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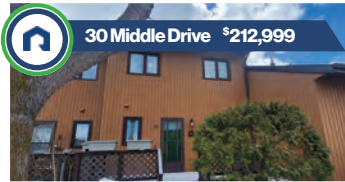
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Spring splash zone

EXPRESS PHOTO BY CORRINE EINARSSON

Harlee Rundle, 2, and her big brother Holden, 3, couldn't resist the splashy fun brought on by Friday's unseasonably warm weather. With the mercury hitting 16 C — nine degrees above average — the puddles in Arborg were perfect for play.

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Good Times
FINANCING

Every picture tells a story: Chantelle Dione will take you on a photographic journey of discovery

By Patricia Barrett

If you've ever thought your driver's licence photo is a true reflection of what you look like, don't despair and consider paying Stonewall-based photographer Chantelle Dione a visit as she's sure to set you up for your best shot.

Dione specializes in making people photogenic, inviting her subjects to live through the lens and come alive on the canvas. She can turn self-perceived negatives, pardon the pun, into works of beauty — some of which have earned her accolades.

And people are starting to cotton on to what Dione can do and what they themselves can express in front of a camera, whether it's for their own personal photographic archive or for work-related image branding.

Dione has years of experience in portrait photography — including study with The Portrait Masters — combining the fundamentals of photography with an infinite variety of artistic expression. And she wants to educate people on what they can expect from hiring her.

"I am an empowerment portrait photographer. I work primarily with women to create images that reflect their confidence and authenticity," said Dione. "I'm finding that folks are curious about empowerment photography and they might not know



Dione creates stunning empowerment photographs.

what they're going to do with these photos. Or they don't know if this is something they even want to do. So, I want people to think and reflect on why they want photos of themselves and be educated in order to make an informed decision, to say, 'Yes, I really want to celebrate myself.' If someone is on a self-love or empowerment journey, this can aid in that."

She invites prospective clients to download her Top 10 questionnaire



EXPRESS PHOTOS BY CHANTELLE DIONE

Chantelle Dione is a Stonewall-based photographer that specializes in empowerment, work-related branding and boudoir photography.



from her website and think about what they're looking for — whether generally or specifically — and why they want it. She also wants to chat



with them before they decide on whether they want to experience the brighter side of photography.

Continued on page 8

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Magic touch turns houseplants into showstoppers

By Patricia Barrett

A Winnipeg Beach woman's birthday geranium is still going strong years later — and this spring, it's putting on its most impressive show yet.

A geranium and an orchid are spreading some springtime cheer with overly abundant blooms.

Sandie Williams was given a geranium a few years ago for her 80th birthday and it has "never stopped blooming." With spring on the way, the plant has kicked into overdrive, displaying dozens of flowers and buds.

"It's absolutely beautiful. I counted 22 blooms on it and they're about the size of a grapefruit," said Williams. "There's more coming and some buds that haven't bloomed yet. The colour is beautiful.

The geranium was purchased from a nursery in Selkirk.

When asked what her secret is to get plants to thrive, Williams said there could be a number of factors: her south-facing sunroom, the heater under the window, stimulating conversation, plant food on occasion and a non-human housemate for company — a tomato plant.

"I do talk to the geranium," said Williams. "And I planted some tomato seeds and they're growing up tall beside the geranium. I did give the geranium some plant food once in December, but it's been blooming constantly for two years."

Some geranium varieties are small, growing to about five or so inches tall. But some varieties can grow to a few feet or more.

In addition to indoor love, Williams takes the geranium outside in the summer, hanging it from her deck. Giving it the freedom to enjoy fresh air and the great outdoors might be contributing to the plant's overall happiness and willingness to please Williams.



A friend of Williams had her orchid bloom with about 34 flowers.

Her friends and neighbours said they've never seen a geranium like it.

"Anybody I showed it to has never seen anything that big or beautiful; they're absolutely amazed," said Williams.

One of Williams' friends also has the magic touch when it comes to plants. Her orchid "bloomed like crazy" with about 34 flowers.



EXPRESS PHOTO BY SANDIE WILLIAMS

Sandie Williams has a giant geranium that's never stopped blooming since she got it two years ago as a gift for her 80th birthday.

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Dean Pruden talks about his experience this Parkinson's Awareness Month

Raising awareness for what is become a more commonly diagnosed disease

By Katelyn Boulanger

According to the Parkinson Canada website, Parkinson's is currently the fastest-growing neurological condition in the world. Because of that, Dean Pruden believes it's important for everyone to know about Parkinson's disease.

Since April is Parkinson's Awareness Month, Pruden is sharing his experience with the illness to raise awareness and to promote a local event he and his wife, Lorri, organize to support research.

Pruden's story with Parkinson's began in 2010, when he was diagnosed 15 years ago.

"A co-worker noticed that I was walking with a limp and he asked what was wrong with my leg and I said, 'Nothing.' I didn't realize that anything was wrong," said Pruden. "Later the same co-worker saw that something was wrong with my arm and he asked what was wrong with my arm. I said, 'Nothing. I don't know what you're talking about.' Again, I

didn't notice it, but it affected my one side. I had a little bit of leg drag and no arm swing. I finally went to my doctor and he said, 'I think it might be Parkinson's.'"

After seeing a couple of specialists, the diagnosis was confirmed. Doctors explained that he had likely been living with Parkinson's for some time before his symptoms became obvious.

Pruden said that, while he was expecting the diagnosis, it was still a shock.

"It's a life-changing diagnosis, right? It's obviously progressive, and there's no cure for it," he said. "I was worried about the people around me too. It didn't just affect me but my whole family."

Parkinson's disease presents differently for different people. Some experience tremors or stiffness, while others may have speech or mobility challenges. Symptoms that are less often acknowledged include impacts on mental and emotional health.

Despite the diagnosis, Pruden hasn't



EXPRESS PHOTO SUBMITTED

Dean Pruden on the Parkinson's SuperWalk.



The Opap Shakers at the Parkinson's SuperWalk.

let it stop him from doing the things he enjoys. He's remained active over the past 15 years.

"Exercise is probably the best thing for it. Exercise slows the progression, they say," said Pruden.

He once joined a fitness group for people with Parkinson's and has continued to work out with weights. He also played hockey for many years and, although recent mild winters have slowed him down, he snowmobiled for a long time too. These days, he and Lorri enjoy biking and hiking.

To raise awareness and funds for Parkinson Canada, Pruden has also been a longtime participant and organizer of the Parkinson Canada SuperWalk.

"Every year there's one walk in

Winnipeg and there used to be a walk in Gimli. A group of my friends got together and formed a team to raise money for Parkinson's and take part in the walk. We named our team the Opap Shakers," he said.

Now based in East Selkirk, Pruden and Lorri organize the local SuperWalk each year. The event takes place in the fall, with this year's edition planned for early September.

Pruden said the event isn't just about raising money — it's also about maintaining relationships.

"You want to keep your relationships going. It's for a cause that I'm interested in, and my friends wanted to do something to show support for

Continued on page 8



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RCMP, safety officers seize drugs and cash in Berens River

By Annaliese Meier

Two separate drug-related investigations in Berens River last week led to the seizure of crack cocaine, cocaine and more than \$15,000 in cash.

Berens River RCMP say officers responded around 4:40 a.m. on April 4 after receiving a request from First Nation safety officers to assist with a report of a suspected drug trafficker entering the community.

A vehicle stop was conducted with the assistance of safety officers, leading to the seizure of 56.4 grams of cocaine, 55.7 grams of crack cocaine and a quantity of Canadian cash believed to be proceeds of crime.

A 32-year-old woman from Berens River was arrested for possession for the purpose of trafficking and released pending a future court appearance.

Charges are pending.

In a second incident, police were again called by First Nation safety officers around 7:50 p.m. on April 8 to investigate suspicious activity at a residence.

When officers entered the home, they found an 18-year-old man hiding in a bedroom closet. He was allegedly in possession of eight grams of crack cocaine and approximately \$15,000 in cash, also believed to be proceeds of crime.

RCMP say the matter remains under investigation and charges are pending.

Berens River RCMP continue to work in partnership with First Nation safety officers on ongoing drug enforcement efforts.



EXPRESS PHOTO SUBMITTED

Crack cocaine, powdered cocaine and more than \$15,000 in cash were seized by Berens River RCMP during two separate investigations last week. The drugs and cash, shown here, are believed to be linked to drug trafficking in the community.

RCMP lay manslaughter charge in Lake St. Martin homicide

By Lana Meier

RCMP have charged a 19-year-old man with manslaughter following a fatal stabbing in Lake St. Martin First Nation.

Gypsumville RCMP say officers responded to a report of a stabbing outside a home in the community around 9:50 p.m. on April 4.

A 22-year-old man was found with critical injuries and later pronounced dead at the scene. His death is being investigated as a homicide.

On April 6, RCMP search and rescue officers conducted a ground search of the area surrounding the crime scene. Later that day, Joshua Beatty, 19,

was charged with manslaughter and remanded into custody.

The investigation is ongoing with assistance from RCMP major crime services and forensic identification services.

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Liberal candidate speaks out after campaign signs vandalized

By Lana Meier

Several Interlake election candidates are calling for respect and accountability after campaign signs were damaged or stolen in the region.

Rhonda Nichol, Liberal candidate for Selkirk-Interlake-Eastman, said her team has experienced multiple incidents of vandalism and theft, with signs repeatedly targeted in rural and urban areas.

Nichol said the behaviour is disappointing and undemocratic.

"The tampering and stealing of election signs is not allowed," Nichol said. "I am disappointed when any party's signs are vandalized. We realize it is a small percentage of people who engage in this type of behaviour."

Despite the incidents, Nichol said

her team remains focused on the campaign.

"My team and I do not get discouraged," she said. "It motivates us to continue to ensure that the democratic processes here in Canada are followed."

In Canada, damaging or removing election signs is a criminal offence under the Criminal Code and can also violate provisions of the Canada Elections Act and local bylaws.

Consequences can include:

1. Criminal Code of Canada

Under Section 430(4) – Mischief under \$5,000:

Damaging or destroying election signs (which are someone else's property) can be considered mischief.

Penalty: Up to two years imprison-

ment, a fine, or both (depending on severity and prior record).

2. Canada Elections Act

Under Section 325(1) of the Act:

It's an offence to prevent or impair the transmission of election advertising.

Penalty: On summary conviction, fines can range from \$500 to \$2,000 or imprisonment for up to three months, or both.

3. Municipal Bylaws

Some municipalities have specific signage rules; violating them may result in fines ranging from \$100 to several hundred dollars, depending on the region.

RCMP have reportedly been made aware of the situation.

Manitoba invests \$13M in downtown agriculture tech hub

By Annaliese Meier

The Manitoba government is investing \$13 million in a new Global Agriculture Technology Exchange (Gate) to be developed in Winnipeg's Exchange District, Premier Wab Kinew announced Friday.

The funding will support construction and equipment costs for the Cereals Canada-led project, which will provide research, innovation and training facilities to help grain producers and processors expand into global markets.

"Agriculture is the backbone of Manitoba's economy, and this investment will protect jobs as farmers and producers are facing a trade war on two fronts," said Kinew. "This new exchange will help showcase Manitoba's grains to the world and help drive up global demand for high-

quality Canadian grain products."

Gate is set to feature space for specialty milling, a pilot bakery, pasta extrusion, as well as training and office areas. The new centre aims to attract international buyers and investors while retaining Cereals Canada's headquarters in Winnipeg.

"Canada produces some of the highest quality grains in the world and that gives us a unique advantage," said Agriculture Minister Ron Kostyshyn. "Retaining Cereals Canada in Winnipeg will solidify Manitoba as the centre of the Canadian grains industry and a hub for global trade."

Business, Mining, Trade and Job Creation Minister Jamie Moses said the government is working with Cereals Canada to bring more investment to the province.

"This partnership will protect Manitoba jobs and deliver opportunities for long-term growth," said Moses.

Cereals Canada CEO Dean Dias said the centre will help diversify markets and reduce trade risk.

"Gate is an essential investment in providing global buyers with trusted technical knowledge and expertise, and maintaining Canada's leadership as a supplier of high-quality cereal grains," said Dias.

The province said the investment aligns with its commitment to downtown revitalization, which includes funding for Portage Place redevelopment, the Your Way Home homelessness strategy, upgrades to the downtown YMCA and support for community events such as Winnipeg Jets whiteout celebrations.

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Manitoba Hydro talks rates, safety, climate concerns

By E Antonio

Electric vehicles, energy rates and sustainable resources were among Manitobans' top concerns addressed at the Manitoba Hydro annual public meeting on March 4.

Manitobans can hold steady with their current hydro rates in 2025 but may be out of luck the following year. Manitoba Hydro meets with the public each year to discuss its upcoming strategic plan and holds a question period at the end of each meeting.

Scott Powell, director of corporate communications and marketing at Manitoba Hydro, and Allan Danroth, president and CEO, hosted the hour-long session over Zoom, covering key topics for the provincial organization.

"It has been my firm and unwavering commitment to the employees and customers of Manitoba Hydro that safety will be at the forefront of our mindset now and forever," said Danroth, who opened the meeting by addressing the August 2024 incident where a Manitoba Hydro employee

died while repairing a downed powerline.

The incident sparked a review of safety procedures. No changes have yet been put forward, but the goal of reducing workplace accidents remains a high priority.

During the fiscal year from April 1, 2023, to March 31, 2024, Manitoba Hydro reported a net loss of \$157 million. This marks the second loss in a three-year period due to droughts, and 97 per cent of the province's electricity is reliant on hydroelectric sources.

"To put it simply, when it rains, we make money, and when it doesn't, we do not," added Danroth. He is also predicting another net loss for the next fiscal year.

These losses will result in Manitoba Hydro filing a rate increase for 2026, with all decisions made by the Public Utilities Board.

In addition to rate increases, Manitoba Hydro has completed a three-year strategic plan as part of its integrated

resource plan (IRP), addressing the reliability and growing demand for electricity. The utility has invested \$664 million in the plan, which includes new energy sources, new efficiency programs and upgrades to aging infrastructure.

Danroth said he wants changes to be cost-effective, reliable and safe in order to best serve customers.

During the question period, members of the public raised a variety of concerns. Danroth answered questions on camera or referred participants to Manitoba Hydro's upcoming IRP or its website for more information.

- Concerns regarding energy sourcing will be addressed in the IRP.

- Manitoba is one of the last jurisdictions in North America to migrate to an advanced metering infrastructure (AMI), a system that uses smart meters to read and troubleshoot power problems.

- The current high voltage direct current (HVDC) system is 20

years beyond its recommended lifespan. Plans to update the infrastructure will be outlined in the IRP.

- Manitoba set two new energy peaks on Dec. 12 and Jan. 20, breaking the previous record which stood for five years.

- Questions about tariffs were deferred due to changing conditions.

- Manitoba Hydro spent \$2 million managing and treating zebra mussels.

- Manitoba Hydro will continue to work with Efficiency Manitoba to manage energy use.

- There are no plans to recommission the Selkirk hydro generating system.

- The IRP will explore multiple forms of generation, including nuclear energy.

Full coverage of Manitoba Hydro's annual public meeting is available online at www.hydro.mb.ca/public-meeting, with French and ASL translation provided.

Spring fire season prompts provincial burn permit reminder

By Annaliese Meier

The Manitoba government is reminding residents that provincial burning permits are required for outdoor fires set within designated burn permit areas from April 1 to Nov. 15 each year.

Permits, issued under the Wildfires Act, can be obtained through Natural Resources and Indigenous Futures district offices. However, they may be cancelled or restricted on short notice depending on fire danger conditions.

The province will not issue burn permits in areas where municipalities have already imposed their own fire restrictions.

Spring wildfires are most often caused by human activity. Dry, dead vegetation and matted grass can ignite easily and fuel fast-moving fires, especially on windy days.

Currently, no provincial burn or travel restrictions are in place. But with snow continuing to melt, Manitobans travelling or working in areas where backcountry travel is permitted are asked to stay on developed trails.

ATV users should stop frequently to check for debris buildup around engines and exhaust systems, and dispose of any material safely. Riders are also urged to carry a fire extinguisher, axe and shovel in case of small fires.

Permit holders are reminded to check local weather conditions before burning, have adequate suppression equipment on hand and ensure fuel breaks are in place. Outdoor fires must never be left unattended and must be fully extinguished before leaving the area.

Residents can find up-to-date information on municipal burning restrictions at www.gov.mb.ca/wildfire/burn_conditions.html.

To help reduce the risk of wildfire, Manitobans are encouraged to take FireSmart steps around homes and properties. One spring tip is to prune tree branches within two metres of the ground and remove any flammable debris that may have accumulated, which can help keep surface fires contained.

For wildfire updates, restrictions and prevention information, visit www.gov.mb.ca/wildfire or follow the Manitoba government's X (formerly Twitter) account at @mbgov.

To report a wildfire, call 911 or the toll-free TIP line at 1-800-782-0076.

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> JOURNEY OF DISCOVERY, FROM PG. 2

After a few minutes of chatting with Dione, you'll feel completely at ease, as though she's an old school chum you've known for 40-plus years. And that's exactly how she wants her clients to feel so that they can work together to produce the most flattering expressions.

"When someone inquires about my photographic services, I ask them to come and meet me. I love to connect with people on a personal level, and I feel that because of this type of work and the vulnerability [inherent in it], having people meet me in person, see the studio, gauge my energy and find out who I am as a person is extremely important to this work."

There's a lot of preparatory work to do before the shutter falls. She and her clients will do a wardrobe consultation, talking about what to wear and how to wear it so that when it comes time for the photo shoot, there'll be

"nothing left to chance." She also gives her clients a preparation guide.

When it comes to guiding people through the photographic journey, Dione said she's "hands-on" and creates spaces in which people feel free to experiment.

"I create a space for people where we can have moments. Yes, I can photograph people in under 20 seconds, but that's not what I want to do. Someone needs to get to know me. They need to have that moment where they think, 'I'm not photogenic' and we can work to redirect their mindset into 'I just haven't had a good portrait taken of me,'" said Dione. "No offence to other photographers, but some people just haven't had a good photographic experience; the majority of us have had our driver's licence and passport photos, which are absolutely horrid in general, and sometimes that's the only photographic experience we've had and where no one has set you up to look like your best self."

As women age, they may lose confidence in how they think they should look given unrealistic expectations of society and an emphasis on youth and beauty, as well as relentless marketing that tells women and girls they must strive to appear youthful. But Dione says women are beautiful at

any age.

"It's still there. Women just have to be OK with some of the changes that happen to our faces and bodies. They should think, 'I earned this and I deserve to celebrate this in every aspect or stage of my life.' That woman is still there. She is still valuable and worthy of being photographed this way. It doesn't stop when you hit 40. When you're in your 80s, please come to me. I will show you the world. I think we need to understand that beauty doesn't stop because we age."

In addition to boudoir and empowerment photography, Dione said she works with corporate and business clients wanting to brand themselves or have the most flattering head shots to share on their social media or other marketing materials. Most corporate head shot photography is "quick and dirty" but Dione likes to take her time to get the best shot.

"I like to bring my empowerment approach into the corporate or work environment where I take the time to make people feel comfortable. I take the time to adjust their hair, their suits and make sure the photos I'm taking are the ones they want to share on LinkedIn or their website and other social media sites."

Dione learned to take really good photos by virtue of years of technical education, self study and being part

of a globally recognized online education organization called The Portrait Masters, which teaches posing, lighting, natural lighting, fashion, portraits and painterly portraits.

"I've been part of Portrait Masters since 2017 and I'm an award winner through that. I've gone to conferences with that community and I submitted work for that award," said Dione. "What it basically comes down to is learning to see the light and telling a story with a portrait. It takes a lot of education and a lot of trial and error. You have to be OK messing up — or what we think is messing up — in order to learn."

In addition to working mainly with women, Dione has worked with female-identifying, non-binary and two-spirit clients.

"I have clients that have wanted to explore their 2S side, their feminine side of themselves, which has been a fun journey for both them and for me," she said.

Dione's website (chantelldione.com) showcases some of her photographic work and will give people a good idea of what portrait and empowerment photography can do.

To chat with Chantelle Dione, call her at 204-461-0532, email info@chantelldione.com or fill out the contact form on her website.

Community Support Service

A.A Meeting in Ashern

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

AA Arborg

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

AA Eriksdale

Eriksdale United Church building
#7 Main Street, Eriksdale (side door)
Meetings are Mondays
at 6:30 p.m.

AA Winnipeg Beach

Lady of the Lake RC Church
Corner of Hwy. 9 and Lake Ave.,
Winnipeg Beach
Meetings are Saturdays
between 7 and 8 p.m.
Contact Ann J 204-389-3417

Gimli Group AA

Bldg 18 Municipal Rd
Industrial Park
Fri & Sun Mtgs at 7:30 pm

Al-Anon

Gimli and Winnipeg Beach

Join us at 17B Loni Beach Road, next
to New Horizon building... Gimli at
7:00 pm Wednesday evenings for an
hour of support, strength, guidance
and Hope. Contact 204-389-4777.
All ages welcome.

AA Riverton Group

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

Spiritual care training offered through Interlake-Eastern Health

By Annaliese Meier

Interlake-Eastern Health is offering a nine-week course in spiritual care starting April 30, with sessions led by the region's spiritual health care coordinator, Ferdinand Funk, alongside a number of guest speakers.

"This is a wonderful opportunity to learn more about your own spirituality while gaining some valuable insights on how to support someone who may be going through a difficult time due to failing health or older age," said Funk.

The format of the course — whether virtual, in-person or a blend of both — will depend on the number and location of participants.

Those who complete the training are eligible to become spiritual care volunteers in Interlake-Eastern Health facilities, including hospitals and personal care homes.

"People who are interested in giving back to their community by visiting patients and long-term care residents may find this training interesting and helpful," said Funk. "The course is very well suited to those contemplating retirement and seeking meaningful opportunities to connect with others."

Funk, a certified spiritual care practitioner with a master of divinity degree, said he is continually inspired by the personal experience and wisdom students bring to the program.

"It is encouraging to observe how well connected many students are with their own community, and the immediate impact they have when they sign up to become volunteers," he said.

The training emphasizes respecting individual beliefs and values, regard-

less of spiritual or religious affiliation. Participants will explore the emotional and spiritual needs of patients and residents, and gain insight into diverse religious and spiritual perspectives — including Indigenous history, culture and spirituality.

Currently, there are 25 spiritual care volunteers in the region, but Funk said there is always a need for more.

"Patients and personal care home residents benefit from being able to discuss how their current situation affects them spiritually and emotionally," he said. "We are always looking for volunteers who will listen without judgment and without the need to fix someone."

For more information or to register, contact Funk at ffunk@ierha.ca or 204-461-3414, or visit <https://tinyurl.com/SpiritualCareSpring>.

> PARKINSON'S, FROM PG. 4

me and to raise money at the same time," he said.

He's been coordinating the walk for 10 years, and with average fundraising totals of more than \$5,000 a year, the event is a success in both building community and supporting research.

Pruden encourages residents to

watch for details about the upcoming walk and to join in if they want to support Parkinson's research.

His advice for others newly diagnosed with Parkinson's: it's not a death sentence.

"Just live your life and don't give up. There's lots of breakthroughs coming along all the time for Parkin-

son's," he said.

He also recommends connecting with U-Turn Parkinson's to learn more about exercise programs for people with the disease. Information is available online at uturnparkinsons.org. More details about Parkinson's disease can be found at parkinson.ca.

Gimli to host Icelandic convention marking 150 years

Convention celebrating 150th anniversary of Icelandic settlement in New Iceland

By Patricia Barrett

The Gimli Icelandic Canadian Society (GICS) will be bringing about 250 people to town in a few weeks' time when it plays host to the Icelandic National League of North America's convention.

The national league holds a convention every second year to bring its members together and celebrate their shared history and culture through a variety of events including guest speakers, presentations, a gala dinner and entertainment. Its member clubs take turns hosting the convention.

GICS, which has about 200 members, was asked to host the convention this year.

For Gimli, 2025 is a special year as it marks the 150th anniversary of the landing of the first Icelanders in the Lake Winnipeg area. The Icelanders were being pulled on a barge by a steamship. They were headed north to Riverton but the ship's captain had to cut them loose south of Gimli during a storm. They landed on Willow Island on Oct. 22, 1875, and made camp on the beach.

Vivian Painter, GICS chair, said the theme of this year's convention is *Though Years and Centuries Pass*.

"The theme is about looking backwards over 150 years that have passed, but also looking to the future and what it means to be of Icelandic descent in North America," said Painter. "It honours all the traditions that have lasted over time and the way the language has been kept alive."

The Icelandic National League of North America was founded in Winnipeg in 1919 by Icelandic immigrants to Canada and the U.S. It currently has 13 clubs across Canada and three in the US.

This year's convention already has about 175 registrants, but many people will be bringing their spouses and friends to Gimli, and Painter said the gala dinner on Saturday, May 3 is expected to have 250 people.

"I think the convention will be a fantastic event," she said. "We've got people coming from all over the continent, including Manitoba, Saskatchewan, Alberta, British Columbia, Ontario, Nova Scotia, Minnesota and North Dakota. They'll be in town from April 30 and will be staying a few days after the convention ends."

GICS has lined up a number of special guest speakers such as Ryan Eyford, a University of Winnipeg professor and author of *White Settler Reserve*; Kristin Johannsdottir, a researcher, linguist and educator from the University of Akureyri in Iceland; filmmaker Pamela Hogan, who made the 2024 documentary *The Day Iceland Stood Still* (Hogan will be speaking virtually about how she made the film); and Eliza Reid, a former first lady of Iceland and author of *Death on the Island*.

"Eliza is going to be speaking about her journey as a non-Icelander. She grew up in Ottawa and became an Icelander by living there and having to



EXPRESS PHOTO COURTESY OF VIVIAN PAINTER

From left: Vivian Painter, Chris Magnusson, Gwen Grattan, Gunnvor Asmundson, Serena Goebel. Missing from the photo: Tammy Axelsson, Svala Thrastardottir, Candice Murphy and Oliver Cunningham.

learn the language. It's an interesting twist," said Painter.

In addition to speaking at the gala dinner, Reid will be talking about her mystery novel at the A-Spire Theatre in Gimli on Saturday, May 3 from 3:30 to 5 p.m.

The gala will have a number of entertainers including singer Helgi Gunnar Thorvaldson, Richard Gillis, Heitha Forsyth (who goes by the stage name Sol James), Gilles Fournier and Emmanuel Bach.

Painter said it's important to engage the younger Icelandic generation, and the convention will be organizing some events for Snorri — North American youth (ages 20-30) who've taken part in a five-week summer cultural program in Iceland to learn about their heritage and culture.

"The Snorri alumni are the future of our organization," said Painter, "and I'm super excited to have about 21 Snorris from across Canada attend our convention."

In addition to Painter, members of the 2025 convention committee are Candice Murphy (treasurer), Gwen Grattan (secretary), Tammy Axelsson, Gunnvor Asmundsson, Chris Magnusson, Serena Goebel, Svala Thrastardottir and Oliver Cunningham (technical support).

GICS has received lots of assistance from people outside its club, including those from Lundar, Arborg, Riverton and Winnipeg, said Painter. They've been "instrumental" in helping the Gimli club organize the convention.

"This is a big event to pull off and we're like the little engine that could," said Painter. "I'm proud of everyone who has participated in putting this together. We've got volunteers who will be getting people from the airport and others who are decorating. I'm excited to see this come together."

The Westshore Community Foundation, the Government of Iceland, the RM of Gimli and (former Lundar resident) Donald K. Johnson are the convention's major sponsors.

"In addition to our major sponsors, lots of local businesses placed ads in our souvenir program," said Painter.

The convention has invited a number of dignitaries, including the Icelandic ambassador to Canada Hlynur Gudjonsson, the Icelandic consul general in Winnipeg Vilhjalmur Wium, Manitoba's Lt.-Gov. Anita Neville, Icelandic consul general in Minnesota and North Dakota Jeannie Isfeld Entenza, Elder Ruth Christie from Selkirk (Christie has ties to the Icelandic community through her great-grandfather John Ramsay) and local political leaders such as RM of Gimli Deputy Mayor Kurt Reichert, Selkirk-Interlake-Eastman MP James Bezan and Interlake-Gimli MLA Derek Johnson.

Filmmaker and writer Andy Blicq will be showing a documentary he made about John Ramsay, an Indigenous man who helped the first Icelandic settlers to the New Iceland area, which stretches from Winnipeg Beach to Hecla. The land was granted to the settlers by the Canadian government.

"We will be including a treaty land acknowledgement and talking about how the Indigenous people in New Iceland helped the settlers survive," said Painter. "When the settlers arrived on Willow Island in 1875, there was nothing here to support them. There's no question that the Indigenous people such as John Ramsay helped the Icelanders."

Continued on page 17

SPIRITUAL CARE TRAINING Begins April 30

Contact Ferdinand Funk at ffunk@ierha.ca or 204-461-3414 or register online at <https://tinyurl.com/SpiritualCareSpring>.



Interlake-Eastern
Regional Health Authority

Six candidates throw their hats in the ring

Who are they? What do they stand for? Why do they think they deserve your vote April 28?

JAMES BEZAN

CONSERVATIVE PARTY

I'm James Bezan and I have had the honour of serving our constituency since 2004. Before this, I was a cattle producer and livestock exporter. Kelly and I have been married for 37 years and still live on our farm near Teulon. We have three wonderful daughters and three beautiful grandkids.

For the past two decades, I have served the constituents of Selkirk-Interlake-Eastman and brought common sense Conservative solutions to Ottawa on behalf of our local communities.

I've had the pleasure to serve as Chair of the House of Commons Standing Committees on Agriculture (2006-2008), Environment (2008-2011) and National Defence (2011-2013).

In 2013, Prime Minister Stephen Harper appointed me as Parliamentary Secretary to the Minister of National Defence.

In opposition, I have served as Associate Agriculture Critic (2004-2006), Shadow Minister of National Defence (2015-2021; 2022-present), Shadow Minister for Ethics and Accountable Government (2022) and Deputy Opposition Whip and Question Period Coordinator (2021-2022).

Since 2004, my staff and I have helped numerous constituents navigate and reconcile issues with government agencies and programs. As well, I have secured funding and grants for local projects from federal programs.

We need to make life more affordable for everyone and quit punishing rural people who have to drive to get places. Liberal carbon taxes are hurting our agriculture and steel producers right here in our riding. Conservatives are the only party willing to stand up for law-abiding firearms owners. The Liberals have changed bail laws to let violent criminals back on the streets, but they want to confiscate guns from farmers and hunters. Conservatives will institute jail not bail for violent crime. After the lost Liberal decade, Canada needs a



James Bezan

change and strong leadership.

In addition to everything stated above that I have been fighting for, I will continue to stand up for our local communities, small businesses, commercial fishers, agriculture producers, and manufacturers, as well as advocating for the protection of Lake Winnipeg and Lake Manitoba.

I want to ask the constituents of Selkirk-Interlake-Eastman to continue to put their trust in me as their Member of Parliament in Ottawa by voting Conservative in what could be the most impactful election in Canada's history. The Liberals don't deserve a fourth term. This is a time for change and only a Conservative government can reverse the lost Liberal decade and put Canada First for all Canadians.

JOSEF ESTABROOKS

NEW DEMOCRATIC PARTY

My name is Josef Estabrooks. I am a proud Manitoban who is ready to fight to both secure and improve the Canada I love. I am a father of three who works selling books, and have a degree in Justice and Law Enforcement. Watching elections from the sidelines for many years, I became tired of the soundbites and talk of being on the right 'side' of issues replacing real positions and work for improvement. We are more complex than that and Canadians deserve the respect of their politicians treating them as whole people, not votes to be targeted with single issue shouts. I am not the voice you are used to hearing from in politics and that is why I believe I should do this job.

Many of us are worried about tariff threats, but affordability is a major concern. Discussions of the economy are often limited to broad measures of stock markets and GDP when the average income earner here in Manitoba (\$48,000/yr) is worried about food,



Josef Estabrooks

housing and bills. The NDP has proven to be a valuable force in minority government, w r a n g l i n g Trudeau into providing increased dental coverage and

a framework for pharmacare. The NDP's commitment to practical solutions like regulating grocery price-fixing and removing the GST from essential products is something I am proud to stand for and can benefit each of us by benefitting all of us.

Coming together and finding those practical solutions is an important part of an MP's job. I am not pretending to have all the answers. I am asking you to trust me to take on the responsibility of learning more about all these issues so I can represent you well. If elected, you can expect me to do more than vote in Ottawa. To represent the people, you need to talk to the people, and I hope to hear much more from everyone in Selkirk-Interlake-Eastman. It's a wide riding with different concerns, but I will be happy to work for you to improve things for all.

BYRON GRYBA

PEOPLE'S PARTY

My name is Byron Gryba. I believe good government must fear and respect the will of the people they serve. Not the other way around. Married for 25 years and blessed with 5 healthy children, I grew up your average farm kid on a mixed farm in the Grandview area - hard work with some hockey, Ukrainian dance and air cadets for balance. Following high school and getting my pilot license, I obtained a Mechanical Engineering degree from the UofM. After a decade of sales, project management and contract negotiations in the corporate world, I started my first business which is one of several I continue to this day.

I am running for office because our children and grandchildren deserve to be able to enjoy the same freedom, opportunities, and pride of being Canadian that we had. The political elite have lost touch with the everyday Canadian like me - a father and business owner with a modest upbringing. Without the constraints MP's of the main political parties have, I am uniquely able to pursue



Byron Gryba

truth with accountability to those I represent.

Canada's rulers have focused on climate policy driving away economic investment/development and causing excessive reliance on the US. Canada also suffers from policies which have divided Canadians along lines of sex, race, and religion and policies which undermine the value of life. The religions of climate change, transgenderism, and multiculturalism are dogmatic. Attempts to discuss are met with non-tolerant, non-Canadian, and nonsensical ad hominem. The incessant push to reduce CO2 emissions when the climate is near the lowest levels needed to sustain life is ludicrous. Over burdened health, elderly, and veteran care must do more with less as immigration policy exasperates the problem and MAID is offered as a solution. Most hideous is the sexualizing of children with the threat of criminal charges if you dare tell a child the truth that becoming the opposite sex is not possible.

Welcome investment/development in the riding by relaxing federal restrictions to resource development. The riding is home to many of Manitoba's 30 critical minerals. Combined with a year round port in Churchill, Manitoba could become a powerhouse. Legal gun owners account for less than 3 percent of gun crime. Leave them alone. Policy must be based on truth not ideology. Truth is found through the exchange of ideas only possible when freedom of speech (especially speech one disagrees with) is upheld.

WAYNE JAMES

GREEN PARTY

I am a life time farmer living on the land my Great Grandfather purchased. When I took over the farm from my father I continued using synthetic toxic chemicals, as we had been doing, believing they were safe and that they were helping to pay the bills. This all changed for me one spring day when I had an epiphany. As I came up to a field, intent on spraying more toxic chemicals, I realized that as far as the land, and the life that it supported were concerned, I was Dr.

> SELKIRK-INTERLAKE-EASTMAN VOTES, FROM PG. 12

Death. In that moment I realized a great truth and immediately became an organic farmer, and in so doing changed the direction of my life.

In 1976 I graduated from the University of Winnipeg with a BA in theatre. This has allowed me to find work in the field of theatre, film and television, where I wrote and produced a number of documentaries.

At one time I was an EVOC (Emergency Vehicle Operator's Course)



Wayne James

instructor, teaching such organizations as CHIPS (California Highway Patrol), City of Winnipeg Police, Metro Toronto Police, RCMP, ambulance services, and the general public.

I enjoy playing music and have performed as a solo artist and with the Celtic folk group Ard-ri. As a story teller I have performed international, and at the Winnipeg Fringe Festival.

I am a proud member of the National Farmers Union where we work hard to develop policies that preserve, and sustain, our small farms which are the heart and health of our communities. As a farmer I understand that what we do today has long term consequences, that our actions determine what sort of world future generations will inherit.

We are living in an age of insanity. Every child born in the 21st century begins life with a body that contains synthetic toxins, and from personal experience I can tell you the only reason they are there is, someone made money along the way. Our children and their descendants deserve better. We deserve better.

Politics, in my understanding, is about how we chose to look after one another, and this precious world we live on and with. It need not be about the empowerment of our capitalistic economy which can leave a waste land of poverty driven crime, and broken human spirit in its wake.

RHONDA NICHOL LIBERAL PARTY

My name is Rhonda Nichol and I was born in Teulon, raised in Woodlands by parents who were from Fisher Branch. We spent much of our time outside, being taught survival, fishing and hunting skills. Respecting nature and wildlife were fundamental values that Dad taught us. I first started as a

health care aide and First Responder in Stonewall then became a nurse. I have years of community, healthcare and school volunteer service behind me. I am a nationally certified Oncology nurse with Leadership and Management Certification. I enjoy teaching my grandkids to be curious about the world around them.

Why did you decide to run in this election and what makes you qualified to be a Member of Parliament?

Encouraged by colleagues and friends who believe in my potential, I decided to run to bring a dedicated, service-oriented perspective to Parliament. With over 35 years in nursing, I'll bring skills in critical thinking, evidence-based problem-solving, and collaborative decision-making. Currently, I serve as an Advisor and Healthcare Critic, and Constituency Assistant for an MLA and work as an Independent Nurse Consultant in Manitoba and Ontario. I agree with Prime Minister Mark Carney's vision for a Canada that invests in its people and infrastructure.

In addition to tariffs, what are some of the other main issues in this election? Affordable Housing, Climate Action and environmental sustainability, National Security, Creating jobs with a made in Canada approach

What are your priorities for the riding? Economic Development: Supporting local industries such as agriculture, manufacturing, and tourism through investments in infrastructure and innovation to create jobs and stimulate growth; Affordable Housing: Implementing federal programs to increase the supply of affordable housing for seniors and first-time homeowners; Healthcare Services: Enhancing access to healthcare in rural areas by expanding support services, including staffing needs; Indigenous Relations: Building respectful and collaborative relationships with Indigenous communities focusing on mutual growth, understanding, and reconciliation efforts; Youth Opportunities: Investing in education and employment programs for our youth; Environmental Stewardship: Promoting sustainable practices and protecting our natural resources ensuring a healthy environment for future generations.

Is there anything else you'd like to add?



Rhonda Nichol

Our current MP has held this position since 2004. The demographics of our riding have changed over the past 20 years. Many constituents feel the need for representation that mirrors our diversity. It is time for a MP who stands with the community and advocates for its unique needs and its future success.

CHRIS RIDDELL UNITED PARTY

My name is Chris Riddell and I grew up on the farm near Warren, played sports and outdoor activities throughout the Interlake, and joined the Winnipeg Police Service when I was 19. I strongly believe in Faith Family and Freedom.

Why did you decide to run in this election and what makes you qualified to be a member of Parliament?

While at WPS I rose to the position of treasurer of the Winnipeg Police Association, as well as President of the Manitoba Police Association, representing the members of the MPA in Ottawa, lobbying government for increased attention to Police Officer duties, as well as judicial reform. I also stood in for the Manitoba VP of the Canadian Police Association when necessary.

I have followed the United Party of Canada since inception. Our platform highlights ending involvement with the UN, WHO, WEF and removing Canada from the Paris Climate accord. Cancelling the Net Zero Agenda and Removing Emissions Caps. Securing our borders, protecting our children, and protecting female spaces. These policies resonate with my values and the people I speak with. I am running in this election because for years I have witnessed first hand, little if any true representation by our elected representatives.

In addition to tariffs, what are some of the other main issues in this election?

Talk of new tariffs between Canada and the USA, has exposed the Canadian Governments failure to make Canada more independent after several decades.

Canadian Sovereignty must be restored, we must be allowed to develop our resources and end unfair equalization payments. We must re-

build military, and Border security, move to responsible immigration.

What are your priorities for the riding?

Support strong families and defend life. Establish Parental authority in Law, and end government over reach into family life. Repeal the liberal gun laws, restore the rights of the legal firearm owners, defend self-defence rights. Simplify agricultural regulations to protect farmers from excessive government intervention, allowing them to focus on feeding Canadians and exporting to global markets.

To be extremely accessible to my constituents, taking their concerns to Ottawa and ensuring their voices are heard. A major priority is to build the most Informed voters in the country, with continuous communication, holding debates on various issues, and regular town hall meetings so that our people will be able to make more informed decisions.

Is there anything else you'd like to add?

The system is broken and it won't be fixed by the parties that broke it.

Please Vote Chris Riddell on April 28.

Nothing changes if nothing changes. Thank You.

For more on our Policies got to www.unitedpartyofcanada.ca



Chris Riddell

National Huntington Walk Manitoba

Lockport River's Edge Run

for HD
HUNTINGTON'S DISEASE

"Manitoba's Beautiful Run!"

30k MARATHON 7:30 am	1/2 MARATHON 7:30 am	10k RUN/WALK 8:00 am	5k RUN/WALK 8:00 am
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Saturday, May 10th, 2025

Start & Finish at Skinner's River Road in Lockport, MB

Register at:
www.hdmanitoba.ca

Free Deluxe Pancake Breakfast for all participants!

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Gimli Chamber honours local business leaders at inaugural gala

By Patricia Barrett

The Gimli Chamber of Commerce rolled out the red carpet last Saturday evening at the Lakeview Resort to celebrate local businesses and entrepreneurs with its first annual Heart of Business Awards.

About 200 people attended the gala dinner and awards ceremony, which included a red-carpet walk, an opening prayer and the drum song, a buffet dinner featuring roast beef, prizes for attendees and an after-party at Interlake Brewing.

Forty-three people were nominated for one of 10 awards, which recognize hardworking, innovative entrepreneurs and organizations that make a difference in the community of Gimli and surrounding areas.

After providing the Treaty 1 land acknowledgement, Gimli Chamber of Commerce president Samantha Hampton said that within the first 24 hours of posting the nominees' names online, the chamber reached 47,000 people, who provided feedback and comments.

"Our community is built on a foundation of genuine support and shared pride. We see each other. We celebrate each. When our local businesses and organizations succeed, we rise together," said Hampton. "The energy and excitement sparked by just one post proved how deeply we value and ap-



MP James Bezan presented Barb Fletcher with the Entrepreneur of the Year Award.

preciate the people behind the storefronts, the services and the initiatives that keep our region thriving."

Manitoba Chambers of Commerce president and CEO Chuck Davidson paid tribute to the Gimli chamber for staging the awards and all the nominees for their contributions to the community.

"The best part of what I do is having the opportunity to come out meet with business owners and celebrate business success," said Davidson. "It's thrilling this is the first time [Gimli chamber] has done an awards event. Congratulation to all the nomi-



EXPRESS PHOTOS BY PATRICIA BARRETT

Teri Nicholson (right) presented Dana Desroches from Hailey's Way with the Non-Profit Organization Award.

nees and congratulations to the Gimli Chamber of Commerce for pulling this event together."

The awards, nominees and winners were as follows:

- The Gimli Lakeview Resort earned the Chamber Champion Award from nominees that included chamber president Samantha Hampton. The chamber sponsored the award.

- Katie Jones won the After-Hours Award from nominees that included Rayme Thomson. The RM of Gimli sponsored the award.

- Hailey's Way Inc. earned the Non-Profit Organization Award from nominees that included the Gimli International Film Festival, the Flag of Humanity, the Gimli Art Club and Evergreen Basic Needs. Westshore Community Foundation sponsored the award.

Continued on page 13

Centennial Celebrations New Iceland

EXHIBIT OPENS MAY 1ST

1975

In 1975, thousands of visitors crowded into Gimli to celebrate the 100th anniversary of New Iceland. This new, temporary exhibit, revisits that momentous year.

New Iceland Heritage Museum
GIMLI MANITOBA nihm.ca

Exhibit Opening May 1st 7:00 – 9:00 pm Refreshments

Reimer Mobile
REPAIR & SERVICE

There has been uncertainty with the business since Klaas' passing. His nephew, Trevin, will start running the business full-time immediately after Easter. We appreciate our customers and wish to continue serving them as best we can! Thank you for your support. Please continue to use the phone numbers: 204-378-2642 and 204-642-2158.



Chamber vice-president Michelle Thomson earned the Mad Hatter Award for her dedication to the chamber.

> AWARDS, FROM PG. 12

- Interlake Brewing scooped up the Tourism & Hospitality Excellence Award from a list of nominees that included Carlo's Cucina, KALS Vacation Rentals, Marvelous Meadows Golf & Grill, Prairie Sea Kayak Adventures, and Fun in the Sun Beach Rentals. The Lakeview sponsored the award.

- The Aurora Recovery Centre won the Leadership in Diversity & Inclusion Award from a list of nomi-



Stephan Chychota from the Manitoba Chambers of Commerce presented Lianne Snow with the Young Entrepreneur Award.

nees that included the Ship & Plough Tavern, and Sweet Fern Sugaring. Pratts Wholesale Food sponsored the award.

- Tim Arnason earned the Community Volunteer of the Year Award out of a list of nominees that included Ernest Stefanson and Claire Gillis, Barb Gluck and Gwen Harp, and Nancy Stillinger and Marion Yamada. Access Credit Union sponsored the award.

- Romanna Klymkiw earned the Legacy of Impact Award from a



Deanna Fridfinnson (left) presented Romanna Klymkiw with the Legacy of Impact Award.

list of nominees that included Sherry Benson-Podolchuk, H.P. Tergesen & Sons general store and the Westshore Community Foundation. The Rural Manitoba Economic Development Corp. sponsored the award.

- Lianne Snow was presented with the Young Entrepreneur Award whose nominees included Romanna Klymkiw, Ryan Beck, Kelsey Morgan, and Carson, Alann and Stafford Mellon. The Manitoba Chambers of Commerce sponsored the award.

- Barb Fletcher earned the En-



Michael Lazer of the Lakeview Resort accepted the Chamber Champion Award.

trepreneur of the Year Award from a list of nominees that included Ron Starr, Coralea Courtland, Chad Ermel, Scott Carmen, Kim Magnusson and Carlo Guzzi. The Gimli Chamber of Commerce sponsored the award.

- The Westshore Community Foundation earned the Interlake Impact Award from a list of nominees that included Brittany Isfeld, Arborg's Creative Cocoon, the Arborg-Bifrost Parks & Recreation Commission, the

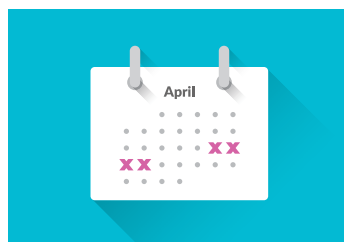
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FEDERAL ELECTION / MONDAY, APRIL 28

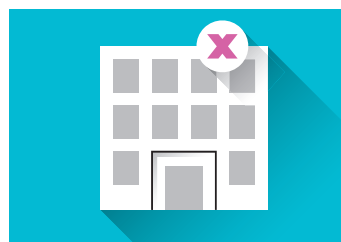
f i c x in
#ItsOurVote

There are ways you can vote early.

You can vote:



At your assigned advance polling station from Friday, April 18, to Monday, April 21, 9 a.m. to 9 p.m.



At any Elections Canada office until Tuesday, April 22, 6 p.m.



By mail – Apply by Tuesday, April 22, 6 p.m.

Check your voter information card or visit elections.ca for all the ways you can vote.

X
It's Our Vote

Visit elections.ca for the official information you need to vote

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Rachel Kork presented Kevin Koroscil of Aurora Recovery Centre with the Leadership in Diversity & Inclusion Award.



Access Credit Union presented Tim Arnason with the Community Volunteer of the Year Award



Justin Zadworny of Valley Fibre presented Westshore Community Foundation with the Interlake Impact Award.

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> AWARDS, FROM PG. 13

Riverton & District Friendship Centre and the Westshore Community Foundation. Valley Fibre sponsored the award.

A nomination committee reviewed all submissions and selected the winning recipients based on merit.

Hampton presented Gimli chamber vice president Michelle Thomson with a Mad Hatter Award for her dedication to the chamber and going



Andy Damm (left) presented the After Hours Award to the brother of Katie Jones.

beyond and above the call of duty.

The gala event's attendees included the RM of Gimli staff and councillors Thora Palson, Andy Damm and Kurt Reichert, Selkirk-Interlake-Eastman MP James Bezan, and members of the Stonewall Chamber of Commerce, the Central Interlake Chamber of Commerce and the Parkland Chamber of Commerce.



From left: Romanna Klymkiw, Michael Nardiello, David Podolchuk and Sherry Benson-Podolchuk.

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Gimli High student awarded \$100K national scholarship



A group of Loran Scholarship finalists at the interviews in Toronto.

By E. Antonio

Gimli's Olivia Harapiak received her dream 18th birthday gift when she was awarded the \$100,000 Loran Scholarship on March 1.

Harapiak, a Grade 12 student at Gimli High School, was hand-picked to receive one of Canada's most prestigious scholarships based on her academics and extra-curricular activities. She is one of 36 recipients of the award this year, selected from a pool of more than 6,000 applicants, and will receive \$100,000 over the course of her university studies.

"I am looking through life with a brand-new pair of glasses," said Harapiak, whose world has opened wider thanks to Loran.

She will attend the University of Manitoba this fall to begin a bachelor's degree in psychology before entering the faculty of education. The Loran Scholarship has lifted a lot of financial stress off her shoulders so she can focus more on her studies and community involvement.

Harapiak applied for the award in September after her guidance counsellor recommended it as a way to better understand scholarship applications.

Between the initial application and the congratulatory call, Loran hosted a series of interviews for potential recipients. Interviews were conducted both online and in person, in front of the Loran Scholarship selection committee. The final interviews took place in Toronto from Feb. 20 to 23, where 90 finalists gathered over their

shared passion for community service. It was there she met the only other Manitoban recipient, Eddy Paez from Niverville.

Harapiak was shopping at Polo Park when she got the call.

"A huge wave of relief and humility passed over me. ... It was honestly the best birthday gift I could have ever asked for," she said.

Loran Scholarships are a great start-

Continued on page 22



EXPRESS PHOTO SUBMITTED

Olivia Harapiak, a Grade 12 student at Gimli High School, was awarded one of 36 Loran Scholarships. She will receive \$100,000 over four years of university studies.

➤ Rhonda is ready to put her knowledge, experience and passion to work for the community and for all Canadians

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- And voted yes to Bills C-377 and C-525, taking away unionized workers rights

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Authorized by the Official Agent for Rhonda Nichol

Fraserwood fundraiser to support local family's adoption journey

Game and trivia night set for April 17

By E Antonio

It was a regular workday for Winnipeg Beach's Brayden and Sherianne Harder — until a phone call changed everything.

The couple had just 48 hours to get their home baby-ready after learning they would be adopting a newborn girl. Born only one day earlier, the baby marked the long-awaited beginning of parenthood for the Harders.

With a few frantic shopping trips to pick up diapers, formula and bottles, they were ready to welcome their new daughter.

"We were beyond words. We couldn't believe we were finally holding our daughter in our arms," said Sherianne Harder. "We had waited so long to become parents and had experienced so many disappointments along the way."

The couple had always wanted to start a family, but after five years of miscarriages, surgeries and failed IVF

Continued on page 22

Let the Professionals Handle Your Taxes – You've Got Enough on Your Plate!

It's that time of year again! The season of tax forms, and that overwhelming feeling of "Did I do this right?" You could spend hours wrestling with complicated deductions, or you could do yourself a favour and let a tax professional handle it. After all, you're a pro at your job, so why not let the experts be pros at tax filing?

Tax laws change constantly, and while your tax software might offer guidance, it won't be able to explain the intricacies of your unique situation. Did you get a side gig this year? Maybe you've got an investment portfolio that's grown more complicated than your love life? Whatever the case, a tax professional will find the deductions and credits that could save you money and sanity.

Let's be real: Tax season is stressful. But you don't have to face it alone. Hiring a local professional means you get someone who knows the ins and outs of the system and will fight for you. Plus, we all know that the last thing you want is for the CRA to come knocking on your door with questions.

So, put down the calculator and step away from the coffee-fueled tax marathon. Trust a tax expert to get the job done right. Your taxes are important, but your peace of mind is priceless. Let us handle the heavy lifting so you can focus on what really matters: getting back to your life (and maybe a little bit of Netflix)!

Call today to schedule an appointment!



EXPRESS PHOTO SUBMITTED
Brayden and Sherianne Harder welcomed a three-day-old girl into their family in January through a private adoption. They are hosting a game and trivia night fundraiser April 17 in Fraserwood to help cover adoption costs.

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> 150 YEARS, FROM PG. 9

The convention gets underway on Thursday May 1 and includes a meet and greet opening reception in the evening. On the evening of Friday, May 2 there will be an INLNA awards ceremony. The INLNA will hold an AGM on Saturday, May 3 from 1:30 to 3 p.m. with the gala dinner starting at 6 pm.

The New Iceland Heritage Museum is organizing a bus tour on Sunday, May 4 from 10 a.m. to 3 p.m. Visitors will be taken to significant sites in New Iceland and will include lunch in Riverton.

Interlake Brewing is making a special beer to commemorate the 150th anniversary of New Iceland and will be hosting an Icelandic trivia night on Thursday, May 1.

For more information about the convention, visit the Icelandic National League of North America's website at inlofna.org or email the Gimli Icelandic Canadian Society: gimliconvention2025@gmail.com

Lake Centre Youth Choir to lead Easter hymn sing-along April 20



EXPRESS PHOTO SUBMITTED

The Lake Centre Youth Choir will perform an Easter hymn sing-along at the Fraserwood Community Hall on Sunday, April 20 at 3 p.m. Refreshments will be provided. There is no charge and everyone is welcome to attend.

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- 🍁 **Scrap** the Liberal anti-energy law C-69 and greenlight resource projects
- 🍁 **Remove** interprovincial trade barriers
- 🍁 **Rebuild** our military and take back control of our borders

AUTHORIZED BY OFFICIAL AGENT FOR JAMES BEZAN



your FARM



Manitoba producers find profit in low-input farming

By Becca Myskiw

Regenerative agriculture is the past, present — and, most importantly, the future.

Duncan Morrison, executive director of the Manitoba Forage and Grassland Association (MFGA), believes that — and more.

“I think regenerative ag has the potential to be bigger than it is already,” he said. “Right now, those that are participating in programs and using regenerative ag practices are definitely seeing benefits to their farms, families and quality of life too.”

Regenerative agriculture is a set of farming techniques based on biological designs that benefit the soil, ecosystem and the Earth as a whole. The practices have been around for a long time, but Morrison said what’s new is the “dedication of farmers who want to work with the land and not against it.”

A few regenerative practices include cover cropping, rotational grazing, crop rotation, no-till farming, water management, carbon sequestration and more. Cover crops slow erosion and runoff, protecting the soil surface and enhancing soil structure. Rotational grazing allows manure to be distributed evenly across pastures, improving soil health, and gives plants time to regrow between graz-

ings and establish deeper roots. Crop rotation helps diversify crop applications and pests, while improving soil health and nutrient availability. No-till farming reduces soil erosion and improves soil quality. Water management helps the soil retain nutrients, boosting overall soil and crop health. Sequestering carbon enhances the ability of soil and plants to absorb and retain carbon, reducing carbon dioxide emissions.

It’s important to note there is no silver bullet with regenerative ag — there are many practices to try, and when one doesn’t work, Morrison said regenerative farmers are good at adapting and trying something new. It can be as simple as leaving a wetland or grassland intact, working with natural infrastructure or planting forages that resist runoff.

“It’s a different mindset than other farming,” he said. “There’s a real strong sense of community that intertwines regenerative ag. Families and couples come to our conference and learn about it and get connected to others using regenerative ag. They stay in touch and help each other out.”

Mike and Scott Duguid have been implementing regenerative ag practices on their farm near Arnes for 10 years. They currently have a herd of



EXPRESS PHOTO MANITOBA COOPERATOR JEANNETTE GREAVES

A multi-species crop mix is swathed in central Manitoba.

250 beef cows, 1,000 acres of grain and 600 acres of various forages — many of them regenerative species.

Mike said they started down the path of regenerative ag because land prices were so high that they had to

learn to maximize every acre. They started with one small field and have since expanded to use regenerative practices on every field and in their cattle operation.

The Duguids use their hay and grain acres and add another process or enterprise — that can mean grazing, planting multiple shorter-season crops or harvesting feed. Scott said they have a couple of fields they use for grazing, feed or grain and with regenerative practices, they get two to three crops from them.

“All of a sudden you start running two to three enterprises, not just one,” said Mike.

They typically direct seed the grain crop — usually oats or peas — with a cover crop underneath, which is used for grazing in the fall. In addition to cover cropping, they rotationally graze their cows, have reduced tillage from traditional practices to nearly none, switched from an air seeder to a disc drill to limit soil disturbance, significantly cut their fuel use, leave longer stubble and are constantly testing new practices.



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Continued on page 22

Your FARM



Potato growers face cuts as McCain scales back

By Becca Myskiw

Potato growers across the province are heading into the 2025 growing season with uncertainty amid a widespread reduction in contracted acres from McCain Foods.

Mark Owen received a call from McCain Foods earlier this month to set up an in-person meeting. The next day, he received a letter from the company notifying him of a volume reduction in his contract. The Carman potato grower said all growers across the province got the same letter, with reductions ranging anywhere from 10 to 100 per cent. The average reduction was 27 per cent across Manitoba. He added that Simplot also cut contracts with growers.

"The reason they gave was two-fold," said Owen. "The entire industry was a little bit shocked."

McCain Foods cited decreased demand in the first quarter of 2025 and market uncertainty amid U.S. tariffs as the reason for the reductions. Potatoes are one of Canada's top agri-food exports, with most going directly to the U.S. While tariffs on frozen fried products remain at zero per cent, the potato industry is preparing for that to change.

"It's a really big deal," said Owen. "The seed pipeline and industry in Manitoba could have lasting long-term effects from something like this."

The reduction in volume means a reduction in acres for potato growers, which means fewer seed potatoes will be going into the ground this spring. Owen said the implications will be felt across the entire potato sector, including growers, seed producers, equipment suppliers and others.

A seed potato takes five years to grow from a healthy tuber to field-ready. With production slowing down this year, future production could be impacted. Losing a large

portion of acres also puts growers in a position where they need to make major changes to financially recover, said Owen — shifting their business plans entirely.

"It changes our budgets on a per-acre basis immediately," he said, noting that growers purchase specific equipment and infrastructure for their operations. A changing business plan could make that equipment unaffordable. "It's a structural change to your business, and it really makes you vulnerable."

The Owen Potato Company has already secured its seed for the 2026 season, with seed for this year purchased long ago. With a 20 per cent volume reduction effective immediately, Owen said they'll have far too much seed this year and now have to plant something else in those acres.

A completely different crop requires a different investment — different machinery, management methods, applications and more. Those with larger reductions will face bigger changes, but even those with smaller reductions are affected. Everyone, Owen said, will be limited on investment and optimism.

"Lots of people don't want to do the next thing they're planning because they're scared of what could happen," he said. "I think a lot of growers are a little bit scared or tentative. We're feeling a little optimistic there could be some volume back after the latest tariff announcement, but it's pretty late in the game and may not be probable."

The Owen Potato Company is choosing to "keep calm and carry on," though Owen said the industry feels different overall right now.

The Express Weekly News reached out to McCain Foods for comment but did not receive a response in time for print.



EXPRESS PHOTO BY MARK OWEN

Potatoes are unloaded into a truck during harvest near Carman where growers like Mark Owen are facing major contract reductions from McCain Foods and Simplot. The cuts mean fewer acres will be planted this year, raising concerns across Manitoba's potato industry.

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Teulon's Forest Mama getting people back to nature and branching out

By Patricia Barrett

A Teulon-based entrepreneur that specializes in making herbal beauty products and remedies is branching out with a new product line and continuing to attract buyers from across Canada.

Lisa Barnes, a wildcrafting herbalist, launched Forest Mama during the COVID-19 pandemic to help support her family through a tough economic time.

After treating her own children's colds and other ailments with natural ingredients, she realized the benefits of getting away from consumer products containing harsh industrial ingredients, additives, preservatives and chemical fragrances.

When she started offering her products to consumers, Forest Mama really took off and has been "amazing" since then.

"More and more people I talk to say they're wanting to get away from artificial fragrances, synthetic ingredients and preservatives," said Barnes. "I don't use any preservatives except natural preservatives such as honey and tallow, which are pretty shelf stable."

Barnes and her family head out to the forest to forage for plants, berries and mushrooms that she uses in a variety of her products that range from tinctures and creams to body butters and sprays. She forages for plants primarily in Manitoba but has gone to British Columbia for things such as mushrooms and other plants Manitoba doesn't have.

"My family and I forage for 95 per cent of the ingredients I use, and then I make all the products," she said. "I make elderberry products, body oils, magnesium sprays and a magnesium body butter that's good for minor aches and pains."

She said she's been working with herbs for 12 years and is primarily self-taught, but she has taken some courses.

And she's branching out with a line of products containing tallow, which is a fat derived from cattle and contains vitamins such as A, K, E and B12.

"I'm always making new products. Recently, I just released my tallow line. I've had a lot of people ask-



Lisa Barnes of Forest Mama makes beauty and healing products using foraged plants.

ing me to make it so I decided to come with this amazing skincare line."

Some of her tallow-containing products include the Cuts & Bruises Salve (for 13 years and older) to use on minor injuries to promote new cell growth and prevent infection. It contains tallow, coconut oil, wild plantain, comfrey and yarrow among other ingredients. The Cracked Hands & Feet Salve contains ingredients such as cocoa butter, tallow and peppermint.

"I'm in contact with a farm that has grass-fed cows and are only fed organic feed. I get the tallow



PHOTOS COURTESY OF FOREST MAMA
Foraging morel mushrooms.




Chanterelle mushrooms, hysop and mullein.



yarrow

CHRIS RIDDELL



Chris was born and raised on a farm in the Interlake near Warren. Upon completing his education, he joined the Winnipeg Police Service in 1980.

During that time he worked in several different divisions such as Traffic Division, General Patrol, Vice Division and Community Relations.

He served for several years on the Board of the Winnipeg Police Association in positions of Director, and Treasurer, also as President of the Manitoba Police Association and Manitoba Vice President for the Canadian Police Association.


After retiring from the Police Service, Chris worked in sales—mostly in the agriculture sector in rural Manitoba, including the Interlake.

Chris, a Father, grandfather, and husband, presently lives in the Interlake.

He is running for the United Party of Canada because they stand for truth, and we are not getting much if any truth from the present big three parties.

CHRIS' PRIORITIES


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Authorized by the Official Agent of Chris Riddell.

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from them. I render it down myself and add it in to my skin care products" she said. "It's a moisturizer and it also helps with skin issues such as acne, eczema and other skin conditions."

Studies suggest that tallow can help with moisturizing and hydrating the skin and has anti-inflammatory properties that can potentially improve skin conditions.

Barnes also makes Hibiscus Rose Whipped Face Tallow, Frankincense and Manuka Honey, Chamomile, and Vanilla Whipped Tallow.

She said a family member told her that the smell of the Vanilla Whipped Tallow "takes away her doughnut craving."

For those who burn the midnight oil, Barnes' Bye Bye Under Eye treatment can help reverse fine lines, bags or age spots. It contains hexane-free

Balmoral gets ready to rumble: Wrestling event to raise funds for rec centre

By Kieran Reimer

The Balmoral Recreation Centre will get ready to rumble on Saturday, April 26, with an evening of live professional wrestling.

Live Pro Wrestling: Rage in the Cage will feature five matches inside the rec centre's hockey rink, including a steel cage main event to close out the night.

Balmoral hosted a similar event in 2023 that drew 470 spectators. Once again, proceeds will support the centre's daily operations.

"We had a wrestling event two years ago and it was a great success," said organizer Don Slater. "Everyone enjoyed it, especially the kids. We had positive feedback from a lot of people. I was approached by the board this year to see if this is a possible event we could do again this year, and thought it was a great idea. It's great for the community and helps raise funds for the Balmoral Recreation Center once again."

Tickets are \$20 for adults, \$15 for youth ages five to 17, and free for children four and under.

The event is bring-your-own-chair with first-come, first-served seating, as organizers hope to fill the arena.

Headlining the card in a steel cage main event will be "Boston Bruiser" Kevin O'Doyle vs. "Sweet" Bobby Schink.

Other matches include Brax vs. "Red Hot" Sammy Peppers, Dragneel vs. "Real Deal" James Roth, "Mastermind" Kevin Cannon vs. Jack Jameson, and a tag-team match featuring "Nu Money" — "The Star" Bryce Bentley and Scott Ripley The Third — taking on "Wrestling's Big Punisher" AJ Sanchez and "El Chico" Eddie Alvarez.

"Wrestling's Big Punisher" AJ Sanchez, whose real name is A.J. Larocque, may be familiar to fans. He not only facilitated the 2023 event but is also one of the biggest names in Manitoba wrestling.

Larocque, 38, began wrestling at age

16 and has performed across North America, including training with Lucha Libre AAA Worldwide in Mexico.

He has won multiple tag-team championships and now coaches aspiring wrestlers at the Elite Wrestling Academy in Winnipeg, while continuing to compete.

Larocque also recruited the lineup for Balmoral, including "El Chico" Eddie Alvarez — one of his students — who will join him in tag-team action.

"What makes what we do the most fun is when you see the kids that show up to these events and for the two hours that event is going on they're fully immersed in what we're doing and they're yelling, screaming, interacting, booing, cheering, and that creates such an environment," said Larocque. "Something that you just don't see very many places and that's what makes pro wrestling so unique. With the rise in popularity and more people getting eyes on wrestling right now, it's super cool, it's super fun, and an innovative way for a town like Balmoral to try and raise funds for the rec centre."

Larocque might not be competing at all if not for his enduring love of wrestling, which helped him push through a life-altering car crash in 2015.

The near-fatal accident left him with a shattered hip, fractured pelvis, broken wrist, broken nose and a torn eyelid.

What could have ended his career instead motivated him to return to the ring.

Now, at 38, he continues to do what he loves while playing a leadership role in Manitoba's wrestling scene.

"It's hard to explain the rush or the high you get when you walk through the curtain and you've got a large audience essentially in the palm of your hands reacting how you want them to," said Larocque. "Not to mention the rush that you get from being in front of a live audience and doing what we do but there's a lot of really



EXPRESS PHOTO BY DWAYNE LARSON PHOTOGRAPHY

Winnipeg Beach's Jayde Barkman, who wrestles as BRAX, will face off against "Red Hot" Sammy Peppers in a singles match at Balmoral Recreation Centre on April 26. Barkman, 30, began his wrestling journey in February 2024.

good people around the local Winnipeg wrestling scene right now and everybody is working hard and doing everything they can to make things as good as possible and it's hard to stay away from that because there are such good people around and people that I would call lifelong friends."

One of those friends is Winnipeg Beach's Jayde Barkman, who began training in February 2024 and had his first match last October.

Barkman, 30, was a longtime wrestling fan but couldn't find a training facility when he started searching in his early 20s. He eventually saw an ad for Larocque's academy and joined Elite Wrestling Academy.

Now wrestling under the name Brax, Barkman is living his dream. He will face "Red Hot" Sammy Peppers in a

singles match at the Balmoral event.

"You come home with a lot of bumps and bruises that's for sure but overall there's an adrenaline you get from it that I can't describe that you can't get from anything else. It's a lot of fun," said Barkman.

Doors open at 2 p.m. on April 26, with bell time at 4 p.m. The evening will include meet-and-greet opportunities with the wrestlers before, after and during intermission. Merchandise will be available for purchase.

A cash-only bar and canteen will also be available.

Tickets can be purchased at Stonewall Home Hardware, the Rockwood Motor Inn & Motel or by contacting Balmoral Recreation Centre at 204-467-2620, Don Slater at 204-513-1515 or Blake Mauthe at 204-461-1920.

> FOREST MAMA, FROM PG. 20

castor oil and organic frankincense essential oil. It can also be used as a topical pain reliever for conditions such as carpal tunnel.

Barnes said she ships her products to people across Canada, including Yukon, and has sent some orders to America. With U.S. president Donald Trump's tariff and annexation threats, though, she's unsure if that may affect her business

in future.

"I don't know if I will be affected at all. I'm assuming that when I ship to the U.S., it will cost a little more. But I'll eat that cost myself," she said.

Forest Mama's website encourages people to do their own research on products and advises that herbal products are not intended to cure, treat or prevent disease. If people

have a specific medical condition or are pregnant or nursing, they should first speak to their doctor before taking any herbal product.

Barnes said people can also contact her if they have questions about her products.

"I know sometimes people find natural products a little overwhelming and don't know where to start," she said. "So they can contact me or message me on any of my social media sites."

People can place orders for Barnes' products via her online store. They can also check out her products in person in Teulon at Lori Benn Massage Therapy, in Selkirk at the Cozy Fox and in Winnipeg at CG Pure Wash on Ness Avenue.

Lisa Barnes can be contacted via social media sites, her website's contact form, by emailing forestmama204@gmail.com or calling 204-999-8724.

> SCHOLARSHIP, FROM PG. 15

ing point for applications, as they ask several thought-provoking questions about community involvement, academics and students' long-term goals.

"It was a great way to help me understand myself and why I am committed to all I do," Harapiak said.

She is an avid volunteer who is also heavily involved in school activities. Every Tuesday, she volunteers at Hidden Treasures Art Studio, teaching kids how to work with different art mediums. Every second day, she spends her spare time as a classroom

helper in the Grade 1 class at Sigurbjorg Stefansson Early Years School.

She is president of both the student council and Key Club, plays in the school's jazz orchestra, hosted a Save the Lake conference, and planted a red maple tree in the school's courtyard to honour missing and murdered Indigenous women and girls.

Her teachers have praised her leadership, character and the positive attitude that underpins her academic success.

Will Schorrt, Harapiak's physics

teacher and academic reference for the Loran Scholarship, said she demonstrates an unwavering level of enthusiasm both inside and outside the classroom.

"She is a leader within the school, in the most positive way. She intentionally finds ways to support her friends and even students in younger grades, as they navigate the challenges of high school life — and life in general."

Harapiak wants to make a difference in the lives of others, and she values every opportunity to connect with

those following in her footsteps.

"I want to push myself to be a spark for those younger kids who can look up to me," she said, encouraging them to "build connections where we have them and spread our wings."

She said the scholarship has helped her wings take flight, encouraging her to take on new projects, learn and share with others. Harapiak is thankful for the many opportunities she's already experienced as a Loran Scholar and looks forward to what lies ahead.

> LOW-INPUT FARMING, FROM PG. 18

"The way that we're doing it, we have options," said Scott. "You're not limited to thinking that piece of land is a grain farm anymore or that's a pasture — you start integrating them all. It's helped, not so much being more profitable across the board; you see more opportunities."

Profits in regenerative agriculture often come from what farmers aren't spending. With fewer inputs and less equipment, regenerative farmers have lower costs.

Mike said the biggest change was their mindset — realizing that some traditional practices, like deep tillage, aren't necessary and may do more harm than good. Regenerative practices are also more resistant to climate

change, with stubble catching snow to reduce erosion and improve soil structure.

"When you go through your five soil health principles, a lot of farms in Western Canada are down the path — they just don't call themselves a regenerative farmer," said Scott.

Those principles are:

- Maximize soil cover: Leaving soil cover like stubble prevents erosion, regulates temperature, builds structure, increases organic matter and better manages water.
- Minimize soil disturbance: Less tillage helps nitrogen, phosphorus and potassium remain in the soil.
- Promote plant diversity: A diverse mix of plants maximizes carbon

input and diversifies soil biology.

- Have continuous live plants: Crops that leave high-carbon material on the surface help prevent erosion.

- Integrate livestock: Livestock convert high-carbon matter to low-carbon matter, and their manure benefits both insects and the soil.

Scott said they work to achieve these principles every year, though the methods vary. Regenerative ag also benefits animals in the ecosystem, such as native birds, when their habitat and food sources remain. Crop rotation allows for a diversity of insects and birds, as different crops offer different nutrition.

Morrison said regenerative agriculture stands the test of time, but there

needs to be recognition of its value in the marketplace.

"Whether it's honey from bees on a regenerative farm, grass-fed or rotationally grazed livestock, a grain farm with soil enhanced by cover crops — there needs to be recognition so it feeds back into the value chain," he said. "Consumers have to know ecological goods and services need to be valued more by society."

The Duguids are looking at leaving longer stubble on their fields and adding more remote watering stations and smaller paddocks in their pasture. Ten years in, they're still looking for ways to adopt more regenerative practices.

> ADOPTION, FROM PG. 16

treatments, they turned to adoption to help grow their family.

After two years of working with an adoption agency, their dream came true on a blustery January day when they met their three-day-old daughter for the first time.

As the adoption was private, the Harders are choosing not to share further details about their daughter.

Now, three months later, the family is inviting the community to help celebrate her arrival with a game and

trivia night fundraiser at Fraserwood Hall on April 17.

The event begins at 6:30 p.m. and will feature three hours of family fun. For a one-time entry fee, guests can enjoy a variety of board, card and lawn games suitable for all ages.

Admission is \$20 for players over the age of 10, while children between three and 10 can join for \$10. Kids under three are welcome to play for free. Capacity may be limited if the hall reaches its maximum.

"It is a celebration of our journey,

our daughter and the many friends and family who have loved and supported us," said Harder.

The family hopes to raise funds to help cover their adoption expenses, which have totalled nearly \$15,000. Legal and agency fees accounted for most of the cost, Harder said.

They are accepting monetary donations only, as their daughter has already received many gifts from loved ones. "She has already been so blessed by friends and family in this way," said Harder.

At 7:30 p.m., the action shifts to a team trivia showdown, where players can compete for prizes and bragging rights.

Guests can also try their luck in a rainbow raffle featuring prizes donated by local businesses. Items include gift certificates and goods from Carlos' Cocina, Winnipeg Beach Home Hardware, Little Laketown Kitchen and more. The grand prize is a two-night chalet stay in Nopiming Provincial Park.

Food and beverages will be available for purchase throughout the evening, including tacos in a bag and a desert table for anyone with a sweet tooth.

Following the event, donations can also be made via e-transfer to sbharder95@gmail.com.

To see more photos of your favourite Interlake Athletes

GO TO

Stonewall Teulon Tribune | flickr

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get inspired

> MEAL IDEAS



Hot Honey Chicken Meatball Subs

cayenne, if desired; and breadcrumbs.

Use cookie scoop or hand roll chicken mixture into balls. Place on aluminum foil-lined sheet tray, leaving small space between each ball. Bake 25 minutes, flipping meatballs halfway through.

Slice hoagies in half, lengthwise. Remove some bread from middle to make room for meatballs. Butter inside of each hoagie and place on sheet tray.

Once meatballs are cooked through, turn broiler on high and place buttered hoagies in oven. Cook 1 minute, or until butter is melted and hoagie has browned.

Remove hoagies from oven, place 3-4 meatballs inside (depending on size) and cover with slice of cheese. Broil on high 30 seconds to melt cheese.

Drizzle garlic sauce on top.

Tip: Garlic sauce can be substituted with topping of choice.

Prep time: 5 minutes
Cook time: 30 minutes
Servings: 4
1 Minute Hot Honey Chicken Seasoned Rice Cup
1 pound ground chicken
1 teaspoon salt
1 teaspoon cayenne pepper (optional)
1/4 cup breadcrumbs
4 hoagie rolls
2 tablespoons butter
4 slices provolone cheese
garlic sauce, for garnish
Preheat oven to 375 F. Heat rice according to package directions.
In large bowl, mix rice; chicken; salt;



Hot Honey Chicken Rice Crackers and Ranch Dip

cording to package directions.

Lay rice on parchment paper. Place another sheet of parchment paper on top. Use rolling pin to roll out rice into thin layer.

Bake 20 minutes.

In medium bowl, mix sour cream and ranch seasoning.

Once crackers are cooked, cut into squares while still hot. Allow to cool.

Serve crackers with ranch dip.

Tip: Ranch dip can be substituted with hummus or any flavored dip.

Prep time: 5 minutes
Cook time: 20 minutes
Servings: 2
1 Minute Hot Honey Chicken Seasoned Rice Cup
1 cup sour cream
1/2 packet ranch dip seasoning
Preheat oven to 400 F. Heat rice ac-



Grilled Whole Branzini with Fresh Herb Sauce

Fresh Herb Sauce:

2 tablespoons chopped dill
1/4 cup chopped parsley
2 tablespoons chopped chives
1 small garlic clove, minced
1/2 teaspoon kosher salt
1/4 teaspoon red pepper flakes
1 tablespoon lemon zest
1 tablespoon lemon juice
3/4 cup extra-virgin olive oil

Recipe courtesy of chef Alton Brown on behalf of Current Backyard
Prep time: 30 minutes
Cook time: 10 minutes
Serves: 4

How nutrition impacts brain health

By Fitness Expert Julie Germaine Coram

Exercise is the very best thing you can do to combat aging when it comes to cognitive health. Of course, your genetics play a major role in memory loss and brain function, but lifestyle factors—including diet and exercise—are also significant.

Learning new things, such as taking up a challenging hobby or adding a new movement to your resistance training routine, stimulates neuron growth in the brain (a process called neurogenesis), particularly in the hippocampus. This region is responsible for learning and memory. Weight training, in particular, enhances concentration, building your ability to focus and recall information. Cardiovascular activity is also extremely beneficial thanks to the endorphins your body releases during and after exercise, which help you relax. This feel-good effect often provides much-needed stress relief and can boost your mood. Plus, deep breathing during intense exercise pushes oxygen- and nutrient-rich blood throughout the body—including the brain—supporting optimal function.

But I promised to talk about how simply choosing the right foods can help... Sorry, I just couldn't help but promote movement first!

When it comes to diet, balance is important—even with fruits and vegetables. It's easy to fall back on your favourites out of comfort or habit, but being more adventurous with your meals and ingredients has a two-fold impact. First, you're learning something new with each new recipe—not to mention the time spent discovering it, rather than relying on the same ol' one tucked in your cupboard. Second, you'll benefit from greater nutritional variety by rotating protein sources like fish (a great source of omega-3 fatty



Fitness Expert Julie Germaine Coram

acids) and chicken (rich in brain-boosting nutrients like choline and vitamins B6 and B12). Pair these with kale (full of antioxidants like flavonoids and carotenoids that slow age-related mental decline), broccoli (an excellent source of vitamin C), or beets (rich in nitrates that help dilate blood vessels and promote blood flow to the brain).

Following a "diet" is still popular, though experts continue to encourage variety and moderation in food choices. But if you must follow a plan, the Mediterranean Diet is a great place to start for meals that support both your body and mind.

Would you like to discuss your personal nutrition questions, health goals or fitness challenges with me? Schedule a free online consultation by visiting: www.calendly.com/juliegermaine

Coach Julie Germaine Coram is dedicated to lifelong health! She's an active mom, Registered Personal Trainer, two-time Pro Fitness Champion, Certified Nutrition Expert and Fitness Specialist. Since 2005, she has helped thousands of people worldwide improve their health.

Branzini:

2 head-on whole branzini (about 1 pound each), cleaned and scaled
2 teaspoons kosher salt
1 lemon, sliced into six rounds
6-8 sprigs dill
6-8 sprigs parsley
2 teaspoons extra-virgin olive oil

To make fresh herb sauce: In small bowl, combine dill, parsley, chives, garlic, salt, red pepper flakes, lemon zest, lemon juice and olive oil; set aside.

Set both sides of grill to 650 F (high) and close lid.

To prepare branzini: Season fish inside and out with kosher salt. Fill cav-

ity of each fish with lemon slices, dill sprigs and parsley sprigs then tie with kitchen twine to secure. Refrigerate until ready to grill.

Evenly coat skin of both fish with olive oil. Insert temperature probe into thickest part of flesh of each fish, parallel to dorsal fin, then place on grill with belly sides toward you. Close lid and cook 5 minutes.

Open lid and gently turn fish over with thin metal spatula or two forks. Close lid and cook 5 minutes, or until internal temperature reaches 145 F.

Transfer fish to platter and remove twine. Serve fish topped with fresh herb sauce.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Pro Hockey Check-In: Interlake players closing out 2024-25 campaigns

By Kieran Reimer

With minor hockey all but wrapped up for the season, it's time to take a look at how some of the professional hockey players with ties to the Interlake are faring in the final days of their 2024-25 campaigns.

Joel Hofer leads the list in terms of NHL games played this season with the Central Division's St. Louis Blues.

Hofer, 24, with ties to the Argyle Colony and Keystone Colony, has appeared in 31 games with the Blues in 2024-25 and has been a piece in their recent push for a Western Conference wild-card spot.

On April 3, Hofer made 24 saves in the Blues' 5-4 overtime victory over Sidney Crosby's Pittsburgh Penguins.

The win, Hofer's 16th of the season, marks a career high after setting his previous best of 15 victories in the 2023-24 season.

He also made his return to Manitoba on April 7 when the Blues faced the Winnipeg Jets at Canada Life Centre.

Despite St. Louis' red-hot 12-game win streak being snapped, Hofer still im-

pressed with 23 saves on 25 shots in a 3-1 loss.

Now with just two regular-season games remaining, the Blues sit fifth in the Central Division with a 43-30-7 record for 93 points and occupy the final Western Conference wild-card spot.

In Hofer's 31 appearances this season, he holds a 16-8-3 record, a 2.64 goals-against average, a .904 save percentage and a shutout.

Morweena's James Reimer also continues to hold steady at 37 years old, playing in net for the Buffalo Sabres.

Though Reimer's Sabres won't be ending their 14-season playoff drought, Reimer's play — especially as of late — has been a bright spot.

On Tuesday, Reimer blanked the Carolina Hurricanes with 33 saves in a 3-0 victory for his first shutout of the season.

The win also extends his personal win streak to seven games, dating back to the Sabres' 5-3 win over the Winnipeg Jets on March 23 at none other than Canada Life Centre.

He's now up to 9-6-2 in 19 appearances this season with the Sabres, who reclaimed



James Reimer



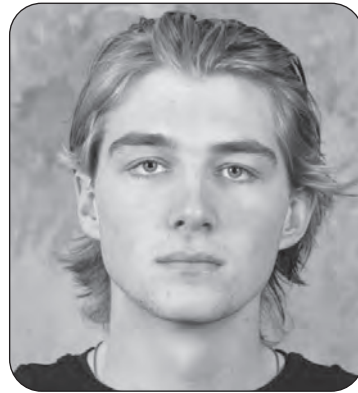
Carter Johnson



Jermaine Loewen



Leif Mattson



Joel Hofer



Ryan Hofer

him off waivers from the Anaheim Ducks back in November.

The younger brother of Joel Hofer, 22-year-old Ryan Hofer and his South Carolina Stingrays are making light work of the East Coast Hockey League this season.

Through 69 games, the Stingrays hold the ECHL's best record of 50-14-3-2 and sit first league-wide.

The six-foot-three centremen has also found some offensive jump in his first season in The Coast, scoring 11 goals and adding 12 assists in 49 games to go along with 98 penalty minutes.

Hofer has also seen time in the American Hockey League this season with the Hershey Bears.

Another local who has

seen time in The Coast this season is Gimli's Carter Johnson.

The 29-year-old centremen returned to the Maine Mariners at the beginning of the season after spending 2023-24 with the EIHL's Dundee Stars in the United Kingdom.

After recording four goals and eight assists in 27 games with the Mariners, Johnson took his talents back to Europe, joining Esbjerg Energy of Denmark's Metal Ligaen late in the season.

There, he recorded a goal and five assists in eight regular-season games and added a goal in four playoff games.

Johnson's Energy were eliminated in four games in their quarterfinal series by the Aalborg Pirates on March 21.

Arborg's Jermaine Loewen is another Interlake forward who spent time in The Coast this season.

Loewen, 27, played for both

the Kalamazoo Wings and Fort Wayne Komets in the ECHL, registering two goals and three assists in 22 games.

He was also recalled by the AHL's Abbotsford Canucks back in December but didn't appear in any games.

Loewen's former Interlake Lightning teammate, Leif Mattson, is also playing the pro game once again this season.

Currently with the Southern Professional Hockey League's Quad City Storm, the 25-year-old forward is tearing up the league offensively like last year.

In 55 regular-season games, Mattson scored 31 goals and 37 assists to finish second in the SPHL in points.

His Storm also made the playoffs after going 24-27-2-3 in the regular season and are now facing the Peoria Rivermen in a first-round best-of-three playoff series.

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

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A teacher that goes above and beyond? A hometown hero? A sports star? A business celebrating a milestone or expansion? A senior celebrating their 100th birthday?

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

THE **EXPRESS**
WEEKLY NEWS

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Arborg Pickleball Club makes fast-growing sport even more accessible

By Kieran Reimer

Arborg Pickleball Club is making it easy for people to try one of the world's fastest-growing sports this summer.

On Wednesdays in April, the club — which is located inside the Arborg Curling Club — is offering free Family Days from 6 to 9 p.m. that include an hour of teaching the sport, followed by two hours of playing games.

The Family Days are free to anyone of any age who wants to drop in and play. The only ask is that participants bring a clean pair of sneakers to wear.

The goal is to get more young people to try their hand at pickleball and turn it into a potential family activity.

"It's a sport that I love. I've been playing it for probably five years and I'm just really trying to grow the sport because I see how popular it's getting and I know that within a few years it'll be involved in the Olympics. And I mean, it's a sport that costs so little to play. Like when you come to Arborg, all you have to do is bring a clean pair of sneakers — we supply the paddles and the balls," said David King, a member at Arborg Pickleball Club who also instructs.

"It's unlike many other sports, like hockey, where you spend so much money on equipment. I just want to get as many people involved as I can because it's a great sport. Not only are you exercising, but you're finding new friends, and it's something that



really helps build community because you make so many new friends and you just learn a lot when you're playing."

King added that it helps get people out of the house and participating in a sport.

At Family Days, participants will learn styles of play, rules and get a general idea of the game, with more rules introduced once they've played more — making for an easy learning experience.

Family Days will run Wednesday nights until the end of April. Students, however, will continue to be able to participate for free all season



EXPRESS PHOTOS BY CORINNE EINARSSON

Players take to the court Monday night at Arborg Pickleball Club, where students can drop in for free throughout the season. The club offers three drop-in nights a week and runs Family Days every Wednesday in April. Left, Susie Eyolfson serves.

at Arborg Pickleball Club's Monday, Tuesday and Thursday regular drop-ins at 7 p.m., which are up and running right now.

The regular drop-in carries a \$5 fee for adults, who can also pay \$25 for a monthly pass or \$120 for a yearly membership, which allows play three times a week until the third week of October.

In October, Arborg Pickleball Club

will host its fourth annual tournament from Oct. 17 to 19, which drew more than 200 people last year.

Tournament participants will be able to compete in up to three different events, and will be grouped by age and skill level.

Arborg Pickleball Club's tournament also differs from most others. On the Friday and Saturday of the tournament, they'll feature live music in the upstairs licensed lounge at Arborg Curling Club.

They will also be serving food. These things combined will offer an experience even for those not playing, as they can take in the action and enjoy some entertainment.

"That's an exciting thing for us because we have such an awesome group of volunteers in our club," said King. "Everyone pitches in to make this a success and we're known as one of the top tournaments in Manitoba. I know last year we had most of the top players in Manitoba out. We had some players come from Ontario, a couple from the United States, so people know about our tournament and they appreciate what we do up here."

King expects registration for the tournament to open up in mid-September. You can follow along via their Facebook, Arborg Pickleball Club.



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

EMPLOYMENT OPPORTUNITY

Part-time/Casual Drivers

The Eastern Interlake Handivan Inc. is looking for an expression of interest for part-time, casual drivers. Hours are flexible and may include evenings and the odd weekend. Rate of pay is \$18.75 per hour.

Requirements include: Class 4 Driver's License, Driver's Abstract, Criminal Record and Abuse Registry Check, and must be physically capable of assisting clients. If you are interested in this position and do not have the above mentioned requirements, we can assist you in obtaining them.

Interested applicants may express interest by phone or email, please call Bruce MacDonald 204-642-5792 or email bkmacdon@mymts.net

The Eastern Interlake Handi-Van provides door-to-door accessible transportation services to Gimli, Winnipeg Beach, Dunnottar, part of Armstrong and part of St. Andrews. The service is provided to seniors and people with disabilities and physical challenges.



Permanent Full-Time EMPLOYMENT OPPORTUNITY!

Are you looking for a new career? Do you want to work somewhere that has room for personal growth and independence? Freedom West Insurance Solutions is seeking a committed, motivated, adaptable individual to join our team as a **General Insurance Broker**:

Where: Fisher Branch Location

Responsibilities Include but are not limited to:

- Under the direction of management, to service an existing book of insurance business including Personal Lines, Farm, and Commercial Insurance, among others.
- Procuring new business across all lines.
- Travelling between locations for work when required, including site visits to clients' premises.
- Completing Autopac transactions when required.

Skills & Requirements:

- A valid class 5 Driver's license and access to a vehicle.
- A punctual, professional demeanor and a high level of personal integrity.
- A valid level 1 Insurance Broker's license is preferred but not required. A commitment to obtaining a level 2 Insurance Broker's license in a timely fashion will be required.
- Experience working within a customer service-based industry, office, or sales environment is preferred.
- An aptitude for learning and can lead by example.
- Fluent with Microsoft Office (Outlook, Word, Excel) and other Windows based programs, as well as experience troubleshooting computer/networking issues is highly important.
- A criminal record check will be required.

Freedom West Insurance Solutions would like to hire a new member who enjoys small town life and is eager to serve their local community by joining our family run and team-based brokerage. We offer competitive wages, a health care spending account, and mileage reimbursement for site visits, with paid sick days included as well. We are willing to work with new hires to help you obtain the pertinent licensing and begin your career in the insurance industry! For more information on our brokerage, please visit our website at www.freedomwestinsurance.com. We ask that applicants submit their resume with three references by April 30, 2025.

If you believe yourself a good fit for this position, please submit your resume to dsmith@freedomwestinsurance.com

Dwayne Smith – Owner/Manager

We thank all applicants for their interest, however only those under consideration will be contacted.



RURAL MUNICIPALITY OF COLDWELL PUBLIC NOTICE

Regarding the 2025 Financial Plan

PUBLIC NOTICE is hereby given pursuant to Subsection 162(2) of *The Municipal Act* that the Council of the RM of Coldwell intends to present its Financial Plan for the fiscal year of 2025 at a public hearing in the Lundar Lutheran Church, 16 First Ave.N. Lundar MB on the **25th day of April, 2025 at 7:00 p.m.**

Council will hear any taxpayer who wishes to make representation, ask questions or register an objection to the financial plan, as provided. Copies of the Financial Plan will be at the hearing for review or Contact the office (204-762-5421) prior to.

Dated this 31st day of March, 2025
Nicole Christensen, CMMA
Chief Administrative Officer

EMPLOYMENT OPPORTUNITY

DIETARY STAFF NEEDED

Interlake-Eastern Health is seeking kitchen staff to join the team as dietary aides and cooks in Arborg Health Centre.

• Paid holidays • Health benefits

• A supportive work environment with opportunities to grow

Drop off your resume at Arborg Health Centre or apply online at www.ierha.ca. Click on "Work with us" and search under "Arborg District Health" for the facility name.



Interlake-Eastern
Regional Health Authority



MUNICIPALITY OF BIFROST-RIVERTON NOTICE OF NOMINATIONS

NOTICE IS HEREBY GIVEN that on the following days: May 7th, 8th, 9th, 12th & 13th, 2025, between the hours of 8:30 AM – 12:00 PM and 1:00 – 4:30 PM at the following location 329 River Rd, I will receive nominations for the office of **COUNCILLOR Ward 1** of the aforesaid Local Authority. **The nomination deadline is May 13th, 2025 at 4:30 PM.** Nominations cannot be accepted after this day.

All nominations shall be made in writing and shall be signed by at least twenty-five voters, or NOT less than 1% of the voters (whichever is the lesser) of the authority or ward (as the case may be), but in all cases by at least two voters. Each nomination shall also be accompanied by the candidate's declaration of qualification.

Nominations may be filed in person at the above location, on the date and hours specified, by an agent, or by email. To obtain a nomination paper, and / or candidate's declaration of qualification, contact the SEO at the telephone number listed below.

Nomination papers not accompanied by the required documents and not properly filed shall be rejected.

Jan Larkin, SEO
Municipality of Bifrost-Riverton
204-641-0329
janlar5001@gmail.com

Dated at Bifrost-Riverton on April 17, 2025.

SCRAP METAL

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

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

LIVESTOCK

Black Angus yearling bull sired by Hamco Homegrown for sale. Birth weight 82 lbs. Moderate frame, growth and performance. Semen tested. Parent Verified with CAA. Red Angus yearling bull, birth weight 88 lbs., recommended for cows. Delivery available. For more info. call 1-204-861-0126.

Rawcliffe Grange Stock Farm, Rosser, MB. has polled Hereford bulls for sale. Docile, calving ease bulls that are semen tested and guaranteed. Free delivery. Call Jim at 204-461-0884.

HAY & STRAW

Round hardcore bales, 1st & 2nd cut, alfalfa & brome grass. Call 204-461-0722.

SEED FOR SALE

Certified #1 Algonquin alfalfa seed for sale. Inoculated, 50 lb. bags. Carla Shergold 204-298-4099.

PROPERTY FOR SALE

Nice 20-acre retirement or subdividing opportunity 4 miles west of Brandon on paved road. 1,572 sq. ft. home including appliances, wheelchair accessible, 1-level, attached garage. Also, additional adjoining subdivided 5-acre lot. Immediate possession, private sale. \$750,000. Call 1-204-723-0083 for appointment to view, anytime.

APARTMENT FOR RENT

Tollak Place has 1 & 2 bedroom suites, located at 40 Eveline Street. Spacious suites, with F/S, A/C, storage areas and large balconies; utilities are included, parking is extra. Tollak 2 is a 55 plus bldg., river view apts. with central air, F/S, DW & microwave; large storage area off the kitchen and a balcony; utilities and parking extra. Call the onsite office 204-482-2751 for AVAILABILITY.

Fisher Branch Golf & Country Club PUBLIC NOTICE

Pesticide Control Programs

Public notice is hereby given that the Fisher Branch Golf & Country Club of the R.M. of Fisher intends to conduct the following Pesticide Control Programs between May 31 - October 31, 2025.

The following pesticides are scheduled to be used: Par 3, Glyphosate, Instrata, Heritage, Imidacloprid, Daconil 2787 and Acelepryn G. The public may send written submissions within 15 days of the publication of this notice to the department below:

**Manitoba Environment
and Climate Change
Environmental Approvals Branch
14 Fultz Boulevard (Box 35)
Winnipeg, Manitoba, R3Y 0L6**

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COMMERCIAL KITCHEN RENTAL

Gateway Foundation has a commercial kitchen available for rental at Isfeld Villa, 34 Church Bay Lane, Winnipeg Beach, MB

Rental fee:

1. Daily Rate: \$ 40 - \$ 75 / day (rate would depend on the usage of walk-in freezer, walk-in cooler, commercial dish washer, refrigerator, stove, prep. area)
 2. A reduced fee for longer rental periods is available. Please inquire as to applicable rental fee for longer term rentals.
- Renters of the commercial kitchen are required to have personal liability insurance. A refundable damage / cleaning deposit of \$ 100.00 is required.

For further information please contact:

Mr. Larry Moore, Chairman, Gateway Foundation Inc.
Phone: 204 389-3086 (land line), 204 642-2936 (cell)
Email: moorelarry22@gmail.com

Lakeview Hecla Golf Course

PESTICIDE APPLICATION PROGRAMS PUBLIC NOTICE

Lakeview Management Inc. intends to conduct the following pesticide control programs from May 1st-November 30th 2025. IPM (Integrated Pest Management) strategy will be used with all pesticides.

To control fungus on Lakeview Hecla Golf Course. Turf fungicides used may include: Benzovindiflupyr, difenoconazole, chlothanilol, fluoxastrobin, azoxystrobin, pyraclostrobin, propiconazole, boscalid, fludioxonil, mefenftrifluconazole, penithiopyad, fluzinam, cyazofamid, metalaxyl-M, S-isomer, trioxystrobin, fluopyram, hydrogen peroxide, tebuconazole, metconazole and fluxapyroxad.

To control weeds on the property Herbicides being used may include: dicamba, mecoprop-p, 2, 4-D, copper sulphate, carfentrazone - ethyl, dithiopyr and glyphosate.

Insecticides used may include: chlorantraniliprole, deltamethrin, permethrin and bacillus thuringiensis var. kurstaki, bacillus thuringiensis var. israelensis

Plant growth regulators may include trinexapac- ethyl, octyl, phenoxy, poly, polyethoxy, ethanol

The public may send written submissions or objectives to specific pest control programs within 15 days of publication to the department noted below:

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



THE RURAL MUNICIPALITY OF ARMSTRONG SUMMER EMPLOYMENT

The Rural Municipality of Armstrong is accepting applications for the following positions:

4 Green Team - Ground Maintenance Positions

Main duties will include maintenance of public green space in the RM of Armstrong and other public works projects as needed.

Qualifications

- Available from June 1 to August 30, 2025
- Must be 16 to 29 years old (consideration will be given to those 15 years of age who obtain a certificate of completion for the Young Worker Readiness Certificate course)
- Valid Class 5 Manitoba Drivers' license
- Knowledge in the operation and maintenance of riding mower, push mower, stringtrimmer
- Knowledge of safety procedures and of the use of safety equipment
- Ability to do physical labour

Further information may be obtained by contacting the Office at 204-278-3377.

Written applications to be submitted by 4:30 p.m., Wednesday April 30, 2025, to:

RM of Armstrong Office
Box 69, Inwood, MB R0C 1P0
Fax: 204-278-3437
Email: clerk@rmofarmstrong.com



Rural Municipality of St. Laurent Municipalité rurale de Saint Laurent

Under the authority of The Municipal Act

NOTICE OF PUBLIC HEARING

Public Notice is hereby given pursuant to Section 162(2) of The Municipal Act that the Council of the Rural Municipality of St. Laurent shall hold a Public Hearing to present its 2025 Financial Plan.

HEARING LOCATION: RM of St. Laurent Council Chambers (in the Recreation Centre), PTH #6 & Veteran's Memorial Rd., St. Laurent, Manitoba.

DATE & TIME: Tuesday, May 13, 2025 @ 7:00 pm

At this time Council will present the proposed 2025 Financial Plan for the municipality. The presentation will provide an overview of the proposed financial plan followed by a forum for questions and comments from the public. The purpose of the hearing is to allow any interested person to make a representation, ask questions or register an objection.

A draft copy of the 2025 Financial Plan is now available.

Dated this 11th day of April, 2025

For additional information, please contact:

Billie Jean Oliver
CAO for the RM of St. Laurent

THE RURAL MUNICIPALITY OF ARMSTRONG NOTICE OF DUST CONTROL PROGRAM 2025

The Rural Municipality of Armstrong will now be accepting requests for the application of dust control on rural roads in front of residences in the RM of Armstrong on a **PRE-PAYMENT BASIS ONLY**.

Costs are as follows:

- 12 ft x 300 ft \$285.71 plus GST = \$300.00
- 16 ft x 300 ft \$402.86 plus GST = \$423.00

It is the homeowners' responsibility to flag the site for application.

Applications can be made in person or by using our drop box at the municipal office 1094 Highway 17 in Inwood Manitoba. Or

You may mail in your application form with payment to the RM of Armstrong, **All information on the application form must be completed or your order may not be processed. Forms can be found at www.rmofarmstrong.com.**

Cheques are made payable to the RM of Armstrong, we also now accept debit. You may make a payment by e-transfer to cao@rmofarmstrong.com, please call the office for details 204-278-3377.

Applications will be received up to and including April 30th, 2025.

The Municipality can not guarantee the effectiveness of the dust control suppressant. Once a dust control suppressant has been applied, no refunds will be made. The use of a dust suppressant is meant to control dust on the roadway, not to eliminate it completely.

Rural Municipality of Armstrong
Box 69
Inwood, MB R0C 1P0

See Us for Everything you need to promote your business

Call 204-467-5836 Big n Colourful

WATER TREATMENT

Pentair softeners. Iron removers. Reverse osmosis systems \$310. All sizes water housings and filters. Well-rite 20 gallon pressure tank \$295. Res Care softener cleaner \$30. All Seasons 204-661-8581.

HELP WANTED

Chef or Cook (\$20-25/hr with experience), Cashier, Bartender, Manager, Karaoke DJ (equipment supplied). Full-time seasonal positions, living quarters, above average wages. Contact Irv 204-981-2831 or 204-467-8507 or email: office@narrowssunsetlodge.com

Isfeld Villa, 34 Church Bay Lane, in Winnipeg Beach hiring part-time/flex time caretaker with handy man skills and some grounds work as needed; for 9 hours per week; \$17-\$18/hour, plus reimbursement for phone and emergency calls. Please send a resume with references and cover letter to dennis@lifelease.ca

WANTED

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

NOTICES

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

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FINANCIAL SERVICES

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

Online McSherry Auctions

Estate & Moving
April 23rd @ 7:00PM

Estate & Moving
April 30th @ 7:00PM

McSherryAuction.com
204-467-1858
or 204-886-7027
mcsherrytld@gmail.com

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Rural Municipality of
FISHER

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

REQUEST FOR PROPOSAL

for Development of a Vacant Lot for Housing

The Rural Municipality of Fisher invites qualified developers to submit proposals for the development of a vacant lot located at 16 Main Street in Fisher Branch. This RFP seeks to engage a visionary developer committed to creating a community focused residential project that aligns with the needs of the local population. Please email fishercao@mymts.net or call 204-372-6393 for RFP package and more details.

Proposal Submission Deadline May 5, 2025 4:00 p.m.

Kelly Marykuca
Chief Administrative Officer
Rural Municipality of Fisher



WE ARE HIRING

Romafa Metal Works, Inc, a growing, internationally-operated enterprise in the Interlake region of Manitoba is looking for a skillful, well-educated, and experienced product developer in the mechanical engineering field with programming skills.

As a product developer the employee will be part of a small mechanical engineering team and responsible mainly for modelling, drafting, and making installation manuals for stainless-steel products in cooperation with production, sales and marketing department by using CAD and making required calculation by means of SolidWorks and Excel.

The profile:

- A well-experienced product developer in mechanical engineering with a strong SolidWorks knowledge.
- Vocational training and practical experience in mechanical aspects are urgently needed.
- A bachelor degree of a Canadian university or recognized comparable education in mechanical or electro-mechanical engineering would be appreciated.
- Experience in agricultural and / or food processing machinery industry is required.
- Profound knowledge and experience in industrial steel and stainless-steel processing is required.
- Familiarity with European mechanical engineering standards would be very much appreciated.
- Willingness and ability to go along with existing design and production process standards and still having a strategy and constructive suggestions on how to improve and optimize the process step by step.
- As SolidWorks includes an application programming interface, you should be experienced to use it in order to optimize the design and production process.
- Some knowledge in CNC programming would be considered as a plus.
- ERP-system experience would be very useful.
- The average level of English at least IELTS 6.

Other information

Location of work: Mainly in Arborg.
To apply, send application
and resume: Email: ronald@romafa.com
Box 4258, Arborg MB R0C0A0



Deadline:
April 25th
2025

TOWN OF WINNIPEG BEACH

We Are
HIRING

Summer Events Coordinator
Contract Position

Position Qualifications & Details

- Experience in event planning and execution
- Flexible work hours required, including weekends
- Ability to lift event products up to 50 pounds
- Available use of personal vehicle and cell phone
- 100 hour part-time position
- Pay rate: \$20/hr
- Priority will be given to residents of Winnipeg Beach

APPLY NOW!

If you are interested, send your resume to:

info@winnipegbeach.ca



Westshore
COMMUNITY FOUNDATION INC

EMPLOYMENT OPPORTUNITY

PART-TIME BOOKKEEPER

Requirements for this position are:

- Available to work 8-10 hours per week
- Experience using QuickBooks
- Maintain payables, receivables and develop/maintain a donor database
- Experience working with a foundation or other non-profit is an asset

Applications must be received by April 25, 2025.

Resume including references to be submitted to:

Westshore Community Foundation Inc.

PO Box 395

66-1st Avenue, Ste #206

Gimli, MB R0C 1B0

Email admin@wcf-foundation.ca

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Saturday
May 31, 2025

10am
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Buhler Inland 9 Wheel Rake, JD
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FARMLAND FOR RENT

Ukrainian Farmers
Co-operative Ltd.



Farmland for rent by tender, SW 19-24-1W, approximately 110 crop able acres, tender will be for the 2025 cropping season only, lease agreement can be viewed at our office after April 10th, sealed tender to be delivered to Sandra Lappage, General Manager no later than 6PM April 23rd, highest tender not necessarily accepted.

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

**Classified booking deadline is
Monday at NOON prior to Thursday's
publication Please Call 204-467-5836**



Notice of Public Hearing R.M. of West Interlake

Public Notice is hereby given pursuant to Subsection 162(2) of The Municipal Act that the Council of the R.M. of West Interlake intends to present its Financial Plan for the fiscal year of 2025 at a Public Hearing in the Ashern Centennial Hall, 325 East, Ashern, MB on Monday, May 5th, 2025, at 7:00 pm.

The purpose of the Public Hearing is to allow any interested person to make a representation, ask questions or register an objection to the Financial Plan as provided.

Dated this 10th day of April 2025

Gary Campbell
Chief Administrative Officer
RM of West Interlake

take a break

> GAMES

SUDOKU

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

Fun By The
Numbers

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

Level: intermediate

Here's How It Works:

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

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

Sudoku Answer

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

Crossword Answer



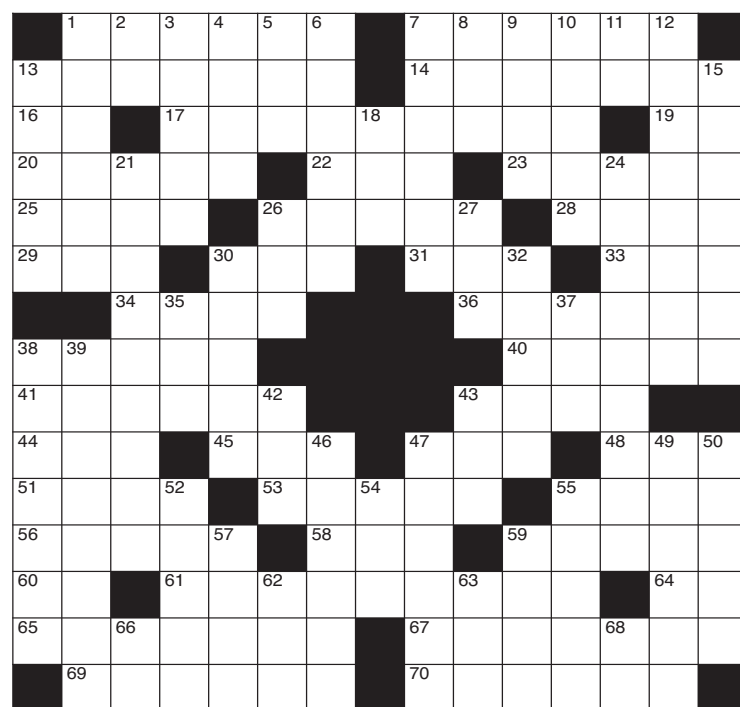
CROSSWORD

CLUES ACROSS

- Dark blacks
- Construct a wall to confine
- Most inappropriate
- A type of board
- Sacred Hindu syllable
- Flatterer
- The Granite State
- Tears down
- China's Chairman
- Former Houston footballer
- Periods of time
- Expressed pleasure
- World alliance
- A Brit's mother
- Television network
- Brother or sister
- Type of spirit
- Ladd, actor
- A medium oversees it
- One time province of British India
- Wrong
- The highest parts of something
- Insect
- Baseball stat
- A way to use up
- Where wrestlers compete
- It helps elect politicians
- As fast as can be done
- Genus of legumes
- Samoa's capital
- Monument in Jakarta
- Former French coin
- Exploiters
- College sports official
- Uninterrupted in time
- Stephen King story
- Marked by no sound
- Weathers
- Denouncements
- More beloved

CLUES DOWN

- Winged nut



- It cools a home
- Kisses (French)
- Oxford political economist
- Keyboard key
- Leaf pores
- Agrees with publicly
- Not around
- Czech city
- Muscle cell protein
- Greek letter
- Movements
- Ned __, composer
- Popular series Game of __
- Exclamation that denotes disgust
- Helper
- Gift
- Up in the air (abbr.)
- Treat without respect
- Trims
- Slang for lovely

- City of Angels hoopster (abbr.)
- Guitarists' tool
- Island nation
- Delivered in installments
- A baglike structure
- Cooking vessel
- Gets in front of
- Wounded by scratching
- More breathable
- Medical dressings
- Indiana hoopster
- Married Marilyn
- An ancient Assyrian city
- Congressmen (abbr.)
- Approves food
- Ventura's first name
- Between northeast and east
- Atomic #71
- Email designation

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SHOWER ANNOUNCEMENT



Please join us for a bridal shower
in honour of Lindsay Wright,
bride-elect of Jeremy Chudd
Sunday, April 27th, 1pm-4pm.
St. Michael's Church Hall,
113-7th Ave Gimli
Registry:
[https://www.myregistry.com/giftlist/
jaremyandlindsay](https://www.myregistry.com/giftlist/jaremyandlindsay)

IN MEMORIAM



Anna Chuba
In loving memory of our Baba
May 17, 1907 – April 14, 1998
It seems like only yesterday
We sat and chatted
We miss your smile
That twinkle in your eye,
But most of all we miss your hugs.
Forever in our hearts.
-Love Cathy, Roger, Kristi and Scott

OBITUARY

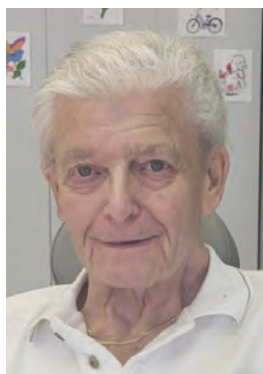


Marjorie June Narfason
It is with great sadness that we share the passing of Marjorie June Narfason. Mom passed away peacefully at the Betel Home in Gimli, Manitoba on February 18, 2025. Mom had a wonderful life of 96 years.
The funeral service will be held on April 25, 2025 at the Gimli Lutheran Church at 2 p.m.



204-949-2200
Gimli 204-642-7124
neilbardalinc.com

OBITUARY



Brian David Zaharia
With heavy hearts, the family announces the passing of Brian after a brief illness with his family by his side at the Gimli Community Health Centre on Monday April 7, 2025 at the age of 82 years.
Brian is survived by his daughters, Cindy Finney, Jackie Shorrock, Jodie Dear (Howie); his sister Lisa Rach (Kevin); sister-in-law Mary Zaharia and Uncle Norman Kamins (Rose).
Also survived by seven grandchildren: Nicole Goulsbra (Jason), Bryon Shorrock (Jennifer), Brandy Shorrock, Robyn Knapp (David), Ashly Shorrock, Rachel McDonald (Justin), Michael Delorme; 12 great grandchildren; one great-great-grandchild; nephews, nieces, cousins and numerous friends.
Brian was predeceased by his loving wife Linda Zaharia in October of 2023; his parents Bill and Elsie Zaharia; brother Wayne Zaharia; sister Linda Rushnik and one nephew.

Dad was born August 2, 1942 in Winnipeg, Manitoba. Dad loved spending time "shooting the shit" with his family. He would often tell many stories and laugh with such a bellar. He loved the outdoors, camping and fishing with family, loved to tinker with things which usually ended up a mess and Mom upset.

Dad and Mom excelled in their restaurant business of Linda's Place and Linda's Catering, meeting many people along the way. Mom retired in the early 90's. They then moved to Gunton, Mb. where they lived for almost 30 years, and Dad retired in 2009.

After Mom passed, Dad resided at the Gimli Betel, where he made many new friends and would often scoot around in his chair teasing and joking around with the staff, (he had his favorites) or listening and singing to Elvis on that "hey Google thing".

The family would like to extend their heartfelt gratitude to the staff at the Gimli Community Health Center for making Dad comfortable during his last days, to the staff at the Gimli Betel that looked after him through his transition of his new home. And especially to Dr. Graham and staff at the Stonewall & District Health Center, Teulon Homecare, for the many past years of care given to both Mom and Dad.

If friends and family so desire, in lieu of flowers, memorial donations may be made to the Gimli Betel Home Foundation in Dad's name, would be greatly appreciated.

Family and friends are welcome to attend a celebration of life on Sunday, April 27, 2025 at 2:00 p.m. at Gunton Community Hall.



204-886-0404

OBITUARY

Walter Holobush
December 12, 1935 – April 8, 2025
It is with tremendous sadness that I announce that my father Walter Holobush of Teulon, formerly of Stony Mountain, passed away on April 8, 2025 at the age of 89 years 4 months.
Please see full obituary in the Stonewall Teulon Tribune
www.stonewallteulontribune.ca

OBITUARY



Dean Raymond Switzer
March 25, 1969 - March 23, 2025
It is with profound sadness and broken hearts that we announce the sudden passing of a loving and devoted husband, son and uncle, Dean Raymond Switzer, at the age of 55.
He leaves to mourn his passing his loving and devoted wife of 30 years, Susan, his parents Ray and Betty, brother Greg (Bonnie), niece Cadance, nephews Adam and Aaron, brother-in-law John Snarr (Julie), nephews Jamie Snarr and Jase Chartier (Colby), and numerous aunts, uncles, cousins and

friends.

Dean was predeceased by his mother and father-in-law Allan and Muriel Snarr, grandparents Wes and Beth Switzer, grandparents Mary and Abe Derksen, grandmother Helen Snarr, grandmother Eliza Wray and cousin Alex Bondarenko.

Dean's Celebration of Life will be held on Saturday, April 26, 2025 at 1:00 p.m. at the Fisher Branch Community Centre, 136 Tache Street, Fisher Branch, Manitoba.

In lieu of flowers donations, in Dean's name, may be made to the Fisherton Community Cemetery, R.M. of Fisher, Box 280 Fisher Branch, Manitoba R0C 0Z0.

Fisher Funeral Home Inc.
In care of arrangements

**News
Tips?
Story Idea?**
call the Express
204-467-5836

EMPLOYMENT OPPORTUNITY

Following positions available immediately

Mechanic

Sawmill Labourer

Bookkeeper/Accounting

**Must be reliable and follow directions well.
Must be a team player.**

Spruce Wood Loggers is looking for an energetic person who is physically able, punctual, promotable, trainable and can work alone or as a team. Must be at least 18 years of age have a class 5 drivers license and dependable transportation.

We are located approx. 18 miles north of Arborg.

Email resume to: swl@sprucewoodloggers.ca
or call 204-378-2997 References required.



**Don't forget to send
your special wishes to
your friends and family.**



Call 204-467-5836

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get inspired

> MEAL IDEA



Family Favorite Recipes

These buttery soft Italian Easter Cookies are perfect for Easter, tea parties, or anytime you want a sweet treat! Decorate them with colorful icing and festive sprinkles for a beautiful and delicious Easter dessert.

Italian Easter Cookies

These buttery soft Italian Easter Cookies are perfect for Easter, tea parties, or anytime you want a sweet treat! Decorate them with colorful icing and festive sprinkles for a beautiful and delicious Easter dessert.

Prep Time 15minutes mins

Cook Time 12minutes mins

Chilling Time 1hour hr

Total Time 1hour hr 27minutes mins

Servings 20 cookies

Equipment stand mixer or electric mixer

Ingredients

- 1/2 cup butter (softened)
- 1/2 cup sugar
- 3 large eggs (lightly beaten)

- 2 teaspoons vanilla extract
- 1/2 teaspoon almond extract
- 2 cups flour
- 2 teaspoons baking powder
- 1/8 teaspoon salt

For the Frosting

- 3 cups powdered sugar
- 1 1/2 teaspoons vanilla extract
- 1/4 teaspoon almond extract
- gel food coloring (pastel colors)
- 2-4 tablespoons milk
- nonpareils or sprinkles (for garnish)

Instructions

Step 1 - Preheat oven to 350 degrees F. Cream together butter and sugars until smooth and fluffy. This can take up to 3-4 minutes.

Step 2 - Add eggs, vanilla extract and almond extract and mix with a wooden spoon until well combined.

Step 3 - In a separate bowl, sift flour, baking soda, and salt together. Add flour mixture to the butter mixture and mix until combined. Check the consistency here, it's ok for it to be sticky but it should hold its shape when scooped. This can vary with elevation and humidity. If needed, add a little flour a tablespoon at a time until it reaches more of a soft dough consistency.

Step 4 - Using a cookie scoop, drop

dough onto a parchment-lined baking sheet so the cookies are 1-2 inches apart. Chill for at least an hour or even overnight. If chilling overnight, cover with plastic wrap so the cookies don't dry out.

Step 5 - Bake cookies in the preheated oven for 10-12 minutes or until cooked through and the bottom of the cookies are lightly browned.

Cool cookies completely (you don't want them warm at all).

Step 6 - Whisk together powdered sugar, 1 tablespoon milk, vanilla extract, and almond extract. Add milk 1/2 tablespoon at a time until you reach your desired consistency.

You want the icing to be quite thick so don't thin it much if you need help. Separate into separate bowls (however many colors you want to do) and add food coloring a little bit at a time until you get the color you like. Be careful with this, it is easier to add color than to take it away.

Step 7 - Dip the tops of the cookies into the icing or spoon the icing over the top.

Step 8 - Add nonpareils or sprinkles over the tops before the icing dries onto the cookies.

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