



# THE EXPRESS

## WEEKLY NEWS

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## Spring fling

EXPRESS PHOTO BY LANA MEIER

Gimli's Barvinok Ukrainian Dance spring recital was a visual feast for the eyes, with dancers dressed in beautifully crafted costumes that reflected the vibrant and rich culture of Ukraine. The adult dancers showcased their incredible skills with a stunning modern gypsy dance moving in perfect unison, creating a mesmerizing visual experience for the audience.

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# Adams furthering Indigenous language revitalization through scholarship

By Patricia Barrett

A Gimli man will be furthering Indigenous language revitalization after he was chosen to complete a tuition-free master's program at McGill University in Montreal.

Cameron Adams was one of 20 Canadians awarded a McCall MacBain Scholarship through McGill. Ten international candidates were also chosen for the honour.

Adams will be graduating from the University of Winnipeg in a few months with a bachelor of arts in Indigenous language and a bachelor of education (major in history and minor in Indigenous studies). He said he is passionate about second-language acquisition.

"I want to learn a lot about second-language acquisition and how we can make Indigenous languages more accessible to people who are somewhat disconnected to Indigenous languages and who are growing up outside Indigenous communities, how we can bridge that gap," said Adams, who's treaty from Berens River, has family ties to Norway House and was raised in Gimli. "That's the area I'm really passionate about because I know how much good work is happening, but there's still accessibility issues with Indigenous languages in Canada."

In 2019 John and Marcy McCall

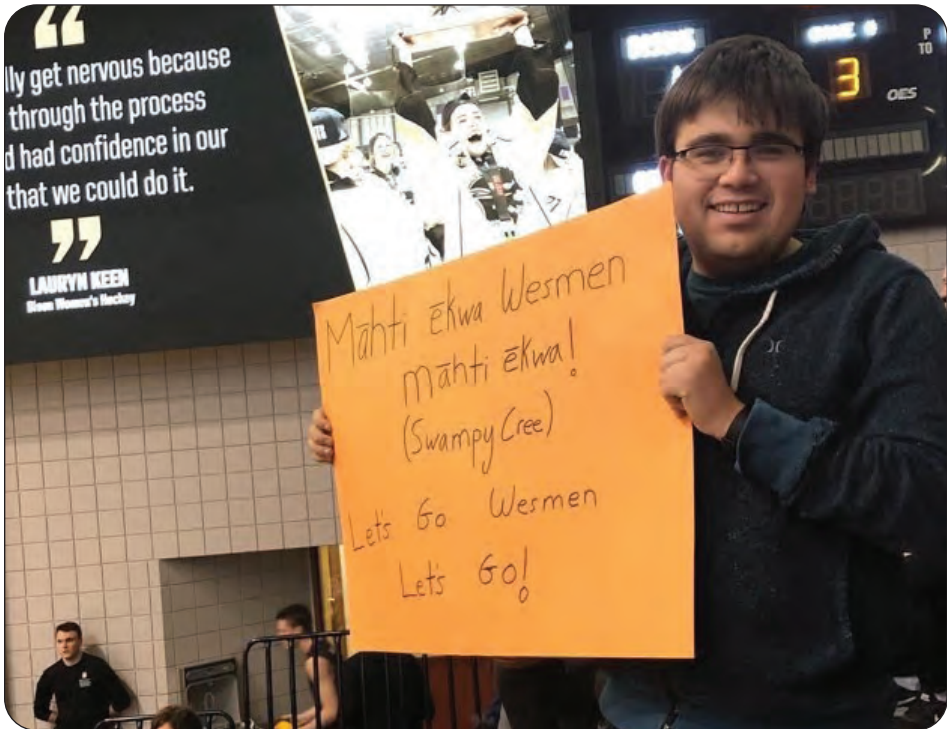


Cameron Adams

MacBain donated \$200 million to create a scholarship at McGill to fully fund a master's or professional degree and which also includes students' participation in mentorship, coaching and a leadership development program.

Adams will be enrolled in the Ad Hoc Indigenous Language Revitalization program, which had not been offered at McGill. He will be starting in September.

"McGill is really ecstatic to be supporting this Indigenous Language Revitalization program, and they're organizing it for myself and one other



EXPRESS PHOTOS SUBMITTED

Adams at a Wesmen game at the University of Winnipeg, cheering on the team.

colleague," said Adams.

About 237,420 Indigenous people in Canada reported in 2021 that they were able to speak an Indigenous language well enough to hold a conversation, according to Statistics Canada's Indigenous languages across Canada, which was released in March 2023. That represents a decrease of 10,750 people (or 4.3 per cent) from the 2016 census.

All Indigenous languages in Canada are considered to be at risk of declining or disappearing.

"More than 70 distinct Indigenous languages are currently spoken by First Nations people, Métis and Inuit



Adams learned how to smoke a hide at Blue Quills in Alberta.

Continued on page 7



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# Ashern Central School Grade 12 student wins proficiency award

By Autumn Fehr

The proficiency awards have been a longstanding tradition in the Lakeshore School Division.

Since 1978, the proficiency awards have been a way to test students' written and verbal abilities and reward them for their academic achievements.

Students complete several written and verbal tasks and compete in front of a panel of school board members that assess their abilities in each area. Finally, points are tallied, and an award is handed out. All Grade 12 students in the school division have a chance to try the process in their school, and then one student from each school moves on to go through the process at the divisional level.

"Our trustees believe that the proficiency award is a way to acknowledge achievement in academics. Students who focus on sports have a variety of options to hone their skill sets through competitions and tournaments, while there isn't an equivalent for individuals in academics," said Donald Nikkel, superintendent of HR and policy at the Lakeshore School Division.



Donald Thorkelson (board chair) and Kierra Hickman, right, the winner of the 2023 proficiency award.

This year's proficiency awards were held at Fisher Branch Collegiate on the evening of April 18. Kierra Hickman, a Grade 12 student from Ashern Central School, was honoured with the award.

Continued on page 5



EXPRESS PHOTOS SUBMITTED

Pictured left to right: Donald Thorkelson (board chair), Darlene Willetts (superintendent), Danielle Lazorak (candidate Fisher Branch Collegiate), Kierra Hickman (candidate Ashern Central School), Autumn Hanslip (candidate Lunder High School), Donald Nikkel (superintendent HR).



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# Barvinok spring recital



EXPRESS PHOTOS BY LANA MEIER

Last Saturday, the Gimli Collegiate was alive with energy as the Gimli Barvinok Ukrainian Dancer's Inc. held their spring concert. The concert showcased a group of talented dancers who captivated the audience with their graceful moves and traditional costumes. The highlight of any cultural festival is always its music, and this concert didn't disappoint. Roman McColl opened up by singing both Canadian and Ukrainian anthems, which set a positive tone for what was yet to come. It wasn't just about performing famous dances like Poltava or character Poltava; it was also about showcasing different levels of skill from beginners to intermediate. Each dancer, including Winnipeg's Troyanda Ensemble, performed with so much passion that it felt like they were telling a story through their feet!

Gimli High School student and former dancer Brady Michaluk was awarded a \$250 scholarship that will aid him in his studies as he pursues civil engineering at RRC Polytech. The success of the show wouldn't have been possible if not for the dedication and commitment of its instructors. Crystal Thordarson, Lilah Pinsent, Kyra Humniski and Samantha Kmet worked tirelessly to prepare their students for this event. It is important to mention the silent auction and 50/50 that were held at the concert. These fundraising efforts are essential for supporting the ongoing activities of Gimli Barvinok Ukrainian Dancer's Inc. They help raise funds for costumes, travel expenses, scholarships and other necessary items. Sue Steinmetz was acknowledged for her 10-year commitment to the dance club.



# Investments in enhanced bail, community supervision and electronic monitoring programs

## Submitted by Manitoba government

The Manitoba government is enhancing programs for supervision and services to support bail and community-based sentences, while also launching a new electronic monitoring program for high-risk offenders released to the community, Justice Minister Kelvin Goertzen announced Monday.

"These programs will see that those who are granted bail are given appropriate community supports and supervision required when they are released from custody pending court hearings to lower the risk posed to the community," said Goertzen. "The Manitoba government has been a leading voice in the need for bail reform to stop accused repeat violent offenders from too easily getting bail. A commitment from the federal government to make bail harder to ob-

tain for repeat violent offenders and strong provincial programs to monitor those on bail will make our streets safer."

Starting this month, expanded resources will be allocated to the successful Criminal Organization High Risk Offender Unit, an intensive probation program that targets offenders who have been identified by justice partners as posing a very high risk to public safety. The new resources includes a full-time psychologist and an increased number of probation officers and community corrections workers. The program will provide these enhanced supervision services for up to 100 additional offenders, doubling its current capacity.

"As we continue to push for legislated bail reform, it's important all criminal justice system stakeholders do their part to help protect the com-

munity. I support the additional justice resources and tools announced today," said Chief Danny Smyth, Winnipeg Police Service. "These initiatives will make it tougher for violent and chronic offenders to commit crimes and further engage in violent behaviour while on judicial interim release."

A pilot adult bail management program will also launch later this spring, beginning in Winnipeg with 25 male and 25 female offenders. This program will see that individuals with pending serious charges before the courts are given increased supervision and support upon being granted bail to address public safety concerns and assist with compliance to their release order conditions, the minister noted.

The Manitoba government will also be engaging in a request for proposals

process shortly to implement an improved and state-of-the-art electronic monitoring program, the minister noted, adding that current data demonstrates that in addition to reducing burdens to policing, electronic monitoring can also serve as a proactive approach to crime prevention in communities.

Recent technological improvements has seen electronic monitoring equipment and programming evolve over the last several years. Secure and confidential electronic monitoring of judicially reviewed offenders is offered in many other Canadian jurisdictions. Accordingly, the Manitoba government will also be seeking a technology platform to assist the Department of Justice in providing targeted supervision of offenders, the minister said.

## > AWARD, FROM PG. 3

"It's pretty exciting. I feel very glad that I was able to represent my school in this way, and I feel very glad that I was able to receive the award so my school can host next year's proficiency awards," said Hickman.

"We are very proud of how Kierra represented Ashern Central this year, and we look forward to hosting the awards at our school next year," said Tracey Kinkead, principal at Ashern Central School.

Hickman received \$500 and her name on the W. J. Johnson trophy. The trophy is now displayed at the school for the coming year.

The runners-up for the proficiency awards were Danielle Lazorak, a candidate from Fisher Branch Collegiate, and Autumn Hanslip, a candidate from Lundar High School. They each received \$400 each.

"What is also great about these awards is the financial reward for all the students who reach the divisional competition, and the level of award is almost the same for the winner and the runners-up. They are all rewarded and celebrated for their efforts," said Kinkead.

Before testing her abilities in front of the crowd, Hickman filled out a nomination package prior, listing her grades, extracurricular activities and volunteering she does in the community. Hickman said she does lots of volunteering with her church and works in the kitchens at bonspiels and sporting events wherever they need a hand.

The evening on April 18 started with each student making a speech of at most 10 minutes about their topic.

After the speeches, each student addressed questions in the order selected. Next, board members asked each stu-

dent questions prepared by the trustees and superintendent. Five questions were prepared, and each student had to try to answer each one without knowing them beforehand.

When all the candidates had done their speeches and answered the questions, the committee evaluated how they did and voted, awarding each student points based on school involvement, community involvement, marks, their speech and how they answered the questions. The committee is comprised of seven board members and four student supporters. The board chair serves as chairman of the selection committee.

"It is the experience and process that is important for students as they move forward into their next steps after graduation. It gives students a chance to experience the good stress of presenting their opinions and ideas to a group and being able to answer questions without preparation," said Kinkead.

In the fall, Hickman will be studying at the University of

Manitoba with the goal of graduating with a degree in science and a bachelor of education to have a career as a science teacher.

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Projects can include assistance for health and recreational projects, new vehicles, furnishings or equipment not normally covered in operating budgets. Please provide a description with projected costs and timeline for completion.

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# get informed

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

## COVID hospitalizations rise; Health Canada approves RSV vaccine for infants

By Patricia Barrett

COVID hospitalizations rose during the third week of April, according to the provincial government's respiratory surveillance report for the period April 16-22 (reporting Week 16).

There were 57 new hospitalizations for COVID, including six admissions to the intensive care unit. There were 46 people hospitalized with COVID in Week 15, including 12 people who required intervention in the ICU.

The province reported 10 more COVID deaths in Week 16. There were 13 deaths the previous week.

Manitoba's COVID death toll now stands at 2,483, according to the federal government's COVID webpage. Canada's death toll now stands at 51,921 as of April 15.

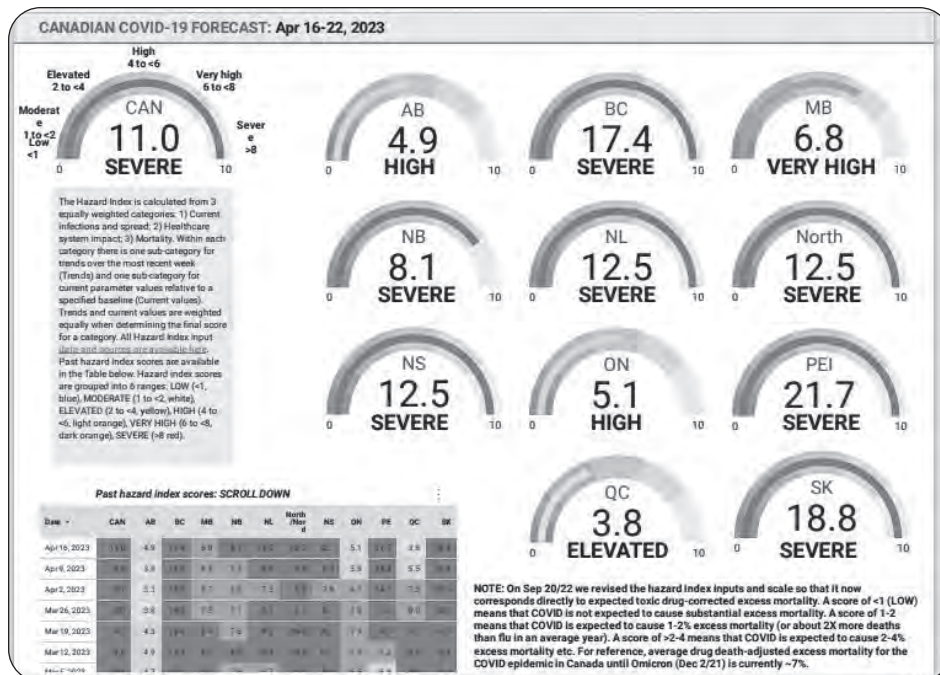
There were 123 new COVID infections detected by PCR testing in Week 16. There were 172 new cases reported the previous week. Provincial COVID case data are underestimates of the true number of infections as the government restricts access to PCR testing. Rapid antigen tests aren't tracked.

Numbers are calculated using comparisons of total outcome data between the current and the previous week's report.

Wastewater surveillance data for Winnipeg and Brandon up to April 20 show sustained COVID activity.

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

There were six new cases of influenza A and three new cases of influenza B reported in Week 16, along with six new hospitalizations for the virus. There were no deaths reported from



### COVID-19 RESOURCES CANADA

Manitoba's COVID score was 6.8 or very high from April 16-22. The COVID Hazard Index scores are calculated using current infection numbers and spread, deaths and impact on the health-care system.

the flu that week. There were four and seven new cases of influenza A and B, respectively, reported the previous week, as well as zero hospitalizations and zero deaths.

There were 10 new cases of respiratory syncytial virus (RSV) in Week 16. There were 10 cases reported the previous week.

Other health news:

- There have so far been 6,915,286 deaths globally from COVID, according to the World Health Organization. The pandemic continues.

WHO infectious disease epidemiologist Maria Van Kerkhove said in a tweet April 29 that omicron sublineages XBB are dominant worldwide.

"Be vigilant. Each week millions of people [are] (re)infected, hundreds of thousands are in hospital & thousands are dying from #COVID19," she wrote. "Be safe."

- Health Canada approved an RSV vaccine for infants last week. Beyfortus (nirsevimab) is a single-dose immunization to prevent RSV in newborns and infants, including those born healthy, at term or preterm or with specific health conditions, according to an April 24 news release from joint vaccine developers Sanofi, a global health-care company, and AstraZeneca, a British-Swedish pharma-

Continued on page 10

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# getinformed

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



EXPRESS PHOTO BY JO-ANNE PROCTER

This pair of Canada geese found a slab of ice in a marshy area east of Clarkleigh. Water birds have an unusual circulatory system in their legs and feet. The veins and arteries in their legs are intertwined so that cold blood leaving their feet is warmed by the arteries delivering warm blood. This helps to keep their body temperatures higher. Birds also have specialized scales on their feet and legs that help minimize heat loss. 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](mailto:weather@expressweeklynews.ca).

## Welcome

### Staff

Welcome to Emma McGill, who has joined our staff as our summer reporter photographer. McGill will be involved in the gathering of news, taking photos and writing features for the *Stonewall Teulon Tribune*, *Express Weekly News* and *Selkirk Record* from May to August.

McGill is a creative and press writer from Gunton. She graduated from Teulon Collegiate Institute last year and is currently studying both English and pre-journalism at the University of Regina.

McGill has always loved the way words can be manipulated and modelled to illustrate emotions and imagery, let a reader into another world, and deliver people news they need to interact with their commu-



Emma McGill, reporter/photographer

nity in an efficient way.

If you have a news story that you would like to share with Emma, please email her at [emmcmgill24@gmail.com](mailto:emmcmgill24@gmail.com)

## > SCHOLARSHIP, FROM PG. 2

in Canada. According to the United Nations Educational, Scientific and Cultural Organization's (UNESCO) Atlas of the World's Languages in Danger, all Indigenous languages spoken in Canada are considered at risk, being classified as either vulnerable, definitely endangered, severely endangered or critically endangered," states the report published in March 2023. "As documented by the Truth and Reconciliation Commission of Canada (Volume 5, 2015), this risk is the result of intergenerational impacts of cultural genocide and discriminatory colonial policies, most notably residential schools, which aimed to destroy Indigenous cultures and languages by forcibly removing Indigenous children from their families and assimilating them by punishing and shaming the use of Indigenous languages."

For three years, Adams worked with Indigenous elders and community members to create a language app that helps people learn nehinawewin or ininimowin (Swampy Cree). He is well known in the Gimli community for making toques during high school that helped him fundraise to take part in six Habitat for Humanity trips to help build homes.

He recently spent time learning Cree in camps in Manitoba, Saskatchewan and Alberta.

"In May, June and July [2022], I went to a Cree language and culture camp in Ministikwan Lake Cree Nation in northwestern Saskatchewan. I had a good grasp of Cree and my grasp is even better now. I can speak Cree pretty good without any worries about misunderstanding. I also went to a two-week camp in northern Manitoba, the Misipawistik Cree Nation in Grand Rapids where I helped as an educational assis-

tant."

Adams said he was invited to apply for the McGill scholarship because of his grades and was later chosen to participate in a series of interviews in Winnipeg and Montreal where he was asked about himself, his leadership abilities, the language app he created, his volunteer work for Habitat, political advocacy and career ambitions. They also asked him how he would assess whether people applying for Indigenous grants had Indigenous heritage.

"There's lots of articles about people fraudulently claiming Indigenous identity — because it can benefit them — and how that's impacting those who are really Indigenous, like myself," said Adams. "That's happening at the university level where scholarship money is set aside for Indigenous students in order to close the [funding] gap between them and non-Indigenous students."

He said in addition to coursework, he'll be writing a thesis for the McGill master's program, and that will help him prepare for taking a PhD degree, which he said he's planning to do.

That determination to further his goals was something staff at Gimli High School noticed.

Adams was in teacher Shelly Dankochik's educational advisor group from grades 9 to 12 and was also in her French class.

"As a teacher we hope we inspire our students, and I would say that Cameron did that for us — he inspired us and many others to reach for the stars," said Dankochik, who continues to teach French and is also the school's vice-principal and guidance counsellor. "He lights that fire in other people and I think he makes the world a better place."

A few of the things she said she most appreci-

ated about Adams was his determination to find a solution to a problem no matter how long it took and his habit of greeting everyone in the hallway with a smile, whether or not they were smiling back.

"Maybe their day was changed for the better because Cameron had the sense they needed to have someone smile at them, say hello and let them know they mattered," said Dankochik. "It has been an honour to be part of Cameron's journey and to watch him be the best he can be."

### PUBLIC NOTICE

## Pesticide Control Program

Manitoba Natural Resources and Northern Development is introducing the 2023 Pesticide Control Program.

The program is needed to:

- control invasive plants and noxious weeds in Wildlife Management Areas (WMAs) and provincial parks
- control vegetation encroachment on WMA and park infrastructure
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Scheduled application dates are from June 12 2023 to October 31, 2023.

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Comments must be received by May 26, 2023.

Manitoba 



# Turn on a dime at the Manitoba Coin Club show and find collectibles in every direction

## Hot Wheels, Dinky Toys aim to get things revved up

By Patricia Barrett

Those who still barter for goods using those shiny, round metallic objects collectively referred to as change might want to have a closer look at what they've got in their pocket or purse before they hand them to a cashier as they could be in for a few surprises.

From pennies (no longer in circulation) and quarters to 50-cent pieces and commemorative coins, members of the Manitoba Coin Club will be happy to value your money and explain how they came up with their price.

The club is hosting a Coin, Stamp & Collectibles Show in a week's time at the Little Red Barn south of Stonewall. The club's show will include members of the Winnipeg Philatelic Society (stamp club), the owner of Memory Lane Diecast & Collectables and staff from the Royal Canadian Mint.

Coin club members know that the face value of some money, whether it's coins or paper bills, might not match what it's actually worth.

"A lot of people never look in their pockets to see what kinds of coins they've got. And a lot of people aren't paying with cash anymore," said coin club member Larry Dalman, who has about 50 years' experience valuing money. "We've had people come to the coin club after they've gone through their change and, lo and behold, discovered they've got a strange-looking coin that pings when it hits a surface. That's silver. And if that silver coin has a king on it, it might be a 1935 King George V coin. What is that worth? Well, depending on its condition, that 1935 coin — let's say it's a dime — can range from \$5 all the way up to \$173.

Dalman said people may not be interested in collecting or hanging on to coins because they think there's no value attached to it. Many will take their Canadian silver coins — remember those 1967 silver centennial coins with the rabbit (5 cents), mackerel (10 cents), bobcat (25 cents), wolf (50 cents) and Canada goose (\$1)? — to companies that will melt them down for their silver content and pay you by weight.

Dalman said even if silver coins are older than 1967, they still won't fetch as much by weight as they can if they're sought after by collectors.

"That little 1935 silver dime was manufactured with 80 per cent silver. If you take one of those in to have it melted down, you'll get about \$2," said Dalman. "It's a tiny coin, the smallest that we make."

Coin and paper bill experts will consider its history, its condition using a very detailed grading system, the total number of coins and bills that were minted (the fewer produced, the more valuable they may be) and other variables that could raise its value. Valuing money is not as simple as doing a query on an online website where people post all sorts of items for sale.

Besides silver content, if you find a coin that was manufactured with an error, take it out of your change purse and get it valued. Dalman said minting mistakes make a coin unique and raise its value. Some of the 1967 five-cent silver coins with the rabbit, for instance, were struck incorrectly.

"When you flip the coin, the rabbit should be fac-

ing upwards and the Queen's head should be facing upwards. On a number of the sets, the mint accidentally struck it so that the Queen's head is facing down and the rabbit's is up," said Dalman. "If you find that [entire] set, it's worth about \$3,600."

To tell if some of your coins have silver in them, get a magnet and try to pick them up, he said. If a magnet can hold them, there's no silver.

Dalman said it's important that people understand what they have before taking rolls of coins or wads of old bills to a bank where they'll get only face value for them. It can literally pay to get those coins valued beforehand. A member of the coin club recently undertook research for a man and his grandkids whose foreign coin set turned out to be worth \$6,000. As a hobby for kids, coin collecting can pay later.

It's not only older coins that could possibly make you a mint, but also some of the newer ones.

Take for example the Canadian dimes issued in 2021 to commemorate the 100th year of the launch of the Bluenose schooner in Nova Scotia.

These dimes don't ring like silver because they're made out of nickel (2.5 per cent), copper (5.5 per cent) and steel (92 per cent), said Dalman. Intrinsically, they're worth a dime. But they're collectors' items for a number of reasons.

Dalman said the mint made four variations of the dime — not three as stated in the coin story published in the *Express* April 6 edition — and the commemorative variation with the single 2021 date is the most valuable of the lot, not the double-dated one with the 1921 on the left and the 2021 on the right as stated in that same story.

Normally, commemorative sets contain coins with two dates on them to mark an anniversary of some sort. But this is the "first time they've put a one-date coin in a commemorative set." And it's also the first-ever coloured dime (one of the four variations has its sea painted blue) struck in Canada, he said.

"This coin won a national award. When you look at the design, the Bluenose was always shown with its sails straight up and not much action. But the design on the coins that have the 1921 date with the 2021 date underneath it is actually in full racing mode, with all sails out in the wind. The Bluenose was known as a racing vessel and actually won against the Americans."

In addition to Canadian coinage, club members will also be dropping a dime on the value of American coins and paper bills, other foreign money and antique coins. The public are invited to bring those in for valuation. Club members will also have their own collectibles on display for people who just want to browse and learn what collecting is all about.

Dalman said the Manitoba Coin Club wants to provide rural people with a diversified collectibles show in Stonewall. To that end, it will include comics, stamps, toy cars and other collectibles.

The club invited the Winnipeg Philatelic Society, the expert stamp-collecting and appraisal people, to help the public value their stamps, as well as toy car expert John Dyck from Winnipeg-based Memory Lane Diecast & Collectables.

You can bring to the show your Hot Wheels' cars (American toymaker Mattel started making them in 1968), your Dinky Toys (British toy-



EXPRESS PHOTO SUBMITTED

The Canada 2021 Bluenose 100 Anniversary commemorative coloured dime will be available for purchase at the Red Barn this weekend. The year 2021 marks the 100th anniversary of the launch of Bluenose, the Grand Banks fishing schooner whose racing feats and indomitable spirit earned it the title of "Queen of the North Atlantic."

maker Meccano started making them in 1934) and other toys, and Dyck will look at them and determine how valuable they might be.

"John has one of the largest collections of cars. Similar to the variables in coins, paper money and stamps that can make them valuable, there are variables in cars. Some people may be looking to finish their collection or they might want all the Corvettes put out by Hot Wheels. Others might want just the specialty cars such as the Batmobile. John will be at our show with a large selection," said Dalman. "People in rural areas may have had these toys since they were kids and may not know there could be value to them."

The Manitoba Coin Club's show in Stonewall will take place on May 13 and 14 at the Little Red Barn on Highway 236 and Road 75, south of Stonewall. Admission is \$5. Children get in free. There is ample parking.

Dalman said people get a gift "just for showing up" and there will also be raffles and draws.

Note: the coin club will also be taking part in the Winnipeg Philatelic Society's Stamp Show on May 6 and 7 at the Access Centre (formerly called the Sunova Centre) in West St. Paul.

## What's *Your* story?

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The **Express Weekly News** 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?

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THE **EXPRESS**  
WEEKLY NEWS



# Lundar duo raises highest funds for Canadian Cancer Society



Leanne Magnusson and her dad Dick Petersen with Donald Law and Bonnie Lussier.

By Jo-Anne Procter

What started as a personal challenge for two friends turned into a remarkable fundraising feat. Bonnie Lussier and Leanne Magnusson from Lundar recently participated in the 80km Run/Walk Challenge for the Canadian Cancer Society in memory of their moms Darlene Law and Dorene Petersen. However, they never imagined that their efforts would result in raising over \$18,000 — the highest amount raised across Canada for this year's challenge.

At first, the duo set their fundraising goal at \$1,000, a modest target compared to what they eventually raised. However, as word of their campaign spread throughout their community

and beyond, support began pouring in from friends, family members, co-workers and community leaders alike.

They found that every dollar donated had the potential to help someone facing cancer by providing them with access to essential resources or funding vital research initiatives, advocating for policies that benefit cancer patients and their families, providing support services and raising awareness about prevention.

The fundraiser was something much more personal and meaningful to them. This cause is close to their hearts, as they have seen firsthand how cancer can impact individuals and families.



EXPRESS PHOTOS BY JO-ANNE PROCTER

Leanne Magnusson, left, and Bonnie Lussier completed their 80km Run/Walk Challenge for the Canadian Cancer Society fundraiser last Saturday. The duo raised the most funds in all of Canada for the 2023 challenge.

Throughout the month, Lussier and Magnusson were joined by others as they clocked their kilometres. On April 29, as they walked their final 1.8 kilometres, they were joined by close to 100 people supporting their determination and commitment to fighting cancer.

"To me the amount we raised is awesome, but the weekly walks and seeing people come together smiling and talking is what I loved," Magnusson told the *Express*. "It has definitely helped the grieving process."

To show their appreciation, following the final walk, Bonnie and Le-

anne's dads Donald Law and Dick Petersen hosted a barbecue to thank everyone for their contributions towards this important cause. It was an opportunity for them to express gratitude not only for financial donations but also emotional support during a challenging time.

Donations can still be made until May 7 by contacting Lussier or Magnusson directly or through a link on their Facebook page "Bonnie & Leanne's fundraiser for 80km Run/Walk Challenge for the Canadian Cancer Society."



Bonnie Lussier and Leanne Magnusson were joined by close to 100 people to walk the final 1.8 kilometres in their 80km Run/Walk Challenge for the Canadian Cancer Society fundraiser.



# St. Laurent reviewing bylaws for apiaries/hobby farms and RV/travel trailers

Public hearing  
Wednesday, May 17

By Autumn Fehr

Amendments to the bylaws addressing the establishment of apiaries and hobby farms and for RV/travel trailers are in the works for residents of St. Laurent.

Zoning bylaw amendments fall under the Planning Act, which requires a public hearing to hear representations on the bylaw by whoever wants to make representation.

On Wednesday, May 17 starting at 10:30 a.m. at the RM of St. Laurent council chambers, Recreation Centre at 16 Veterans Memorial Rd., the RM will hold a public hearing to hear from residents on amendments to two bylaws: Bylaw No. 4/23 and Bylaw No. 6/23.

**Hearing for Bylaw 4/23:**

The municipality is initiating an amendment to Bylaw 4/23 to address the ratepayer’s interests in establishing apiaries and hobby farms other

than in the agricultural area.

Currently, the RM has large lots in the settlement areas of St. Laurent and Oak Point, some of which are over 100 acres. There is a point in the zoning bylaw within the “rural residential” (RR) that use a table called the “private stable” that lists specifically “the keeping of horses,” which doesn’t allow for all types of animals to be kept. Changing it to a hobby farm will allow other types of animals to be held — under conditional use, which has to be approved by the council. The number of animals is measured by animal units (the amount of waste each type of animal produces).

Apiaries are in the zoning bylaw in the agricultural area.

Over the last five to 10 years, there has been interest in bee-keeping on smaller lots in the settlement centres, said Cherie Millar, office administrator for the Western Interlake Planning District.

This trend is in line with what is happening in the province and Canada. The amendment of this bylaw will allow a person to establish api-

aries in the RR zone and the general development zone (GD). Individuals will have to apply to have them in the seasonal recreation zone (SR), the seasonal recreation-cottage zone (SR-C), the seasonal recreation-mobile home zone (SR-M) and the industrial zone (MG).

**Hearing for Bylaw 6/23:**

On May 17 at the same location, starting at 10:40 a.m., the RM of St. Laurent will also be addressing amendments to Bylaw 6/23 to address ratepayers concerns about restrictions on RV/travel trailers in the municipality. This will also serve to correct a portion of the initial bylaw amendment.

The first amendment will add regulations to the zoning bylaw allowing “park models” in the SR-M zone. In addition, a definition will be added to ensure it is clear what is permitted as a park model.

Section 3.32 .1 and .2 state that RVs/travel trailers should not be stored or occupied on a site before the construction and occupation of the main building. However, the use table al-

lows individuals to apply for RV/travel trailers while constructing the main building.

Millar said that council heard concerns from ratepayers about the time restriction to occupy the RV/trailer, so they extended it.

The initial bylaw amendment allowed up to four RV/travel trailers on a lot with a main dwelling building RR zone.

“Council feels that this is inconsistent with the GD zone that is similar and feels that they should be the same, which is two RV/travel trailers, so if you have a dwelling on a property, you can have up to two RV/travel trailers stored or occupied in the RR and GD zone,” said Millar.

The previous council eliminated the RV policy and has drawn up a licensing fee bylaw to attach to conditional use applications for RV/travel trailers. With the bylaw amendment, council will now refer to the licensing fee bylaw.

If you have questions about the public hearing, contact Cherie Millar at wipd@mymts.net or 204-646-2615.

**Community Support Service**

**AA Meetings in Ashern**  
Open Meeting  
**Time: 6-7pm Fridays**  
**Starting Friday March 3rd.**  
Location: #11 2nd Ave North  
-Pioneer Manor  
( beside the main door entrance  
of Pioneer Manor)  
Contact AAMBCO@mts.net

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

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

**Gimli Group AA**  
Bldg 18 Municipal Rd  
Industrial Park  
**Fri & Sun Mtgs at 7:30 pm**  
**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  
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> COVID, FROM PG. 6

ceutical company that helped develop a viral vector COVID-19 vaccine with the University of Oxford in England.

RSV is a highly contagious respiratory virus infecting almost all children by the time they reach two years of age. It is usually mild but can cause severe illness, including bronchiolitis and pneumonia that may lead to hospitalization or death.

- The Interlake-Eastern Regional Health Authority was singled out for being a leader in ensuring safe work environments by achieving SAFE Work certification, which entails leadership commitment to safety, hazard identification, risk control and employee participation.

The IERHA is the first of Manitoba’s five health regions to earn the distinction. It signed an agreement with SAFE Work Manitoba in 2020 to pursue certification.

“SAFE Work certification acknowledges Interlake-Eastern Regional Health Authority’s staff and leadership have successfully implemented a health and safety program that meets the standards of the Manitoba Association for Safety in Healthcare program and Manitoba’s SAFE Work certification,” said IERHA CEO Marion Ellis in an April 27 statement. “We’ve illustrated out commitment to continuous improvement and a safe work environment. We’re delighted to achieve this certification.”

The health authority will continue to conduct internal audits and take part in an external audit in 2026 in order to maintain its certification.

- Manitoba’s auditor general Tyson Shtykalo said the provincial government was effective in managing the COVID vaccine rollout.

“Our audit of Manitoba’s immunization service delivery and vaccine inventory management found the Manitoba government effectively managed the COVID-19 vaccine rollout,” said Shtykalo in his report titled Manitoba’s Rollout of the COVID-19 Vaccines released last week. “I would like to acknowledge the extraordinary efforts of public servants and service delivery providers during the vaccine rollout. The successes Manitoba achieved are linked to these efforts.”

Shtykalo said there were some limitations to the rollout, notably a paper-based method that was used to collect consent and immunization data. The process would have run smoother had an electronic system been implemented.

“A more robust electronic system would reduce some of the risks involved in using paper-based methods,” he said.

The report is available on the auditor general’s website at [www.oag.mb.ca](http://www.oag.mb.ca)

- The Manitoba NDP released on May 1 a five-point plan to fix health care provincewide.

The plan will address the closures of rural ERs and health-care centres, health-care staffing shortages and “dangerous” wait times for emergency care.

“The biggest challenge facing rural communities right now is health care,” said Kinew. “Brian Pallister and Heather Stefanson eroded rural health care for seven years, leaving rural families cut off from care and rural communities struggling to build a future. Our team is ready to fix that with common sense solutions that will deliver better health care and a brighter future for rural families and communities.”

The plan entails (1) reinstating the rural physician recruitment fund that was cut by Brian Pallister and doubling the fund; (2) filling paramedic staffing vacancies by giving rural paramedics a new contract, paying them the same as Winnipeg paramedics and allowing advanced care paramedics to work to their full scope of practice; (3) keeping ERs open by recruiting and retaining more diagnostic imaging and lab technologists by giving them a competitive deal and offering incentives to allied health professionals, nurses and nurse practitioners to work in rural communities; (4) equipping rural health-care centres with technology to reduce patient transfers and connect patients to specialists; and (5) reimbursing homecare workers properly for their mileage to help seniors age in place and building more personal care home beds to keep seniors in their home communities.



# Interlake Co-op's Eriksdale Hardware store expands seasonal centre

By Patricia Barrett

Interlake Co-op's Eriksdale Hardware store is giving its customers a more comfortable shopping experience with a new addition to the store and is also expanding its product offerings.

Co-op recently opened an 80-foot-long seasonal centre that will provide cozy year-round shopping — especially in the wintertime — as well as easy access to and from the main hardware store.

The expansion addresses an increase in customer traffic that occurred with the pandemic.

"Since the pandemic, a lot of people started staying closer to home and shopping locally," said branch manager Tori Goodman, who oversees Co-op's two Eriksdale stores (hardware and grocery) and part of the cardlock. "We have had more foot traffic and we want to keep people shopping locally. The expansion of the seasonal centre will allow us to provide a better customer experience by making it all-season shopping versus only spring, summer and fall shopping."

The hardware store used to have an attached outdoor greenhouse with access only from the outside. Because it wasn't insulated, it didn't operate in



EXPRESS PHOTO SUBMITTED BY TORI GOODMAN

From left: Eriksdale Hardware store staff Ty Erlendson (store supervisor), Irene Saunders, Carter Kallstrom, Al Anderstedt, Samantha Miller, Tori Goodman (branch manager) and Decan Boss. The store will be expanding its line of seasonal products, its plumbing section and, for the first time, will be offering lumber.

the winter months, said Goodman. Co-op tore down the structure last summer and replaced it with two attached 12-foot-wide by 40-foot-long structures.

In addition to installing an outdoor entrance to the seasonal centre, an entrance was built from one of the aisles in the main store to allow customers easy access to and from the centre. They'll be able to keep seasonal items

on display year-round rather than packing it all up at the end of a season and storing it.

To help fill up their new space, Co-op is expanding its product offerings. For the upcoming summer season, people can find what they need to enhance and relax in the great outdoors.

"We've expanded our solar light selection, our patio furniture selection and yard ornaments," said Goodman.

The hardware store carries items you'd expect to find plus those that cater to the local market. It has, for example, a selection of coveralls and overalls, rubber boots, cattle and horse feed and gates. It has ordered in work boots for customers and will, for the first time, be bringing in lumber from a lumber yard.

"We are a one-stop shop because we're the only hardware store in town," said Goodman. "We're trying to keep everybody shopping here."

The store has also expanded products in the main store, she said. They've gone from seven to 14 sections of plumbing products, for instance, and have expanded other product lines.

And their friendly staff will "do our best" to find customers products the store doesn't carry.

"Between the seven of us we probably have 55 years' experience in retail," said Goodman. "A couple of us have been here for 10 years now and we have an employee who has been with us for about 23 years. We know the majority of our customers by name. And all of us are very friendly."

The hardware store stands out for its

Continued on page 12



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# Cheer competition to show athleticism, passion and energy

By Emma McGill

The excitement is building up in Selkirk as the Cheer Manitoba Provincials are set to take place this coming Saturday, May 6. With a kickoff at 10 a.m., the city will be buzzing with energy and enthusiasm throughout the day.

Get ready to witness an incredible variety of cheerleading performances that showcase both individual skill and team co-ordination. From high-flying stunts to perfectly synchronized dance moves, these athletes are sure to leave you in awe.

With athletes ranging from ages five to over 30, and 58 routines to showcase, the cheerleading communities of Manitoba and neighbouring provinces will receive their spotlight this weekend through a schedule filled with routines of pom (performance cheer), scholastic cheer and all-star cheer.

Cheerleading as a competitive sport, rather than something on the sidelines, has gained traction and popularity in recent years thanks to shows like Netflix's *Cheer* and the work of Cheer Manitoba. The sport may even be a part of the Olympic games in the future.

Twelve out of the 58 routines are brought to the provincials by Legacy Cheerleading, a program run out of Winnipeg. Interlake's Molly Beachell, a U12 Level 2 member of the club,



Molly Beachell was proud of her team's score. They Hit Zero meaning a perfect routine with no deductions.

is looking forward very excitedly to competing this Saturday. Ten-year-old Beachell is currently in her second year of cheer, having discovered her love for it when a friend of hers brought her to a "come try cheer day." In cheer, Molly finds the components of both dance and gymnastics that she loves. She has developed close friendships with her teammates and really enjoys stunting and tumbling.

"I like everything about it," she says. Beachell's team of 10 girls will showcase their three-minute routine, which

features components of tumbling, stunting and dance. They prepare by practising together for a total of five and a half hours a week, learning their stunts and routines and then



Molly Beachell, back row left, and the Imperials Legacy team will be competing at the provincial cheerleading competition this weekend in Selkirk.

pulling it all together to practise in a "full out," which is a rehearsal of the full routine accompanied by music. They begin in September and then practise their full routines in December for the competitions that start in January. The team recently travelled to Edmonton this year for one of these competitions.

"Sometimes we mess up a lot at practice, but when we're in front of a crowd we always do very good," said Beachell.

Another program, Vision Cheer Company based in Headingley, is bringing a number of teams to provincials, which include other Interlake cheer members Lila Shachtay, London Sherry and Lexi Schutz. The judging panel will judge the teams using comparison scoring, prioritising rankings over a numerical score, based on the Cheer Canada score sheet. They judge each component based on the diffi-

culty of their routine in comparison to others in their category.

Provincials will be hosted at the Selkirk Recreation Complex (180 Easton Dr.). Doors open at 9 a.m. The spectator fee is \$15 but free for children five and under. The event will have free parking, a fully stocked canteen and an array of vendors including Total Spirit, Bows by Char, Shining Expressions and more. It's highly recommended that spectators bring cash for candy grams and 50/50. For those unable to attend in person, there will be a livestream available to view on Cheer Manitoba's YouTube channel.

## > EXPANDS, FROM PG. 11

willingness to literally go the distance for its faraway customers. About a year ago, it began a free delivery service to Arborg, about 67 kilometres down the highway.

Twice a week the hardware store drops off pre-ordered items at the Interlake Co-op grocery store in Arborg where customers can pick them up. Customers can place an order at the administration office/customer service department at the Arborg grocery store for items displayed in the hardware store's flyer. The flyer is displayed at the Arborg store.

"We offer free delivery to Arborg so people don't have to drive all the way to Eriksdale," said Goodman.

She said they're hoping people will pop in to see the new seasonal centre and check out the expanded product line.

Interlake Co-op's Eriksdale Hardware store is located on Railway Avenue and is open Monday to Saturday from 9 a.m. to 6 p.m.

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# Donations to Survivor's Hope Crisis Centre go further in May

Submitted by Coral Kendel, executive director

Community Project Month is taking place again this year, and the Pinawa Foundation will stretch all donations made to Survivor's Hope Crisis Centre by 40 per cent until the end of May to benefit their project "Speaking Out Against Sexualized Violence."

"We are so honoured to be selected as a participant for Community Project Month," says Survivor's Hope Crisis Centre's executive director Coral Kendel. "This opportunity is vital for ensuring our programs continue to run, as we rely entirely on funding and donations, which allow us to support survivors of sexualized violence through our counselling and crisis program, to build healthier futures for youth by providing educational workshops in schools and engaging with communities through outreach and event co-ordination."

Survivor's Hope was selected based on their "Speaking Out Against Sexualized Violence" project, which focuses specifically on efforts to build awareness about Survivor's Hope's programs and services that provide support and recovery for survivors of sexualized violence, as well as prevention and advocacy work to change the scope of gender-based violence in Manitoba. As well, through facilitating community events, like their upcoming "Celebrating Resiliency for

Youth" event on May 17 at École Powerview School during Victims and Survivors of Crime Week, and distributing resource materials like posters, brochures and Regional Resource Guides, Survivor's Hope intends to use any donations received to further the reach of their services both in Pinawa and throughout the entire Interlake-Eastern area.

"Although our roots were put down in Pinawa and our home office is there, we serve individuals all across the Interlake-Eastern area and have recently been concentrating on building partnerships and public awareness of our services in the more western side of the Interlake. We truly cannot do this work without our organization's community support, which is so sincerely appreciated," says Kendel.

Anyone wishing to contribute towards Community Project Month in support of Survivor's Hope Crisis Centre is instructed to e-transfer to Carol Findlay, treasurer of the Pinawa Foundation, at [findlayc@mymts.net](mailto:findlayc@mymts.net). Be sure to include Survivor's Hope Crisis Centre in your transfer memo so it's directed appropriately. Also, include your mailing address and email address to receive a tax receipt for any contribution above \$25. Or mail cheques to Pinawa Foundation c/o Survivor's Hope Crisis Centre, Box 100, Pinawa, MB, R0E 1L0.



PHOTO SUBMITTED

Natasha Van Dorp, community engagement and volunteer co-ordinator at Survivor's Hope Crisis Centre.

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# Twelve-year-old encourages safer mask disposal

By Jennifer McFee

A young activist has launched a campaign to raise awareness about the impact of disposable face masks. Madeline Mayer Somers, 12, is encouraging everyone to pay attention to how they dispose of face masks in an effort to protect animals and the environment.

While doing extra work for her St. Andrews-based Girl Guides group, she learned how birds sometimes mistake plastic for food and eat it, which can cause harm. She started to think about how masks might create the same negative impact, so she is recommending that mask-wearers tear the ear-loops before throwing them away.

"Lots of animals are being negatively affected by disposable masks and their ear-loops. Animals like birds and sea turtles and even deer are harmed because, if masks aren't disposed of properly, animals will try to eat them," Madeline said.

"The loops can suffocate animals because it can get

tangled around their beaks or necks or any part of their body, even their wings, and they can't get it off."

Madeline made a poster to raise awareness about the negative impact of disposable face masks. She contacted Greenpeace, which supported her by providing photos depicting animals tangled in ear-loops.

Her campaign continues to gain momentum since a hospital in Winnipeg asked to put up her posters. In addition, CBC interviewed Madeline about her campaign.

"I can raise awareness so people will dispose of masks in a way that is less harmful to wildlife and to our planet. I am taking small steps that become big steps to preserve our planet and the life in it," she said.

"Garbage doesn't just disappear, and neither do face masks. So tear your loops before you trash your mask — it only takes a second. With my poster, I am saving lives, one mask at a time. I hope you will do this too."



PHOTO SUBMITTED

St. Andrews-based Girl Guide Madeline Mayer Somers (12) is bringing awareness about the impact of disposable face masks on wildlife.



# Inspiration boards bring wedding plans to life

Making the wedding of your dreams a reality may require some creativity. It can be challenging to organize all of the creative ideas swimming around in your head, but inspiration boards may be able to help.

Inspiration boards, sometimes referred to as idea boards, are commonly used by interior designers, artists, writers and even wedding planners. Such boards can serve a great purpose when starting a new project, especially if all of

your creative ideas seem to lack cohesion. Sometimes seeing things together, rather than in bits and pieces on their own, can fuel even more creativity.

Inspiration boards can include magazine clippings, photographs, fabric swatches, quotes or literary passages and colour swatches. As the idea board grows, you may find a common denominator among your inspirational elements. This can help determine a theme for your wedding or jump-start other planning.

While poster boards may be more traditional idea boards, creative ideas also can be compiled in binders or scrapbooks, which work especially well at keeping all items organized and concise. Plus, they're portable, which means you can take a scrapbook to a meeting with a wedding vendor and show him or her your concepts for the wedding.

Later, when photographers, florists and other vendors have been booked, you can attach receipts or agreements to the inspiration board for future reference. This keeps all of your important wedding information in one place rather than requiring you to search through different folders or files for important documents. In addition, if friends or family members ask for advice on vendors and planning their own weddings in the future, you can readily access your inspiration board.

To start building your own board or book, take clippings of photos or articles that resonate with you. As you visit bridal shops and other stores, take fabric swatches and pictures of particular looks. Attend bridal shows and take home promotional materials. Remember, inspiration may not always come from bridal-related resources. Anything you come across in your daily life — such as window-shopping at a furniture store or passing an art exhibit — may inspire some creativity.

Inspiration boards are used by top design professionals and can be a handy resource for couples planning their weddings.

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# Interlake-Gimli 2023 Green Team funding announced

Pleased that our community is receiving support for such important projects

Submitted by Derek Johnson's office

MLA Derek Johnson is pleased to announce \$358,239.20 for community projects as part of our PC government's youth employment funding. Our government is pleased to promote green projects across our entire province over the course of the upcoming summer season. The projects in our communities are part of a total \$9.6 million to support the Green Team program this year.

"I'm thrilled that these funds will provide program support to so many local projects in our communities," said Johnson. "Our government is always pleased to support important initiatives like the Green Team."

The organizations receiving funds are:

- Gimli Yacht Club is receiving \$13,413.95
- RM of Grahamdale is receiving \$18,027.90
- RM of West Interlake is receiving \$10,155.20
- RM of Coldwell is receiving \$7,027.20
- RM of Gimli (Parks and Recreation Services) is receiving \$28,066.50
- Arborg Bifrost Parks & Rec.

Commission is receiving \$10,798.20

- Municipality of Bifrost-Riverton is receiving \$5,270.40
- New Iceland Heritage Museum is receiving \$18,586.80
- Riverton & District Friendship Centre is receiving \$18,544.05
- RM of Armstrong is receiving \$7,477.20
- RM of Fisher is receiving \$6,133.50
- RM of Gimli is receiving \$5,668.20
- St. Laurent Coop Recreation Centre is receiving \$12,740.85
- Town of Arborg is receiving \$3,942.45
- Town of Winnipeg Beach is receiving \$13,003.65
- Twin Lakes Beach Association is receiving \$7,151.40
- Village of Dunnottar is receiving \$7,010.10
- Dunnottar Community Club is receiving \$4,805.50
- East Interlake Watershed District is receiving \$7,229.25
- Gimli Bible Camp is receiving \$11,003.65
- Lake Winnipeg Mission Camp Society is receiving \$52,500

- Matlock Recreation Club is receiving \$2,770.60
- Riverdale Place Workshop is receiving \$2,500
- Riverton-Bifrost Parks & Recreation Commission is receiving \$3,702.30
- St. Laurent & District Rec. Commission is receiving \$3,570
- Steep Rock Beach Park is receiving \$43,375.50
- West Interlake Watershed District is receiving \$8,286.95
- BAR Waste Authority Co-op is receiving \$2,500
- Evergreen School Division is receiving \$9,523.50
- Gimli International Film Festival is receiving \$3,353.40
- Icelandic Festival of Manitoba is receiving \$10,101

The Green Team program will strengthen our communities, while also helping to grow our economy. This year, the program will fund 744 projects across the province and employ 2,500 youth. These projects will promote green spaces, projects and tour-



Interlake-Gimli MLA Derek Johnson

ism in the region, while also providing jobs and economic development in the area.

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## Three patients share experiences of their 'excellent' dentures

BY ELISHA VANDOR

Have you ever heard people say, 'when you love what you do, it doesn't feel like work?' Well, the saying goes...Do what you love and you'll never work another day in your life. That's exactly how we feel everyday coming into work at Vandor Denture Centre to transform peoples smiles. What really puts the icing on the cake is when we hear how patients are doing with their new dentures after we have made them. When we do receive feedback, we share it with our entire team and it honestly puts an extra pep into our step. Here's 3 reviews that our patients so graciously relayed to us:

Our Denturist Matthew's patient, Isla called a week after receiving her new dentures to cancel her follow up appointment and said, "Matthew is absolutely excellent. He did a super job on my dentures. Even with no gums left, the upper fit is fantastic and the lower stays in place and isn't loose. If I would have known this would be such a seamless transition to new dentures with-

out pain, then I would have done it years ago." Isla H. - March 29, 2023

Another cool tidbit that makes the full-service denture experience at Vandor Denture Centre unique is that our dentures are hand-crafted in-house; meaning the same Denturist who sees you for your appointments customizes your denture to look like your smile once was or shapes it to make it uniquely you. Recent patient Shawna says, "It's been a journey for Brock and myself. It started approximately 6 years ago. I was recovering from cancer treatments, which included chemotherapy and radiation. I had several complications and teeth loosening was one of them. Unfortunately, at the time, I thought it was the end for my bright white smile. I had to lose some teeth. I was scared to death, but fortunately I heard of this Denturist. Brock eased all my anxieties and fears. I told him I wanted my new teeth to look exactly like the ones I lost due to the treatments. He made them look exactly like the ones I lost. He knew how important that

was to me. I can't begin to explain how grateful and blessed I am to have Brock work on my 'new smile'. From the moment you walk into his office you are greeted by his support staff like you are family. Not once did I feel uncomfortable. I would highly recommend Brock and his staff to my family and friends. So if you find yourself walking into his office, then expect to be treated as family. I thank Brock and staff for the excellent care I was given." Shawna - April 5, 2022

Lastly, our patient Louise came on April 5th when we had the final winter blizzard blast. She said, "nothing was going to stop me from getting my new teeth today! The people at Vandor Denture Centre are just very nice and caring. They do wonderful workmanship. I love my new teeth." Louise S. - April 5, 2023

If you've worn dentures for YEARS and it's time to replace, are just starting out and have questions about your options, or you're wanting to go for dental implant supported dentures, then call us to schedule your free consultation.



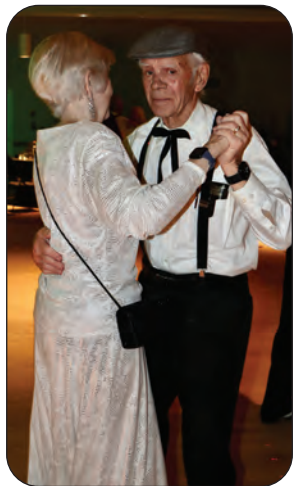
Louise (patient of Denturist Brock) braved the winter blast in early April to get her new teeth and share her experience.

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# Dining, dancing and prizes for Best Brooksy



EXPRESS PHOTOS BY LANA MEIER

Fraserwood Hall hosted an unforgettable event last Saturday night that transported guests back to the Roaring Twenties. The hall was transformed into a speakeasy with vintage decor and ambiance, complete with live music from the talented Cracked Eggshell band who specialize in jazz and swing-era tunes.

As if a night of live music and cocktails wasn't enough, Fraserwood Hall took it up a notch and hosted a Best Brooksy competition. What's a Brooksy, you ask? It's 1920s slang for someone who is stylish and fashionable. And guests didn't

disappoint. There were flapper dresses and newsboy caps with some showing off their best Charleston moves on the dance floor while flaunting their vintage attire. The Gimli Ball Room Dancers and the Gimli Line Dancers put on an amazing show. The atmosphere was electric and buzzing with excitement. The guests were very happy with their three-course, table-served meals. The Gimli High School Graduates operated the coat check and provided the table-side services with grace. Thank you to the business sponsors who helped make the evening a success: Shoreside GM, Interlake Insurance, Arborg Septic Service, Lighthouse Accounting and J&J Grocery. The silent auction and cash draw winners will be posted on the Fraserwood Hall website. Group photo, left to right, Deb Acton, Linda Sokil, Dorothy Bailey, Toni Dascanio, Laurie Streich, Carol Simonson and Julia Ewanchuk.

## BINGO

Lic #318

### Fraserwood Hall Friday Nights 7:15 PM

May 5, 2023

Breakopens 50/50

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15 Regular Games @ \$60.00

(reduced games with low attendance)

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(Estimated amounts at time of publication)

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Lic # LGA 318-RF

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Seniors Dance May 14th

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# Alzheimer Society of Manitoba holding annual walk

By Ty Dilello

The Alzheimer Society of Manitoba will be holding its annual IG Wealth Management Walk for Alzheimer's at Assiniboine Park on May 27 at 10 a.m.

The walk is the society's largest nationwide fundraiser that gives Manitobans an opportunity to get out into the community and raise funds to help support over 18,400 Manitobans currently living with dementia and their care partners.

The City of Selkirk will also be holding its own walk on June 2 at 11 a.m. It will take place at the Gordon Howard Centre, and there will be a barbecue lunch to follow the walk.

"The number of Manitobans living with dementia is expected to more than double by 2050, so the need for resources and support has never been greater," said Erin Crawford, program director and incoming CEO at the Alzheimer Society of Manitoba.

Funds raised at the walk go toward

essential programs the society offers to people living with dementia and their care partners, like the First Link Client Support program, support groups, education sessions and community programming.

To get involved, you can register online for the walk by signing up as an individual, team member or team captain at [alzheimer.mb.ca/wfa2023](http://alzheimer.mb.ca/wfa2023). You can also start fundraising and sharing your fundraising page and your reasons for walking on social media by using the official hashtag #IGWalkForAlz. Reach out to your friends, family, neighbours and colleagues (in-person and online) to ask for support.

The Alzheimer's Society urges the public to participate in the Winnipeg Walk or Selkirk Walk and join dedicated people who are committed to helping people living with dementia and care partners.

## Who are you walking for?



Register Today!  
[alzheimer.mb.ca/wfa2023](http://alzheimer.mb.ca/wfa2023)



PHOTO SUBMITTED

The City of Selkirk will be holding its own Walk for Alzheimer's on June 2 at 11 a.m. It will take place at the Gordon Howard Centre and there will be a barbecue lunch to follow the walk.

"If you've known someone with dementia, come walk with us," said Crawford. "It's a fun family-friendly event that really shows the people

participating they are not alone."

Visit [alzheimer.mb.ca/wfa2023](http://alzheimer.mb.ca/wfa2023) to learn more about the Walk and to register.

# CervixCheck coming to Fisher Branch

By Jennifer McFee

CancerCare Manitoba's cervical screening program will be coming soon to Fisher Branch to provide a way for eligible people to get checked for cancer.

CervixCheck is a cervical cancer screening program through CancerCare Manitoba in partnership with more than 100 clinics across Manitoba.

On Monday, May 29, the cervical cancer screening clinic will be at Fisher Branch Primary Health Care Centre, located at 23 Main St.

"Most women age 21-69 who have

ever had sexual contact should have a pap test every three years," said a CancerCare spokesperson.

"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 and prevent 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.

To book an appointment for the May

29 cervical cancer screening clinic in Fisher Branch, call 204-372-6258. Walk-ins that day are also welcome.

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](http://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](http://cancercare.mb.ca/cervixcheck). To learn more about HPV vaccination, visit [www.preventHPV-cancers.ca](http://www.preventHPV-cancers.ca).



## NOTICE OF THE ANNUAL GENERAL MEETING

Notice is hereby given that the EBN Annual General Meeting

Will be held at

Evergreen Basic Needs, 71 4th Ave, Gimli  
Tuesday May 16, 2023, 7:00 pm

Elections to the Board of Directors will be held  
Light refreshments will be served.

Tours of the facility will take place after the meeting to highlight the recent renovations.

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# sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

## Overby named to 2023 MHSAA Hall of Fame class

By Brian Bowman

The Manitoba High Schools Athletic Association announced its Hall of Fame Class for 2023:

Four outstanding Builders: Ken Overby of Teulon Collegiate and Warren Collegiate (multi-sport), Gord Nixon of Major Pratt School (multi-sport), Daryl Ford of Glenboro School (volleyball) and Morris Glimcher, executive director (retired) of Manitoba High Schools Athletic Association.

The 1996-98 Morris School varsity girls' volleyball team will also be inducted into the hall.

"It is an honour and it's with good company," said Overby last Friday evening. "There are a lot of Hall of Famers that have done amazing things. It's kind of unbelievable. I never thought or would have expected this."

Everyone will be honoured at a reception on May 13 at the Canad Inn Destination Centre Club Regent.

"It will be great and there will be some familiar faces and ones that you haven't seen in a while," Overby said.



Ken Overby, right, and his daughter Jillian in a bison pasture.

"It's going to be great. My favourite word is 'it's going to be super.'"



Ken Overby, far left, with his Teulon Collegiate Saints' provincial-winning team in 2009.

Overby, now 69 years old, started teaching in 1975 and coached junior

EXPRESS PHOTOS SUBMITTED

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### Overby outstanding volunteer

Teulon Collegiate math teacher Ken Overby was awarded the Frank L. McKinnon Award by the Manitoba High Schools Athletic Association for his 20-plus year service to high school sports.

Overby joined the teaching staff at Teulon Collegiate last year after spending many years in Warren Collegiate teaching and volunteering for coaching and organizational positions there. He has passed on his devotion and efforts to Teulon Collegiate, coaching and organizing cross country runs, track and field meets and basketball teams.

Overby was instrumental in coaching the Warren Collegiate varsity girls basketball team to two AA provincial titles, the first in 1993, the second, in conjunction with coach Randy Lasuk (this year's recipient of the MHSAA coach of the year award) in 1994.

Overby was also instrumental in organizing Zone 5 and provincial cross country runs across the province.

This year he also volunteered his time to help out the provincial rural and zone high school track and field meets in Stonewall.

The Frank McKinnon Award is presented to an

outstanding school volunteer in recognition of the tremendous contributions made by McKinnon, a retired principal of Carman Collegiate, and an original founding member of the MHSAA.

For hundreds of students and staff who have trained under or worked with the mild-mannered, but motivating high school coach, the award is well deserved.



Where ever there's a running event, Ken Overby can usually be seen with clipboard in hand.

The late Gladwyn Scott wrote an article on Ken Overby in 1995.

varsity and varsity girls' basketball, varsity boys' basketball, cross-country and track and field from 1995 to 2010.

He began his career at Warren Collegiate where he assisted Dennis Clem with the varsity girls' basketball and track and field teams.

Overby continued to build on the legacy that Clem started and took

Continued on page 19



# sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

## Johnson scores hat trick in Game 4 of playoffs

By Ty Dilello

Over the weekend, Gimli's Carter Johnson wrapped up his second season of professional hockey in the East Coast Hockey League after his Maine Mariners fell in six games to the Reading Royals in the first round of the playoffs.

For this 2022-23 season, Johnson initially had a tryout with the AHL's San Jose Barracuda. After being released, he then headed to the ECHL, where he has scored 35 points in 58 games with the Wheeling Nailers.

Near the trade deadline, Johnson was dealt to the Maine Mariners. It turned into a great opportunity for Johnson as he became a swift scorer for the club, scoring 13 points in the remaining 14 games of the regular season.

"I really enjoyed playing in Maine," said Carter Johnson. "I felt like I was able to step into a good role on the team and play with some high-calibre players. We seemed to click right away and started producing at a high rate, so it was nice to get lots of opportunity there."

In the first round of the playoffs, the Mariners went up against the Reading Royals. Down two games to one, Johnson put up one of the best games of his career in Game 4 as he scored

a hat trick in leading his team to the victory.

"Game 4 was definitely one that I'll remember forever," said Johnson. "My family came to town to watch our homestand, so being able to have them in the stands for that was also pretty special. I was fortunate enough to get a few good looks on the net and tried to take advantage of that. That was my first pro hat trick, so I was grateful it came at a time in the playoffs where I could really help our team gain momentum in the series. It felt great overall, and I'll never forget that night."

Unfortunately, Johnson and his Maine Mariners would lose the last two games of the series and be eliminated in the first round.

Johnson is planning to take a few weeks off to rest and recharge the body after the long grind of the hockey season and then get back to work after that as he prepares to up his game for the 2023-24 campaign.

"I'll be in the gym and on the ice working on my game and doing what I can to try and make the jump to the next level next season. I love it here and in Maine as the city is unreal as I live right on the ocean, the fans are great, and the organization is also very professional and high achieving,



EXPRESS PHOTO SUBMITTED

Over the weekend, Gimli's Carter Johnson wrapped up his second season of professional hockey in the East Coast Hockey League after his Maine Mariners fell in six games to the Reading Royals in the first round of the playoffs.

especially being affiliated with the NHL's Boston Bruins. I'll definitely be seeing what options come across the

table throughout the off-season and be working to make the jump to the next level."

### > OVERBY, FROM PG. 18

both programs beyond anyone's expectations for a rural school.

Once Overby transferred to Teulon Collegiate, he continued to build teams and find success. He secured a varsity boys' provincial championship in 2003 and a third-place finish for the varsity girls in 2008. His varsity girls' team won provincials in 2009.

Overby enjoyed watching the students grow

as both athletes and people over the years. He loved the small school environment in both schools where the teachers knew all of the students.

"That is probably the most rewarding thing," he said. "It really makes me happy when I have former students and I see them in the community and some have gone on and played at various levels. Some at university, college, etc. and some will approach me and say 'Guess what I have just done?' They'll say they ran a half marathon

or ran a marathon and it's really neat seeing them take this kind of interest in fitness and well being. The other thing that is really, really great to see is that lots have given back to the community. They're coaching in the community and they're coaching other young people and even coaching their own children."

Overby was presented with the prestigious Prime Minister's Award for Teaching Excellence in 2003, was named as the MBCA AA Woman's Coach of the Year in 2007-08 and 2008-09 and was inducted into the Basketball Hall of Fame.

He also coached the Graduating All-Star basketball game in 2009.

But when he looks back, the highlight for Overby was the opportunity to coach his son Neil and his daughter Jillian at Teulon Collegiate.

"I was able to be involved in their sports with their friends and teammates and it was pretty rewarding to do that with them," Overby said.

He also really wanted to thank his wife, Iris, for all of the tremendous support she gave him over the years.

To see more photos  
of your favourite  
Interlake Athletes

GO TO Stonewall Teulon Tribune | flickr

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# Gear up your kids for a Funtastic summer with GAAC



PHOTO SUBMITTED

The Design and Build camp encourages campers create and build their own projects.

By Autumn Fehr

This year, the Green Acres Art Centre (GAAC) has curated a camp lineup that includes a span of activities and hobbies sure to spark the interest of youths. This summer, the age range for campers has expanded to include ages 4 to 14.

Camps will be divided into age groups 4-6, 7-10 and 11-14. All camps will run Monday to Friday, and transportation will be available with pickup and dropoff in Stonewall, Balmoral and Gunton.

New camp themes have been added to this year's repertoire. These include Kids in the Kitchen, Visual Arts, and Science.

GAAC would like to thank Vidir, which generously donated \$5,000 to help make summer camps possible for kids in Teulon and surrounding areas. This generous donation makes Vidir a Blazing Star Sponsor of the GAAC. Businesses or individuals interested in making a shining or colourful difference in the lives of children in our community can email [info@greenacresartcentre.ca](mailto:info@greenacresartcentre.ca) or go to the GAAC website at [greenacresartcentre.ca/sponsorship/](https://greenacresartcentre.ca/sponsorship/) to review the details of sponsorship.

Some of the camps included in this year's lineup are listed below. A complete list can be found on the GAAC website: [greenacresartcentre.ca/camp/](https://greenacresartcentre.ca/camp/).

## Discovering Your Inner Dancer! with Ms. Alycia & Miss Elena

From July 17 to 21 and Aug. 14 to 18, this camp allows campers to become more confident movers by inviting them to explore dance styles in large and small group settings. Over the week, campers will take jazz, ballet, hip hop, lyrical and dance the-

atre classes and learn dances to be performed on the outdoor stage for family and friends. For ages 5 to 12.

## Discovering the Magic of Music! with Gareth McNichol-Briggs

From July 24 to 28, campers will learn the basics of rhythm and melody through musical genres like pop, rock, folk and more. Campers will have the opportunity to play the ukulele and percussion instruments like the tambourine, various drums, boom whackers. This camp will also introduce campers to singing and some basics of song writing. For ages 7 to 14.

## Discover Your Inner Artist Through Visual Art! with Miss Elena

From Aug. 8 to 11, this camp will focus on exploring concepts in visual art. Campers will use acrylic and watercolour paints, clay, pencil crayons and markers to create their own art style.

## Kids in the Kitchen

Brand new this year to GAAC Summer Funtastics is Kids in the Kitchen, one of GAAC's most popular programs of 2023. The camp will run from July 24 to 28 for ages 7 to 10 and from July 31 to Aug. 1 for ages 11 to 14. Strap on an apron and join us for a week of culinary creations where campers will have a chance to learn many delicious recipes while learning basic cooking theory, kitchen safety and etiquette.

## Silly Science

This camp is for ages 4 to 14 and will take place from July 17 to 21. For ages 4 to 6, there will be a variety of hands-on experiments with everyday materials that you can do yourself at home. For ages 7 to 10, there will be a week of experiments using a mason jar as a core component. For ages 11 to 14, there will be a week of edible experiments!

## Design & Build

Budding architects and Minecraft enthusiasts unite! Join the GAAC for a week to design and build structures with wooden blocks. Bring your best ideas, work with other campers to create a design and bring your building to life. This camp is for ages 4 to 14 and runs from Aug. 8 to 11 for ages 4 to 6 and ages 11 to 14. From Aug. 14 to 18, it will run for ages 7 to 10.

For the first time, in order to make things more accessible for families to participate in the camp, there will be transportation available from Stonewall to Teulon. Morning dropoffs will be at 7:30 a.m. in Stonewall at one of the schools. In addition, there will be stops at Balmoral School and Gunton Hall. The GAAC team has arranged to transport campers with the Interlake School Division or Stonewall Handi-Van.

"The two organizations are committed to working with the GAAC to assist families who are unable to transport their child to Teulon for camps," said Knor.

Transportation will be an additional fee on top of camp registration. The cost is \$75 per camper per week. The price is based on minimum numbers. Transportation will be available for a minimum of six campers to a maximum of 70 campers per week. If more than 40 campers use the service in one week, the GAAC could adjust the rate for families with more than one camper.

There are many employment and volunteer opportunities for students at the GAAC this summer. The GAAC has received funding from Canada Summer Jobs and the MMF to assist with hiring four summer students. The GAAC will hire a minimum of eight employees to a maximum of 16. Applicants must complete an application form in addition to their resume and cover letter. The form is found on the website [greenacresartcentre.ca/careers/](https://greenacresartcentre.ca/careers/). The GAAC is also accepting applications from youth ages 12 to 14 for volunteer positions this year. Volunteers will be camp leaders in training and will assist with ages 4 to 10. Volunteers are required to complete an application form found on their website at [greenacresartcentre.ca/volunteer-at-gaac/](https://greenacresartcentre.ca/volunteer-at-gaac/).

Registration for camp opened on Monday, May 1. Families can register by May 31 to receive reduced rates. Memberships must be purchased by May 31 to receive the member camp fee. The GAAC accepts payment plans from members for costs over \$200. All fees must be paid in full by the camper's last day of camp. Registration forms can be found on the Green Acres Arts Centre website at [greenacresartcentre.ca/camp/](https://greenacresartcentre.ca/camp/). To register, email [camps@greenacresartcentre.ca](mailto:camps@greenacresartcentre.ca).

Don't miss out on the opportunity to register your kids for a Funtastic summer of learning new skills, practising what they love and making lifelong friends.

# Doc Walker fundraising concert entertains crowds

By Jennifer McFee

Doc Walker took the stage at Collège Stonewall Collegiate last week to entertain the crowd while also helping to raise funds for this year's graduating class.

Originally set for April 5, the concert was rescheduled to April 26 due to a spring storm.

The final fundraising tally wasn't available at press time, but principal Jason Cassils estimates the event raised at least \$1,000 for the cause.

"It wasn't designed to be a huge fundraiser but rather an excellent opportunity to have great performers in our school and showcase our school again after a few years away from these types of events," he said.

School alumni Derek Peters and Lachlan McLean also performed at the event, he added.

"They were amazing. Doc Walker did a great job at connecting with their audience. They were so entertaining. It was an extremely engaging

event — what a treat to have in our gym," Cassils said.

"Some other highlights were having our jazz band perform as people were entering the gym, and they did a great job. Our business classes were running the canteen and our staff were running everything else."

Overall, the event was a resounding success.

"Anytime you can have Doc Walker and two former graduates perform in your gym, how can't it be a success?"

Cassils asked.

"What also made it a success was having so many community members, who may not have been in our school for a while, there to see the concert and hear our jazz band and see how great our students, staff and community are. It was great to see so many community members back in the gym singing and dancing. It was so much fun."



# get inspired

> MEAL IDEAS



## Sweetpotato Summer Rolls

Recipe courtesy of the North Carolina Sweetpotato Commission

Servings: 4  
2 1/2 cups North Carolina Sweetpotatoes  
2 tablespoons olive oil  
2 teaspoons sesame seeds  
3 tablespoons maple syrup  
salt, to taste  
coarse pepper, to taste  
4 celery sticks  
1 red pepper  
2 tablespoons creamy peanut butter  
1/3 cup hot water  
1/4 cup soy cooking cream  
1 tablespoon soy sauce  
12 sheets rice paper (22-centimeter diameter)

2 tablespoons chopped, roasted peanuts

Peel sweetpotatoes and cut into 1-centimeter thick strips.

In skillet, heat olive oil. Fry sweetpotato strips 3-4 minutes, turning occasionally; sprinkle with sesame seeds, deglaze with maple syrup and boil down briefly. Season with salt and pepper, to taste, and let cool.

Wash celery and red pepper; cut into strips.

Mix peanut butter with water, cream and soy sauce.

Let rice paper sheets swell according to package instructions.

Spread strips of sweetpotato, celery and red pepper on top half of one sheet rice paper. Drizzle with sauce. Fold lower half over strips then edges.

Repeat with remaining rice paper sheets and ingredients. Sprinkle summer rolls with chopped peanuts. Serve with remaining sauce.



## High-Protein Pumpkin Pancakes

Recipe courtesy of Steph Grasso on behalf of Orgain

2 cups oats  
1/2 cup cottage cheese  
1/3 cup pumpkin  
2 scoops Orgain unsweetened plant-based protein powder  
1 teaspoon vanilla extract  
2 egg whites  
nonstick cooking spray  
berries, for topping (optional)  
bananas, for topping (optional)

nut butter, for topping (optional)  
syrup, for topping (optional)

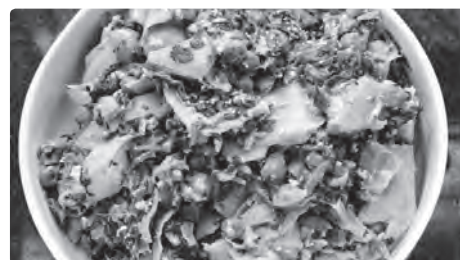
In bowl, use blender to blend oats, cottage cheese, pumpkin, protein powder, vanilla and egg whites.

Spray pan over medium heat with nonstick cooking spray.

Use 1/3 cup measuring cup to scoop batter into hot pan one scoop at a time.

Flip pancake once pan-side is lightly browned. Remove from pan once both sides are cooked. Repeat with remaining batter.

Stack pancakes and top with berries, bananas, nut butter and syrup, if desired.



## Frozen Veggie Side Dish

1/2 cup frozen sweet peas  
1/4 cup heavy whipping cream (optional)

1/4 cup 2% plain Greek yogurt  
1/4 cup grated Parmesan cheese

Prepare frozen white pearl onions, artichoke hearts and spinach according to package instructions.

In pan over medium heat, saute onions and artichoke hearts until tender. Season with salt and pepper, to taste.

Add spinach, frozen sweet peas, heavy whipping cream, Greek yogurt and Parmesan cheese. Mix until cheese is melted, and peas are soft.

Serve with protein and grain of choice, if desired.

Recipe courtesy of Steph Grasso on behalf of Orgain

1/2 bag (14 ounces) frozen white pearl onions  
1 box (8 ounces) frozen quartered artichoke hearts  
1 box (10 ounces) frozen chopped spinach  
salt, to taste  
pepper, to taste

## Ask the Money Lady

Dear Money Lady, I have a small business and I hate hiring millennials. They want to work as little as possible, they have useless credentials, and they are too idealistic. Do you agree?

- Rick

Dear Rick, NO I don't agree!

I have heard these comments more often than I would like to admit from readers and I got to say people - wake up!

Millennials are the generation that those of us in our 50's and 60's should have been. When we got jobs in the 70's and 80's we were told by our parents to be grateful for the work, to put your head down, work hard and stick with it no matter what. If we were bullied or made to suffer in our careers, we had to "suck it up" and just stay quiet. Every self-help book out there at the time encouraged people to work harder, push through your fears and told us only the strong "take charge types" were worthy of success. After all, most of our parents and/or grandparents went through the war and would say that we were lucky to have a job. And the women now in their 50's, as the daughters of the 60's feminist wave, still had to endure more stress than their male peers, if they wanted to get ahead in "a man's world."

But millennials today, I am glad to say, won't put up with what their parents did at the same age. They are stronger than we ever were, and yes Rick, they are idealistic. Thank goodness for that! Millennials are very passionate, optimistic, positive, and confident. When you add in the fact that they are not afraid to express their opinions, have a lot more education and are much more collaborative, thoughtful, and empathetic than any other generation before them - you have a true winner for our future.

Millennials today are much more open and they welcome criticism or professional feedback. They don't get offended, but instead want to know how to improve and excel at their jobs. Growing up with constant technology changes has made this demographic more skilled in using new devices and software and they typically have a higher level of digital literacy to complete tasks faster using technology and online tools than the old way of doing



Christine Ibbotson

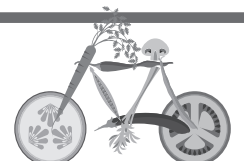
things by hand. Millennials have a strong work ethic and welcome diversity, teams, and collaborative work cultures. Yes, they may prefer to have a more fun, casual, and easygoing work environment, but can you blame them? Their parents never understood the work-life balance until they went through COVID. Only after realizing that we actually could work from home efficiently, do we all now want options outside the traditional "nine-to-five in the office job" with the added bonus of a daily grinding commute. Our millennials believe that producing high-quality work is more important than the number of hours they work per week and that doesn't have to be done chained to a desk in an office bullpen. What a novel idea!

Just imagine where we would be today if the parents of millennials had demanded a better corporate culture. What if they too had wanted supervisors and managers that weren't bossy task masters but instead helpful and easily approachable collaborative partners? What if employers cared about their employee's mental health needs and truly believed in a healthy work-life balance? I suppose we will have to wait another 25 years to see how great things will be, after our millennials take over and rule the work force.

Good Luck & Best Wishes,  
Christine Ibbotson

Written by Christine Ibbotson, National Radio Host, YouTuber, and Author of 3 finance books plus the Canadian Best-Selling Book "How to Retire Debt Free & Wealthy" [www.askthemoneylady.ca](http://www.askthemoneylady.ca) or send a question to [info@askthemoneylady.ca](mailto:info@askthemoneylady.ca)

**Do you have a Health or Wellness Business?**  
**Call 204-467-5836 to advertise**





# Classifieds

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WEEKLY NEWS

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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**

### SCRAP METAL

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.

### 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.

### FIREWOOD

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

### HELP WANTED

Fraserwood Country Pub now hiring kitchen cook, servers & bartenders. Apply within or email resume to [business@country-pub.ca](mailto:business@country-pub.ca) 204-643-5304.

Looking for person to maintain perennial flower beds in Winnipeg Beach. Call 204-389-4735.

### 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.

### WANTED

Used 8 ft. 1/2 ton truck cap from a GMC/Chevy between years late 2007 - 2013; to fit a 2011 GMC Sierra. Phone or text 204-641-1053.

Wanted old advertising: dealership signs, service station, gas pumps, globes, oil cans, Red Indian, White Rose, Buffalo, Husky, Ford, GM, Dodge, Tire signs, Coke, Pepsi etc. Call 306-221-5908

### 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](http://www.mcna.com) under the "Types of Advertising" tab for more details.

SPRING HIRING??? 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](http://www.mcna.com)

### LIVESTOCK

2 year old & yearling Red Angus bulls for sale. Will semen test. Call 204-383-5802.

**ADVERTISE YOUR  
UPCOMING EVENTS  
IN THE EXPRESS**



## EMPLOYMENT OPPORTUNITY

**Charisons Turkey Hatchery  
is currently hiring for  
GENERAL LABOURER  
positions.**

- Full time and part-time positions available with a competitive compensation and benefits package, including health and dental coverage.
- Training will be provided for the ideal candidate.

**Please submit resume to [shaunne@charisons.ca](mailto:shaunne@charisons.ca) or call 204-886-2922 for further information.**

## RURAL MUNICIPALITY OF ARMSTRONG

## EMPLOYMENT OPPORTUNITY

## Public Works Coordinator

The Rural Municipality of Armstrong invites applications for the position of Public Works Coordinator (Permanent, Full-time)

Under the direction of the Chief Administrative Officer, the Public Works Foreman is responsible for the direction, coordination, efficient operation, construction, repair, and general maintenance of all municipal infrastructure.

### Qualifications - Public Works Coordinator

- \*Minimum of five years related experience, three of which were in a foreman or supervisory capacity.
- \*Experience in construction and maintenance of various municipal infrastructure.
- \*The ability to operate and maintain various types of heavy equipment. (tractor/mower, compact track loader, grader, loader, tandem)
- \*Valid Manitoba Drivers Class 3 License, air brake license or an air brake endorsement.
- \*Above average organizational skills.
- \*Ability to multi-task and supervise numerous staff and projects simultaneously.
- \*Above average skills to manage and direct staff.
- \*The ability to perform physical labour.
- \*The ability to work outside in all weather conditions

The Rural Municipality of Armstrong offers a competitive salary and benefits package including health/dental and pension.

Applications must contain a resume, covering letter and three references. Application deadline is 4:30 PM on Friday May 12, 2023. Only those candidates chosen for an interview will be contacted.

Please forward applications marked "Application for Public Works Coordinator" Chief Administrative Officer at:

RM of Armstrong  
Box 69  
Inwood, Manitoba R0C 1P0  
Fax: (204)278-3437  
e-mail: [cao@rmofarmstrong.com](mailto:cao@rmofarmstrong.com)

To view a full job description please visit [www.rmofarmstrong.com](http://www.rmofarmstrong.com) or call the Municipal Officer at (204) 278-3377.

### MOBILE HOME FOR SALE

Approx. 1996, 4 bdrm. Best Buy mobile home with addition. Comes with skirting, fridge, stove, dishwasher, electric heat, air conditioning. Ready to be moved. \$80,000 obo. Ph 204-641-8137.

### BUSINESS 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](http://www.firstandsecondmortgages.ca)

## Employment Opportunity

**In cooperation with the Interlake-Eastern Regional Health Authority and the Manitoba Métis Federation, the following summer student positions are available:**

**Student Activity Assistants: Various Locations in the IERHA**

- Must be Metis, Non-Status or Inuit.
- Must be students between the ages of 16-29

Please see: <https://selfservice.ierha.ca/> and search under: "Direct Support" and scroll to find: **Student Activity Assistant** for the complete job posting.

**(Competition number: MMF LTC 376/23)**

Please apply on-line at <https://selfservice.ierha.ca/> under the competition you are interested in with resume attached. Deadline for submissions is Tuesday May 16, 2023 at 11:59 pm.



**Interlake-Eastern  
Regional Health Authority**



## 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](mailto:gimliseptic@gmail.com)**

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

Eddie's Gravel Supply Ltd. is Hiring

## PRE-HIRING ASPHALT LABOURERS

*Competitive Wages,  
Health Benefits,  
Lift 50lbs*

**Please contact us at  
204-389-2023 or send resume to  
[info@eddiesgravel.com](mailto:info@eddiesgravel.com)**

## NOTICE TO CREDITORS

IN THE MATTER OF THE ESTATE OF:  
**ANTHONY THOMAS YURCHI**, late of the  
R.M of Armstrong, in Manitoba, Deceased.

ALL claims against the above estate, duly verified by Statutory Declaration, must be filed with the undersigned at their offices, 72A Centre Street, P.O. Box 6500, Gimli, Manitoba, R0C 1B0, on or before the 31st day of May, 2023.

DATED at Gimli, Manitoba, this 4th day of May, 2023.

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



# Classifieds

THE EXPRESS  
WEEKLY NEWS

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

## 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: am-staheli@inethome.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.

## SILAGE FOR SALE

39 bales of green feed silage mix of wheat and oats. \$45/bale obo. Must sell. Call or text 431-737-0098.

## FARMLAND FOR RENT

Pasture & 100 acres of land for rent. 4 miles east of Hodgson. Call Carla 204-372-6490.

## PASTURE FOR RENT

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

EXPRESS  
WEEKLY NEWS  
204-467-5836

## 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 haybine, very good working cond., only cut 25 acres last 12 years, original owner, \$22,500. Call 204-467-8537 or 204-955-2068, Stonewall.

## MACHINERY

1988 876 Versatile tractor; 1999 Bourgault 3195 air seeder with 36 ft. cultivator; 9500 John Deere combine, 224 straight cut header. For more info. call 204-372-6490.

News Tips?  
Story Ideas?  
We want to  
hear about  
them!

call the Express  
204-467-5836

## 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 stonewoodelkranch@mymts.net



## Municipality of Bifrost-Riverton PUBLIC NOTICE

Public Notice is hereby given pursuant to subsection 162(2) of *The Municipal Act* that the Council of the Municipality of Bifrost-Riverton shall hold a PUBLIC HEARING to present its 2023 Financial Plan on:

Thursday, May 11, 2023  
10:00 a.m.

Municipal Office - 329 River Road, Arborg, MB.

The 2023 Financial Plan consists of:

- 1) 2023 Operating Budget
- 2) 2023 Capital Budget
- 3) An estimate of the operating revenue and expenditures for the following fiscal year (2024)
- 4) A Five-year Capital Expenditure Program (2024-2028)

The presentation will provide an overview of the proposed financial plan followed by a forum for the public. The purpose of the hearing is to allow any interested person to make a representation, ask questions, or register an objection. Copies of the proposed Financial Plan are available upon request at the municipal office during regular business hours.

Larissa Love  
Chief Administrative Officer  
Municipality of Bifrost-Riverton  
Dated this 20th day of April, 2023



## EMPLOYMENT OPPORTUNITY Gift Shop and Visitor Experience Coordinator, New Iceland Heritage Museum

Located along the western shore of Lake Winnipeg in Gimli, Manitoba, the New Iceland Heritage Museum (NIHM) is seeking a dynamic professional to serve as Gift Shop and Visitor Experience Coordinator. Reporting to the Executive Director, Gift Shop and Visitor Experience Coordinator has overall responsibility for the gift shop and volunteer coordination. The nature of the museum operations requires a strong commitment to teamwork and willingness to be flexible in carrying out other operational duties as may be required from time to time.

### Key areas of responsibility:

- Oversees all aspects of gift shop operation including inventory control
- Actively participate in the execution of NIHM Annual calendar of events
- Operation of gift shop and facility rentals as two revenue streams
- Customer Service and reception duties
- Assist with the set up of incoming travelling and temporary exhibits
- Volunteer recruitment and co-ordination
- Manage the day to day supervision of summer students

- Assist with the planning and developing programs and events

The ideal candidate will be: highly organized and able to work independently; experienced in managing volunteers. Knowledge of the unique history and culture of New Iceland is considered an asset.

**Resumes will be received up to noon on May 5th, 2023**  
Interested applications are invited to submit their resume, along with 3 references to

Julianna Roberts, Executive Director  
108-94-1st Ave, Gimli, MB R0C 1B1  
email: julianna.roberts@nihm.ca

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

www.nihm.ca

## Arnes Lutheran Pioneer Memorial Church

### Invitation to Tender Repairs and Improvements

Closing date: Friday, June 2, 2023

The Arnes Lutheran Pioneer Memorial Church is accepting tenders for the repairs and improvements required to bring the building up to compliance with the Manitoba Building Codes and Health and Safety for Public buildings.

The church is an RM of Gimli Heritage Building and requires repairs to the overall building including the foundation.

Phone Harold Thorkelson 204-642-7677 or Ken Peterson 204-642-5767 to arrange a time for an inspection to provide a detailed quote.

**Submit sealed envelopes on or before noon on Friday, June 2, 2023.**

Arnes Lutheran Pioneer Memorial  
Church Tender  
Box 33, Arnes, MB, R0C 0C0

Lowest tender not necessarily accepted.



## Town of Winnipeg Beach PUBLIC HEARING NOTICE

### 2023 FINANCIAL PLAN

**PUBLIC NOTICE** is hereby given that pursuant to subsection 162(2) of *The Municipal Act*, the Council of the Town of Winnipeg Beach intends to present its financial plan for the fiscal year 2023 at a public hearing on **WEDNESDAY, MAY 10, 2023** at 6:00 p.m.

The purpose of this hearing is to allow any interested person to make representation, ask questions or register an objection to the Financial Plan.

Interested parties may also submit questions, concerns or register and objection by email to Sharon Desiatnyk, CAO at cao@winnipegbeach.ca until Monday May 8, 2023.

The 2023 Financial Plan is available for review on the municipal website at [www.winnipegbeach.ca](http://www.winnipegbeach.ca) after Friday April 28, 2023.

Sharon Desiatnyk, cmma  
Chief Administrative Officer



Rural Municipality of  
**FISHER**

## NOTICE OF DUST CONTROL PROGRAM

Homeowners along municipal roads in the RM of Fisher may apply to have dust control in front of their home sites. Homeowners have the option of a light application or a heavier application.

1 site is 150 meters.

Costs are as follows:

800L Light Application 12ft wide for \$350.00

OR

1000L Heavy Application 12ft wide for \$395.00

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

Payment must be received by the Rural Municipality of Fisher Office, Box 280, Fisher Branch, Manitoba ROC OZO no later than Wednesday, May 31, 2023. Make cheques payable to the RM of Fisher. **Payments are not refundable after application of dust control.** Price does not include gravel applied to site prior to dust control application. Gravel at site is at the discretion of the contractor. Dust control application tentatively booked for week of June 5, 2023. For more information, please contact the Rural Municipality of Fisher Office at 372-6393.

Rural Municipality of Fisher  
Box 280  
Fisher Branch, Manitoba  
ROC OZO



Rural Municipality of  
**FISHER**

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

## EMPLOYMENT OPPORTUNITY

### Fisher Branch (LUD)

### Grounds Keeper

**May 29 – September 30, 2023 (weather permitting)**

The Local Urban District of Fisher Branch is accepting applications for the above position:

### Requirements:

Must hold a valid drivers licence.  
Must have transportation to and from the job sites.

### Duties:

Supervising Green Team summer student, grass cutting and trimming along roadways, ditches, riverbank and vacant lots, watering plants.  
General garbage cleanup and related maintenance.  
Assisting with other duties as required.  
Required to work outdoors in all weather conditions.

Please submit applications by 4:30 p.m. Friday, May 19, 2023 to:

LUD of Fisher Branch  
Box 280,  
Fisher Branch, MB R0C 0Z0  
Fax: 204-372-8470  
Email: fishercao@mymts.net



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### Maintenance/Caretaker Couple or Person Required

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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

Trad. In-Person Auction  
Springfield, MB - May 7

Estate & Moving  
Featuring 2 Semi Loads of  
Lumber & Tools  
Closes May 10 @ 7:00PM

Estate & Moving  
Closes May 17 @ 7:00PM

Booking On Site Spring Auctions  
McSherryAuction.com  
204-467-1858

Consignors Welcome!

### Meyers Online Auctions

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moving ahead Auction.

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Farm & Cattle Equipment

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

### WANTED

Buying large  
amounts of  
coins & coin  
collections!



Old coins, old money, collectors coins, rare coins, coin collections, pre1969 10¢, 25¢, 50¢, \$1, Olympic coins, coin sets, Royal Canadian Mint Coins, Franklin Mints Sets, buying Entire Collections & Estates. USA, Canada & world collections wanted. Also purchasing bullion, jewelry, scrap, nuggets, sterling, gold, silver, platinum.

Todd

250-864-3521



### RURAL MUNICIPALITY OF GIMLI

## FULL TIME EMPLOYMENT OPPORTUNITY

### Utilities/Planning Clerk – Clerk 4

Reporting to the Chief Administrative Officer, or their designate, the successful applicant will provide clerical support for municipal services in the areas of utilities and planning.

#### Key Responsibilities

##### Utilities:

- Maintains record management system including reviewing and entering data in all utility accounts;
- Processes and reconciles utility accounts receivables, applies penalties and credits to accounts and responds to inquiries from the public;
- Works with the Tax Clerk on overdue accounts being transferred to taxes and on the tax impacts of other utility related projects;
- Prepares all correspondence related to municipal utilities and utility related projects including quarterly reports and other reports as requested by management;
- Enters payments as required
- Drafts annual sewage hauler agreements
- Records and tracks reimbursements submitted for properties connected to the low pressure sewer system
- Processes necessary reconciliations.

##### Planning:

- Maintains the RM planning filing system;
- Gathers information and assists management in the preparation of development agreements;
- Provides general information to the public on planning matters

In addition to the above, provides backup support to the RM's receptionist and general related clerical support to management and the RM office team as required.

#### Qualifications:

The successful applicant will be a team-oriented individual with a strong commitment to the RM's goal of providing exceptional service to the public, and will possess:

- Post-secondary education and/or training in accounting/bookkeeping with prior experience with bookkeeping/accounts receivable. A suitable combination of education and relevant experience will be considered.
- Previous experience with utilities and collection administration, particularly in the public sector would be a definite asset.
- Demonstrated related experience with computerized accounting programs as well as proficiency with Microsoft office is required.
- Demonstrated communication, analytical, problem solving and decision-making skills are essential for this position.
- Strong organizational and time management skills, with the ability to manage multiple priorities in a busy open-office environment is required.

This is a full time bargaining unit position. Hours of work are normally 7 hours per day, 35 hours per week. Salary range is \$22.96 - \$26.05 per hour.

Qualified employees should submit a cover letter and resume to Kelly Cosgrove by email [gimli@rmgimli.com](mailto:gimli@rmgimli.com) or in person at the Municipal Office located at 62-2nd Avenue Gimli, no later than 4:30 p.m. May 17, 2023.



### RM OF COLDWELL IS ACCEPTING TENDERS FOR

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EITHER TENDER SUBMIT BY MAY 11th TO:  
RM OF COLDWELL, 35 MAIN STREET, BOX 90  
LUNDAR, MB R0C 1Y0

OR EMAIL : [coldwell@mymts.net](mailto:coldwell@mymts.net)

## F/T ASST PARK MGR AUTUMNWOOD RV RESORT

Seeking Mature person to assist in the daily operations of busy Seasonal Campground in Gimli.

**Duties:** grounds maint, garbage and washroom maint, small equip operation, and other assigned projects by Park Mgr. Experience in light electrical/plumbing is a bonus.

Send resume to Michelle:  
[awmotelmichelle@gmail.com](mailto:awmotelmichelle@gmail.com)

## SUMMER JOB OPPORTUNITY

### Moosehorn Heritage Museum

2 Positions available funded through Canada Summer Jobs  
35 hrs/wk, Tuesday July 4 to August 26, 2023.

#### Position 1 -

Interpretive Guide \$14.50/hour

#### Position 2 -

Museum Technician \$16.00/hour  
Job information available at  
Moosehorn Heritage Museum  
Website

<https://moosehornmuseum.ca>

For information call Dianne Bittner  
@ 204-294-9642

Submit resume and cover letter by  
Friday May 19, 2023

## 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](mailto:news@stonewallteulontribune.ca)

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## EMPLOYMENT OPPORTUNITY

### Green Team Summer Students (4 positions) June 26 to August 25, 2023

(possible earlier start date for one position)

The Rural Municipality of Fisher is accepting applications for the above positions:

#### Requirements:

Must be between the ages of 16 and 24 and returning to school. Must be able to work with minimal supervision. Work in all types of weather. Valid drivers licence. Vehicle is an asset.

#### Duties:

Grass cutting and trimming along roadways, ditches, riverbank and vacant lots. General garbage cleanup and related light maintenance. Culvert cataloguing. Assisting with other duties as required. Please submit applications by 4:30 p.m. Wednesday, June 14th, 2023 to:

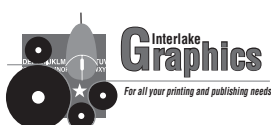
RM of Fisher  
Box 280, Fisher Branch, MB R0C 0Z0  
Fax: 204-372-8470  
Email: fishercao@mymts.net

## 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



## CARD OF THANKS

Thank you to everyone for their kind wishes, phone calls, cards, flowers and delicious and much appreciated food that was dropped off following the death of our mother, Carol Mathews. We'd also like to thank all those who were able to attend Mom's Memorial Coffee and who have made a donation in Mom's memory. Your kind acts and thoughtful support are greatly appreciated. Lastly, thanks to the Oak Point Community Club for their help with the Memorial.

-The Mathews family

## BIRTHDAY



Happy Birthday to Mary Kowalchuk who celebrates her 101st birthday on May 7th

You are loved and treasured - For so many reasons that could never be measured. For the caring and kindness that you always show - And for many more things that mean more than you know. God bless you!

-With love from your whole family

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## ANNIVERSARY



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Lóng Amma and Lóng Afi

-Love from all your family



## INTERMENT

Gary Hudson

The family of the late Gary Hudson of Matlock, invite you to a service of interment at Robinson Spur Cemetery, Pike Road, Matlock, Manitoba, 2 p.m. on Friday, May 19, 2023. Reception at St. Bartholomew Anglican Church 291 Churchill Road, Winnipeg Beach.

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## OBITUARY



**Elaine Gail Voth (nee Moffit)**  
January 8, 1949 - April 22, 2023

It is with great sadness that we announce the sudden passing of Elaine (Gail) Voth, beloved wife to Don, loving and forgiving Mom to Donna (four cats), Lori (Peter) Szklaruk, and her bonus daughter Tammy Revet (Leon); Grannie to her much loved grandchildren Ethan and Dustin, Kayla, Taylor, Fredrick and great-granddaughter Addie; along with her four grandcats, her cat Tommy and her dog Mallorie Ann at the farm.

Mom left us on April 22, 2023 with family by her side at the age of 74, to go dancing, figure skating and enjoy once more all that she loved doing. What diabetes took from her in life, is now restored back to her.

Along with her family left to miss her, Mom leaves behind her sister Merrdith Krzysztofik (Rick), sister-in-law Catherine Moffit, special cousin-in-law Rosvita Braden along with her in-laws, numerous nieces, nephews, great nieces and nephews.

Mom was predeceased by her son Johnathan at birth, her parents Louis and Barb Moffit, her brother Jim Moffit and special cousin Les Braden.

Cremation has taken place. There will be a Celebration of Life for Mom held at 11:00 a.m. on Saturday, May 13, 2023 at the Oak Point Community Hall, with lunch to follow.

A graveside interment will be held at a later date this summer at Ossawa Cemetery in the RM of Woodlands.

In lieu of flowers, donations may be made to Lundar Co-operative Senior Citizen's Home Inc., PO Box 655, Lundar, MB R0C 1Y0, Canadian Diabetes Association, 200 - 310 Broadway Ave., Winnipeg, MB, R3C 0S6 or a charity of one's choice.

Thank you to all for your love, support, kind words and caring.

Thank you to Mom's Home Care and health care team and her amazing friends at the Senior's, she had love for you all.

Thank you to all the staff at Ashern, St. Boniface and HSC hospitals, her EMT's, Dr. Faragalla and the ER Nurse that rode with Mom to Winnipeg. Thank you to Arnason Funeral Home for your care for her and us.

Arrangements by:  
**ARNASON FUNERAL HOME**  
Ashern - Lundar  
1.204.768.2072  
1.866.323.3593

## OBITUARY

**John Stanley Folmes**  
1942 - 2023

Peacefully, on Monday, March 27, 2023, John Folmes, aged 80 years, beloved friend of Zenneth, passed away.

In keeping with his wishes, cremation has taken place and interment will take place May 6, 2023 at 2:00 p.m. at Finns Cemetery.

Rest in peace dearest friend. John was loved by Zenneth and the girls.

Condolences may be left on his tribute wall at [www.gilbartfuneralhome.com](http://www.gilbartfuneralhome.com)

Gilbart Funeral Home, Gimli in care of arrangements.



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## OBITUARY

**Oli Narfason**  
(August 29, 1925 - April 14, 2023)



On April 14, 2023, Oli passed away peacefully at 97 years of age. Even at 97, Oli was an amazing storyteller and continued to enjoy a full life of love, laughter, and independence with his wife Marjorie of 35 years.

Oli leaves to cherish his memory, a large and loving family: his loving wife Marjorie; his caring children, daughters Candace, Janice (Cameron), Laureen and son Clifford (Shelley) along with Marjorie's children, Jim (Melanie), Stan (Linda), Rob (Valerie) and Rick (Catherine) Gendron; sisters Gerða Harris, Dilla Narfason and Ólán Isfeld; along with many grandchildren, great-grandchildren, nieces and nephews.

Oli was predeceased by his first wife Guðný (Gwen) nee Johnson, sisters Emma Wilkinson and Alda Mackenzie, sons-in-law, Bob

Savage and George Hamilton; brothers-in-law; Jim Harris, Joe Wilkinson, Jim Mackenzie and Paul Isfeld.

Oli grew up at Viðirvöðllur in Minerva, near Gimli, the grandson of Icelandic immigrants. He maintained his cultural connection to Iceland throughout his life, never losing the ability to converse in fluent Icelandic. He loved his frequent conversations with relatives and friends in Iceland and was an active member of the Icelandic National League. Oli had a wealth of historical knowledge and loved to tell stories of the Icelandic immigrant people in the area where he grew up. He was often called upon by the Icelandic Consulate General in Winnipeg to be a tour guide for Icelanders visiting 'New Iceland'. For the 125th Íslendingadagurinn in 2014, Oli was invited to give the Toast to Iceland. He was interviewed frequently by radio and television and was featured in video documentaries prepared by the Canadian Immigration Museum and Iceland TV. He served on the Canada Ethno Cultural Council and was a member of the Multicultural Organization in Ottawa.

In the 1950s, Oli started developing a purebred Holstein herd of cattle. His success with this endeavour won him a two time Canadian Master Breeder Award. Later he was sought after for Holstein judging assignments both nationally and internationally. After leaving the dairy business in the late 1990's and his home farm, Oli began acquiring many acres of land to farm, working these until the age of 93. He served as National Director of the Holstein Friesen Association of Canada, was president of the Holstein Association of Manitoba, the Manitoba Dairy Association and the Holstein Breeders Association. Oli was visited by dairy groups from the United States, Brazil, Russia, Japan and Iceland.

Oli was an amazing entertainer! Throughout his life, whenever there was a piano or accordion, (which he learned to play by ear), Oli was on it, brightening up any social occasion. He continued to entertain into his 90's. Family and friends loved going for the 'Happy Hour' at Betel Home in Gimli on Friday nights to listen to Oli entertain the elderly residents who eagerly looked forward to his music and song. He did this right up until March of 2020.

Oli was an active choir member of the Gimli Lutheran Church where his beautiful tenor voice could be heard. He supported all his children with piano lessons and encouraged them to participate in the Icelandic Children's Choir. He never missed a recital or concert. His passion for music is a legacy eagerly embraced by many of his children, grandchildren and great-grandchildren. Oli was a founding member of the Evergreen Festival of the Arts and has been a significant donor and supporter of the Evergreen Band Boosters. Concerned about the sustainability of music programs in the Evergreen School Division, Oli and Marj set up a Community Arts Fund through the Westshore Foundation. Oli and Marj understood the importance of enrichment of the Arts in children's lives.

Oli's philanthropic spirit led to the development of the Westshore Community Foundation, whose vision is to help community organizations and students in the Westshore Community Foundation catchment area. In 2024, The Westshore Community Foundation will celebrate its 25th year, and Oli was very proud that it has recently surpassed \$5 million in managed funds. With what started as a vision has now granted out hundreds of thousands of dollars in grants and scholarships, and has surpassed \$5 million, a vision that has come true due to Oli's dedication and commitment. The Foundation is a shining star in Oli's legacy.

In 2021 Oli was a recipient of the Manitoba 150 Volunteerism Award for this and countless other community endeavours. He was a man who gave not only financially but also of his time, energy, appreciation, and care for many deserving organizations.

Oli was a dedicated husband, father and community member who lived a long fruitful life which is testimony to the rewards that are inherent in a life well lived.

The Logberg-Heimskringla wrote in October, 2005, "There are few people around who do a great deal, are very important for their families, friends, neighbours and community, but they walk quietly through life despite the fact that they deserve notice more than most. Oli has lived in the Gimli area all his life, as a school boy, as a fisherman, as a farmer, and as a community man. He loves the area, and the area loves him. He is an important part of it." Oli's main ambition was to leave the world a little better place than when he entered it. He felt strongly that the common good had to come first and you had to think of your neighbours and your community.

Oli has left a vital and eduring legacy. He will be greatly missed.

Góða Nott elskan, pabbi og afi

A funeral service will be held at the Gimli Lutheran Church on Saturday, May 6 at 1:00 p.m.

For those who wish, donations can be made in memory of Oli to the Westshore Community Foundation at [www.westshorefoundation.ca](http://www.westshorefoundation.ca)

Honorary pallbearers: Raymond Sigurdson, Dennis Carlson, Rob Gendron, Joe Wilkinson, Duncan Harris and Robin MacKenzie.



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



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