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Egg-straordinary breakfast

EXPRESS PHOTO BY DAWN BARRETT

The acute care team at Ashern Lakeshore General Hospital started their day in a delicious way on Feb. 24 when they hosted an all-Canadian breakfast, featuring Canadian-made ingredients. Adding to the ambiance, staff dressed in red and white while they enjoyed the tasty meal.

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Good Times FINANCING

Fishers concerned with province's decision to not recommend CEC review of proposed wastewater lagoon

By Patricia Barrett

Lake Winnipeg commercial fishers are concerned about the provincial government's recent decision to forgo a recommendation to have the Manitoba Clean Environment Commission (CEC) conduct an environmental assessment/hearing of a proposed new wastewater lagoon in the RM of Armstrong.

The Crystal Spring Hutterite Colony

had applied to the province for permission to build a domestic wastewater lagoon for its new colony on land a few miles west of Highway 8. Willow Creek flows eastwards through the Crystal Spring property, under Highway 8 and into the Siglavik subdivision (in the RM of Gimli), which has significant coastal wetlands fringing the lake.

At a public hearing held by the RM



EXPRESS FILE PHOTO BY PATRICIA BARRETT

Lake Winnipeg commercial fisher Bill Buckels had to work in a swirling mass of fecal matter and algae in the Hecla-Grindstone area in 2018. Environmental concerns about waste being discharged into Lake Winnipeg have been ongoing for decades. Fishers are concerned about a new wastewater treatment lagoon that a Hutterite colony wants to build in the RM of Armstrong as Willow Creek runs through the colony's property and waste could compromise fish habitat and residents who live on the lake.

of Armstrong in 2020 (see Feb. 20, 2020, online edition of the *Express*), representatives from the colony said they want to farm over 15,000 chickens, an unspecified number of cattle and sheep and set up a manufacturing operation to make hog barn parts. Commercial fisher Bill Buckels and other fishers had written letters to the provincial minister of environment and climate change last December, outlining their concerns about the potential environmental hazards the lagoon could have on fish spawning grounds and the health of Lake Winnipeg.

The province said last week that it won't recommend that the CEC conduct an environmental assessment of the proposed lagoon. The CEC is an

arm's-length provincial government agency that conducts public hearings, investigations and mediation, provides the public with an opportunity to play a role in protecting the environment and provides advice to the environment minister.

Buckels said the location of the colony's proposed lagoon is subject to overland flooding and the province should be taking a "precautionary" approach by having an environmental assessment done before it potentially grants a licence to the colony for the lagoon.

"One major concern is the fact that roads get flooded at the lagoon location and there's no way to protect the

Continued on page 12



Icelandic River Community Foundation

GRANT APPLICATIONS

The Icelandic River Community Foundation is accepting applications for grants from registered charities and organizations for projects in the Arborg and Bifrost-Riverton catchment areas.

Projects can include assistance for health care, recreational purposes, buildings, vehicles, furnishings or new equipment not normally covered in operating budgets. Please provide projected costs and timeline for completion. Application form is available at the IRCF website at <https://ircf.ca/>

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RM of Coldwell annual fishing tournament underway

By Jo-Anne Procter

The RM of Coldwell kicked off its 4th annual March Madness Fishing Tournament on March 1. The tournament runs until April 6 giving anglers an entire month to reel in their biggest catches, not only for bragging rights but some really great prizes too. Participants can register and easily track their progress through the innovative Fishdonkey app, a platform designed for hosting and participating in fishing tournaments. Simply download it from your preferred app

store and search for “Coldwell March Madness” to join in on the fun. With a \$30 entry fee, you will be part of a thrilling competition that encourages catch-and-release practices. All fish must be caught within the waters of the RM of Coldwell and each entry requires a video showcasing your release. Local businesses have sponsored prizes for the March Madness Fishing Tournament. Each week, anglers have a shot at winning for the biggest

walleye and perch caught and participation also earns you a chance at additional rewards. As the tournament wraps up, even more impressive prizes await. Competitors will vie for titles like overall longest stringer of walleye and perch, longest walleye and perch, longest burbot and biggest jackfish.

Youth participants can shine brightly with their own set of awards focused on long stringers and individual catches. The tournament is a great opportunity to experience hard water fishing with family and friends. Updates will be posted on the RM of Coldwell facebook page.



Week 2 - Keevin Erickson (left) caught the biggest walleye (25.25 inches) while Nolan Smith caught the biggest perch (12.25 inches), winning each a \$50 Cabela's gift card. Week 2 participation of a \$50 Cabela's gift card was won by Rick Hogg.




EXPRESS PHOTOS SUBMITTED

Week 1 - the biggest walleye (25.25 inches) was caught by Liam Einarson (left) while the biggest perch (12.5 inches) was caught by Cameron Johnson (right). Both anglers won a \$50 Cabela's gift card. Week 1 participation prize of a \$50 Cabela's gift card was won by Marc Desjarlais.



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Great Democracy Test candidates show how democracy is done

By Patricia Barrett

Merit Motion Pictures was in Gimli last Saturday to film a segment of an upcoming documentary, *Power to the People: The Origins of Democracy*, engaging people in the discussion of and active participation in two different forms of democracy.

Hosted by Anthony Morgan from *The Nature of Things*, the event, called the Great Democracy Test, was held at the Farmers Hall. The Gimli Chamber of Commerce helped facilitate the event.

It engaged the audience in two different forms of democracy: ancient Athenian democratic practice in which a citizen's name was randomly chosen from a hat and the person was made leader for a day, and the democratic form of governance that's practised in Canada and in other democratic countries in which citizens are elected to represent the populace. The audience was asked for feedback on what form of democracy they thought worked best.

Gimli residents Michelle Thomson, Sherry Benson-Podolchuk and Romanna Klymkiw were chosen to participate in the modern form of democracy. As candidates running in a mock local election, they presented

a platform that included how they'd improve Gimli and the everyday services on which people rely.

Thomson, an entrepreneur and vice-president of the Gimli Chamber of Commerce, said Gimli has character, a sense of community and unique charm. And the community could be made even better than it is by enhancing its appeal, further developing community spaces, continuing infrastructure upgrades, supporting local businesses, diversifying employment opportunities, building affordable housing and expanding access to health-care services.

"Amongst our streets live people who define a true community, and the very essence of Gimli's greatness has much to do with the residents representing it," said Thomson in her candidate biography.

Benson-Podolchuk, a retired RCMP officer who runs her own consulting business, said the Great Democracy Test was an "amazing experience." She loved the discussions about democracy, the professional and engaging set-up and organization of the event, and host Anthony Morgan's "energetic and inclusive" approach.

Her biggest takeaways from the



EXPRESS PHOTO BY CHERYL COHAN

From left: Anthony Morgan from *The Nature of Things* with the three candidates in the modern democracy experiment, Michelle Thomson, Romanna Klymkiw and Sherry Benson-Podolchuk.



Gimli resident Michelle Thomson (in pink blazer), presented her platform in the modern democracy experiment conducted at the Farmers Hall last Saturday.



event centred on the fragility of democracy, how society does much better when people work as a team and the ability of ordinary people to stand up and speak for what they believe in. "My biggest takeaway is that de-

mocracy is precious and fragile. And that politicians need to be actively involved in what their community wants and needs and to be honest,"

Continued on page 11



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Player knocked out in hockey tournament in Arborg waits over an hour for ambulance

Health services in Arborg area unacceptable, says mayor

By Patricia Barrett

A hockey player from southern Manitoba was knocked out during an U18 tournament earlier this month and it took over an hour to get an ambulance.

Arborg Minor Hockey was playing host to the 2025 U18 Rural A Hockey Manitoba Provincials from March 7 to 9 at the Arborg Arena when the incident occurred during a gold medal game between the Grunthal Red Wings and the Mitchell Mustangs on March 9.

The Grunthal player was knocked unconscious after a collision with a Mitchell player. People who came to his aid did not move him from the ice as per proper first aid protocol, and covered him with blankets to keep him warm until the ambulance arrived.

Municipality of Bifrost-Riverton resident and councillor Gordon Klym said he was told that it took an hour and 15 minutes for that ambulance to arrive.

"The kid was laying on the ice for over an hour before an ambulance came from Selkirk, which is ridiculous. We spent over \$1 million for the ambulance garage we have here in Arborg and there are no ambulances ever around. There are supposed to be ambulances in Gimli, but we couldn't get any from there," said Klym. "This is nothing new for our area; stroke victims or heart attack victims know they can't wait for an ambulance so they get in their cars or try to find some family member to drive them to Selkirk."

There was a second incident at the Arborg arena last weekend during an Interlake Minor Hockey U15 playoff game. Arborg was playing Pinaymootang on March 15 when an Arborg player was knocked out nearing the end of the second period.

This time the ambulance, which was dispatched from Gimli, took 40 minutes to arrive, which was an improvement from the previous weekend but not acceptable.

The player was transferred to the Selkirk Hospital where he was released.

The Pinaymootang player received a five-minute charging penalty. The game continued an hour later and Arborg won 13-4.

Klym said the ambulance service in the Arborg and Bifrost-Riverton areas has been decimated over the past number of years.

Riverton used to have an EMS station but it was closed by the government in 2017. At that time, the town had about 2,500 people, but its population tripled in the summer with the arrival of cottagers and tourists.

And even if there had been an ambulance in Arborg at the time the Grunthal player was knocked out, Arborg hospital's ER has been closed for about a year or more.

"It's getting to the point where people are starting to become really aware that when we need health-care services, they're not here," said Klym. "Stroke victims are given treatment priority at the hospital, but how can they get to the hospital when they can't get an ambulance and when they're a long way from where they need treatment?"

Klym said he'd like to see more people bringing their concerns about health care to the provincial government so that it's fully aware of how a lack of service in the rural areas are affecting them.

Arborg Mayor Peter Dueck said the health-care crisis in the Interlake — and in his region in particular — has become absolutely "unacceptable" and is of great concern to everyone in the town.

"The town has frequently expressed our concerns about the loss of emergency hours at our hospital. And just as the IERHA was robbing us of emergency hours, they (Shared Health) were also seconding our ambulance and paramedics to other communities. This situation has become 100 per cent unacceptable," said Dueck. "Ar-

borg, Bifrost-Riverton has a population of 5,000. We are a hub of economic activity and we are not second-rate citizens. We are not less deserving of emergency services. This issue must be addressed and will require the political will of the province."

Arborg has a training facility that has been used in the past to train licensed practical nurses and health-care aides, he said, and it should be pressed into action to train paramedics specifically for the rural areas. The facility was built several years ago to address the ongoing loss of health-care professionals in the rural area and to try to recruit home-grown health-care workers.

"As a town we have a training centre, and we have tried to get paramedic training to take place here," said the mayor.

In addition to the ER at the Arborg hospital being closed, hospital emergency rooms in communities such as Gimli, Ashern, Eriksdale and Stonewall are at times periodically unavailable or have reduced hours because of ongoing staffing shortages. Selkirk's ER is always open and is an option, but it entails a two-hour-or-so drive from Arborg.

"It is time the province and IERHA understand that the Interlake is more than Selkirk," said Dueck. "The Interlake-Gimli riding needs help."

The Municipality of Bifrost-Riverton Reeve Brian Johnson said the long delay getting an ambulance for the hockey player underscores how vulnerable rural residents are when an emergency situation arises in a health-care system under strain.

"The incident at the game shows everybody how vulnerable we are," said Johnson. "And it's also important to remember that there are a lot of people who've had serious medical issues and have actually driven themselves to Selkirk or somewhere else to get medical attention. When time is of the essence and it's a matter of life and death, you can't wait for over an hour for an ambulance."

The municipality's population is growing, he said, and it also has an aging population, both of which require medical services such as ambulances

and an emergency room. Health services aren't keeping up with demand.

"We have a state-of-the-art EMS station [in Arborg] that was built a few years ago. What I'd like to see is an ambulance in the municipality so that emergency response times are quicker," said Johnson. "When you have to bring an ambulance here from somewhere else, it takes a long time. We've got a big population in this municipality and the Town of Arborg and I think this could be justified."

He said he'd also like to see Arborg hospital's emergency room reopened. Arborg is a centrally located community in the northern Interlake region; it's ideally situated to provide service to surrounding communities around Arborg.

Like Arborg's mayor, Johnson said training rural people in their own communities would go a long way to addressing recruitment and retention challenges in health care. Having that training available in the rural area also incentivizes people to look at a career in health care.

"We've got a perfect facility in which we can train paramedics. We've already had two classes of LPNs and health-care aides graduate from college programs offered in Arborg," said Johnson. "It's a great facility and I'm sure there are a lot of people in the area who want to be trained."

The Grunthal hockey player spent the night in an unspecified hospital, according to sources. He suffered a concussion and will not play for the remainder of the season.

A spokesperson for provincial Shared Health said an ambulance that's stationed in Arborg was responding to another service call when the incident at the hockey tournament occurred, and that the nearest available ambulance was in Selkirk.

"We recognize there are long-standing staffing challenges for emergency response services in rural communities. As these challenges developed over a long period of time, they will similarly take time to address," he said.

Shared Health is in the process of

Continued on page 7

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letter to the editor

Letters to the Editor: news@expressweeklynews.ca

Canadians should never take freedom and peace for granted

For the first time in over 75 years, Canadians must consider in the next federal election which party leader would be the best war-time prime minister — because it is a very real possibility that under President Trump, the U.S. may take military action towards Canada.

At this point in time, unfortunately, there is no clear winner as to who would best serve Canada if the U.S. were to seriously threaten military action, or worse, actually take military action to move the border or try and take over some of our natural resources.

es.

Trump's threats to take military action against Panama and Greenland must be viewed as a prelude and strategy to cut Canada off from any NATO aid since it would give the U.S. control of the water ways.

So a very real possibility our government and military must consider is that if China attacked Taiwan, and Russia continues its attacks in Europe, Canada would have to fend for itself if Trump tried to forcefully annex Canada since our NATO allies would be busy with their own regional wars.

When we take a step back and look at the big picture it appears as though Trump, Putin and Xi Jinping of China are attempting to do what president Roosevelt tried to do after the Second World War, which was to establish

Britain, Russia, the U.S.A. and China as the four policemen, or the four sheriffs, whereby they would each "police" their respective regions of the globe. (Google "the four policemen" for more info on this.)

The threats to our sovereignty, therefore, must not be taken lightly. And for this reason, it might be in Canada's best interest to loosen our gun laws rather than adding additional restrictions for this would allow more citizens to be armed and be part of the resistance if the U.S. were to invade.

In closing, Canadians can no longer take freedom and peace for granted. And, consequently, must hope and pray for the best, but prepare for the worse.

- Lavern Gooding, Arborg

Stronger together

We are a group seeking partnerships for Gimli and surrounding Interlake seniors for a stronger together action group.

Across the country, Canadians are forming alliances with like-minded people to address issues of pressing concern.

We are inviting interested people from all segments of our Interlake community regardless of race, religion, age, political affiliation, sexual orientations and gender identities to partner with us to address issues of enhancing democracy, of social justice and community building.

We envision harnessing the talents and creativity of our community as a whole to support each other in these chaotic and difficult times, to challenge and assist our elected officials by addressing issues of concern to all of us such as defending and protecting jobs, supporting community, protecting our democracy and our environment.

vironment.

Please join with us to shape a vision for Canada moving forward.

We know that individuals and groups in local communities have the knowledge and expertise to address the issues that must be addressed.

If you are a person reading this article you may be wondering: Who are we? We are seniors!

Some of us have part-time work or volunteer responsibilities. Most of us have children, grandchildren and even great-grandchildren. We all have fears and anxieties about our country and have concerns about the threats to Canada from the U.S. administration. Experience has taught us that when we feel powerless and overwhelmed, the best thing to do is to reach out to each other and focus on the things we can do — to act powerfully together while treating each other with empathy and respect.

Hello young people! We will be leaving this world sooner rather than later and we wish to engage with you in dialogue and action while we still

can. You will be inheriting our world, and we believe that you may be experiencing fears and anxieties as well. We have not had many opportunities to listen to your voices and opinions.

Let's do it "Strong Together."

Social movements begin with small groups. Community development is a process wherein people take collective action on issues that are important to them. We need the input, the skills and creativity of diverse people to help us move forward on projects such as art-based performances with service groups, town halls, podcasts and projects helping people in need.

Let's come together with our ideas and beliefs to benefit and enhance our community.

Our core committee (at this time) includes Richard Bredsteen, Debra Dumas, Jeanne Gougeon, Suzanne Pascal, Monty Szakacs, Pam Lerner and Bill Martin.

For more information please contact Bill Martin at 204-226-4649.

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Why Canada needs to become a manufacturing superpower

Submitted by Apoorv Sinha

For far too long, Canada has underutilized its vast natural resources in infrastructure development. We have been fine with exporting raw materials, letting other countries, mostly the United States, refine these products and then buying them back as higher value products.

In 2023, Canada exported almost \$150B in raw minerals, while we imported over \$280B manufactured goods from the U.S. alone. Canada's resource-based industry is not that different from that of Ghana or the Ivory Coast, which produce precious raw cocoa, only to have the profits absorbed by Switzerland or France branding the chocolates global customers consume.

From lumber to steel, it's time Canada moves up the value chain — or be left behind in the global economic race.

The tariffs announced by the U.S. will force Canada to confront our dependency on U.S. manufacturing with even more urgency than we reacted to the price increases and inflation caused by import dependencies during the COVID pandemic.

Canada has an existential choice. We need to decide if we want to be like Japan or Taiwan with high-end manufacturing or continue to be just a raw mineral provider for other manufacturers globally.

We constantly buy steel, cement and energy from international parties instead of prioritizing Canadian interdependence, contradicting not just environmental goals but economic prosperity and growth for other Canadians. Domestic sourcing can offer significant, tangible benefits for

Canadians in every province, and for Canada as a whole.

Manufacturing supports 1.7 million direct jobs across Canada and generates CAD \$200B annually. We provide raw materials used across the world for manufacturing high-value products. By using Canadian resources, and upgrading them locally, Canada could supercharge its industrial base and economy.

Quebec produces the world's greenest aluminum (94 per cent hydro-powered), yet only 35 per cent gets value-added processing domestically before export. Canada supplies 30 per cent of global potash but manufactures just 12 per cent of advanced crop nutrition products locally. While leading in raw lumber exports (21 per cent global market share), we import 65 per cent of engineered wood products.

We need an ambitious plan to become a self-reliant manufacturing superpower. Here are some things we can do to take on the most important mission of our generation:

1. Incentivize circular innovation

Rather than just taxing imports, we can incentivize "Made in Canada" products through instruments like the Canada Growth Fund and the Canada Infrastructure Bank. Expanding tax credits for projects using more than 75 per cent Canadian materials would entice multinational and blue-chip Canadian companies to manufacture in Canada.

We can mandate "Buy Domestic" provisions in all federally funded infrastructure projects exceeding \$10M and accelerate waste-to-resource ini-

tiatives like Alberta's Bitumen Beyond Combustion programs.

Prioritizing local sourcing of materials could have profound short- and long-term impacts for Canada.

2. Radically incentivize inter-provincial collaboration

We need a focus on overcoming provincial silos. Specifically, we should fast-track the Impact Assessment Act's "One Project, One Review" system for critical mineral mines and associated manufacturing. We should prioritize pan-Canadian supply chain projects and build them as quickly as possible.

We should fast-track the \$9B Atlantic Loop connecting Quebec hydro to New Brunswick and Nova Scotia, and should seek to rapidly harmonize building codes through the National Research Council to enable use of advanced, domestically sourced materials like Quebec's low-carbon aluminum in B.C. infrastructure projects.

We should also create federal tax incentives for interprovincial clean energy partnerships and implement "First-Canada" transmission pricing with discounts for domestic users.

3. Future-proof through R&D

We should focus our vast research and development resources on ampli-



PHOTO SUBMITTED

Apoorv Sinha (Forbes 30 Under 30 All-Star Alumni) is the founder and CEO of Carbon Upcycling Technologies.

fying our domestic supply chains and create a critical mass of manufacturing. The U.S. has begun efforts to on-shore critical mineral production and bring semiconductor manufacturing back. Canada needs to do the same.

After the Second World War, Canada demonstrated global leadership through major projects like the St. Lawrence Seaway and Trans-Canada Highway projects. We can do it again.

The U.S. tariffs aren't just a challenge; they're a wake-up call and possibly the defining opportunity for Canada to build strategic independence.



> AMBULANCE, FROM PG. 5

expanding job opportunities for paramedics, making jobs more attractive and improving patient care. It's engaged in a number of initiatives such as adding 16 more training seats at Red River College Polytech for advanced care paramedics to work in rural and northern Manitoba, and it's hiring clinical service leaders in various communities, including those in the Interlake-Eastern health region, said the spokesperson.

It's also developing community paramedicine units across the province to support patients with chronic health and social issues and expanding the Virtual Emergency Care and Transfer Resource Service (VECTRS), which helps determine the most appropriate location for a patient to receive care in urgent, emergent and critical situations based on their clinical

needs. VECTRS triages all emergent and urgent patient interfacility transfers in the province.

"Shared Health remains dedicated to continuing to work with the Manitoba government and the Health Care Retention and Recruitment Office to grow paramedic staffing throughout the province," said the spokesperson.

He added that Manitobans should never hesitate to call 911 or their local emergency phone number when experiencing a medical emergency.

"Emergency medical services (EMS) throughout the province deploy resources based on the probability of call activity, and if any particular ambulance is responding to another call, resources are adjusted and other ambulances shift their locations to ensure responses are as timely as possible," he said.

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Coldwell Lundar Community Foundation grants \$52,000 to local groups

By Becca Myskiw

The Coldwell Lundar Community Foundation (CLCF) granted out more than \$52,000 to local community groups and projects this year.

On Saturday, March 15, CLCF hosted its annual awards gala at the Lundar Lutheran Church Hall at 2 p.m. This year, the foundation granted out the most money it has ever received, largely due to a gift from the Thomas Sill Foundation.

The Winnipeg Foundation has the Thomas Sill Manitoba Fund to support communities and organizations in need. In 2015, the fund challenged CLCF to raise \$50,000 in 18 months, and they would grant them \$25,000. CLCF met the challenge within nine months — half the time — thanks to the immense support and generosity of the community, adding \$75,000 to

their unrestricted permanently endowed funds for granting that year.

At the end of last December, CLCF learned they were receiving another gift from the Thomas Sill Manitoba Fund. This one goes to all the community foundations across Manitoba to enhance their granting potential. As CLCF has an asset-based of more than \$500,000, they received what other foundations in the same bracket received: \$22,900.

With \$52,103 to grant, the board got to work, carefully reviewing each of the 10 applications they received. Two of those 10 were from the same organization for different projects. Every group applying for a grant this year gets one from CLCF.

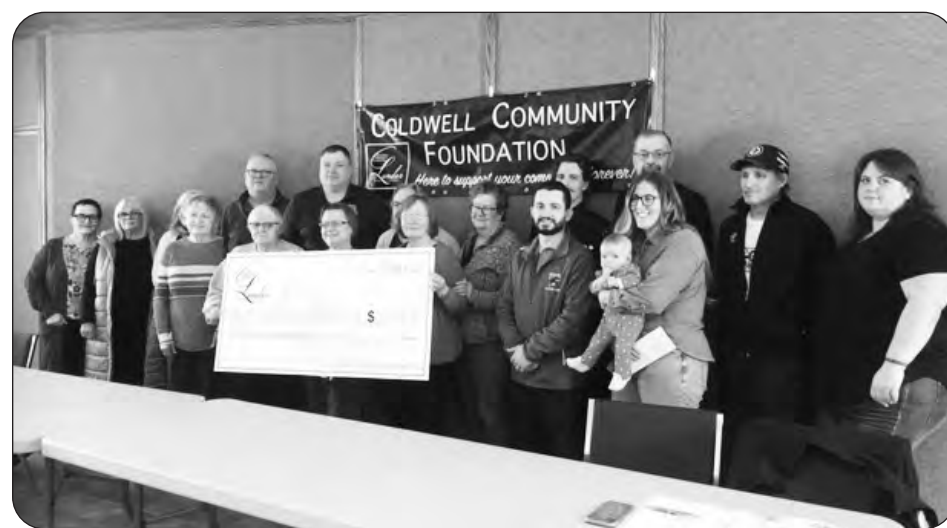
"It was great to be able to say this organization needs this much money and we're able to give them the entire amount," said Irene Runolfson, treasurer and acting executive director of the CLCF board. "It's just amazing the work that's being done by our local groups. They're very active in the community."

She said it can be challenging to grant money some years, deciding which projects deserve more funds than others. Luckily, they had lots to give this year, making the decisions more straightforward.

"It was hard, but it was easy," said Runolfson. "There were 10 applications, and you could see when you read them how the groups work really hard. So, it's how can we best help these groups to still thrive and sustain them into the future?"

THE FOLLOWING GROUPS RECEIVED GRANTS FROM CLCF THIS YEAR:

- Lundar Community Resource Council: \$3,653 for supplying and in-



EXPRESS PHOTO SUBMITTED

The Coldwell Lundar Community Foundation held its annual awards gala on March 15. With approximately 35-40 in attendance, it was a great time of fellowship and sharing with the community what charities and busy organizations are accomplishing and how they are all contributing to building a better future.

stalling enclosed shelving and purchasing a filing cabinet for the community cupboard food program.

- Lundar New Horizons Club: \$2,538 to replace fluorescent lighting on the west side of the building with LED lighting.

- Eriksdale Fire Department: \$4,400 for purchasing an enclosed trailer to store and transport the inflatable fire safety house for promotion, parades and events.

- Lundar Community Swimming Pool: \$6,583 to purchase a robotic vacuum to clean the bottom of the pool and four sets of blankets and rollers to cover it.

- Lakeshore School Division and Lundar High School: \$4,000 for purchasing 25 Lundar Kodiaks high school hockey uniforms.

- Lundar Falcons Hockey School: \$10,000 will be used to renovate the Lundar Memorial Arena to create a second classroom and storage area.

Grettir Co-op: \$4,659 to purchase and install wireless internet access points throughout the arena, which will allow for live streaming hockey games and enhance security.

- Pauline Johnson Library: \$6,648 for purchasing a storage shed and laying a gravel pad.

- Lundar Minor Ball: \$2,363 for purchasing an in-field mix of material for the ball diamonds.

A total of \$7,258 of annual interest was also earned by seven named funds for specific causes.

"It's so great to be able to help them achieve their charitable purpose," said Runolfson. "It's very rewarding to see the volunteerism in our community. They all have goals that they want to reach but they also want to be able to sustain into the future, and the community foundation is here to help them with that. It's just amazing what groups can accomplish."

Community Support Service

A.A Meeting in Ashern

Location: #11 2nd Ave North
- Pioneer Manor
(beside the main door entrance
of Pioneer Manor)
Contact Jackiem.lwrc@gmail.com

AA Arborg

Thursdays - 7:30 pm
Arborg Support Centre
327 Main Street
Contact 204-376-5861

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

Al-Anon Gimli and Winnipeg Beach

Join us at 17B Loni Beach 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.
All ages welcome.

AA Riverton Group

12 Main St. at the
Riverton Senior Centre
Mondays 7:30 p.m.

Moose strolls through Meleb



A moose on the outskirts of Meleb was spotted by drivers on Highway 7 last Sunday morning. The animal was walking along a gravel road towards the highway and passed by some houses. Moose typically like to live close to lakes and swampy areas. The weather recorded by AccuWeather on this day was -4 C with a windchill making it feel like -17 C. Help the Express record the weather of the week and send in your photos of friends or family enjoying the outdoor. Email: news@expressweeklynews.ca

EXPRESS PHOTO BY CINDY GENIK

Local artists' flashy photographs on display at New Iceland Heritage Museum until March 31

By Patricia Barrett

Gimli's New Iceland Heritage Museum is in the final stretch of featuring some pretty flashy photographic works from about 10 local artists, and there's fewer than two weeks left before the shutter falls.

The museum is part of the 10th Annual Flash Photographic Festival, Manitoba's largest celebration of photography that will showcase local photographic artists at 55 venues throughout the province over the entire month of April.

The NIHM got a head start on its celebration of Flash Fest as it's got a major exhibit to work on in April. The NIHM's take on the photo festival ends on March 31.

NIHM executive director Julianna Roberts said Susan and Peter Holfueuer from the Gimli Ice Festival organized the exhibition weeks back. It features photographs of New Iceland, an area that runs from Winnipeg Beach to Hecla up the west shore of Lake Winnipeg.

"Our exhibit celebrates 150 years of New Iceland," said Roberts. "There are about 10 different artists who each submitted three pictures of New Iceland. The Holfueuers also set up a backdrop for visitors to have their pictures taken wearing Viking outfits, which the museum has. There are also display cases with vintage camera's from Susan's collection."

Gimli has no shortage of talented local photographers. The artists include Andy Blicq, Glen Martin, Corrine Einarsson, Catherine Sproat, Michelle Thomson, Mark Dann, Diana Riedle, Lynda Kolly, Louise Kos and Holly



Susan Holfueuer's collection of historical cameras.

McLeod.

Their photographs cover a range of themes, including landscapes, fishing, businesses, boats and car racing on Lake Winnipeg. The exhibit also includes black and white historical photos of New Iceland.

Akshay Vaid, marketing coordinator with the Manitoba Arts Network, said the 2025 Flash Photographic Festival includes about 12 rural and northern venues, and will include panel discussions, film screenings, photographer talks, workshops and a photo walk. In addition to the NIHM in Gimli, the St. Andrews Rectory & Heritage Centre is hosting a local Flash Fest exhibit.

"The Flash Photographic Festival is bigger than ever in 2025, bringing over 50 venues together, including the Winnipeg Art Gallery and Millennium Library, to celebrate photography and lens-based art across Manitoba," said Vaid in a March 11 news release. "For the first time, 12 rural and northern venues are part of the festival, making this year's edition the most inclusive and representative



PHOTOS COURTESY OF JULIANNA ROBERTS

Local artists submitted three of their photographic works featuring the New Iceland area.



The exhibit includes black and white historical photos of the New Iceland settlement.

of Manitoba's diverse artistic communities."

The NIHM's Flash Fest will run until March 31.

For a full list

of Flash Fest events and venues, visit www.flashfest.net

Province confirms sixth highly contagious measles case, possible exposure sites

Cases of measles, a highly infectious and potentially deadly disease, are on the rise in Canada, particularly following trends since the COVID-19 pandemic.

Last Friday, the Manitoba government confirmed the sixth case of measles linked to international travel and updated the public on possible exposure sites. In February alone, Manitoba reported five cases, with one additional case identified this month.

Measles spreads through respiratory droplets. Symptoms usually appear within seven to 21 days and may include fever, runny nose, irritability and a red blotchy rash. Complications can lead to ear infections, pneumonia and encephalitis, especially in infants and children.

The government is asking individuals who visited the following locations during specified dates to monitor symptoms for measles:

- Health Sciences Centre, Winnipeg Children's Hospital emergency department on March 3-4.
- Winnipeg Richardson International Airport on February 26.
- WestJet flight WS489 from Toronto to Winni-

peg on February 26.

- Toronto Pearson International Airport on February 26.

- Qatar Airways flights QR0767 and QR0605 on February 26.

Public health officials urge anyone at these locations to check their vaccination status and ensure they are up to date with measles vaccines.

Dr. Theresa Tam, Canada's chief public health officer, indicated that most cases involve unvaccinated or under-vaccinated children. As of March 6, there have been 227 confirmed cases across Canada.

The federal government has a travel health notice in place, emphasizing that vaccination is crucial for prevention. In the U.S., there have also been cases and fatalities due to measles among unvaccinated individuals, highlighting the importance of maintaining vaccination rates to prevent outbreaks.

Visit the Manitoba government's website <https://gov.mb.ca/health/publichealth/diseases/measles.html> for more information about the measles and what to do.

PUBLIC NOTICE

Pesticide Control Program

Public Notice is hereby given that the Province of Manitoba intends to conduct the following Pesticide Control Programs during 2025 within the province right of way.

1. To control invasive plants and noxious weeds on Manitoba Provincial right of way.
2. The herbicides include: Dicamba, 2,4-D amine, 2,4-D Choline, 2,4-D Ester, 2,4-D, Mecoprop-p, Dichloroprop-p, Aminopyralid, Metsulfuronmethyl, Diflufenzopyr, Fluroxypyr, Imazapyr, Triclopyr, Picloram, Aminocyclopyrachlor, Chlorsulfuron, Saflufenacil, Iron (as FeHEDTA), Glyphosate, Clopyralid, Bromacil, Acetic Acid, LI 700, Non Ionic Surfactant, Flumioxazin, Indaziflam, Florpyrauxifen, mineral oil, Methyl Ester & Ethyl Ester.
3. The proposed dates of application for this program will be from April 15, 2025 to October 31, 2025.

The public may send written submissions or objections within 15 days of the publication of the notice to the department below.

Manitoba Environment and Climate Change
Environmental Approvals Branch
Box 35, 14 Fultz Blvd
Winnipeg MB R3Y 0L6



Old-time dancers welcomed at Matlock Hall on April 23

By Taigo Resko

Local music has a way of bringing communities together, and few know that better than Selkirk's Edward Chrapchynski.

At 74, he's not just strumming the guitar or pulling on fiddle strings; he's orchestrating change for his community.

With the windows leaking, the floors torn up, the bathrooms outdated and the kitchen cabinets falling apart, something had to be done to save the Holy Eucharist Parish Hall.

Chrapchynski was president of the board for the hall at the time, and feared if repairs weren't made, the hall's lively spirit would be silenced forever.

In 2011, Chrapchynski started doing monthly shows playing old time

music for seniors with his band — It's Group Four — to raise money to renovate the hall.

After playing shows for three years, the band raised \$8,500, and helped the Holy Eucharist Parish Hall with the purchase of 200 chairs, 35 tables, new flooring, windows and renovations to the kitchen and bathrooms.

What started as monthly shows for seniors has blossomed and continued into a decade-long endeavor, raising over \$14,000 for various organizations.

Chrapchynski and his It's Group Four band are planning their next fundraiser from 1 to 5 p.m. on April 23 at the Matlock Hall. The afternoon will include live music and lunch and a 50/50 draw. This is his first fund-

Continued on page 11



EXPRESS PHOTO SUBMITTED

It's Group Four band including Len Oaskrit (guitar) Zenon Prystapa (drums) Edward Chrapchynski (fiddle) and Steve Ambrose (accordion) will be playing at the Matlock Hall on April 23.

Celebrate the end of winter at Lundar's Winter Carnival March 21-23

By E Antonio

Skaters at the Lundar Skating Club are ready to dazzle crowds at the Lundar Winter Carnival with their annual Ice Show on March 23 at the Lundar Arena.

Following the crowning of the Carnival King and Queen at 3 p.m., 36 skaters will put on a show-stopping performance featuring 14 different routines based on Candy Land.

"The skating season is always busy, and this year is no exception," said Lundar Skating Club board member Courtney Lindell.

Skaters have been hard at work perfecting their routines to ensure they put on a sweet show for spectators. You are invited to watch the skaters showcase their skills, and a silver collection will be at the door for any fans coming to the show. You can also show skaters how much you love their routines by buying them a celebratory flower. Flowers will be for sale upon entering the arena and are a perfect way to say "bravo" to the local performers.

Lundar Skating Club's Ice Show is just a small part of the Winter Carnival's action. From March 21 to 23, many amusing activities will take place, all occurring free of charge in the Lundar Arena.

"The Winter Carnival has been and continues to be the main attraction event of the winter for our community," said Carla Sweetland, Winter Carnival organizer.

Carnival events kick off with broomball and rec hockey on March 21 and 22 before heading into a full day of fun on the 23.

On Sunday, start your day with a pancake breakfast sponsored by the RM of

Coldwell, followed by many family-friendly hockey events. Over the lunch hour, treat yourself to a free hotdog, provided by the Lundar Legion Branch #185.

The Disco Skate, hosted by Access Credit Union, is new to this year's festivities. While you are having fun on the ice, the arena will be lit up by disco and strobe lights, making it a true disco party. Foam light-up sticks will also be for sale, adding to the excitement.

Closing off the afternoon before the Ice Show is the kid's balloon drop, sponsored by the Lundar & District Métis Local. Kids will head onto the ice while they try to catch balloons released from the ceiling. A few lucky participants may find a special ticket in their balloon, entitling them to a prize.

The carnival finale is the popular crowning of the Carnival King and Queen, which will be the opener to the Lundar Skating Club's Ice Show.

Four candidates are entered and will win cash prizes including first of \$1,000, second \$500 and third \$400. Candidates include Lexi Mark (Lundar Legion Ladies Aux. #185, Alyn Miller (Lundar Ag Society), Riley Johnson (Grettir Co-op) and Easton Einarson (Lundar Gooseshoot Committee). The King and Queen fundraiser is one of the biggest fundraisers for Grettir Co-Op, and Sweetland is thankful for everyone's support.

The Lundar Winter Carnival will entertain everyone in the family, ensuring you can celebrate the festivities together.

"It is a great way to end the winter season," said Sweetland.

Lundar Winter Carnival

MARCH 21 - 23

FRIDAY MARCH 21 2025
Broomball Tournament
To enter contact Austin Magnusson 204-280-1314

SATURDAY MARCH 22 2025
Rec Hockey Tournament - Lounge open Noon - 9pm
To enter contact Mike Christensen

SUNDAY MARCH 23 2025
9 - 10:30 Pancake Breakfast - Sponsored by the RM of Coldwell
9 - 10 Come Try U7 Hockey
FMI Contact Chantal 204-739-3884
10 - 10:45 U7 Hockey vs. Parents
10:45 - 11:30 U9 Hockey vs. Parents
11:30-12 Stick & Puck
11 - 1:30 Face Painting with Laurel
11:30 - 12:30 Free Hotdogs provided by Lundar Legion Branch #185
12 - 1 Access Credit Union Disco Skate
1:30 Balloon Drop sponsored by Lundar & District Metis Local
2pm Ice Surface Closed for Ice Show set up
3pm Crowning of Carnival King & Queen
Lundar Skating Club Ice Show

KING & QUEEN FUNDRAISER
Candidates:
Lexi Mark- sponsor Lundar Legion Ladies Aux #185.
Alyn Miller- sponsor Lundar Ag Society.
Riley Johnson- sponsor Grettir Co-op,
Easton Einarson- sponsor Lundar Gooseshoot Committee
Prizes:
\$1000 Donated by Grettir Co-Op,
\$500 Donated by Sigfusson Northern,
\$400 Donated by BT&T Contruction
Tickets \$5 Draw at Crowning

THANK YOU TO OUR CARNIVAL SPONSORS:
LUNDAR LEGION BRANCH #185, SHERBETH ENTERPRISES,
LUNDAR & DISTRICT METIS LOCAL

LOUNGE OPEN SATURDAY
POSTER CONTEST

Minerva Hall kicks off Phase 2 of renovation project

By Becca Myskiw

Minerva Hall is getting a facelift, and Phase 2 of the project is officially underway.

After considering all the options available for making the hall wheelchair accessible, the hall board decided the best route was to add on to the existing building and build five individual washrooms there, one of which would be completely accessible.

Phase 1 was completed last summer. That part of the project included building each washroom's addition and framework. Once the contractors got on the roof while building the addition, they found it was falling apart, the hall board had to use some project funds to reshingle the existing building roof. Minerva Hall board president Christina Dann said they're ready to begin Phase 2 now and will complete different parts of this phase as funds for it become available.

Phase 2 of the renovation project includes drywalling, taping, adding in plumbing and heating, installing toilets and sinks, and finishing the building. Dann said the board has applied for numerous grants to finish the project, one of which they've received approval for, though they won't have the \$5,000 from it for a while. They're waiting to hear back on the other



EXPRESS PHOTOS SUBMITTED

The Minerva Hall just started Phase 2 of their renovation project to make the hall accessible. Part of the project involves creating five separate washrooms. Work on this phase will be completed as funds become available.

grants.

"We rely a lot on ourselves for fundraising," said Dann, noting the hall's various fundraising efforts.

Every second month, Minerva Hall hosts a paint night fundraiser. They also host yard sales and a farmer's market on Thursdays. Dann said they would do anything to raise money. While they wait to hear back on the other grants they've applied for, Dann said if those fall through, the hall will

double its fundraising efforts.

The walls for the washrooms have gone up, but the project is at a standstill until more money becomes available. Another paint night fundraiser is on March 23, and Dann is hoping the grant money they've been approved for will come soon.

"Hopefully, it'll be done by the end of this summer or sometime this summer," she said. "At least by the end of this year, for sure."

The entire renovation project is projected to cost \$100,000. So far, about \$50,000 worth of work has been done, and the project is over halfway completed. Dann is hopeful it will be ready for the community before 2026.

> TEST, FROM PG. 4

said Benson-Podolchuk a day after the event.

She said she was also impressed by the courage candidates and audience members showed in speaking before a large group of people, probably having to step out of their "comfort zone" to present their platform, express their views and provide feedback on the important topic of democracy.

In addition to the three candidates running for the mock election, there were three people chosen at random — their names were drawn from a hat — who had to come up with a platform and present it to the audience. All six candidates chosen were women.

"The two groups of women had fantastic ideas," said Benson-Podolchuk. "I was totally impressed and learned a lot from everyone. I think that was the point we learned from each other: when we know better, we do better."

Her final takeaway centred on the importance of having a "thicker skin and not worrying about what other people say," she said.

Power to the People is expected to be released in either late 2025 or in 2026.

Merit Motion Pictures is a Winnipeg-based film production company that has teamed up with French-based Yuzu [production company] to make the documentary, which has been commissioned by the CBC, France TV and NOVA.

> DANCE, FROM PG. 10

raiser since COVID-19 shut him down.

"I'm starting all over again with zero dollars. My wife and I are putting out \$2,000 to get this thing started" said Chrapchynski.

He said costs include \$50 an hour for renting the hall, \$175 for the damage deposit, and \$150 for cleaning.

He says he relies on the seniors, who pay \$20 per person, at the door, to attend with hopes to make his money back and a little for a community organization in need.

This year, Chrapchynski hopes to secure a monetary donation from the government, and plans to invite a member of Parliament from each party to attend the event.

The donation would allow Chrapchynski to save his personal money and put it towards the next show in May.

Even without the donation, Chrapchynski says he's confident he'll make his money back.

"We're excited to get there and get started, I already have about

80 people that are interested in coming and it's still over a month away," said Chrapchynski.

Once he had finished raising money for the Holy Eucharist Parish Hall in 2014, Chrapchynski moved his next show to the Gordon Howard Senior Centre.

He continued playing monthly with his band and this time — 100 per cent of the money went back to the Gordon Howard Senior Centre.

"The seniors are the No. 1 priority," said Chrapchynski.

If there is extra money from a previous show, he won't charge the seniors for the next show; instead, he uses the money from his profits instead.

In 2016, Chrapchynski decided to move again to Clandeboye Community Hall, which had better hard wood floors for dancing.

At Clandeboye Community Hall, Chrapchynski and his band raised \$3,500 with \$500 each given to HSC Winnipeg Children's Hospital and Pellaatt United Firefighters in Ontario.

The rest of the money was given back to Clandeboye Community Hall.

"It makes me feel like I'm doing something to give back in my life. ... Growing up, there was always someone older than me to help me out," said Chrapchynski.

Chrapchynski has been playing the fiddle and guitar for over 60 years.

He said his father's side of the family was very musical and made fiddles, so naturally he took up the instrument at a young age.

He is entirely self-taught and would learn to play and sing songs by ear.

"I copied down the words and pretended I was Hank Williams," said Chrapchynski with a laugh.

Chrapchynski's band, It's Group Four, formed in 1974 and has been performing ever since.

Members have varied throughout the years, but the lineup on April 23 will include John Lewitski (accordion) Wayne Wasney (guitar) Brian Houle (drums) and Chrapchynski singing and playing the fiddle.

The band has three shows upcoming for April, May and June before taking a break for the summer, with hopes of starting up again in September.

> FISHERS CONCERNED, FROM PG. 2

wetlands in the Willow Creek area, nor the swamps nor the fish spawning grounds, which dot the creek and the little tributaries," said Buckels last week. "It's just plain bad policy to allow any kind of high-density development in that area, period. [That land] was never intended for a factory operation. It should have been stopped cold."

In their letter to the minister, the fishers insisted that the proposed lagoon be "halted" pending consultation with all stakeholders including Indigenous groups, local communities, environmental organizations and fisheries experts.

They say there are three major environmental impacts the lagoon's discharge could have on the local aquatic ecosystem and the health of Lake Winnipeg. First, pollutants can kill fish populations in the creek itself, which serves as an "essential spawning and nursery habitat for several fish species." Second, the lagoon might contribute to further nutrient (e.g., phosphate, nitrogen) loading in Lake Winnipeg, which is already under significant environmental stress from agricultural and industrial nutrients that cause algal blooms. Blooms in turn kill aquatic species. And third, the lagoon could cause cumulative effects on the environment from the pollutants it will release.

"Given the already significant stress-

ors on Lake Winnipeg from agricultural runoff, urban development and climate change, it is crucial to take a precautionary approach in assessing any new projects that could contribute further to its ecological decline," wrote Buckels in his Dec. 19 letter to the minister. "The cumulative effects of such developments need to be carefully considered before any approvals are granted."

He urged the minister to conduct a "thorough" environmental impact assessment of the proposed lagoon, including a review of potential impacts on water quality, fish habitat and the "overall health of the Willow Creek watershed."

Buckels said he was given to understand that the RM of Gimli council was going to oppose the development of the lagoon as the municipality has a bylaw, currently, that prohibits waste from entering Gimli from other municipalities. Council noted on a February agenda that it will be reviewing that bylaw.

The *Express* asked Gimli council if it's concerned about the potential pollution/destruction of spawning grounds in relation to the proposed lagoon, whether it intends to repeal its bylaw and allow waste from other RMs to be spread on RM of Gimli fields and if it would take legal action should waste flow into the municipality.

"We understand that Manitoba Environment and Climate Change issued a hearing notification decision in relation to the Crystal Spring Colony New Development – Wastewater Lagoon on March 10, 2025," said the RM's manager of community engagement Christine Payne in a statement on behalf of council. "The RM of Gimli is in the process of reviewing the decision and considering which steps, if any, it intends to take in relation to the decision. Given that this is an ongoing regulatory matter, the RM of Gimli is not in a position to make any further comment at this time."

The *Express* asked the provincial government why it's not recommending a hearing by the Clean Environment Commission regarding the colony's proposed lagoon, whether the government can require the colony to send its waste to the Gimli Wastewater Treatment Plant, what other substances besides human waste will be treated by the lagoon, whether the lagoon is in the process of being constructed, if provincial approvals have already been granted, and how the colony plans to deal with its animal waste.

A provincial spokesperson said the department's director is not recommending to the minister that a public hearing be conducted because the potential environmental impacts from the lagoon are "well understood" and can be "mitigated" through clauses put into an environment licence.

The environmental assessment process had included a public review period, and public input is being considered as part of the assessment and licensing decision.

A Clean Environment Commission is typically recommended by the director of environmental approvals to the minister of environment and climate change when there's "a need for additional technical review and/or public engagement outside of what already happens during the environmental assessment and licensing process under the Environment Act," he said.

The department had received the colony's application to construct and operate the lagoon in August 2023.

When asked if the government can require the colony to send its waste to the Gimli Wastewater Treatment Plant, the spokesperson said the department does not have the "regulatory authority" to compel the colony to connect with the treatment facility in Gimli.

"The domestic wastewater lagoon will treat domestic wastewater, truck wash run-off and abattoir wastewater for colony use only," said the spokesperson when asked what substances will be treated in the lagoon. "Additional wastewater may come from backwash from the future water treatment plant and possible water collection system infiltration."

All livestock manure and mortalities will be dealt with in accordance with the Livestock Manure and Mortalities Management Regulation under the Environment Act, added the spokesperson.

When asked if construction of the lagoon is underway, the spokesperson said the Environmental Approvals Branch has not made an Environment Act licensing decision.

"Construction of the lagoon cannot commence until the licensing decision is made," he said.

RM of Armstrong CAO Colleen Mayer also confirmed that the lagoon isn't being built at the moment as the colony is awaiting provincial approval. The RM's Reeve Gary Wasylowski said he drove out to the proposed lagoon site on the weekend to confirm that no construction was underway.

Anyone concerned about the impact the colony's proposed lagoon will have on the environment can appeal the minister's decision to not recommend a CEC environmental review. Concerns must be made to the minister in writing by April 9, 2025. Email: minecc@manitoba.ca

Documents related to the lagoon are available on the provincial department of environment and climate change's public registry or by visiting: <https://www.gov.mb.ca/sd/eal/registries/6193/index.html>

Breast cancer screening clinic in Selkirk until April 3

By E Antonio

Women ages 50 to 74 can schedule their mammograms at CancerCare Manitoba's mobile Breast Check Cancer Screening Clinic located at 66 Eveline St. in Selkirk available until April 3.

It is recommended that women in this age group receive a mammogram every two years to screen for breast cancer.

"It is crucial for women to be screened for breast cancer because screening is the best way to find breast cancer early. Early detection leads to early intervention," explained Michelle Rosentreter, nurse navigator with cancer navigation services in Interlake-Eastern Regional Health Authority.

According to the CancerCare Manitoba website, approximately 900 women in the province are diagnosed with breast cancer annually, leading to around 200 deaths from the disease. Mammograms are free for those with a Manitoba Health Card and can be scheduled by calling 1-855-952-4325.

Expect your appointment to take between 10 and 20 minutes, and you will receive your results from your health-care provider within two weeks. If further testing is necessary, your provider will discuss the next steps at that time.

Routine mammograms are one of the best ways to detect breast cancer early and to access more treatment options.

"It doesn't take a lot of time, but the impact can be life-saving," added Rosentreter.

If you are due for a mammogram, please schedule an appointment with CancerCare Manitoba at their mobile clinic in Selkirk, or you can visit the permanent BreastCheck Clinic at #5-25 Sherbrook St., Winnipeg, which is open year-round.



EXPRESS PHOTO SUBMITTED

CancerCare Manitoba's mobile Breast Check Cancer Screening Clinic is in Selkirk until April 3. Call 1-855-952-4325 to schedule your mammogram at their 66 Eveline St. location.

Ashern Hospital celebrates Canadian pride

By Jennifer McFee

Ashern is serving up Canadian pride, one tasty bite at a time.

The acute care team at Ashern Lakeshore General Hospital hosted its first-ever all-Canadian breakfast on Feb. 24. All ingredients for the delicious breakfast were Canadian-made, and staff showed their spirit by dressing up in red and white.

"The breakfast was well attended and received, and it's also a great team-building event," said Dawn Barrett, manager of health services. "This is our small way to support Canadian producers."

Looking ahead, they hope to make it an annual event.



EXPRESS PHOTOS BY DAWN BARRETT

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manitoba

Recruit skilled job seekers
at workinmanitoba.ca/hire



Manitoba 

E.M. Crowe Memorial Hospital's emergency room being redesigned

Submitted by IERHA

The community is sharing in shaping the future of emergency care at E.M. Crowe Memorial Hospital.

On March 6, staff, physicians, and local residents had the opportunity to

review and discuss draft designs for the hospital's emergency room redesign.

After gathering feedback from staff discussions and 142 public survey responses, the designs were presented

to staff and the community at engagement events. The project leads engaged with over 150 attendees, who shared their thoughts on the designs.

"These conversations ensure that the redesigned emergency room meets the needs of both patients and healthcare professionals," said Tanya Cheetham, Interlake-Eastern Health's chief nursing officer.

"Hearing from those who rely on this hospital is critical to getting the design right."

Guests were treated to the gracious hospitality of the E.M. Crowe Memorial Hospital Guild, who served a delicious lunch with coffee, tea and an array of freshly baked goodies.

"The guild has been instrumental in fundraising to provide needed supports to the hospital," said Aver-

ill Stephenson, executive director for Interlake Eastern Health Foundation.

"We look forward to working with them as this exciting project moves forward."

The input gathered at these sessions will help refine the final design, which is expected to be publicly shared in summer 2025.

In addition, an upcoming consultation with leaders of Indigenous nations that access care in Eriksdale will provide further insights to help ensure culturally appropriate design elements are included.

The redesign of E.M. Crowe Memorial Hospital's emergency room was a commitment in the 2024 provincial budget and speech from the throne, reinforcing the province's investment in rural health care.

The Blood Moon has risen



EXPRESS PHOTO BY BEV MCLEAN

Another eclipse was seen across North America skies last week, and this time no special glasses were required to view it. A total lunar eclipse — also known as a "Blood Moon" — was seen late last Thursday and into the early Friday morning hours across Canada, for the first time since 2022.

The phenomenon occurred in Manitoba skies in the early morning hours on Friday, March 15, when the Earth was in between the moon and the sun and the moon passed through the shadow cast by the Earth, according to the Canadian Space Agency.

The Blood Moon gets its name because of its colours, according to Sara Mazrouei, educational developer and planetary scientist at Humber Polytechnic.

A total lunar eclipse is not nearly as rare as a total solar eclipse and contrary to solar eclipses, it is safe to observe a lunar eclipse with the naked eye. If you missed this year's total lunar eclipse, the next one arrives on March 2, 2026.



EXPRESS PHOTOS SUBMITTED

IERHA hosted a community information session to discuss the E. M. Crowe Memorial Hospital's Emergency Room Renovation on March 6.



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Gimli Art Club painted 225 faces at Gimli Ice Festival

By Patricia Barrett

Members of the Gimli Art Club were kept busy during the Gimli Ice Festival a few weeks ago, greeting visitors to the club and facilitating some creative endeavours that included a community mural and the always popular face painting.

"The Gimli Art Club had the largest number of volunteers ever to keep the kids happily painting a large mural. Twelve artists, over the two days, transformed 225 faces with water-based face paint," said club member Olive Hnatiuk. "So many happy people left our front door after their visit. At the end of each day our volunteers were also happy, but a bit exhausted."

Face painting is a big attraction at the festival, attracting kids and adults alike.

Over the past 14 years, the festival has grown, attracting visitors from around the world.

"The visitor count was over 400 per day, with not only local area people coming, but also Winnipeggers and Europeans coming with them to see what we do in the winter," said Hnatiuk.



EXPRESS PHOTOS BY RAYME THOMSON

The Gimli Art Club transformed 225 faces during the Gimli Ice Festival.



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The WEOC National Loan Program was established through the Women Entrepreneurship Loan Fund by Innovation, Science and Economic Development Canada.

Importance of filing income tax

By Jennifer McFee

With tax season now underway, it's important to know that tackling this annual task can help you access benefits and credits that could enhance your financial situation.

Taxes are due to be filed and paid on or before April 30. However, you can actually file your taxes at any time, which assures your ability to access some housing and health-care services.

Even if you have no income, a low income or are on social assistance, it's still important to file an income tax return each year. In contrast, if you don't file your taxes, you might miss out on tax breaks, income supplements or government subsidies. If you know someone in this circumstance, you might want to encourage them to file their taxes as well.

"By filing your taxes, you might be able to access additional benefits for yourself and your family, which could offer a greater sense of financial stability," said Shannon Montgomery, Interlake-Eastern Regional Health Authority's director health services, public health and wellness.

"As part of a caring community, we could also encourage others to file their taxes to access the benefits that they're entitled to. We have many elderly people, including some living alone. Assisting our neighbours in finding locations and resources related to income tax returns and helping people access these services is of great benefit. Income tax returns can favour those who might be overburdened, so it's important for individuals of all age groups to complete this task."

Those who don't file their taxes might miss out on the Canada Child Benefit, GST credit, Canada carbon rebate or disability tax credit. Some of these benefits might not be retroactive.

In an example on the provincial government's website (<https://www.gov.mb.ca/housing/tenants/tax.html>), a single parent with two children under the age of four making \$15,000 annually could possibly access about \$16,000 in benefits by filing taxes. In this particular example, these benefits include a GST refundable credit of \$842 (\$210.50 paid quarterly), Canada Child Benefits of \$12,800 (\$1,066.66 paid monthly), Working Income Tax Benefit of \$1,844 (with the income tax refund or part paid quarterly), Manitoba Child Benefit of \$840 (\$35 paid monthly) and Manitoba Personal Tax Credit of \$266 (refund upon tax filing). After filing taxes and accessing benefits, this

single parent's total annual income would jump to \$31,592.

According to Jennifer Dann, manager of health services for social work and patient relations for the Interlake-Eastern Regional Health Authority, many people don't realize that filing taxes also provides important documentation that is needed when accessing services like personal care homes or subsidized housing.

"If you or a family member might require a more supportive living environment, it is important to know that personal care home rates are set by Manitoba Health and are calculated based off of your Canada Revenue Agency notice of assessment," Dann said.

"You will be required to submit your notice of assessment to the personal care home on an annual basis, and your rates will be recalculated."

If you are experiencing housing instability, many housing organizations and other supports also require current financial information prior to them considering your application.

"It's unfortunate when situations like this arise because working through financial needs becomes even more difficult when you have the added pressure of illness and hospital stays," Dann said.

"Depending on your legal circumstances, your family may or may not be able to help you file your taxes; therefore, ensuring your taxes are completed annually will ease their burden and make access to programs that will enhance well-being or improve social circumstance a smoother process."

INCOME TAX RESOURCES:

- For low-income Manitobans, information about the Community Volunteer Income Tax program is available at www.gov.mb.ca under the residents' portal.

- A 24-page plain language booklet called Get Your Benefits (<https://www.edu.gov.mb.ca/benefits/index.html>) lists many benefits and programs that Manitobans may be eligible for.

- More income tax information is also available on the Government of Canada website at www.canada.ca. Information about free tax clinics is available at www.canada.ca/tax-es-help.

- In the Interlake-Eastern region, most communities host a Community Volunteer Income Tax Program, where people with a simple tax situation and modest income can get their taxes done for free. To find a program in your area, visit <https://www.ierha.ca/programs-services/life-style/get-your-benefits/>. Many Seniors Resource Councils participate by acting as a drop-off depot for volunteer tax filers.

- For those without a local Community Volunteer Income Tax Program, Community Financial Counselling Services (CFCS) offers tax services both virtually and over the phone. CFCS also offers free and confidential financial counselling/coaching, help accessing benefits and counselling for individuals and families impacted by gambling. Visit <https://www.cfcs.mb.ca/> or call toll-free 1-888-573-2383 to learn more and access their services.

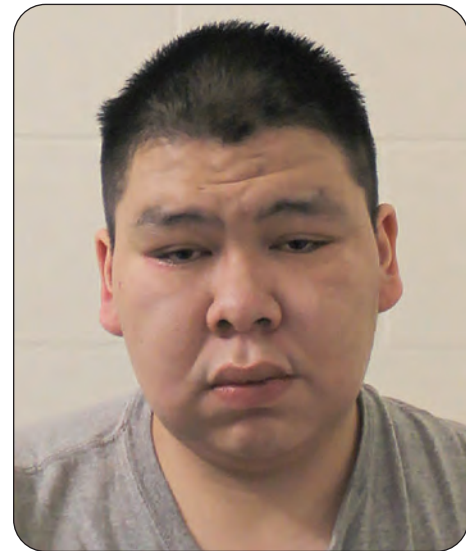
Gypsumville RCMP investigates home invasion

By Annaliese Meier

Gypsumville RCMP responded to a report of a home invasion in the community of Lake St. Martin First Nation at approximately 4 a.m. on March 13.

Upon arrival, officers spoke with the

Continued on page 19



Skylar Cook



Dylan Keeper



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Your FARM



El Niño, La Niña and the 2025 forecast: what farmers can expect this season

By Lori Penner

Every farmer wishes they had a crystal ball to predict what Manitoba's growing season will bring. Will it be another dry year, or will mud-slicked fields make seeding a challenge? While no one can see the future, there is one global weather phenomenon that offers valuable clues for long-range forecasting — and it's shaping predictions for the 2025 crop season.

Scott Kehler, meteorologist and president and chief scientist of Weatherlogics, has spent years analyzing weather patterns and developing forecasting tools to help farmers and industry professionals prepare for whatever Mother Nature has in store.

With a bachelor's and master's degree in meteorology from the University of Manitoba, Kehler specializes in weather research, improving prediction methods, and analyzing past climate events. Despite his focus on research, he remains passionate about day-to-day forecasting, particularly for high-impact weather events.

During his presentation at St. Jean Farm Days earlier this year, Kehler shed light on two significant climate patterns — El Niño and La Niña — and how they consistently shape winter weather trends across North America.

"These events are driven by shifts in sea surface temperatures in the central and eastern Pacific Ocean along the equator," Kehler explained. "El Niño is associated with above-average ocean temperatures, while La Niña brings cooler-than-normal waters. These changes influence global weather patterns, including the likelihood of extreme weather events."

Since 1900, there have been about 30 El Niño events, with the most recent in 2023-24 and the strongest recorded in 2015-16. Likewise, there have been about 30 La Niña events since 1900, with the most recent occurring from 2020-23 and the strongest on record in 1973-74.

Why do we care about Pacific Ocean temperatures?

"The Pacific Ocean makes up such a massive part of the Earth's surface — about five times the area of Canada," Kehler explained. "These temperatures affect global weather patterns. They influence the jet stream due to the difference in temperature between areas to our south and

areas to our north."

The jet stream is a key driver of North American weather. During El Niño, temperature differences tend to be less pronounced, weakening the jet stream and making it more difficult for cold air masses to move south. Conversely, La Niña strengthens the jet stream, increasing temperature differences and allowing Arctic air to push further south, often resulting in colder and snowier conditions.

"Although these patterns don't guarantee extreme weather, they increase the probability of certain conditions developing," Kehler said. "If you look at the past decade, the warmest and

coolest years have almost always coincided with an El Niño or La Niña event."

What's in store for 2025?

As of December 2024, the Pacific Ocean remained in neutral conditions, meaning neither El Niño nor La Niña was in effect.

"This means the forecast is far more uncertain than usual," Kehler admitted. "When we don't have a strong El Niño or La Niña, that takes away one of the factors we can point to when making our long-range forecast."

However, by May 2025, El Niño is expected to

Continued on page 19

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St. Claude farmer recognized with watershed award

Submitted by Angie Smith

The Redboine Watershed District (RBWD) is pleased to present Nicolas Jobin with the 2025 RBWD Watershed Award. This award recognizes his outstanding contributions and the significant impact he continues to have on our landscape.

Nicolas was born and raised on his family's farm near Saint Claude. His father initially operated the farm as a dairy but transitioned it to a mixed farm, producing beef, pork and grains in 1996. After graduating from high school in 2003, Nicolas worked seasonally on the farm while also completing his welding certification and gaining experience in the trade.

At the age of 22, Nicolas returned full-time to the farm to work alongside his father. In 2008, he initiated the process for organic certification of the farm. By 2014, Nicolas was farming organic beef and grains and was also direct marketing beef and pork with his wife, Leanna. His goal was always to expand his cattle operation and transition to full-time ranching. While he enjoyed all aspects of farming, his true passion lay in working with cattle and improving his pastures and land for future generations of farmers.

In 2016, with guidance from various ranch mentors, Nicolas focused his



EXPRESS PHOTO SUBMITTED

The Redboine Watershed District would like to congratulate Nicolas and Leanna Jobin and family on their commitment to the Redboine Watershed. He will be recognized in December at the Manitoba Association of Watersheds Annual Conference in Brandon.

farm operations exclusively on cattle ranching, emphasizing rotational grazing and effective pasture management.

Currently, Nicolas and Leanna,

along with their four young children, operate a large-scale ranch with cow / calf and backgrounding operations. They focus on regenerative pasture and land practices, which aim to en-

hance soil health and land productivity for the next stewards of this land.

Through the RBWD GROW program, Jobin has created a series of swales that go across the high points of the ranch. He installed a series of dams and culverts that will hold back and divert water slowly over his property through the swales. Once the retention ponds have reached their maximum capacity the design of the swales will allow the overflow to travel across the sandy landscape as slowly as possible along the farthest distance. The slow-moving water will help fill as many potholes as possible along the way to maximize the amount of water that can be infiltrated into the soil and reduce water erosion. By holding water back in the sandy soil, it will increase the recharge of groundwater which will also provide a larger capacity of accessible water for the cattle. This project will help reduce the total volume and speed at which water will flow downstream in the watershed. The increased storage on the wetlands will provide increased wildlife habitat, water storage and decrease the nutrient load.



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> SEASON, FROM PG. 17

return and strengthen through the fall.

Here's what Manitoba farmers can expect in 2025:

- Overall, cooler-than-normal summer conditions, particularly in the spring.

"It looks like this winter might be a little slow to leave, and with La Niña in place, there's a chance we'll see more snow," Kehler said. "The snowpack could keep things a little cooler into spring." Summer temperatures will be normal to slightly below normal.

- Wetter-than-normal conditions are expected, with a cooler start to spring followed by normal levels of rain and snow. As summer progresses, precipitation is projected to be above normal.

- In 2024, Manitoba saw an active thunderstorm season with few severe events. "2025 will likely be similar," Kehler predicted.

Long-range forecasting remains a challenge, but trends in ocean temperatures, atmospheric oscillations and solar cycles offer valuable insights.

"Many farmers receive day-to-day forecasts, but long-range forecasts use entirely different methods," Kehler emphasized. "Water temperatures change very slowly. It takes a lot of energy to alter ocean temperatures, so we rely on these indicators for longer-term predictions."

While the 2025 growing season remains uncertain, the expected transition from neutral conditions to El Niño suggests a wetter-than-normal summer with cooler-than-normal temperatures. For farmers, this means careful planning and flexibility will be key.

"As always, weather remains one of the most unpredictable factors in agriculture, but by understanding patterns like El Niño and La Niña, farmers can better prepare for what lies ahead."

> RCMP, FROM PG. 16

residents — two males and one female — who reported that three armed men entered their home, demanding wallets and other valuables.

During the incident, one of the suspects discharged a firearm, tragically killing a dog that was inside the home. Fortunately, there were no other injuries reported.

The suspects fled the scene with undisclosed items before officers arrived.

Following further investigation, the victims were able to identify the three suspects. Consequently, the RCMP has issued arrest warrants for the following individuals: Skylar Cook, 23, and Dylan Keeper, 33, both from Lake St. Martin, and Kendell McKay, 26, from Winnipeg.

The RCMP is asking anyone with information to contact the Gypsumville RCMP at 204-659-2682 or call Manitoba Crime Stoppers at 1-800-222-8477. Secure online tips can also be submitted at www.manitobacrimestoppers.com.



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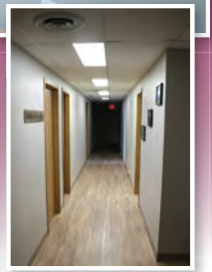
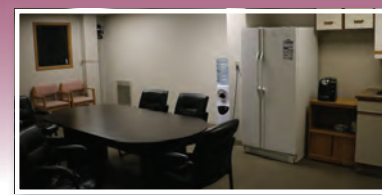
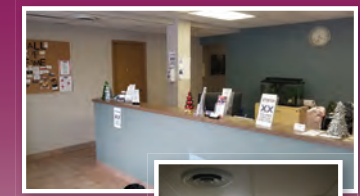
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Black Bear Rescue Manitoba featured in documentary series

By Jennifer McFee

You'll bearly believe how fascinating — and adorable — the main attractions are in a locally filmed new documentary series about one of North America's most successful black bear rehab programs.

Cub Camp provides a glimpse into life at Black Bear Rescue Manitoba, operated by Judy and Roger Stearns on their property near Stonewall, for a worldwide viewership.

Produced by Merit Motion Pictures, the six-episode series follows the Stearns and the orphaned or abandoned cubs they care for in keeping with their motto "No bear is turned away."

Showrunner Shereen Jerrett said it was an emotional process to watch the bears arrive in such a traumatized state.

"These intelligent and sensitive little animals are devastated; they have lost their mothers, their only security. Watching the Stearns slowly coax them out of their desolation, providing them with a sense of security to grow, is both life-affirming and inspiring," she said.

"It is delightful to watch these bear cubs tumble around, but they also speak to bigger issues of trauma and recovery, of choosing life over loss — these are themes we can all understand."

Roger and Judy Stearns are trying to change the world by saving one bear cub at a time, Jerrett added.

"In their eyes, this world belongs to the bears, and if we want to share this territory with them, we owe them the right to live and thrive," she said. "They are trying to correct the damage we do with our presence in their world and help restore the balance."

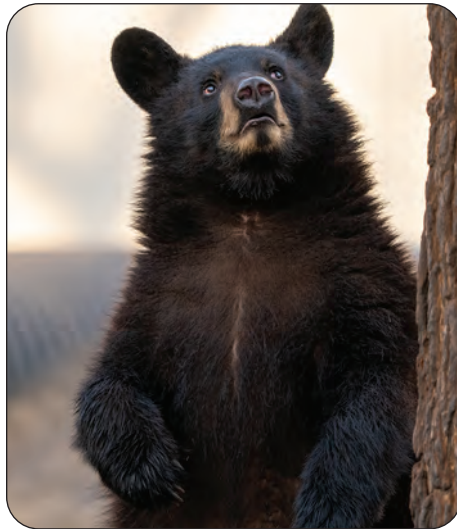
Filming began in 2022 and took nearly a year to follow the entire typical length of a rescued cub's stay, followed by another year of editing.

Merit Jensen Carr, the show's producer, outlined the impetus for the idea.

"Andy Blicq, a director friend of Merit Motion Pictures, was the first person to develop the series with help from Jeff McKay," she said.

"We immediately knew it would be a wonderful opportunity to talk about black bears and how they're misunderstood, as well as to profile the work of this wonderful couple devoted to caring for cubs."

The six *Cub Camp* episodes will air on Love Nature on Sundays at 7 p.m. CT and Cottage Life on Saturdays at 1 p.m. CT. The show premiered on Sunday, March 9 on Love Nature, and the first episode also aired on Cottage Life on Saturday, March 15. The



series is also available for streaming through Amazon Prime.

"Viewers can look forward to a compelling and heart-warming story about two extraordinary people who have devoted a whole lot of time and hard work to providing a home to abandoned or orphaned cubs when they had nowhere to go," Jensen Carr said.

"They'll get to know each cub individually, learn their quirks and struggles to overcome a rough start to their life before returning to the wild with the skills for survival."

The homegrown Manitoba story is set in Stonewall and created by a Manitoba crew.

"Judy and Roger Stearns are dedicated advocates for black bears who turned their lives upside down after learning that a cub named Makoon was released into the wild with a slim chance of survival," she said.

"Before Black Bear Rescue Manitoba existed, abandoned cubs had nowhere to turn. Seeing the need, the Stearns stepped in with generosity and hard work, creating a safe haven for these vulnerable animals and giving them a second chance at life."

Judy Stearns said the project was a big undertaking but it all worked out well.

"They very discreetly filmed the bears. We had special blinds made so the bears wouldn't even know that they were there. The crew were all great people and easy to work with. They did a beautiful job," she said.

"They're not only highlighting what we do or what it takes to raise animals but about bear behaviour itself. The



EXPRESS PHOTOS SUBMITTED

A six-episode documentary series called *Cub Camp* provides a glimpse into life at Black Bear Rescue Manitoba.



Judy and Roger Stearns operate Black Bear Rescue Manitoba on their property near Stonewall.

main reason why did it is so people could learn more about bears."

Currently, Black Bear Rescue Manitoba has five yearlings who are 14 months old. They will be released in July.

At the same time, Judy looks back with nostalgia at the bears that were featured in the film, who have all since been released back into the wild.

"It's bittersweet when you let them go. You're so glad they're going back to be wild bears and that you successfully raised them to that point — but it's also, of course, very sad," she said. "If you're an animal lover, you get attached to animals. Even though they're not pets and we're not friend-

ly with them, it's hard to see them go, even though it's also good to see them go."

For her, the purpose of the project is to dispel any myths about black bears.

"They're not these big scary monsters. They're intelligent animals. They've got their own personalities and I hope people will see that. They're amazing animals who are often misunderstood," she said.

"Hopefully people change any negative perception they have of bears after watching the show. That's the reason why we did it."

Check out the *Cub Camp* trailer at <https://vimeo.com/1062445078>.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Mad Dog Cup unites community over their love of hockey

By E Antonio

St. Laurent hockey fans spent the day honouring their local hero, Laurent "Mad Dog" Kerbrat, at the Mad Dog Cup on March 15.

This premier tournament featured four recreational hockey teams, who spent the day cherishing Kerbrat's dedication to the sport.

"We have had these tournaments in the past with barely any meaning to them, so why not make one in honour of Laurent Kerbrat and all he has contributed to our arena and community," said Rebels Hockey president Jordan Allard, who organized the tournament as he wanted to hold a worthwhile event.

The tournament was held at the Laurent Kerbrat Arena, which was renamed the St. Laurent Arena after Kerbrat's passing in 2020.

Allard was inspired by his contributions to the world of sports and wanted to find a way to repay his efforts.

"It is important to honour Laurent because he basically committed his life to our arena."

More than 75 spectators attended to watch the four teams compete. The Expendables emerged victorious, winning the championship game 3-1 and completing the tournament with a perfect 4-0 record.

Despite being a smaller tournament this year, it attracted a lively crowd.

"Our viewing area was packed, and we had spectators there right from the start of the first game, with more people coming as the day went on." Allard hopes more teams will register next year to hold a bigger tournament.

The Mad Dog Cup also served as a small fundraiser for the St. Laurent Sports Club. Local volunteers operated the canteen, selling delicious game-day snacks. While proceeds are still being calculated, the canteen sales were a success. The club plans to use the funds for minor hockey in St. Laurent, arena maintenance and purchasing sports equipment.

If you missed this year's Mad Dog Cup, be sure to check the St. Laurent Rebels Facebook page for details about their next tournament.



EXPRESS PHOTO SUBMITTED

The Expendables won this year's Mad Dog Cup on March 15 in St. Laurent. Four teams played in the local hockey tournament in honour of Laurent "Mad Dog" Kerbrat.

Interlake organizations among finalists for 2025 Tourism Awards

By Patricia Barrett

Gimli organizations are in the running this year for a tourism award after Travel Manitoba and Winnipeg Tourism announced a list of nominees and finalists.

Among the finalists are the Gimli International Film Festival, the Icelandic Festival of Manitoba and Interlake Brewing Co.

The 3rd annual Tourism Awards recognizes tourism professionals and organizations from Winnipeg and from Manitoba that have made an outstanding contribution to the industry over the course of 2024.

There are nine award categories that

include Employee of the Year, Business of the Year (large and small), Indigenous Tourism, Innovator of the Year Award, Social Impact Award and Volunteer of the Year Award.

The Gimli International Film Festival is up for an Event of the Year Award, which recognizes substantial economic impact in a local community and the ability to attract visitors and create an outstanding experience.

"We couldn't be more excited," said the festival in a post. "It takes a village to put on a festival, and whether we win or lose, we'd like to thank the 2024 GIFF team for an incredible season."

The Ghost Tours at Lower Fort Garry is also nominated for Event of the Year.

The Icelandic Festival of Manitoba is up for a Marketing Campaign of the Year Award for its Century of Fjallkona, the theme of its 2024 festival. Since 1924, the festival has chosen a maid of the mountain (Iceland personified) each year to preside over its festival. The marketing award honours an individual or organization for creative or innovative marketing campaigns that increase visitor numbers and revenues.

And Interlake Brewing, a family-run restaurant and micro-brewery,

is a finalist for a Business of the Year (Large) Award, which recognizes a tourism business, facility or attraction with 20 or more employees and which provides exceptional visitor experiences.

Dr. Carolyn Weiss of Friends of Lower Fort Garry, is nominated for the Volunteer of the Year award.

Winners will be announced at the 3rd Annual Tourism Awards presentation on April 10 at the Fort Garry Hotel.

For a full list of award finalists and how to buy a ticket for the awards, visit Travel Manitoba.com

To see more photos of your favourite Interlake Athletes

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THE EXPRESS WEEKLY NEWS

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Interlake middle school basketball champions



EXPRESS PHOTOS SUBMITTED

Pictured clockwise from top left: The Arborg Early Years Middle School Grade 7 girls and boys and Grade 8 boys won three of the four Evergreen division basketball plaques this week. The participating schools included Arborg, Riverton, Gimli and Winnipeg Beach. The Grade 8 boys defeated Riverton 54-26 in the finals. Pictured left to right: Locklin Pearce, David Van Der Burg, Ty Shachtay, Will Dusome, Hayden Plett, Lucas Calderia and Jason Skoropet (coach). The Grade 7 boys defeated Gimli in two games in a best of 3 series. The score of the first game was 30-12 and the second was 26-12. Pictured with Jason Skoropet (coach), left to right, back row: Gunnar Olafson, Hunter Masiak, Miggs Agpalo; front row: Reilly Buchko, Xavier Skoropet, Ollie Sigurdson and Connor Beuhlmann. Missing from the photo: teammates Liam Ewert and Sullivan Naylor. The Grade 7 girls defeated Riverton to win the plaque. Pictured: Trisha Dibdib, Kathryn Kornelsen, Leah Dudar, Maddison Grant, Aubrey Bishop, Leah Markham, Skylar Robinson, Mia Elias, Rory Stansell, Isabel Klym and Eliza Stansell.

The Dr. George Johnson Grade 7/8 girls basketball team won the middle school championship 12-6 over Arborg Early Middle School. Pictured left to right, back row: Jerika Samborski, Lyla Leaman, Sabrina Klassen, Ashlyn Yaremkiwich, Orla Duguid, Rebecca Schimnowski (coach); middle row: Bella Einarson, Kenzi Sokil, Gabby Gallo; front Row: Maria Donohoe (captain), Taryn Gibson (captain). Missing from the picture: Christof Hasselfield (head coach)

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Vigfusson taking massive strides with MJHL Nighthawks

By Kieran Reimer

Year after year, the Manitoba Junior Hockey League continues to produce high-end talent at the Junior A level.

This year, however, is special, particularly for a local player from Gimli who grew up playing hockey for the Interlake Lightning.

That player would be 19-year-old Adam Vigfusson, who wears number 15 for the Niverville Nighthawks.

Vigfusson is currently in his second full season as a Nighthawk, and he's helped them cement their spot as a playoff team.

After cutting his teeth in the league last season, Vigfusson has broken out big time, currently playing on the Nighthawks' top line on the right wing beside Merik Boles and Matteo Speranza.

He destroyed his goals and assists outputs from last season and finished the regular season with 31 goals and 31 assists for 62 points in 46 games, the eighth most in the MJHL.

"A lot of work in the offseason that's for sure," said Vigfusson on Thursday. "I played with Merik Boles for most of the season last year, so he and I have some pretty good chemistry. Yeah, just opportunity and confidence, I think, has really been a factor for the offensive output this year."

With that output came an MJHL Second Team All-Star nod, and the chance to play in the 2025 MJHL-SJHL Showcase in January.

Recently, Vigfusson was out with an injury, which caused him to miss a few weeks in February and

March.

Last Wednesday, Vigfusson returned to the Nighthawks lineup against the Portage Terriers. He didn't miss a beat, scoring twice and adding an assist for the first star of the game honours.

His line combined for eight points in the game, and Niverville took it 6-3 over their MGEU East Division rivals at Niverville CRRC.

"I was chomping at the bit to come back. I missed playing with all the boys, and it's pretty exciting to get back," said Vigfusson.

After playing two more games over the weekend, the Nighthawks concluded the regular season with a record of 35 wins, 20 losses, two overtime losses and one shootout loss, finishing fourth in the East with 73 points. They are now preparing for a best-of-seven quarterfinal series against the Winkler Flyers, who finished the regular season in first place in the East.

This will be Vigfusson's second time in the post-season; he participated in all four playoff games last year when the Nighthawks were eliminated in the quarterfinals by the Steinbach Pistons. Now, Vigfusson and the Nighthawks are set to face another formidable opponent in pursuit of the franchise's first-ever playoff series win in what is only their third season of existence.

Born in 2005, Vigfusson will be eligible to return to the Nighthawks for one final junior season next year. He hopes to pursue a college hockey career after finishing his time in junior hockey.



EXPRESS PHOTO SUBMITTED

Gimli's Adam Vigfusson had a breakout season with 31 goals and 31 assists in 46 games with the MJHL's Niverville Nighthawks in the 2024-25 regular season. The 2005-born forward finished the season eighth in the MJHL in points.

U15 Lightning advance to B-side semi-finals

By Kieran Reimer

The U15 AA Male Interlake Lightning took another step closer to winning the U15 B Side Playoffs last week.

In a seven-team round-robin format, where the top four teams advance to the semi-finals, the Lightning secured their spot with a 5-1 victory over the

Winnipeg Bruins White last Monday at East End Arena.

The team concluded the round-robin on Saturday with a 5-2 loss to the Winnipeg Thrashers White, finishing with a 4-3 record and placing third overall. This loss, however, did not adversely impact their chances, as finishing third meant a rematch with the

Thrashers White, who placed second in a best-of-three semi-finals series.

The two teams faced off in game one on Sunday night at East End Arena, where the Thrashers emerged victorious with a score of 2-0, taking a 1-0 lead in the series.

With this setback, the Lightning must win two consecutive games to

secure the series and advance to the U15 B-side Championship.

UPCOMING GAMES:

- Game 2: Tuesday, March 18 at 8:15 p.m. at East End Arena
- Game 3: Thursday, March 20 at 8:15 p.m. at East End Arena (if necessary)

Falcons' playoff run ends in semifinals as Comets advance to CRJHL finals

By Kieran Reimer

The Lundar Falcons' playoff run has officially come to an end after the Beausejour Comets eliminated them in Game Five of the Capital Region Junior Hockey League (CRJHL) semi-finals on Friday at the Sun Gro Centre.

After the Falcons won Game Three on Tuesday, Beausejour responded by winning games 4 and 5, clinching the best-of-seven series 4-1 and securing

their spot in the CRJHL finals.

In Game 5, the Comets closed out the series with a decisive 5-1 victory. Braeden Lukas scored the first goal for the Falcons, but the Comets then scored five unanswered goals to take control of the match.

Game 4 was a much tighter affair, with the Comets edging the Falcons 3-2 in double overtime on Thursday in Lundar. Ryan Benson and Braeden

Lukas both scored for the Falcons, but the Comets tied the game at two in the third period, forcing overtime. Jace Ticknor scored the winning goal for Beausejour in double overtime.

Game 3 was also closely contested, with the Falcons winning 2-1 on Tuesday in Beausejour. No goals were scored through the first 40 minutes of play until Falcons' Liam Russell broke the deadlock in the third period. Jake

Plett later added an empty-net goal for Lundar with 26 seconds left. The Comets managed to score with just one second remaining to spoil Kennedy Kerr's shutout bid, as he finished the game with 43 saves.

The Comets now advance to the CRJHL finals, where they will face either the Selkirk Fishermen or the St. Malo Warriors. St. Malo currently leads their series 3-1.

sports & recreation

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Falcons win Interlake hockey U18 regional championship

By Annaliese Meier

Arborg Minor Hockey recently hosted nine teams from across Manitoba for the 2025 Hockey Manitoba U18 "A" provincials.

The participating teams included Arborg, Flin Flon Bombers, Grunthal Red Wings, Lakeside Falcons, Landmark Blues, Mitchell Mustangs, Rat River Saints, Steinbach Millers and Thompson King Miners.

Arborg started strong, defeating Steinbach 5-2 in their first round-robin game and then beating Thompson 3-1, which placed the Falcons first in their pool.

In the semi-final, Arborg faced Mitchell and lost 3-2, which sent them to the bronze medal game. However, Arborg bounced back, defeating Rat River 6-3 to capture the bronze medals.

The gold medal game was postponed, and its new date is still pending.

During the gold medal game, there was a serious incident involving a player from the Grunthal team. With three minutes remaining in a tied game at 4-4, a collision occurred between players from Mitchell and Grunthal. The Grunthal player was knocked unconscious and remained on the ice for over an hour while waiting for an ambulance. He was eventually removed from the ice on



EXPRESS PHOTO SUBMITTED

Arborg Riverton Gimli Falcons won the Interlake Minor Hockey U18 Regional banner defeating Lundar in two games. Pictured left to right, back row: Daryl Gislason (head coach), Eli Kornelsen, Hunter Loewen, Hudson Charrier, Christian Mozdzen, Dylan Selkirk, Kristofer Asmundsson, Levi Johnson, Jayden Hibbert, Brycen Johannesson, Keaghan Reimer, Nelson Loewen (assistant coach), Mike Johnson (assistant coach); front row, Nathanael Loewen, Tristan Klatt, Ernest Agpalo, Colton Corbel, Carter Buelhmann, Charlie Buehlmann and Josh Bazilewich.

a stretcher and spent the night in the hospital. The decision was made to stop the game due to the circumstances. Hockey Manitoba will determine how and when the teams will finish the game.

The update on the Grunthal player is that he suffered a concussion and will be out for the rest of the season, but he is currently home resting and

recovering.

In addition, the combined Arborg, Riverton, and Gimli team won the Interlake Minor Hockey U18 regional banner in a best-of-three series on March 14. The Falcons won Game 1 in overtime, 4-3, and then defeated Lundar 4-1 in Game 2.

Overall, the Falcons had a successful year, thanks to their amazing

players, supportive parents, dedicated coaches and enthusiastic fans. The collaboration of the three towns fostered teamwork, creating lifelong memories and friendships. Manager Tanya Johnson expressed her joy in watching the team and looks forward to next year.

Canadian Mixed Doubles Curling Championship started on Sunday

By Annaliese Meier

The 2025 Canadian Mixed Doubles Curling Championship kicked off on Sunday in Summerside, P.E.I., featuring 32 of the nation's top teams competing for a \$100,000 prize purse and the chance to represent Canada at the 2026 World Mixed Doubles Championship from March 16 to 21.

The event spans six days, from March 16 to 21, at the Gerard "Turk" Gallant Arena and Silver Fox Entertainment Complex.

Defending champions Kadriana Lott and Colton Lott from Gimli, aim to make history with consecutive titles, while Jocelyn Peterman and Brett Gallant from Chestermere, Alta., seek their third championship win. Also in the mix are Laura Walker and Kirk Muyres, hoping to bounce back from a tough 2024 championship, and rising stars Jessica Zheng and Victor Pietrangelo who want their first title after a bronze at the 2025 FISU World University Games.

The tournament consists of four pools of eight teams, provincial/territorial champions, along with the semifinalists from the 2024 Canadian Mixed

Doubles Curling Championship, the top-four placing teams at the 2025 Mixed Doubles Curling Trials and 10 2024-25 Canadian Mixed Doubles Rankings teams as of Feb. 18, 2025.

Teams will play a round-robin from Sunday evening through Wednesday, with 12 teams advancing to the single knockout playoffs, which begin on Thursday morning. The four pool winners earn byes directly into the quarterfinals on Thursday at 7 p.m., while the teams with the following eight best records, regardless of the pool, will compete in the opening playoff draw at 3 p.m.

There will be no tiebreaker games. All ties are broken based on head-to-head results and if that doesn't resolve the tie, the pre-game Last Shot Draw totals will rank the teams.

Select games will be streamed live on Curling Canada's YouTube channel.

Schedule information, scores and more details about the event can be found at <https://www.curling.ca/2025mixeddoubles/>



EXPRESS PHOTO SUBMITTED

Gimli's Kadriana Lott and Colton Lott are vying to win consecutive Canadian mixed doubles titles in history. The Lott duo achieved a perfect 10-0 record at the 2024 championship, securing the top prize.

sports & recreation

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Come try ringette for free in Winnipeg Beach on March 23

By E Antonio

The Interlake Ringette Association is hosting a "Come Try Ringette" event at the Winnipeg Beach Recreation Centre on March 23 for athletes between 3 and 10.

Organizers want to see the ringette game grow in the area and hope to get a team to practise and play out of Winnipeg Beach.

Organizer Shalyn Noble is a mom of four who has competitively played ringette for almost 40 years.

Noble's goal is to get enough players to form a team in Winnipeg Beach. Currently, Interlake Ringette has teams based in Selkirk, Stonewall and St. Andrews.

Her daughters attended a "Come Try Ringette" event in the summer and instantly fell in love with the sport.

She encourages everyone to give ringette a chance, adding that "the perfect age to start ringette is the age you are right now!"

Nobel said that whether this is your first time on the ice or you are a seasoned pro, everyone is welcome to attend "Come Try Ringette." All you need to bring is a pair of skates, gloves and a skating helmet. There will also be helmets available at the rink if you need one.

"We want to bring ringette into the area as we know the commute can be a challenge. We are hoping to provide a local option for kids right in our



Athletes ages 3-10 are invited to try ringette for free at Winnipeg Beach's "Come Try Ringette" event March 23.

community," said Noble.

On March 23 from 1:15 to 2:15 p.m., a group of instructors will have several on-ice stations and drills for skaters to try, all free at the Winnipeg Beach arena.

"Ringette is a fast and fantastic team sport and this event will showcase just that. Participants will be introduced to the game in a fun and positive manner," said instructor Lindsay Burns. Burns, a former Team Canada athlete for ringette, looks forward to introducing more players to the sport in the Interlake.

"Ringette offers opportunities for beginners all the way to elite athletes



EXPRESS PHOTOS SUBMITTED

Players from the two Interlake Ringette 4U teams, a developmental ringette team geared for players 3-8.

representing the national team. As a former member of the national team and advocate of the sport, I am committed to providing an opportunity for girls to get involved in the game, which has given me so much."

Before the free skate, skaters are invited to watch Interlake Ringette's feature game starting at 12:15 p.m. The game will have two Interlake Ignite 10U teams battle it out, giving a glimpse of how the game is played.

Interlake Ringette board members

will also attend Sunday's event to answer parents' questions regarding the sport. This is a perfect opportunity to inquire about rules, equipment, registration and fees ahead of next year's ringette season.

Advanced registration is required for Winnipeg Beach's "Come Try Event," as there might be some special snacks and swag for anyone who attends. Online registration closes March 22 at www.cometryringette.ca

Halldorson named to ACHA W2 All-Athletic First Team

By Kieran Reimer

Rachel Halldorson of Assiniboine Community College has been selected for the ACHA W2 All-Athletic First Team. The Lundar netminder played in 14 games during the regular season, achieving a record of 10 wins, 0 losses, 2 ties and 0 overtime losses. She posted an impressive goals against average of 1.06 and a save percentage of .963, along with five shutouts.

Thanks to Halldorson's outstanding performances, the Cougars have ascended to the top of the ACHA rankings and are currently positioned

as number one in the West.

The team is preparing to compete in the ACHA W2 National Championships, taking place from March 21 to March 25 in St. Louis, Mo. The Cougars have been placed in Pool C for the tournament, which includes Providence College, Central Michigan University and Eastern Michigan University.

They will kick off their tournament on Friday against Providence at the Centene Community Ice Center, starting at 1 p.m. CDT.



PHOTO SUBMITTED

Lundar's Rachel Halldorson was selected as the ACHA W2 All-Athletic First Team.

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EMPLOYMENT

GRAVEL CHECKER

The Rural Municipality of Fisher invites applications for the position of Part-Time Gravel Checker for the 2025 Gravelling Program.

Applications will be received by the undersigned until 4:00 p.m., April 1, 2025.

Applicants must be 18 years of age and hold a valid driver's license. Access to a vehicle is an asset.

For further information regarding this position, please contact the Municipal Office at (204) 372-6393.

Kelly Marykuca
Chief Administrative Officer
Rural Municipality of Fisher
PO Box 280
Fisher Branch, Manitoba R0C0Z0
Email: fishercao@mymts.net

THE RURAL MUNICIPALITY OF ARMSTRONG

PUBLIC HEARING

REGARDING THE 2025 FINANCIAL PLAN

In accordance with Section 162(2) of *The Municipal Act* the Rural Municipality of Armstrong shall hold a PUBLIC HEARING to present the 2025 Financial Plan for the Municipality on:

Thursday, April 10, 2025 at 7:00 P.M.
FRASERWOOD HALL
10140 PR 231 Fraserwood, MB

The Rural Municipality of Armstrong 2025 Financial Plan consists of:

- 1) The 2025 Operating Budget,
- 2) The 2025 Capital Budget,
- 3) An estimate of the Operating Revenue and Expenditures for the following fiscal year (2025), and
- 4) A five (5) year Capital Expenditure Program (2026-2030)

The purpose of the PUBLIC HEARING is to allow any interested person to make representation, ask questions, or register an objection in respect of the Rural Municipality of Armstrong 2025 Financial Plan.

Copies of the Financial Plan will be available for review and may be examined by any person on the RM of Armstrong website at www.rmofarmstrong.com or at the Municipal Office at Lot 55 Highway 17, Inwood, Manitoba during regular office hours.

Following the Financial Plan presentation and dependent on time, Council will open a discussion regarding ward boundaries and possible changes to council structure.

Dated this 11th day of March, 2025

Colleen Mayer

Chief Administrative Officer
Rural Municipality of Armstrong



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INTERLAKE WOMEN'S RESOURCE CENTRE EMPLOYMENT OPPORTUNITY

Full Time Permanent Executive Director Position

Interlake Women's Resource Centre is looking for an Executive Director for the overall management and direction of the Centre.

Responsibilities

- Maintain monthly financial records including payroll. Complete and submit budgets and grant applications.
- Ensure accurate records are collected and submitted to the funders as per Service Purchase Agreement.
- Ensures the adherence of Constitution, Policies and Procedures.
- Provide the main communication link between the Board and staff.
- Provide overall direction and management of staff and volunteers.
- Promote the Centre at the local, regional and provincial level.

Qualifications

- Diploma or Certificate in Administration and Management and/or equivalent training and experience.
- Management Experience
- Experience in the Social Service Field would be considered an asset.
- Compassion and an understanding of the complex nature of gender based/family violence.
- Excellent organization skills.
- Excellent written/verbal communication skills.
- Good interpersonal skills and the ability to work within a multidisciplinary team setting
- Current and clear criminal/vulnerable sector record check
- Current and clear child abuse registry check
- Current and clear adult abuse registry check
- Vehicle and valid driver's license

Please submit resume and 3 references to Interlake Women's Resource Centre Inc.
P.O. Box 1991 Gimli, Manitoba R0C 1B0 or to
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> GAMES

SUDOKU

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!

Sudoku Answer

Crossword Answer

CROSSWORD

CLUES ACROSS

1. Take heed

5. One's superior

9. Prepped meat

11. Tighten anew

13. Type of textile fiber

15. Animalistic

16. When you hope to get somewhere

17. Offender

19. Former NYC mayor Ed

21. Type of cryptocurrency

22. Mauna __, Hawaiian volcano

23. Herring-like fish

25. Popular PBS program

26. Congressman (abbr.)

27. Flightless Australian birds

29. Defrosted

31. Prior Yankee sensation Kevin

33. Nasal mucus

34. Some are southern

36. A place to construct

38. Popular beer brand

39. Shouts of farewell

41. Network of nerves

43. Make a mistake

44. Showed old movie

46. Body parts

48. A divisor

52. Congressional investigatory body

53. Papers

54. Most unnatural

56. Judge the worth of something

57. Makes sounds while sleeping

58. Which

59. Hungarian Violinist

CLUES DOWN

1. Pages

2. Head pain

3. A loud utterance

4. Large brown seaweed

5. Hulu's chef Carmine

6. Greek mountain

7. Made final

8. Bar

9. Tai subgroup

10. What you eat

11. Teaches again

12. Small constellation

14. Type of berry

15. Cows fattened for meat

18. A way to hoof it

20. Exaggerated a role

24. About two

26. Long upholstered seat

28. What employees earn

30. Fiber from a coconut husk

32. Digits

34. Polish by rubbing

35. Liquid body substances

37. Furniture with open shelves

38. Edible part of a chicken

40. Satisfy

42. Tool used to remove

43. Icelandic poems

45. Swiss village

47. Drunks

49. Evergreen plant genus

50. Light precipitation

51. Ribosomal ribonucleic acid

55. An informal debt instrument

get inspired

> MEAL IDEAS



Skillet Lasagna

9 lasagna noodles
1 cup mozzarella cheese
bread, for serving
Parmesan cheese, for topping (optional)

In large skillet or Dutch oven, brown ground beef with onion powder, garlic powder and salt and pepper, to taste. Drain excess grease. Mix in marinara sauce, heavy whipping cream, ricotta and spinach.

Break up lasagna noodles and add to skillet. Cover and let set over medium heat 10 minutes. Stir and top with mozzarella cheese. Cover and let set 10 minutes.

Serve with bread and top with Parmesan cheese, if desired.

Recipe courtesy of "Cookin' Savvy"
Servings: 4-6

1 pound ground beef
1 tablespoon onion powder
1 tablespoon garlic powder
salt, to taste
pepper, to taste
44 ounces marinara sauce
1/2 cup heavy whipping cream
1/2 cup ricotta
1 1/2 cups frozen spinach



Irish Cream Bundt Cake

1 tablespoon milk (2 tablespoons if not using Irish cream)
2 cups powdered sugar
2 tablespoons cocoa powder (optional)
Heat oven to 350 F.

In bowl, add cake mix, melted butter, eggs, milk and Irish cream. Using hand mixer, mix until thoroughly combined. Pour batter into greased bundt pan. Bake 40-45 minutes. Let cool on rack.

To make icing: Mix Irish cream, if desired; milk; and powdered sugar. Drizzle icing over cooled cake.

If using cocoa, drizzle only half of icing then add cocoa to remaining icing and finish drizzling. Cut and serve.

Recipe courtesy of "Cookin' Savvy"

1 white or yellow cake mix
1 stick butter, melted
4 eggs
3/4 cup milk
1/4 cup Irish cream
Icing:
1 tablespoon Irish cream (optional)



Savory Street Tacos

guacamole, for serving
queso, for serving

Cover chuck roast with taco seasoning then place in slow cooker. Pour beef consommé over roast and cook on low 6 hours to braise.

Heat oven to 425 F.

Use fork to shred roast.

Brush outside of tortillas with avocado oil and fill with meat and shredded cheese. Place in casserole dish and bake 10-15 minutes until tacos reach desired crispiness.

Place on tray and serve with salsa, guacamole and queso.

Tip: Recipe can be doubled for large crowds.

Recipe courtesy of "Cookin' Savvy"
Servings: 4-6

1 chuck roast (2-3 pounds)
1 package taco seasoning
1 can (10 ounces) beef consommé
16-20 street taco tortillas
1 package (8 ounces) shredded cheese
1/4 cup avocado oil
salsa, for serving

Ask the money lady

Dear Money Lady: I went to my RBC Bank to get approved for a mortgage on our new home purchase but was really surprised when they ended up giving me a mortgage from a completely different mortgage company. Is this some sort of scam? Jamie

I am sure it is fine Jamie. Perhaps you may not have qualified under the traditional banking model, so they outsourced it to a partner. This is a standard practice in the industry, so let's review how this works.

There are three main levels of lending in Canada: A, B, and C lenders. The A lenders are the largest banks (like TD, RBC, BNS, BMO and CIBC) which have most of the market share across the country. They are the movers and shakers of the banking world and always tend to move in tandem when raising and lowering rates. Their stock is traded worldwide, and they are generally considered the foundational backbone of our financial system. Their lending practices are virtually the same across all channels and if you are declined by one of them, you most probably will be declined by them all.

The B lenders are the smaller banks and credit unions. They normally specialize in clients with unique lending requirements and provide products to clients who do not fit into a typical lending or credit criteria. These lenders are an alternative source for clients, and they usually partner with all the big banks for spinoff business.

You see, A lenders have become very creative in ensuring that they do not lose clients when they decline a deal. By partnering with B lenders, the big banks have found that they can now give the client an approval through their alternative lending channels or alternative mortgage services, (AMS). This approval is from the partnering B lender, but because of this alignment, the client will still get all the personal banking services and promotional offers from the big bank



Christine Ibbotson

or A lender. The A lender receives a partnering fee from the smaller B lender and still retains the client relationship for the future. This is a win-win for all parties. Due to the large volume of referrals to the partnering B lenders, clients usually get a lower rate and a better offer than if they went to a B lender on their own or through an independent broker.

RBC will need to disclose their relationship with their AMS partner and will ask on their behalf to close your mortgage. You have nothing to worry about, this is done all the time with the Big 5 Banks. Congrats on your new home.

By the way, a C lender is usually an alternative lender for those clients who have particularly bad credit or very unique situations. C lenders will always be attained through a mortgage broker and the deal will typically have many fees associated with it to close – it may even be a private lender, investor group or law firm that underwrites the deal.

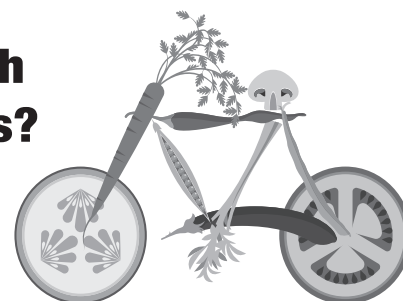
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IN MEMORIAM



In Loving Memory of
Sheldon Bardarson
June 13, 1979 - March 19, 2020

Never more than a thought away,
Quietly remembered every day;
In our hearts your memory is kept,
To love, to cherish, to never forget.

-Love always,
Mom and Dad, Darryl
Corey, Tiffany, Mason and Conley

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RURAL MUNICIPALITY OF GIMLI

PUBLIC NOTICE

Please be advised that the Public Utilities Board has approved the following Orders No. 30-25 and 31-25

RE: Rural Municipality of Gimli - Gimli Wastewater Utility and Amalgamated Water Utility Revised Rates Effective April 1, 2025 and April 1, 2026.

Gimli Wastewater Utility Revised Rates

The Public Utilities Board (Board) approves the requested wastewater rates for the Gimli Wastewater Utility for the Rural Municipality of Gimli. The Board varies the effective dates to April 1, 2025 and April 1, 2026 to account for the Utility's billing dates/cycle and exclude any retroactive rates.

The Board approves rates as follows:

	Current Rates	April 1, 2025	April 1, 2026
Wastewater (per cubic meter)	\$1.35	\$1.48	\$1.52
Minimum Quarterly Charge*	\$40.94	\$48.21	\$49.64
Quarterly Flat Rate Commodity Charge per REU**	\$66.49	\$80.29	\$82.46
Flat Rate Quarterly Bill***	\$89.20	\$108.52	\$111.58
Septic Haulers (per cubic meter within RM)	\$4.80	\$4.88	\$5.02
Septic Haulers (per cubic meter outside RM)	\$5.95	\$6.31	\$6.38

*Based on 13.5 cubic meters
**Residential Equivalency Unit (REU); 1 REU = 217 cubic meters (per year)
***1 REU plus quarterly service charge

Gimli Amalgamated Water Utility Revised Rates

The Public Utilities Board (Board) approves the requested water rates for the Gimli Amalgamated Water Utility for the Rural Municipality of Gimli. The Board varies the effective dates to April 1, 2025 and April 1, 2026 to account for the Utility's billing dates/cycle and exclude any retroactive rates.

The Board approves rates as follows:

	Current Rates	April 1, 2025	April 1, 2026
Quarterly Service Charge	\$25.91	\$28.22	\$29.09
Water (per cubic meter)	\$1.57	\$1.72	\$1.76
Minimum Quarterly Charge*	\$47.11	\$51.44	\$52.85
Quarterly Flat Rate Commodity Charge per REU**	\$85.17	\$93.31	\$95.48
Flat Rate Quarterly Bill***	\$111.08	\$121.53	\$124.57
Bulk Water	\$2.83	\$2.75	\$2.80

*Based on 13.5 cubic meters
**Residential Equivalency Unit (REU); 1 REU = 217 cubic meters (per year)
***1 REU plus quarterly service charge

Please visit www.gimli.ca
for a full copy of Board Orders 30/25 & 31/25.

NOTICE TO CREDITORS

IN THE MATTER OF THE ESTATE OF: SHIRLEY DIANE BRYGMAN JONES, late of the R.M. of Gimli, in Manitoba, Deceased.

ALL claims against the above estate, duly verified by Statutory Declaration, must be filed with the undersigned at their offices, 72A Centre Street, P.O. Box 6500, Gimli, Manitoba, R0C 1B0, on or before the 23rd day of April, 2025.

DATED at Gimli, Manitoba, this 20th day of March, 2025.

BAKER LAW CORPORATION
SOLICITORS FOR THE EXECUTORS
Attention: Grant D. Baker

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If you would like to join our Meat/Deli team, please fill out an application or submit a resume to Kirk Abrahamson at our Meat Department. **Closing date for applications is March 28, 2025.**

Ukrainian Farmers Co-operative Ltd, Box 160, Fisher Branch, Mb, R0C-0Z0



Rural Municipality of
FISHER

Box 280, Fisher Branch, MB R0C 0Z0
Tel: 204-372-6393, Fax: 204-372-8470

EMPLOYMENT OPPORTUNITY

CUSTODIAN

- PERMANENT/PART TIME POSITION Poplarfield Disposal Site - Poplarfield

The Rural Municipality of Fisher invites applications for the position of Custodian (permanent/part time) for the Poplarfield Disposal Site.

Requirements for this position are:

- Valid driver's license
- The applicant must be prepared to obtain legislated certification that is required for the position.

Job Description: The Custodian is required to direct waste disposal and recycling activities, and perform other duties relating to maintenance of the site as assigned.

Days/Hours: The Disposal Sites are open three (3) days a week - Tuesdays, Thursdays and Saturdays. Hours vary depending on the season.

Resume, cover letter and three work related references to be submitted in confidence. **Deadline for applications is April 1, 2025**

RM of Fisher "Custodian Position-Poplarfield"

P.O. Box 280

Fisher Branch, MB. R0C 0Z0

Phone: (204) 372-6393 Fax: (204)372-8470

Email: fishercao@mymts.net

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We are seeking an enthusiastic and motivated **Summer Student** to join our team.

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IN MEMORIAM



In loving memory of our dear
Wife, Mom and Gramma
Joan Pich
who passed away on March 20, 2020
You left us beautiful memories,
Your love is still our guide;
Although we cannot see you,
You're always at our side.
-Forever loved and remembered by
Lawrence, Cheryl, Kurt, Cindy, Tom,
Nevaeh, Monika, Aurora and Sparkie
Love you forever!!

IN MEMORIAM



John Chuba
December 8, 1929 – March 20, 2011
Another year has passed,
Since you were called away,
Quietly remembered every day,
Sadly missed along life's way.
No longer in our lives to share,
But in our hearts you will remain.
Thinking of you.
-Your nieces Cathy and Theresa

IN MEMORIAM

Viola Kiesman
May 23, 1935 - March 24, 2023
In loving memory of our beloved Mom.
Missed always,
Forever in our hearts.
-Debby and Larry
Maeva and Darrel
Kim and Brad
Holly
and families

IN MEMORIAM

Marilyn Einarson
March 21, 2022
May the winds of love blow softly
And whisper so you can hear
We will always love and miss you and wish
that you were here.
-Lovingly remembered by
her husband David
and two sons Jon and Eric

OBITUARY



Lorelee Lynne Meads (née Bonwick)
With family by her side, Lorelee Lynne Meads (née Bonwick), aged 67, passed peacefully at Selkirk Regional Health Centre on March 9, 2025.
Lorelee was born January 17, 1958 to Murray and Edna Bonwick. She married her husband Lorne on December 6, 1978. Together they journeyed around the prairie provinces, making friends and building a life along the way. In 1984, they settled in Moosehorn, Manitoba, where they raised their children Daniel and Vanessa. Lorelee worked for Lakeshore School Division for 24 years. She and Lorne retired in 2011 to Selkirk, Manitoba. Lorelee enjoyed travelling and she and Lorne road-tripped throughout Canada as much as possible, always stopping to visit siblings and other loved ones.
Lorelee was a skilled cook, baker, crocheter, knitter, and quilter, and she loved making things for others. She was a thoughtful, kind person who deeply valued family and relationships.
She is survived by her husband Lorne; her son Daniel; her daughter Vanessa (Jackson); and her siblings Thomas (Louise), David (Sharon), Marla, Robert (JoAnne), Barry (Lana), Bonny (Darren), and Benji, along with many nieces, nephews, extended family members, and friends.
Lorelee was predeceased by her parents, her stepmom Yvonne, and her brother Mark.
Lorelee's family would like to extend their immense gratitude to the team at Selkirk Regional Health Centre for their years of excellent care.
In lieu of flowers, donations can be directed to Manitoba Possible or a charity of your choice. Per Lorelee's wishes, cremation has taken place. A family gathering will be held at a later date.

Your memory will live forever Engraved within our hearts



Rural Municipality of
FISHER

Box 280, Fisher Branch, MB R0C 0Z0
Tel: 204-372-6393, Fax: 204-372-8470

UNDER THE AUTHORITY OF THE PLANNING ACT

NOTICE OF PUBLIC HEARING
CONDITIONAL USER ORDER
[CU02-25]

The Rural Municipality of Fisher, under the authority of The Planning Act, will hold a **PUBLIC HEARING** at the RM of Fisher Council Chambers on **April 2, 2025 at 10:30 a.m.** at which time and place Council will receive representations from the applicant and any persons who wish to make them in respect to the following application under the RM of Fisher Zoning By-law 1055/00.

Where: NE 25-22-2W
Property Owner: Dan Kosc
Applicant: Glacier North Limited
Proposal: Natural Resource Development (aggregate quarry) AG
Zoning: AG

Area:


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

For information contact: Kelly Marykuca, CAO RM of Fisher, Recording Secretary Fisher Armstrong Planning District. Email: fishercao@mymts.net Phone: 204-372-6393

RURAL MUNICIPALITY OF GRAHAMDALE
UNDER THE AUTHORITY OF THE PLANNING ACT
NOTICE OF PUBLIC HEARING

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

THE RURAL MUNICIPALITY OF GRAHAMDALE BY-LAW NO 1091-2025
Being a BYLAW TO AMENDMENT TO THE RURAL
MUNICIPALITY OF GRAHAMDALE DEVELOPMENT PLAN
BY-LAW NO 1055/2022, and AMENDMENTS THERETO:

HEARING LOCATION: The RM of Grahamdale Council Chambers, 23 Government Road, Moosehorn, Mb

DATE & TIME: March 27th, 2025 at 2:00 p.m.

GENERAL INTENT: To re-designate Part of the SE ¼ 11-29-10W in the Rural Municipality of Grahamdale as shown outlined in a heavy dashed line on the map below, from "Parks, Recreation and Open Space Area" to "Lake Residential Area" to accommodate approximately a 47 lot subdivision

AREA AFFECTED: SE ¼ 11-29-10W, Steep Rock, Manitoba in the RM of Grahamdale

FOR INFORMATION
CONTACT:
Cherie Millar,
Office Administrator,
Western Interlake
Planning District
Box 269,
St. Laurent, MB R0C 2S0,
(204) 646-2615,
Fax: (204) 646-4150,
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OBITUARY



Lorraine Arnason
1934 - 2025

On March 9, 2025, our beloved mother, grandmother, great-grandmother, aunt and friend, Lorraine Arnason passed away at the age of 90.

She will be lovingly remembered by her daughters Charlene (Murray), Bonnie (Dwight) and Linda (Joe); grandchildren Julia, Josh (Destiny), Travis, Tim (Shannon), Jon (Erin) and Thor; and her great-grandchildren Leia, Mila, and Odin.

Lorraine was predeceased by her parents Valdina and Peter; her brother Alan; her husband Charlie; her sons Peter and Charles and her grandson Branden.

Lorraine was born in Selkirk MB in 1934. Nineteen years later she would marry the milkman and move to the dairy farm on Minerva Road (Espiholi) where they would raise their five children. Mom

had been raised in a fishing family and was not prepared for life on a farm. However, she quickly adapted and worked hand in hand with our father until the dairy closed. In their free time they could be found at the curling rink, making shots and socializing with friends, or cutting a rug at a local dance.

For many years after the dairy closed, she worked at a variety of jobs but spent most of her career at Johnson Memorial Hospital, cleaning spaces and comforting patients as she worked. She could often be seen holding a hand and having a little chat, offering kindness and promoting healing, before she left the room.

Lorraine Arnason was a kind, compassionate, creative soul. She was an excellent piano player, a wonderful cook, a wizard with words, a loving mother, a devoted wife, a caring Amma, an adored aunt and a supportive friend. She loved music, puzzles and detective shows and she passed these passions and values on to her children.

A memorial service will be held at the Gimli Lutheran Church on Saturday, March 22, 2025, at 11:00 a.m.

The family would like to send a special thank you, with our deepest gratitude to the staff of Betel Home Foundation for their incredible care and compassion over the last 10 years of her life.

In lieu of flowers, donations can be made to the Gimli Betel Home Foundation.



204-949-2200
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OBITUARY



Olive Sielski

It is with a heavy heart and gratitude for a life well lived, that we announce the peaceful passing of our Mom, Baba, Grandma and Great Grandma Olive Sielski.

Mom was born in Kreuzberg on December 16, 1930 and passed away surrounded by love on Wednesday, March 12, 2025.

Mom was predeceased by her parents John and Nettie Stolka, husband Ed, sisters Mary and Rose, son Bruce, sons-in-law Bill and John and many cherished family and friends along her journey.

Mom is survived by daughters Bev, Shirley and Carol, daughter-in-law Kathy, grandsons Aaron, Lorin and Allan, granddaughter-in-law Wendy and great-granddaughter Brooklynn.

Just to make a long story short... Mom loved to laugh, tell stories and spend time on the phone with family and friends. She especially loved a good joke, and it became funnier when she tried to remember how she thought it went.

When visiting Mom it was always so important you took candy, popcorn, cookies or fruit- whatever she had on hand! Mom was incredibly kind and thoughtful with a sharp mind and even sharper wit! Her "million dollar smile" lit up any room!

We were blessed to have Mom for 94 years, she had a full and beautiful life with many memories to share and stories to tell. Mom always shared her life tips on gardening, cooking, baking, and "how to" advice to anyone who would listen.

You will be greatly missed dear Mother by your family, friends and all that shared your path in life.

The family wishes to thank the amazing, kind and so very caring staff at Gimli Betel. You kept Mom safe, warm and often entertained and we are grateful!

In lieu of flowers, consider a donation to the Gimli Betel Foundation or the Winnipeg Beach Legion in Mom's honour.

We will have a graveside service and reception at the Winnipeg Beach Legion in June.

Tributes: www.gilbartfuneralhome.com

Gilbart Funeral Home, Gimli in care of arrangements.



Your memory will live forever Engraved within our hearts

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FOR UP TO
90
DAYS

FINANCING FROM

2.99%*
FOR UP TO 24 MONTHS
ON SELECT 2024 MODELS

\$300 REBATE*
ON 2024 CRF TRAILS MODELS

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2024 CRF110F

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2024 CRF50F

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