



RIGHT CHOICE
REALTY



*Statistics are from the Winnipeg Regional Real Estate Board's
MLS® System and represent residential-detached sales and
transaction data collected for the month of March 2023.

Residential Detached Home Sales Mar 2023 ~ Chalet Beach to Hnaua

\$291,167
AVERAGE PRICE



1,299
AVERAGE SQ. FT.



Properties Wanted...We've got Buyers!

(Not intended to solicit properties currently listed for sale)

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

THE EXPRESS

WEEKLY NEWS

www.expressweeklynews.ca

VOLUME 10 EDITION 16 THURSDAY, APRIL 20, 2023

LOCALLY OWNED HISTORY BOOK FOR THE COMMUNITY



ALL IN STOCK NOW

WB20XT Water Pump

2" Easy Start
3 year warranty

HONDA
Power
Equipment
\$609⁰⁰
ALL IN PRICE



2023 Honda CRF110

Air cooled single-cyl.
four stroke, fuel inj.
109cc

\$3899⁰⁰
INCLUDES FREIGHT AND PDI



WB30XT Water Pump

3" Easy Start
3 year warranty

HONDA
Power
Equipment
\$789⁰⁰
ALL IN PRICE



**2023 Honda
CRF50F**

Designed to
fit young riders

\$2399⁰⁰ Reg. Price \$2699⁰⁰
SAVE \$300



INCLUDES FREIGHT AND PDI



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



**Ruby Jubilee
40 years**

EXPRESS PHOTO BY TEE-JAY FURGALA

Reverend Stan Gacek and friends celebrated his 40th anniversary of a priestly life last Sunday in Gimli. Gacek is currently serving St. Michael's Church in Gimli, Our Lady of the Lake Church in Winnipeg Beach and St. Benedict's Church in Camp Morton. Pictured, left to right: Rev. Art Seaman, Phyllis Wiscombe, Shirley Magnusson, Chris Swanson and Rev. Stan Gacek.

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

Countryside



Home
building centre

Lot 1, Hwy 17 S, Fisher Branch, MB
204-372-8501

READY FOR SPRING? We Are!



Gimli's St. Michael's Church, area churches, hold 40th jubilee celebration for Rev. Stan Gacek

By Patricia Barrett

St. Michael's Church in Gimli, Our Lady of the Lake Church in Winnipeg Beach and St. Benedict's Church in Camp Morton celebrated the 40th jubilee of their Reverend Stan Gacek.

The three churches, which are part of the Archdiocese of Winnipeg, held a celebratory event last Sunday at St. Michael's Church Hall that saw about 85 people attend.

Church member Phyllis Wiscombe said Rev. Gacek, who was ordained in Poland, serves all three churches. The Catholic Women's League contributed to the organization of the event, along with the Knights of Columbus service group, a Ladies Aide service group and other church groups.

"All groups from the three churches and parish councils contributed to the organization of the evening," said Wiscombe, who is vice-president of the Catholic Women's League.

The celebration got underway at 5 p.m. with Rev. Gacek saying Grace before a full course supper was served. During supper, a photo slideshow highlighted moments from Rev. Gacek's life through the decades. Retired diocese priest Art Seaman gave a toast to Rev. Gacek after supper.

The celebratory event included cake and coffee and a speech by Rev. Gacek about his life, his calling to the priesthood and questions from the congregation.



Retired diocese priest Art Seaman gave a toast to Rev. Gacek.



Rev. Gacek in the early days.



EXPRESS PHOTOS BY TEE-JAY FURGALA

Rev. Stan Gacek was honoured last Sunday for his 40 years in the priesthood. Rev. Gacek serves St. Michael's Church in Gimli, Our Lady of the Lake Church in Winnipeg Beach and St. Benedict's Church in Camp Morton.



Approximately 85 guests enjoyed a catered dinner to honour Rev. Stan Gacek's 40-year jubilee celebration.

A photograph of a family of four (a man, a woman, and two children) walking a black dog in a park. The man is holding the dog's leash, and the woman is holding the hand of one of the children. They are all smiling and looking towards the camera. The background shows trees and a path.

Baker Law

CORPORATION

Do you have a current will?

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

Grant D. Baker
Barrister, Solicitor and Notary

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

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

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

Choristers dinner theatre presents A Fair Affair

Staff

Hurry Hurry Hurry! Step right up folks, get your tickets here!

Don't miss out on the festivities of the 75th annual Fairfield Fair, as Quarry Choristers dinner theatre presents *A Fair Affair*.

This year's show promises to be an exciting and fun-filled experience for all ages with carnival games, food stands, some feisty competition and familiar music including Billy Joel, Taylor Swift, Tina Turner and Maroon 5.

There's bound to be something for everyone at this year's fair.

However, a decade-old rivalry threatens to derail the atmosphere of friendly competition. Will it affect the overall fun and excitement? There's only one way to find out! So grab your tickets now before they run out.

Abas Catering will provide a delicious buffet meal reminiscent of a big family dinner with all the fixings like perogies and cabbage rolls.

Online tickets are available at quarrychoristers.com for shows on April 27-30 and May 4-6 at 6:30 p.m. Tickets cost \$60 each. Don't wait until it's too late; get yours today!

Locals featured in blockbuster Hollywood film *Champions*

By Autumn Fehr

Last month, the new Hollywood comedy *Champions* hit theatres, starring a handful of locals.

The blockbuster film stars Woody Harrelson and Kaitlin Olson, but they certainly weren't the only stars of the show.

The film celebrates the community of people with disabilities and is only a testament to what they can do.

In the film, Harrelson plays a college basketball coach who is facing jail time or community service for his bad temper, which caused him to react with bad behaviour.

To avoid the circumstances he has put himself in, he coaches a basketball team of young adults with intellectual disabilities.

When casting for the film, producers wanted persons with disabilities to play the athletes, but they also needed to have basketball skills, which proved to be a challenge.

But, in the end, it wasn't as challenging as they thought it would be, since the community certainly wasn't lacking the skills they were looking for.

Tom Sinclair, a young actor with an intellectual disability from Springfield, played Blair, a supporting role



Tom Sinclair and Hollywood actor Woody Harrelson.

of a 30-year-old basketball player on the main basketball team in the film. He is a fun, outgoing basketball player. He works well with the other teammates and is a fun guy to be around. Sinclair played the only Indigenous player on the basketball team.

This was Sinclair's first time acting in a major role, but he had been a part of the theatre in the past. A few years ago, he was in a show at Winnipeg's Fringe Festival and a part of the Manitoba Theatre for Young People (MTYP). He is also a filmmaker who makes films in his free time.

Sinclair said the auditioning process was interesting. He had to do at least three different auditions. In the first audition, they called him back because they liked his performance, and they asked him to do two more afterwards to show off his acting range.



EXPRESS PHOTOS SUBMITTED

The "Friends" basketball team with Kaitlin Olson. Alex Hintz (left) played the role of Arthur in the film.

After all the auditions, he got a call saying he got one of the main parts in the movie.

"I always wanted to be a part of a Hollywood movie. I've always dreamed of working behind the camera or working in front of the camera,

and this allowed me to do both," said Sinclair.

He heard about the opportunity to audition through his sister Robin, who saw a casting call for people with

Continued on page 3

85TH ANNUAL GENERAL MEETING

of **RED RIVER COOPERATIVE LTD.**

OFFICIAL NOTICE

THURSDAY, APRIL 27, 2023

Registration: 5:30-6:45pm
Meeting: 7:00-9:00pm

VICTORIA INN
1808 Wellington Avenue | South Centennial Room

MEMBERS ARE ENCOURAGED TO ATTEND
refreshments provided | prize draws

REGENERATIVE AGRICULTURE WORKSHOPS

Learn about local Prairie Watersheds Climate Program (PWCP) & Watershed Districts

FUNDING OPPORTUNITIES

NEW DATES & LOCATIONS

MAY 4th (9:00 AM - 3:30 PM)
South Interlake Rockwood Ag. Society
AKA Little Red Barn South of Stonewall

MAY 5th (9:00 AM - 3:30 PM)
Fisher Branch
Ukrainian Hall

Guest Speakers :
Michael Thiele
Blain Hjertaas
Understanding AG

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

East Interlake Watershed District
West Interlake Watershed District

Agriculture and Agri-Food Canada
Agriculture et Agroalimentaire Canada

> CHAMPIONS, FROM PG. 4

disabilities on Facebook and told Sinclair about it.

Sinclair said everyone in his family has a disability, so they all auditioned together to be on the cast of *Champions*. The whole family ended up landing roles in the film and were part of it in some way. Robin and Sinclair's brothers, Gerry and Charlie, were on the basketball team, Blair's team versed in the movie. His brother-in-law and Sinclair's dad were in the crowd as extras.

"Being a part of this film means so much to me. It shows that people with disabilities can do as much as anyone else can. We are showing people that the disability community has opportunities, which is a great opportunity for us," said Sinclair, who has FAS.

Alex Hintz, a young actor with an intellectual disability from Winnipeg with relatives from Stonewall and Argyle, played the role of Arthur in the film.

Arthur is one of the basketball players from the Friends basketball team that coach Marcus worked with. He is a nice and soft-spoken guy with a soft heart toward the coach when others are upset with him.

One of the ways Hintz said he connected with the role was through similar characteristics that they shared.

Hintz deals with stuttering, a speech disorder where one repeats sounds, syllables and words, and so does Arthur, the character he plays.

Hintz said it was a long process from his first audition to when he got the role. First, he was given the scripts for the part of the main boy, Johnny. Once he did his first audition and sent it to Focus Features, the film industry company, he received a response pretty quickly and was asked to audition again for the role of Marlon. The wait after sending the second audition was long, but eventually he got a call from the casting director for Manitoba, Jim Heber, that he landed the role of Arthur.

Hintz was at church when he heard about the opportunity to audition. He was approached by a lady at the church who asked him if he was interested in basketball, telling him that there was a movie being filmed in town that he may consider auditioning for.

Auditioning for *Champions* was a new opportunity that Hintz was excited to pursue. Before auditioning for the role, he had never acted, so it was an entirely new concept.

"Up until this point, I never considered acting, but since we were new to Winnipeg and I was in the process of

looking for work, this seemed like a great opportunity for me. Also, it was very exciting because it's the first time something like this has happened to me," said Hintz.

Even though all 10 actors that made up the basketball team had intellectual disabilities, it was no testament of what they could do, and it showed that they could do what those without disabilities can.

"Being part of the movie *Champions* helped me understand that even though I was born with special needs, I can still do amazing things with the help of those around me. Also, someone like me helps break down the barriers around understanding people who are different," said Hintz.

"I am very proud to be part of the movie *Champions* because it was not only a great opportunity for me, but I also made some great friends for life with the other actors on Woody's team. I am also grateful to Woody Harrelson for all his support and to him and Bobby Farrelly for creating such an amazing movie that I know will help others follow their dreams."

Sinclair and Hintz were only two out of many locals that starred in this fantastic film. The *Express* would also like to shine a spotlight on all the other excellent actors that had a part in making the movie what it was. Some other actors from the area include:



Alex (on the left) with director Bobbu Farrelly and Bradley Edens.

Erik Anderson: a basketball player in some of the Memorial Hall scenes;

Alec Baldwin: a basketball player on the opposing team in the finals;

Anderson and Baldwin are athletes with Interlake Athletics Special Olympics Team.

Tanis Benson and Joel Baldwin (Alec's parents): extras, playing some of the spectators.

Champions is still playing in select cinemas in Winnipeg, such as Landmark Cinemas 8 Grant Park and Cineplex Odeon McGillivray and VIP Cinema.

NOW RENTING

1 | 2 | 3
Bedroom
Apartments
.....
2 Bedroom
Patio Homes

APPLY TODAY!

BRAND NEW APARTMENTS & PATIO HOMES

SELKIRK MEADOWS



Private Balcony or Patio | Open Concept Suites
In-suite Laundry | Pet Friendly

As a leader in service-focused rental management, Broadstreet provides a dedicated on-site manager and maintenance technician, as well as an in-house 24/7 contact centre.

1-866-736-8515

Visit our website to view floorplans and virtual tours,
or to book a viewing of our show suite.

broadstreet.ca



Gimli Youth Centre Committee launching website, fundraising campaign

By Patricia Barrett

Gimli is another step closer to having a designated youth centre after a committee that was struck under a previous iteration of council to oversee fundraising and building construction announced it will be launching a website and a capital fundraising campaign in May.

The committee has already secured RM-owned land for the building, which will be named the Gimli Youth Hub and constructed on Centennial Road near the skate park, outdoor pool, recreation centre and two of the town's schools.

Gimli Youth Centre Committee chair and citizen representative Peter Holfeuer said for a number of years community members had been calling for the establishment of a youth centre offering programming and other services.

"It came to a point where we knew we had to have a building that supports our youth and is there for them to use," said Holfeuer, who served on Gimli council from 2018 to 2022. "This was not a decision made only by [previous] council: lots of people in the community told us it was time to get a centre for youth. They're our future and we want them to stay in the community and become our leaders, so we've got to support them."

The hub will provide youth of all ages with a supervised, inclusive and safe environment where they can drop in after school and just hang out, participate in a variety programming including art, leisure and recreational activities, develop leadership and life skills, play instruments and develop their song-writing talents or get advice on writing resumes and career opportunities, said Holfeuer.

A conceptual drawing of the building is not yet finalized — there will be a few minor tweaks — but it will be a 3,000-square-foot building with a large open space plus a meeting room, games room, pantry, storage and office. When it's completed, it will be overseen by the Gimli Recreation Centre, he said.

The committee's vision is to provide youth with a "place of their own"



EXPRESS ILLUSTRATION COURTESY OF PETER HOLFEUER
A preliminary conceptual drawing of what the Gimli Youth Hub (youth centre) could look like. Some details may be slightly changed.

within a supportive community environment and free of discrimination, oppression and prejudice, and with the aim of fostering physical, mental and emotional health and well-being.

The youth centre committee is composed of eight people. Along with Holfeuer, its members are Gimli High School student Mary Johnston, Evergreen School Division teacher Rob Jantz, Gimli Rotary Club member Bob Munro, Gimli Kiwanis Club member Paul Stanicky, Hailey's Way founder Dana DesRoches, Wave Youth Group director Anders Kuusselka and Gimli councillor Richard Petrowski. Holfeuer said they're all motivated to see the project come to fruition and help their community.

In 2021 — when Holfeuer was a councillor — Gimli council passed a bylaw (No. 21-0011) to create the Gimli Youth Centre Capital Fundraising Committee, and in April 2022 the committee itself was formed. Its fundraising goal is \$350,000, said Holfeuer. It already has \$50,000 in seed money from the previous council.

In addition to soliciting donations from the community (people will receive a tax receipt for donations over \$20), Holfeuer said the committee will be looking at getting sponsorships and grants to help raise money to

construct the building. It's also hoping that local businesses would consider either donating or discounting building materials or provide in-kind services.

"When we reach out to the business community, specifically to businesses that could potentially help with construction, plumbing or electrical, we're hopeful they'd be willing to offer some services or product in kind or at a reduced rate so that we can try to keep costs under control and help us get to our objective a lot quicker," said Holfeuer.

The idea behind the centre is to have a number of different organizations offering programs catering to youth. They'll be asked to enter into user agreements and will have access to the building for their activities.

As the building will be used for youth activities, the committee sought feedback from youth as to what the centre should be called. Through its membership, the committee consulted with high school students and students who are part of a local youth group. Most voted in favour of the Gimli Youth Hub, said Holfeuer.

"It will be a lot cooler to say, 'I'll

meet you at the hub,' than to say the youth centre," said Holfeuer.

The committee also asked art students at Gimli High School to come up with designs to represent the centre's values, mission and vision.

Once the building is constructed, a steering committee will be struck to oversee and co-ordinate programs between all the organizations, said Holfeuer.

Ideally, the committee would like to see construction start in 2024 or 2025, but it will ultimately depend on how quickly it can raise the funds, he said.

In the meantime, the Gimli Youth Hub website will be launched in May. It has not yet been activated but a domain has been secured: www.gimliyouthhub.ca

The website will include an email address for people with questions and a payment portal via PayPal for those who want to donate electronically, said Holfeuer. There will also be an option for people to donate in person. The RM of Gimli administration is overseeing all the donations.

"The website will show how close we're getting to our fundraising objective. It'll be updated every so often so that people can see how we're progressing," he said.

Winnipeg Beach Legion Br. 61
Legion 204-389-2660 / Velma 204-642-2840

April 22 - Darts Fun Tournament
\$5 per person (Registration closes at 10:30 am)

April 23 - Spring Fashion Show and Dinner
Clothes and accessories provided by Red Apple, Gimli

Tickets are only \$15 Doors open at 2:30.
Show begins at 3:00 with dinner to follow!
email: rclbr61@mymts.net / www.winnipegbeachlegion.ca
Cash Bar 50/50 Draw Raffle
All events are cash only.

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

KEN LOEHMER
FUNERAL SERVICES

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

What's *Your* story?

We want to hear from you.

The Stonewall Teulon Tribune connects people through stories to build stronger communities.

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

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

Stonewall Teulon Tribune

THE Flicks CINEMA

319 First Street E., Stonewall, MB

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

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

FRI-THURS APRIL 21-27
CLOSED TUESDAY
at 7:30 pm Each Night

SUPER MARIO BROS. MOVIE
Animated; Violence **G**

FRI-THURS APRIL 28 - MAY 4
CLOSED TUESDAY
at 7:30 pm Each Night

AIR
Adult Accompaniment Under 14; Coarse Language **14A**

THE EXPRESS
WEEKLY NEWS**PUBLISHER**
Lana Meier**SALES**
Brett Mitchell**SPORTS EDITOR**
Brian Bowman**REPORTER/PHOTOGRAPHER**
Jennifer McFee**ADMINISTRATION**
Corrie Sargent**REPORTER/PHOTOGRAPHER**
Patricia Barrett**REPORTER/PHOTOGRAPHER**
Ty Dilello**REPORTER/PHOTOGRAPHER**
Autumn Fehr**PRODUCTION**
Debbie Strauss**DISTRIBUTION**
Christy Brown**ADMINISTRATION**
Jo-Anne Procter**PRODUCTION**
Nicole Kapusta**PRINT**
Dan Anderson**ADMINISTRATION**
Allana Sawatzky

OUR SISTER PUBLICATIONS

Tribune
Stonewall Tribune
Selkirk Record
The Carman-Dufferin
STANDARD
The Carman-Dufferin
Voice
The Carman-Dufferin
Voice

get informed

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

COVID infections, hospitalizations in Manitoba; province adding 70 surgical assistants

By Patricia Barrett

Sixty people were hospitalized with COVID during the first week of April, according to the provincial government's respiratory surveillance report for the period April 2-8 (reporting Week 14).

Eight of those people required intervention in the intensive care unit. There were 135 new hospitalizations, including 22 ICU admissions, reported the previous week.

There were 132 new COVID infections reported in Week 14. There were 274 new COVID infections reported the previous week. Provincial case data are underestimates of the true number of infections as the government restricts access to PCR testing. Rapid antigen tests aren't tracked.

Wastewater surveillance data for Winnipeg and Brandon up to March 30 show sustained COVID activity.

The province reported no deaths in Week 14, Week 13 and Week 11 (there was no surveillance report issued for Week 12, March 19-25).

Since March 18, Manitoba's COVID death toll has remained at 2,470, according to the federal government's COVID webpage. Canada's death toll now stands at 52,247 as of April 1.

The provincial government no longer lists in its surveillance reports the names of hospitals and personal care homes with COVID outbreaks.

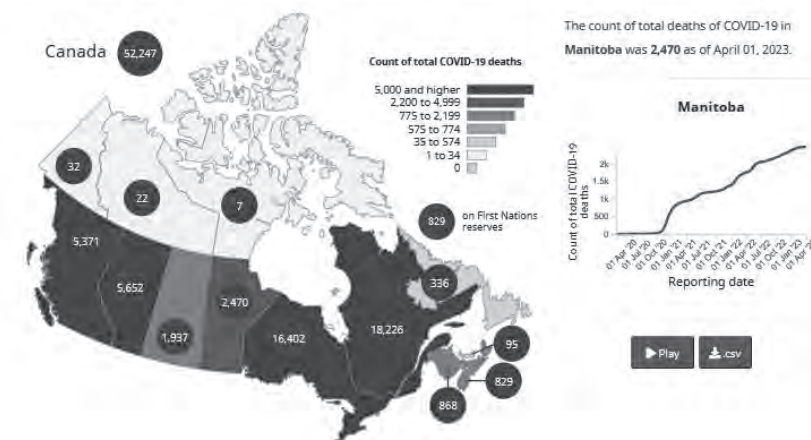
There were four new cases of influenza A and one new case of influenza B reported in Week 14. There were also three new hospitalizations and zero deaths. There were six and three new cases, respectively, in Week 13, along with four hospitalizations and zero deaths reported.

There were 21 new cases of respira-

National and regional trends

Figure 1. Count of total deaths of COVID-19, province/territory as of April 01, 2023 (Last data update April 12, 2023, 11 am ET)

1 Hover over or tap regions to see cases, deaths in Canada over time. Click the play button to animate the map. Map data is available in .csv and .json formats and a data dictionary is available .csv format.



GOVERNMENT OF CANADA

Manitoba's COVID death toll has remained at 2,470 since March 18. The province reported no deaths in Week 14, Week 13 and Week 11 (there was no surveillance report issued for Week 12, March 19-25). Canada's COVID death toll was 52,247 as of April 1.

tory syncytial virus (RSV) in Week 14. The previous week's report showed 11 new cases.

OTHER HEALTH NEWS:

There were three million new COVID infections and over 23,000 deaths reported worldwide between March 13 and April 9, according to the World Health Organization's epidemiological update published April 13.

Globally, the U.S. and Russia reported the highest numbers of new COVID cases over the 28-day period at 455,939 and 291,895 respectively. The U.S. and the U.K. reported the highest numbers of new COVID deaths at 5,571 and 2,708 respectively.

Canada had the third highest number of new COVID deaths (443 new

deaths or 1.2 new deaths per 100 000) in the Americas region (North, Central and South America).

The WHO is tracking one variant of interest, XBB.1.5, and seven variants under monitoring, BA.2.75, CH.1.1, BQ.1, XBB, XBB.1.16, XBB.1.9.1 and XBF. Three of the VUMs, XBB, XBB.1.9.1 and XBB.1.19, are showing "increasing trends."

"A recent laboratory study on XBB.1.16 shows the variant to have an increased growth rate compared to XBB and XBB.1.5 respectively," states the report. "However, their immune evasion characteristics are similar."

XBB.1.16 has been reported in 29

Continued on page 7

ADVERTISING OR PRINT
CONTACT INFORMATION

Lana Meier 204-292-2128
ads@expressweeklynews.ca
Laura Platt 204-641-4104
ads@stonewallteulontribune.ca
PHONE 204-467-5836
FAX 204-467-2679

> EMAIL US

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

OUR EDITORIAL STAFF

Brian Bowman Sports Reporter
sports@expressweeklynews.ca
Patricia Barrett - Reporter/Photographer
Cell 204-407-6099 patricia@expressweeklynews.ca
Autumn Fehr - Reporter/Photographer
204-998-1993

PAPER DELIVERY OR FLYER CONCERNS

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

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

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

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

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

Funded by the Government of Canada

Canada

ADDRESS

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



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



getinformed

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



EXPRESS PHOTO BY BEN HEWSON

On April 11, a gathering of American White Pelicans was observed near Lockport's spillway. These birds migrate to Manitoba for the spring to begin breeding in May. This continues until mid-August, after which they travel south to Texas, Mexico and occasionally Costa Rica until winter. Help the Express record the weather of the week and send in your photos of friends or family enjoying the outdoors. Email: weather@expressweeklynews.ca.

> COVID, FROM PG. 6

countries.

India reported a surge in COVID infections last week and believes XBB.1.16 is responsible as it is the dominant strain after circulating there for a few months. The country is re-starting its manufacturing of the COVID vaccine, Covidshield, to provide additional boosters.

- The province announced it's investing \$5 million to add 70 operating room assistants to support surgical care teams. Health Minister Audrey Gordon said the initiative is part of the Diagnostic and Surgical Recovery Task Force's efforts to reduce waiting lists for procedures.

"Operating room assistants play an important supporting role in our operating rooms, freeing up time for nurses to focus on the delivery of safe and effective care of Manitoba patients," said Gordon in an April 11 news release. "These positions are designed to help facilitate increased surgical capacity in our province. ..."

The 12-week paid micro-certification course will offer virtual classes and on-the-job clinical orientation. Operating room assistants' responsibilities will include decontaminating rooms, disinfecting equipment, preparing

patients for surgery and getting instruments and equipment ready for procedures. They will not be trained to carry out the same responsibilities as nurses, states the release. The free training is being offered in exchange for a two-year return of service agreement.

The initial course started in January with 29 students who are expected to be deployed to Winnipeg hospitals and the Selkirk Regional Health Centre "in the coming months as part of a pilot project," said Gordon.

Applicants must have health-care aide training and at least three years' experience working in an acute care setting.

- The Interlake-Eastern Regional Health Authority extended its thanks to volunteers who provide support and services to patients. The region is celebrating National Volunteer Appreciation Week (April 16-22).

Volunteers undertake a variety of activities such as reading to patients, doing activities and crafts with them, assisting them with meals and providing transportation.

IERHA chief executive officer Marion Ellis said volunteers make value contributions to the system.

"National Volunteer Appreciation Week is a time to acknowledge volunteers for their dedication and for the

valuable contribution made to those they help and support in our health-care system," said Ellis in an April 13 statement on the health authority's website.

The region welcomes new volunteers. Contact volunteer co-ordinator Barb Ramsay at 1-855-494-7369 or email bramsay@ierha.ca

- Health Canada issued a recall notice for the Great Pretenders Assorted Boutique Butterfly Jewel Necklace because of excess allowable limits of cadmium in the jewelry.

The gold-coloured necklace comes with assorted butterfly crystal pendants in blue, red and violet.

The agency asks that the jewelry is "immediately" taken away from children and returned to the place of purchase for a refund.

"Cadmium is highly toxic, especially to children," states the alert. "A range of serious health effects have been associated with exposure to cadmium, including anemia, vomiting, diarrhea, serious brain injury, convulsions, coma, as well as effects related to the liver, kidneys, heart and immune system. In extreme cases there have been deaths."

As of April 6, the company received no reports of incidents or injuries in Canada.

Cervix-Check comes to Riverton

By Jennifer McFee

CancerCare Manitoba's cervical screening program will be in the area to provide a way for eligible people to get checked for cancer.

"CervixCheck is a cervical cancer screening program at CancerCare Manitoba that provides a way for eligible persons with a cervix to get checked for cancer. CervixCheck partners with over 100 clinics across Manitoba to provide increased access to cervical cancer screening services," said a spokesperson for CancerCare Manitoba.

"Most women age 21-69 who have ever had sexual contact should have a pap test every three years. Trans, non-binary and gender diverse people with a cervix may also need a pap test every three years."

Regular pap tests can find abnormal changes on the cervix before they turn into cancer, preventing up to 80 per cent of cervical cancer.

"Detecting cancer at an early stage can result in simpler treatment, more treatment options and less need for chemotherapy," she said.

"Once eligible, people can make an appointment with their health-care provider or contact CervixCheck for help finding a cervical cancer screening clinic near their area."

On Thursday, April 20 from 9:15 a.m. to 3:30 p.m., a pap test clinic will take place at Riverton Community Health Office, located at 80 Main St. Appointments are preferred.

To book a pap test appointment in the Interlake, contact your health-care provider or CervixCheck at 1-855-95-Check (1-855-952-4325).

You can also go to cancercare.mb.ca/cervixcheck and enter your postal code or community in the search box to find a pap test clinic near you.

To learn more about cervical cancer screening, visit cancercare.mb.ca/cervixcheck. To learn more about HPV vaccination, visit www.preventHPVcancers.ca.

Conservation that's close to home and close to the heart

By Ducks Unlimited Canada

National Volunteer Week is April 16 to 22. To celebrate, Ducks Unlimited Canada invites you to recognize Robyn Yates, a dedicated volunteer in your region who's been named DUC's Volunteer of the Year in Manitoba.

Robyn Yates grew up with one of the country's flagship conservation areas and an internationally important wetland right outside her backyard. Her home was just south of Manitoba's Oak Hammock Marsh, the site of Ducks Unlimited Canada's (DUC) national office and the award-winning Harry J. Enns Wetland Discovery Centre. It's a place that would ultimately shape her lifelong commitment to conservation.

"I've known about Ducks Unlimited Canada since I can remember," said Yates.

After obtaining an environmental studies degree, she landed a job with DUC's fundraising department and found herself working inside that familiar building at Oak Hammock Marsh. Always eager to do more for DUC's mission, Yates became the volunteer chair of DUC's Selkirk committee five years ago.

Since then, she's led one of DUC's most profitable fundraising events in Manitoba. The chapter's main fundraising dinner hosts 250 people each year, complete with unique raffles



Robyn Yates has been volunteering with DUC for seven years.

and a live auction. In 2023, this event will celebrate its 40th anniversary and with Yates at the helm, it's sure to be a memorable milestone.

Yates says she is motivated both by community and a love of conservation.

"I know that I can give back, can support something near and dear to my heart. My kids are also aware of the positive impact of wetlands. My son, when he was nine years old, could already identify more ducks than most people I know," she said with a note of pride. "We're passing this through the generations — it's bigger than you and me, and that's something that resonates in my heart



PHOTOS SUBMITTED

Oak Hammock Marsh.

and soul."

While Yates left DUC as an employee three years ago, she continues to plan five or six events annually with her volunteer chapter.

"I leaned in, and this became my baby. It's something I'm incredibly proud of," she says, adding that she has a small but mighty group of seven volunteers beside her. "It doesn't feel like work with this amazing group of people."

In recognition of Yates' outstanding volunteer service, leadership and passion for conservation, she was named DUC's Volunteer of the Year in Manitoba.

"Robyn is always supportive of all things DUC, and her commitment

this past year to our events program has been second to none," says Brad Porath, DUC's manager of volunteer and corporate fundraising in Manitoba. "She has stepped up in a big way, contributing to the success of many other chapters and events throughout the province throughout her tenure as a volunteer. Her contributions are significant, meaningful and sincerely appreciated."

There are nearly 520 DUC volunteers in Manitoba and 3,950 across Canada. DUC is proud to recognize each of them — including outstanding leaders like Robyn Yates — as volunteer champions and conservationists who serve with generosity, passion and dedication.

Manitoba government investing \$3 million in seniors housing programs

Submitted by Manitoba government

The Manitoba government is investing \$3 million in two housing programs that will allow more Manitoba seniors to safely age in their homes and communities as long as they choose, Seniors and Long-term Care Minister Scott Johnston and Families Minister Rochelle Squires announced this week.

"We've heard from seniors, and we know that they want to remain in their home and communities for as long as possible," said Johnston. "By funding a new home modification grant program and increasing funding for supportive housing, our government is ensuring that we are fostering safe, inclusive and accessible communities where seniors can age comfortably while also improving access to community-based health care."

The new home modification grant program will have an annual budget of \$1.5 million and provide financial assistance to seniors over the age of 65 and/or family members who have seniors over the age of 65 living with them with a household income of \$60,000. The provincewide grant will allow for home modifications that en-

hance safety during daily living activities.

"It is a priority for the Manitoba government to enhance the affordability of, and accessibility to adequate housing for Manitobans, particularly to those persons of low-to-moderate incomes or with specialized needs," said Squires. "This new and innovative program will provide an affordable housing option to support seniors to remain in the community longer, which is important to the health and well-being of Manitoba seniors."

Home modifications include adaptations designed to increase safety, accessibility and participation in daily activities such as ramps, curbless showers and increased lighting, which are common solutions that can keep people living in at home as they age.

"Unfortunately, many older adults and older adults with disabilities do not have the means to make home modifications and may be forced to move if they experience a change in health status or can't be discharged

Outstanding service



EXPRESS PHOTO SUBMITTED

On April 14, the Fisher Branch RCMP paid tribute to Ernest Abas for his remarkable 16 years of selfless service as a guard at the detachment. Admiration for his work comes not only from members of the community but also from those lucky enough to have known him in the RCMP. In recognition of his unquestionable commitment and dedication, he was presented with a certificate of appreciation, a plaque commemorating his service and an RCMP mug. At 96 years old, Mr. Abas is an exemplary member of society.

Pictured, left to right: Sgt. Gabriel Simard (Fisher Branch RCMP commander), Ernest Abas, Boyd Abas (RM of Fisher deputy reeve), Shannon Pyziak (RM of Fisher reeve) and Cpl. Andrew l'Anson (Fisher Branch RCMP operations NCO).

Bridge over Drunken River in Arnes installed; Gimli council updates

By Patricia Barrett

A crossing over the Drunken River in Arnes that saw a culvert and road collapse last year during flooding has now been restored.

Treaty Road (formerly called Colonization Road until council changed the name in October 2022) remained impassable for almost a year, forcing residents, cottagers and visitors to use another road to access the post office and marina at Silver Harbour on Lake Winnipeg.

The provincial government, which is responsible for culvert infrastructure, recently completed the installation of a bridge over the river after it posted tenders for the repair earlier this year. The paving of the washed-out stretch of Treaty Road is scheduled to be completed later this year.

The culvert under the road collapsed in May 2022 as flood waters surged down the Drunken River to Lake Winnipeg. The provincial government put repairs of the site in a queue after excessive precipitation caused infrastructure damage across the province.

The Municipality of Gimli's emergency co-ordinator Don Emes said in his March report to council that cross-

ing repairs at McElheran Road (near Camp Morton, north of Gimli), which also experienced a washout, as well as a crossing over Boundary Creek at Prospect Street in the Town of Winnipeg Beach, "are in various stages of design, engineering and contractual preparation activities." At the time of his report, there was no set date for those repairs.

Emes also reported that efforts are continuing to enter into a "meaningful dialogue" with the province on a repair plan for the provincial dike system.

- There's a shortage of certified arena staff across the province and efforts are underway to come up with a new certification process, according to the RM's manager of parks and recreation Tyler Yellowega.

"Discussions between Recreation Manitoba and AMM [Association of Manitoba Municipalities] have begun regarding the ongoing shortage of certified arena staff across the province," said Yellowega in his March report to council. "The plan is to have the two organizations present the issue to Inspection and Trade Services and the Office of the Fire Commissioner to try and work on a new cer-



FACEBOOK

The province completed the installation of a bridge over the Drunken River in Arnes. The crossing was washed out last spring, forcing residents, cottagers and tourists to use an alternative route to access Silver Harbour on Lake Winnipeg.

tification process that would cater to arena operations as the current certification process is extremely difficult to complete due to the test requiring knowledge of much more than what can be learned by simply operating a plant in an arena environment."

Yellowega added that any support from Gimli council would be appreci-

ated.

-The Express reached out to the RM with questions about Sandy Hook speed limits, a petition from King's Park residents and a subdivision request from the Gimli Community Development Corporation but did hear back by press time.

New Nav-CARE program seeks volunteers and clients

By Jennifer McFee

South West District Palliative Care is excited to announce its new Nav-CARE program, the first of its kind in Manitoba.

As the volunteer co-ordinator for the program, Gwen Sharp is ready to embrace her new role.

"Nav-CARE is brand new to Manitoba. We are the first region to launch this free service. Nav-CARE stands for 'Navigation: Connecting, Accessing, Resourcing and Engaging.' This is a volunteer program that works towards improving the quality of life of persons living with declining health," she said.

"To help establish the first Nav-CARE program in Manitoba is exciting. I'm looking forward to connecting with more people in the region and being a help to them — meeting new people, engaging in local community and seeing positive results from the program, filling a gap in assisting those in declining health who need our services."

At the same time, she expects she might draw on my her own experiences with palliative care. The program follows the philosophy that palliative care exists on a continuum that starts with diagnosis and ends with grief support.

South West District Palliative Care is a non-profit organization that covers the rural municipalities of Rockwood, Woodlands, Rosser, St. Laurent and Armstrong, as well as the towns of Stonewall and Teulon. Nav-CARE doesn't replace home care or other community groups in these areas, but it will work together with them to support residents with declining health so they live happier and more fulfilling lives.

Sandra Smith, board chair for South West District Palliative Care, shared the good news about their successful application to Nav-CARE.

"Not only were we approved to run the program, but it also comes with funding for two years. It's fantastic. The funding is \$30,000 for Year 1 and \$30,000 for Year 2. The exciting part about it is that it will go towards set up and salary costs for our co-ordinator," Smith said.

"After the initial two years, we will assess and see how successful the program has been in our area. If it's something that we're able to continue, then we will definitely be looking at different avenues to do more fundraising to cover the cost of the program moving forward. It's very exciting."

Many volunteers are needed to en-

sure the program is a success, Sharp added.

"They will be provided with training in order to prepare for their important role in the program. Volunteers will be matched with clients for whom they will support and build relationships with," she said.

"Volunteers will assist with a variety of tasks, such as relieving loneliness, a listening ear, community connection, connecting clients with resources and services available in their community. These will be specific relationships tailored to individual needs."

In addition, Sharp is seeking clients with declining health who might need Nav-CARE's services and support. Nav-CARE is available to anyone in the area who is feeling lonely or socially isolated, facing loss and declining health, or experiencing complex treatments and decisions. It's open to those living at home, in long-term care or in assisted living facilities in urban, rural or remote areas.

Anyone who would like more information about becoming a Nav-CARE volunteer or client can contact Gwen Sharp at navcare@swdpc.com or 204-404-3030.

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 Winnipeg Beach

Lady of the Lake RC Church
Corner of Hwy. 9 and Lake Ave.,
Winnipeg Beach

**Meetings are Saturdays
between 7 and 8 p.m.**

Contact Ann J 204-389-3417

Gimli Group AA

Bldg 18 Municipal Rd
Industrial Park

**Fri & Sun Mtgs at 7:30 pm
Womens Mtgs Thurs at 10:30 am**

Al-Anon Gimli and Winnipeg Beach

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

A new way to communicate with your canine

By Autumn Fehr

Dogs have always been a part of Yury Harczan's life, but it wasn't until about five years ago that they became a part of his life in a new way.

In 2017, Harczan started Paw & Order, a business where he helps both dogs and their owners better understand each other and be able to live together in perfect harmony.

Through his dog training business, Harczan teaches dog owners a different style of canine communication, which is a unique training style. Harczan wants to help people understand the dog's biology through this training method. This helps to retain and correct problems that can cause owners and their dog's trouble.

"The way we train service dogs to do detection is the same way dogs communicate with their handlers through pheromones. Many people don't know that. When we are stressed, happy or even frustrated with the dog, that's the way the dog communicates with us, and we have to be very careful if we are being authoritative or giving commands. Does it turn to reasoning and pleading? That's where most people have problems with their dogs," said Harczan.

Harczan explains that this new communication goes against how many dog owners are used to talking to or treating their dogs.

"I started a different form of training/communication that people can try when they've struggled. They've tried a few other trainers and were seeing some results but not getting the best. So, let's try something different," said Harczan.

Harczan said the major communication breakdowns that people are having are that they are reasoning and pleading with their dogs.

It's about keeping things simple and remembering that dogs go through time much more quicker than us. So this method keeps things simple. First, however, we must ensure that praise is the highest form of reward. The positive praise changes the pheromones, he said.

Harczan also explains that it's hard to pinpoint an exact process of what he does, since every dog is different, so the process is always tailored to that specific dog.

In his business, Harczan has a couple of assistants that he uses to help reactive or fearful dogs build trust. These assistants are his three dogs. His dogs help these fearful or reactive dogs feel more stable and comfortable and help with re-training.

Harczan started working with dog rescues in the early 2000s and fostered



Yury and his dog Ecko played a role in why he wanted to start his business.

one of his own.

Starting Paw & Order at the time he did helped Harczan when he was at a low spot in his life. One day, he was sitting down with his dogs lying on him, and he just felt at peace with them there.

"I just thought I needed to do something more with dogs," said Harczan.

From then on, he started an apprentice program with MSAR to train service dogs and started training them in 2015. It all snowballed from there. He wanted to learn more.

"I saw the power that a dog has to help people. That was the main goal. My dogs help me, so I wanted to show that dogs can do that with other people, too," said Harczan.

Starting a new business was a challenge in and of itself, but he also faced another challenge that came with the line of work. Harczan said it was challenging to educate people to understand a different way of communicating with dogs instead of wanting to give a dog everything it wants.

"Dogs can't express human emotion back, so it's tough to tell people that just loving and giving your dog everything it needs doesn't make it a loving, obedient dog. It's tough to get people to understand and change their communication to get the best from their dog. ... We have to be a little more directive instead of being overly affectionate," said Harczan.

Although he has had to overcome challenges, he has witnessed some great wins through his first five years running the business. Over his time training and communicating with other dogs, he has rehabilitated about nine dogs. He said they were all at the point of needing to be put down, and now they are thriving in other families and living their best lives. All of his three dogs are also rehabilitated.

"We gave them a second chance, and they weren't put down — saving a



EXPRESS PHOTOS SUBMITTED

Yury taking all of his dogs for a pack walk.

dog's life," said Harczan.

Operating the business has also been very rewarding for Harczan. He said his favourite part of the job is when he talks to his client after he has worked with them and their dog(s) and sees how happy they are for the change they now see in their companion.

"The elation that they have that the dog is connected with them. They didn't have to surrender it. They didn't have to re-home it," said Harczan.

It's only the beginning for Harczan and his business. He hopes to expand his operation to open his day camp, a rehabilitation centre in a rural area for the more problematic dogs that are being put on the schedule to be euthanized.

Harczan is one of the most trusted professional trainers in the province, with 10 to 12 secondary degrees to show for it, such as a degree (with honours) in canine instructor/obedience from ICS Canada, and he is a registered canine detection trainer for service dogs for people with disabilities and medical ailments from the MSAR.

Harczan will never promise to fix a dog, but he will give dog owners the education and training techniques to make a happy home for the owners, their family and their dog.

Harczan operates his business out of East Selkirk but is willing to go to the client. For more information on Paw & Order and what Harczan does, visit his website at www.pawandorder.net.



Laura Platt hired Yury, (pictured above), to help with the training of their new pup Duke.

"AFTER OUR FIRST SESSION WITH YURY, OUR FAMILY ALREADY FELT MORE CONFIDENT WORKING WITH OUR PUPPY AND HIS BEHAVIOUR."

- LAURA PLATT

RM of Coldwell gets cooking with meals from around the world

German noodles class in May

By Patricia Barrett

The RM of Coldwell's recreation department began offering free monthly cooking classes a few months ago and the last class in May will be offering participants a taste of German cooking.

Lundar resident Joyce Klassen is taking participants to various locations around the world to provide them a taste of foods from different cultures. She'll be teaching students how to make German cuisine on May 2.

She offered to cook a few of the classes, having experience cooking for residents at the Lundar Personal Care Home and having come from a "great big family that had a lot of big meals," but Coldwell's recreation co-ordinator Breanna Rae gently persuaded her to teach all of them after the RM received a grant to cover the program.

"They roped me in to teach the classes!" said Klassen, laughing. "For the last class in May I'll be teaching people how to make a German dish called kielke and schmaunt. You cook farmer's sausage with homemade noodles and you make a cream gravy."

She ordered Pioneer sausage from Stonewall for the class, she said. As with all the classes, the cooks get to take their meals home.

February was devoted to Métis heritage, and students learned how to make tourtiere (meat pie). March paid homage to Icelandic heritage, and students learned how to

make ponnukokur (pancakes). April's class was devoted to Ukrainian heritage with students learning how to make perogies.

Klassen said the classes have been very popular, with most reaching capacity. They've focused on food from heritage groups within the region.

"We've had between 10-12 people attend the classes. It's mostly been women but we've had a

couple attend one of the classes," said Klassen. "The group has been a lot of fun and I've met some new friends."

Classes take place in the home economics room at Lundar School at 5 p.m.

For information about registering for the German heritage cooking class on May 2, email recreation co-ordinator Breanna Rae at rec.coldwell@mymts.net

THE RM OF COLDWELL RECREATION PRESENTS...COOKING AROUND THE WORLD CLASSES!

Free! Lead by Joyce Klassen

Spaces are limited!



LUNDAR SCHOOL HOME EC ROOM @ 5PM

Week 1, Feb 7: Metis Heritage (tourtiere)
 Week 2, March 7: Icelandic Heritage (ponnukokur)
 Week 3, April 4: Ukranian Heritage (perogies)
 Week 4, May 2: German Heritage (farmer sausage with kielke and schmaunt fat)

You can register for specific sessions or all sessions. To register, email Breanna at rec.coldwell@mymts.net

Walk-in Clinic
 Open Monday, Tuesday, Thursday 9 to 5
 Friday 9 to 4
OPEN LATE WEDNESDAY TO 7 PM



Easton Place Clinic
 15 Wersch St. Selkirk
 204-482-4044

#SAVE THE EARTH



The Earth is in Our Hands

MOTHER EARTH DAY

APR 22

www.earthreminder.com

When one tugs at a single thing in nature, he finds it attached to the rest of the world. - John Muir



Space provided through a partnership between industry and Manitoba communities to support waste diversion programs.

MMSM Multi-Material Stewardship Manitoba
 INDUSTRY FUNDING RECYCLING
SimplyRecycle.ca

Say Goodbye to Guessing!
 Download the **FREE** app today!
 SPONSORED BY INDUSTRY/MUNICIPAL PARTNERSHIP.

RECYCLEPEDIA



Photographer's evocative scenes have people eager to buy prints

By Patricia Barrett

A photographer in Winnipeg Beach has been bringing joy to hundreds of people in the community and to those from afar with her stunning photographs and has people interested in buying her work.

Pat Payjack has an eye for detail and setting a scene, and she's making a name for herself on social media sites where she posts her images. People are asking for prints, calendars or cards they can buy.

"I just printed my images for the first time. I've been posting them on Facebook to dispel some of the negative stuff we sometimes see and to share the beauty of our community. I'm always surprised how every

day was different," said Payjack. "I started posting my pictures as a social engagement activity and I've had people asking for calendars and pictures. Two people said they'd like to have greeting cards they can send out to people."

Some of Payjack's photos are surreal, as though she took them on another planet. Others capture the beauty of the pre-dawn Winnipeg Beach landscape, evoking a variety of moods. For some of her photos, she'll stage a scene using ice, snow or whatever she finds on the beach or the lake. Her dogs also like to get into the action, striking whimsical poses.

Continued on page 13



EXPRESS PHOTOS BY PAT PAYJACK

One of Payjack's dogs strikes a pose next to an ice sculpture on Lake Winnipeg



Lake Winnipeg looking like a Martian landscape.



Stonehenge popped up in Winnipeg Beach over the winter.





QUARRY PHYSIOTHERAPY

AN *inMotion* CLINIC

Gimli
204-642-5353

Arborg
204-376-2406



ACUPUNCTURE SERVICES

Experience the Benefits of Acupuncture

Our philosophy and mission remains focused on quick and equal access to care and providing service close to home.

- ONLINE BOOKING AVAILABLE
- DIRECT BILLING TO MOST INSURERS
- OPEN MONDAY-FRIDAY
- EXPERIENCED, FRIENDLY STAFF

Keeping the Interlake inMotion since 1994

Inmotionnetwork.ca

Flight Training

START YOUR CAREER AS A PILOT!

Becoming a pilot can be a rewarding career

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

Want to learn to fly?

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



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





This photo of an early morning sunrise looks as though it was set in the Arctic.



The iconic Winnipeg Beach tower is seen behind a large pressure crack on the lake.

> SCENES, FROM PG. 12

"Sometimes the dogs don't always co-operate, so I would pile up some rocks or snow or ice or I'd find pieces of driftwood. When you look at it, it becomes a character," she said. "It's miraculous. That time of morning is so heavenly and I almost felt like angels were directing me. 'It won't be very good today,' I would think, and I'd be totally surprised."

Amazingly enough, Payjack doesn't need a professional-grade camera to take her photos. She just uses her iPhone.

"It's not even the new iPhone," said Payjack. "I used to use film and once

I stopped using film, I stopped making prints. Everything is digital now. When I had my [digital] picture printed for the first time at a lab in Winnipeg, I was quite impressed by how they turned out. The prints are art quality. Whether this turns into a business would be coincidental. I don't want to compete with any of the locals who are doing this."

In the pre-digital days, she said she used to work as a photographer for commercial businesses such as grocery stores and knows how to frame a shot and create a mood.

"I had a film camera and I used to do commercial industrial photography for northern stores. The products would be in a studio in the summer and I'd take pictures of cereal, fluffy towels and other goods. I'd add Christmas wrapping paper or a bit of holly or ribbon to create an atmosphere for their Christmas catalogues. I know how to create an atmosphere in a shot. Nowadays, they use supplied stock pictures."

Payjack said she posts her photos on the Meanwhile in Winnipeg Beach and Meanwhile in Gimli Facebook sites. People in Grand Beach across the lake saw her pictures and asked her to share them on their local Facebook page.

She's happy to help promote Winnipeg Beach and bring people to the area to help the local economy. She's shared her photos with CTV for its weather picture of the day, she said, and likes to share the beauty of the area with friends and family who live away.

"We've got beauty right on our own doorstep. I like to take pictures of the local area and make it look like a vacation spot," she said. "It makes people feel good and it makes me feel good. I think it can't get any better and it does. It makes you feel included in the community. We can share good things like this. That's my main goal."

If it turns out that she can make some money selling prints, Payjack said she's thinking about using it to benefit the community in some way, such as providing dog waste bag stations along the waterfront or donating it to another worthy cause.

To inquire about purchasing Payjack's photographs, contact her through her Facebook page.



Legion

Come and go tea
in honour of

William Ebbers

April 22nd from 1-4 pm
at the Ashern Legion

We celebrating William Ebbers
46 years of past president and 65 years of
service in total at the Ashern Legion.

All Legions members welcome
to attend as well as dignitaries.

For further information contact
204-768-2885.

Hwy 231, Fraserwood, Manitoba, R0G 1A0

FRASERWOOD HALL

indoor GARAGE SALE

Canteen will be OPEN Saturday, April 22nd, 2023 10am-3pm

For info: Amanda 204-847-0677

IT'S GONNA BE THE CAT'S PJAMAS!!
--FRASERWOOD HALL--

THE ROARING TWENTIES 2023

SATURDAY APRIL 29

Dine, Tuck a Rug & Win! \$30. per person
All tickets entered into SCASH'S DRAWS

COCKTAILS: 5:30PM
DINNER: 6:00PM

PRIZE with music by "THE CRACKED EGGSHELLS"

SCASH'S DRAWS EVERY 55th TICKET DRAWN DURING THE EVENING!

FOR TICKETS OR MORE INFO CONTACT:
J&J Store: (204)443-5506 Nancy (204)443-5133 Glenrock Inn (Gimli Office)

NOW OPEN MON-SAT 9 am to Midnight, Sun 10 am to 10 pm

NOW
GOLF
IS ALWAYS
IN SEASON

**GOLF
SIMULATORS
& LOUNGE**

**331-1st. St. E.
Stonewall
Phone 204-467-PLAY (7529)**

www.nineteenthhole.ca

THE 19th HOLE

BOOK ONLINE TODAY

your FARM



DUC receives \$1-million grant to revamp Wetland Discovery Centre



PHOTO SUBMITTED

The Wetland Discovery Centre at Oak Hammock Marsh will be revamped through a renewal project.

By Jennifer McFee

Ducks Unlimited Canada is getting its ducks in a row to revamp the Wetland Discovery Centre at Oak Hammock Marsh, thanks to a \$1-million provincial grant.

This large capital grant comes from the Arts, Culture and Sport in Community Fund. These provincial grants cover up to 50 per cent of eligible costs for projects that improve the quality, accessibility and availability of facilities and spaces needed for arts, culture and amateur sport programming and activities.

For Nathalie Bays, manager of the

Wetland Discovery Centre, it feels amazing to receive the sizable grant for the re-envisioning project.

"This is an incredible boost to the campaign to renew the Wetland Discovery Centre," she said. "The centre has had no significant upgrades in its 30-year existence."

The funds will go towards rebuilding the displays throughout the centre, while also improving the visitor flow. As a result, these changes will increase accessibility throughout the facility.

The three-year re-envisioning process began with surveys to members,



PHOTO SUBMITTED

Trevor King (2023 PC candidate for Lakeside), Nathalie Bays (Wetland Discovery Centre manager), Ralph Eichler (Lakeside MLA), Wes Taplin (Rockwood reeve) and Sandra Smith (Stonewall mayor).

volunteers and the public, she said.

"An exhibit consulting company was then hired to help re-envision the centre, create an interpretive plan and concept design," Bays said.

"We hope this renewal will engage audiences of all ages and encourage actions to help conserve wetlands."

The wetlands at Oak Hammock Marsh remain important to farmers and others throughout the area.

"Wetlands are critical habitats that provide many benefits, including flood prevention, water filtration and ground water recharge," Bays said.

"They also provide key nesting and staging areas for a multitude of wild-

life species."

Lakeside MLA Ralph Eichler recently visited the site to share in the excitement of the funding announcement. He noted the potential for this type of project to boost tourism in the region.

"We're really excited about this opportunity for generations to come," Eichler said.

Overall, the renewal project is expected to cost an estimated \$7 million.

"The public campaign is just beginning," Bays added, "so if people would like to help us achieve our fundraising goal, please reach out and we would be happy to discuss opportunities."

Coming up, Earth Day events are scheduled at Oak Hammock Marsh on Saturday, April 22 from 10 a.m. to 4:30 p.m. Visitors can learn how to support wetlands, participate in a green building tour, enjoy a self-guided Wetland Wanderer activity and check out various exhibits and presentations. A volunteer drive will also take place from 1 to 3 p.m.

Another upcoming event is a popular wildflower sale on Mother's Day.

"Our Mother's Day wildflower sale is a great event that promotes the use of native grasses and wildflowers," Bays said, "not only to embellish people's yards but also to attract pollinators."

To learn more about Oak Hammock Marsh, located on Highway 67 between Stonewall and Selkirk, visit www.oakhammockmarsh.ca or call 204-467-3300.



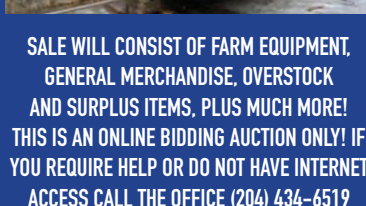
JOIN US FOR THE APRIL CONSIGNMENT SALE 2023

ITEMS AVAILABLE TO VIEW: APRIL 17TH - 20TH FROM 9AM TO 5PM

BIDDING STARTS: APRIL 20TH AT 9AM AND LOTS START CLOSING APRIL 27TH AT 10AM

Pickup Days: April 28th and 29th from 9am to 5pm.

Arrangements can be made otherwise. CLOSED SUNDAYS



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

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



All
from
a good
place

**DAIRY
FARMERS**
EST.  1974
OF MANITOBA

Your FARM



Objectives for better beetle management

By Keith Gabert

Flea beetles are the pest of greatest economic risk to canola production, according to our 2022 Canola Council of Canada survey of canola growers. With more striped species, which emerge earlier in the spring and seem more tolerant of common seed treatments, and with spring weather conditions that challenge rapid crop emergence, flea beetle damage seems worse than ever.

Canola growers have two major objectives to reduce the risk:

OBJECTIVE A: RAPID CANOLA EMERGENCE

The ideal flea beetle buster is a canola crop that establishes quickly with five to eight plants per square foot. More plants mean more food for the flea beetles, which limits the damage per plant.

Scenarios that require multiple in-season foliar sprays are often the result of a slow-establishing, non-competitive crop. Many factors can cause this, including moisture, temperature, plant populations, seed treatment and overall flea beetle numbers.

Management steps to reduce the risk include:

- Seed shallow into warm, moist soil. Consider

er seeding cereals first as they can tolerate cooler spring soils. Seed canola after soils have warmed up and ideally just before or after a spring rain.

- Use an advanced seed treatment to improve flea beetle protection in high-risk areas. These include Buteo Start, Lumiderm, Fortenza and Fortenza Advanced.

- Use safe rates of seed-placed fertilizer. The recommendation is to use only phosphorus in the seed row at rates of 20 lb./ac. of actual phosphate. Higher rates of seed-placed fertilizer can add more stress, slow the pace of growth and reduce the stand.

OBJECTIVE B: EFFECTIVE FOLIAR SPRAYS

Fields under moisture stress may not meet objective "A." Flea beetles love dry conditions; crops don't. In that case, growers should set up for effective foliar insecticide.

What makes a spray effective?

First, apply it at the right time. Action thresholds for canola are when damage exceeds 25 per cent cotyledon or leaf area loss. However, in warm weather with actively feeding flea beetles and slow-growing crop, this threshold can be passed quickly. Growers will want to anticipate the speed at which damage



CANOLA COUNCIL OF CANADA

Two species of flea beetle — striped and crucifer — on the same canola plant. Striped species emerge earlier in the spring and seem more tolerant of common seed treatments.

is developing and proactively begin spraying before 25 per cent defoliation. In some cases, early spraying around headlands may be enough when damage is localized from flea beetles entering the field edge.

"Right time" is also when flea beetles are most active. Warm, dry and calm are good conditions for spraying. In rainy cool weather, flea beetles often

Continued on page 17

ONLINE REAL ESTATE AUCTION FOR MACK LOVE MAY 01, 2023 AT 7:00PM



160 acres RM of Fisher Manitoba Recreation, with year round housing!

Recreation NE 1/4 9-25-3 West Roll #430300. Included on property: housebarn 30 x 70ft, all urethane insulated, deep well, sewage tank, water and electricity. Barn 2nd floor is all finished out in Pine with bathroom/laundry. Present owners have spotted deer, elk, bear, geese, wolves, fox, etc.

Approx. 377 acres RM of Coldwell

NW 07-19-4W Roll #71300, 177 acres, adjoining quarter 160 acres NE 7-19-4W, Roll #71200. Total 260 cultivated acres, 110 hrs of drainage work done in the last two years. Has a deep well for water supply and electricity for spraying.

JIM AND CELINE OLEKSUK LIVE AUCTION MAY 06, 2023 AT 10:00AM



2093 Ferndale Road, this is 3 mile south from Jct. Hwy 2 and 424 at Springstein turn off, Ph. 204-735-2478, ALL ITEMS SELL AS IS WHERE IS NO WARRANTY OF ANY KIND. Live in person auction with online bidding available beginning at 11 am. Jim and Celine are selling their beautiful acreage minutes from the perimeter at Oak Bluff and are down sizing. This auction has some excellent yard equipment, tools and very good household furniture and appliances. This will be a live on site auction with hot dogs and all.



MACK LOVE ONLINE EQUIPMENT AUCTION MAY 10, 2023 AT 6:00PM



Excellent line of hobby farm equipment, KUBOTA MX125, w/ FWA loader, 1300 hrs, 2012 Kubota KXO 080-3 Excavator, cab, 24" steel tracks, w/48" Ditching bucket, 24" digging bucket. Tilting bucket, Hyd, thumb, 12 ft extension boom with hook, orbit post hole, digger, 12" and 6" plus 4 ft extension, 356 Actual one owner hrs, serial # 21970. 2007 Case 850K crawler, 24" tracks, cab, power shift, series 3 w/ 6 way 10ft dozer blade, 1403 hrs, 2nd owner, serial #CAL006016. John Deere 7200 Max-merge planter 6 row 30", dry fertilizer, insecticide and corn.



DAVE ENNS COLLECTOR TRACTORS ONLINE AUCTION JUNE 02, 2023 AT 6:00PM



From the lights in Carman go 6 miles North on #13 to 305. Then go East on 305 for 2 miles. Then go 1 mile South. From Elm Creek go 6 miles South on #13 for 6 miles to 305. Then go East on 305 for 2 miles. Then go 1 mile South. 4 Massey 4 cyl Minneapolis U. 1938 John Deere D. Last year of unstyled Case VAC. Farmall H wide front. Farmall Super C. Farmall M wide front. International W4. International WD6 with loader Farmall A. SC Case. John Deere A. All tractors are running! 1997 GMC 1/2 ton. Ext cab. Running last year, not this year. 1970 Ford 3/4 ton 300 6 cyl. Auto trans. Not running. Project. 1931 Ford Model A engine only. Electric start. Runs well. Valve grinding machine. Valve seat grinding machine



Ph: (204) 325-4433 · Cell: (204) 325-6230

Fax: (204) 325-4484

For more complete listing www.billklassen.com

Bill Klassen Auctions Ltd.



Extended interswitching brings competition for grain transportation

By Western Grain Elevator Assoc.

Canada's grain shippers applaud the Government of Canada's announcement in Budget 2023 to bring back extended interswitching. This measure gives shippers who are physically located on a single rail line the ability to automatically seek competing service from the next closest railway within a certain distance at a guaranteed rate.

The Western Grain Elevator Association (WGEA) has long advocated to make extended interswitching a permanent measure in Canada's regulatory framework.

"Extended interswitching is one of the only policy tools that has histori-

cally created competitive options for shipper business," said WGEA's executive director Wade Sobkowich. "It offers an alternative service provider for single-served shippers which balances negotiations in a way that encourages better service or pricing for the benefit of entire supply chains."

Canada had extended interswitching in place from 2014 to 2017. During that time, extended interswitching did not cause major operational challenges and economic hardship on carriers. Instead, shippers experienced options for shipping product to its final destination, which benefitted the western Canadian grain industry

including grain farmers.

The intent of extended interswitching has always been to give all shippers the opportunity to have at least one other competitive shipping option. For that to happen in the grain sector, the extended interswitching distance will need to be 500 kilometres to allow for the Peace River and Carrot River growing regions to participate.

"Extended interswitching, provided it's at the right distance and automatically available, is a very important start to the government's response to the Supply Chain Task Force's report," noted Sobkowich. "We look

forward to providing the grain sector's input to the full response, especially those further measures that address the imbalance in the business relationship with shippers, such as automatic demurrage penalties associated with railcar supply and service level performance."

The WGEA is an association of grain businesses operating in Canada, which collectively handle in excess of 95 per cent of Western Canada's bulk grain exports. Its members account for approximately one fifth of bulk railway revenue in Canada and pay annual total freight of over \$1 billion.

MFWP celebrates first anniversary and announces continuation of program

By Manitoba Farmer Wellness Program

Manitoba's only free one-on-one counselling service for farm families celebrates its first anniversary this month. With significant support from sponsors and a growing following on social media, the Manitoba Farmer Wellness Program (MFWP) has lots to celebrate including their announcement of the continuation of the service in Manitoba.

"Last year was an exciting year for MFWP," says Marcel Hacault, MFWP's chair. "On March 1, 2022, we launched our confidential no-cost counselling services to support the mental health and wellness of Manitoba farm families. We saw a need and, with overwhelming support

from the industry, we are excited to announce we are continuing this service in Manitoba. We are thankful for the growing community of sponsors and supporters that see value in the program, and we are in a great position for the future." The MFWP board is currently going through a strategic planning exercise to define the future direction of the program. Part of that exercise is establishing the sustainability of the program, not just financially but also from an awareness and promotion perspective.

"What we learned in our first year is that the program works, is valued by those who use it, and it should be continued. This year we would like to raise funds to support 160 Manitoba

farm families, and our focus will be on increasing awareness about the program with industry, farmers and health care professionals," says Roberta Galbraith, vice-chair, MFWP.

The results of the program can be summed up in this unsolicited testimonial: "A true highlight of the 2022 growing season for me was finding out about and using the counselling services provided by MFWP. Not only was it encouraging to hear that such a program exists, my sessions with Kim provided me with valuable perspective and insight towards how my own mental health is connected to the health of my farm. I better understand now that tending to my own self and my own mental health is

equally as important as tending to the fields. These lessons are benefiting me immensely."

Farmers and their immediate family members can access six free confidential one-on-one (one-hour) counselling sessions with a registered counsellor with a background in agriculture, funded by the MFWP. The services are available during the day, evenings or on weekends to accommodate farmers' unique schedules, and can be in person, by telephone or video chat depending on preference.

If you are interested in booking an appointment with a counsellor, making a donation or learning more about the program, visit manitobafarmerwellness.ca.

> BEETLE, FROM PG. 16

take shelter in the soil and don't feed as much. In these conditions, insecticides, which all rely on contact with the flea beetle target, will have lower efficacy.

Second, consider the temperature effect on insecticide efficacy. On spray days with highs over 25°C, malathion and Sevin XLR may provide better results. On days with highs below 20°C, pyrethroids (Decis, Pounce, Perm-UP and others) will show better results. Pyrethroids have restrictions when temperatures exceed 25°C.

Third, achieve coverage. Flea beetle insecticides do most of their work through contact. Because young canola plants take up only a small

percentage of the ground area and because flea beetles are small targets, effective contact requires adequate water (at least 10 gal./ac.) and medium nozzles. Check labels for specific nozzle recommendations. Low-drift nozzles, which are a good practice for some herbicides, produce a coarse spray droplet that may not provide efficient flea beetle contact. Without coverage, results may not be as good as hoped.

This is just a quick overview of the top points. Continue regular scouting for flea beetle damage until your crop is well established. For more on flea beetle management tips and how to make the spray decision, please see our agronomy-based articles in the Insects section at canolawatch.org/fundamentals.

canolawatch.org/fundamentals.

Keith Gabert, agronomy specialist and

insect management lead for the Canola Council of Canada.

SEMI TRUCK TIRES

BLACKHAWK 16 ply 255/70R22.5 ... \$319.99

BLACKHAWK BAR 26 275/70R22.5 ... \$360.99

BLACKHAWK BDR 77 11R22.5 ... \$383.99

Refuse Trucks

Dump Trucks

Regional Trucks

Redi-Mix Trucks

ALL POSITION TIRES

ROVELO RAM 2 18 ply 275/70R22.5 ... \$352.79

SAILUN 815 16 ply PR 11R24.5 ... \$318.69

MIRAGE MG702 16 ply 11R22.5 ... \$318.99

BLACKHAWK BAM01 11R22.5 ... \$393.75

SEMI TRUCK TIRES

BLACKHAWK 16 ply 255/70R22.5 ... \$319.99

BLACKHAWK BAR 26 275/70R22.5 ... \$360.99

BLACKHAWK BDR 77 11R22.5 ... \$383.99

Refuse Trucks

Dump Trucks

Regional Trucks

Redi-Mix Trucks

ALL POSITION TIRES

ROVELO RAM 2 18 ply 275/70R22.5 ... \$352.79

SAILUN 815 16 ply PR 11R24.5 ... \$318.69

MIRAGE MG702 16 ply 11R22.5 ... \$318.99

BLACKHAWK BAM01 11R22.5 ... \$393.75

SEMI TRUCK TIRES

BLACKHAWK 16 ply 255/70R22.5 ... \$319.99

BLACKHAWK BAR 26 275/70R22.5 ... \$360.99

BLACKHAWK BDR 77 11R22.5 ... \$383.99

Refuse Trucks

Dump Trucks

Regional Trucks

Redi-Mix Trucks

ALL POSITION TIRES

ROVELO RAM 2 18 ply 275/70R22.5 ... \$352.79

SAILUN 815 16 ply PR 11R24.5 ... \$318.69

MIRAGE MG702 16 ply 11R22.5 ... \$318.99

BLACKHAWK BAM01 11R22.5 ... \$393.75

SEMI TRUCK TIRES

BLACKHAWK 16 ply 255/70R22.5 ... \$319.99

BLACKHAWK BAR 26 275/70R22.5 ... \$360.99

BLACKHAWK BDR 77 11R22.5 ... \$383.99

Refuse Trucks

Dump Trucks

Regional Trucks

Redi-Mix Trucks

ALL POSITION TIRES

ROVELO RAM 2 18 ply 275/70R22.5 ... \$352.79

SAILUN 815 16 ply PR 11R24.5 ... \$318.69

MIRAGE MG702 16 ply 11R22.5 ... \$318.99

BLACKHAWK BAM01 11R22.5 ... \$393.75

SEMI TRUCK TIRES

BLACKHAWK 16 ply 255/70R22.5 ... \$319.99

BLACKHAWK BAR 26 275/70R22.5 ... \$360.99

BLACKHAWK BDR 77 11R22.5 ... \$383.99

Refuse Trucks

Dump Trucks

Regional Trucks

Redi-Mix Trucks

ALL POSITION TIRES

ROVELO RAM 2 18 ply 275/70R22.5 ... \$352.79

SAILUN 815 16 ply PR 11R24.5 ... \$318.69

MIRAGE MG702 16 ply 11R22.5 ... \$318.99

BLACKHAWK BAM01 11R22.5 ... \$393.75

SEMI TRUCK TIRES

BLACKHAWK 16 ply 255/70R22.5 ... \$319.99

BLACKHAWK BAR 26 275/70R22.5 ... \$360.99

BLACKHAWK BDR 77 11R22.5 ... \$383.99

Refuse Trucks

Dump Trucks

Regional Trucks

Redi-Mix Trucks

ALL POSITION TIRES

ROVELO RAM 2 18 ply 275/70R22.5 ... \$352.79

SAILUN 815 16 ply PR 11R24.5 ... \$318.69

MIRAGE MG702 16 ply 11R22.5 ... \$318.99

BLACKHAWK BAM01 11R22.5 ... \$393.75

SEMI TRUCK TIRES

BLACKHAWK 16 ply 255/70R22.5 ... \$319.99

BLACKHAWK BAR 26 275/70R22.5 ... \$360.99

BLACKHAWK BDR 77 11R22.5 ... \$383.99

Refuse Trucks

Dump Trucks

Regional Trucks

Redi-Mix Trucks

ALL POSITION TIRES

ROVELO RAM 2 18 ply 275/70R22.5 ... \$352.79

SAILUN 815 16 ply PR 11R24.5 ... \$318.69

MIRAGE MG702 16 ply 11R22.5 ... \$318.99

BLACKHAWK BAM01 11R22.5 ... \$393.75

SEMI TRUCK TIRES

BLACKHAWK 16 ply 255/70R22.5 ... \$319.99

BLACKHAWK BAR 26 275/70R22.5 ... \$360.99

BLACKHAWK BDR 77 11R22.5 ... \$383.99

Refuse Trucks

Dump Trucks

Regional Trucks

Redi-Mix Trucks

ALL POSITION TIRES

ROVELO RAM 2 18 ply 275/70R22.5 ... \$352.79

SAILUN 815 16 ply PR 11R24.5 ... \$318.69

MIRAGE MG702 16 ply 11R22.5 ... \$318.99

BLACKHAWK BAM01 11R22.5 ... \$393.75

SEMI TRUCK TIRES

BLACKHAWK 16 ply 255/70R22.5 ... \$319.99

BLACKHAWK BAR 26 275/70R22.5 ... \$360.99

BLACKHAWK BDR 77 11R22.5 ... \$383.99

Refuse Trucks

Dump Trucks

Regional Trucks

Redi-Mix Trucks

ALL POSITION TIRES

ROVELO RAM 2 18 ply 275/70R22.5 ... \$352.79

SAILUN 815 16 ply PR 11R24.5 ... \$318.69

MIRAGE MG702 16 ply 11R22.5 ... \$318.99

BLACKHAWK BAM01 11R22.5 ... \$393.75

SEMI TRUCK TIRES

BLACKHAWK 16 ply 255/70R22.5 ... \$319.99

BLACKHAWK BAR 26 275/70R22.5 ... \$360.99

BLACKHAWK BDR 77 11R22.5 ... \$383.99

Refuse Trucks

Dump Trucks

Regional Trucks

Redi-Mix Trucks

ALL POSITION TIRES

ROVELO RAM 2 18 ply 275/70R22.5 ... \$352.79

SAILUN 815 16 ply PR 11R24.5 ... \$318.69

MIRAGE MG702 16 ply 11R22.5 ... \$318.99

BLACKHAWK BAM01 11R22.5 ... \$393.75

SEMI TRUCK TIRES

BLACKHAWK 16 ply 255/70R22.5 ... \$319.99

BLACKHAWK BAR 26 275/70R22.5 ... \$360.99

BLACKHAWK BDR 77 11R22.5 ... \$383.99

Refuse Trucks

Dump Trucks

Regional Trucks

Redi-Mix Trucks

ALL POSITION TIRES

ROVELO RAM 2 18 ply 275/70R22.5 ... \$352.79

SAILUN 815 16 ply PR 11R24.5 ... \$318.69

MIRAGE MG702 16 ply 11R22.5 ... \$318.99

BLACKHAWK BAM01 11R22.5 ... \$393.75

SEMI TRUCK TIRES

BLACKHAWK 16 ply 255/70R22.5 ... \$319.99

BLACKHAWK BAR 26 275/70R22.5 ... \$360.99

BLACKHAWK BDR 77 11R22.5 ... \$383.99

Refuse Trucks

Dump Trucks

Regional Trucks

Redi-Mix Trucks

ALL POSITION TIRES

ROVELO RAM 2 18 ply 275/70R22.5 ... \$352.79

SAILUN 815 16 ply PR 11R24.5 ... \$318.69

MIRAGE MG702 16 ply 11R22.5 ... \$318.99

BLACKHAWK BAM01 11R22.5 ... \$393.75

SEMI TRUCK TIRES

BLACKHAWK 16 ply 255/70R22.5 ... \$319.99

BLACKHAWK BAR 26 275/70R22.5 ... \$360.99

BLACKHAWK BDR 77 11R22.5 ... \$383.99

Refuse Trucks

Dump Trucks

Regional Trucks

Redi-Mix Trucks

ALL POSITION TIRES

ROVELO RAM 2 18 ply 275/70R22.5 ... \$352.79

SAILUN 815 16 ply PR 11R24.5 ... \$318.69

MIRAGE MG702 16 ply 11R22.5 ... \$318.99

BLACKHAWK BAM01 11R22.5 ... \$393.75

SEMI TRUCK TIRES

BLACKHAWK 16 ply 255/70R22.5 ... \$319.99

BLACKHAWK BAR 26 275/70R22.5 ... \$360.99

BLACKHAWK BDR 77 11R22.5 ... \$383.99

Refuse Trucks

Dump Trucks

Regional Trucks

Redi-Mix Trucks

ALL POSITION TIRES

ROVELO RAM 2 18 ply 275/70R22.5 ... \$352.79

SAILUN 815 16 ply PR 11R24.5 ... \$318.69

MIRAGE MG702 16 ply 11R22.5 ... \$318.99

BLACKHAWK BAM01 11R22.5 ... \$393.75

SEMI TRUCK TIRES

BLACKHAWK 16 ply 255/70R22.5 ... \$319.99

BLACKHAWK BAR 26 275/70R22.5 ... \$360.99

BLACKHAWK BDR 77 11R22.5 ... \$383.99

Refuse Trucks

Dump Trucks

Regional Trucks

Redi-Mix Trucks

ALL POSITION TIRES

ROVELO RAM 2 18 ply 275/70R22.5 ... \$352.79

SAILUN 815 16 ply PR 11R24.5 ... \$318.69

MIRAGE MG702 16 ply 11R22.5 ... \$318.99

BLACKHAWK BAM01 11R22.5 ... \$393.75

SEMI TRUCK TIRES

BLACKHAWK 16 ply 255/70R22.5 ... \$319.99

BLACKHAWK BAR 26 275/70R22.5 ... \$360.99

BLACKHAWK BDR 77 11R22.5 ... \$383.99

Refuse Trucks

Dump Trucks

Regional Trucks

Redi-Mix Trucks

ALL POSITION TIRES

ROVELO RAM 2 18 ply 275/70R22.5 ... \$352.79

SAILUN 815 16 ply PR 11R24.5 ... \$318.69

MIRAGE MG702 16 ply 11R22.5 ... \$318.99

BLACKHAWK BAM01 11R22.5 ... \$393.75

SEMI TRUCK TIRES

BLACKHAWK 16 ply 255/70R22.5 ... \$319.99

BLACKHAWK BAR 26 275/70R22.5 ... \$360.99

BLACKHAWK BDR 77 11R22.5 ... \$383.99

Refuse Trucks

Dump Trucks

Regional Trucks

Redi-Mix Trucks

ALL POSITION TIRES

ROVELO RAM 2 18 ply 275/70R22.5 ... \$352.79

SAILUN 815 16 ply PR 11R24.5 ... \$318.69

MIRAGE MG702 16 ply 11R22.5 ... \$318.99

BLACKHAWK BAM01 11R22.5 ... \$393.75

SEMI TRUCK TIRES

BLACKHAWK 16 ply 255/70R22.5 ... \$319.99

BLACKHAWK BAR 26 275/70R22.5 ... \$360.99

BLACKHAWK BDR 77 11R22.5 ... \$383.99

Refuse Trucks

Dump Trucks

Regional Trucks

Redi-Mix Trucks

ALL POSITION TIRES

ROVELO RAM 2 18 ply 275/70R22.5 ... \$352.79

SAILUN 815 16 ply PR 11R24.5 ... \$318.69

MIRAGE MG702 16 ply 11R22.5 ... \$318.99

BLACKHAWK BAM01 11R22.5 ... \$393.75

SEMI TRUCK TIRES

BLACKHAWK 16 ply 255/70R22.5 ... \$319.99

BLACKHAWK BAR 26 275/70R22.5 ... \$360.99

BLACKHAWK BDR 77 11R22.5 ... \$383.99

Refuse Trucks

Dump Trucks

Regional Trucks

Redi-Mix Trucks

ALL POSITION TIRES

ROVELO RAM 2 18 ply 275/70R22.5 ... \$352.79

SAILUN 815 16 ply PR 11R24.5 ... \$318.69

MIRAGE MG702 16 ply 11R22.5 ... \$318.99

BLACKHAWK BAM01 11R22.5 ... \$393.75

SEMI TRUCK TIRES

BLACKHAWK 16 ply 255/70R22.5 ... \$319.99

BLACKHAWK BAR 26 275/70R22.5 ... \$360.99

BLACKHAWK BDR 77 11R22.5 ... \$383.99

Refuse Trucks

Dump Trucks

Regional Trucks

Redi-Mix Trucks

ALL POSITION TIRES

ROVELO RAM 2 18 ply 275/70R22.5 ... \$352.79

SAILUN 815 16 ply PR 11R24.5 ... \$318.69

MIRAGE MG702 16 ply 11R22.5 ... \$318.99

BLACKHAWK BAM01 11R22.5 ... \$393.75

SEMI TRUCK TIRES

BLACKHAWK 16 ply 255/70R22.5 ... \$319.99

BLACKHAWK BAR 26 275/70R22.5 ... \$360.99

BLACKHAWK BDR 77 11R22.5 ... \$383.99

Refuse Trucks

Dump Trucks

Regional Trucks

Redi-Mix Trucks

ALL POSITION TIRES

ROVELO RAM 2 18 ply 275/70R22.5 ... \$352.79

SAILUN 815 16 ply PR 11R24.5 ... \$318.69

MIRAGE MG702 16 ply 11R22.5 ... \$318.99

BLACKHAWK BAM01 11R22.5 ... \$393.75

SEMI TRUCK TIRES

BLACKHAWK 16 ply 255/70R22.5 ... \$319.99

BLACKHAWK BAR 26 275/70R22.5 ... \$360.99

BLACKHAWK BDR 77 11R22.5 ... \$383.99

Refuse Trucks

Dump Trucks

Regional Trucks

Redi-Mix Trucks

ALL POSITION TIRES

ROVELO RAM 2 18 ply 275/70R22.5 ... \$352.79

SAILUN 815 16 ply PR 11R24.5 ... \$318.69

MIRAGE MG702 16 ply 11R22.5 ... \$318.99

BLACKHAWK BAM01 11R22.5 ... \$393.75

SEMI TRUCK TIRES

BLACKHAWK 16 ply 255/70R22.5 ... \$319.99

BLACKHAWK BAR 26 275/70R22.5 ... \$360.99

BLACKHAWK BDR 77 11R22.5 ... \$383.99

Refuse Trucks

Dump Trucks

Regional Trucks

Redi-Mix Trucks

ALL POSITION TIRES

ROVELO RAM 2 18 ply 275/70R22.5 ... \$352.79

SAILUN 815 16 ply PR 11R24.5 ... \$318.69

MIRAGE MG702 16 ply 11R22.5 ... \$318.99

BLACKHAWK BAM01 11R22.5 ... \$393.75

SEMI TRUCK TIRES

BLACKHAWK 16 ply 255/70R22.5 ... \$319.99

BLACKHAWK BAR 26 275/70R22.5 ... \$360.99

BLACKHAWK BDR 77 11R22.5 ... \$383.99

Refuse Trucks

Dump Trucks

Regional Trucks

Redi-Mix Trucks

ALL POSITION TIRES

ROVELO RAM 2 18 ply 275/70R22.5 ... \$352.79

SAILUN 815 16 ply PR 11R24.5 ... \$318.69

MIRAGE MG702 16 ply 11R22.5 ... \$318.99

BLACKHAWK BAM01 11R22.5 ... \$393.75

SEMI TRUCK TIRES

BLACKHAWK 16 ply 255/70R22.5 ... \$319.99

BLACKHAWK BAR 26 275/70R22.5 ... \$360.99

BLACKHAWK BDR 77 11R22.5 ... \$383.99

Refuse Trucks

Dump Trucks

Regional Trucks

Redi-Mix Trucks

ALL POSITION TIRES

ROVELO RAM 2 18 ply 275/70R22.5 ... \$352.79

SAILUN 815 16 ply PR 11R24.5 ... \$318.69

MIRAGE MG702 16 ply 11R22.5 ... \$318.99

BLACKHAWK BAM01 11R22.5 ... \$393.75

SEMI TRUCK TIRES

BLACKHAWK 16 ply 255/70R22.5 ... \$319.99

BLACKHAWK BAR 26 275/70R22.5 ... \$360.99

BLACKHAWK BDR 77 11R22.5 ... \$383.99

Refuse Trucks

Dump Trucks

Regional Trucks

Redi-Mix Trucks

ALL POSITION TIRES

ROVELO RAM 2 18 ply 275/70R22.5 ... \$352.79

SAILUN 815 16 ply PR 11R24.5 ... \$318.69

MIRAGE MG702 16 ply 11R22.5 ... \$318.99

BLACKHAWK BAM01 11R22.5 ... \$393.75

SEMI TRUCK TIRES

BLACKHAWK 16 ply 255/70R22.5 ... \$319.99

BLACKHAWK BAR 26 275/70R22.5 ... \$360.99

BLACKHAWK BDR 77 11R22.5 ... \$383.99

Refuse Trucks

Dump Trucks

Regional Trucks

Redi-Mix Trucks

ALL POSITION TIRES

ROVELO RAM 2 18 ply 275/70R22.5 ... \$352.79

SAILUN 815 16 ply PR 11R24.5 ... \$318.69

MIRAGE MG702 16 ply 11R22.5 ... \$318.99

BLACKHAWK BAM01 11R22.5 ... \$393.75

SEMI TRUCK TIRES

BLACKHAWK 16 ply 255/70R22.5 ... \$319.99

BLACKHAWK BAR 26 275/70R22.5 ... \$360.99

BLACKHAWK BDR 77 11R22.5 ... \$383.99

Refuse Trucks

Dump Trucks

Regional Trucks

Redi-Mix Trucks

ALL POSITION TIRES

ROVELO RAM 2 18 ply 275/70R22.5 ... \$352.79

SAILUN 815 16 ply PR 11R24.5 ... \$318.69

MIRAGE MG702 16 ply 11R22.5 ... \$318.99

BLACKHAWK BAM01 11R22.5 ... \$393.75

SEMI TRUCK TIRES

BLACKHAWK 16 ply 255/70R22.5 ... \$319.99

BLACKHAWK BAR 26 275/70R22.5 ... \$360.99

BLACKHAWK BDR 77 11R22.5 ... \$383.99

Refuse Trucks

Dump Trucks

Regional Trucks

Redi-Mix Trucks

ALL POSITION TIRES

ROVELO RAM 2 18 ply 275/70R22.5 ... \$352.79

SAILUN 815 16 ply PR 11R24.5 ... \$318.69

MIRAGE MG702 16 ply 11R22.5 ... \$318.99

BLACKHAWK BAM01 11R22.5 ... \$393.75

SEMI TRUCK TIRES

BLACKHAWK 16 ply 255/70R22.5 ... \$319.99

BLACKHAWK BAR 26 275/70R22.5 ... \$360.99

BLACKHAWK BDR 77 11R22.5 ... \$383.99

Refuse Trucks

Dump Trucks

Regional Trucks

Redi-Mix Trucks

ALL POSITION TIRES

ROVELO RAM 2 18 ply 275/70R22.5 ... \$352.79

SAILUN 815 16 ply PR 11R24.5 ... \$318.69

MIRAGE MG702 16 ply 11R22.5 ... \$318.99

BLACKHAWK BAM01 11R22.5 ... \$393.75

SEMI TRUCK TIRES

BLACKHAWK 16 ply 255/70R22.5 ... \$319.99

BLACKHAWK BAR 26 275

Winnipeg Beach students learn traditional art and customs



EXPRESS PHOTOS BY GARY KELLY

On Wednesday, April 12, Mr. Gibson's Grade 5/6 class of Winnipeg Beach School participated in a pysanka workshop at the Winnipeg Beach Recreation Centre. The smell of beeswax filled the air while ESD substitute teacher Angela Sarakula led the workshop. Due to the snowstorm in the region the previous week, the workshop had been postponed. The Ukrainian art of dying eggs or pysanka is a reverse dying (batik) process that applies symbols with a kistka (tool) and melted beeswax to an egg before dipping it into a dye. The process is repeated, moving from the lightest to the darkest dyes. When all the dyes have been applied, the build-up of wax is slowly melted near a candle and wiped from the egg, revealing the colourful finished product.

> SENIORS PROGRAMS, FROM PG. 8

home from hospital because of barriers in the home," said Marnie Courage, occupational therapist and CEO, Enabling Access Inc. "This new home modification program is a welcomed support that will reduce fall-related hospitalizations, premature admissions to long-term care facilities and enable Manitobans to safely live in place as they age."

A further \$1.5-million investment will stabilize and strengthen the Manitoba government's supportive housing program, which has over 750 units including 528 in Winnipeg and 236 in rural areas. The minister noted the investment will increase the per

diem rate by 19 per cent to ensure residents receive high-quality services.

"This increase in the per diem rate for supportive housing is a step in the right direction and welcomed by operators," said Julie Turenne-Maynard, executive director, Manitoba Association of Residential and Community Care Homes for the Elderly. "We hope the Manitoba government will continue to invest in this program as evidence has proven that supportive housing is used and needed by seniors who need additional support."

This housing-with-care model provides residents in community-based congregate settings with access to

comprehensive support services including meals, laundry, light house-keeping and personal support services.

"From improving community supports to enhancing services to promoting financial security, the recently released seniors strategy defined seven strategic priorities that will guide our plan to make Manitoba an ideal

place to age," said Johnston. "In less than two months since launching the strategy, we have already committed over \$34 million in multiple key initiatives."

To read Manitoba, A Great Place to Age: Provincial Seniors Strategy, visit https://gov.mb.ca/seniors/docs/seniors_strategy_2023.pdf.

Recognizing 46 years of service



EXPRESS PHOTO SUBMITTED

The RM of Gimli parks and rec department congratulated Sandy Prise on his retirement after 46 years of service. Prise has been a huge part of the Gimli recreation community and has been in attendance for countless hockey games, tournaments, skating practices and events that have taken place over the years.

Scenic Flight Tour

\$119

FOR A 3 PERSON FLIGHT TOUR

Book Today!

LS AIRWAYS FLIGHT ACADEMY

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

get inspired

> MEAL IDEAS



Hawaiian Huli Huli Chicken

pieces)

8 wooden skewers (6 inches each), soaked in water

To make sauce: Combine ketchup, soy sauce, honey, orange juice, garlic and ginger; mix well. Separate into two bowls and set aside.

Preheat grill to medium-high heat. Preheat oven to 350 F.

Alternately thread three chicken cubes and three pineapple chunks on each skewer.

Grill skewers 3-5 minutes on each side. Brush or spoon sauce from one bowl onto chicken and pineapple every other minute. Discard remaining sauce from first bowl.

To prevent chicken from drying out, finish cooking to minimum internal temperature of 165 F in oven. Using clean brush or spoon, coat with sauce from remaining bowl before serving.

Recipe courtesy of the National Heart, Lung, and Blood Institute

Prep time: 10 minutes

Cook time: 30 minutes

Servings: 4

Sauce:

2 tablespoons ketchup

2 tablespoons light soy sauce

2 tablespoons honey

2 teaspoons orange juice

1 teaspoon garlic (about 1 clove), minced

1 teaspoon ginger, minced

12 ounces boneless, skinless chicken breast (about 2 large breasts), cut into 1-inch cubes (about 24 cubes)

1 cup fresh pineapple, diced (about 24



Grilled Maine Lobster Tacos

pepper, to taste

8 small flour tortillas

pico de gallo

1 lime, cut into wedges for serving

To make vinegar slaw: In small saucepan over medium heat, heat apple cider vinegar, celery seeds, sugar and water; stir until sugar dissolves. In large bowl, pour mixture over cabbage; cover and refrigerate.

To make cilantro lime crema: In blender, blend sour cream, cilantro, mayonnaise, lime juice, lime zest and garlic. Season with salt and pepper, to taste; refrigerate.

To make lobster tacos: Preheat grill to medium-high heat.

Brush grill grates with oil to prevent sticking. Using kitchen shears, cut lobster shells in half lengthwise. Place skewer through meat to prevent curling during cooking.

Brush lobster meat with melted butter and season with salt and pepper.

Grill lobster tails meat side down 5 minutes then flip.

Brush meat again with butter and cook 5 minutes, or until opaque throughout. Cook to 140 F internal temperature.

Remove meat from shells and cut into bite-sized chunks or leave whole, if desired.

Place tortillas on grill 30-60 seconds per side, or until warmed and slightly brown.

Add drained slaw to tortillas. Top with lobster meat, pico de gallo and cilantro sauce. Serve with lime wedges.

Total time: 25 minutes

Servings: 8

Vinegar Slaw:

2/3 cup apple cider vinegar

1 teaspoon celery seeds

2/3 cup white sugar

1 cup water

1/2 small head green cabbage, shredded or cut thinly (approximately 8 cups)

Cilantro Lime Crema:

1/2 cup sour cream

fresh cilantro leaves, chopped

1/2 cup mayonnaise

4 teaspoons fresh lime juice

1 lime, zest only, minced

1/2 teaspoon minced garlic

kosher salt, plus additional to taste, divided

freshly ground black pepper, to taste

Lobster Tacos:

Extra-virgin olive oil

4 large (4-6 ounces each) Maine Lobster tails, defrosted

4 tablespoons unsalted butter, melted salt, to taste

The healing power of laughter



I was talking with a client recently about the importance of laughter. We were commenting on the health benefits, and I remembered the story of how Norman Cousins healed himself by watching funny movies. He had a serious illness, and rather than sitting around brooding about it, he decided it would be better to be positive and to laugh. So he watched old Groucho Marx movies and laughed a lot. His condition improved markedly.

It occurred to me that if laughter can do good things for the physical body, then it can also do good things for relationships and families. In the body, laughter relieves stress and likely produces endorphins, which make us feel good. In a relationship, laughter also relieves stress, and produces good feelings, which strengthen the relationship.

In families, the same thing applies. Shared laughter creates a warmth between people and, like a magnetic attraction, makes us want to be together. There is a lot of nonverbal bonding that occurs when two or more people share a laugh. Affectionate teasing is like a compliment, because we only do it with people we like. I think of laughter as the emotional equivalent of sunshine. Days without sun can be dreary, as can days without laughter. No matter what the burdens, if my clients can still laugh, I know they will be okay.

If we have no laughter in our lives, then we are at some risk emotionally, and probably even physically.

Certainly there are times when there is nothing to laugh about, but we must not stay in that space for too long. Finding laughter means allowing ourselves to move into a lighter space, if only for a short while. Sometimes simply trying to bring a laugh or smile to another person is all it takes to shift our own energy. It is easy to forget how to be playful. The seriousness of life can make us lose that child-like innocence, but it need not be lost for good.

At first it might take outside stimulation to bring the laughter back, be it a funny movie, or doing something that you normally don't do, like going sledding, or playing a game. It might require a conscious effort to find something humorous each day, that you can share with others. Perhaps playing some (harmless) practical jokes will get you going, and show others that you are open to playfulness.

A smile is a magical thing. Have you noticed how the face of a stranger is transformed when they see you smiling at them. If your smile can have that effect on a stranger, think how much it does for those you live and work with. So if you have lost your smile, or forgotten how to laugh, it might be time to do something about that. Our children model our behavior, so if we are serious all the time, they may be too. Even if there is pain and struggle in our lives, a little laughter can make it more bearable. We don't have to wait for something that will make us laugh. We just have to see the humor that is already there, or create a little of our own.

Gwen Randall-Young is an author and award-winning psychologist. For permission to reprint this article, or to obtain books, CDs or MP3s, visit www.gwen.ca. Follow Gwen on Facebook for inspiration.



5-Minute Dark Chocolate Cereal Bars

4 ounces dark chocolate, melted

Heat saucepan over low heat. Add butter, marshmallows and peanut butter; stir to combine. Add cereal; mix until coated.

Line 9-by-13-inch pan with parchment paper. Add cereal mixture to pan. In bowl, mix milk chocolate and dark chocolate. Drizzle chocolate over cereal mixture; spread evenly then allow to cool.

Cut into bars and serve.

Recipe adapted from ScrummyLane.com

4 tablespoons butter

10 ounces marshmallows

1/2 cup peanut butter

6 cups cereal

4 ounces milk chocolate, melted

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Juniors win sixth consecutive KJHL title

Staff
For the sixth consecutive season, the Peguis Juniors have won the Keystone Junior Hockey League championship. Winning the title this season also quantifies them as the Provincial Junior “B” champions.

Peguis won the league title with an 8-5 road win over the OCN Storm in Game 5 last Friday. The Juniors won the best-of-seven final series 4-1.

Keanu Woodhouse led the way for the Juniors, scoring twice (both in the first period) while adding an assist. Captain Lyle Murdock accepted the trophy from league executive Matt Granger and added three assists.

Peguis’ Jeremiah Jacques had a goal and an assist while goaltender Aiden Marchand backstopped his team throughout the post season and made 27 saves for the victory.

Also scoring for the Juniors were Jackson Jacques, Keenan McPherson, Darion Sinclair and Jayden McPherson.

Drew Peters of the OCN Storm scored once and added three assists, while Blaine Dorion scored twice late in the third period to make a game out of it. Ezekiel Kirkness also added a goal and two assists in the losing effort.

The Storm’s other goal was tallied by Damon Constant.

Both teams will now prepare for the Central Canada Cup in Thunder Bay which will take place this Thursday through Sunday.



EXPRESS PHOTO SUBMITTED
The Peguis Juniors won their sixth consecutive Keystone Junior Hockey League Championship after an 8-5 road win over the OCN Storm last Friday.



The KJHL Lifetime Membership Award was presented to Bruce Sinclair (right). Sinclair was the general manager for the Juniors for two seasons and also vice-president of the KJHL for one season. He played a big role when the five southern teams decided to vacate from the KJHL and form the CRJHL.



EXPRESS PHOTOS BY RAYME THOMSON
Kevin Monkman, middle, received the KJHL Farron Cochrane Coach of the Year award. The award has been renamed in honour of Farron Cochrane, it is now known as the Farron Cochrane Award for Coach of the Year. Farron has been a part of the Juniors for 20-plus years as general manager and coach. He is also one of the longest serving KJHL coaches in the history of the league.

To see more photos of your favourite Interlake Athletes

GO TO **Stonewall Teulon Tribune | flickr**

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

Interlake Dart Players Club members earn spots at nationals

Submitted

Six members of the Interlake Dart Players Club have recently made it to their respective national tournament levels.

Doug Allard, Scott Sansom and Dean Corlett will be representing Manitoba/northwestern Ontario at the Royal Canadian Legion's Dominion championships in April.

Duane Langbis, Cheryl Hygaard, and Lisa Boyer will be representing Team Manitoba at the NDFC national championships in June.

Allard (Selkirk Legion), Sansom (Elmwood Legion) and Corlett (Elmwood Legion), while representing their respective legions, played off tournaments from the branch levels to the district level to the provincial level winning in their respective events at each level. Allard will be playing in the singles event and Sansom and Corlett will be playing in the doubles event at Dominion.

Langbis, Hygaard and Boyer par-



Scott Sansom, left, and Dean Corlett won the provincial level of Legion darts (Command).

ticipated in the MDAI Provincial play in March and successfully secured a spot on Team Manitoba. They will be



EXPRESS PHOTOS SUBMITTED

Doug Allard, Cheryl Hygaard, Duane Langbis and Lisa Boyer at the Selkirk Legion where they play in a Tuesday night Legion league, showing off their awards.

attending the nationals in June, which will be held in Quebec, playing singles and doubles events.

The Interlake Dart Players Club is a member of the Manitoba Darts Association (MDAi Zone 2).

Selkirk to host Cheer Manitoba provincials for first time

Submitted by Cheer Manitoba

Cheer Manitoba will be holding its provincial championships in Selkirk for the first time at the Selkirk Recreation Complex on May 6. The event will showcase 58 routines in the disciplines of performance cheer (pom), scholastic cheer and all-star cheer.

Athletes will range in ages from five to 30-plus and will feature routines from the U6 Novice division all the way to Open Level 7 teams, which compete at the highest level in the sport.

We will have over 500 athletes in attendance from all over southern

Manitoba and northwestern Ontario. Cheerleading continues to gain popularity with shows like Netflix's *Cheer* putting a spotlight on the often misunderstood sport. Cheerleading now has Olympic provisional status, meaning it could be part of the Olympic Games in the near future.

Cheer Manitoba has been overwhelmed with the positive support it has received from the community of Selkirk from sponsorship opportunities to excellent service at the Selkirk Recreation Complex. Doors open at 9 a.m. with the event starting at 10 a.m.

Live wrestling in Balmoral April 29

By Brian Bowman

The Balmoral Recreation Center will be hosting some high-flying wrestling action on April 29.

The event, called the Bash in Balmoral, will act as a fundraiser for the recreation centre.

"Myself and Travis Williams have been wrestling fans for a long time," said Don Slater, who came up with the idea to host the fundraiser along with Williams. "We noticed that a local wrestling promotion, CWE, tours around Manitoba and thought we would take our family. We went to a couple of CWE events around the Interlake. Our kids really enjoyed the live-wrestling event."

The idea of hosting a wrestling event in Balmoral is a unique one.

"Travis and I thought this would be a great opportunity as a fundraiser for the Balmoral Rec Centre," Slater said. "It's fun entertainment for all ages, and something different and unique. This has never happened in Balmoral that we can remember. The support for this event throughout the community and surrounding area has been amazing. Everyone is very excited for this."

The Balmoral Recreation Centre is a big part of the community.

"We have hockey, ringette, curling, baseball and soccer here throughout the year," Slater noted. "We have a restaurant with dine in and take out and we have many family events/fundraisers that happen here. We need to support our rec centre as much as we can to keep it running for our families and the future of our community. This is just one way we thought we could help out, bring families together, and have an evening of fun, live-action wrestling entertainment."

Doors open for the event at 3 p.m. and the bell rings at 4 p.m.

Those in attendance are asked to bring their own chair.

Tickets prices for adults are \$15, while kids aged six to 18 get in for \$10. Youngsters five and under get in free.

Tickets for the licence-aged event can be purchased at the Balmoral Rec Centre or by calling Slater (204-513-1515) or Williams (204-899-8277).

EXPRESS PHOTO SUBMITTED

The Balmoral Recreation Centre will be hosting live wrestling to act as a fundraiser on April 29. Doors open at 3 p.m. and the bell rings at 4 p.m.

LIVE PRO WRESTLING

BASH IN BALMORAL

BALMORAL RECREATION CENTRE
FUNDRAISER



SATURDAY, APRIL 29TH, 2023

Balmoral Rec Centre

Doors: 3pm Bell Times: 4pm

PLEASE BRING YOUR OWN CHAIR

Tickets: Adults \$15- Kids ⁽⁶⁻¹⁸⁾ \$10- Free for Kids 5 and Under

Tickets can be purchased at
The Balmoral Rec Centre or Call
Don Slater (204) 513-1515 or Travis Williams (204) 899-8277

Licensed All Ages Event

Classifieds

THE **EXPRESS**
WEEKLY NEWS

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

RURAL MUNICIPALITY OF ARMSTRONG

PUBLIC HEARING

REGARDING THE 2023 FINANCIAL PLAN

In accordance with Section 162(2) of The Municipal Act the Rural Municipality of Armstrong shall hold a PUBLIC HEARING to present the 2023 Financial Plan for the Municipality on:

**Thursday, May 4th, 2023 at 7:00 P.M.
FRASERWOOD HALL
10140 PR 231 Fraserwood, MB**

The Rural Municipality of Armstrong 2023 Financial Plan consists of:

- 1) The 2023 Operating Budget,
- 2) The 2023 Capital Budget,
- 3) An estimate of the Operating Revenue and Expenditures for the following fiscal year (2024), and
- 4) A five (5) year Capital Expenditure Program (2024-2028)

The purpose of the PUBLIC HEARING is to allow any interested person to make representation, ask questions, or register an objection in respect of the Rural Municipality of Armstrong 2023 Financial Plan.

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

Dated this 5th day of April, 2023.

Nancy Howell

Assistant Chief Administrative Officer
Rural Municipality of Armstrong

RURAL MUNICIPALITY OF ARMSTRONG

NOTICE OF DUST CONTROL PROGRAM 2023

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

Costs are as follows:

- 12 ft x 300 ft \$280 plus gst = \$294.00
- 16 ft x 300 ft \$390 plus gst = \$406.50

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

Applications can be made in person or by using our drop box at the municipal office Lot 55 Highway 17 in Inwood Manitoba. Or

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

Cheques are made payable to the RM of Armstrong or you may make a payment by e-transfer, please call the office for details 204-278-3377.

Applications will be received up to and including May 12th, 2023.

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

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

FARM LAND FOR SALE BY TENDER

Sealed, written tenders for property in the **RM of ARMSTRONG** described below will be received by:

**McCulloch Mooney Johnston Selby LLP
Box 1670, 14 Main Street S.
Carman, Manitoba R0G 0J0**

PROPERTY

- SW ¼ 29-20-2 EPM
Being Approx. 159.33 Acres
- Section 6-21-2 EPM
Being Approx. 654 Acres
- SW ¼ 32-20-2 EPM
Exc Sly 1320 feet perp
Being Approx. 82 Acres
- SE ¼ 32-20-2 EPM
Being Approx. 162 Acres
- NE ¼ 30-20-2 EPM
Being Approx. 155.89 Acres
- NW ¼ 29-20-2 EPM
Being Approx. 162 Acres
- NE ¼ 29-20-2 EPM
Being Approx. 162 Acres

CONDITIONS OF TENDER

1. Interested parties must rely on their own inspection and knowledge of the property.
2. Tenders may be placed and accepted on one or any number or all parcels of land.
3. Tenders must be received on or before 2:30 pm on April 28, 2023.
4. Tenders must be accompanied by a **\$10,000.00** cheque payable to **MMJS LLP** in Trust as a deposit. Deposit cheques accompanying unacceptable bids will be returned.
5. Highest or any tender not necessarily accepted.

TERMS AND CONDITIONS OF SALE

1. The bidder whose tender is accepted will be required to complete an agreement covering terms and conditions of sale.
2. In addition to the deposit, the balance of the accepted tender must be paid on or before the date of closing which shall be **June 1, 2023**, or evidence provided that the purchase funds will be available under conditions acceptable to the Vendor. If the balance of the accepted tender is not paid within the set time limit the deposit may be forfeited as liquidated damages and not as a penalty.
3. Possession is not authorized until acceptable arrangements for full payment are made following acceptance of tender.
4. Successful bidder will be responsible for real property taxes commencing January 1, 2023.
5. The purchaser shall be responsible for payment of GST or shall self-assess for GST.

For further information contact
Scott W. Johnston at:
Ph: 204-745-2546
Fax: 204-745-3963
email: scott@mmjlaw.com

SCRAP METAL

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

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

FIREWOOD

Dry camp fire or fireplace wood, 12" cut & split. Can deliver. Ph 204-641-4216.

HELP WANTED

Help Wanted - Looking for someone who can support and provide in home care to a woman approaching 70 years of age, living at home. Located at Lake Manitoba Narrows North Cottage development, this is an opportunity to provide companionship and essential care, which is both rewarding personally and professionally. Duties include acting as a personal companion, transfers, assistance with personal care, and assistance with meals. Candidates should have a current Criminal Record check with Vulnerable Sector and Adult Abuse Registry check (within 12 months), a current BLS/CPR certification would be beneficial. We are willing to pay above and beyond the standard rate for similar positions within the health region to a candidate who can help us. Email resume: dboleski@gmail.com or call 204-293-0884.

Hair Source is hiring in Stonewall full/part time in a very busy salon. Great location for walk-ins. Matrix Salon to join our elite team of stylists. Please drop resume off at # 5 408 Main St. Stonewall or email hairsource@gmail.com or call 204-461-1450 for more information.

ARBORG BIFROST PARKS & RECREATION FULL TIME EMPLOYMENT

Position: Facility Maintenance Operator 40 Hours per Week – Position will require evening and weekend shifts

The Facility Maintenance Operator, under the direction of the Facility Manager, will assist in the operations of the Arborg Bifrost Recreation Centre buildings and green spaces.

Duties:

- Operation and maintenance of arena and curling rink ice plant
- General facility cleaning duties – floors, washrooms, common areas, etc.
- Hockey and Curling ice maintenance
- Building maintenance on all facilities
- Development and maintenance of sports fields, including grass cutting

Qualifications

- Priority given to holders of Power Engineers Refrigeration Class Certificate, or higher, as issued by the Province of Manitoba
- Beneficial qualifications – Arena / Curling Ice Level 1, Ice Making Certificate
- Preference given to those experienced in any of the following trades; carpentry, electrical, mechanical, plumbing and/or ice making.

Skills

- Good communication skills – this position deals with the public on a daily basis
- Ability to work well others, have initiative, and be flexible
- Ability to work alone and make decisions with minimal supervision
- An understanding of sports and recreation services in the Town of Arborg
- Previous experience in Recreation, Public Works or Arena setting would be an asset

Training and education will be provided for all facility operations and maintenance. Opportunity to acquire qualifications necessary for ideal candidate.

Salary commensurate with experience.

Interested applicants should apply by April 24 to:

Arborg Bifrost Parks & Recreation
RE: FACILITY MAINTENANCE OPERATOR
By Mail: PO Box 555 Arborg MB R0C 0A0
By Email: tom.abprc@mymts.net or
In Person: 437 Recreation Centre (Arborg Arena)

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

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

Classifieds

THE EXPRESS
WEEKLY NEWS

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

HELP WANTED

Experienced person required to maintain perennial flower beds in Winnipeg Beach. Call 204-389-4735.

FINANCIAL SERVICES

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

WANTED

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

EXPRESS
WEEKLY NEWS
204-467-5836

WATER TREATMENT

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

LAKESIDE FLIGHT ACADEMY

Want to learn how to fly? Interested in a career as a commercial pilot? Lakeside Flight Academy is the most affordable in Canada. We have students from all over the world. We offer flight training and ground school (air law, navigation, meteorology, aeronautics general knowledge). Call 204-651-1402.

UPCOMING EVENTS

Cluck & Quack Poultry Club Auction. Poultry & small animals auction on Saturday, May 6, 12 noon. Springfield Curling Club in Dugald, MB. For further vendor information contact Danica Mutchler, email danimonica@hotmail.com or phone/text 1-204-770-3857.

RURAL MUNICIPALITY OF ARMSTRONG REQUEST FOR TENDER

2023 ROADSIDE GRASS-CUTTING SERVICES

The Rural Municipality of Armstrong invites tenders for 2023 Roadside Grass Cutting along municipal roads.

Please contact the office at the address or phone number below or visit the municipal website www.rmofarmstrong.com to obtain the mandatory tender document.

Roads to be cut are all throughout the municipality Wards 1 to 5 approximately 588 miles (1,176 lane miles).

All tenders are to be submitted by sealed envelope to the RM of Armstrong marked "Roadside Grass Cutting" by Monday, May 1st, 2023 before 4:00 PM.

Contractor to supply own equipment and fuel.

Lowest or any quote not necessarily accepted.

Nancy Howell, ACAO
RM of Armstrong
Lot 55 Highway 17
Box 69, Inwood, MB ROC 1PO
Phone: 204-278-3377

Black Angus Bulls for Sale

Good selection of yearlings. Bulls sired by Homegrown 6035 & Basin Rainmaker 4404, Peak Dot Profound 1005. Birth weights 72- 86- 95 lb. Moderate frames. Heifer and cow bulls. Semen tested. Delivery available. For more information call 1-204-861-8050.



EMPLOYMENT OPPORTUNITY VAC TRUCK OPERATORS

Gimli Septic Service Ltd. has immediate openings for vac truck operators for our Waste Water removal team. We currently have one full-time and one part-time opening. The shop is in Sandy Hook and will be your shift start location.

Starting wage for Class 5 > \$20/hr with a per tank premium
Starting wage for Class 3 > \$25/hr with a per tank premium

Applicants must:

- Maintain a Class 5 license or Class 3 license with air endorsement.
- Demonstrate good truck driving ability with a clean driving record.
- Have the ability to lift 65lbs as the position requires physical labor
- Be a responsible individual
- Ability to work independently
- Be available and willing to work some weekends.
- Be motivated and bring a positive attitude!

Benefits are offered after 3 months for a full-time position.

We expect our drivers/operators to deliver excellent service to our customers while representing our company in a courteous and professional manner.

Please submit your resume via email at: gimliseptic@gmail.com

Eddie's Gravel Supply Ltd. is Hiring

CLASS 1 TRUCK DRIVERS WANTED!

Camp Work

Competitive Wages, Health Benefits,
Lift 50lbs, Experience an asset

info@eddiesgravel.com

204-389-2023

102086 Hwy 9, Wpg Beach, MB

204 PALLET AND PACKAGING

Like working with wood and working close to home?

204 Pallet & Packaging in Stony Mountain is looking for full time production workers. Wage depending on experience, and health benefits after 3 months. Please call 204-344-5404 for more details.



Employment opportunity

Mechanical Safety Inspector

Full time, permanent

J Brandt Enterprises is currently seeking a qualified Commercial Vehicle Inspector. Must be licensed.

This role will process pre- and post safety inspections on customer and JBE heavy trucks as assigned. Minimal tools are required as this is an Inspector only position. Wages are negotiable and position has an immediate start date. Excellent communication, organization and computer skills are required.

Please, contact our service manager Warren Rooks for more details.

He can be reached at 204-364-2775

RURAL MUNICIPALITY OF ARMSTRONG EMPLOYMENT OPPORTUNITY SEASONAL PUBLIC WORKS EMPLOYEE

The Council of the Rural Municipality of Armstrong invites applications for the position of Seasonal Public Works Person for the 2023 season during the months of May 1 to October 2023.

Specific Duties and Responsibilities:

- Cuts grass on roadsides, parks and cemeteries;
- Installs and repairs culverts;
- Hauling and loading of culverts;
- Installs and repairs signs;
- Operates tractor and mower;
- Gravel checking;
- Use of various power tools and equipment;
- Minor property/building maintenance;
- Assistance at the Waste Transfer Stations and Waste Disposal Grounds as required;
- Supervise Green Team;
- Other duties as assigned.

Working conditions:

- Must be able to handle physical tasks as some heavy lifting may be required.
- May have to work in poor weather conditions & emergencies.
- Safety procedures and use of safety equipment are required.

Skills and experience:

- Experience in road construction and maintenance would be beneficial;
- Ability to work with minimal supervision;
- Supervisory skills;
- Good communication and interpersonal skills;
- Valid driver's licence;

Salary, depending on experience. Persons applying should submit letter of application, on or before 4:30 p.m. Monday, May 1st, 2023 to:

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

We thank all candidates for their interest, however, only candidates selected for interviews will be contacted.

Lundar MANITOBA RM OF COLDWELL
The Rural Municipality of Coldwell PUBLIC NOTICE

Regarding the 2023 Financial Plan

PUBLIC NOTICE is hereby given pursuant to Subsection 162(2) of The Municipal Act that the Council of the RM of Coldwell intends to present its Financial Plan for the fiscal year of 2023 at a public hearing in the Upstairs of the Lundar Arena, 85 Main St. Lundar MB on the 28th day of April, 2023 at 7:00 p.m.

Council will hear any taxpayer who wishes to make representation, ask questions or register an objection to the financial plan, as provided. Please register your attendance with the Municipal Office prior to April 28th at 3 pm.

Copies of the Financial Plan will be at the hearing for review or Contact the office (204-762-5421) prior to.

Dated this 6th day of April, 2023

Nicole Christensen, CMMA
Chief Administrative Officer

Classifieds

THE **EXPRESS**
WEEKLY NEWS

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

LIVESTOCK

Black Angus bulls, 2 yr olds and well grown out yearlings, fed TMR, no self feeders, semen tested, delivered. Phone Ross Jerney, Spruce Ridge Stock Farms, Ashern, 204-768-0333.



TOWN OF ARBORG PUBLIC NOTICE 2023 FINANCIAL PLAN

PUBLIC NOTICE is hereby given pursuant to Section 162(2) of *The Municipal Act* that the Council of the Town of Arborg shall hold a Public Hearing to present the Financial Plan for the fiscal year 2023 on:

Wednesday, May 10th, 2023 at 10:00 A.M.
Town of Arborg Municipal Office
337 River Road Arborg, MB

The purpose of the Public Hearing is to allow any interested person to make representation, ask questions or register an objection in respect to the Town of Arborg's 2023 Financial Plan.

Copies of the 2023 Financial Plan will be available for review on May 5th, 2023 and may be examined by any person on the Town of Arborg's website at www.townofarborg.com.

Dated this 12th day of April, 2023.

Cindy Stansell, CMMA
Chief Administrative Officer
Town of Arborg

LIVESTOCK

F Bar Ranch Angus bulls for sale. Choose from 20 two-year-old and yearling Red and Black Angus bulls. Great genetics and quiet, easy-handling stock. Bulls are semen-tested, delivery is available. For further info, contact Allen or Marilyn Staheli, Eddystone, MB (Hwy #481 just off Hwy #68) 204-447-0737 or 204-448-2124 or email: amstaheli@inethome.ca

FARMLAND FOR RENT

Riverton area, SE 32-22-4E. 140 cultivated acres. Accepting bids through April 30, 2023. Contact Donald or Karen at 204-378-2495.

PASTURE FOR RENT

Faulkner Area, 1280 acres of pasture land for rent. Call/text 204-570-1639 for more information.

HAY FOR SALE

Large square bales of dairy quality alfalfa. Large square bales of alfalfa/grass. Round bales of net wrapped grass hay. Round bales of silage wrapped alfalfa. Feed test results available. Contact Ken at 204-981-7593.

SEED FOR SALE

Certified Algonquin alfalfa, 50 lb. bags. Call Carla Shergold 204-372-6490 or 204-298-4099.

MACHINERY

2006 Case/IH DCX 131 disc hay bine, very good working cond., only cut 25 acres last 12 years, original owner, \$22,500. Call 204-467-8537 or 204-955-2068, Stonewall.

NOTICES

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



TOWN OF ARBORG SUMMER EMPLOYMENT

The Town of Arborg is accepting applications for Summer Employment with the Public Works Department.

Must be 16 - 24 years of age and possess a valid Driver License. Main duties will include maintenance of public green spaces and other Public Works projects as needed.

Applications submitted by **May 31st, 2023** to:

Town of Arborg
PO Box 159 Arborg MB R0C 0A0
Email: townofarborg@mymts.net
In person: 337 River Road

We thank all applicants for their interest however, only those selected for interviews will be contacted.



RURAL MUNICIPALITY OF GIMLI

PUBLIC NOTICE

REGARDING THE 2023 FINANCIAL PLAN

PUBLIC NOTICE is hereby given pursuant to subsection 162(2) of *The Municipal Act* that the Council of the Rural Municipality of Gimli intends to present its Financial Plan for the Fiscal Year 2023 at a Public Hearing to be held in the Council Chambers at the Municipal Building 62 2nd Ave on the 12th day of May, 2023 at 6:30 p.m.

Copies of the Financial Plan will be available for review on the 9th day of May, 2023 and may be accessed on the Rural Municipality of Gimli website at www.gimli.ca or at the Municipal Office at 62 2nd Ave, Gimli.

Dated this 12th day of April, 2023

Kelly Cosgrove, CMMA
Chief Administrative Officer
Rural Municipality of Gimli



RURAL MUNICIPALITY OF GIMLI

PUBLIC NOTICE

FOR URBAN CENTRE RESIDENTS & BUSINESSES

**FLUSHING OF WATER MAINS
WILL TAKE PLACE OVER THE
FOLLOWING DAYS**

**Monday, May 8, 2023 to
Friday, May 26, 2023
Between the hours of 8:00 am to 4:30 pm.**

Water may be discoloured during this time period.
Please take proper precautions.

If you require further information, please call
Public Works Department (204) 642-6688.



RURAL MUNICIPALITY OF GIMLI

INVITATION TO TENDER

GRASS CUTTING

CLOSING DATE: Friday, May 5, 2023 at Noon

The Rural Municipality of Gimli is accepting tenders for grass cutting in various public reserves and parks throughout the municipality for a minimum 1-year term, with an option to renew for additional 1-2 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 15th. 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. 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, 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 "**2023 Grass Cutting, submitted by _____**" will be received by the undersigned at the address below until **12:00 p.m. (noon) on Friday, May 5, 2023**. *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: Kelly Cosgrove, Assistant CAO

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

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.

Reporter/Photographer Wanted

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

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

Qualifications:

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

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

Lana Meier
Email: news@stonewallteulontribune.ca

The Carman-Dufferin
STANDARD

Classifieds

THE **EXPRESS**
WEEKLY NEWS

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

NOTICES

SPRING HIRING???
Need Class 1 drivers or construction workers? **BOOK YOUR 2023 BLANKET CLASSIFIED ADS NOW** in the 32 Weekly Manitoba Community Newspapers to get your messaging to be seen all over the province! Let people know in the Blanket Classifieds! Call 204-467-5836 or call MCNA at 204-947-1691 for more details or to book ads. MCNA - Manitoba Community Newspapers Association. www.mcna.com

HIP/KNEE Replacement?

Other medical conditions causing **TROUBLE WALKING or DRESSING?**
The Disability Tax Credit allows for **\$2,500 yearly tax credit and up to \$30,000 Lump sum refund.**

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

Expert Help:
204-453-5372

HEALTH

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

BATTERIES FOR EVERYTHING!

50,000 BATTERIES IN STOCK
*Auto *Farm *Truck
*Construction *ATV
*Motorcycle *Golf Carts
*Rechargeables *Tools
*Computers *Medical
*All phones *Chargers
*Marine *RV & more
Shipping/Delivery avail.

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

HEALTH CARE AIDES

All shifts available. Wages dependant on experience. To join our Bonded Health Services Team call or drop resume in person or email to ihebert@bondedhealth.ca



BONDED HEALTH SERVICES

230 Manitoba Ave., Selkirk
204-785-1992



APRIL 28 - TAMARA HURST AUCTION. 14 MILES NORTH OF GIMLI, MB - 204-378-5429, LIVE AUCTION ON SITE, WITH ON-LINE BIDDING ON LARGER ITEMS BEGINNING AT 12 NOON, VERSATILE 946, 6184 HRS SHOWING. CASE 885 FWA WITH 2255 LOADER, JOHN DEERE 2010 DIESEL. 3PTH AND LOADER, 1985 GM KODIAK TANDEM GRAIN TRUCK CAT, AUTOMATIC, SAFETIED, NH T X66 AND JD 7720 COMBINES, HEADERS, 2INCH IRRIGATION PIPE

For more listing www.billklassen.com/nextlot



Ph: (204) 325-4433
Cell: (204) 325-6230
Fax: (204) 325-4484

Danny's MOVING AND DISPOSAL

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

Small Jobs & Free Estimates

Seniors Discounts
Professional & Courteous
204-298-7578

WANTED

Buying large amounts of coins & coin collections!



HIPPY: un nouveau programme pour les parents francophones au rural

- Vous êtes?
- Maman d'un enfant en bas de 5 ans
 - Résidente permanente ou réfugié

- Vous voulez?
- maintenir une relation solide avec ton enfant par le jeu et des activités d'apprentissage
 - activement préparer votre enfant pour la réussite scolaire
 - rencontrer d'autres mamans au rural

Pour en savoir plus:
www.lafpfm.ca/hippy
hippy@lafpfm.ca
1-888-666-8108 ext.218

Todd
250-864-3521

ADMINISTRATIVE ASSISTANT POSITION Required immediately

This permanent full time position is with Bonded Mobility a long standing Selkirk business dedicated to assisting people with disabilities. Compensation is based on experience. The right candidate must have a high school graduate certificate and experience is an asset. You must have excellent computer skills with knowledge of Quickbooks, have a driver's licence and own your own vehicle. This position requires that you must work well under pressure and have an attention to detail especially when attending to repetitive tasks. You must have the ability to multi task, have excellent written and verbal communication skills. You must be organized, accurate, flexible, have a focus on the client. This candidate must also be reliable and be a team player.

Apply in person or by mail to:
230 Manitoba Avenue in Selkirk R1A 0Y5,
email: reception@bondedhealth.ca



BONDED HEALTH

Open House & Earth Day Event!

- Give Aways!
- Coffee & Donuts
- Tour Renovated RVs
- Blow out pricing on used parts & fixtures

Saturday, April 22
10AM - 3PM

Revolution Trailers

1480 Springfield Rd
204-955-7377
www.revolutiontrailers.ca

Registered Purebred Polled & Quiet Yearling CHAROLAIS BULLS FOR SALE

Will be semen tested. Delivery & EPD's available

For more information call
Ken at (204) 376-2418
KLCC Charolais, Arborg

Maintenance/Caretaker Couple or Person Required
SLIMS CABINS
NE Saskatchewan
Seasonal. Possible Year Round.

Main camp road access plus boat in & fly in outposts. Large, heated, well equipped shop to repair or fabricate almost anything. Troubleshooting, mechanical, heavy equipment operation, plumbing, electrical, carpentry, welding, etc.

If you possess a lot of skills, enjoy a rural location, are motivated, responsible, independent and respectful, this may be your dream lifestyle/employment.

Any excessive alcohol consumption (beyond social) or substance abuse is not welcome at our fishing/hunting camp.

Call 204 937 4007

McSherry Auctions
12 Patterson Dr.,
Stonewall, MB

Online Timed Auctions @ iCollector.com

Estate & Moving
Closes Wed. April 26 @ 7:00PM

Estate & Moving
Featuring Guns & Ammo
Closes Wed. May 3 @ 7:00PM

Booking On Site Spring Auctions

McSherryAuction.com
204-467-1858
Consignors Welcome!

Please support our advertisers
SHOP LOCAL



E.F. Moon is a well-established Heavy Construction Company founded in 1962 and located in Portage la Prairie, MB.

We are currently seeking experienced, goal oriented individuals for employment in a number of areas: **Class 1 & 3 Drivers, Foremen, Skilled Laborers, Sewer & Water Personnel, Directional Drill Personnel, Excavator, Dozer, Grader, Rock Truck, Loader, Vac Truck and Packer Operators.**

We offer competitive wages, comprehensive benefits plan, safety training and a safe work environment.

Requirements are: Minimum class 5 driver's license, positive work attitude, reliable, able to work well with a team or alone, safety oriented, able to work extended hours.

If you are interested in joining a well-established and growing company with room for advancement, please visit us at 1200 Lorne Ave. E. in Portage la Prairie, MB to fill out an application, apply online at www.efmoon.ca or email a resume to jackiek@efmoon.ca



Power Builder Advertising WORKS!

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

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

www.mcna.com

SALES CAREER OPPORTUNITY

Big and Colourful Printing & Publishing

is looking for a dynamic, highly motivated person to become part of our advertising sales team in the Interlake area.

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

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

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

Customer service, sales experience and passion is a must.

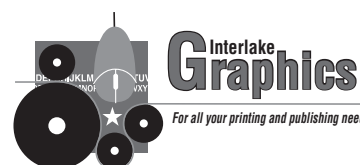
-Strong computer skills, including Microsoft Office

-Excellent communication skills and a genuine love of people

-Willingness to learn

-Ability to work independently

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



BIRTHDAY



Happy 90th Birthday
Amy Obszarski
April 23rd
-Love Joanne and Frank;
Vanessa and Kyle;
Candace, Dave, Kayin and Juwon;
Michelle, Evan, Emma and Rowen

Announcements Classifieds

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

Remember Your Loved Ones
with an Announcement in the

THE EXPRESS
WEEKLY NEWS

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

OBITUARY

Archibald (Archie) Dennis Chambers Jr.
1936 - 2023

Peacefully, on Sunday, April 9, 2023, at the Selkirk Regional Health Centre, Archie Chambers, aged 87 years, beloved husband of Gertrude, passed away.

In keeping with his wishes cremation has taken place and interment will be held at a later date. Condolences may be left on his tribute wall at www.gilbartfuneralhome.com

Gilbart Funeral Home, Selkirk in care of arrangements.



OBITUARY

Osk Vidalin

Peacefully, on Friday, April 14, 2023 at the Gimli Community Health Centre, Oskie Vidalin, aged 95 years, of Riverton, MB, passed away.

Full obituary to follow in the next Express.

Gilbart Funeral Home, Gimli in care of arrangements.



take a break > GAMES

SUDOKU

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

Level: Intermediate

Fun By The Numbers

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

Here's How It Works:

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

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

Sudoku Answer

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

Crossword Answer



CROSSWORD

- CLUES ACROSS**
- 1. Dylan and Marley are two
 - 5. Makes healthy
 - 10 The Who's "O'Riley"
 - 14. Side sheltered from wind
 - 15. Flat-bottomed sailboats
 - 16. Egyptian supreme god
 - 17. Advice
 - 18. Mass of small, loose stones
 - 19. Online learning services provider
 - 20. "Lords" in Northwest Semitic languages
 - 22. Of she
 - 23. A place to relax
 - 24. Critical and mocking
 - 27. Consumed
 - 30. You get one in summer
 - 31. Bath
 - 32. Luxury automaker
 - 35. Spiders spin one
 - 37. Guy (slang)
 - 38. Greek personification of Earth
 - 39. Large instruments
 - 40. Domestic cattle genus
 - 41. Appetizer
 - 42. Oil group
 - 43. Where to put groceries
 - 44. Speak incessantly
 - 45. Popular color
 - 46. A place to sleep
 - 47. Make fun of
 - 48. Former CIA
 - 49. Salts
 - 52. Bleated
 - 55. Never sleeps
 - 56. Sword
 - 60. Water (Spanish)
 - 61. Cyprinids
 - 63. "Dark Knight" actor Christian
 - 64. Fictional demon
 - 65. Old World lizard
 - 66. The content of cognition
 - 67. Makes a mistake
 - 68. A way to make wet
 - 69. Tide
- CLUES DOWN**
- 1. One-liner

1	2	3	4		5	6	7	8	9		10	11	12	13
14					15						16			
17					18						19			
20					21		22				23			
				24		25				26				
27	28	29		30				31				32	33	34
35			36				37				38			
39						40				41				
42					43					44				
45					46				47			48		
				49				50				51		
52	53	54				55				56		57	58	59
60						61				62		63		
64						65						66		
67						68						69		

- 2. Evergreen genus
- 3. College in Rome
- 4. Prevents from seeing
- 5. Cycles/second
- 6. Mischievous child
- 7. Less common
- 8. Honorably retired
- 9. Midway between south and southeast
- 10. A confusion of voices and other sounds
- 11. Bony fish genus
- 12. Type of pear
- 13. Egyptian cross
- 21. Satisfies
- 23. Founder of Babism
- 25. Bar bill
- 26. Chicago ballplayer
- 27. Performer
- 28. Hairpiece
- 29. Partner to flowed
- 32. Aircraft formation

- 33. You have 3 per day
- 34. Goes into
- 36. College athletic organization
- 37. Wet, muddy ground
- 38. Talk
- 40. Witty conversation
- 41. Gurus
- 43. "French Price of ___ Air"
- 44. Sports equipment
- 46. Try to get
- 47. Flower cluster
- 49. Sea dwellers
- 50. Palmlike subtropical plant
- 51. Polio vaccine developer
- 52. Baseball's Ruth
- 53. Gelatinous substance
- 54. Hungarian violinist Leopold
- 57. Offered
- 58. Ancient Greek City
- 59. A way to derive
- 61. Touch lightly
- 62. Witnessed

Announcements

THE **EXPRESS**
WEEKLY NEWS

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

See Us for Everything you need to promote your business



Call **204-785-1618**

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

To Book A Biz Card Call 204-467-5836

Everything you need to promote your business

FLYERS
BROCHURES
POST CARDS
STICKERS
BUSINESS CARDS

PRESENTATION
FOLDERS
SIGNS
SOCIAL TICKETS
DOOR HANGERS
LETTERHEAD

ENVELOPES
INVOICES
ESTIMATE
SHEETS
POSTERS
MEMO PADS
And MORE...



467-5836

NEW OR USED SEA CONTAINERS FOR SALE

20' or 40'

Countryside Home building centre

Can deliver anywhere in the Interlake.
Ph: 204-739-3392

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

SHERLOCK TREE REMOVAL

Pruning • Stump Grinding • Chipper

Licensed Arborists
Fully Insured - Claim Free
30 years Experience

Vince
861-0487
Darren
861-0028

KINGS AUTOAIR R134a R1234yf

MOBILE AUTOMOTIVE AIR CONDITIONING

* Car * Light & Heavy Truck * RV *

Red Seal Technician **204-390-2790**

www.kingsautoair.com kingsautoair@gmail.com

GOETZ SIDING

• 5" Eavestrough • Soffit/Fascia
• Custom Cladding

(204)223-7740 goetzsiding@gmail.com

R.S. SATELLITE SYSTEMS

Sales - Installations - Service

Help With TV and Internet
Satellite Systems.

Russell 204-376-2757

CONVENIENCE

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

LOTTO

20088 First Ave, Sandy Hook

OPEN YEAR ROUND 10AM - 6PM 7 DAYS A WEEK

PharmaChoice LUNDAR

You have QUESTIONS, We have ANSWERS!

• Prescriptions • Liquor Store
• Home Health Care Aids
• Snacks and more!

Advice for Life

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

Glass Specialists Construction

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

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

Innovative Electric

Ph: 204-641-5266

Url: www.innovativeelectric-mb.ca
Email: matthew@innovativeelectric-mb.ca

BNS EXCAVATING

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

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

ALL electric sales & service inc.

George Stefiuk
32 Years Experience
Decent Prices for Decent products

****Batteries Always on Sale****

- ◆ Starter Repairs
- ◆ New Alternators
- ◆ Electric Motors
- ◆ Battery Chargers
- ◆ Solar

All Electric Sales & Service Inc.
311 Main Street
Arborg, MB R0C 0A0
Phone: 204-376-5003
Email: allelec@mts.net

NEW VALLEY ROOFING & RENOVATIONS

Serving The Interlake

Henry Reimer 204-642-2551

BP & IKO Certified Roofer
henry.reimer@newvalleyroofing.com
newvalleyroofing.com

ALICE ROOFING LTD.

Complete Roofing Service

- Residential
- Agricultural

Licensed & Insured

www.aliceroofing.ca **204-757-9092**

FUTURE MECHANICAL Heating & Cooling Commercial & Residential

- Electric & Gas Furnaces • Air Conditioning & Refrigeration
- Heat Recovery Ventilators
- Geothermal Heat Pumps
- Custom Sheet Metal • Electrical

YORK HEATING AND AIR CONDITIONING

Serving the Interlake for Over 25 Years!

- 24 Hour Service • 1.204.642.5600

futuremechanicalsystems@hotmail.com

TIRES ARE PRIORITY
klaaspreimer@gmail.com
Klaas or Marlene
Bus: 204-378-2642
Cell: 204-642-2158

Reimer Mobile REPAIR & SERVICE

BOX 1349 ARBORG, MB R0C 0A0

CERTIFIED AUTOMOTIVE TECHNICIAN

- FARM EQUIPMENT REPAIR
- TRUCK & TRACTOR REPAIR
- TIRE SALES & REPAIR
- WELDING

ALL TYPES OF FARM & TRUCK TIRES FOR SALE
FLUID TRANSFER ON TRACTOR TIRES

POWER UP.



EU1000i

EU2000i

EU3000iK

EU3000is

EU7000is

A back-up plan you can count on.

Don't worry about getting left in the dark when you've got a Honda EU series generator. Easy to use, portable and with long running times, they are a back-up power source you can count on. From the lights to the fridge or even your air conditioning, we have a generator with the wattage to meet your needs. And with very little operating noise, you'll enjoy peace and quiet as well as peace of mind.

HONDA

honda.ca

Make your life easier. Visit honda.ca

  Honda ATVs & Power Equipment Canada   @HondaATVPECA

For optimum performance and safety, please read your owner's manual carefully before operating your Honda Power Equipment

SHACHTAY
SALES & SERVICE LTD.
www.shachtay.com

204-376-5233
Arborg, Manitoba
Family Owned
Servicing the Interlake for 54 Years!