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VOLUME 13 EDITION 12 THURSDAY, APRIL 2, 2026

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Easter treasure hunt

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A young participant follows her clues through the aisles during the Interlake Co-op Kids Club Spring Treasure Hunt, searching for hidden items at the Arborg food store.

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Interlake-Eastern RHA providing access to midwifery services, future home births

By Patricia Barrett

Interlake-Eastern Regional Health Authority launched a midwifery program last November to improve residents' access to prenatal, labour, birthing and postpartum care, and has plans to expand the program in future to accommodate home births.

IERHA is offering midwifery satellite clinics in different communities and has a midwifery clinic at 100 Easton Dr. in Selkirk.

"We are really committed to increasing access to prenatal care in the region," said Beckie Wood, IERHA's midwifery access and coordination lead. "We're caring for families who need prenatal care and experience barriers to accessing health services."

The provincial government announced last year it was strengthening access to sexual and reproductive care, and prenatal and family care in IERHA by introducing a midwifery program, which is integrated with existing obstetrical services at the Selkirk Regional Health Centre.

The region's midwives have admitting privileges at the Selkirk hospital, which is the only hospital in the Interlake-Eastern region that offers delivery services for uncomplicated births.

A midwife is a health-care professional who supports women and pregnant people through pregnancy, labour and the postpartum period.

Wood said it's a rewarding profession.

"Midwives find it very rewarding to get to know the families they work with, and the families say they really appreciate the continuity of care and the



EXPRESS IMAGES COURTESY OF INTERLAKE-EASTERN REGIONAL HEALTH AUTHORITY

IERHA's midwife team, from left: Taylor Hein (administrative assistant), Susie Penner (midwife), Laura Mackin (midwife), Beckie Wood (midwifery access and coordination lead).

relationship-building," she said.

Midwifery training is offered through a direct-entry, four-year bachelor of midwifery program at the University of Manitoba, and graduates are then registered and regulated under the College of Midwives of Manitoba.

"We can order routine tests for pregnancy and prescribe needed medications. If you develop a complication, we'll make sure you have a referral to a specialist," said Wood. "People have access to

Continued on page 7



Evergreen Staff Spotlight

Celebrating the People Who Make Our Schools Work

Meet Stephanie Marks – Band, Jazz, Choral & Drama Teacher, Gimli High School

For the past nine years, Stephanie Marks has been bringing music, creativity, and connection to students at Gimli High School. As the teacher behind band, jazz, choral, and drama, she creates opportunities for students to express themselves, collaborate, and find their place within a vibrant school community.

Stephanie's path into education was shaped by her own teachers. "They had the single greatest positive effect on my life," she shares. "Their guidance, support, and encouragement through challenging moments inspired me to pay it forward to future generations."

Her role extends far beyond the classroom. On any given day, Stephanie may be a conductor, director, coach, trip planner, music arranger, technician, or event organizer. "There are many hats," she says, "and sometimes I'm just the person reminding students to sit up straight and keep going—even when they're tired."

What stands out most in Stephanie's work is the impact of the arts on students. "Many students find success through music and drama in ways they might not elsewhere," she explains. "They discover acceptance, community, and a shared purpose." Through performance and collaboration, students learn to take creative risks, value diverse perspectives, and contribute to something bigger than themselves.

Stephanie is deeply grateful to be part of Evergreen's community of music educators. "We are not focused on producing professional musicians, but on cultivating lifelong learners," she says. "Students come to understand that excellence is found in attention to detail, and that true achievement is shared, not individual."

She also believes strongly in the role of public education in society. "Public education helps develop thoughtful, informed citizens," Stephanie reflects. "It teaches students to think critically, work together, and build understanding in an increasingly complex world. It's one of the most meaningful investments a community can make."

Thank you, Stephanie, for inspiring creativity, building community, and helping Evergreen students find their voice—on stage and beyond.

Interviewed by Trustee Penny Helgason





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Provincial government to axe PST from prepared foods, other edible items

By Patricia Barrett

With the cost of food continuing to push some Manitobans to the brink of food hunger, the provincial NDP government plans to implement a tax break on select products in grocery stores.

As part of Budget 2026, released last week, the government will remove the provincial sales tax (PST) from ready-to-eat food and other edible-products starting July 1.

The PST cut is intended to apply only to grocery stores; products sold in small convenience stores and restaurants will still be subject to PST.

Manitoba Premier Wab Kinew announced the tax-relief measure last week, saying he recognizes the pressure faced by many Manitobans.

"Manitobans are feeling the cost of groceries every week," said Kinew in a March 25 news release. "Budget 2026 offers real relief for Manitoba families on the items you pick up when you are in a rush to feed the family before hockey practice and swimming lessons."

The list of items that will be exempt from the PST include ready-to-eat sandwiches, soups, rotisserie chicken, prepared fruit and vegetable platters, chips, salted nuts, candy, muffins, cupcakes and other baked goods, and carbonated drinks and fruit juices.

The government embarked on a



EXPRESS PHOTOS BY PATRICIA BARRETT

The provincial government intends to remove the PST from prepared food items, such as the fruit tray (top row middle), and from ultra-processed foods such as chips, cupcakes and doughnuts. The price of fresh fruits and vegetables continues to skyrocket, with items such as cherry tomatoes priced at \$11 to \$12, and peaches, pears and plums from South America priced at \$4.99/lb at one city grocery store last week.

study earlier this year to look at the

Continued on page 5

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Interlake Co-op hosts Easter treasure hunt for kids

By Lana Meier

Interlake Co-op brought some early Easter excitement to local families with its Kids Club Spring Treasure Hunt held over two evenings this week.

The free event took place March 26 at the Arborg food store and March 27 at the Eriksdale location, drawing approximately 140 children between the two nights.

Young participants were given Co-op fabric bags and a list of clues, sending them on a hunt through the stores to find hidden treasures. After completing the challenge, children were rewarded with a fresh in-store baked cookie to enjoy on the way home.

Families were all smiles throughout the event,

with parents and guardians joining in on the fun alongside their children. A special appearance by Cooper, the Co-op mascot, added to the festive atmosphere at both locations.

Organizers said the event reflects Interlake Co-op's ongoing commitment to creating positive experiences for members and their families.

"We have a great group of team members at Interlake Co-op who help make a positive difference in our members' lives by hosting events like this throughout the year," said general manager Jordan Cook, who helped lead the event.

Interlake Co-op encourages families to sign up for its Kids Club program, which offers opportunities to take part in similar events throughout the year.



EXPRESS PHOTOS BY PRINCEY LOPES



Happy Easter!

Derek Johnson
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Grahamdale backs PR 239 upgrade while key infrastructure projects remain on hold

By E. Antonio

The Rural Municipality of Grahamdale has thrown its support behind a proposed upgrade to Provincial Road 239, even as several other major infrastructure projects remain in limbo.

At its March 12 council meeting, council voted to support “Alternative 2” for planned improvements to PR 239 east of Steep Rock. The option, identified by Manitoba Transportation and Infrastructure (MTI) and engineering consultants KGS Group, would improve road geometry to meet minimum safety guidelines, though it may require some land acquisition and impact nearby properties.

The selected option also includes potential changes to sightlines near a farmyard access point and some tree removal, but was deemed a balanced approach compared to other alternatives ruled out due to higher environmental impact, cost and land requirements. Only 13.8 kilometres of PR 239 are being upgraded, leaving the remaining approximately seven kilometres tied to the Outlet Channels Project without a construction timeline.

Reeve Craig Howse said the upgrade offers several benefits, including improved safety, increased maximum truck weights, wider traffic lanes, bet-

ter visibility through the removal of overgrown vegetation and improved drainage.

He added the RM has expressed safety concerns regarding municipal road intersections with PR 239 and is working with MTI and KGS Group to find solutions.

While council moved forward on the road project, several other infrastructure-related items were deferred, including discussions around the Lake Manitoba and Lake St. Martin outlet channels, the Steep Rock drainage project, a proposed quarry development and a provincial access road.

Council also approved several spending and operational decisions tied to municipal services.

More than \$234,000 in accounts payable and \$10,500 in payroll were approved, alongside continued investment in public works operations. Council authorized the hiring of Greg Ogonoski as the municipality’s new public works manager, with a start date of March 23 and a wage of \$32 per hour. The previous manager resigned in January, and Ogonoski has worked with the RM for the past couple of years, including covering for former manager Danny Granberg during a leave of absence last year.

Assistant chief administrative officer Devan McCoubrey said the

municipality faced challenges with snow removal this winter without a public works manager for the first quarter but was grateful for the work and support provided by contractors. Staff also relied on clear communication from the municipal office and residents, encouraging community members to report concerns about road conditions.

“Overall, it was very much a team effort and we really appreciate the patience of our residents,” McCoubrey said.

Administration is also preparing for a potential wet spring, focusing on drainage and possible water-related issues.

Council approved a 2.4 per cent cost-of-living increase for municipal staff, along with additional merit increases for select positions, including the assistant CAO and interim chief financial officer.

The staffing decisions come as the municipality continues to manage service demands, including winter road maintenance. Council approved the hiring of additional snow-clearing equipment at a rate of \$295 per hour for up to 30 hours to address problem areas on municipal roads.

On the capital planning side, council took an initial step toward a new fire department storage building, approv-

ing \$14,500 for a geotechnical investigation to assess site conditions and inform design and construction.

Council also approved a \$10,000 contribution to the Lakeshore Handivan Association to support accessible transportation services in the region. McCoubrey said the Handivan is an essential service.

“The Handivan is what will allow residents to continue to access banking services, among other services like health care, groceries and insurance,” she said. “This is something our council has been talking about a lot. They see the value and want to explore how we can support an increased presence of the Handivan service within our community.”

Other decisions included the renewal of a five-year forage lease and approval for staff and council to attend upcoming training sessions, conferences and municipal meetings.

Looking ahead, council heard from a delegation exploring potential tourism initiatives in the area, including trail development and enhancements to existing recreational assets. While no formal requests were made, the discussion signals early interest in expanding tourism opportunities within the municipality. Council is also finalizing its 2026 financial plan.

> AFFORDABLE FOOD, FROM PG. 3

overall affordability of food.

“In February, we launched a government grocery study to examine food prices and affordability provincewide, including access, availability, market concentration and unfair pricing practices that contribute to higher grocery costs,” states the budget. “This study will help us identify steps the provincial government can take to lower grocery costs.”

The high cost of food continues to exert undue pressure on household budgets, with fruit, vegetables, meat, bread and milk becoming unaffordable to some Manitobans.

Winnipeg-based Harvest Manitoba welcomed the PST cut, saying in the news release that any means of saving money on groceries can make a difference to those forced to make choices between eating and other expenses.

Although the PST cut is sure to be appreciated, many of the items the government is exempting are ultra-processed foods (UPF), which scientific studies have linked to poor health outcomes.

UPFs are industrial formulations that may contain some measure of

food ingredients, but also contain combinations of fat, salt and sugar and other substances harmful to health. UPFs undergo chemical modifications when they’re made and include additives that make the final product hyper-palatable, according to a 2019 report titled *Ultra-processed foods, diet quality, and health using the NOVA classification system* published by the United Nations’ Food and Agriculture Organization.

UPF products include breakfast cereals, energy bars, cookies, fruit and carbonated drinks, packaged snacks, chocolate, candy, ice cream, yoghurts, mass-produced breads, margarine and other spreads, pies, nuggets and sticks made from chicken or fish, sausages, hot dogs, instant soups and meal replacement shakes.

The consumption of UPF products can lead to excessive levels of sodium, sugar and fat intakes. They can also fail to deliver adequate intake of dietary minerals such as potassium and magnesium, vitamins, fibre and protein.

UPFs are associated with a range of harmful health conditions, including obesity, cardiovascular disease, can-

cer, depression, asthma, gastrointestinal disorders and frailty.

“In sum, the evidence from analyses of nationally-representative data sets collected in 11 countries from 2001 to 2015 shows that the displacement of non-ultra-processed by ultra-processed foods is consistently associated with an overall deterioration of the nutritional quality of diets,” states the report. “This has several important implications for public health including a clear potential to increase the risk of several non-communicable diseases.”

The provincial government declined to comment when asked whether it has concerns that removing the PST may encourage people to turn to UPF products as the cost of real food increases, and whether it anticipates rising health-care costs associated with the consumption of UPF products.

The plan to cut the PST on grocery store items comes after a number of provincial government interventions to help lower the cost of living for Manitobans. Those included the elimination of the gas tax and a price freeze on a one-litre carton of milk.

In Budget 2026 the government will be extending measures to lower the

cost of groceries, including banning algorithmic pricing that uses consumers’ data to raise item costs, potentially implementing regulatory oversight over “shrinkflation,” in which stores charge the same price for a product that has shrunk in weight or volume, and allowing competition in the grocery industry by removing grocery chains’ exclusive property agreements that prevent other grocery chains operating in their vicinity.

The government is also introducing supports for people with disabilities, free transit for children, free child care for low income families, increasing the renters affordability tax credit for Manitobans — including a top-up for seniors — an affordability tax credit for homeowners and measures to lower costs for farmers.



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OUR SISTER PUBLICATIONS



The power of showing up

By Harvey Max Chochinov

For many families, visiting a loved one who is aging or seriously ill can feel surprisingly difficult. We may love them deeply yet hesitate before walking into a hospital room, nursing home or hospice. Often, that hesitation stems from a sense of helplessness.

When someone we care about is unwell, our instinct is to fix what is wrong. If we cannot make them better, we may feel what we offer is inadequate — or that our presence only highlights our powerlessness. Yet families matter enormously in the lives of people who are ill.

What if the issue is not that families have too little to offer but that we misunderstand what truly helps?

Presence eases suffering

Palliative care research points to an approach called intensive caring, which reframes caregiving not as fixing but as being with. Though developed for health-care professionals, its lessons apply equally to families.

At its core is a simple idea, expressed by hospice pioneer Dame Cicely Saunders: “You matter because you are you, and you matter to the last moment of your life.”

For families who feel “it just doesn’t feel like enough,” this offers reassurance — presence itself eases suffering.

Families often feel like bystanders as doctors, nurses and institutions manage care. Compared with medical interventions, what they offer can seem small.

An old family friend once put it this way while his wife was in hospice: “All I do is hold her hand and try to feed her a little. We often fall asleep in front of the TV. It just doesn’t feel like enough.”

Yet these moments are not only

enough — they are essential.

Showing up is the most fundamental act. Presence can mean the difference between feeling cared for and feeling abandoned. For someone whose world has narrowed because of illness, knowing a familiar face will return again and again is profoundly comforting.

Dignity-affirming presence

Families often worry about not knowing what to say, but tone matters more than words.

Holding a hand, making eye contact or sitting quietly together conveys care and respect. Even silence, when grounded in genuine presence, can be deeply affirming.

Being attentive, calm and emotionally available signals that the person matters. By contrast, distraction or discomfort can unintentionally suggest the opposite.

Taking an interest

Illness can reduce a person to a diagnosis or a list of limitations. Families are uniquely positioned to counter this by taking an interest in who their loved one is beyond their illness.

That may mean talking about books, family news, hobbies or memories, or simply spending time together listening to music or watching a favourite program. Reminiscence can be especially powerful, affirming that a person’s life and experiences still matter.

Families also play an important advocacy role. By reminding health-care providers who the patient is as a person — their values, preferences and life story — they help ensure care remains respectful and person-centred.

Even when a cure is not possible, there is still meaningful work to be done. Near the end of life, hope often shifts from recovery to comfort,



Harvey Chochinov

meaning and peace — and families help sustain that hope.

Letting go of fixing

The hardest shift for families is letting go of the need to fix. In everyday life, problems are often solvable. Illness, especially in later life, does not always follow that pattern.

When families cling to outcomes that are beyond reach, they may feel they have failed. Letting go of fixing allows space for something else: comfort, connection and presence.

It means recognizing that while suffering cannot always be removed, it can be eased through attention, affirmation and love.

For families, this shift can be liberating. Caregiving becomes not a series of failed repairs but an act of accompaniment — walking alongside someone through one of life’s most vulnerable moments.

If you can and want to visit someone who is aging or ill, remember this: showing up matters. Being present matters. Taking an interest matters.

In the quiet economy of human connection, these acts are not small at all. They are enough.

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Funded by the Government of Canada



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Free fishing, park entry offered for spring break

By Haley Cvar

Manitobans are being encouraged to get outdoors this spring break with free fishing and free entry to provincial parks from March 27 to April 5.

Ian Bushie said the initiative is aimed at making outdoor recreation more accessible for families across the province.

"Affordability matters, and we want to ensure every Manitoban can enjoy the incredible lakes, forests and land-

scapes our province is known for," Bushie said in a release. "Free fishing and free park access open the door for more families to explore the outdoors together this spring break."

During the promotion, anglers can fish without a provincial licence. However, all existing regulations remain in place, including possession limits, size restrictions and rules specific to certain bodies of water. Fed-

eral angling licences are still required in national parks.

The province is also reminding anglers to use caution on late-season ice and check conditions before heading out. In addition to free fishing, entry to all provincial parks will be waived during the spring break period, with free park access continuing throughout April.

"Spring break is a perfect time to en-

joy Manitoba's outdoors and removing the cost barrier helps more people do just that," Bushie said. "I encourage Manitobans to explore our parks, try fishing and enjoy the beauty of our province while always staying safe and checking ice conditions."

More information on angling regulations is available through the province, while details on park access can be found on Manitoba Parks' website.

> MIDWIFE, FROM PG. 2

all the needed services at the Selkirk hospital. You can get an epidural for pain relief if you need one. You'll get nursing and midwifery supportive care during labour. And you can get support with infant care and breastfeeding."

Midwives can also treat infections and provide contraceptive care. If a complication arises during a birth, Selkirk has a team of surgeons.

"The midwives also have access to emergency and planned caesarian sections," said Wood. "It's a wonderful hospital and a great place to be for low risk pregnancies."

Selkirk doesn't handle pre-term deliveries, and high risk pregnancies are transferred to either the Health Sciences Centre or St. Boniface Hospital in Winnipeg.

The midwife program started in November with prenatal support services then midwives started attending births at the hospital in January, said

Wood. The program is currently offering a satellite clinic in Lake Manitoba First Nation.

"As we develop our program and increase the number of locations where we can offer the midwife service, we'll be able to meet community needs for prenatal care and fill in the gaps for other services including contraceptive care," said Wood.

Pregnant people can either ask their health-care provider for a referral to a midwife or they can set up their own referral to become a client of the program.

"We're accepting referrals from nurse practitioners, family doctors and public health nurses from anywhere in the region," said Wood. "And anybody can request the service of a midwife."

There are currently two full-time midwives, said Wood, and IERHA is hoping to hire a third midwife in the next month or so as it has funding for three full-time positions.

In the meantime, the health author-

ity has limitations on the number of people it can currently accept. Despite that, Wood said the midwives are "working very closely with the family medicine and obstetrical team in the region to make sure that everybody who calls for prenatal care will have a provider."

In the past three months since the program got off the ground, there have been almost 100 referrals, she said. The program started a central intake where people can be assigned to either a midwife depending on availability or a family physician.

There's a movement called "free" birthing or "wild" birthing in which people give birth at home without doctors, midwives or other health-care professionals present, but the medical establishment has concerns that it can be dangerous for mothers and babies should complications arise such as hemorrhaging or breach births. The movement has been linked to permanent injury and child deaths around the world.

When asked about the trend, Wood said people can get "really good care with a midwife" and that midwives will be eventually offering planned home births.

"Down the road, we'll be attending planned home births once we have everything in place with the hospital and the emergency services," she said. "The only thing that makes a planned home birth safe is if you have access to emergency services when you need it. Midwives are trained to recognize emergencies and complications."

People can access a midwife or other care provider at any stage in their pregnancy.

"We'll make sure people get prenatal care whatever stage they're in. It will be with a midwife or the family medicine group," said Wood. "We're very integrated; we work really closely with doctors and nurses to find out where the needs are and to provide care to families."

To request a midwife, call 204-482-2150 or email prenatalintake@ierha.ca

letter to the editor

Letters to the Editor: news@expressweeklynews.ca

Concerns over generational policy debate

Recent national discussions around "intergenerational fairness" have raised concern for some Canadians, particularly seniors who rely on stable retirement benefits after decades in the workforce.

As a resident of Gimli, I see the anxiety this creates for those who endured difficult economic periods — farmers, miners, truckers and others — who worked through uncertainty with the expectation of financial security later in life.

Part of this debate involves policy proposals associated with Generation Squeeze, also known as the Associa-

tion for Generational Equity. The organization, led by Paul Kershaw and others, has advocated for changes to programs such as Old Age Security (OAS) and tax measures affecting higher-income seniors.

While supporters argue these proposals aim to address affordability challenges for younger generations, critics worry they could disproportionately affect seniors who depend on these benefits.

Publicly available information shows the organization has received funding from federal research bodies such as Social Sciences and Humanities Research Council, Canadian Institutes of Health Research and Canada Mortgage and Housing Corporation, as well as support through academic

and philanthropic partnerships. For some, this raises broader questions about how public funds are used in shaping policy recommendations.

The discussion ultimately reflects a larger national challenge: how to balance the needs of an aging population with those of younger Canadians facing rising costs of living.

It is important that this debate remains transparent and considers the lived experiences of all Canadians — including those who built their

livelihoods through decades of work and now rely on the stability of existing programs.

Sincerely,

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Gimli council approves conditional use application for proposed cannabis store in Sandy Hook

By Patricia Barrett

Gimli council approved a conditional use application for a proposed cannabis store in Sandy Hook on Highway 9 at Pine Avenue.

Council held a public hearing on March 25 to review the application to permit the operation of a retail store — in this case offering cannabis products — in an area zoned residential resort zone (SRR). Retail stores, services or offices have to be approved by council in SRR zones.

Applicants Denny and Dennis Sveinson said in their proposal that the property on Highway 9 has been vacant for years, and they have a detailed business plan for the cannabis store.

“We have prepared a detailed business plan, and proposed use with site plan for the lots that once housed the former Ellie’s Corner restaurant. This property has remained vacant for a number of years, and both the owners (Ellie and Good Gowie) and ourselves would like to see it finally being used again,” wrote the Sveinsons in their proposal.

They said they’re in the process of purchasing two adjoining vacant lots at the junction for a year-round operation. The store will offer legal cannabis products, dried flower, pre-rolls, ed-

ible, concentrates and beverages, cannabis accessories and possibly takeaway coffee.

“Our intention it to develop a professionally operated, age-restricted cannabis retail store that will serve the Matlock, Winnipeg Beach, Sandy Hook and Gimli areas in a safe, responsible and community-minded manner,” they wrote.

The store would accommodate a minimum of four to five parking spaces and create “local employment opportunities.” It would be operated in full compliance with Manitoba Liquor & Lotteries and the Liquor, Gaming and Cannabis Authority of Manitoba.

The proposal received a number of objections (available under council’s March 25 agenda) from nearby residents, who cited, among a number of concerns, a lack of demonstrated need as there’s an established cannabis store in the municipality and incompatibility with residential resort zoning.

“Sandy Hook and the surrounding Winnipeg Beach area are widely recognized as family-oriented residential and resort communities. Many residents and visitors choose the area for its quiet character and recreational environment,” wrote Zane Lomatski. “While cannabis retail is legal and regulated, placing multiple cannabis retailers within a small geographic area may not align with the overall character and expectations of a resort-residential setting.”

A cannabis store could potentially lower property values, said other residents.

“A cannabis store could create odour nuisances, detract from the peaceful environment and potentially lower property values,” wrote Sonia and Jay Ramanand. “Approving this location may also set a precedent for future commercial development that is inconsistent with the intended character of the area.” Andy Dale spoke to the possible influence a cannabis store could have on children and youth.

“This is a family-focused neighbourhood with many children, seasonal residents and recreational visitors. Placing a cannabis retail store within a fully residential area increases visibility of adult-oriented

products and introduces a use that many parents consider inappropriate so close to homes, yards and areas where children walk and play,” wrote Dale.

Council spokesperson Christine Payne said council approved the conditional use for a retail development, adding that it “may include cannabis sales.”

“Council approved the conditional use for a retail development at 102068 Highway 9 that may include cannabis sales, subject to provincial licensing and municipal permits. As outlined in the resolution, conditions of approval include set store hours from 8 a.m. to no later than 10 p.m., Monday to Sunday, as well as the demolition of the existing building and full site cleanup by Aug. 1, 2026, to the satisfaction of the municipality,” said Payne.

OTHER COUNCIL NEWS:

- Council’s March 25 public agenda noted “resignations” at the Gimli Community Cemetery.

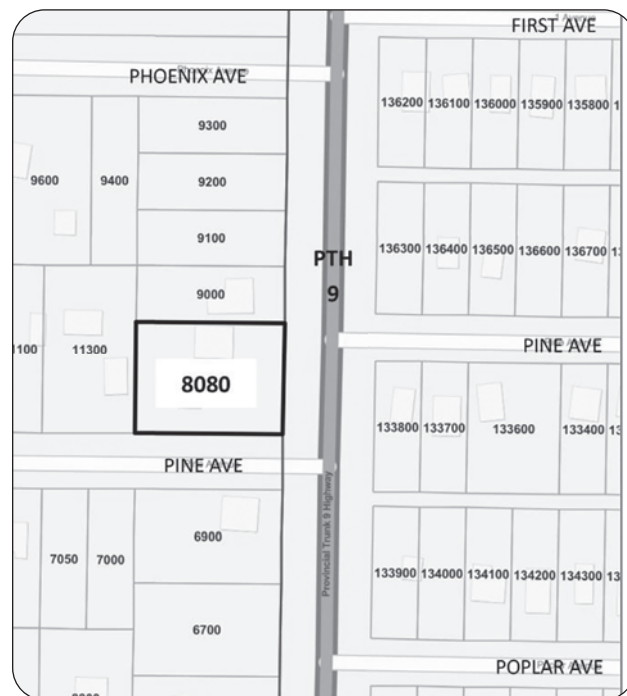
When asked who resigned and why, Payne said Dawn Harris, Rose Marie Hess, Sharon Mulder and Sue Heathcote.

“The Gimli Community Cemetery has been supported for decades by a volunteer committee, but as operations and regulatory requirements have become more complex, the committee recommended that management return to the Rural Municipality of Gimli,” said Payne. “This transition allows for consistent oversight, long-term sustainability and continuity of service while recognizing and respecting the many years of dedicated volunteer leadership. Through collaboration and planning, it was decided that the RM of Gimli will assume responsibility for the assets and liabilities of the Gimli Community Cemetery effective April 1, 2026.”

- Council discussed capital purchases for the Gimli Fire Department, but Payne was unable to say what equipment council had been approved.

“All capital purchases will be considered at our April 15 financial plan hearing,” she said.

- Council approved forwarding a proposal to the federal government to have the air cadets flying program return to Gimli.



EASTERN INTERLAKE PLANNING DISTRICT
Gimli council approved a conditional use application for a proposed cannabis store in Sandy Hook on Highway 9 at the junction of Pine Avenue.

“Council approved submitting a formal proposal to the Department of National Defence to support a possible return of the cadet flying training centre in summer 2026. Final approval rests with DND,” said Payne.

She declined to say where the cadets would be lodged when asked.

- A resident in the Vesturland neighbourhood expressed concern about a dog, which resides on Solvin Road at a residence west of the Lakeside Church, that was running off-leash in its yard.

Earlier this year, a 72-year-old Gimli man had been attacked by the dog and needed hospital treatment (see Feb 26 online edition of the *Express Weekly News*).

When the *Express* asked whether there were any requirements imposed with regard to the dog, Payne said: “The RM can only speak to information reported to animal control. No complaint was received regarding this matter, and animal control patrols have not observed the dog off-leash. Any enforcement actions are based solely on verified reports and observations.”

- Council reviewed Bylaw 26-0004, which establishes campaign expenses and contributions for the next municipal election. Registered candidates’ campaign expenses are as follows: a \$7,000 limit for head of council and a \$5,000 limit for councillors.

Campaign spending limits are not set by the Municipal Act, said a spokesperson for the province. That’s up to municipal councils, which are required to pass a campaign-financing bylaw to establish candidates’ expense limits.

“Councils have full discretion to determine what the spending limits will be within their municipality. Any changes to a campaign-financing bylaw must be adopted at least 180 days before a general election,” said the spokesperson. “If a candidate contravenes the municipality’s campaign-financing bylaw, section 93.19(1) provides a person who contravenes specific campaign-finance provisions or a bylaw passed under section 93.2 is guilty of an offence and is liable on conviction to a fine of not more than \$5,000.”

Community Support Service

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

AI-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.

Coldwell Community Foundation marks milestone year of growth, giving in 2025

By Haley Cvar

The Coldwell Community Foundation is celebrating a landmark year in 2025, marked by significant growth, new partnerships and record-breaking support for the Lundar-area community.

Treasurer Irene Runolfson said the foundation's success was made possible through the generosity of donors and continued community engagement, with a full review of the year to be released in its upcoming annual report.

A major milestone came in June when, after 20 years of incorporation, the foundation established its first permanent office space. The organization began renting space in the Pauline Johnson Library on Main Street in Lundar, creating a visible and accessible location for the public.

Runolfson said the move has strengthened the foundation's ability to connect with donors, meet prospective fund holders and welcome community members to learn more about its work.

The new location also reflects a meaningful connection in the foundation's history. Former Lundar resident Donald K. Johnson, who donated funds to build the Pauline Johnson Library, also launched the foundation's endowment fund in 2010 with a \$25,000 gift.

In 2025, the foundation expanded its impact with the creation of two new scholarship funds.

The Johann and Helga Sigurdson Scholarship Fund was established by family members in honour of Helga Sigurdson's 105th birthday and in recognition of the couple's longstanding contributions to the Lundar community. Beginning this June, the fund will award an annual scholarship to a Lundar high school graduate pursuing post-secondary education.

The Sveinbjorn and Mary Olafson Family Fund was also created in the fall, with plans to begin awarding an annual scholarship starting in 2027. Details of the scholarship are expected to be announced at a later date.

The foundation also received a major financial boost in September with a \$50,000 donation from Richard Hughes, former owner of CFRY radio in Portage la Prairie. In a letter accompanying the gift, Hughes said the donation was made in recognition



EXPRESS PHOTO SUBMITTED

Coldwell Community Foundation representatives present funding support to the Lundar Co-op Senior Citizen Home for a new computerized door monitoring system, helping improve resident safety ahead of winter.

of the support the station received from communities served by the foundation.

Runolfson said the contribution will have a lasting impact by strengthening future granting opportunities.

The foundation responded quickly to an urgent community need in October when the Lundar Co-op Senior Citizen Home required immediate upgrades to its door locking system ahead of winter.

An initial \$5,000 was allocated from a budget surplus, and when a previously approved \$10,000 grant for another project was deferred to 2026, those funds were redirected to the seniors' home. The combined support helped cover nearly the full cost of installing a new computerized door monitoring system in time for the colder months.

Community support remained strong during the Endow Manitoba Giving Challenge in No-

vember. The foundation received 53 gifts, raising \$17,370 for its unrestricted granting fund and securing the full \$4,000 in stretch funding from The Winnipeg Foundation and the province.

Overall, the foundation distributed a record \$73,084.58 in grants, flow-through funding and scholarships in 2025. Runolfson said the year's achievements reflect the strength of community spirit in the region and position the foundation for continued growth in the years ahead.



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SEPTEMBER 15TH

FUEL GOOD DAY

HOW TO APPLY

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DEADLINE TO APPLY: MAY 10, 2026

Winter isn't done yet

By Patricia Barrett

Residents in some areas of the Interlake hauled out their shovels last week after temperatures dipped and Mother Nature offloaded more snow.

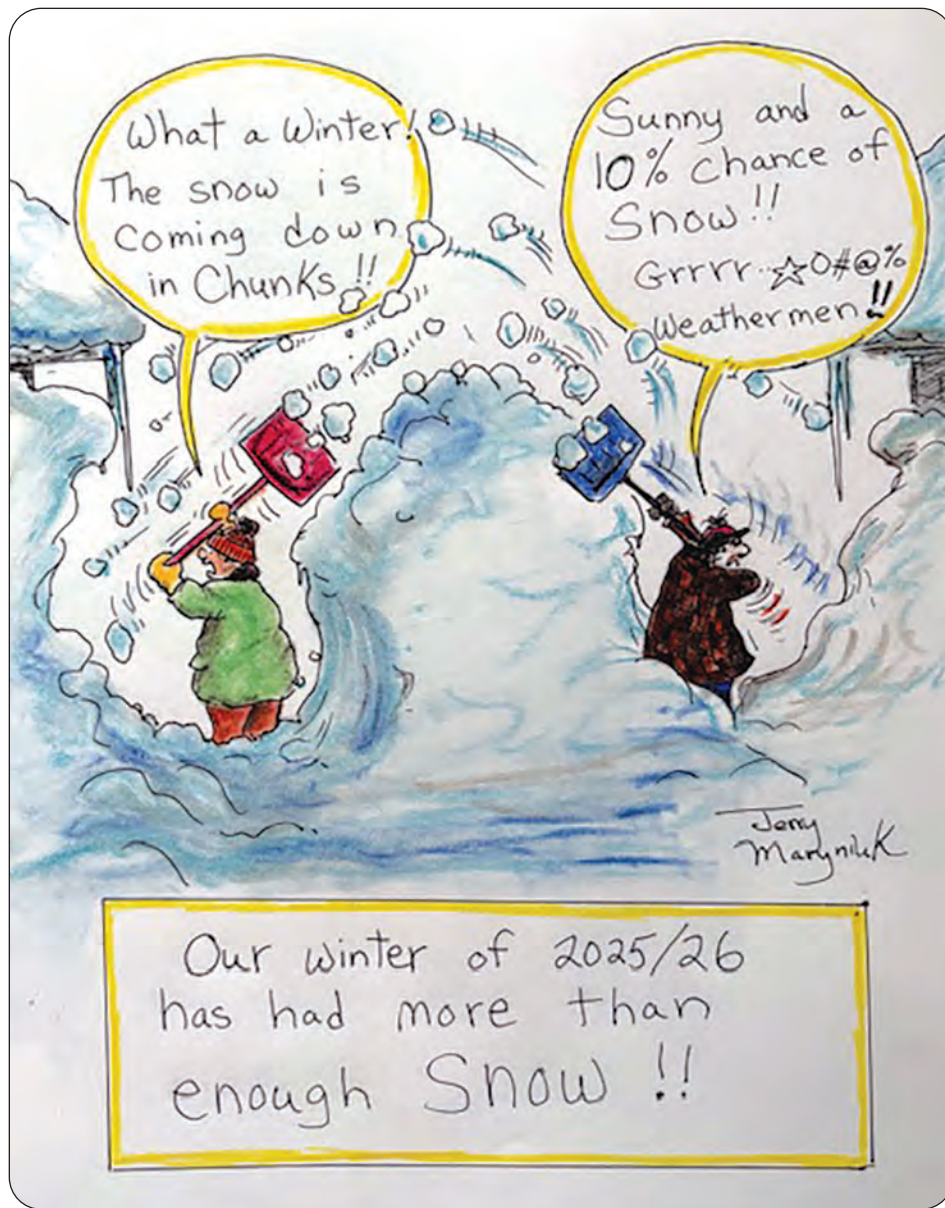
The Evergreen School Division even cancelled buses and closed schools last Thursday because of hazardous road conditions.

Arborg-based artist and author Jerry Maryniuk said it has been a "LOOONG winter." Arborg got about two to three inches of snow, which formed into drifts about two to three feet high.

Maryniuk has a huge snow bank in his yard and said he'll be glad when spring arrives.

In the interim he put ink to paper and came up with a delightful cartoon depicting the labour involved in manually moving snow.

He said his next cartoon might deal with flooding if we get more snow.



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EXPRESS WEEKLY NEWS

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DFO unable at this time to reveal its 'preferred bidder' for Freshwater Fish Marketing Corporation

By Patricia Barrett

A new owner for the Freshwater Fish Marketing Corporation (FFMC) was selected by the federal department of fisheries and oceans last year, but the government is unable to reveal who that is at this time.

The department issued a statement from minister Joanne Thompson in December 2025 announcing that a "preferred bidder" has been identified and that negotiations will get underway to negotiate a binding agreement.

Indigenous organizations that have faced barriers to accessing capital had been provided an opportunity to access "capacity funding to facilitate their participation in the competitive bidding process to provide a more level playing field with private sector interests," the statement says.

The federal government sought to divest itself of FFMC, a Crown corporation, after meetings with commercial fishers and other stakeholders over the past several years. In 2017 the department had met with fishers to discuss the future of FFMC, fishers' discontent with financial returns, market availability and management of the corporation. The government then struck an advisory panel to explore new governance and ownership models.

The department is calling the divestiture of FFMC a "transformation." It invited expressions of interests and a request for proposals in 2024. The transformation is intended to promote economic reconciliation with Indigenous fishers. The government is also consulting with Indigenous communities about the "historic or traditional use of FFMC lands."

Continued on page 11

Pink SHIRT DAY



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> FISHERS, FROM PG. 10

Thus far, the department has provided little detail on how FFMC under a new owner will continue to meet the needs of all inland commercial fishers who still currently sell fish to the corporation, including those across Manitoba, Saskatchewan and Northwest Territories, as well as how it will facilitate market access for those in rural, remote and isolated areas.

The marketing corporation was created by the federal government in 1969 to protect commercial fishers from exploitation by fish buyers. It bought fish from inland fishers in Ontario, Manitoba, Saskatchewan, Alberta and the Northwest Territories.

Lake Winnipeg commercial fisher and analyst Bill Buckels said there's a bit of "fear" among commercial fishers in Gimli and the south basin that a new FFMC owner may not be there to support their needs, and that the equity each commercial fisher put into the corporation over the decades will be forfeited.

"No commercial fisher wants to lose the equity they put into FFMC. The people around here in Gimli and the south basin put a lot of money into that place," said Buckels. "The primary issue is if the federal government is going to sell it from under us, we fishers — the 160 or so in Gimli — want our money back before the chosen recipient takes over."

Over the decades, DFO has used the corporation's revenue — derived from the commercial catch — to invest in infrastructure, including fish-processing equipment at FFMC's fish-processing plant in Winnipeg, barges, ramps and other systems to improve the inland fishing industry rather than rely on the federal government for infrastructure support.

Buckels said fishers' earnings were also used to support management's marketing "ideas" and "people like Donald Salkeld who didn't know a damn thing," and the government has to realize it has an "obligation" to all commercial fishers before it offloads the corporation. Salkeld served in a leadership role with the Freshwater Fish Marketing Corporation in Winnipeg during a period when the corporation handled the marketing and distribution of freshwater fish from

inland Canadian fisheries, including Manitoba.

Robert T. Kristjanson, who's in his 90s, has been fishing on Lake Winnipeg since he was eight years old.

Before the corporation comes under the control of a private entity, commercial fishers should "get something back" to compensate them for the money they put into the corporation, he said.

"We put lots of money into the marketing corporation. A percentage of whatever fish we sold to the marketing board — and there are records from Day 1 — is how we should be compensated," said Kristjanson, who sat on FFMC's board for about five years before stepping down in 2016. "We cannot hand over a multimillion-dollar corporation and a processing plant for nothing. Fishers in Gimli and around this lake all supported FFMC to build it up over the decades."

The inland commercial fishery in Manitoba — Lake Winnipeg, Lake Manitoba, Lake Winnipegosis and other freshwater lakes — contributed to the province's economy and "helped grow Manitoba," he added. His grandfather took up fishing when he arrived in Gimli from Iceland in 1891 to help support his family and the local economy.

"Millions of fish went south to the United States, to the big markets in New York and Chicago. We were freezing in the [fish] camps along Lake Winnipeg when I was young. We lived in the bush so we could earn a few dollars so that when we came back we could build up our houses or start farms. That's how the commercial fishing industry started here," said Kristjanson.

"All that exported fish and the money we made went back into Mani-



EXPRESS FILE PHOTO BY PATRICIA BARRETT

Commercial fishers at Gimli harbour. The federal government has selected a new owner for the Freshwater Fish Marketing Corporation but can't reveal who it is as this time since negotiations for a final agreement have to take place.

toba's economy. It supported jobs. It established FFMC's fish plant. At my age, I can say that what we've done here is made this industry what it is. And we don't seem to be getting any recognition from the federal government during this transition process. They think we're a bunch of dumb fishers."

FFMC lost several million dollars over the past few years, according to its annual report. In 2024 FFMC had losses of \$7.2 million, and in 2025 it had losses of \$7.6 million. It attributed those losses primarily to open-market competition.

Successive governments such as Ontario (in 2011), Saskatchewan (in 2012) and Manitoba (in 2017) withdrew from the federal Freshwater Fish Marketing Act to cre-

ate open-market competition in the inland fishery. Alberta closed its inland fishery but remains a signatory to the act. The Northwest Territories is the only participating jurisdiction currently under the act.

A representative from the NWT government spoke before the senate's standing committee on fisheries and oceans in early February, implying that FFMC's transformation marks the end of a relationship with NWT's commercial fishers, and the territorial government is hoping to mitigate any impacts from the transformation with its own fish plant.

Joel Holder, director of economic diversification in NWT's department of industry, tourism and investment,

Continued on page 16

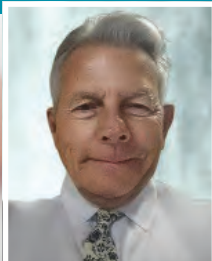
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 May your day be filled
 with Joy, Warmth and
 New beginnings.



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Community raises \$25,000, matched to \$50,000 for Arborg outdoor sports

By E. Antonio

Several volunteers were put into the spotlight at Arborg's Night of Stars — the community's fifth annual Volunteer Recognition Gala and fundraiser — on March 21.

Arborg chief administrative officer Cindy Stansell said the night was a tremendous success, honouring some of the town's local heroes.

"The volunteer gala brought together community members for an evening of celebration, recognition and shared purpose," she said. "Most importantly, the evening successfully honoured the incredible contributions of our volunteers while raising meaningful funds for the Phil Bauernhuber Accessibility Fund."

The gala was first established in memory of longtime volunteer Phil Bauernhuber, who died of cancer in 2021. His legacy lives on through the Phil Bauernhuber Fund, created to support fundraising efforts for more accessible community facilities.

Proceeds from the event support development of Arborg's new outdoor sports complex, with every dollar raised matched by a provincial grant. This year's gala generated about \$25,000 in community donations, bringing the total to \$50,000 with matching funds.

The event was once again supported by presenting sponsor Vidir Vertical Storage Solutions.

Fundraising efforts included ticket sales for the gala, as well as both silent and live auctions, supported by generous sponsors and donations from local businesses and community members.

"This event really was a collaborative community effort, and we had so much support from many of the businesses and local people," Stansell said.

A unique feature of the evening included custom cakes prepared by Dawnett Osioway, with each award recipient presented with a cake purchased by the organizing committee.

For Stansell, highlights of the evening included recognizing dedicated volunteers and celebrating the strength and generosity of the community.

"The strong sense of pride and appreciation shared throughout the room stood out, as did the collective excitement around the future outdoor sports complex," she said. "Volunteers are the backbone of our community, and this event is a powerful reminder of what can be achieved when people come together with a shared purpose."

"The Volunteer Gala itself is a recognition of that spirit and is made possible by a committed committee that has been building and refining this event for many years. Their work has created a lasting tradition that not only celebrates volunteers but also strengthens our commu-

nity's future."

2026 VOLUNTEER RECOGNITION GALA AWARD

RECIPIENTS:

- Town of Arborg: Kyle Foster
- Interlake Municipal Recreation Association Recreation Builder: Kyle Foster
- Municipality of Bifrost-Riverton: former Riverton mayor and Bifrost-Riverton councillor Colin Bjarnas (posthumously, accepted by his wife, Hazel, and family)
- Arborg Minor Hockey: Steve Toni
- Royal Canadian Legion Branch 161 (Arborg): Mar Tomko (posthumously, accepted by her daughter Samantha Kilbrei)
- Riverton-Bifrost Recreation Commission: Ross Cooper
- Arborg Bifrost Parks and Recreation Commission Youth: Chelsea Lupky

The gala was organized by a committee consisting of Kyle Foster, Jan Larkin, Bailey Sigvaldason, Dimitri Caldeira, Ron Rogowsky,





sports complex

LA AWARD

Association Recreation

former Riverton
r Colin Bjarnason
Mazel, and family)

1 (Arborg): Marge
y her daughter,

Ron Johnston, Donna Gislason and Cindy Stansell, along with many volunteers and sponsors who assisted with setup and takedown, ticket sales, decorations and other logistics.

Stansell encouraged anyone interested in getting involved with the gala to become a committee member.

"By bringing in new voices and energy, we can ensure this important event continues to grow and thrive for years to come," she said.

For more information, contact Stansell at 204-376-2647. Donations are still being accepted on an ongoing basis for the outdoor sports complex and can be made to the Town of Arborg, 337 River Rd., Box 159, Arborg, MB, R0C 0A0.

"We appreciate everyone who is able to lend a hand," Stansell added.



EXPRESS PHOTO BY CORRINE EINARSSON

Roaring '20s mystery night set to dazzle Arborg

By Lana Meier

A night of intrigue, elegance and 1920s flair is coming to Arborg as the Arborg & District Multicultural Heritage Village prepares to host a Great Gatsby-themed murder mystery dinner later this spring.

The event, scheduled for Saturday, April 18 at the Arborg-Bifrost Community Hall, promises an immersive evening of dinner theatre, dancing and audience participation, all set against the glamour of the Jazz Age.

For more than 15 years, the Heritage Village's annual dinner theatre and dance has been one of its most popular fundraisers, evolving over time to keep the experience fresh for attendees.

"In the early years, we proudly wrote, directed and produced our own plays, showcasing local talent and bringing the community together in a very special way," said organizer Pat Eyolfson. "This year, we were excited to introduce something new — a Great Gatsby-themed murder mystery woven into the evening."

Eyolfson said the Roaring '20s theme brings a sense of glamour and intrigue, while encouraging guests to become part of the experience.

"It felt like the perfect way to invite guests to not just attend but truly become part of the experience," she said. "The response has been incredibly positive, and people are genuinely excited to step into character and join us for a night of mystery, music

and celebration."

Guests are encouraged to embrace the theme with period attire, though it is not required, and can expect a fully interactive evening.

"Guests will be invited to choose a side — the North or the South — and everyone will have a role to play throughout the night," Eyolfson said. "As the evening unfolds, characters will move through the room revealing clues, secrets and twists."

Participants will follow along using clue sheets at their tables, working together to solve the mystery.

"What makes this event especially unique is that it's not just a performance — it's an experience," she said. "The combination of a *Great Gatsby* atmosphere, live interaction and community participation creates a fun, engaging night full of laughter, suspense and connection."

Doors open at 5 p.m., with the murder mystery beginning at 6 p.m. and supper to follow at 7 p.m.

Guests will be served a catered meal prepared by Triple Bloom Catering & Co., featuring carved roast beef with all the trimmings. The evening will also include the Heritage Village's popular dessert room, offering a wide assortment of decadent treats.

"One of the highlights of the evening will be our famous dessert room — a space filled with an incredible assortment of 'sinful' desserts that guests look forward to year after year," Eyolfson said.

GROW OUR OWN SCHOLARSHIP

for all Interlake Grade 12 High School Students

At Vidir, a core value is to Raise Others Up. We are actively involved in our local communities in the Interlake and believe strongly in the talent that comes out of the area. Vidir is now offering a \$1,000 scholarship to one Interlake grade 12 student who is pursuing post secondary education. Included with the scholarship is also an offer of one summer of employment to shadow in their prospective career, with the opportunity to possibly do more summers in the future.

Application deadline is April 30th, 2026 and decision will be released on May 9th, 2026.

To apply, you must meet these criteria:

1. You are an Interlake high school student graduating grade 12 and going into a Vidir-specific post-secondary area of study (examples include welding, engineering, machining, accounting, business, marketing, HR, etc.).
2. Must have maintained an 80% or higher GPA throughout high school.

When applying:

1. Fill out the scholarship application.
2. Submit most recent transcript.
3. Submit a recommendation letter from a non family member regarding what you want to study and why you will do well in it.
4. Submit 2 essays:
 - **1st essay:** 500 words on why you love the Interlake and your chosen career path and how you think you will make a difference in the Interlake in the future.
 - **2nd essay:** 500 words on either an innovation, safety measure, or community service or activity that you feel would benefit the Interlake and how you would propose making that happen.

INTERESTED STUDENTS SHOULD EMAIL
JODI.LEEKAEMINGK@VIDIR.COM
FOR A COPY OF THE SCHOLARSHIP APPLICATION

The hall will be transformed with Gatsby-inspired décor, and the evening will also feature silent and rainbow auctions, adding to the night's entertainment and fundraising efforts.

In addition to the dinner and show, attendees will have the opportunity to take part in a raffle for a high-value prize — a \$3,000 diamond "Gatsby Dazzling Necklace," featuring a baguette and round diamond arrangement in a twisted curve design set in 10K white gold.

Raffle tickets will be available for purchase during the event, with seven finalists selected and called forward to each choose a key, with only one unlocking the prize.

"It's always a thrilling moment filled with anticipation and excitement," Eyolfson said.

The evening will wrap up with live music and dancing beginning around 8 p.m., with mystery clues continuing between sets.

Proceeds from the event will support ongoing programming and preserva-

tion efforts at the Heritage Village.

"Proceeds from this event go directly back into the heart of the Village — helping us care for and preserve the beautiful historic buildings and spaces that mean so much to our community," Eyolfson said. "It also allows us to hire four summer students, which is something we are especially proud of."

Tickets are \$80 and are available at Arborg Pharmacy, by calling 204-671-0203 or by e-transfer to ADMHV4007@gmail.com.

Organizers encourage residents from across the Interlake and beyond to attend, dress up if they wish and enjoy a night of mystery, music and community spirit.

"Every ticket purchased and every bit of support truly makes a difference," Eyolfson said. "It helps us continue building something meaningful — a place where history, community and connection come together for generations to enjoy." enjoy." enjoy."

Pysanky workshop draws strong local interest in Arborg



EXPRESS PHOTOS BY CORRINE EINARSSON

A recent pysanky workshop at Creative Cocoon in Arborg drew strong local interest, with 13 participants taking part in the hands-on session led by instructor Loris Sargeant. The March 28 class introduced attendees to the traditional Ukrainian art of decorating Easter eggs using wax-resist techniques, while also highlighting the history and symbolism behind the craft. Organizers said the workshop offered both a creative experience and an opportunity to connect with a long-standing cultural tradition.



What's Happening AT FRASERWOOD HALL

shopping • dining • drinking • events • entertainment



Lic #318 Fraserwood Hall Friday Nights

Doors open 5 pm • Canteen & Bar open 5:15 pm

Games start at 7:15 pm

5 Share The Wealth Games
15 Regular Games @ \$60.00
(reduced games with low attendance)

JACKPOT	\$3,325.00
FIRST SPECIAL	\$260.00 +
BONANZA	\$6,727.00 +
LUCKY 7	\$2,496.00 +
STAR	\$5,540.00 +
WEEHOUSE	\$268.00 +
HOUDINI	\$7,000.00 +
LOONIE POT	\$0.00 +

(Estimated amounts at time of publication)

April 3, 2026 Easter Bingo, Prize give aways all night

"CHASE THE ACE"
Lic # LGA 318-RF
Tickets sold 5:00 -7:00 PM
with draw to follow

\$2.00/ticket Current Accumulator - \$2,372.00+

CANTEEN - OPENS @ 5:00 PM

Perogies, hamburgers, hotdogs, desserts, etc

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April 12, 2026
Sunday Dance 1pm to 5pm
Music by: Steve Ambroise
\$20 Admission at the door.
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April 25, 2026
Dine & Dance
Cocktails 5pm, Dinner 6pm,
Performance by:
NORMAN CHIEF MEMORIAL DANCERS,
music by: Trevor Ewankiw
Tickets \$45.
Contact Nancy 204-861-0098
or J & J Store in Fraserwood

May 9, 2026
Spring Craft Sale
10am to 2 pm, Canteen open.
Contact Yvonne 204-642-5352

May 10, 2026
Sunday Dance 1pm to 5pm
Music by: Country Plus
\$20 Admission at the door.
Please call Lois 204-643-5541
to reserve your spot

For more information go to
Fraserwoodhall.com or see us on
Facebook or call 204-643-5302

Second annual All Canadian Breakfast



EXPRESS PHOTOS SUBMITTED

Participants in the All Canadian Breakfast included Julie, ER nurse; Daniel, nurse; Dawn, manager; Joji, CRN; Dr. Ghanbari, site medical lead; Candace, program director; Becky, Eriksdale acute care manager; Dr. Chumber; and Maxine, primary care manager.

By Jennifer McFee

A much-anticipated event returned to Ashern as a mouthwatering way to showcase Canadian pride.

On March 5, Ashern hospital staff hosted their second annual All Canadian Breakfast. Staff were treated to breakfast made from all Canadian ingredients.

The feast included pancakes, sausage, bacon and coffee.

Rather than a potluck style, the breakfast was funded through a suggested \$5 donation from participants to help cover the cost of ingredients.

"Breakfast was delicious and a great way to support

local suppliers," said Dawn Barrett, manager of health services at Ashern Lake-shore General Hospital.

"Staff showed off their Canadian pride by wear-

ing red and white. Special thanks to Joji for making us the most delicious fresh blueberry pancakes."

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THE INTERLAKE & SELKIRK AREA

Gimli clinic set to open as seniors housing project advances

By Lana Meier

A new medical clinic in Gimli is set to begin welcoming patients in the coming weeks, marking a major milestone for Lakeshore Health Services and its broader seniors campus development.

After months of construction, the new Lakeshore Medical and Wellness Clinic will begin operations in phases starting the week after Easter. Medical clinic services will open first, followed by the gradual introduction of professional services and a pharmacy over the next two to three months.

The phased approach is intended to ensure a smooth transition and avoid disruptions as services ramp up in the new facility.

Dr. Adeniyi Adegbesan, known locally as Dr. Ade, said the clinic will also be supported by new staff, including an assistant clinical manager who is already living in Gimli, along with two additional physicians expected to arrive in early May.

The clinic will serve as the hub for the next stage of development — a planned 100-unit supportive housing complex for seniors, to be built immediately west of the new building.

Planning work on that next phase is well underway. Geotechnical assessments are ongoing, while environmental studies have begun with one site visit already completed and another expected in the coming weeks. Lakeshore Health Services says its business planning is nearing completion as the project moves toward financing and pre-construction timelines.

Design work is also progressing, with contractors and specialists finalizing floor plans, building features and amenities. Groundbreaking for the supportive housing development is anticipated in early summer.

The building will feature prefabricated concrete construction designed for fire resistance, with Lakeshore Health Services indicating local and regional



EXPRESS PHOTO SUBMITTED

The new Lakeshore Medical and Wellness Clinic in Gimli will begin phased operations after Easter, with additional services rolling out over the following months.

contractors will be given preference during the bidding process.

Once complete, the supportive housing complex will offer studio, one-bedroom and two-bedroom suites, along with shared amenities such as a dining area and wellness centre. The development is intended to provide a transitional housing option for seniors who no longer wish to maintain a home but do not require full-time care.

“This is the next phase in providing

a full continuum of care in Gimli,” Adegbesan said in an update. “It will allow seniors to remain in their community while receiving the level of support they need.”

The project is also expected to provide an economic boost to the region through construction activity and long-term employment in health care and support services, while helping reduce pressure on the broader health-care system by keeping seniors closer to home.

> FISHERS, FROM PG. 11

said his government is concerned about maintaining stability for fishers in northern communities and those who form the “backbone” of the NWT fishery.

Its recently built fish-processing plant in Hay River, on the south shore of Great Slave Lake, is currently operated by FFMC.

“We knew Freshwater Fish Marketing Corporation might not be around forever, and such is the case now with the divestiture. We now hold the future in our own hands as far as providing an opportunity to Great Slave Lake fishers,” said Holder. “The fish plant itself can provide an opportunity where they can sell their fish, and these fish can then be sold for secondary processing and products and dis-

tributed within the Northwest Territories or southern markets in Alberta or British Columbia.”

They’re still interested in what FFMC is doing, he added, and what the “future of that industry is” as NWT is still a signatory under federal legislation and has been involved with FFMC for decades.

But with FFMC “no longer being able to assist us” on the operating side of things, Holder said they’re looking for a “northern entity,” Indigenous or otherwise, to take over the Hay River plant.

“We’re interested in the transformation and how fishers will handle the

transformation between FFMC and the new fish plant in Hay River,” said Holder.

DFO media relations spokesperson Mike Campbell said the department cannot disclose information about the “preferred bidder” at this time and other details.

“Due to the confidential nature of ongoing negotiations, Fisheries and Oceans Canada cannot release the name of the preferred bidder,” said Campbell. “Exclusive confidential negotiations with the preferred bidder are ongoing and a definitive transition date cannot be provided at this time.”

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---	--

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 FOR A COPY OF THE SCHOLARSHIP APPLICATION

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/>

Please mail applications to the Icelandic River Community Foundation, Box 159, Arborg, MB, R0C 0A0

Applications must be received by May 31, 2026

get inspired

> MEAL IDEAS

Lime-Rubbed Chicken Avocado Tacos with Corn Guacamole



Recipe courtesy of Pati Jinich on behalf of Avocados From Mexico

- Servings: 8
 - Chicken:
 - 1 tablespoon fresh-squeezed lime juice
 - 1 tablespoon olive oil
 - 1/2 teaspoon salt
 - 1/4 teaspoon freshly ground black pepper, or to taste
 - 1 tablespoon chopped fresh rosemary, or 1/4 teaspoon dried
 - 1 pound boneless, skinless chicken breasts
 - corn or safflower oil
 - Corn Guacamole:
 - 1 jalapeno chile, roasted and chopped, or to taste
 - 2 garlic cloves, skin on
 - 2 large ripe Avocados From Mexico, halved, pitted and diced
 - 3/4 cup corn kernels shaved from corn, or cooked from thawed
 - 3/4 cup cherry or grape tomatoes, halved or chopped
 - 1 tablespoon fresh-squeezed lime juice
 - 3/4 teaspoon kosher or sea salt, or to taste
 - Tacos:
 - 16 corn tortillas
- To make chicken: In bowl, mix lime juice with olive oil, salt, ground pepper and rosemary. Pour on top of chicken in container. Cover and refrigerate 30 minutes or up to 12 hours.

Heat medium-sized saute or grill pan over medium-high heat. Add corn or safflower oil; once hot but not smoking, add chicken. Saute until golden brown and cooked through, about 5 minutes per side. Remove from pan; place on chopping board to cool. When

cool enough to handle, slice into diagonal strips about 1/2-inch wide.

To make corn guacamole: Place jalapeno and garlic cloves in small baking dish under broiler 6-9 minutes, or until completely cooked through, soft and skin is charred. Once cool enough to handle, peel garlic and mince along



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with chiles.

Place diced avocado in mixing bowl. Add charred and minced garlic and jalapenos, gently tossing together. Incorporate corn and tomatoes. Squeeze lime juice on top and sprinkle with salt. Mix together.

To assemble tacos: In hot skillet or

comal set over medium-low heat, heat tortillas about 1 minute per side.

Place tortillas in tortilla warmer or wrap in clean kitchen towel or cloth napkin. Serve with guacamole and chicken.

Lake Centre Youth Choir to lead Easter hymn sing-along April 5



EXPRESS PHOTO SUBMITTED

The Lake Centre Youth Choir will perform an Easter hymn sing-along at the Fraserwood Community Hall on Sunday, April 5 at 3 p.m. Refreshments will be provided. There is no charge and everyone is welcome to attend.

JOIN US FOR THE APRIL CONSIGNMENT SALES 2026

April ONSITE Week 1 Consignment Sale

Viewing: April 2nd from 9 AM to 5PM.
Bidding starts: April 2nd, 2026 at 9:00AM
Lots start closing on April 9th, 2026 at 10:00AM.
Pick up days: Friday, April 10 from 9 AM - 5 PM



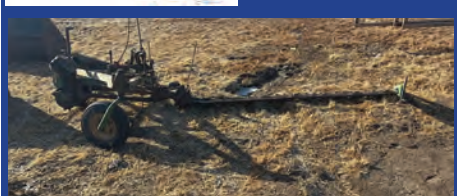
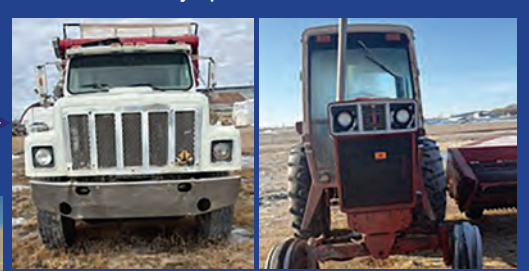
April OFFSITE Consignment Sale

Viewing: April 12th -16th from 9 AM to 5PM. Bidding starts: April 16th, 2026 at 9:00AM. Lots start closing on April 22nd, 2026 at 10:00AM. Pick up days: Friday, April 24th & Saturday April 25th from 9 AM to 5 PM



April ONSITE Week 2 Consignment Sale

Viewing: April 13 -16th from 9 AM to 5PM.
Bidding starts: April 16th, 2026 at 9:00AM
Lots start closing on April 23, 2026 at 10:00AM.
Pick up days: Friday, April 24th & Saturday April 25th from 9 AM to 5 PM



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sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Arborg's Barylski captures national championship with Midland

By Kieran Reimer

Manitobans played a significant role in the Midland University Warriors women's hockey team capturing its first-ever American Collegiate Hockey Association (ACHA) Division 1 national championship last week.

Second-ranked Midland defeated the top-ranked Liberty University Flames 4-3 in triple overtime of the national title game on March 22 in Maryland Heights, Mo. Thirteen Manitoba-born players were part of the championship roster.

The game ended on a power-play golden goal from Brandon's Taylor Bell, assisted by Minnedosa's Callie Maguire, with just over three minutes remaining in the third overtime.

Also skating in the Warriors' orange and blue for the 60th time in her two seasons with Midland was former Interlake Lightning U18 AAA forward Brooke Barylski.

The 20-year-old from Arborg said the team was able to share the moment with friends and family who travelled to watch the game.

"It was such a sense of relief almost," Barylski said Thursday. "You do so much, you work so hard all year, you have those tough talks, you have those cries, you have the highs and the lows, and all coming together was just a dream come true."

Midland entered the game as the underdog, having lost to Liberty in the Women's Midwest Collegiate Hockey Conference championship game a month earlier, and again in January.

Those losses, however, fuelled the team's desire for redemption.

Midland advanced to the final with three wins at nationals: a 3-0 victory over the University of Massachusetts on March 18, a 1-0 overtime win against Adrian College on March 19, and a 4-3 overtime win over Maryville University on March 21.



Arborg's Brooke Barylski recorded four goals and seven assists in 32 games this season as a sophomore with Midland University (ACHA Division 1).

Having already battled through back-to-back overtime games, Midland entered the final as the more battle-tested team.

"We kind of knew coming into it we were ranked No. 2 and nothing was going to be an easy battle, and we were going to have to overcome whatever we did," said Barylski. "I would say all the girls on our team, we really all kind of showed up, stepped up, no matter if there was injuries, if there was sickness, whatever it was, we kind of just pushed everything aside. In the end, it just came down to who wanted it more and who had the resilience to continue to battle. These are all big games — and if you lose, you go home — and we knew that we just had to put it all out there."

Also on her mind was representing Manitoba.

She, along with fellow Manitobans Natalie Rampton (Kenton), Heidi Danners (Wawanesa), Ava Matthews-McCulley (Portage la Prairie), Jordan Bell (Brandon), Brynn Tosh (Souris), Taylor Bell (Brandon), Haley Blaine



EXPRESS PHOTOS SUBMITTED

Manitobans Brooke Barylski (Arborg), Natalie Rampton (Kenton), Heidi Danners (Wawanesa), Ava Matthews-McCulley (Portage la Prairie), Jordan Bell (Brandon), Brynn Tosh (Souris), Taylor Bell (Brandon), Haley Blaine (Brandon), Kennedy Wood (Rivers), Camryn Falloon (Winnipeg), Jaicee Huberdeau (Grande Pointe), Callie Maguire (Minnedosa) and Darbi Poole (McAuley) helped Midland University capture its first ACHA Division 1 national title this season.

(Brandon), Kennedy Wood (Rivers), Camryn Falloon (Winnipeg), Jaicee Huberdeau (Grande Pointe), Callie Maguire (Minnedosa) and Darbi Poole (McAuley), achieved that goal.

"Lots of people quite often think about it because there's so many opportunities within Canada, and I think just getting the opportunity to come out here and just showing that Manitoba's strong, Manitoba pride," said Barylski. "All these girls that are on my team from Manitoba, you play against each other for years growing up. You play against each other and then just to come all together and build those connections, those relationships, and just show how a province can kind of all come together and build those relationships and connec-

tions is crazy. I wouldn't ask for anything different in my life."

The Warriors were later honoured by the school Thursday afternoon with a ringing of the bell ceremony on campus — a tradition recognizing national champions.

Located in Fremont, Neb., Midland's championship run energized the city of about 30,000 people and sparked growing interest in the sport.

"Coming to the Midwest, obviously you don't think it's a huge hockey culture or world down here in this part of the States, but the college experience that I've got since it's not so big, when there is a team like us, everyone goes above and beyond for us. They make it seem like we're on top of the world almost," said Barylski.

Local hockey academy filling void for middle-years development

By Kieran Reimer

Students in grades 5 through 8 will have the chance to develop their hockey skills locally during the 2026-27 school year.

Lakeshore School Division's co-ed hockey academy will return to Lunder Arena for its third year of operation after once again seeing positive on- and off-ice results in the current

school year.

Tyler Medeiros, a teacher and on-ice instructor with the academy, said they have 20 students in the program this year, up from their pilot year in 2024-25.

"Our students definitely enjoy the program," said Medeiros. "It's optional, so everyone chooses to be here. What we have found is similar

to how other hockey academies structure it. We have high expectations and we've seen positive educational outcomes, improved attendance and success across a variety of aspects of education."

The academy was offered to students in grades 5 through 7 this year but is expanding to include Grade 8 next year as interest continues to grow.

He said they have focused on many fundamental skills such as edge work and shooting techniques, with each skate typically ending in a scrimmage or small-area game.

Players come from a variety of levels, from AA to local recreational minor hockey, creating a comfortable

Continued on page 19

Kodiaks lay strong foundation in inaugural high school hockey season

By Kieran Reimer

After years of planning, Lundar School accomplished its goal of icing a high school hockey team this past season.

Though the Kodiaks faced the common challenge of winning games as a new team, they were able to take away many positives.

"There's definitely a good foundation that we put down this year to build on moving forward, and I know our players are excited for the opportunity to play again next year," said head coach Tyler Medeiros on Thursday.

Medeiros, Eric Eronen and Jayson Christensen made up the club's coaching staff, while Brad and Diana Drews took on management duties.

The team was created to accommodate students who wanted to represent their school, much like friends and former teammates at nearby programs such as Collège Stonewall Collegiate and Warren Collegiate Institute.

Following discussions between the Winnipeg High School Hockey League and principals and staff from local schools, Lundar received approval to form a co-op team with students from Ashern Central School and St. Laurent School.

The team of Grade 9 to 12 players opened the season with a third-place finish at the Barons Fall Classic tournament before posting a 2-20-0-1-1 record in the regular season, finishing 12th in the WSHL's Price Division.

They then pushed their first-round playoff series against fifth-ranked Murdoch MacKay to a winner-take-all Game 3 after earning the program's first playoff victory in Game 1 of the best-of-three series.

Though Murdoch ultimately ended Lundar's season with wins in games 2 and 3, the experience is something the team will carry forward, with only a handful of players graduating.

"Despite having a challenging season in our first year, it was something that our players really enjoyed," said Medeiros. "I believe we had a lot of interest around the community. It



EXPRESS PHOTOS SUBMITTED

The Lundar Kodiaks went 2-20-1-1 in their inaugural season in the WSHL's Price Division. Highlights included a third-place finish at the Barons Fall Classic and the franchise's first playoff win against Murdoch MacKay. Pictured, back row (left to right): Thor Johnson, Noah Kuzyk, Aaden Monkman, Joey Bird-Young; middle row: Thorley Gudmundson, Daniel Johnson, Konnor Law, Blaine Christensen, Austin Hickman, Conway Anderson, Axel Malcolm, Erik Lloyd; front row: Erik Johnson, Tyler Medeiros (head coach and GM), Kolten Bell-Sinclair, Sigge Bjornson, Riley Johnson, Carter Reykdal, Eric Eronen (assistant coach), Mason Bauch. Missing: Jayson Christensen (assistant coach), Brad Drews (assistant general manager), Diana Drews (equipment manager) and Emmett Miller.

was, I would say, a learning year for us."

Another highlight saw the team's top three scorers earn WSHL Price Division all-star selections.

Kolten Bell-Sinclair, Noah Kuzyk and Carter Reykdal combined for 34 of the club's 49 goals in the regular season.

The team's offence was on display in front of one of its largest crowds of the season during a "school game" against local rivals Warren on Dec. 11 at Lundar Arena, which ended in a 7-6 victory for the Wildcats.

"We were really happy with the calibre of play in the league," said Medeiros. "We thought it was really good, clean hockey. It pushed you to improve and continue to get better and develop, and we enjoyed it. There were definitely some tough days — the competition was really good — but I think every one of those other teams had players who had played in the league before, whereas

we were an entire team of first-time high school hockey players. Having that experience will be an asset moving forward."

Medeiros and staff now look ahead to September as the 2026-27 season approaches.

Their development pipeline is also strengthening through the division's hockey academy, which is expanding to include grades 5 to 8 students from Lundar, Eriksdale and the surrounding area after hosting 20 students in grades 5 to 7 this year.

As one of the academy's teachers, Medeiros is focused on reinforcing the balance between academics and athletics, noting the WSHL offers scholarship opportunities to its players.

"For the high school program, we want to continue to improve as a team and build on the vision of providing an opportunity for student-athletes, while not forgetting the student component," he said. "It's a school-based



Lundar's Noah Kuzyk (left), Kolten Bell-Sinclair (centre) and Carter Reykdal (right) became the first three players to represent the Kodiaks at the WSHL Price Division all-star game.

team, so I'm trying to make sure players understand that both parts of being a student-athlete are important aspects of this program."

> HOCKEY, FROM PG. 18

environment for all skill levels.

"We've had students reach out who don't play hockey but are passionate about it," said Medeiros. "As long as it's something they're passionate about, this could be a good fit. If you're not passionate about hockey, doing it every day may not be enjoyable, but it's open to any student who is interested, as long as we have the capacity."

Students in the academy skate at the

end of each school day, resulting in 75 to 100 hours of ice time by the end of the program.

Those located within the Lundar-Eriksdale catchment area are provided with bus transportation; however, the academy is open to any interested student.

Students are allowed to store their equipment at the rink, allowing for easier transportation, and have access to two dressing rooms split between boys and girls.

The academy also participates in off-

ice events such as sports clinics and tournaments, along with an annual trip to the Manitoba Moose Project 11 School Day Game in Winnipeg.

Medeiros said the academy has helped fill a void that previously existed in the community.

"The initial thought was learning that students in other regions of Manitoba had access to hockey academies. Winnipeg has them, Brandon has them, and even in rural areas like Starbuck, St. Malo, Cranberry Portage and Pilot Mound, there were

options," he said. "There wasn't anything in the Interlake, so we saw an opportunity to give students here access to this kind of program."

Costs associated with the academy during the current school year were \$750, which covered facility costs at Lundar Arena.

Application forms for the 2026-27 school year have recently been distributed and are available on the Lakeshore School Division website.

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UPCOMING EVENTS

Dauphin Gun & Hobby Show April 11th, 10 a.m. - 5 p.m. & April 12th, 10 a.m. - 3 p.m. 8th Avenue Hall. For info. call Victor 204-444-4690.

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THE RURAL MUNICIPALITY OF ARMSTRONG

PUBLIC HEARING REGARDING

THE 2026 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 2026 Financial Plan for the Municipality on:

Thursday, April 9, 2026 at 7:00 P.M.
FRASERWOOD HALL

10140 PR 231 Fraserwood, MB

The Rural Municipality of Armstrong 2026 Financial Plan consists of:

- 1) The 2026 Operating Budget,
- 2) The 2026 Capital Budget,
- 3) An estimate of the Operating Revenue and Expenditures for the following fiscal year (2026), and
- 4) A five (5) year Capital Expenditure Program (2027-2031)

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 2026 Financial Plan.

Copies of the Financial Plan will be available for review and may be examined by any person on the Rural Municipality 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 Council will open a discussion regarding Ward Boundaries and possible changes to council structure for the Rural Municipality of Armstrong.

Dated this 19th day of March, 2026

Colleen Mayer

Chief Administrative Officer
Rural Municipality of Armstrong

THE RURAL MUNICIPALITY OF ARMSTRONG

PUBLIC NOTICE

Additions to the Voters List and/or Personal Security Protection Requests

In accordance with Section 36 of *The Municipal Councils and School Boards Election Act* (MCSBEA), the R.M. of Armstrong Voters List is open for changes or revisions.

- Any person who is eligible to vote in municipal elections in the Local Authority of the R.M. of Armstrong can have his or her name added to the Voters List or have any information about the voter on the Voters List corrected.
- Any person can request to have his or her name and address obscured from the Voters List.

A person whose name has been obscured will receive a Personal Security Certificate and identification number. In a civic election, that person may only vote by Sealed Envelope Ballot and cannot vote in person at the regular or advance voting places.

To implement the above, a written request must be submitted to the Senior Election Official, in person, by e-mail, fax or mail to:

Rural Municipality of Armstrong
Box 69
Inwood, MB ROC 1P0
Phone: (204) 278-3377
Fax: (204) 278-343
Email: clerk@rmofarmstrong.com

The next Municipal Election takes place on October 28, 2026.

Angie Dzuba
Senior Election Official
RURAL MUNICIPALITY OF ARMSTRONG

NOTICE TO CREDITORS

IN THE MATTER OF THE ESTATE OF **ELEANOR KAUPPILA**, late of Ashern, in the Province of Manitoba, deceased.

All claims against the above Estate, duly verified by Statutory Declaration, must be filed with the undersigned at their office, 351 Main Street, Box 279, Manitou, Manitoba R0G 1G0, within thirty (30) days of the date of this publication.

DATED at the Town of Manitou, in Manitoba this 25th day of March, 2026.

MCCULLOCH MOONEY JOHNSTON SELBY LLP
Attention: **KELLY A. KENNEDY**
Solicitors for the Executor

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We are looking for a people oriented, organized, innovative manager who will be responsible for the overall supervision of all staff and of support services programs. Programs include Congregate Meal Programs, Lifeline, Meals on Wheels, Transportation Service, and others.

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Deadline for applications: Friday April 10, 2026.
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NOTICES

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NOTICE TO CREDITORS

IN THE MATTER OF THE ESTATE OF: **JOHN KUSZLA** (also known as **JOHN KAZIMER KUSZLA**), late of the R.M of Armstrong, 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 29th day of April, 2026.

DATED at Gimli, Manitoba, this 2nd day of April, 2026.

BAKER LAW CORPORATION SOLICITORS FOR THE EXECUTORS

Attention: Grant D. Baker



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EMPLOYMENT OPPORTUNITY

Join the RM of Coldwell Operations as a Pound Keeper or Relief Operator.

POUND KEEPER:

The RM of Coldwell is looking for Interested People to be Pound Keepers in the municipality, contact the office (204-762-5421) for more information or leave a letter of intent.

Persons would be responsible for containing and looking after any animal that may/needs to be impounded due to roaming free as per the Animals Running at Large bylaw. Compensation will be awarded per incident, and the municipality handles all litigation and communications other than the Pound Keeper informing the municipality if they have been utilized.

RELIEF OPERATORS:

Any person interested in being a relief operator for the Grader or the Plow Truck should drop off a resume with your qualifications at the municipal office ASAP. This is intended to be a casual employment opportunity only.



TOWN OF ARBORG

NOTICE OF VOTERS LIST / PERSONAL SECURITY PROTECTION

Notice is hereby given that a copy of the VOTERS LIST may be revised at the Town of Arborg Municipal Office, 337 River Rd, Arborg, MB, between the hours of 8:30 a.m. and 4:30 p.m. Monday to Friday.

At this time Municipal staff will be available to update the voters list by:

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

VOTER ELIGIBILITY:

A person is eligible to have his or her name added to the Voters List if he or she is:

- 1) a Canadian citizen and at least 18 years of age on election day; and
- 2) a resident of the local authority for at least six months prior to election day, OR a registered owner of land in the municipality for at least six months prior to election day.

APPLICATION FOR PERSONAL SECURITY PROTECTION:

A voter may apply in writing to the S.E.O. (at the address / email below), no later than September 22, 2026, to have their name and other personal information omitted or obscured from the voters list in order to protect the voter's personal security. The application may be submitted in person, by mail or email and must include your name, address and include proof of identity.

All changes to the voters list must be completed on or before September 22, 2026 in preparation for the Municipal Election to be held on October 28, 2026.

Dated at ARBORG in the Province of Manitoba, on April 1, 2026.

Jan Larkin, Senior Election Official (S.E.O.)
Box 159, 337 River Rd. Arborg MB R0C 0A0
Telephone 204-376-2647 Email janlar5001@gmail.com



RURAL MUNICIPALITY OF COLDWELL

REQUEST FOR QUOTES

Gravel Hauling Tender

Hauling and depositing of traffic gravel per hour to various roads marked for the annual gravel program.

Must provide:

- A close under load trailer & list of equipment to be used
- letter of Good Standing with WCB
- evidence of liability coverage

Gravel program is subject to change at any time at the discretion of the Municipality

Tractor Rental Tender

Quotes for Rental of a 80-100 HP Tractor to be used by Municipality to cut roadsides. Must have an enclosed cab with air & heat, safety light, & ROPS and ability for us to install safety screen, 3 PTH and hydraulics. Needed for approx. 200 hrs in June and 200hrs in August.

Trails Maintenance Tender

Tender for grass cutting and minor maintenance (cutting back fallen trees) of the Diane Jacobs Interpretive Walking Trails approx. 3 km (between Lundar Beach and Sugar Point). Must supply own equipment.

Private Equipment Rates

The RM of Coldwell is seeking proposals from qualified bidders for hourly Dry & Wet rates on various types of privately-owned equipment: Hoe, Grader, Mini Ex with cab, Dozer, Skid Steer, brush & rotary mowers. The purpose is to establish pay rates of private equipment for the 2026 works season. Contractors who do not submit pricing may not be considered for Municipal Projects. All contractors who submit pricing must have appropriate insurance. Contractor Rate Form available at lundar.ca (Under Municipal Services) or the Municipal office.

Each tender should be individually marked "Gravel Hauling Tenders", "Tractor Rental", "Trails Maintenance", "Private Equipment Rates". Sealed and clearly marked submissions will be accepted at the Municipality of Coldwell office, located at 35 Main Street, Lundar until 4p.m on April 17, 2026.

The lowest or any hourly rate bid is not necessarily accepted.



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Engineers Geoscientists Manitoba is hosting **FREE On-line and In Person Public Open Houses to discuss potential updates to The Engineering and Geoscientific Professions Act**

Sessions are being held: **April 7 & April 16, 2026**

For more information about the potential changes to the Act, or to Register, or to provide Feedback, if unable to attend, please visit:

https://www.EngGeoMB.ca/News.html#675

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BIRTHDAY



Happy 80th Birthday
Donna Goldau
March 30, 2026

A wife, mother, and grandmother whose love and warmth inspire us daily. Your laughter and kindness has left a mark on every heart you touch. **Wishing you a Happy Birthday.**
-Love Wally, Jason, Mandy, Lance, Arla, Barret, Andria and all your grandchildren

OBITUARY



Alan Dale Fowke
December 27, 1962 – March 26, 2026

It is with great sadness that we share the passing of Alan Dale Fowke on March 26, 2026, at Grande Prairie Regional Hospital. Al was predeceased by his parents Edna (nee Thompson) Fowke and father, Stanley Fowke. He is survived by his wife Lynn (nee Raskob) Fowke and siblings Donna Bleakney, Dean Fowke and Keith Fowke. Al was born in Wawota, Saskatchewan on December 27, 1962. He was a bright guy and at the age of 17 graduated high school from Ashern Central School in 1979 and then pursued a career in conservation, graduating from Lethbridge Community College with a diploma in Wildlife Conservation in 1981. He moved to Gimli, Manitoba where he worked for the Province of Manitoba in Manitoba Wildfire Services. During this time, he met the love of his life, Lynn, who was working in forestry conservation, and they were married on September 10, 1988. Al and Lynn started their life together and soon moved to a small acreage near Teepee Creek, Alberta, where they remained. There they started their own landscaping business and made beautiful wooden toys and wooden pictures. Lynn's carpentry skills led her to work for Lafleur Cabinets and Al worked from their home shop. Al and Lynn loved each other deeply. They were the perfect complement for each other. They shared a love for the outdoors and were happiest when they were in it. They loved their property and took great joy in caring for it and the harvest their large garden provided. Cutting wood and tending the fireplace were shared activities they loved. Al loved Lynn with every fiber of his being and often said he'd be lost without her. Much like himself, his love for her was quiet but extremely deep. Al loved the outdoors and enjoyed hunting and fishing in the region and the freezer was always well stocked with moose, elk or deer. He treasured the times he and Lynn would go camping where they could get even closer to nature and further from civilization. Al loved sports and enjoyed watching the Oilers, summer and winter Olympics and any other sporting event he could catch on TV. As a young man he attended the Commonwealth games to watch boxing. Al was an exceptional carpenter and the intricate intarsia wooden pictures he made have become highly valued family heirlooms.

Al was a still water that ran very deep. He often didn't say much but when he did it was always worth listening to. He was very bright and had a high degree of common sense that often belies so many of us. He would come up with a solution to a problem that was simpler, cheaper and more effective than others' suggestions. Al was a very generous person and helped anyone who needed it, especially neighbours around them. Al passed much, much too soon. We are reminded that life isn't fair and often too short. The world lost a gentle, kind and special person, and that void will never be filled. Al, you are missed but remain close in our hearts - always. Lynn would like to thank Leona and the staff of Lafleur Cabinets and close friends for their support and friendship. Thank you also to the staff of Grande Prairie Regional Hospital intensive care unit for the care they provided Al, and the support and respect they showed Lynn. In lieu of flowers and to celebrate Al's life, donations can be made to Canadian Wildlife Federation or a charity of one's choice.



OBITUARY



Debbie Lynn Zapotchny

It is with heavy hearts and profound sadness, we announce the passing of Debbie Lynn Zapotchny on March 25th, 2026, surrounded by her loved ones after a long courageous battle with cancer at the young age of 68. Debbie leaves behind her devoted husband of 51 years Tony; daughters and best friends Tanis (Wes), Shannon (Guy); grandchildren Taylor (TJ), Alyssa (Liam), Kolbie (Brendan), Eric, Scott and great-grandsons Brody and Hunter. She is predeceased by her father, Allan; mother Elsie; brothers, Wayne and David, and sister Lori.

Tony and Debbie met at a young age and were married in 1974. Soon after they married, Debbie's true calling showed when they welcomed their first daughter, Tanis and a couple years later, Shannon as she circled her whole life around supporting her daughters. When Debbie became a grandma, her heart grew even more as her granddaughters were everything to her and would always be involved in everything they did. She would never miss an opportunity to go shopping, a weekend getaway or even a quick trip to the city with the girls. Any time spent with family meant the world to Debbie. She also welcomed the "girls" spouses into her life whole heartily, whether it was defending the boys or telling the girls to "be nice!". Debbie welcomed every person who entered the house with her open-door policy and ensured everyone felt like family.

Debbie's loving and caring nature showed in her career choice as a Health Care Aide for 20+ years at Gimli Betel. She would always help anyone that needed and was happiest when she was surrounded by her family and friends. She always got great joy in preparing all the delicious food with "her girls" and hosting the family Christmas. Our summer days on the deck and kitchen gatherings will never be the same without our beautiful family monarch.

The family would like to express our heartfelt thank you to Julie and Tanis at Gimli CancerCare for the many years of care and support they provided to Debbie. Also, to the nurses at the Gimli Hospital for their care and compassion during her final hours.

As per Debbie's wishes, no formal service will be held. There will be a celebration of life at a later date.

Tributes: www.gilbartfuneralhome.com

Gilbart Funeral Home, Gimli in care of arrangements.



OBITUARY



Gladys Humeniuk (nee Davidow)
1927 – 2026

It is with profound sadness, our family announce Mom's passing on Monday, March 23, 2026.

Mom was a true pioneer, having lived a full 99 years of age. She was able to live independently surrounded by friends and a community she loved. She journeyed through life on her own terms, travelled extensively, worked tirelessly, always impeccable in her life and style.

Cremation has taken place and a Celebration of Life for Mom will be held at a later date.

Rest In Peace, Mom.

Friends and family are invited to visit Gladys's memorial page at www.interlakecremation.ca, where memories and condolences may be shared.

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> GAME

X CROSSWORD

CLUES ACROSS

- 1. Absence of difficulty
- 5. Preserve a dead body
- 11. Gratitude
- 14. The act of coming together again
- 15. More cushy
- 18. Visionaries
- 19. Large fish-eating bird
- 21. Indicates near
- 23. Former CIA and CIA critic
- 24. Icelandic poems
- 28. Pop

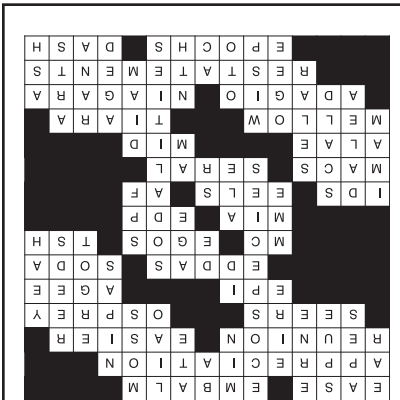
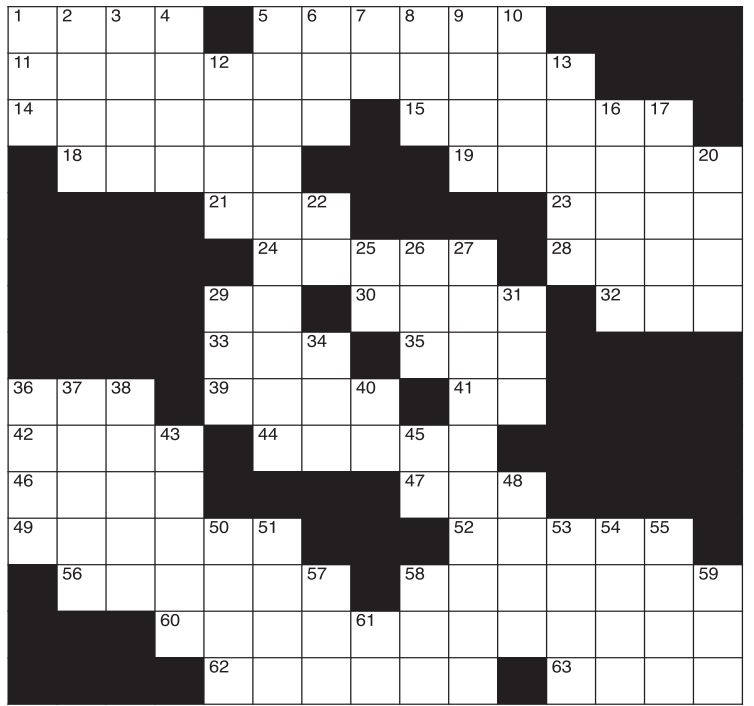
29. Hammer is one

- 30. Selves
- 32. Thyroid-stimulating hormone
- 33. Nowhere to be found
- 35. Electronic data processing
- 36. Drivers' licenses and passports are two
- 39. Snake-like fishes
- 41. Air Force
- 42. Popular personal computers
- 44. Stages in ecological succession
- 46. Wings
- 47. In the center
- 49. Pleasantly smooth
- 52. Jeweled headdress
- 56. In slow tempo
- 58. ___ Falls
- 60. Reiterations
- 62. Eras
- 63. Hyphen

CLUES DOWN

- 1. Body part
- 2. Mimics
- 3. Expel or eject (variant

- sp.)
- 4. Sea eagle
- 5. Taxonomic category
- 6. Chinese languages
- 7. Mr. T's "A-Team" character
- 8. Consumed
- 9. Chinese dynasty
- 10. NFL legend Randy
- 12. Ireland
- 13. Palm trees with creeping roots
- 16. Fungal disease
- 17. Tall, slender-leaved plants
- 20. Affirmative! (slang)
- 22. It says who you are
- 25. Atlantic coast state
- 26. Grow older
- 27. Associations
- 29. Woman (French)
- 31. Sunscreen rating
- 34. Brew
- 36. Leader
- 37. Indigo bush genus
- 38. Burn with a hot liquid
- 40. Junior's father
- 43. Mackerel genus
- 45. Morning



Crossword Answer

- 48. Straight line from side to side (abbr.)
- 50. Type of molding
- 51. Small, thin or twisted bunch
- 53. Worn by exposure to the weather
- 54. Mars crater
- 55. Humanities
- 57. Relating to the ears
- 58. "To the ___ degree"
- 59. Residue when something is burned
- 61. It cools a home

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