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## A jolly rancher

On Monday, April 8 nine-month-old Londyn Kaartinen was helping her grandpa check cows on the family farm in Kilkenny (west of Fisher Branch). This little bottle-fed calf, who had been rejected by its mom, was quite curious to see what sweet treat was in the trailer.

EXPRESS PHOTO BY LYLE ZARICHNEY

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# Erinview Small Engines filling the service gap

By Becca Myskiw

People needing small engine repairs done won't have to go too far from home anymore.

Erinview Small Engines officially opened last week, operating out of Brian and Jennifer Beauchemin's garage. Once they find their footing, the couple plans to move their business to a storefront in town. Right now, they'll fix or customize anything with a small engine — quads, snowmobiles, small tractors, tillers.

Beauchemin has been riding ATVs since he was nine, owning everything from quads to snowmobiles to trikes at some point in his life.

"If it had wheels, I was on it," he said. "Some people say I have a little bit of an obsession."

Right now, the business owner has five ATVs of his own, two snowmobiles, and two motorcycles. He's always worked on his own equipment, teaching himself how to do so on any vehicle he's had.

"If I don't know it, I pick up a manual and start reading," he Brian.

Though they just opened their doors last week, Erinview Small Engines already has four projects on the go and two more on the way. His garage is 14 by 36 feet, which can fit two machines at a time. There's also a locked-up



Beauchemin has taught his granddaughter how change the wheel bearings on her quad.

area on his property, complete with cameras and, soon, new fencing.

Living in the area for the last decade, Beauchemin noticed the need for this business. Before, he owned a construction company but recently had to close its doors due to health rea-



EXPRESS PHOTOS SUBMITTED

Erinview Small Engines is the area's newest business, having officially opened last week.

sons, so starting Erinview Small Engines seemed like a good retirement plan, he said.

Along with repairs and customization, the business will pick up and drop off equipment within 100-kilometres for a small fee. Every piece of work they do also comes with a 60-day warranty, meaning they'll fix anything that was their fault at no charge within 60 days of the work being done.

As time goes on, Erinview Small Engines also hopes to add more services to its offerings. Beauchemin is used to tripping over teenagers as they pile into his garage to watch him fix some-

thing of theirs, so he plans to start workshops for youth to teach them skills they can't learn elsewhere. He's taught his 11-year-old granddaughter to change the wheel bearings on her quad herself.

In addition to his current offerings, Beauchemin intends to include ATV recovery on his service list, filling a current gap in the area. This means that when residents find themselves unable to retrieve their ATVs, they can rely on Beauchemin for assistance.

For more info on Erinview Small Engines, go to their Facebook page or contact Beauchemin at 431-588-1772.

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# Four Armstrong councillors resign; province to appoint administrator

By Patricia Barrett

Almost halfway through their term of service, four Rural Municipality of Armstrong councillors resigned last week.

Councillors Pat Stein, Ted Sumka, Paul Humeny and Brent Dziadek stepped down during council's regular meeting on April 9.

Pat Stein (Ward 4) spoke with the *Express* last week, citing alleged non-adherence to the municipal code of conduct as the reason for her resignation. She read out — and shared — her resignation letter with the paper but was unable to provide further details on the issues raised.

"It saddens me that good council members that love to serve their community are forced to step down in order to put a halt to the toxic work environment. The toxicity started almost immediately in 2022 with eight employees' resignations to follow," said Stein. "There is a council code of conduct but when not adhered to, becomes a long, expensive and drawn-out process. If council would have continued in this manner, I feel it would not have been in the best interest for our RM."

Stein thanked the community for the "opportunities and support" provided to her during her time on council.

One of the employees who resigned in 2022 shortly after the new council was elected was Sig Trautwein, who worked as the RM's bylaw officer.

Trautwein told the *Express* that he had spent over 40 years in law enforcement, as a police officer and working for the Province of Manitoba before he retired and later started working for the RM.

After four years, he resigned as by-law officer during one of the meetings held early on by the newly elected council because of the "unacceptable" way the reeve allegedly spoke to him and the then CAO, to whom he re-

ported, regarding costs associated with the handling of lost or injured dogs.

"I resigned on the spot. I said, 'I resign because I will not work for bullies.' And that's when I walked out of the meeting," said Trautwein. "And one week after that, the CAO and of-fice staff resigned."

Long-time councillor Ted Sumka (Ward 3) said that the reason for his resignation had to do with "personal family matters."

The *Express* reached out to councillors Brent Dziadek (Ward 5) and Paul Humeny (Ward 2) but did not hear back.

Councillor Allen Pfrimmer (Ward 1) confirmed that he did not resign and that he'll continue to focus on municipal matters and his commitment to ratepayers.

"My focus is to ensure the municipality runs smoothly and that taxpayers get the best bang for their tax dollars, and that the decisions we make going forward are in their best interests," said Pfrimmer.

Reeve Kate Basford said she was unable to provide details about the resignations or comment on Trautwein's allegation regarding the discussion about animal control costs.

But she but did say the provincial government has been made aware of the resignations and that the municipality will continue to operate on behalf of its ratepayers.

"The RM will continue to provide municipal services," said Basford. "With regard to further steps, the RM is waiting to hear from the provincial government."

When asked whether the four resignation letters could be shared with the public or the media, the RM's interim chief administrative officer Nancy Howell said: "The letters do not become public until they are presented at the next meeting of council."



EXPRESS PHOTO SUBMITTED

An image showing a sign in a field in the RM of Armstrong was circulated in March, suggesting some discontent with municipal council.

A spokesperson for the provincial department of municipal and northern relations said the department is in the process of appointing an administrator to ensure the "day-to-day operations of the municipality continue."

He added that under the provincial Municipal Act "once quorum is lost, the remaining members cannot exercise the function or duty of council" and a byelection will be planned as soon as practically possible.

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## Gimli Barvinok dancers hit the stage at the Manitoba Ukrainian Dance Festival



EXPRESS PHOTOS SUBMITTED

The Gimli Barvinok Ukrainian Dance Club had 27 dancers participate in the Manitoba Ukrainian Dance Festival held in Winnipeg from April 5 to 7. The Manitoba Ukrainian Dance Festival brings together groups from across Canada to perform for a panel of accomplished adjudicators and to take part in dancer and instructor workshops. The festival creates a positive performance and learning atmosphere to further develop Ukrainian dance in Canada. Gimli Barvinok dancers had five silver medal performances. Pictured, left to right: Intermediate 2 dancers Kalyna, Taryn, Marilla and Lilah Pinsent (instructor) received a silver for their Bukovyna routine and Central Ribbon Dance routine.



The Beginner 2 group dancers won silver for their Central Wreath Dance. Pictured back row: Crystal Thordarson (instructor), Violet, Maria, Harley, Ayla, Yeva, Karmyn, Samantha Kmet (assistant); front row: Vayda, Ira, Charlotte, Raine and Alia.



Beginner 1 group dancers Kinsley, Sonja, Lux, Lincoln, Oaklee and Weston with Stephanie Banara (instructor) and Taryn Gibson (assistant ) received Novice gold participation for Hutsul'schyna.



Intermediate 1 dancers, Wren, Luci, Kenna, Sophia, Hannah, Meadow and Caembry won silver for their Volyn dance and their Hutsul'schyna dance.

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# Service personnel with PTSD don't need to go down that dark road

## Retired police officer in the Interlake organizing Wounded Warriors Canada fundraiser

By Patricia Barrett

A retired Winnipeg police officer who lives in the Interlake is raising awareness of post-traumatic stress disorder (PTSD) and helping a Winnipeg Police Service PTSD support group organize an upcoming fundraising event for Wounded Warriors Canada.

Jerry Maryniuk, who has lived with PTSD for about 40 years and is a founding member of the police service's Retired PTSD Peer Support Group, said PTSD is prevalent among public service personnel such as police officers, military veterans, paramedics, firefighters, corrections officers — as well as their families — and that they may not be aware of the therapies Wounded Warriors provides.

"It has only been in the last while that we've started to talk openly about PTSD in service personnel. Many still don't talk about it and they're not getting help. And we wonder why we have suicides and why there are people struggling with everyday life,"

said Maryniuk, who has taken part in two Wounded Warriors' therapy programs. "They don't have to go down that dark road. Wounded Warriors is a great place to get help."

PTSD is a trauma- and stress-related disorder that results from exposure to death, threatened death, serious injury or actual or threatened sexual violence. The symptoms include recurring and intrusive upsetting memories, emotional distress, flashbacks or nightmares. The condition leads to changes in perception and mood that can include feeling isolated, avoiding people, places or activities that serve as reminders of the event, feeling fear, guilt, shame, irritability or aggression, being hypervigilant and having difficulties concentrating and sleeping.

Maryniuk said he knows of at least five retired Winnipeg police officers who died by suicide in their late 60s and 70s because they just "couldn't live with it anymore." Others continue to "muddle through" without professional help.

Back in the 1970s and 1980s, police



EXPRESS PHOTO SUBMITTED BY WOUNDED WARRIORS CANADA  
Wounded Warriors offers couples a PTSD therapy program that involves horses.

culture was different from what it is today, he said, and police officers typically wouldn't admit they were suffering from psychological stress out of fear of being labelled "weak" or "crazy" or being potentially denied a promotion or a sought-after transfer.

"You're a macho police officer and nothing phases you — that's the

mentality of most police officers. You think, 'I can get through this,' so you hide it to survive. It's embarrassing to expose your weak underbelly to people who may not understand it and when you don't quite understand it yourself," said Maryniuk. "I can see why current police officers are reluc-

Continued on page 10

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# get informed

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

## RCMP rescue stranded persons on Lake Winnipeg

By Lana Meier

At around 7:30 a.m. on March 31, Selkirk area RCMP was notified that two individuals had become trapped on Lake Winnipeg when their vehicle broke through the ice.

Police responded promptly and contacted the individuals over their cell phone to instruct them to keep an eye out for the emergency lights on the RCMP vehicle.

Officers had to use extreme caution while traveling over the ice due to the thin ice and open water in some places. When the individuals saw the police lights, they carefully walked towards the officers since the ice was too thin where they were located for officers to drive to them. Both people made it safely to police and were transported to Selkirk. They were both physically uninjured.

A 41-year-old male and 40-year-old female from Ste. Anne had been travelling on Lake Winnipeg in their SUV to their regular ice fishing spot. Without warning, their vehicle went through the thin ice.

According to Cpl. Chris Kabernick of the Selkirk area RCMP, it is important to note that the rising temperatures and unstable ice conditions make it unsafe to venture onto the ice at this moment,



EXPRESS PHOTO SUBMITTED

RCMP rescued two people who were stranded on the ice after their SUV went through the on Lake Winnipeg on March 31.

especially with a vehicle. This not only endangers your own life, but also those of any first responders who may have to rescue you. Therefore, it is strongly advised to avoid going onto the ice.

The vehicle was recovered by a tow company.

## Manitoba RCMP warn public about banking scam

By Lana Meier

The public is being cautioned by Manitoba RCMP about the increasing frequency of Interac e-transfer scams.

In these instances, the victim receives an email that appears to be from someone trying to send them an Interac e-transfer. At first glance, it appears legitimate, and when the victim clicks on the link and enters in their banking credentials, the scammers are able to steal the banking login information. This gives the scammers access to the account, which allows them to withdraw large sums of money.

Scammers are becoming increas-

ingly sophisticated, so extra caution is needed before you accept an e-transfer.

Here are some tips on what to look out for:

- If you are not expecting any money, don't click on links and try to deposit money.
- Check the email closely. Even though it may be personally addressed it does not mean it is legitimate.
- Use Interac e-transfer autodeposit. If you have autodeposit set up, Interac e-transfer transactions sent to

your email address will automatically be deposited into your bank account. Autodeposit is the secure way to accept Interac e-transfer.

- Create strong passwords.
- Be conscious about what you share online, including personal identifiable information that hackers can use to access your accounts.

If you were defrauded, please contact your local police and report it.

To learn more about safeguarding against frauds and scams, visit the Canadian Anti-Fraud Centre.

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# Be wary of potential scammers this tax season: CRA

By Lorne Stelmach

The Canada Revenue Agency is aiming to raise greater awareness of scams that defraud an increasing number of Canadians.

Some people especially fall prey to the many scams making the rounds that use the name of Canada Revenue Agency (CRA) because they will believe it must be trustworthy.

"We often notice that with seniors and newcomers ... they're more targeted," said CRA spokesperson Ahmad Almuqarqash. "Especially, for example, newcomers. They're probably new to the country. They don't know about the rules. There's also language barriers."

He stressed people need to be cautious if they receive any communication that claims to be from the CRA and requests personal information such as a social insurance number (SIN), credit card number, bank account number or passport number.

Scammers may insist that personal information is needed so that you can receive a refund or a benefit payment.

Some also involve threatening or coercive language to scare you into paying a false debt to the CRA. Others could direct a person to a fake CRA website where you are asked to verify your identity by entering personal information.

"This is the new trend we are seeing with these scams. People think it is legit and fall victim to these scams. ... It seems legit because it has your social insurance number on it and your name," he said.

"So we warn taxpayers to be extra careful because these scams are getting more sophisticated as technology evolves. Guard your personal information like a treasure. Don't give it away easily."

People need to be aware that a legitimate CRA employee will identify themselves when they contact you by phone and provide you with their name and phone number to call them back if needed.

The CRA will never, under any circumstances:

- Demand immediate payment by Interac e-transfer, cryptocurrency

(bitcoin), prepaid credit cards or gift cards.

- Ask you for a fee to speak with a contact centre agent.
- Set up a meeting in a public place to take a payment.
- Use aggressive language or threaten you with arrest, deportation or sending the police.
- Leave voice mails that are threatening or include your personal or financial information.
- Send you an email or text message with a link to your refund.
- Email or text you a link asking you to click on it or fill in an online form with personal or financial details.
- Use text messages or instant messaging such as Messenger or WhatsApp to start a conversation with you about your taxes, benefits or account.

As an added security measure, the CRA has introduced multi-factor authentication for all of its sign-in services. If you enrolled with the telephone option and selected the "text me" option, you will receive a text message with a one-time pass code each time you sign in to your CRA ac-

count.

Almuqarqash also sought to raise awareness about tax schemes, which are different from scams in that they are plans or arrangements that go against the Canadian tax laws.

"Tax schemes go against the Canadian tax laws, often promoted by individuals or businesses promising you to reduce your taxes or give you a big tax cut or tax free income," he said. "If it sounds too good to be true, it probably is."

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# Tax return deadline is nearing

By Lorne Stelmach

If you have yet to take care of your income tax return this year, you've got just a few more weeks to get it done.

If your return is straightforward, it can be easy to do yourself online, Canada Revenue Agency (CRA) representatives noted last week.

April 30 is the deadline for most Canadians to file a return, and if you owe money to the CRA, that is also the payment deadline.

But if you or your spouse or common-law partner are self-employed, June 15 is the deadline to file your tax returns. As this date falls on a Saturday, your return will be considered filed on time if the CRA receives it or it is postmarked on or before June 17. If you owe money to the CRA, you'll still need to pay by April 30 to avoid interest.

To save time, you can file your tax return online using NETFILE-certified software or through an EFILE service provider.

"If you have a CRA account, you can use the autofill function, which will autofill your return for your automatically. It takes just a few minutes to do, and you're done with your taxes. I did mine in just under 10 minutes with this feature," noted CRA spokesperson Ahmad Almuqarqash.

"If you combine online filing with your direct deposit, you can get your refund in as little as eight business days," he added, noting paper returns aren't as fast and can typically take up to eight weeks to process.

He stressed it is important that people file their tax return by the deadline. If you make a mistake on the tax return or forgot to include important information, you can request a change

to your tax return.

Almuqarqash also encouraged people to register for an online account where they can easily update or check their personal information. You'll also be able to view what you owe to the CRA, your tax-free savings account and registered retirement savings plan limits, your benefit and credit information and the status of your income tax and benefit return.

"If you haven't registered for a CRA account, it's not too late. This is going to be your new best friend, basically," he suggested.

"You can easily update your personal information. ... You can see if you owe money to the CRA and much more," he said, noting that "one of the common mistakes during the tax season is not updating personal information with the CRA."

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# Manitoba Homesteading Show planned for April 20 in Lockport

By Katelyn Boulanger

The Manitoba Homesteading Show is taking place for the first time and residents are invited to attend the event hosted by local homesteaders at the Little Britain United Church Hall in Lockport on April 20.

Homesteading Show organizer Karen Insley says that this show is for homesteaders, gardeners and anyone interested in sustainable living and self-sufficiency.

"We're basically offering people the chance to listen to others who do this and to glean as much information from it as possible," said Insley.

As the founder and owner of Healthy Way Every Day Inc., Insley, with her husband and fellow show organizer Richard Insley, thought that creating an event that was kind of like a farmer's market but with a twist where the vendors share their knowledge was a

great way of connecting people interested in homesteading with people who are homesteaders.

"It's basically an interactive hands-on show with like-minded people. Whether you're an urban gardener or somebody who wants to have chickens and llamas, however extensive that you want it to be, (there will be something there for you)," she said.

Insley's journey into homesteading started as a child in England where she lived with her parents on a farm that provided for the family. When she and her husband moved to Canada and were able to purchase land in Springfield, they utilized their new space to live off the land, which is something they had always been interested in.

"We had a friend a few years ago, who was a client of my husband's, and he wanted to put a couple of bee-

hives on our acreage because he lived in the city and, at the time, (people in the city) weren't allowed to (have bees). We watched him for a year and then we decided to bring some bees onto the acreage ourselves and it just expanded. We have 18 hives now," said Insley.

Naturally, the Insleys created Clover Honey Pot and sold their excess honey, but Insley also found herself in need of a good natural skincare line. The combination of these two passions has expanded their focus and bee-centred products.

When she was at various farmer's markets for her own business, she realized that she was only able to take a small amount of time with each person who came to see her table and wanted a way to share knowledge but also still give people a chance to purchase products that they may get ex-

cited about after learning more from the person who makes them.

In the Manitoba Homesteading Show, she hopes to do just that, creating an atmosphere where homesteaders and those interested in learning more both benefit the most.

She also wants to bust the misconception that you have to have acres and acres of land to be able to do some homesteading.

"It isn't complicated. You can do this in, like, small little chunks, and you can make a difference and that's what we're looking (to share). Like I always say, one good habit is still a really good habit. So, if you can introduce a couple of little things into your life that're more environmentally friendly or look after the ecosystem, you don't have to do everything at once," said Insley.

Continued on page 14

## Fisher Branch's Chase the Ace jackpot over \$100K; local organizations to benefit

By Patricia Barrett

Fisher Branch's Chase the Ace jackpot pushed past \$100,000 last week, giving the town a reputation for large draws that not only benefit one lucky winner but also local organizations that serve the community.

As of last week, the pot stood at \$104,995.

Karl Barrett, who sits on the Chase the Ace board and is one of the organizers of the 50-50 event, said there are plenty of cards left — 28 as of last Thursday — and they're seeing more and more people starting to come out

to the regular Friday evening draw.

"It really changed in the last three weeks with respect to more people coming out and us selling more tickets. That's why it hit \$100,000 last week," said Barrett. "And now that the cold weather is done, we're seeing more people as well."

Last year's Chase the Ace winner took home a whopping \$231,141.

The draw is registered with Manitoba Liquor & Lotteries and the board provides reports to the Crown corporation.

The proceeds of the draw are split

between the winner and a number of local organizations, which are part of the board and use the money to enhance their services to residents.

The organizations are as follows: the Fisher Branch Curling Club, the Fisher Branch Recreation Centre, the Fisher Branch Community Centre, the Fisher Branch Golf & Country Club, the Fisher Branch Museum, Fisher Branch Personal Care Home foundation (to buy items for residents), the Fisher Branch Women's Institute, the Fisher Air Cadets # 158, the Chaika Ukrainian Dance Club and the North-

ern Lights Festival of the Arts.

Barrett said two new organizations joined the Chase the Ace board this year: The Ukrainian National Home and the Hodgson Community Club.

The draw takes place every Friday night at the Fisher Branch Recreation Centre. People can purchase a ticket between 6 and 9 p.m. The draw is made at 9:30 p.m.

For more information about the draw, visit the Fisher Branch Community Events page on Facebook.

## letter to the editor

Letter to the Editor:  
news@expressweeklynews.ca

### Sacrifices need to be made for the human race to survive

We tend to think of the phrase "truth and reconciliation" as referring to Indigenous issues and perhaps being irrelevant to our daily lives. But truth and reconciliation are the primary and essential processes in successful politics and indeed in successful relationships in general.

Obviously, no disagreement or conflict can be reconciled without first an admission of truth by both sides. This principle needs to be applied to the current furor over the federal carbon tax.

There is no question that human-

ity's CO2 emissions need to be curtailed quickly and significantly. It is also obvious that the federal program is less than perfect and needs improvement. For example, food and shelter are necessities of life, so home-heating and agricultural fuels should be taxed, if at all, at a much lower rate than, say, aviation fuel, as air travel or transport is almost always a convenience or luxury and seldom a matter of life or death.

On the other hand, the letter by Conservative critic for agriculture Jeff Bereza (Carbon tax hike felt across every Manitoba industry and household, April 4, 2024) misrepresents the truth. He asks, "Can customers of Manitoba pork stomach a 23 per cent increase in prices so that producers can break even on the carbon tax?"

The truth is that NO price will increase by 23 per cent. It is only the carbon tax component of any business's expenses that will increase, so virtually nowhere near a 23 per cent increase in total expenses. Bereza's example of the soybean crusher's carbon tax payment is meaningless without putting it into the context of the crusher's full income and expense sheet.

Also, Premier Kinew is not deflecting from the topic. But rather than adopting an extreme "axe the tax" position, he has asked Ottawa to remove the carbon tax from natural gas and has said he'll take up the prime minister's challenge to find an alternative carbon tax system. Let's wait and see how that goes.

Bereza's forte is agriculture, but maybe his party's finance critic, Obby

Khan, could clarify the carbon tax issue for him. Or maybe not. Khan was a spectacular football player (and by now is probably quite adept at kicking around political footballs), but his bio makes no mention of proficiency in financial matters — other than obtaining a half-million-dollar grant to promote his Good Local business.

At any rate, the price of everything is not going to increase by 23 per cent, no matter what politicians like Pierre Poilievre may claim. Certainly, industrial carbon emissions by high-polluters need to be reduced first and foremost, but we ordinary citizens also need to be prepared to make at least a few sacrifices if we want the human race to survive into the next century.

- Mark Popkevich  
Brokenhead



# Survivor's Hope to host Take Back the Night Selkirk at Waterfront

By Katelyn Boulanger

Everyone is welcome to attend the first annual Take Back the Night Selkirk event hosted by Survivor's Hope at the Selkirk Waterfront on April 27.

"Take Back the Night is a global grassroots event, which brings our community around together to bring awareness to the issue of gender-based violence, especially sexual violence and sexual assault that's experienced in our communities. Various campuses and cities around the world hold their Take Back the Night events and they can include things like protests and vigils and sit-ins," said Coral Kendel, executive director of Survivor's Hope Crisis Centre.

Selkirk's Take Back the Night event will be at the Selkirk Waterfront and will be a rally where people can come to being awareness and support those in our community who have been affected by gender-based violence.

April is an apt time for an event like this in our community as it's Sexual Assault Awareness Month.

"[The event starts with a] rally at the waterfront with a water ceremony led by knowledge keeper and an elder. Also, there will be some introductions, a candlelight vigil, and awareness signs available for folks. After dusk, we will be taking to the streets, where we'll march through Selkirk and bring the movement to be visible and to be seen throughout our community and march together, standing together against this issue," said Kendel.

The route will be a two-kilometre loop. It will be accessible for those using mobility aids like wheelchairs and scooters and will include a visit to the Selkirk Water Tower, which will be lit up in teal especially for the event.

Safety is top of mind as well for an event like this and there will be marshals throughout the route as well as route maps available at the event to keep everyone together.

Survivor's Hope is an ideal organization to bring an event like this to the community because its focus is on the impact of sexual violence and on prevention of further harm.

"We have crisis support counselling for survivors of sexual violence. We do education for youth in schools, tons of advocacy and larger scale promotions and resource delivery to change the harm that happens in our whole province," said Kendel.

In a recent survey that Survivor's Hope conducted, Kendel said that they found that 40 per cent of respondents specifically from the Interlake-Eastern area say that they or someone they know has experienced sexual violence in our communities.

"With that in mind, and with the work that we do every day, it only felt natural to hold an event like this to raise awareness on a larger scale and have everyone come together to see the allies that exist in our community," said Kendel.

The rally will begin at 7:30 p.m. on April 27. At that point, the MC for the night will make introductions and the local knowledge keeper and elder will lead a water ceremony as



EXPRESS PHOTOS BY KATELYN BOULANGER

William S. Patterson School ran their hearts out at their annual Terry Fox Run.

well as an opening prayer. From there, Indigenous drummers from the area will liven up the event and resources will be available for residents to learn more. Residents will then be able to grab LED-lit candles and rally signs for the walk. There will also be some light refreshments available. Once dusk settles, the march will begin.

"Anyone is welcome and the event is open to any and all genders, ages and abilities," said Kendel.

If you'd like to get a head start on the event, residents are also welcome to visit Huddle Selkirk prior to the rally from 4 to 6 p.m. when there will be a poster making gathering.

"People are welcome to come to that as well to make their rally signs. We'll have supplies available, all sorts of fun paints and markers and poster board so they can make their signs ahead of time," she said.

Kendel's only recommendation is that people wear comfortable footwear. There is no need to sign up ahead of time for Take Back the Night Selkirk.

She feels that hosting events like this is necessary in our community because, historically, change is made through advocacy and when people who have experienced harm speak out.

"Having a public event where we can have a large presence of a huge number of our community members from all different backgrounds standing together to raise awareness of this issue sends a big message to those making the decisions and those who can influence changes to policies and funding that can support and heal harms that have already been perpetrated and prevent future harms from happening," said Kendel.

If residents want to provide additional contributions to this cause, donations will be collected at the event. Residents can give financial contributions but donations of canned goods will be collected for local organizations as well as basic needs products like menstrual products and hygiene supplies, which will also be donated locally.

Kendel welcomes anyone who would like to lend their voice to ending gender-based violence in our communities to attend this event.

"Use your power as an individual to come together as a large collective. As a group, there's power in numbers," said Kendel.

To learn more about Survivor's Hope Crisis Centre and their resources, visit <https://survivors-hope.ca/>. If you are experiencing an emergency, call 911.

## Community Support Service

### AA Meetings in Ashern

Open Meeting

**Time: 6-7pm Fridays**

**Starting Friday March 3rd.**

Location: #11 2nd Ave North

-Pioneer Manor

(beside the main door entrance of Pioneer Manor)

Contact AAMBCO@mts.net

### AA Eriksdale

Eriksdale United Church building

#7 Main Street, Eriksdale (side door)

**Meetings are Mondays**

**at 6:30 p.m.**

### AA Winnipeg Beach

Lady of the Lake RC Church

Corner of Hwy. 9 and Lake Ave.,

Winnipeg Beach

**Meetings are Saturdays**

**between 7 and 8 p.m.**

Contact Ann J 204-389-3417

### Gimli Group AA

Bldg 18 Municipal Rd

Industrial Park

**Fri & Sun Mtgs at 7:30 pm**

### 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.**



## Evergreen School Division SCHOLARSHIPS

Evergreen School Division will receive applications from previous Gimli High School graduates who are pursuing post-secondary education specializing in a medical field at a recognized post-secondary institution for the \$1,000 Dr. R.C. Patel & Mrs. Shakuntala Patel Scholarship.

Application forms and criteria are available at the School Division Office in Gimli and the School Division Web Site ([www.esd.ca](http://www.esd.ca)). Successful applicants will be notified by June 28, 2024.

**DEADLINE FOR APPLICATIONS: May 14, 2024**

Please forward applications to:

Evergreen School Division  
Box 1200, 140 Centre Avenue West  
Gimli, Manitoba R0C 1B0

## Commercial Kitchen Rental

Gateway Foundation has a commercial kitchen available for rental at **Ishfeld Villa, 34 Church Bay Lane, Winnipeg Beach, MB**  
Rental fee:

- \$ 75 / day (includes use of walk-in freezer, walk-in cooler, commercial dish washer, refrigerator, stove, prep. area)
- 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 commercial liability insurance.

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](mailto:moorelarry22@gmail.com)

## > PTSD, FROM PG. 5

tant to talk about this. It could affect their career, their marriage and family.”

It's estimated that 20 to 45 per cent of public safety officers (i.e., any front-line personnel protecting the safety and security of Canadians) have PTSD or some other mental health issue such as anxiety, depression or substance abuse because of repeated exposures to crime, violence, accidents or disturbing materials, according to a 2023 Public Safety Canada report titled Evaluation of the Initiatives to Address Post-Traumatic Stress Injuries (PTSI) Among Public Safety Officers, Evaluation Report.

Maryniuk said his PTSD symptoms arose after a shooting that occurred over 40 years ago when he was working as a plain clothes detective in Winnipeg.

“A guy had just shot a cab driver and was trying to escape. The cab driver lived, but it was a robbery with violence. My partner and I happened to be close by so we attended. The guy saw me and fired at me but he missed. We returned fire and killed him,” said Maryniuk. “That was one of my many traumas. That haunted me for a long time that I killed somebody, that I myself came that close to dying, and that I could have left behind kids and a wife.”

The department's “therapy” at that time was a bottle of whisky and telling them not to be late for work the following day, he said. Officers were depended on to help people in need and it wasn't their place to seek help.

“There were many other incidents that happened which you suppress and put to the back of your mind, but you can have violent dreams at night and end up on the floor,” he said. “I lived with this for 40 years and knew lots of people with PTSD. I thought to myself, ‘I can't have it’ and was basically in denial because I didn't want to admit I had some mental issues. It takes a big step to admit it because it's embarrassing and re-traumatizing.”

Maryniuk said police culture has changed over those 40 or so years. The Winnipeg Police Service now has a staff psychologist offering officers support after traumatic incidents. It

also has about 50 wellness officers among its ranks that can provide additional support. Some officers may get additional psychological assistance through workers compensation, the health-care system or be referred to Wounded Warriors.

Maryniuk and two other retired Winnipeg Police officers started the peer support group for retired officers with PTSD to bring more attention to the suffering, to put a “name and face” to it so that other retired officers going down the same road know they're not alone and to provide them with information about therapy options. The support group has brought in speakers such as psychologists and tax experts (to explain the disability credit) and has seen as many as 20 people attend their meetings.

“We thought if we can try and help those out there that are suffering, perhaps we can prevent some of these suicides and get people pointed in the right direction as far as support and therapy programs go,” said Maryniuk. “We've all navigated our health care system here in Manitoba, which helps people with PTSD but doesn't really go hand in hand with pressing 3 for this or that service and talking to a recording. Unless you've called the suicide crisis line — which responds immediately — you'll be waiting for a referral. That's almost impossible for a PTSD sufferer.”

He said he had spoken with a Winnipeg Police Service staff psychologist over another traumatic event, a murder-suicide, and when two colleagues told him about Wounded Warriors, he decided to reach out to the organization for further support a few years ago.

“Wounded Warriors is much easier to navigate than our public health system or the Workers Compensation Board, and there's no cost. They did a couple of phone interviews to determine if I had PTSD then I was off to B.C. to do two therapy sessions,” said Maryniuk. “The therapy they provide gives you the tools to cope with PTSD. There's no cure for PTSD, but you learn how to live with it so that your life is better. You don't have the same amount of anxiety. Your nightmares aren't as frequent. You don't have the same amount of rage that you used to have. Basically, the symptoms are still there but you know how to control them.”

Wounded Warriors Canada is a national mental health service provider that specializes in treating PTSD. The registered charity

offers a range of therapies to service personnel, who are repeatedly exposed to events such as death, injury or sexual violence. Programs include trauma resiliency training, peer support, a preventative operational stress program, a trauma program for couples that includes work with horses and a kids' program.

Phil Ralph, director of health services for Wounded Warriors, said people can acquire the condition after a single trauma or events that occur over years.

“For some people, it can be a horrific experience so outside their understood reality and the world they know that it just shocked them. For others it can be accumulative after years and year and years of seeing things that make no sense,” said Ralph, who served in the military for 26 years. “You could be overseas and confronted with making a decision about a child who's armed with a weapon. What do you do if you're faced with that given our values about protecting children? Or it could be a whole series of minor events that just keep building. People can also be affected by hearing about traumas.”

As a first step, Wounded Warriors provides psycho-education to explain to sufferers what's happening in their brain and normalizing it to make sure they understand that this is “how the body reacts to trauma,” he said. Then the therapy moves to “unpacking” one of the traumas the participant dealt with and teaching them there's a pattern for unlocking all other traumas.

“What you want to do is move the trauma from this memory that controls you, to you controlling the memory,” said Ralph. “There's a perception out there that you'll cure people, but that's not what this is about. It's about how do you deal with trauma and how do you resolve it. You can't erase the things you've seen and experienced, but you can make them less intrusive.”

The organization offers a program to help children and spouses cope with the negative spillover from living with someone with PTSD.

Ralph said the organization ran 75 programs in 2023 and currently has a waiting list. The programs are expensive to run because clinicians who specialize in trauma have to be hired. It will also pay for participants' costs to attend therapy if they have to travel to another province and don't have the funds.

“We bring people with PTSD from Manitoba to B.C., Ontario or Alberta because we want them to get help in a timely manner. Manitoba has a smaller population and we don't want to wait until we have enough people to offer the program,” he said.

“However, we're starting to see more and more people in Manitoba step forward so we'll probably in the next year or so offer programs there.”

The organization is also building relationships with police, fire and paramedic services across Canada, offering preventative resiliency training and peer support training.

“Municipalities, provinces and federal entities can send their personnel to proper programming that teaches them the principles of resiliency so they're prepared for what they see,” said Ralph. “We're starting to get services across the country to invest in this.”

The organization receives a mix of funding, such as from the Alberta solicitor general's office, for instance, and relies heavily on the “generosity of Canadians,” said Ralph.

Maryniuk and members of the Winnipeg police peer support group are organizing a fundraiser for Wounded Warriors that will take place next week in Winnipeg. The proceeds raised will benefit countless Canadian police officers as well as military veterans, paramedics, firefighters, corrections officers, call centre dispatchers and other service personnel and their families who reach out to the charity for help.

Members of the public are welcome to attend the event or purchase a ticket to support the organization. People and businesses can also donate an item to the silent auction, which will have prizes such as Jets jerseys and a vacation. Maryniuk is an artist with a small business and will be donating a couple of sculptures and paintings to the auction to help raise money for Wounded Warriors.

Wounded Warriors is a registered charity and any donation of \$20 or more is eligible for a tax receipt.

The fundraising social will be held from 7 p.m. to 1 a.m. on Friday, April 26 at the Canad Inns Destination Centre, 2100 McPhillips St. in Winnipeg. The event will be emceed by Big Daddy Tazz and feature the Canadian Air Force Band. Tickets cost \$20.

Contact Jerry Maryniuk by email at [ptsdjerry@gmail.com](mailto:ptsdjerry@gmail.com) to purchase a ticket for the event or to donate an item for the auction. Tickets are available at police credit unions in Winnipeg and the Henderson Legion at 215 Maxwell King Dr. in East St. Paul.

Manitobans experiencing suicidal thoughts can contact the Suicide Crisis Helpline by calling or texting 988. The service is available 24-7. People can also call the Reason to Live, Manitoba Suicide Prevention & Support Line toll free 1-877-435-7170, which is also available 24-7.

**Gimli Association for Community Living**

## **ANNUAL GENERAL MEETING**

**April 25, 2024 • 7:00 PM**  
**St. Michael's Church Basement**  
**113-7th Ave., Gimli**  
**(wheelchair accessible)**

# Deadline extended for Spirit of Caring course

By Jennifer McFee

Get in the spirit of caring through a training session focused on spiritual health.

A free 10-week Spirit of Caring course is running at Stonewall Hospital every Friday from April 26 to June 28 from 12:30 to 3 p.m. Spots are still available, and the registration deadline has been extended to April 24.

Through this course, participants will learn about spiritual care in health care. Other topics include death and dying, communication, spiritual development and spiritual diversity. The course will also touch on understanding suffering and compassion, as well as self-care, prayer, meditation, rituals, trauma and crisis.

"Illnesses and loss are those crisis points where our way of life and see-

ing things can be profoundly shaken and tested," said Ferdinand Funk, spiritual health services co-ordinator for Interlake-Eastern Regional Health Authority.

"It is during these moments that we ask questions about meaning, purpose, suffering, forgiveness, hope, resilience, connection with the people we love and the sacred. The Spirit of Caring course is designed to train spiritual health volunteers to journey with and support people during these crisis points."

For more information, contact Ferdinand Funk at [ffunk@ierha.ca](mailto:ffunk@ierha.ca) or 204-461-3414. Visit [www.ierha.ca/about-us/community-involvement/volunteer-opportunities/](http://www.ierha.ca/about-us/community-involvement/volunteer-opportunities/) to learn more or register for free.

# Lucky seven, ace of spades



EXPRESS PHOTO BY TANIS GRIMOLFSON

Karin Tardiff, right, was the lucky winner of \$16,330 for choosing the ace of spades at the Riverton & District Friendship Friday night Chase the Ace last week. Tardiff chose the lucky card from the seven remaining cards. Pictured with Tardiff is Martine Sawanas (cultural worker).

# RRC Polytech offers local early childhood education training

By Jennifer McFee

Do you know someone who is ready to take their career in early childhood education to the next level?

A 16-month accelerated early childhood education diploma program will soon be offered in Stonewall, thanks to a collaborative effort among the RM of Rockwood, Town of Stonewall and Red River College Polytechnic.

Georgette Rochon, manager of business development for RRC Polytech, said a limited number of seats will be available for this special offering by the RM of Rockwood and Town of Stonewall.

"RRC Polytech is committed to building relationships that help remove barriers to education on its mission to elevate people, industry and community in Manitoba," she said.

"This program is geared towards individuals already working in the field for a minimum of six months and are currently employed in a licensed early learning and childcare centre, a licensed family childcare home or an approved alternate."

Wally Melnyk, CAO for the Town of Stonewall, shared his thoughts on the program.

"The launch of early childhood educator training in Stonewall culminates three years of work to bring greater opportunity to our area," Melnyk said.

"Education is a cornerstone in the prosperity of a community — a fact not lost on local municipal officials and the driving force for the partnership between the RM of Rockwood and the Town of Stonewall."

Similarly, Rockwood CAO Chris Luellman pointed to the collaborative approach.

"As CAOs, we recognize the power of collaboration in shaping the future. Partnering in the delivery of this ECE program exemplifies our commitment to collective impact," Luellman said.

"Together, we build a foundation where our residents can thrive, united in purpose and driven by the shared goal of fostering a brighter tomorrow."

The application process opened last week for the Stonewall-based early childhood education program through RRC Polytech, and the course is set to begin on June 3.

Visit <https://catalogue.rrc.ca/Programs/WPG/FullTime/EAWPF-DP/Overview> to learn more about the program and to apply.

## SUPPORT SERVICES FOR EMPLOYMENT TRAINING

By Jennifer McFee

Some provincial government support may be available for individuals who need training to find employment.

To find information, visit the "Training and Employment Services" page under Economic Development, Investment, Trade and Natural Resources at <https://www.gov.mb.ca/wd/ites/index.html> on the provincial government's website. Next, click on "Career Planning and Job Search Supports" followed by "Jobs and Ca-

reers."

Training and Employment

Continued on page 20

## Spirit of Caring Course

Training for people who want to learn more about spiritual health

Over 10 weeks, participants will explore topics such as:

- What is spiritual care in health care?
- Dying and death
- Communication • Spiritual development
- Understanding suffering and compassion • Trauma and crisis
- Spiritual diversity • Self-care, prayer, meditation and rituals



**Ferdinand Funk**  
Regional Spiritual Health Services Coordinator

Ferdinand Funk is a CASC/ACSS Certified Spiritual Care Practitioner with over 35 years of experience in congregational leadership and Long Term Care chaplaincy. Ferd is passionate about recruiting, training and supporting persons who have an interest in walking alongside and supporting patients and residents in Acute Care Hospitals and Personal Care Homes as spiritual care volunteers with hope, care, respect and compassion.

Location: STONEWALL HOSPITAL  
- Multipurpose Room A & B

Times:  
Every Friday – April 26, 2024 – June 28, 2024  
12:30 pm – 3:00 pm

For more information, please call or email:  
Ferdinand Funk, Regional Spiritual Health Services Coordinator  
Ph. 204-461-3414 or Email: [ffunk@ierha.ca](mailto:ffunk@ierha.ca)  
Registration Deadline: April 24, 2024  
Learn more or Register for Free:  
[www.ierha.ca/about-us/community-involvement/volunteer-opportunities/](http://www.ierha.ca/about-us/community-involvement/volunteer-opportunities/)



Interlake-Eastern  
Regional Health Authority

# Ashern Holubka Dance Group celebrates Ukrainian heritage with Spring Zabava

By Becca Myskiw

It was a weekend of colourful costumes, foot kicks and twirls for the Ashern Holubka Dance Group.

The local Ukrainian Dance Group hosted their annual Spring Zabava on Saturday, welcoming the community to the Ashern Centennial Hall to celebrate the season. The dance group began just a few years before the COVID-19 pandemic, kicking off with more than 40 dancers in beginner, junior, intermediate and senior classes.

The group had to shut down during the pandemic, though, and remained that way until just last year when the Ashern Holubka Dance Group returned to the community. The group is currently working to get back on its feet and increase its registration numbers after many of the original dancers aged out. This year, the Ukrainian dance group has 15 dancers in three youth groups: ages three to six, seven to 10 and 11 to 14.

Ukrainian dance is a traditional style dating back to the third millennium B.C. It is known for being “energetic” and highly choreographed. Ukrainian dance was once a ritual performed by the Ukrainian people.

Each region in Ukraine has its own style of traditional dances. Each costume piece and colour on them means something, down to the type of head-dresses the dancers wear. There are various types of Ukrainian dances — Kozachok, Chumaky, Hopak, Hutsulka and more. Each has a specific



EXPRESS PHOTO SUBMITTED

Ashern Holubka Dance Group celebrated their Ukrainian culture with friends and family last weekend at their annual Spring Zabava.

purpose, style and music type.

Most Ukrainian dance groups hold their first showcase of the season in January and their second in the spring. Since their return, though, the Ashern Holubka Dance Group decided to host just one big showcase at the end of their season, their now annual Spring Zabava.

The Zabava is an event where the

dance classes within the group get to show off the skills they’ve learned throughout the year. This year’s show will feature a dance from each class plus four individual dances, including one solo, two duets and one trio. Last year, the group’s Spring Zabava also saw performances from the Teulon Ukrainian dance group, but this year, it will just be the Ashern classes.

“[The dancers] get the experience of performing in front of a crowd and they get to show off everything they’ve learned,” said Meghan DeFoort, Ashern Holubka Dance Group treasurer.

The group’s season starts in the fall and usually goes until May. This year, their season ends a month early due to the instructors being unavailable after April. The club used to dance

at the Ukrainian festival each year in Dauphin and the Festival of the Arts in Fisher Branch, and DeFoort said they’re working to get back there. As the club grows, so will the opportunities for its dancers.

“It’s something different for the kids to do,” she said. “They get to learn the culture and some of the language with the steps and songs.”

Last year, the Spring Zabava sold out, filling the hall with 250 people to cheer on the young dancers. This year’s event saw many people enjoy a Ukrainian supper, complete with perogies and cabbage rolls, watch the dances and attend the social that starts at the end of the night. It brought in funds that go back into the club.

## VIDIR HERO SCHOLARSHIP

*for all Vidir Employees' Children in Grade 12*

A core value at Vidir is that Education Elevates Excellence. We also believe in Raising Others Up, especially our employees and their families. We want to see the future generation continue to learn and elevate both the Interlake and the world. Vidir is now offering two \$1,000 scholarships to children of Vidir employees.

**Application deadline is April 30th, 2024 and decision will be released on May 10th, 2024.**

**To apply, you must meet these criteria:**

1. Your parent must have worked at Vidir for 5 years or more and must be in good standing with the company.
2. You are graduating grade 12 this year in any high school.
3. Must have maintained an 80% or higher GPA throughout high school.

**When applying:**

1. Fill out the scholarship application.
2. Submit most recent transcript.
3. Submit a recommendation letter from a non family member regarding what you want to study and why you will do well in it.
4. Submit 2 essays:
  - **1st essay:** 600 words on a Vidir value, why you think you exemplify it, and how you hope to use your studies and that value to make a difference in the future.
  - **2nd essay:** 500 words on a time where you saw a need in your community and an innovative solution you came up with to meet that need.

INTERESTED STUDENTS SHOULD  
EMAIL [CARISSA.REMPEL@VIDIR.COM](mailto:CARISSA.REMPEL@VIDIR.COM)  
FOR A COPY OF THE SCHOLARSHIP  
APPLICATION

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[stonwoodelkranch@gmail.com](mailto:stonwoodelkranch@gmail.com)

DIRECTIONS FROM BALMORAL: 1 MILE SOUTH ON HWY 236 & 1.75 MILES EAST ON ROAD 84N

OR 1 MILE SOUTH ON HWY 7 AND 1.25 MILES WEST ON ROAD 84N (Watch for Stonewood Elk Ranch sign)

# Girl Guides gear up for romp in northern Manitoba

## Pancake fundraiser April 20 at Clandeboye Hall

By E Antonio

A group of Girl Guides from the Interlake area is preparing for a thrilling trip to northern Manitoba this summer, where they will spend time at the Churchill Guiding Camp.

The group of 13 girls, ages 11 to 16 from the Pathfinders and Rangers programs, will be travelling up to Churchill in July. They are from Stonewall, Clandeboye and Fisher Branch.

Girl Guide leader Danelle Hanchar said she is excited for the expedition.

"Lots of girls don't get the opportunity to travel," she said, adding that, for some of the girls, this will be the first time they are leaving home.

The camp is located 22 kilometres from the Town of Churchill. The group will meet with other Girl Guide teams as a bridging event.

The groups will learn and experience how the northern Girl Guide program is different from the Interlake.

"This trip will give these girls an experience that they have never had before," said Hanchar, who has always wanted to go to Churchill.

"It is important that we are able to set out and explore what is in our own backyard."

Hanchar explained that being able to adventure



PHOTO SUBMITTED

A group of Girl Guides from the Interlake will be hosting a pancake breakfast on April 20 at the Clandeboye Hall.

outdoors creates many learning opportunities.

Pathfinders and Rangers will get to kayak with belugas, prepare meals, go dog carting, create campfires and visit the Prince of Wales Fort National Historic Site.

The nine-day trip will also see the Interlake Girl Guides visit Thompson and attend Scout Camp at Pisew Falls.

A lot of planning and expenses have been put into the trip, said Hanchar, who has been preparing since 2019.

"There is a lot of paperwork, budget approvals

and explaining why it relates to our program," she said.

She estimated it will cost \$2,500 per girl to go to Churchill.

Fees cover transport, lodging, meals and activities. A portion of the fee also goes toward the hired bear guard.

"We are in no-man's land, so a bear guard is required at all times at the base camp," Hanchar said.

Karl Daher, a parent in the Interlake Girl Guides program, has planned a pancake breakfast fundraiser on April 20 from 9 to 11:30 a.m. at the Clandeboye Hall.

A plate of three pancakes, three sausages and a drink will be \$10. A smaller plate will be available for \$6.

Clandeboye Hall is located at 111 Main St.

"Travelling to Churchill is not cheap," said Daher, who explained that this is the first big fundraiser for the camp.

Girl Guides have been selling cookies since 2019 as a program requirement. A portion of the funds must be raised in cookies.

The Interlake Girl Guides have also raised funds with Epicure and World's Finest Chocolate.

On May 11, the group will host a Mother's Day Tea and auction fundraiser at the Rockwood Red Barn. A bottle drive will also happen throughout the month of May.

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# Ashern RCMP lay charges in carjacking

By Lana Meier

Ashern RCMP received a report of a carjacking at knife-point that occurred on Kirkfield Drive in Ashern on April 10 at approximately 4:40 p.m.

The victim, a 26-year-old male from Ashern, advised he was outside his residence when he was approached by three individuals, one male and two females known to him, who de-

manded his vehicle keys and threatened him with a knife. The keys were provided and the suspects fled the scene. Responding officers located the stolen vehicle abandoned a short distance away and were advised another vehicle had stopped to pick up the fleeing suspects.

A short time later, an officer located the second vehicle stopped at a gas

station on Highway 6 near Eriksdale.

As the officer pulled in behind the suspect vehicle, he observed three occupants seated in the vehicle, two females and one male. The two females exited the vehicle and entered the gas station. The male remained seated in the rear seat. When the two females exited the store, they were both arrested without incident and placed into the police vehicle.

The male suspect, believed to still be armed with a knife, then exited

the vehicle and was placed under arrest. The suspect began yelling at the officer and refused to comply with demands made by police and became combative. A conducted energy weapon was deployed in order to safely take the suspect into custody. A search of the suspect located the knife in his possession.

RCMP have charged Tyler Abraham, 24, of Winnipeg, with robbery, possession of weapon for dangerous purpose, carrying a concealed weapon and fail to comply with release order conditions x2. He was remanded into custody.

Sky McKay, 22, and Kaitlyn Piereroy, 32, both currently residing in Ashern, were charged with robbery and later released for court scheduled for June in Lundar. Ashern RCMP continue to investigate.

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### > HOMESTEADING, FROM PG. 8

While she says that starting with a small garden or making items for yourself is beneficial, she also acknowledged that even homesteaders can't do everything and that's another area where people might benefit.

Insley explained that she purposefully chose vendors for this market with specialities that don't overlap so that if you're a homesteader who specializes in soap-making, you can still find people who specialize in other areas to learn from and get products from.

As for the events that will be taking place at the show, the day starts at 10 a.m. and the first 100 people through the door will get a bag with goodies from the homesteaders.

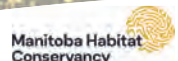
There will be presentations throughout the day with time in between to let people shop at the vendor booths, have a snack or chat with vendors who are all willing to share what they do. Residents can also expect free coffee, tea and water to keep everyone hydrated. The show wraps up at 3 p.m.

A list of vendors and presentation is available at the Manitoba Homesteading Show website at <https://mbhomesteadingshow.com/>.

The event is also free for residents to attend.

Insley invites residents who are pros or new to homesteading and want to learn more to stop by.

"It's a community event. It's vendors and presenters who are living the life that they're presenting about. They are walking the walk. You're not listening to big corporate commercial organizations; you're gleaning information and learning from people who do this and are living the life of sustainability whether it's 10 per cent of their life or 100 per cent of their life," she said.



# Manitoba Beef Producers recognizes measures in latest provincial budget

By Lana Meier

The most recent provincial budget includes several initiatives that Manitoba Beef Producers is pleased to see. These measures have the potential to benefit both the cattle sector and rural communities in our province.

According to MBP president Matthew Atkinson, the budget contains significant commitments that are vital for our sector. These include increased funding for the Livestock Predation Prevention Strategy, implementation of the Veterinary Medical Services Strategy to address shortages and a 2024 freeze on rental costs for agricultural Crown lands. As MBP has advocated strongly for these issues, their inclusion in the budget is greatly appreciated.

Atkinson noted several other com-

mitments that will be helpful for beef producers. They include:

- Extension of the gas tax cut to the end of September;
- Maintaining the school tax rebate for farm properties at 50 per cent;
- The reopening of two Manitoba Agricultural Services Corporation (MASC) service centres;
- Increasing the loan amount eligible for the Young Farmer Rebate to \$300,000 from \$200,000 and the lifetime maximum rebate to \$30,000 from \$20,000;
- Providing a new lending fee credit for farmers under the age of 40 to minimize the upfront cost of financing through MASC;
- Continued investments in the suite of business risk management programs;

- The development and implementation of a comprehensive trade strategy with a renewed focus on trade relationships and expanding export capacity;
- The creation of a value-added strategy for Manitoba farm products;
- More apprenticeship training seats, and other steps to help deal with labour shortages, including measures to address gaps in services for temporary foreign workers in agriculture;
- Efforts to relieve the shortages of health care professionals, including in

rural communities;

- Work to address rural crime, including more funding for police services.

Atkinson said that MBP will maintain its collaboration with Ministers, government officials, and agency employees in order to promote the growth of Manitoba's beef industry. This open exchange of ideas is crucial as we work towards the shared objective of a thriving provincial agriculture sector and prosperous rural areas.

## Spectacular sunset



EXPRESS PHOTO BY TAMMY PAULSON

While parts of North America were treated to a total solar eclipse — the last visible one of its kind in Canada until 2044 — Manitoba was expected to see only a partial one this time around. The last time our province was in the path of a total solar eclipse was 1979.

Unfortunately, cloudy weather foiled viewing plans in Arborg, but this stunning sunset, seen while taking an evening walk beside the Icelandic River, was a beautiful consolation prize. The photo was taken at 8:22 p.m. on April 9 and temperature was 7 degrees C.

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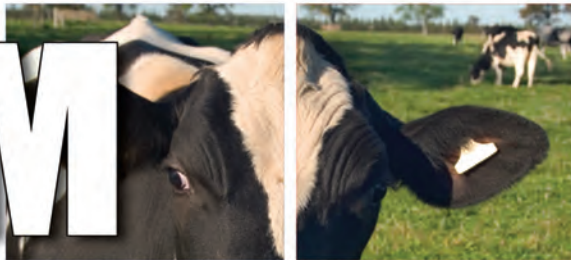
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# Your FARM



## Look what the wind blew in

By Lori Penner

John Gavloski is a fascinated observer of almost any type of wildlife, with a particular interest in all the creepy, crawly visitors that not only harm your crops but also benefit them.

Based in Carman, with a PhD in entomology, Gavloski has been working with Manitoba Agriculture since 1997, monitoring and providing information on insects that are both beneficial and potential pests to farmers, agronomists and those working with agriculture.

In a recent presentation, Gavloski listed the top insect concerns that producers faced in 2023 and offered a forecast for this season along with scouting and management tips.

The list includes flea beetles in canola, grasshoppers, armyworms, diamondback moths, alfalfa weevil, cutworms, aphids in small grains, field peas and soybeans, and Lygus bugs.

"Flea beetles, grasshoppers and armyworms were major insect concerns in every agricultural region of the province," Gavloski said. "The others were of concern but more localized and weren't as widespread. Five of those 10 are things that overwinter well here, and five either blew in or migrated in. So, flea beetles,

grasshoppers wintered well. Armyworms migrate in a purposeful migration. Diamondback moths don't winter well; they blow in. The alfalfa weevil doesn't winter as well as cutworms. Pretty much all aphid species, if they're going to be a problem, it's because they've blown in."

### Flea beetles in canola

Gavloski says last year resulted in many issues with flea beetles.

"They were widespread. But it wasn't as bad as the year before. What puts you at a higher risk for flea beetles is sitting and not growing quickly early on."

Producers were treating canola seed with neonicotinoid seed treatment, and many fields received additional insecticide applications. There were also heavy feeding or insecticide applications reported from all agricultural regions.

Gavloski said slow emergence and early season growth makes canola more vulnerable to flea beetles.

"The challenge is to get the canola plants to a stage where they can naturally tolerate flea beetle feeding (3-4 leaf stage) without significant feeding injury."

Last spring's excellent growing

conditions and warm soil resulted in quick germination and emergence in some areas.

Cultural controls for flea beetles in Canada include planting seed as shallow as available moisture will allow. Direct seeding also provides a microclimate which is less ideal.

Producers could also consider stem cutting.

"But there's an art and a science in scouting for females. We're factoring in a variety of things, so you really have to use a bit of intuition and common sense in your decision making."

### Grasshoppers

"In our areas, there are many different crops, so some farmers don't have to deal with them in any significant way. Other farmers do. So it can vary within a region."

Pest species can lay a lot of eggs, and Gavloski says if you get them in early frost, sometimes it cuts down the egg laying before they get a chance to lay their maximum amount.

"Last year, the frost came quite late, and they were able to lay their maximum numbers. They were in warm enough conditions, so they were quite active."

In terms of winter mortality. Gav-



PHOTO BY LORI PENNER

John Gavloski recently shared the top insect concerns for last season and the season ahead with local producers.

loski says don't count on it.

"Soil temperatures of -15 degrees, about two to three inches into the soil are required to cause substantial winter mortality."

This depends on snow cover since eggs are usually laid where snowfall accumulates.

"Even an inch or two of snow is enough to insulate them."

If spring is too dry, it can delay hatch. Grasshoppers need a bit of moisture for hatch but not a lot. Temperature is what drives the cycle.

"Scout your ditches and field edges, and areas where grasshoppers tend to emerge in your region, starting in early June. That's when you can probably expect to see the hatch starting."

### Armyworms

Armyworms are in the same family as the cutworm, Gavloski said.

"These are major pests. They migrate north in springtime, like butterflies. We had some very high levels last year, in late June and July, right across the province."

Armyworms like dense grassy vegetation to lay their eggs, so scouting for them isn't difficult.

"If you have areas that are denser, especially a cereal crop, check those areas carefully. We do monitor and set traps for these adults, and we can give you at least a bit of advance notice if we see them in our traps."

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# EIWD to distribute 16,000 trees; new headquarters in Gimli

By Patricia Barrett

The East Interlake Watershed District (EIWD) will be distributing a lot of trees at no cost this year to help landowners combat the climate crisis and protect the ecosystem.

EIWD director Armand Belanger said 16,000 trees will be made available to landowners who fall within the watershed district's catchment area and who meet certain criteria.

The trees are part of the federal Liberal government's 2 Billion Trees (2BT) funding program, which will provide funding for 10 years to help tackle climate change and biodiversity loss.

"We are getting the saplings through AWES [Agroforestry and Woodlot Extension Society], a partner in Alberta," said Belanger. "Trees, mulch blanket and use of our tree planter and mulch applicator are free to landowners. The main criteria are that landowners maintain the trees."

The federal government's 2BT program states that the trees will capture and store carbon from the atmosphere, improve air and water quality, help restore nature and biodiversity, cool urban centres and support green jobs.

The EIWD, which receives federal and provincial funding support, works with landowners to help minimize the impacts of land use and agriculture on the environment.

The district delivered millions of dollars in government programs in 2023 including initiatives such as shelterbelts, reforestation, tree and grass planting, exclusion fencing (to protect riverbanks and other water courses from animals), well water testing, erosion control, conservation

payments for landowners' maintaining or protecting important areas, cover crops, nitrogen management, rotational grazing, water retention, wetland enhancement, pollinator strips and prairie re-wilding.

The EIWD moved its headquarters in Gimli from 74 First Ave. to 15 Jacobson Dr., off Gimli Park Road. The two-acre site, which was previously owned by commercial fisher Gord Jacobson, has a newly constructed office with a spacious boardroom, said Belanger. It also has a walk-in fridge/freezer, which used to store fish and can now store trees. The expanded site will allow the EIWD to efficiently store equipment and supplies.

"While the previous office was conveniently located on the main street, the new site offers a more serene environment. Staff and visitors now enjoy views of deer, rabbits and even a weasel as they peer out the windows. The picturesque surroundings provide a refreshing change from the bustling city streets of Gimli," he said.

The move to the new office began a year before the actual relocation, he added. EIWD secured approvals from its 16 municipal partners and the provincial government.

The EIWD is experiencing unprecedented activity because of several funding programs for farmers and land stewards, said Belanger.

In addition to the 16,000 trees, the Manitoba Habitat Conservancy's Growing Outcomes in Watershed program is providing funding to enhance, maintain and protect wetlands, grasslands, uplands and riparian zones.

"Landowners can now receive year-



EXPRESS FILE PHOTO BY PATRICIA BARRETT

A stand of trees in a field is shown along Highway 7. The EIWD will be distributing 16,000 trees to landowners this year under a federal government program that's providing funding for 2 billion trees to fight climate change and biodiversity loss.

ly payments for undrained Class 1 and 2 wetlands," said Belanger.

The Prairie Watersheds Climate Program, which was established by the federal government and is administered by the Manitoba Association of Watersheds, will also be helping reduce nitrogen, integrate cattle and encourage cover cropping.

"These practices have shown to reduce greenhouse gases," said Belanger. "Of particular interest to the watershed district and farmers is that these practices align with the six principles of regenerative agriculture, where input costs are reduced while building healthy soil, transforming soil that was once like concrete into a sponge."

The EIWD is currently renewing its Netley-Grassmere and Willow Creek Integrated Watershed Management Plans, which are a co-operative effort by all levels of government, community members, Indigenous peoples and watershed organizations to manage resources for the long term.

"This co-operative effort will outline short and long-term watershed goals that will increase the health of the watershed for all watershed residents," said Belanger.

For more information about EIWD services and programs, visit the website at [www.eastinterlake.ca](http://www.eastinterlake.ca) or call 204-642-7578.

## > WIND BLEW IN, FROM PG. 16

Any field in areas that have significant bird activity should be scouted.

Also check the backs of armyworms for parasite eggs. Natural enemies of the armyworm are Cotesia wasps, who lay eggs into the army worm.

### Diamondback moth

The Diamondback moth is blown in by strong south winds into Manitoba across Eastern, Interlake, Central and Northwest regions in July and August.

Their numbers are hard to predict.

"It can vary from year to year. The numbers were extremely high in the Altona and Horndean areas last summer," Gavloski said.

Few, if any, survive winters in the Canadian prairies.

"When they move in and get es-

tablished, the pod feeding is the most damaging. If you have good soil moisture and they're feeding on flowers and buds and things, usually plants like canola will produce more flowers and buds and compensate for that feeding. But the plant can't produce more pods and seeds once it gets to that stage. The pod feeding is really what we want people to watch out for."

### Aphids in cereals

"Aphids were a concern and are also something that blows in on the winds. They were an issue in quite a few regions. Probably more so in the western part of the province and the central region.

"The problem we ran into last year was they came in quite late, well into

July. People were scouting and they weren't quite at soft dough yet. They were still in the susceptible stages. But spring was an issue because we're limited to two registered active ingredients: malathion and dimethoate."

Dimethoate has a 35-day preharvest interval.

"So, when you're almost at soft dough, that's not an option. And malathion wasn't all that readily available. It's an okay product on aphids. Dimethoate is probably the better product in the long run, but because of the long pre-harvest, it's not an option."

### Lygus bugs

Lygus bugs are sap feeders, with a beak like a mosquito. They suck the juice from the plant, and like to feed on nitrogen rich newer growth, like flowers, buds, and seeds.

"They can become a real problem when they're feeding directly on your seeds and will do this with a lot of plants. Last year we had issues in canola, dry beans, and high levels in rye and wheat."

The new economic thresholds for Lygus bugs in Canola suggest a threshold of 20-30 per 10 sweeps for good growing conditions. Using the lower end of the threshold (about 20 per 10 sweeps) may be appropriate for stressed canola with less ability to compensate for feeding.

The most vulnerable crop stage for Lygus feeding is when seeds are enlarging on lower pods. When most pods become "leathery" and when seeds inside are firm, Lygus bugs can no longer penetrate the pods or seeds with their mouthparts and are no longer an economic threat.

# EBN launches pilot program to gauge need for food delivery service

By Patricia Barrett

The Evergreen Basic Needs Food Bank in Gimli has embarked on a pilot project to assess the need for food hamper deliveries to clients who are unable to pick up a hamper.

EBN executive director Karen Bowman said the need for the pilot project, which for assessment purposes will be limited to the RM of Gimli and the Town of Winnipeg Beach, stems from the ongoing lack of public transportation in rural areas.

"We know of some people in the community who are in a predicament when it comes to hamper day. They'll book an appointment to pick up a hamper then find that their mode of transportation hasn't come through, whether that's a family member giving them a ride or their car breaks down," said Bowman. "There may be others who don't even bother connecting with us because they know they can't get here to pick up a hamper. Things are getting tougher and tougher for people. We have some clients who have their own vehicle but can't afford to buy gas."

The criteria for the delivery project

are having no access to a personal vehicle, a limited support network and no social worker assistance. The hampers will be pre-packed and optional items — clients visiting the food bank have the opportunity to access a giveaway table for items that aren't part of their hampers — will be selected by food bank staff.

Since 2021 EBN has seen a 30 per cent increase in the need for hampers across its region coupled with a decline in food donations as the cost of living steeply rose.

"Last year 1,688 hampers were picked up, which represents the number of hampers we had to provide food for rather than the number of households using a hamper," said Bowman. "Clients are entitled to two hampers a month."

With higher fuel prices at the pump that started in April with an increase in carbon pricing, Bowman said she expects the cost of EBN's delivery pilot project to have an impact on their budget.

"Anytime anything increases in price relating to food or fuel, our bottom line goes up as well. The in-



EXPRESS PHOTO COURTESY OF KAREN BOWMAN

Evergreen Basic Needs in Gimli has launched a three-month pilot program to deliver food hampers to people in need in the community.

creased cost of fuel will definitely have an impact on us," she said.

EBN received a generous donation of \$2,000 in gift cards from Red River Co-op that can be used for either food or fuel. That will help offset the cost of operating the delivery service.

The hamper delivery project started on April 3 and will run until June 26, after which Bowman said they'll assess the results.

"We'll look at what the response has been and see if it's viable to continue or if we should try something else," she said.

To apply for the delivery service, call 204-642-9736 (extension 3) on Mondays or Tuesdays between 8:30 a.m. and 4 p.m. The food bank co-ordinator will determine eligibility. Those who are entitled to the service will be scheduled for a delivery on Wednesdays between 10 a.m. and 3 p.m. The client must be at home to receive the hamper since it will not be left outside or at another location.

The food bank and EBN's gently used household and clothing store is located at 71 Fourth Ave. in Gimli.

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# Manitoba government holding forum with Lake Winnipeg commercial fishers

By Patricia Barrett

The provincial government is inviting Lake Winnipeg commercial fishers to the table to discuss the future of their industry, signalling a collaborative approach to working with fishers.

A spokesperson for the department of economic development, investment, trade and natural resources said the government wants to hear directly from commercial fishers about their “interests and solutions” for the future of the fishery.

Sustainability of fish populations and new opportunities for growth in communities engaged in commercial

fishing will be among the topics discussed.

“The minister [Jamie Moses] is committed to continued collaboration with the commercial fishing industry to ensure the sustainable management of fisheries, now and for future generations,” said the spokesperson. “The province recognizes the value that commercial fishing brings to communities and the economy across Manitoba. The government is committed to collaborating with the industry on opportunities for growth and maximizing benefits for local commercial fishing communities while ensuring

the long-term sustainability of fish populations.”

Lake Winnipeg is polluted from agricultural runoff, municipal wastewater and regular raw sewage spills, among other pollutants, but that will not be a focus of the discussion.

“At this time, water quality concerns are not part of the agenda for the forums,” said the spokesperson.

The first meeting will be held in Scanterbury on Tuesday, April 30

from 1 to 3 p.m. at the Private Tom Chief Memorial Hall, across from the South Beach Casino.

The second meeting will be held in Gimli on Wednesday, May 1 from 10 a.m. to 12 p.m. at the Lakeview Gimli Resort in meeting rooms A and B.

To attend the meetings, commercial fishers can register by emailing fish@gov.mb.ca before April 23.



EXPRESS FILE PHOTO BY PATRICIA BARRETT

Pickerel and whitefish caught by a Lake Winnipeg commercial fisher.

## Tips from a CPA to Prepare for Your Taxes

### 1. Communicate

Make Canada Revenue Agency (CRA) and your accountant aware of any life changes that have occurred since last year such as changes to your marital status, legal name, mailing address, or a new dependent. ELM Chartered Professional Accountant Inc. (ELM CPA) uses a tax questionnaire to obtain up-to-date information from clients for preparing their tax returns. This also includes information about the sale of a principal residence, which may not be taxable, but must still be reported to CRA.

### 2. Compare

Review last year’s tax return and Notice of Assessment from CRA to the slips and information you are providing to your accountant this year. Do you have all the slips and information for the income, deductions, and credits you are reporting? If you are using a new accountant this year, it is helpful to provide them with a copy of your last year’s tax return so they can continue with any deductions or credits that have carried forward from the prior year.

### 3. Compile

Many people do not look forward to tax season because it can be a lot of work to gather their documents, especially when self-employed.

Consider setting up a filing system for your tax related documents that you can use throughout the year. It can be as simple as using an accordion folder to compile your tax documents you get throughout the year (e.g. children’s fitness receipts, or gas receipts if you are claiming vehicle expenses). For self-employed individuals, consider doing bookkeeping for your business throughout the year instead of just at the end of the year, especially if the task of bookkeeping feels overwhelming to you.

### 4. Check

It is important to check over your return before filing it with CRA. While you may use an accountant to prepare your return, it is still your responsibility as the taxpayer to ensure that the return is complete and accurate. Erica Minarik, CPA, CGA, of ELM CPA, reviews client’s tax returns with them in detail, answering your questions to help you understand your tax return.

Finally, review your Notice of Assessment with your tax return that was filed to see if there were any changes made by CRA. Notify your accountant if there were any changes so they can determine if any steps need to be taken with CRA.

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# Construction going strong on Arborg's 30-suite Blue Crescent Hotel



EXPRESS PHOTOS BY LANA MEIER

Ken, Trevor and Andrew Rempel of Steel Creek Developers took shareholders on a tour of Arborg's 30-suite Blue Crescent Hotel last Friday. The framing inside is close to completion, and drywalling, taping and mudding is completed on the third floor. Guests were able to see a variety of suites, including singles, doubles, family rooms with two sets of the bunk beds, king/queen executive and a two-bedroom kitchenette. The walk through also showed features including the location of the fitness room, laundry facilities, the meeting room that can be booked by the general public for birthday parties or other events, as well as the continental breakfast room. The hotel will include a pool and waterslide on the west side of the building. The hotel is still on schedule to be completed before Christmas.

## > EARLY CHILDHOOD, FROM PG. 11

Services operates 13 Manitoba Jobs and Skills Development Centres across the province, including locations at 62-2nd Ave. in Gimli and 100-260 Superior Ave. in Selkirk. These

centres can also be reached toll-free by calling 1-866-332-5077.

These training centres offer a range of services including employment needs assessment, career counselling,

job search assistance, computer access and more.

Training and Employment Services also has a program called Skills Development Assistance, which eligible individuals who need training to find employment.

Eligible individuals might be able to access support services or financial support for training in medium and high demand occupations.

Support for training won't be provided if you started a training course on your own without prior approval

in Manitoba or if you've received support from the Manitoba government to participate in skills training within the previous two years.

You might be eligible for support if you have a current or previous employment insurance claim.

To learn more about the Skills Development Assistance program, visit a Manitoba Job Skills and Development Centre, <https://www.gov.mb.ca/wd/ites/contact.html> or call toll-free 1-866-332-5077.



# 86<sup>TH</sup> ANNUAL GENERAL MEETING

of Red River Cooperative Ltd.

**THURSDAY, APRIL 25, 2024**

Registration: 5:30-6:45pm

Meeting: 7:00-9:00pm

**VICTORIA INN**

1808 Wellington Avenue

Centennial Room 8

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All members registered are entered to win a prize draw.

Refreshments will be provided.

# GROW OUR OWN SCHOLARSHIP

for all Interlake Grade 12 High School Students

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

**Application deadline is April 30th, 2024 and decision will be released on May 10th, 2024.**

To apply, you must meet these criteria:

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

**INTERESTED STUDENTS SHOULD EMAIL [CARISSA.REMPEL@VIDIR.COM](mailto:CARISSA.REMPEL@VIDIR.COM) FOR A COPY OF THE SCHOLARSHIP APPLICATION**

When applying:

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



# Gimli art studio expanding fused glass line offerings

By Becca Myskiw

Hidden Treasures is bringing more options to its fused glass line.

On Gimli's Centre Street is an art shop offering products, services and education for the community. Barb Fletcher and her husband own the shop, which hosts multiple events a week, has a drop-in program for people of all ages and sells art goods. Perhaps one of its most popular offerings is its fused glass line, which allows people to make their own fused glass items.

Hidden Treasures offers its fused glass program as a drop-in activity for customers. People can come in whenever they want, choose an item the shop offers and design it. They'll first choose their object's background/base colour, and the Fletchers will cut it. Then, the customer will choose from tons of glass pieces in all kinds and colours to build and create their item. Once they're happy with the design, people leave their piece with the shop, and they'll fire it in the kiln for them, fusing the glass. If the object has a shape to it, Hidden Treasures will fire it a second time on a mould so it takes the shape it's supposed to.

At Hidden Treasures, people can make necklaces, sun catchers, plates, candle holders and night lights, but there will soon be more options.

"It's really starting to grow," said

Fletcher. "As we're gearing up for summer and tourist season, we just thought we would give our lineup a facelift and introduce some new projects — freshen things up a bit."

She said they've realized that firing items in the kiln at a cooler temperature gives them a 3D look, making hanging items more visually interesting. Along with the new firing technique, Hidden Treasures is adding a lantern that holds a battery-powered light or a candle and is working on adding an actual lampshade.

"Everything is food safe as well," said Fletcher. "Lots of times people don't have space for more stuff that collects dust, but to be able to use your artwork and make it something practical is fun."

The fused glass projects are also child-friendly. Hidden Treasures works to make all its classes and workshops family-friendly so everyone can have the opportunity to express themselves. It also offers pottery painting, with the objects changing by the season, paint nights, paint afternoons for children five and up, hand-building clay classes, bottle slumping, stoneware and a lot more. Right now, it's creating Inukshuks and gnomes in the clay classes.

"There's always tons of things that we're busily working on," said Fletcher. "We try to cater to kids who are



Almost all activities offered at Hidden Treasures are family friendly.



EXPRESS PHOTOS SUBMITTED

Hidden Treasures Studio is expanding their fused glass line to include lanterns like this, among other things.

creative and want something to do."

She said there aren't always many options for children interested in the arts that aren't music-based, so offering them an outlet is something they strive to do. They have an after-school art program and are planning a summer program for youth.

Every activity offered at Hidden Treasures is for people of all ages, backgrounds and abilities. Different price points are available for each project, and with the Fletchers always around, there is tons of help for beginners.

To learn more about the studio or to keep up to date with Hidden Treasures, follow them on Facebook at Hidden Treasures Studio or go to [www.hiddentreasuresstudio.square.site](http://www.hiddentreasuresstudio.square.site).

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# sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

## Lotts of luck at 2024 World Mixed Doubles Curling Championships

By Ty Dilello

Gimli's Colton and Kadriana Lott are off to Ostersund, Sweden, this week to represent Team Canada at the 2024 World Mixed Doubles Curling Championships from April 20 to 27.

The Lotts earned the right to be Team Canada after winning last month's Canadian Mixed Doubles Curling Championship.

At the World Championships, Canada will be one of 20 countries competing in two pools of 10 teams. Some of the Lotts' toughest competition at the Worlds will come in the form of Team Sweden (Wrana/Wrana), Switzerland (Schwaller/Schwaller), Italy (Constantini/De

Zanna) and Norway (Skaslien/Nedregotten).

Canada will play a nine-game round robin beginning on April 20. From there, the top three teams in each pool of 10 will advance to the single elimination championship round. The bronze and gold medal games will take place on April 27.

Live scores for the event can be found on the World Curling website at <https://worldcurling.org/events/worldmixeddoubles/>. Although the event won't be televised, people can visit <https://curlingchannel.tv/> to stream some of Canada's games online.

EXPRESS PHOTO SUBMITTED

Fresh after winning a national mixed doubles title for the first time, Gimli's Colton and Kadriana Lott are off to Ostersund, Sweden, to represent Team Canada at the 2024 World Mixed Doubles Curling Championships from April 20-27 at the Ostersund Arena.



## Interlake Kids of Steel triathlon registration open

By Becca Myskiw

A Kids of Steel triathlon, hosted by the Hecla Triathlon, is coming to Arborg this summer.

The triathlon is for children between six and 15 years old. Race director Paula Anderson said the Sulong Triathlon Group has wanted to hold an event for children for a while but didn't have the ability to in Lake Winnipeg.

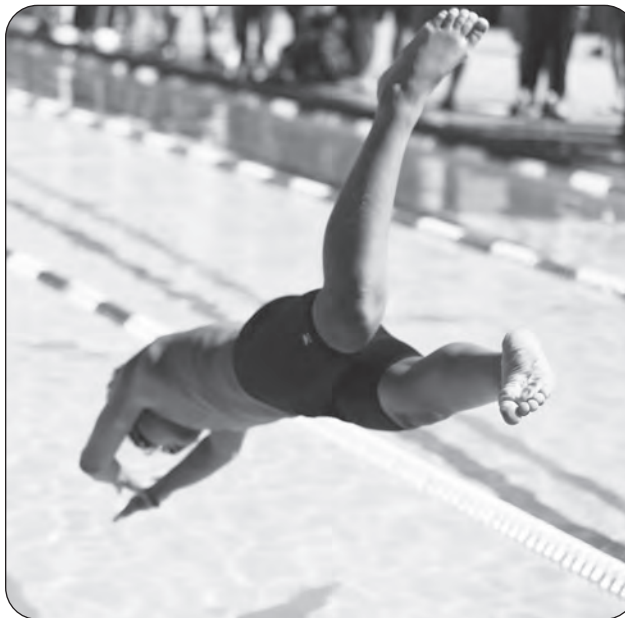
"It's just never played out properly," she said. "We've always wanted to be inclusive and have that kids' option."

Anderson completed her first triathlon around 10 years ago in Riding Mountain National Park. Knowing she could swim, bike and run, she decided to try it, and said she probably underestimated how difficult the three sports are to do in succession. When Anderson first stated, she was doing a 750-metre swim, a 20-kilometre bike and a five-kilometre run. The most common one she does today is the Olympic distance, which is a 1.5-kilometre swim, a 40-kilometre bike and a 10-kilometre run.

Anderson's favourite race, though, is the long one, and the only place she can do it in Manitoba is at the Hecla Triathlon. That race includes a 1.9-kilometre swim, a 90-kilometre bike and a half-marathon run.

"It's the challenge to push yourself," she said. "Any day can bring anything. You could get a flat tire and have to figure out how to work through it, or you could be having an off day and just have to finish."

The Interlake Kids of Steel triathlon will be in Arborg on July 6. Children six to seven years old will do a 50-metre swim, a 1.5-kilometre bike and a 500-metre run. Children eight to nine years old will do a 100-metre swim, a 3.2-kilometre bike and



EXPRESS PHOTO SUBMITTED

A triathlon for youth is coming to Arborg this summer and registration for it is open now.

a one-kilometre run. Children 10 to 11 years old will do a 200-metre swim, a 6.4-kilometre bike and a two-kilometre run. Children 12 to 13 years old will do a 200-metre swim, a 6.4-kilometre bike and a two-kilometre run — or if they prefer the longer race, a 300-metre swim, 9.6-kilometre bike and a three-kilometre run. Children 14 and 15 years old will do a 500-metre swim, a 9.6-kilometre bike and a four-kilometre run.

Athletes between the ages of 10 and 15 are also eligible to qualify for the 2024 Manitoba Summer

Games, which will be held in Dauphin.

The Interlake Kids of Steel triathlon will start at the Access Credit Union Aquatic Centre in Arborg, where the athletes will complete their swim. Once done, they'll head outside to the bike racks, put their shoes and helmets on and set out to complete their bike ride. That ride will take them to the Collegiate and back to the Aquatic Centre, the older ages doing the loop a few times. After that, the athletes will complete their run, taking them to the ball diamonds, around the track and through an inflatable finish line.

Throughout each portion of the race, adult volunteers will count laps and distances for the children.

"We try to make the environment as safe as we can," said Anderson. "We want everyone to have fun."

Anderson said doing a triathlon is a great way to challenge yourself. She finds it easy to stay focused when training because of the three sports to focus on, which keeps it interesting. She said the triathlon community in Manitoba is also very tight-knit and welcoming, a sort of family that pushes each other and has fun doing it.

"You leave feeling very accomplished once you're done, no matter if you did exceptionally well or had a poor day," she said. "You still put it out there."

The Interlake Kids of Steel triathlon registration is open until Thursday, July 4. Registration before May 15 is \$30 per athlete; after that, but before June 30, it is \$35, and after that, but before July 5, it is \$40. To learn more about the triathlon or to register your child, go to [www.heclatri.com](http://www.heclatri.com).

# get inspired

> MEAL IDEAS



## Apple Ricotta Crepes

1/8 teaspoon nutmeg  
salt, to taste  
maple syrup  
Ricotta Filling:  
1 cup ricotta cheese  
1 lemon, zest and juice only  
2-3 tablespoons sugar, or to taste  
To make crepes: In bowl, combine flour, sugar and salt. Add milk, eggs and vanilla then, using whisk, combine thoroughly. Mixture should be silky smooth. Refrigerate.

To make apple topping: In pan over medium heat, heat butter and brown sugar until bubbly and golden.

Add apples, cinnamon, nutmeg and salt, to taste; cook over medium-low heat until apples are soft. Turn off heat and finish with maple syrup.

To make ricotta filling: Combine ricotta, lemon zest, lemon juice and sugar, mix well and set aside.

In nonstick pan over medium-low heat, melt small amount of butter.

Add one ladle crepe batter, cook until bubbles form, flip and cook until golden. Repeat with remaining batter. Stack crepes to keep warm and soft.

Spread ricotta mixture thinly onto crepes and fold into quarters. Top with apple mixture and serve.

Yield: 12 crepes (2-3 crepes per serving)

- Crepes:  
1 cup flour  
1 tablespoon sugar  
1/2 teaspoon salt  
1 cup whole milk  
2 eggs  
1 teaspoon vanilla  
butter, for cooking  
Apple Topping:  
butter  
2 tablespoons brown sugar  
Envy Apples, sliced or cubed  
1/2 teaspoon cinnamon



## Apple, Tomato and Goat Cheese Frittata

1 Envy Apple, small diced  
1/2 cup sundried tomatoes, chopped  
4 ounces goat cheese, crumbled  
2 tablespoons thinly sliced chives  
Preheat oven to 350 F.

In large mixing bowl, whisk eggs, hot pepper sauce, salt, pepper and milk until well combined.

Stir in apples, tomatoes, goat cheese and chives until well combined.

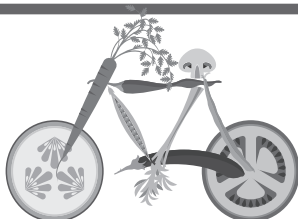
Using 1/3 measuring cup, spoon frittata mixture into oven-safe large skillet or 9-by-9-inch pan.

Bake 25-30 minutes, or until eggs are set.

Let cool slightly then serve.

- 6 eggs  
1 teaspoon hot pepper sauce  
2 teaspoons kosher salt  
20 turns fresh cracked pepper  
1/4 cup whole milk

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# Ask the money lady

Dear Money Lady Readers,

There are three major ways that Canadians invest in the market: fixed income investing, guided stock portfolios (which would include ETFs, MFs, bonds and various securities) OR through insurance products like annuities or segregated funds. Then there are other ways to invest – like buying real estate, cryptocurrency, commodities, and leverage lending. Today we're just going to cover the basics to get you started and give you some ideas so that you can discuss them with your advisor.

Let's start with fixed income investing which is often overlooked because it isn't as exciting as buying and selling stocks. It's primarily a rules-based philosophy that takes all emotion out of the equation. You simply follow the rules and get a solid return. Laddering is the most common method and today there's \$11 trillion invested this way in Canada alone. When you look at the markets from a long-term perspective, fixed income portfolios win every time. They're not as glamorous as picking stock, however because of their stability and security, almost all large corporate and government pension funds are done through this method. One thing you must remember with fixed income products is that they consist mostly of different types of bonds and buying them is like buying real estate. That means, you can't turn around and sell them immediately after the purchase like you can with stock. The way it works is, you buy them at a discount, and then they mature at par. Meaning on the maturity date you know exactly what you're going to get. Most people who invest in real estate and want a tangible asset, choose to diversify their investments in institutional bonds because of the similarities. At the retail bank level, you could also consider structured notes as an alternative fixed income strategy.

Guided stock portfolios are the other great method for Canadians to invest. But we seem to have a large expertise gap with some advisors, and most are pushing clients into mutual funds and managed accounts. Now, is that a bad thing? Maybe not. Today there are over 135,000 mutual funds to choose from worldwide with over \$1.7 trillion invested in Canada. So, let's talk about mutual funds since they seem to be the product of choice.



Christine Ibbotson

A mutual fund, (MF) is just that – a fund of different types of products such as stocks, bonds, and money markets. When you invest in a MF you invest money into the fund with everyone else, and by doing so, your contribution is measured in units. You will be given a number of units based on the daily market price called a NAV price per share (net asset value) and you will share in the income, gains, losses, and expenses of the fund you now partially own. MFs are a great way for any investor to take advantage of buying into a fund, managed by a professional with good diversification. That's because a typical fund could have a portfolio of 60 to 100 different securities, across 15 to 20 different industries. The average investor can't be expected to hold a stock portfolio of that size. It's just not possible. No one has the time, knowledge, or expertise to do so. This is why MFs could be a good choice.

If you choose to invest in MFs, take note of the load fees and trailer fees. This will be expressed in the management expense ratio, (MER). Also remember that MFs are not a short-term investment unless you opt for the money market funds. When you purchase MFs, plan to hold them for at least a year and make sure you know when the fund distribution times are so that you can avoid higher pricing or any tax implications when you initially buy in.

Good Luck and Best Wishes,  
Money Lady

Written by Christine Ibbotson, Author, Finance Writer, National Radio Host, and now on CTV Morning Live, and CTV News @6 syndicated across Canada. Send your questions through her website at [askthemoneylady.ca](http://askthemoneylady.ca)

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**MUSEUM ASSISTANT**  
- 16 weeks - 1 full-time (35 hrs/wk)  
must be student - May 13-Sept 2, 2024

The ideal candidate (16-30yrs) is a Canadian citizen/legally entitled to work in Canada, Familiarity with local and regional history is a definite asset. Strong public relations skills and the ability to stay on task with minimal supervision is required. Candidates must be registered in the Young Canada Works online Inventory

**MUSEUM CUSTOMER SERVICE B**  
- 8 weeks - 1 full-time (30 hrs/wk)  
July 4 - August 26th, 2024  
\*Dependent on Funding

This position are under the Canada Summer Jobs Program and eligible applicants will be 15-30 years old and available for the duration of the term.

**MUSEUM VISITOR SERVICES WORKER**  
- 16 weeks - 1 full-time (35 hrs/wk)

Open to local individuals 15-29 years old, and be available for the duration of the position. These positions have a flexible start date

\*Dependent on Funding

**Deadline for application is Wednesday, April 29th, 2024**

All positions: Duties will include the development and delivery of programs relevant to museum exhibits. Must be willing to commit to the whole term. These positions will be require working some weekends.

We encourage application from job equity group; women, persons with disabilities, visible minorities and Aboriginal peoples  
**New Iceland Heritage Museum,**  
#108 94 -1st Ave.,  
Gimli, MB R0C 1B1 or email:  
[julianna.roberts@nihm.ca](mailto:julianna.roberts@nihm.ca)

*We appreciate all that apply, but only those eligible for an interview will be contacted.*

## MUNICIPALITY OF BIFROST-RIVERTON

UNDER THE AUTHORITY OF THE PLANNING ACT

# NOTICE OF PUBLIC HEARING

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

THE MUNICIPALITY OF BIFROST-RIVERTON BY-LAW NO. **1-2024**  
Being an amendment to the RM of Bifrost Zoning By-law No. 04-2011, as amended.

**HEARING LOCATION:** Municipality of Bifrost-Riverton Council Chambers  
329 River Road, Arborg, MB

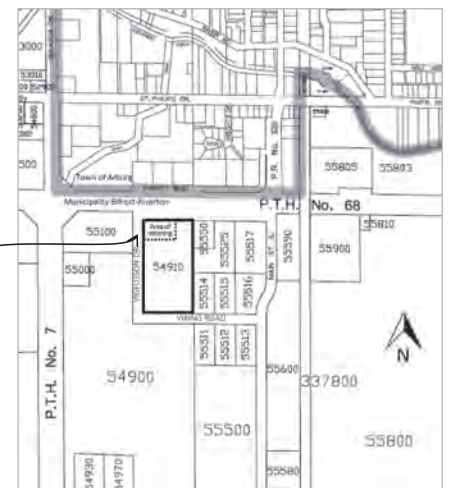
**DATE & TIME:** May 9, 2024  
9:00 am

**APPLICATION:** RMB-24-01R

**AFFECTED AREA:** Pt. Lot 45 in 22-2 EPM  
Being Lot 1, Plan 49365 WLTO  
Roll 54910

**GENERAL INTENT:** To rezone an area in the Municipality of Bifrost-Riverton from "MG" Industrial General Zone to "CH" Commercial Highway Zone, to accommodate a subdivision for a hotel currently under construction.

**FOR INFO CONTACT:** Nancy Thom, CAO/Development Officer  
Eastern Interlake Planning District  
62 - 2nd Avenue PO Box 1758 Gimli, MB R0C 1B0  
Ph: 204-642-5478 Fax: 204-642-4061  
Email: [ejpd@mymts.net](mailto:ejpd@mymts.net) Website: [www.interlakeplanning.com](http://www.interlakeplanning.com)



A copy of the proposal and supporting material may be provided upon request to the contact person mentioned above.

Please note, if you are within a 100m radius you will receive this notice in the mail that will include the proposal and supporting material.

**Please Note: E.I.P.D. recommends that property owner's notify lessee/renter if applicable.**

**RIVERTON CARE SERVICES**  
We are currently hiring for **Manager Position**  
Riverton Care Services provides assistance to individuals living with an intellectual disability in a supportive environment.  
**Duties of Manager include:** Staff supervision, Maintain financial records including payroll, working closely with government funding agencies, overall care and supervision of the home  
**Qualifications:** Relevant post-secondary education or relevant experience, Criminal Record and Adult Abuse checks are mandatory, Must have or willing to complete First Aid/CPR training, knowledge in Simply accounting software (SAGE) would be an asset.  
All interested applicants must have a valid driver's license, only those considered for an interview will be contacted. The position is for 32 hours per week, salary dependant on qualifications. Start date effective immediately.  
Resumes can be emailed to [rivertoncare@gmail.com](mailto:rivertoncare@gmail.com) or dropped off at 245 Thompson Drive Riverton.  
**204-378-5226**



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**NOTICE TO CREDITORS**

IN THE MATTER OF THE ESTATE OF LILIAN ROSE YANCIW, late of Gimli, in the Province of Manitoba, deceased. ALL claims against the above Estate, duly verified by Statutory Declaration, must be filed with the undersigned at their offices at 183 Main Street, Selkirk, Manitoba, R1A 1R5, on or before the 18th day of May, 2024. DATED at the City of Selkirk, in Manitoba, this 9th day of April, 2024. PKF LAWYERS Adam C. Kelso, Solicitor for the Executor

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

**NOW HIRING SEASONAL POSITIONS AUTUMNWOOD MOTEL & RV RESORT**

**RV RESORT (F/T):** Seeking Mature person to assist in the daily operations of busy Seasonal Campground in Gimli. Use of machinery, cleaning and other projects as required. Experience in light electrical/plumbing is a bonus.  
**MOTEL (P/T):** Housekeeping weekday/weekends/holiday Mondays. Fluent English mandatory, experience a bonus.  
Send resume to Michelle: awmotelmichelle@gmail.com

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Independent, experienced. Building construction, propane appliances, plumbing, metal roofs of fishing lodge cabins, etc.  
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Coins, Coin Collection, Old Jewelry, Bullion +!  
Cash paid for silver coins, gold coins, rare coins, old coins & paper \$, Olympic coins, Royal Canadian Mint Coins, Franklin Mint, US Mint etc, unwanted jewelry, old Rolex & Omega watches, nuggets, sterling silver, Bullion, all Gold & Silver!  
**Wanted:** USA, Canada, World Coin Sets & Coin Collections. Will buy entire collections & accumulations!  
**Todd** 250-864-3521



**Mazergroup Arborg is currently hiring for a SEASONAL PARTS CONSULTANT**  
Interested applicants can visit [www.mazergroup.ca](http://www.mazergroup.ca) and click on "Careers" for more information.

**TRUCK FOR SALE BY TENDER**

**Ukrainian Farmers Co-operative Ltd.**   
**2010 Ford F150 XLT Super Crew**, red, 4x4, Automatic transmission, Gasoline, KM 162720, safetied. Vehicle is available for viewing Monday-Friday 8AM-6PM. Tender must be in a sealed envelope marked "Tender for sale of Vehicle" and delivered to Sandra Lappage, General Manager, no later than **6PM April 24th, 2024.**  
*Highest or any tender not necessarily accepted.*



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

**EMPLOYMENT OPPORTUNITY**

*The Town of Fisher Branch is seeking a Town Gardener for the 2024 Summer Season!*

We are looking for a highly motivated and mature individual to help beautify our town for homecoming. Responsibilities will include planting flowers, watering, fertilizing, grass cutting and tree trimming. Maintain the beauty of plants, outdoor grounds, and trees in Fisher Branch. Additional help on projects will be supplied via the Town Green Team. Liaison with other community groups to beautify town spaces. Wages will be based on experience and individuals will be able to work hours suitable to their lifestyle. A vast knowledge of plants and landscaping is ideal. Start date will be dependent on spring thaw and winter freeze up. Deadline for applications will be April 30, 2024, at 12:00 pm.



**TENDER FOR GRASS CUTTING at Meleb Cemetery & Ukrainian Catholic Church Yard**

To be cut upon request  
Send tenders to:  
V. Nosaty - Box 1, Meleb, MB R0C 2C0  
or email valnosaty22@gmail.com  
Deadline: April 26, 2024



**MUNICIPALITY OF BIFROST-RIVERTON QUALIFIED BIDDERS FOR COLLECTION AND REMOVAL OF REFUSE**

The Municipality of Bifrost-Riverton is seeking proposals from qualified bidders for collection and removal of refuse from properties in Riverton, MB, and disposal at the B.A.R. Waste Authority Co-op waste disposal site at 13098 Road 128N in the Municipality of Bifrost-Riverton. Contract term to start June 1, 2024.  
Request for Proposal packages are available at the Municipal Office, 329 River Road, Arborg MB or from the Municipality of Bifrost-Riverton website, [www.bifrostriverton.ca](http://www.bifrostriverton.ca).  
Sealed submissions clearly marked "Garbage Pick-up" will be received at the Municipality of Bifrost-Riverton office, located at 329 River Road, Arborg, MB, up until 12:00pm, local time on May 2, 2024.  
All inquiries related to the Request for Proposal should be directed to Jason Comeau at 204.641.2167 or email [pwbifrost@mymts.net](mailto:pwbifrost@mymts.net)  
The lowest or any submission not necessarily accepted.



**Town of Winnipeg Beach PUBLIC HEARING NOTICE**

**2024 FINANCIAL PLAN**

**PUBLIC NOTICE** is hereby given that pursuant to subsection 162(2) of *The Municipal Act*, the Council of the Town of Winnipeg Beach intends to present its financial plan for the fiscal year 2024 at a Public Hearing to be held at the Winnipeg Beach Community Centre, 32 Hamilton Avenue, Winnipeg Beach, MB on **MONDAY, MAY 6, 2024** at 6:00 p.m.  
The purpose of this hearing is to allow any interested person to make representation, ask questions or register an objection to the Financial Plan.  
Interested parties may also submit questions, concerns or register and objection by email to Sharon Desiatnyk, CAO at [cao@winnipegbeach.ca](mailto:cao@winnipegbeach.ca) until Friday May 3, 2024.  
The 2024 Financial Plan is available for review on the municipal website at [www.winnipegbeach.ca](http://www.winnipegbeach.ca) after Friday April 26, 2024.  
Sharon Desiatnyk, cmma  
Chief Administrative Officer

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**Apply in person or email**  
321 Main Street, Arborg, MB  
[smittysfurniture@mymts.net](mailto:smittysfurniture@mymts.net)  
204-376-5242

*We thank all those who apply, but only those considered for an interview will be contacted*



[www.smittysfurniture@mymts.net](http://www.smittysfurniture@mymts.net)  
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## CAREER OPPORTUNITY

Ukrainian Farmers  
Co-operative Ltd.



### PART - TIME HARDWARE CLERK/ CASHIER

Ukrainian Farmers Co-op provides our staff with a competitive starting wage and a wide range of available courses and training opportunities. We offer a comprehensive benefits package including dental, vision, extended health, and a pension plan to all qualifying employees.

The successful candidate will be an energetic, self-motivated, hardworking individual who is a team player and enjoys working with the public.

If you would like to join our Hardware team, please fill out an application or submit resume to Dana Cook, Hardware Manager.

**Closing date for all applications is April 25, 2024.**

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

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RURAL MUNICIPALITY OF GIMLI

## INVITATION TO TENDER

### GRASS CUTTING

**CLOSING DATE: Wednesday, May 1, 2024 at Noon**

The Rural Municipality of Gimli is accepting tenders for grass cutting in various public reserves and parks and playgrounds throughout the municipality for a minimum 3 year term, with an option to renew for additional 1 year term at Council's discretion.

The contracts will require the provision of suitable equipment, operator, fuel, etc. for the cutting and trimming of grass beginning approximately the week of May 13th. The Contracts will be awarded on an area-by-area basis. Bid prices are based on a per cut basis, and include trimming and removal of grass. Areas that include playgrounds containing pea gravel around play structures must be roto-tilled before each long weekend to control weeds. The Contractor should expect 12 to 14 cuts per year. Contractor's experience and past performance will be a consideration of this tender. Lowest or any tender not necessarily accepted.

Detailed tender packages complete with specifications are available to interested bidders on the RM of Gimli website, [www.gimli.ca](http://www.gimli.ca), or at the Municipal Office, 62 2nd Avenue, between the hours of 9:00 am to 5:00 pm, Monday to Friday.

Sealed submissions clearly marked "RFT 2024-10 Grass Cutting, submitted by \_\_\_\_\_" will be received by the undersigned at the address below until 12:00 p.m. (noon) on Wednesday, May 1, 2024. Late submissions will not be accepted.

**Submit Sealed Tenders to:**

Rural Municipality of Gimli  
PO Box 1246, 62 2nd Avenue  
Gimli, MB R0C 1B0  
Attention: Ron Hahlweg, Director of Operations

**Questions or concerns in respect to the tender can be directed to:**

Karl Bergman  
Phone: (204) 642-6688  
Email: [publicworks@rmgimli.com](mailto:publicworks@rmgimli.com)

*The RM of Gimli reserves the right to reject any or all bids, to waive irregularities and informalities therein, and to award the tender in the best interest of the RM of Gimli in its sole discretion. Lowest bid may not be accepted. Contractors must comply with Municipal requirements for liability insurance, WCB coverage and business licensing to be eligible to be awarded the contract.*



## Town of Winnipeg Beach EMPLOYMENT OPPORTUNITY

### INVITES APPLICATIONS FOR SEASONAL & STUDENT POSITIONS

**General Skills & Qualifications for all positions:** Excellent communication and organizational skills, and a demonstrated ability to work independently and/or in a team environment are required. Wage in accordance with current collective agreement.

#### SEASONAL POSITIONS

**Seasonal Equipment Operator** - 1 Position - (May to October) Duties will focus on road maintenance and drainage. Other duties may include minor carpentry and general labour. A valid class 3 license with air endorsement driver's license is preferred. Preference would be for an individual with a minimum 5 years' experience as an equipment operator.

**General Labourers/Grass Cutting** - 2 Positions - (May to September/October) Duties include grass cutting, trimming, landscaping, tree-trimming, etc. Must be physically fit. Typical work shift 7:00 a.m. to 3:30 p.m., Monday to Friday but may include some weekends. Valid class 5 driver's license required.

Criminal Background Check and Drivers Abstract to be provided.

**Resumes and references to be submitted to the undersigned, stating the position(s) applied for, no later than 4:00 p.m. on Friday, April 26, 2024.**

#### GREEN TEAM STUDENT POSITIONS

3 Positions - Applicants must be aged 15 to 29, living in Manitoba (have a valid Social Insurance Number) and have a valid Child Employment Permit if 15 years of age. Driver's licence is an asset. Shifts are Monday to Friday; 7:00 a.m. to 3:30 p.m. Duties include but are not limited to:

- Maintenance/beautification of town parks, green spaces, town yards and streets
- Cutting/Trimming of grass/hedges
- Collection of some recyclables throughout the community

**Resumes and references to be submitted to the undersigned, stating the position(s) applied for, no later than 4:00 p.m. on Friday, May 17, 2024.**

Joe Bergman  
Public Works Manager  
Town of Winnipeg Beach  
PO Box 160, Winnipeg Beach, MB R0C 3G0  
Email: [publicworks@winnipegbeach.ca](mailto:publicworks@winnipegbeach.ca)  
Fax: (204) 389-2019

**We thank all applicants; however only those selected for an interview will be contacted.**

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Eddie's Gravel Supply Ltd. is Hiring

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info@eddiesgravel.com  
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Eddie's Gravel Supply Ltd. is Hiring

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Lift 50lbs  
**EXPERIENCE REQUIRED**  
Please contact us at  
204-389-2023 or send resume to  
info@eddiesgravel.com

**Green Team POSITIONS AVAILABLE in the Gimli Area**  
**May through August (2)**  
or  
**July and August (2)**  
**GROUND KEEP ASSISTANTS**  
Grass Cutting  
Weed Wacking  
Tree Trimming  
Building Repair and Painting  
General Maintenance  
AT  
**"VESELKA SUMMER CAMP"**  
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jimccarron@gmail.com  
Bill Duschak - 204-918-5926  
or billduschak@gmail.com

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**NOTICE OF TENDER**  
**GRASS CUTTING**

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

**RM of Fisher Office yard  
Water Plant yard**

Please state price per cut in the tender.

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

Submit sealed envelope marked "Tender Grass Cutting" to:

Rural Municipality of Fisher  
Box 280, Fisher Branch, MB R0C 0Z0  
Email: fishercao@mymts.net

**Deadline for tenders is 4:00 p.m. April 30, 2024.**

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

**NOTICE OF TENDER**  
**GRASS CUTTING**

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

**Interlake Forestry Centre in Hodgson**

Please state price per cut in the tender.

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

Submit sealed envelope marked "Tender Grass Cutting-Forestry Centre" to:

Rural Municipality of Fisher  
Box 280, Fisher Branch, MB R0C 0Z0  
Email: fishercao@mymts.net

**Deadline for tenders is 4:00 p.m., April 30, 2024.**

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

Maps provided upon request.

**NOTICE OF TENDER**  
**GRASS CUTTING**

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

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

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

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

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

Rural Municipality of Fisher  
Box 280, Fisher Branch, MB R0C 0Z0  
Email: fishercao@mymts.net

**Deadline for tenders is 4:00 p.m. April 30, 2024.**

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

Maps provided upon request.

**RURAL MUNICIPALITY OF GIMLI**  
**INVITATION TO TENDER**  
**PORTABLE TOILET RENTAL**

**CLOSING DATE: Wednesday, May 1, 2024 at Noon**

The Rural Municipality of Gimli is accepting quotations for the rental and servicing of portable toilets on a monthly and daily basis throughout the municipality, for a minimum 1-year term, with an option to renew for an additional 1 to 2 years at Council's discretion.

Detailed tender packages complete with specifications are available to interested bidders on the RM of Gimli website, www.gimli.ca or at the Municipal Office, 62 - 2nd Avenue, between the hours of 9:00 am to 5:00 pm, Monday to Friday.

Sealed submissions clearly marked "RFT 2024-09 Portable Toilet Rental, submitted by \_\_\_\_" will be received by the undersigned at the address below until **Noon, May 1, 2024**. Late submissions will not be accepted.

**Completed tenders must be submitted by Noon on May 1, 2024 to:**  
Rural Municipality of Gimli  
PO Box 1246, 62 2nd Avenue  
Gimli, MB R0C 1B0  
Attention: Ron Hahlweg, Director of Operations

**Questions or concerns in respect to the tender can be directed to:**  
Karl Bergman  
Public Works Foreman  
Phone: (204) 642-6688  
Email: publicworks@rmgimli.com

*The RM of Gimli reserves the right to reject any or all bids, to waive irregularities and informalities therein, and to award the tender in the best interest of the RM of Gimli in its sole discretion. Lowest bid may not be accepted. Contractors must comply with Municipal requirements for liability insurance, WCB coverage and business licensing to be eligible to be awarded the contract.*

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### IN MEMORIAM



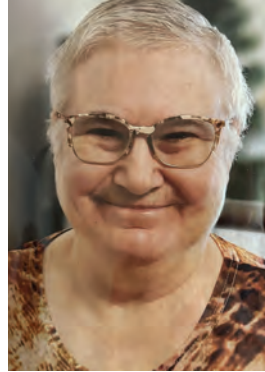
In Memory of  
Joyce Johnson

January 2, 1962 - April 15, 2013

Through days of sun and nights of star,  
No matter where, no matter far.  
In every moment, big or small,  
Your presence lingers, over all.  
Though you're not here, we feel you near,  
In every moment, loud and clear.  
In every memory, old and new,  
We remember you, through and through.

-Love always,  
Rob, Janessa and Carrigan

### OBITUARY



Valerie Jackett

Valerie Jackett was born in Winnipeg on October 6, 1957 to parents Clarence and Alice Jackett; at Gimli Hospital, Valerie passed away from cancer with family by her side at 11:16 p.m. on April 10, 2024. Valerie was incredibly close to her family and tried her best to always support anyone in need.

Valerie was predeceased by both her parents and is survived by sisters: Lorraine Janis (Mickey) in Bethlehem, Pennsylvania; Carla Wilson (Reg) in Arnes, Manitoba, and brother Wayne (Sjana) in Portage La Prairie. Also left to mourn are Val's nephews: Michael Janis (Barb), Paul Janis (Karen), Terrence Janis (Becky), and Thomas Janis (Miki), as well as several cousins and families.

Valerie's true passion in life was the love of her kittens—her kittens wanted for nothing with Valerie by their side and they provided a joy and a smile each day to Val.

Following her father's passing, Valerie has lived with her sister Carla and Reg in Arnes for 15 years where she tended to household duties and lived a simple but happy life by the Lake. The past three plus years, Valerie enjoyed independent living at the Icelandic River Lodge in Riverton where she made many friends and socialized with the tenants of the lodge. To these friends, Valerie will be sorely missed.

No service will be held as Valerie had requested a private ash placement at her parent's gravesite in Gimli cemetery.

Tributes: [www.gilbartfuneralhome.com](http://www.gilbartfuneralhome.com)

Gilbart Funeral Home, Gimli in care of arrangements.



### OBITUARY



Florence Gudbjartson

March 1, 1942 to March 31, 2024

It is with great sadness that we announce the passing of our Mom, Amma, Long Amma. Florence passed away peacefully surrounded by love on Sunday, March 31st at the Grace Hospital.

The family would like to thank the staff at Golden West who quickly became family to us and lovingly cared for Mom. You truly are Angels on earth.

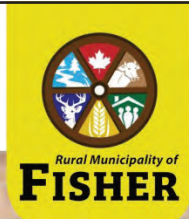
A Celebration of Life will take place on April 27 at 1:30 p.m. at the Geysir Hall in Geysir, MB.

The full obituary can be found at [www.neilbardalfuneralhome.com](http://www.neilbardalfuneralhome.com)



204-949-2200  
Gimli 204-642-7124  
[neilbardalinc.com](http://neilbardalinc.com)

TOWN HALL  
MEETING  
APR 2024



April 25, 2024 • 7 PM • Ukrainian National Home Hall

Guest Speaker



James Bezan  
Member of Parliament

**Come,  
listen, and  
be heard.**

Guest Speaker



Derek Johnson  
MLA Member

33 Provencher Street, Fisher Branch, Manitoba



LOCATION: ARBORG, MB

EXCITING CAREER

OPPORTUNITIES

#### SEASONAL OFFICE ADMINISTRATOR - CROP INPUT

We are currently seeking a self motivated and hardworking individual to fill the role of Seasonal Office Administrator at our Arborg, Mb location. Role would be for the period of April thru November on an annual basis. This position is well suited for an individual with a positive attitude, strong communication & computer skills and is highly neat and organized.

Duties include: Bookkeeping, Reception, Safety + Training, Policy + Procedure, Inventory Control, Payroll Submission and General Administrative Duties.

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## OBITUARY



**Simonne Angéline Marie Meilleur**  
(née Bernier)  
August 9, 1929 - April 7, 2024

It is with profound sadness that we announce the passing of our beloved mother, grandmother (Mémère), great-grandmother and great-great-grandmother. Mom passed away peacefully at the Fisher Branch Personal Care Home surrounded by her family on April 7, 2024, at the age of 94.

She leaves to mourn her 13 children: Jacqueline, Réal (Beverly), Roger, Lucien (Cindy), Gilbert, Estelle, Gerald (Darlene), Claudette (Dean), Dolores (Rick), Pauline (Mark), Mariette (Stu), Anita (Tom), Réjean (Cheryl); 37 grandchildren, 39 great-grandchildren; and three great-great-grandchildren. She is survived by numerous nieces and nephews.

She was predeceased by her loving husband, Auray; parents, Joseph and Corinne (née Grégoire); sisters, Alma and Florence; brothers, Paul and Roger; sons-in-law, Régis Gauthier and Robert Wedensky.

Mom was born in St. Jean-Baptiste, Manitoba, a part of the tenth generation of the Grégoire family in Canada. At the early age of almost three, her parents and siblings moved to Fisher Branch, Manitoba. She attended the town school until the completion of Grade 7 and was then homeschooled by her mother, a former school teacher. Mom also shared the work on the farm, but being the youngest in the family, she did not experience the hardships of the depression as much as her siblings and parents.

She met the love of her life, Auray, and after three years of courtship, were married on October 6, 1951. They had a special and unique bond that spanned over 70 years. She was a loving and devoted wife, and the beautiful and loving mother we all knew.

Mom learned to sew at a young age, and she sewed everything for her children and for themselves. Her sewing skills eventually progressed to bridal wear and baptismal dresses and suits. It seemed there was nothing she couldn't do. It's not a wonder she was chosen "Mother of the Year" in 1958 by CJOB Radio. What an honour that was for her!

Mom enjoyed curling and won numerous trophies over the years. She was also very much involved in church projects and became the Director of the church choir. She served on the Parish Council for many years and was a chartered member of the Catholic Women's League for 29 years. It was during this time that she discovered computers and put those skills to good use; she had her own email account and quickly learned it was faster to send one email than it was to make 13 phone calls. She posted comments and shared photos on Facebook; she downloaded recipes for our dad and located music videos on YouTube ... and she could Google like the best of them! Her most interesting and challenging hobby, however, was compiling the "Meilleur Family" genealogy.

She always said, "with the children and grandchildren, we are never lonely."

We are forever grateful to Darlene Meilleur, Michelle Truthwaite, and Darlene Fuz for their care and compassion.

Prayers will be held on Friday, April 19, 2024 from 7:00 p.m. to 8:00 p.m. Funeral services will be held on Saturday, April 20, 2024 at 11:00 a.m. Both services will be held at the Immaculate Conception Roman Catholic Church in Fisher Branch. Interment to follow at the Immaculate Conception Cemetery.

In lieu of flowers, donations can be made to the Fisher PCH Foundation Inc., PO Box 548, Fisher Branch, MB R0C 0Z0.

Fisher Funeral Home Inc.  
in care of arrangements.  
Fisher Branch, MB  
Ph: 204-372-6803 or 204-372-6271

## OBITUARY

**Milton 'Mickey' Edgar Sturgess**  
February 25, 1951 - April 15, 2024

Peacefully, with his loving daughters Nicholle and Lauren at this side, Mickey passed away at the Lakeshore General Hospital in Ashern, MB on April 15, 2024.

Cremation has taken place. A service is being planned and will be announced at a later date.

Arrangements by:

ARNASON FUNERAL HOME  
Ashern - Lundar  
1.204.768.2072  
1.866.323.3593

## OBITUARY

**Bruce Albert Moore**  
August 9, 1938 - April 13, 2024

It is with great sadness we announce the passing of Bruce Moore, age 85 years of Inwood, Manitoba on Saturday, April 13, 2024 at Stonewall Hospital.

Arrangements pending.



204-886-0404

## OBITUARY



**Kathleen (Kay) Mary Forsyth**  
April 30, 1922 - February 27, 2024

On February 27th, 2024, Kathleen (Kay) Forsyth (nee Willetts) passed peacefully at Eriksdale's E.M. Crowe Hospital, just shy of her 102nd birthday, with friends and family by her side.

Kay was born in Eriksdale on April 30th, 1922 to parents Julia and James. Kay, known fondly by so many as "Auntie Kay", lived her entire life in Eriksdale. After finishing high school, Kay completed her nursing degree at the St. Boniface Hospital in 1944. She cared deeply for others and made nursing a lifelong pursuit. After taking time to raise a family with husband James (Jim) Forsyth, Kay went on to complete an advanced nursing degree and study gerontology. She put these skills to work as the area Public Health Nurse and later at the Lundar Personal Care Home.

At the end of WWII, by chance Kay ran into her old flame Jim in Winnipeg who had just returned from being overseas with the army. Kay and Jim were married on Kay's birthday, April 30th, 1946 and went on to have four boys, John, James, Allan and Paul.

Kay was a very active member of the community, dedicating much time to the United Church, the hospital guild, ladies auxiliary and other groups. Even in her nineties, Kay and her friend Lil Jeffers started the Wonder Cafe, a casual get together for community members to gather once a week and visit.

Kay was deeply spiritual and very charitable with a broad world view. And she never passed up an opportunity to cheer for the underdog.

Kay is survived by her sons John, James, Paul, daughters-in-law Susanne Forsyth and Linda Trainor; grandchildren Avery (Sarah Bains), Heitha (Remy Taves), Casey (Samantha) and Lucas as well as great-grandchildren Savion, Mikah, Ray and Ethan.

In her long life, Kay had been surrounded by some amazing family members and friends who preceded her in death; her "honey" Jim; son Allan; daughter-in-law Thelma Sigurdson Forsyth; brother Jim and his wife Olivia Willetts; as well as many of her husband Jim's family and just days ago her sister-in-law Iris.

Sincere thanks to all of the medical professionals that helped care for Kay in the weeks leading up to her death, ambulance attendants, doctors and nurses at the Ashern Lakeshore General and Grace Hospitals. In particular, the care and attention provided by the staff at the Eriksdale Hospital was greatly appreciated and heartwarming. It was fitting that Kay was so well looked after in the facility she fought hard to keep in the community.

A Celebration of Life for Kay will be held on Friday, April 26th, 2024. Interment will be held at 11:30 a.m. at the Eriksdale Municipal Cemetery and the funeral service will be at 1:00 p.m. in the Eriksdale Recreation Centre followed by a light lunch.

Special thanks to Reverend Melanie Kauppila for taking the service, John and Karen Gray of Arnason Funeral Home for their guidance and compassion, and everyone helping with the service and lunch.

In lieu of flowers, please make a donation to a cause of your choice, any cause as Kay loved so many of them. Here are a few charities that were close to Kay's heart - Al Forsyth Foundation, Box 21, Eriksdale, MB R0C 0W0, Eriksdale Hospital Guild, c/o Irene Sigurdson, Box 474, Eriksdale, MB R0C 0W0, Eriksdale United Church c/o Carol Boychuk, Box 217, Eriksdale, MB R0C 0W0.

Arrangements by:

ARNASON FUNERAL HOME  
Ashern - Lundar  
1.204.768.2072  
1.866.323.3593

## OBITUARY

**Raymond Gilbert Duncan**  
October 25, 1934 - April 7, 2024

With heavy hearts and cherished memories, the family announces the passing of Raymond Gilbert Duncan on April 7, 2024 at age of 89.

Left to cherish his memory is his wife of almost 67 years, Doreen; his son, Douglas (Suzanne), their children Cassandra and Jordan and great-grandson Luke; his two daughters, Shelly (Ron) and Linda (Tim), their children Matthew (Alison) and Shannon (Michael), great-grandson Thomas and great-granddaughter Grace. Many friends and family are left to mourn his loss including his brother Winston, sister Dorothy, and sister-in-law Luella, along with many nieces and nephews.

Ray was predeceased by his parents Gilbert and Winnifred, brother Douglas, sisters Beatrice (Ferdinand), Vera (John), sisters-in-law Gail, Ruth (Tom and Bud) and Evelyn (Hermas), as well as brothers-in-law Edwin (Doris), Hedie and Keith.

Ray was born in the RM of Coldwell, MB. After a career with the CIBC, they moved back to Eriksdale in 1961 to farm. Ray took great pride in everything he did and had incredible work ethics. Like a true farmer, he fed his last hay bales in March 2024.

In accordance with his wishes, cremation has taken place and a gathering of family and friends will take place at a later date.

Donations can be made to a charity of your choice.

The family would like to thank Dr. Faragalla, the St. Boniface General Hospital Heart Failure Clinic staff and the Stonewall Emergency Department for their compassionate care.

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## OBITUARY



**Karilyn Faith Mowat**  
June 21st, 1996 – April 4th, 2024

It is with great sadness, the family announce that Karilyn began her spirit journey on April 4th, 2024 to be with her loved ones that went ahead.

Karilyn grew up and attended school in Matheson Island, MB. During this time she learned how to play the fiddle, jig, and square dance. She participated in many small school sports day sponsored by Frontier School Division. She was a little sister to her bigger cousins. She held many cousins close to her heart while growing up at the Island, including teachers and friends. She attended

Grade 10 in Selkirk at the Comp and returned home to help care for her Granny Shadie. Karilyn was homesick.

Granny Shadie was her world as they spent many hours talking, sharing, and doing things together. Karilyn would only listen to her Gran. Karilyn had a special bond with her little sister and brothers, she always connected with them to talk or tell them she missed them and loved them.

Karilyn loved the outdoors, swimming, quading, boat rides, fishing, and bonfires. When her nephew Tyler and little cousins came for a visit she did everything with them, especially swimming at the dock or beach. Karilyn loved being an Auntie including to her little cousins.

Karilyn had a contagious laugh and beautiful smile. She loved to wear makeup, color her hair funky, and dress in fashion- everything had to match. Karilyn met her fiancé Marshall and was happy. Tragically she lost him on May 20th 2022. Karilyn really missed him and her heart was broken, her world turned upside down. She put up a good fight and kept going forward.

Karilyn leaves to celebrate her life, Granny (Mom) Shadie, uncle Brad (whom both raised her), sister Dariann (Troy), brothers Cornell and Sheldon JR, nephew Tyler Sheldon and niece Brinleigh Sarah, biological mother Heather, aunts (big sisters) Janice (Doug), Charlene (Robert), Rhonda (Mervin), Leona (Sam), Lauren and best friend Lucas, numerous cousins and good friends.

Karilyn was predeceased by fiancé Marshall, father Sheldon, brother Brent, aunt Kerilyn, grandpa Bun, grandmother Violet, great-grandparents Eva and Alphonse Johnston, Nora and Tom Mowat, cousins CJ and Jessica, numerous aunts and uncles, cousins, and friends.

A memorial service will be held in Karilyn's honour on April 20th, 2024 at Gilberts Funeral Home in Selkirk MB at 1:00 p.m. Cremation has taken place and burial will take place at a later date in Matheson Island, MB by Grandpa Bun.

In lieu of flowers, and in Kari's memory plant a tree or make a donation to Addictions of Foundation of Manitoba.

"Miss Me But Let Me Go"  
Tributes: [www.gilbartfuneralhome.com](http://www.gilbartfuneralhome.com)

Gilbart Funeral Home, Selkirk in care of arrangements.



## OBITUARY



**Doris Mary Thorkelson**

Doris Mary Thorkelson (Paterson), born June 5, 1928, peacefully passed away on January 20, 2024 with family by her side at Lundar Personal Care Home.

Doris is survived by her daughter Valerie; sons Wayne (Sharon), Frank (Joan) and Donald (Wendy) and grandchildren Robert, Cyndy, Michelle, Curtis, Melissa, Annette, Ashley, Dylan, Nicole, Justin, Brian, Jennifer and Cheryl; great-grandchildren Thomas, Raina, Ryan, Kyle, Jasmine, Emma, Keidyn, Cole, Karah, Caylee, Koby, Emily, Julia, Jailyn, Jaris, Malachi, Zayven, Leif, Beric, Harlon, Haadi, and great-great-granddaughter Matilda. She is also survived by her daughter-in-law Charlene; sisters-in-law Irma, Luella and Doreen; and many nieces and nephews.

Doris was predeceased by her husband Edwin; sons Grant and Greg; son-in-law Allen; parents Lorne and Josephine; brothers Lorne (Connie), Cliff (Doreen), Jim and sister Myrtle "Peggy" (August); in-laws Heide, Ruth (Tom and Bud), Evelyn (Herma) and Raymond.

Doris devoted her life to raising her family and working on the family farm. Doris enjoyed hosting Christmas over the years with her family including her children, grandchildren and great-grandchildren. She shared her love of gardening and the produce with all the generations.

In lieu of flowers, please make donations to the Alzheimer's Society or Lundar Personal Care Home in Doris's memory.

Our family wishes to thank the staff at the Lundar Personal Care Home and St. Laurent Assisted Living for the wonderful care while Mom was living there.

A Celebration of Life will be held at the Lundar Legion Hall on May 4, 2024 at 2:00 p.m.

## OBITUARY



**Iris Jean Forsyth (nee Campbell)**  
May 26, 1934 – April 6, 2024

Iris Jean Forsyth, sometimes lovingly known as Jeanny, took her final bow on April 6th, 2024, leaving behind a legacy of warmth and compassion that touched countless lives. Born on May 26th, 1934, in Oakville, MB, to Kathrine and William Campbell. Iris's journey was one filled with love, laughter, and an unwavering dedication to her family, friends, and community.

In her early years, Iris embarked on a unique career path, mastering the art of egg grading. Her journey led her to Eriksdale, MB, where she found more than just a job – she found love in John Forsyth. Together, they built a life rooted in hard work, raising five children: Naren (Clive) Davies, Campbell (Molly) Forsyth, Jay (Janet) Forsyth, Kathy (Paul) Buckley, and Jody (Brent) Oversby.

She had a special bond with each of her grandchildren, including Tina, Robbie, Dana, CJ, Aaron, Rhiannon, Lindsey, Logan O., Brennan, Brianna, Kaelene, Ben, Logan, Sam, Jerrica, Abbi, and Zoe. Each has their own special memories of spending time with Gram. Additionally, she cherished her numerous great-grandchildren and great-great-grandchildren and her four-legged furry companion, Tikka. Iris loved babies and always welcomed any new addition with open arms. Iris made it a priority to stay close to her Oakville family, which included brothers, sisters, nieces, and nephews, nurturing strong ties throughout her life.

Beyond her early career and her family, Iris found purpose as a dedicated caregiver in homecare, a role she embraced with passion and grace. She understood the importance of lending a helping hand and found solace in being able to assist others, which came back to her in her time of need.

Iris's zest for life was infectious – from her love of music and dancing to her joy in family gatherings, kitchen parties and bonspieling. She lived life full out, sliding into home base with a drink in hand and a sparkle in her eye. A fierce protector with a heart of gold, she stood as a beacon of strength for those in need, advocating fearlessly for justice and equality. She was a straight shooter and had no hesitation in calling you out if she felt you were out of line. She always presented herself with style. She embraced adventure with gusto, eagerly joining her family on journeys both near and far.

As we bid farewell to Iris, we celebrate the profound impact she had on our lives and the lives of all who knew her. Her kindness, generosity, and unwavering spirit will forever illuminate our hearts, guiding us through the darkest of days.

On May 24th, the family will come together, graveside, to bid a final farewell to Iris followed by a joyful celebration of her life at the community hall. Friends and neighbors are warmly invited to join the family at 6:00 p.m. at the Eriksdale Recreation Centre to share in snacks, drinks, and cherished memories of Iris.

In lieu of flowers, assisting someone in need would be greatly appreciated, honoring Iris's commitment to making the world a better place.

Though she may be out of sight, Jeanny's free spirit will forever twinkle, dancing among the stars, and reminding us all to live life with gusto and a dash of mischief. Cheers to a life well-lived!

Arrangements by:  
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take a break

## SUDOKU

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

Level: Intermediate

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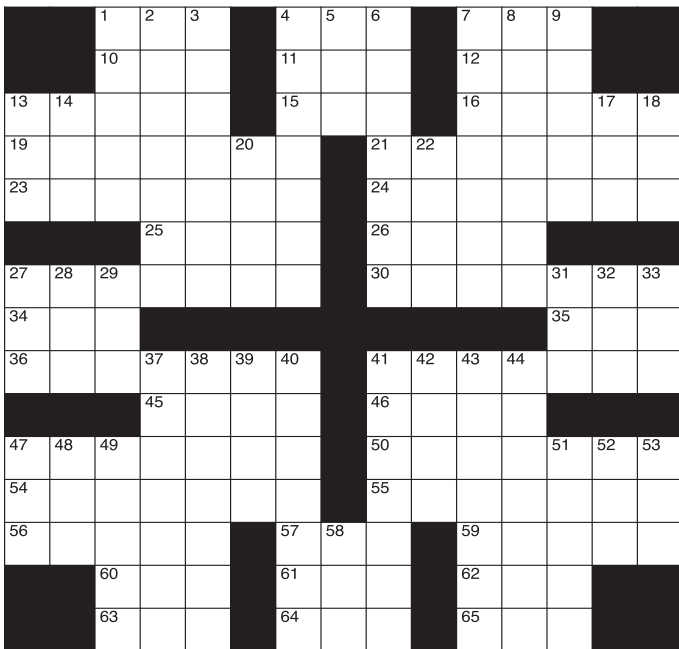
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# CROSSWORD



**CLUES ACROSS**

1. Midway between south and southeast
4. For each
7. Airborne (abbr.)
10. Photographs
11. They \_\_\_
12. It's important in respiration (abbr.)
13. Monetary unit
15. Cool!
16. A son of Jacob
19. Cut off
21. Devour
23. Agent of one's downfall
24. Best
25. Network of nerves
26. Partner to "oohs"
27. Origins
30. Sewing utensil
34. Alias
35. Swiss river
36. Greek mythological figure
41. Type of whiskey
45. Lay to rest
46. "Rule, Britannia" composer

**CLUES DOWN**

1. An involuntary muscular contraction
2. Earnest
3. Cuts out surgically
4. Can't move
5. Baseball stat
6. British soldier
7. Traditional medicine plants
8. Political party controlled by managers
9. Hebrew prophet

13. Supporter
14. Relative biological effectiveness (abbr.)
17. Liberty Mutual mascot
18. Georgia rockers
20. A place where building is done
22. Large, deep-bodied fish
27. Clothing retailer
28. Supplement with difficulty
29. Annoy constantly
31. Founder of Babism
32. Indigenous person in parts of Asia
33. Sea eagle
37. Leave behind

38. Time of day
39. Colorless crystalline compound
40. They lay out course requirements
41. A diamond has three
42. Algerian coastal city
43. Remove cover
44. Rechristened
47. Distinctive practice
48. Defunct phone company
49. Turkish officer of high rank
51. Eliminate from the body
52. Witness
53. Soviet Socialist Republic
58. Founding Father Franklin

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

Sudoku Answer

S	E	E	N	N	I	N	N	V					
R	E	E	M	V	W	R	B	M	O	H			
S	E	O	Y	R	N	E	T	Y	D	N	V	O	S
S	S	E	N	O	V	S	A	R	N	E	A	W	I
N	O	B	R	N	O	S	S	U	S	V	D	E	D
R	V	V	V	V	V	V	V	V	V	V	V	V	V
T	W	J	H	L	S	E	S	E	N	E	D		
W	N	I	L	A	O	S	I	S	E	S	E	N	E
W	N	S	N	O	C	S	I	C	S	S	B	V	
E	R	H	S	N	O	C	S	I	C	S	S	B	V
E	R	H	S	N	O	C	S	I	C	S	S	B	V
N	A	V	E	R	P	E	R	X	T	E	S		

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