrangements.



Remember Your Loved Ones
with an Announcement in the



Call 204-467-5836 or
classifieds@expressweeklynews.ca



EMPLOYMENT OPPORTUNITY
Charisons Turkey Hatchery is currently hiring for **GENERAL LABOURER** positions.

- Full time and part-time positions available with a competitive compensation and benefits package, including health and dental coverage.
- Training will be provided for the ideal candidate.

Please submit resume to shaunne@charisons.ca or call 204-886-2922 for further information.

Classifieds Announcements

Book Your Classified Ad Today - Call 467-5836

OBITUARY

Michael George Kaartinen
July 31, 1971 – May 26, 2023

Peacefully on May 26, 2023, Michael passed away at the Lakeshore General Hospital in Ashern, MB with his loving mother Margaret by his side. Cremation has taken place and a Celebration of his life is being planned for a later date.

Arrangements by
ARNASON FUNERAL HOME
Ashern – Lundar
1.204.768.2072
1.866.323.3593

Please support our advertisers
SHOP LOCAL

OBITUARY

William Kostyshyn
March 4, 1928 – June 12, 2023

On Monday, June 12, 2023, William passed away peacefully at the E.M. Crowe Memorial Hospital in Eriksdale, MB with family at his side.

A funeral service will be held at 2:00 p.m. on Monday, June 19, 2023 in the Lundar Legion Hall. A luncheon will follow. An interment will be held in the Otto Churchyard Cemetery.

Arrangements by:
ARNASON FUNERAL HOME
Ashern - Lundar
1.204.768.2072
1.866.323.3593

Everything you need to promote your business

Call Today!
204-467-5836



SERVING YOUR COMMUNITY

- Monuments
- Pillow markers
- Pre Needs
- Final Dates
- Restoration
- Level monuments
- Renew monuments
- Engraving
- Granite
- Bronze
- Columbariums
- single, family, community

Appointments available in the comfort of your home

Email: sunsetmemorialsgimli@gmail.com

Bus: 1-204-642-8818 • Cell: 1-204-407-3096

www.sunsetmemorialsgimli.ca

take a break > GAMES

SUDOKU

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

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

Sudoku Answer

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

Crossword Answer

X CROSSWORD

CLUES ACROSS

- In a place to sleep
 - Chemical compound (abbr.)
 - A way to fish
 - Classic Linklater film "___ and Confused"
 - Legume
 - Indonesian island
 - Smooth, creamy substance
 - Arctic
 - Wood sorrels
 - Defied
 - Cattle
 - Tableland
 - Honorably retired and retaining one's title
 - Repossession
 - Danced
 - Adult males
 - A type of section
 - Type of Japanese animation
 - Satisfaction
 - Fit
 - "Ain't No Sunshine" singer
 - Failure
 - Israeli city
 - French river
 - Cavalry-sword
 - Nocturnal S. American rodent
 - Liquefied natural gas
 - Afflicted
 - Electronic counter-countermeasures
 - Popular HBO fantasy series (abbr.)
 - Spiritual leader of a Jewish congregation
 - Large body of water
 - ___kosh, near Lake Winnebago
 - Impudence
- CLUES DOWN**
- Payroll firm
 - Unit of transmission
 - Rockers Better Than ___
 - Bambi is one
 - Highest parts of something
 - Correct behavior
 - Batty
 - Cyprinid fishes
 - Expression of sorrow or pity
 - Site of the famous Leaning Tower
 - American rocker Snider
 - W. African language
 - Symbol to mark for removal
 - ___ Squad
 - Resident
 - Federal savings bank
 - Paddle
 - Returned material authorization (abbr.)
 - One point south of due east
 - Winter melon
 - Last or greatest in an indefinitely large series
 - Anger
 - Central European river
 - First responders
 - Spanish noble
 - Persons with absence of skin pigment
 - Defunct airline
 - Small island (British)
 - The extent of something from beginning to end
 - Capital of Bangladesh
 - Dutch cheese
 - Imitates
 - A contest of speed
 - Swiss river
 - Prejudice
 - Actor Idris
 - UNLV's are Runnin'
 - Criticize

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		

Classifieds



Book Your Classified Ad Today - Call 467-5836 or Email classifieds@expressweeklynews.ca

See Us for Everything you need to promote your business



Call 204-785-1618

- Flyers
- Brochures
- Business cards
- Stickers
- Window decals
- Social tickets
- Door hangers
- Letterhead
- Envelopes
- Invoices
- Estimate sheets
- Posters
- Memo pads
- Post cards
- Presentation Folders

To Book A Biz Card Call 204-467-5836

Advertising that Works!
To place your BIZ CARD
call 204-467-5836

NEW OR USED SEA CONTAINERS FOR SALE 20' or 40'

Countryside Home building centre Can deliver anywhere in the Interlake.
 Ph: 204-739-3392

PRESTIGE PARTY Tent Rentals
 • Tents • Tables
 • Chairs • Lighting
 Phone: (204) 793-4121
 Email: kuca69@live.ca

SHERLOCK TREE REMOVAL
 Pruning • Stump Grinding • Chipper
 Licensed Arborists
 Fully Insured - Claim Free
 30 years Experience

Vince 861-0487
Darren 861-0028

GOETZ SIDING
 • 5" Eavestrough • Soffit/Fascia
 • Custom Cladding
 (204)223-7740 goetzsidings@gmail.com

INTERLAKE GRINDERS 204-407-7856
 Seniors Discounts
 Free Estimates
 Fully Insured

You find 'em, we grind 'em

R.S. SATELLITE SYSTEMS
 Sales - Installations - Service
 Help With TV and Internet
 Satellite Systems.
Russell 204-376-2757

CONVENIENCE
 Grocery • Drinks • Snacks
 • Coffee to Go • Ice • Firewood
 • Fireworks • ATM • Greeting Cards
 • Newspapers • Books • Pet Food
 • Toys & more

SNACKS • LOTTO
 20088 First Ave,
 Sandy Hook

OPEN YEAR ROUND 10am - 6pm
 7 DAYS A WEEK

PharmaChoice LUNDAR
 You have QUESTIONS, We have ANSWERS!
 • Prescriptions • Liquor Store
 • Home Health Care Aids
 • Snacks and more!

Advice for Life

LUNDAR PHARMACY 204-762-5431
 18 Main St., Lundar

Glass Specialists Construction

- Sealed Units
- Flat Glass
- Mirrors
- Laminated
- Tempered
- Plexi/Lexan
- Windows & Doors
- Siding
- Custom Cladding
- Decks
- Construction/Renovations

19046 Ukrainian Park Road
 Camp Morton, MB
204 376 5177
204 642 2980
 Intglass@mymts.net

Innovative Electric

Ph: 204-641-5266
 Url: www.innovativeelectric-mb.ca
 Email: matthew@innovativeelectric-mb.ca

BNS EXCAVATING

- Design Services
- Soil Analysis
- Well & Septic Repairs
- Frozen Lines
- Driveways
- Culverts
- Trenching
- Auger Drilling
- Ice Dam Steaming
- Septic Fields

Residential, Commercial & Industrial
 Member of Manitoba Onsite Wastewater Management Assoc
 BNSexcavating@hotmail.com (204)461-2856

ALL ELECTRIC sales & service inc.
 George Stefiuk
 32 Years Experience
 Decent Prices for Decent Products

****Batteries Always on Sale****

- ◆ Starter Repairs
- ◆ New Alternators
- ◆ Electric Motors
- ◆ Battery Chargers
- ◆ Solar

All Electric Sales & Service Inc.
 311 Main Street
 Arborg, MB R0C 0A0
 Phone: 204-376-5003
 Email: allelec@mts.net

Summer Hours: Mon-Fri 8-6; Sat 8-4; Sun 10-2

NEW VALLEY ROOFING & RENOVATIONS
 Serving The Interlake

Henry Reimer 204-642-2551
 henry.reimer@newvalleyroofing.com
 newvalleyroofing.com
 BP & IKO Certified Roofer

ALICEROOFING LTD.

Complete Roofing Service

- Residential
- Agricultural

Licensed & Insured
 www.aliceroofing.ca 204-757-9092

FUTURE MECHANICAL Heating & Cooling Commercial & Residential

- Electric & Gas Furnaces
- Air Conditioning & Refrigeration
- Heat Recovery Ventilators
- Geothermal Heat Pumps
- Custom Sheet Metal
- Electrical

YORK HEATING AND AIR CONDITIONING

Serving the Interlake for Over 25 Years!
 • 24 Hour Service • 1.204.642.5600
 futuremechanicalsystems@hotmail.com

Everything you need to promote your business

- FLYERS
- BROCHURES
- POST CARDS
- STICKERS
- BUSINESS CARDS
- PRESENTATION FOLDERS
- SIGNS
- SOCIAL TICKETS
- DOOR HANGERS
- LETTERHEAD
- ENVELOPES
- INVOICES
- ESTIMATE SHEETS
- POSTERS
- MEMO PADS
- And MORE...

Interlake Graphics
 For all your printing and publishing needs

467-5836

STIHL



Father's Day SALE

ON NOW



FS 38
GAS TRIMMER
27.2 CC • 9.3 LB ①

FATHER'S DAY FEATURE

SAVE \$50
\$179⁹⁹

MSRP \$229.99



BG 50
GAS HANDHELD
BLOWER
27.2 CC • 7.9 LB ②

FATHER'S DAY FEATURE

SAVE \$60
\$179⁹⁹

MSRP \$239.99



MS 170
GAS CHAIN SAW
30.1 CC • 8.6 LB ③

FATHER'S DAY FEATURE

SAVE \$100
\$199⁹⁹④

MSRP \$299.99 with 16" bar

Shop Local. Buy STIHL.

Dealers may sell for less. Pricing on all products and accessories will remain in effect until June 30, 2023. Illustrations and descriptions are as accurate as known at the time of publication and are subject to change without notice. STIHL Limited is not responsible for a printing error, the local STIHL Dealer has the final authority to set product pricing. Pricing valid at participating dealers only while supplies last.

① Weight without fuel, cutting attachment or deflector. ② Weight without fuel. ③ Weight with powerhead only. ④ Price shown with 61PMM3 chain.

| STIHLCANADA

WWW.STIHL.CA

SHACHTAY
SALES & SERVICE LTD.
www.shachtay.com

204-376-5233
Arborg, Manitoba
Family Owned

Servicing the Interlake for 56 Years!