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Hands-on canoe program supports watershed education

By E. Antonio

The South Central Eco Institute has been recognized for its work in environmental education and water stewardship after receiving the Red River Basin Commission (RRBC) Endowment Grant, an award highlighting organizations making a meaningful impact across the Red River Basin.

The grant, presented by the Red River Basin Commission's executive committee during its 15th annual North Chapter Fish Dinner Fundraiser Gala on March 19, celebrates community-based initiatives that advance environmental awareness, innovation and stewardship.

For program coordinator and Prairie Spirit School Division educator Kent Lewarne, the recognition reflects years of work building collaborative, hands-on learning opportunities that connect students, educators and communities to local waterways.

"I was totally shocked when they called me up," he said. "It is a nice influx that will promote the River of Dreams and the River Watch program this spring and next."

At the heart of the institute's work is a focus on water resource management and watershed education,



A River of Dreams canoe designed by a local student.

bringing together academics, government representatives, environmental professionals and community members. Through these partnerships, the organization aims to strengthen understanding of how local waterways connect across the broader Red River Basin.

One of its longest-running initiatives is River Watch Manitoba, a student-driven monitoring program that has been operating for more than a decade. Students across Manitoba collect environmental data from local water bodies, which is then compiled and made publicly available online for both educational and research purposes.

"In Prairie Spirit, we were looking for a project to really sink our teeth into, and water quality is an issue a ton of schools and community mem-



EXPRESS PHOTOS SUBMITTED

Two students from Treherne Elementary School drop their canoes, they helped decorate through the River of Dreams program, into the river.

bers were interested in," Lewarne quickly realized this project was going. "With immense support from surrounding watershed districts, we

Continued on page 3

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> RIVER OF DREAMS, FROM PG. 13



A Manitou Elementary School student launches his decorated canoe, imagining it making its way downstream all the way to the ocean.

about watershed connectivity and river systems.

The initiative invites students to decorate and launch small cedar canoes — each approximately 14 inches in size — into local waterways. Each canoe carries a unique tracking number and a message encouraging anyone who finds it to log its journey online before returning it

to the water. Over time, students are able to follow the path of their canoe as it travels through the watershed, potentially making its way toward Hudson Bay.

He added that, thanks to funding from the RRBC, every student across nine classrooms was able to decorate and launch their own canoe this year.

“The kids have had an absolute blast with the program, and the teachers absolutely love it,” he said. “We’ve been fortunate to put a canoe in the hands of every student. They can make it their own, and that’s what makes this unique — they are making a canoe of their dreams.”

He has run the program for two years, launching in three classrooms

ing to be something bigger than Prairie Spirit, and the South Central Eco Institute was born.”

The program has since expanded to schools across the province, with Lewarne bringing River Watch as far north as Norway House. Upward of 60 Grades 7 through 12 classes participate annually.

“Water is a resource we desperately need to look after,” he added. “And the future of our waters is in the hands of these students.”

More recently, Lewarne has helped introduce the River of Dreams program to Manitoba youth in Grades 4 to 6. Originally developed by the International Watershed Institute in the United States, the program uses a hands-on approach to teach students

in the first year and nine classrooms in the second. So far, only one canoe has been spotted upstream, but Lewarne hopes more will be discovered as they travel.

“I want them to go wherever the waterways can take them,” he said. “We would love to see them make it out to the sea — that would be my dream for the River of Dreams.”

Lewarne said the program is designed to turn abstract environmental concepts into something tangible for students, allowing them to physically connect with the movement of water across regions and ecosystems.

In addition to program development, he is a regular presence in classrooms throughout the Red River Basin, where he leads discussions on water conservation and encourages students to think critically about their role in protecting local environments.

“Kids will only protect what they love, and they will only love what they understand,” Lewarne said. “In years from now, they will be the people making decisions about the future of our watersheds, and their knowledge is key — education is the infrastructure that will reach the most people.”

He added he hopes youth will share their knowledge with others and understand that their decisions, opinions and voices matter.

The RRBC Endowment Grant highlights growing recognition of community-driven environmental education efforts across the region. For the South Central Eco Institute, the focus remains on building long-term awareness and stewardship through education, collaboration and hands-on learning.

Looking ahead, Lewarne hopes to expand participation in both River Watch Manitoba and the canoe program, reaching more schools and strengthening connections between communities and the waterways that link them.

“It’s my goal to get these programs into the hands of as many students as possible,” he said. “Students will be fantastic decision-makers for our basins — they are the key to a healthy future.”

Registration for the River Watch program is accepted on an ongoing basis. Participation inquiries for River of Dreams will open in late fall 2026, with school presentations and canoe construction anticipated in early 2027 and launches in spring. All schools across the province will be considered for the spring 2027 launch, with final participation numbers dependent on funding.

For more information on South Central Eco Institute initiatives, contact kewarne@prspirit.org.

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Rare twin calves born days apart on Rembrandt farm

By Lana Meier with files from Corrine Einarsson

A routine calving season turned extraordinary for a long-time Interlake farm family after a Charolais cow delivered twin calves nearly a week apart — a rare occurrence that even a lifetime of farming experience could not prepare them for.

In early April, Ted Sumka of Rembrandt witnessed what he now calls nothing short of a miracle.

On April 3, one of their Charolais cows gave birth to a healthy heifer calf. Everything appeared normal. But six days later, on the morning of April 9, Ted returned to the barn and noticed something unusual.

“I saw the cow over there licking something,” he said. “When I walked over, I realized it was another calf. I just couldn’t believe my eyes.”

The second calf, a bull, had been born nearly a week after the first — an extremely rare phenomenon known



A four-year-old Charolais cow on the Sumka farm with her two calves — a heifer born April 3 and a bull born six days later in a rare delayed twin birth.

as a delayed twin birth.

“I’ve checked a lot of cows over the years, but this was something else,” Sumka said. “You look once, then you look again just to make sure you’re seeing it right.”



EXPRESS PHOTOS BY CORRINE EINARSSON

Ted Sumka poses with the twin calves born nearly a week apart on his family farm in Rembrandt, a rare occurrence he describes as “nothing short of a miracle” after more than 60 years in cattle farming.



Longtime Interlake farmer Ted Sumka stands among his Charolais herd.

He said instinct quickly took over. “You don’t have much time to stand there thinking about it,” he said. “You make sure the cow is doing well and that the calf gets what it needs right away.”

Sumka immediately checked the animals before heading to the house for colostrum to support the newborn calf.

“I told Shirley (his wife), ‘We have a

miracle farm — and a miracle calf,’” he said.

While twin calves themselves are not uncommon, the extended delay between births is exceptionally rare. In most cases, twins are delivered within hours of each other. Research suggests delayed twin births may occur as infrequently as one in 200,000 calvings.

The phenomenon is believed to happen when each calf develops in a separate uterine horn, allowing one to be born while the second remains inside the cow for several more days. The situation can be risky, but in this case, both calves and the mother came through in excellent condition.

Despite the unusual circumstances, Sumka said both calves were strong from the start.

“They were up and moving like any other calves,” he said. “That’s what

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BIG DOLLAR

Reechka Dance Club ends season on high note

By E. Antonio

The Arborg Reechka Ukrainian Dance Club had a busy April, attending both the Manitoba Ukrainian Dance Festival and the Brandon Ukrainian Dance Festival, while also hosting its annual Spring Tea to mark the end of the season.

Reechka president Jenna Pearce said the weekends were long for everyone involved but, overall, the experience was positive.

"The weekends were filled with a lot of energy, nerves and excitement," she said. "The club had a blast both on and off the stage."

The club entered 20 routines at the Manitoba Ukrainian Dance Festival — including two solos, four duets, one quartet and 13 group performances — featuring 42 dancers ranging from kindergarten to adult. A total of 19 dances were performed at the Brandon festival.

In addition to the performances, Reechka dancers brought home multiple gold and silver medals, earning scores between 85 and 95 per cent.

The season wrapped up with the club's Spring Tea on April 26, where they performed for a full house in celebration of the year's accomplishments.



EXPRESS PHOTOS SUBMITTED

Reechka dancers spent April performing at festivals and their Spring Tea, showcasing a range of routines and memorable moments from the season. Arina and Olivia prepared to take the stage with their high-energy Hutzul duet, while Kyra and Harper were featured in their character duet costumes. Loa, Harper, Gage and Kyle performed a lift in their quartet routine, and sword dance and Hopak performers took the stage at both the Brandon and Manitoba Ukrainian Dance Festivals. Kindergarten dancers made their stage debut at the Manitoba Ukrainian Dance Festival alongside their instructor, Kyra. Adult dancers shared a light moment before performing, while all members later gathered for the club's Spring Tea on April 26. Arina Dmitrieva also performed the Ukrainian national anthem during the event.



THE EXPRESS WEEKLY NEWS

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PUBLISHER
Lana Meier



SALES
Brett Mitchell



SALES & MARKETING
Laura Platt



REPORTER/PHOTOGRAPHER
Emily Antonio



REPORTER/PHOTOGRAPHER
Kieran Reimer



REPORTER/PHOTOGRAPHER
Jennifer McFee



REPORTER
Annaliese Meier



REPORTER/PHOTOGRAPHER
Patricia Barrett



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OUR SISTER PUBLICATIONS



Erratic driver charged with impaired driving on Highway 6

By Haley Cvar

An erratic driver was located and charged with impaired driving following a report to Manitoba RCMP Traffic Services on April 18.

Police said officers responded at approximately 3:53 p.m. to a complaint of a vehicle driving erratically on Highway 6 in the RM of Coldwell. Three RCMP units already conducting traffic enforcement in the area were able to quickly locate the suspect vehicle.

The vehicle was stopped on Highway 6 in the RM of Rosser. Officers

found three intoxicated occupants inside who were travelling south to Winnipeg for an event and consuming alcohol en route.

The driver, a 27-year-old woman from Grand Rapids, was arrested for impaired driving. She provided breath samples that registered approximately 2.5 times over the legal limit.

She has been charged with impaired driving over 80 mg per cent. The vehicle was impounded and her driver's licence suspended.

She was also issued three provincial

offence notices: driving while disqualified, driving carelessly and carrying liquor in a vehicle.

The passengers, a 29-year-old man and a 45-year-old woman, both from Grand Rapids, were released without charges.

RCMP are reminding the public to report suspicious or dangerous driving, noting that all reports are taken seriously and investigated.

Police urged motorists to make safe choices and help keep Manitoba roads safe.

Lundar RCMP investigate homicide at Lake Manitoba First Nation

By Haley Cvar

RCMP are investigating a homicide after a 23-year-old man was found dead in a wooded area at Lake Manitoba First Nation on April 30.

Lundar RCMP received a report at 12:23 p.m. of a missing 23-year-old male from the community. Just over an hour later, at 1:34 p.m., police received information suggesting the

man may have suffered life-threatening injuries and his whereabouts remained unknown.

First Nation safety officers, along with officers from the Lundar detachment, RCMP Police Dog Services and a drone operator, were dispatched to the community to assist in the search.

Shortly after 3:30 p.m., officers located the missing man deceased in a

wooded area.

Police have confirmed the death is being treated as a homicide, with Manitoba RCMP Major Crime Services now leading the investigation.

A 23-year-old male from the community has been arrested and remains in custody.

The investigation is ongoing.

Residents, fishers to present to Gimli council to discuss sewage lagoon

By Patricia Barrett

RM of Gimli residents and Lake Winnipeg commercial fishers are forming a delegation and will be presenting to Gimli council next week on a proposed sewage lagoon they say will further pollute Lake Winnipeg.

The delegation will discuss the proposed lagoon that the Harbour Hut-

terite colony in Armstrong wants to build on the Armstrong-Gimli border, according to one of the delegates, and involvement by higher levels of government.

The delegates are encouraging the public to attend the meeting, which is scheduled for Wednesday, May 13 at 10 a.m.

The lagoon is yet to be approved by the provincial government. The Manitoba Clean Environment Commission just wrapped up a hearing last week in Fraserwood to hear public submissions with regard to the lagoon. The CEC will be forwarding its recommendations to the province.

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OUR EDITORIAL STAFF

Patricia Barrett - Reporter/Photographer
Cell 204-407-6099 patricia@expressweeklynews.ca

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Opinion: Call for moratorium on intensive livestock operations in Interlake watershed

By Bill Buckels

Lake Winnipeg has long served as the receiving basin for runoff from across the Prairies. However, there is growing concern that the lake may be approaching a tipping point where mitigation efforts are no longer sufficient.

Recurring blue-green algae blooms and the decline of fish spawning habitats point to a system under stress. Continuing to permit large-scale livestock and poultry operations in the Interlake watershed risks compounding these pressures.

The Interlake region presents unique environmental challenges. Its flat terrain and limited drainage capacity mean water tends to pool and move slowly. During spring melt or heavy rainfall, runoff often travels across frozen or saturated ground rather than filtering through soil.

This overland flow can carry nutrients such as phosphorus and nitrogen directly into Lake Winnipeg with minimal natural filtration.

These nutrients contribute to the growth of cyanobacteria, commonly known as blue-green algae. In turn, blooms can reduce oxygen levels in the water and affect fish survival. Algae can also coat rocky spawning areas, interfering

with egg development and altering aquatic ecosystems.

The health of Lake Winnipeg is closely tied to Manitoba's commercial fishing industry, including the passive set gill net fishery. Environmental degradation could have economic and cultural consequences for communities that depend on the lake.

Given these concerns, a moratorium on new or expanding intensive livestock operations in the Interlake watershed warrants consideration.

Such a pause could remain in place while further study is undertaken. This could include a comprehensive watershed assessment to better understand nutrient capacity, expanded water quality monitoring on drains entering Lake Winnipeg, and evaluation of policies aimed at preventing additional nutrient loading near the shoreline.

Lake Winnipeg plays a critical role in Manitoba's environment and economy. Decisions about land use in the Interlake watershed will have long-term implications.

Addressing these issues now may help protect the lake for future generations.

— Bill Buckels is a self-described computer scientist and weather and climate practitioner.

> TWINS, FROM PG. 4

really surprised me — how well they were both doing."

Now affectionately referred to as "Miracle Baby No. 1" and "Miracle Baby No. 2," the calves are thriving and behaving much like typical twins, feeding side by side and rarely straying far from one another.

The cow, a four-year-old in her second calving, has taken to both calves without issue.

"She took to both calves right away," Sumka said. "That's not always the case, but she's done a real good job with them."

For the Sumka family, the experience is especially meaningful given their own connection to twins. Ted has twin sisters, and their son Brad and his wife Holly welcomed twin boys, Hunter and Chase, in August 2024.

Longtime farmers in the Arborg area for more than 60 years, the Sumkas operate a cow-calf farm alongside Brad and Holly, who farm in nearby Poplarfield. Farming runs deep in the family's roots — Ted grew up in Skye Lake and Shirley in Meleb — and the family has been working the land for more than a century.

Having family involved in the operation makes moments like this even more special, Sumka said.

"It's nice to be able to share something like this with Brad," he said. "You don't see it very often, so it's something we'll remember."

Now 82, Sumka remains actively involved in the day-to-day work of the farm, continuing a lifetime spent in agriculture. He also drove a school bus for 38 years and worked in Winnipeg as a young man before returning full-time to farming and raising his family.

"It gives me purpose. It keeps me young and active," he said. "My goal is to keep farming all my living days."

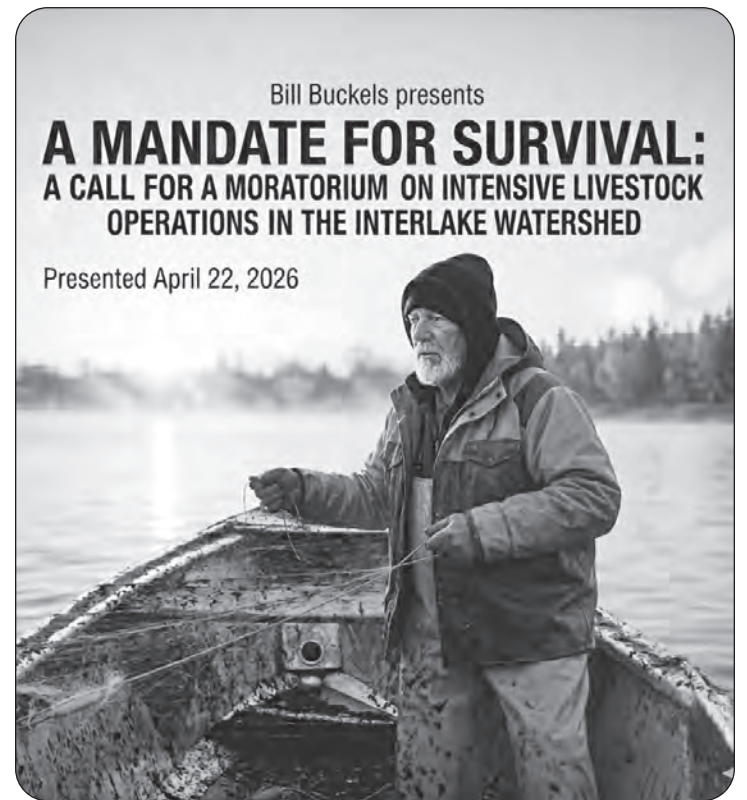
The spring calving season has kept the family busy, with approximately 89 to 90 calves expected this year. As of last week, about 50 calves had already been born, putting the operation on track to wrap up by the end of May.

After decades in the cattle business, Sumka said moments like this are a reminder that farming still holds surprises.

"You learn something new every year, no matter how long you've been at it," he said. "That's one of the things about farming — it keeps you on your toes."

Even after more than 60 years on the land, this is one experience he won't soon forget.

"You think you've seen it all," he said. "Then something like this comes along and proves you haven't."



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Winnipeg Beach council dissolved after councillor resigns

By Patricia Barrett

The Town of Winnipeg Beach council was dissolved last week after a councillor resigned, leaving the town government without quorum, and the province will be appointing an administrator.

Councillor Doug Jarvis, who served as council's chair of public safety and sat on the finance and personnel committee, resigned.

Jarvis declined to comment when contacted by the *Express*. Because his resignation occurred a few months before the next municipal election, no byelection will be held.

Under the Municipal Act, three is the minimum number of council members required for quorum and to conduct municipal business. If quorum isn't met, the act allows for the appointment of a temporary adminis-

trator.

Winnipeg Beach once had a five-member council. Former deputy mayor Jean Gendron resigned in September in 2025, and councillor Larry Kisiloski passed away in December 2025, leaving former mayor Stan Potten and former councillors Barry Hoel (deputy mayor) and Doug Jarvis to govern the town.

The *Express* reached out to Potten, who declined to comment. The paper also rang the phone number listed for Hoel on the town's council webpage but was told by a man this was not his number.

The town has seen a number of chief administrative officers come and go over the past number of years. And former mayor Pamela Jackson resigned in September 2024, citing sexism, homophobia and bullying by male members of council who refused to allow her a short medical leave (see Oct. 3, 2024, edition of the *Express*).

The *Express* contacted former deputy mayor Jean Gendron after news of Jarvis' resignation spread.

Gendron, who had previously declined to speak with the *Express* about her resignation, said she did not "feel comfortable" speaking up months ago.

"Now that this council has been dissolved, I'm willing to explain why I resigned and what was going on around that council table," said Gendron.

She said she stepped down for a number of reasons, including misogyny, council members acting beyond the scope of their duty and an inability to get things accomplished for ratepayers.

"I resigned because it was very evident — not just to me but to ratepayers as well — that the majority of council at the time preferred to manage the town rather than govern it," said Gendron.

Under the Municipal Act, a chief administrative officer is responsible for managing and leading a municipality/town, including overseeing its staff. Council acts as the governing body, setting policies, providing services and developing the municipality for its ratepayers.

With regard to council members acting beyond their scope, Gendron said they had a meeting with two staff from the provincial Department of Municipal and Northern Relations at which it was agreed that council committees such as public works and recreation — which have municipal staff as members — would be abolished by council resolution.

"Some council members didn't like

it, but everyone agreed we'd abolish these committees that involved staff. At the next council meeting, on the advice of the CAO, I put a resolution forward to abolish them, and the other members of council changed their mind and voted against it," said Gendron. "They wanted to keep the committees despite the fact that Municipal and Northern Relations staff said there was a bit of cloudiness between managing and governing within those committees."

Gendron said council also halted progress on recreation after Budget 2025 was released. The budget proposed funding of about \$19,000 to commission a recreation study, and all of council had voted in favour of the budget. The recreation study was to look at the current status of leisure services, parks, and physical infrastructure such as the town's community centre and curling club in order to help guide long-term planning.

It was initially approved, but at a subsequent meeting the mayor requested to have the recreation study put back on the agenda, she said. When it was raised again, the mayor stated he had made a mistake when he voted. While Gendron supported the recreation study, the rest of council voted against it.

"After public consultation, and staff and council input, the 2025-2030 strategic plan was developed and adopted by council. As a result of the strategic plan, it was deemed that the town needed a recreation study and an operational plan," said Gendron. "But council failed to follow through with the recreation study, and I don't believe that to date they have an operating plan."

Former mayor Potten introduced a resolution to cut the reimbursement of mileage for travel from Winnipeg to the Beach to attend town council business. Being the only seasonal resident on council, Gendron was the only member who would have been impacted by the resolution.

Although Gendron said she provided information from Victoria Beach — which has a seasonal property owner on council and who receives reimbursement when travelling from Winnipeg — Potten repeatedly claimed that a couple of MSOs [provincial Municipal Services Officers] he had spoken to allegedly said it was "unheard of," and the rest of council voted in favour of the resolution. When Gendron emailed Potten to ask who the MSOs were, he wouldn't tell her.

"This council has a history of trying to make things difficult for women. I received feedback from several peo-

ple who had watched that meeting [livestreamed] and they said council's changing the mileage was a personal attack on me," said Gendron.

"Council got rid of Pam [Jackson] by giving her no choice but to resign in order to address her medical condition, and former councillor Hoel publicly questioned the integrity of the CAO by saying she had withheld an email from the male members of council. But he apologized at the next council meeting as no such email existed."

Within such a challenging environment, Gendron said she decided that she "couldn't continue to be paid by Winnipeg Beach taxpayers" when council wasn't moving the town forward.

"The reality is that having had 13 months under former mayor Potten's leadership, two members of council have resigned and now this town has no council," she said.

The town's CAO Jodi Mitchell did not respond to requests for comment.

The town's website notes that a public hearing for the 2026 budget has been set for Monday, May 11 and that next municipal election will be held on July 24.

A spokesperson for the provincial Department of Municipal and Northern Relations said [Jarvis'] resignation on April 30 required the province to step in.

"When there are not sufficient members on a council to form a quorum, the Municipal Act requires the province to appoint an administrator to ensure the continued functioning of the municipality," said the spokesperson. "The province is currently working to confirm the appointment of an administrator next week. Upon the appointment of an administrator, all council members will be deemed to have resigned and the administrator acts in place of council."

The administrator will oversee the upcoming budget meeting and stay on until new council members are elected.

"As a resort community, the Town of Winnipeg Beach holds its general municipal election on July 24 and the administrator would stay in place until a new council is sworn in the following day," said the spokesperson. "A public hearing for the Town of Winnipeg Beach budget is scheduled for May 11. The appointment of administrator will ensure that the public hearing may proceed and that there are no delays to taxation notices and other municipal decisions."

Community Support Service

AA Arborg

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

AA Eriksdale

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

AA Winnipeg Beach

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

Gimli Group AA

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

Al-Anon

Gimli and Winnipeg Beach

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

AA Riverton Group

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

Alf Cuthbert School celebrates 55 years with May 27 event

By E. Antonio

Alf Cuthbert School will celebrate the 55th anniversary of the naming of the school on May 27.

The school, named after Alfred Otto “Alf” Cuthbert (1913–1970), was renamed in November 1970 following an addition to the building.

Celebrations begin at 11 a.m. with school tours, followed by a light lunch and slideshow presentation, a special program at 1 p.m. and wrapping up around 2 p.m.

Past students, staff, families and community members are welcome to attend, and special guests are expected.

For organizers Alann Fraser and June Gagaluk, the milestone offers a chance to reflect on the past, present and future.

Alf Cuthbert served 28 years on the Moosehorn School Board and was heavily involved in many other community organizations. As manager of the Moosehorn and Ashern creameries, he helped bring electricity to the town.

Organizers said he remains a strong role model for students, noting his work ethic and willingness to help others — qualities they hope will continue to be instilled in future generations.

“Alf Cuthbert School is dedicated to supporting students and families in developing community-orientated young people, reflecting many of the attributes that Alf Cuthbert demonstrated,” they wrote in an email. “We want Alf Cuthbert School to continue to give young people opportunities to grow into community-minded individuals who are kind, respectful and supportive of everyone and

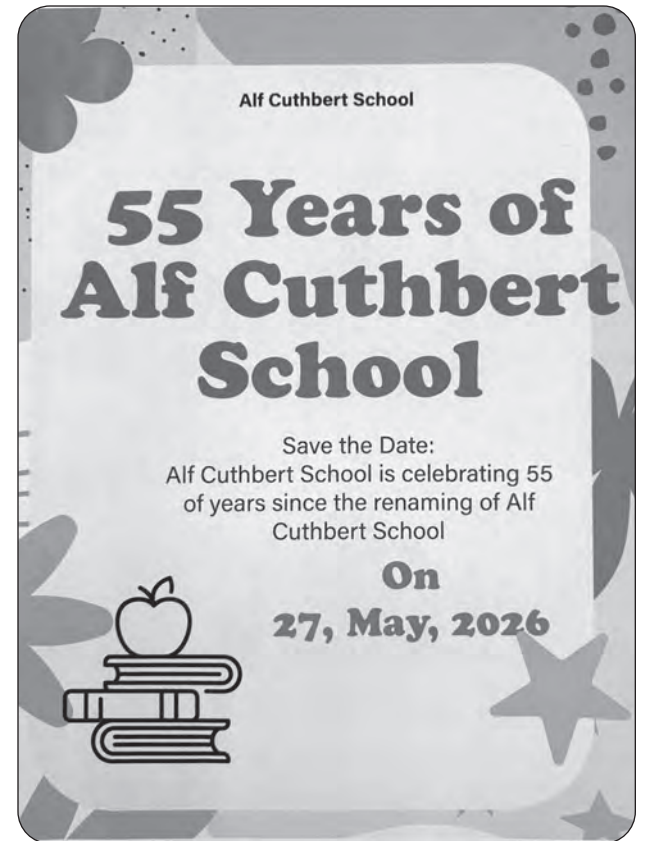


Alf Cuthbert

their physical space. We want students, staff and the community to feel that their school is a place of community, safety, integrity and high-level learning.”

The anniversary event is free to attend. Guests are asked to RSVP by calling the school at 204-768-2396 by May 15 to ensure adequate food.

Organizers are also requesting old school photos be emailed to frasera@lakeshoresd.mb.ca or dropped off at the school office by May 8 to be included in the slideshow.



EXPRESS PHOTOS SUBMITTED

Alf Cuthbert School will celebrate its 55th anniversary May 27 with tours, a special program, a light lunch and a photo presentation. Past students, staff, families and community members are invited to attend. RSVP by May 15 at 204-768-2396.

Bombers partner with Access CU to boost financial literacy in schools

By Haley Cvar

Students across the province could soon be learning how to manage their money with help from a professional football player, as Access Credit Union launches its annual classroom financial literacy program in partnership with the Winnipeg Blue Bombers.

The “Tackle Your Finances like a Pro” initiative invites Manitoba schools to apply for a 60-minute, in-class workshop led by Access Credit Union financial literacy trainers alongside a Blue Bombers player. The program aims to deliver practical money management skills in an engaging, interactive format.

According to Access Credit Union, the sessions are designed to help students build a foundation for financial decision-making, while also incorporating games, discussion and prize giveaways to keep participants involved.

“These workshops are a major highlight for the financial literacy team each year. We are continually impressed with the engagement from the students and their curiosity to learn about money management and how to start preparing for their future,” said Emily Suderman, financial literacy specialist with Access Credit Union.

Suderman added that the involvement of a Blue Bombers player helps strengthen student engagement and excitement.



“It has also been amazing to see the interactions with the students and a Winnipeg Blue Bombers player. A big thank you to Nic Demski for joining us once again. We are excited to bring these workshops to schools in the 2026-27 school year,” she said.

The partnership reflects a shared goal of community impact, according to Winnipeg Football Club president and CEO Wade Miller.

“The continued momentum of the financial literacy program is a testament to the meaningful impact it’s already having in our community,” Miller said. “Our football club is proud to be a part of this important program and to support efforts that create lasting, positive change alongside Access Credit Union.”

Schools that are interested in the workshop are asked to apply by visiting accesscu.ca/tackle.

Applications are to be received by June 12, 2026.

Access Credit Union, the largest credit union in Manitoba, serves more than 208,000 members and manages approximately \$14.2 billion in assets. The organization says programs like this are part of its broader commitment to supporting communities and building financial confidence among youth.

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We have your company in our hands: RM of Gimli hacked

By Patricia Barrett

The RM of Gimli said it was hacked last week, leaving it without access to its IT systems, but wouldn't confirm whether it's being held for ransom.

A hacker group called Payload has taken responsibility for breaching the municipality's systems. It's allegedly holding RM data hostage and asked for a "negotiation" or the group will publish the data on the internet.

The RM's CAO Diana Chapman had posted a notice on the municipality's website on April 28, advising the public of a "cyber security incident" that impacted the RM's IT systems, and asked that ratepayers pay their municipal bills at the bank. The RM also engaged a cybersecurity firm to investigate what happened.

"Currently, we are still determining the scope of the impact and will provide updates as soon as more information becomes available," said Chapman in the notice.

The *Express* asked the mayor and council several questions, including whether hackers contacted them, whether staff and taxpayer data was stolen, and what council's plan is to upgrade its IT system.

Many questions were left unanswered, but council spokesperson Christine Payne indicated last Friday that the RM was still trying to get its IT systems up and running.

"We're still determining the scope of the impact. We're focused on bringing systems back online safely and investigating the incident. We understand the inconvenience and frustration this has caused and thank residents and our employees for their patience," said Payne. "We'll share an update as soon as we have more information."

Ransomware group Payload is fairly new, having just come on the scene in February. It's known to have breached at least 41 companies around the world to date, according to Ransomware.live, a free site operated by French cybersecurity expert and lecturer Julien Mousqueton.

Mousqueton monitors ransomware groups' "data leak sites" in real time, lists newly published victims, identifies negotiation chats and dollar amounts initially requested. His site helps law enforcement, cybersecurity professionals, journalists and researchers.

The monitoring site discovered Payload's "post" about the RM of Gimli on April 27. The post describes the municipality as a "local government district" that's known for its "Icelandic heritage, recreational tourism and lakefront economy." It's accompanied by a file size of 69 GB and URLs for the victims to "start negotiations"

with the group.

One of the Payload's ransom notes states: "The next 72 hours will determine certain factors in the life of your company: the publication of the file tree, which we have done safely and unnoticed by all of you, and the publication of your company's full name on our luxurious blog. NONE of this will happen if you contact us within this time frame and our negotiations are favorable.

"We are giving you 240 hours to: 1. familiarize yourself with our terms and conditions, 2. begin negotiations with us, 3. and successfully conclude them. The timer may be extended if we deem it necessary (only in the upward direction). Once the timer expires, all your information will be posted on our blog."

The note goes on to warn its victims that contacting the "authorities" or "recovery agencies" will not help them. A set of instructions is provided as to how the victims can obtain up to three encrypted files of their data that Payload will then "decrypt" so that victims "understand that we can do it."

Retired systems analyst and software engineer Bill Buckels said the RM of Gimli got hacked because its IT system is "hackable" and "exposed," likely for the sake of user convenience.

The protection of privacy and IT system integrity — which should be "Job One" — are often compromised in favour of convenience, which includes allowing staff to log in to a company's system from home or elsewhere.

Payload's ransom notes invite their victims to negotiate and offer them a preview of the data they've stolen in order to compel the victim to pay for the destruction of the data and the restoration of their IT systems, he said.

"It looks like Payload is hacking their way around the world, including here in Manitoba with the RM of Gimli," said Buckels, who looked over the group's list of victims. "It appears they're targeting companies that really need their data to function as a business."

The ransom note was likely delivered via email to the RM of Gimli as its email system is still functioning.

The instructions provided by the hackers to verify proof of theft are not for an "average person or a municipal CAO to work with, but for an IT person" with an understanding of computer systems, he added.

"The ransom notes look like boilerplate form letters, and the hackers have fairly technical instructions about how to get hold of them. They

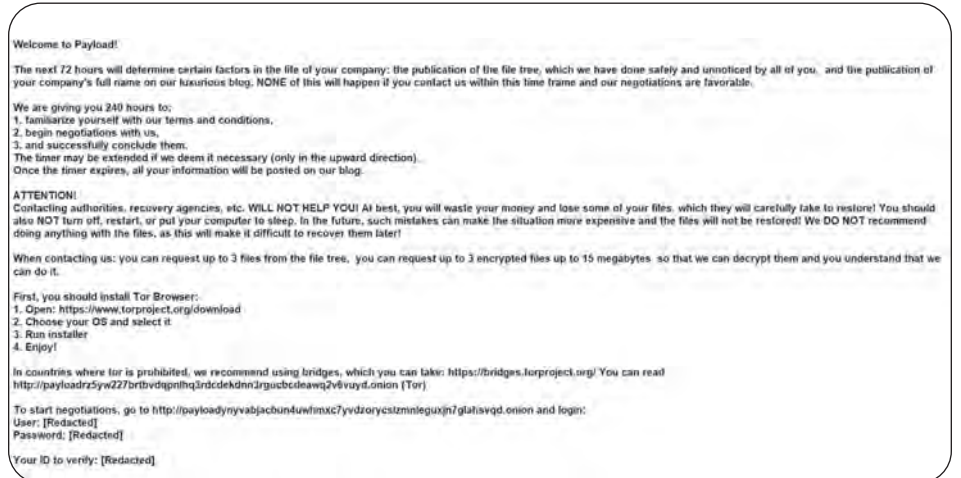


IMAGE RANSOMWARE.LIVE

One of the ransom notes the hacker group Payload sends to its victims.

also have an ID field that's been left blank, and they likely assign an individual ID to each of their victims so the [victims] can download the hackers' plug-in (app) and use that unique ID to log into the hackers' system," said Buckels. "Payload is basically saying, 'We have your company in our hands.'"

The 69 GB file size could represent anything.

"The 69 GB is a blob of something," said Buckels. "Whatever it is, it uses that much space. It could be a series of links to the [RM's] data or it could be the data itself, I don't know."

Buckels said Payload could have gotten an RM of Gimli employee's password via clickbait or have purchased on the dark web thousands of usernames and passwords previously stolen. Once in possession of the password, the hackers logged into the RM's IT systems and locked staff out while they siphoned off data.

"Maybe they tried every municipality and Gimli was the only one that didn't close its front door. And isn't that what the problem is here — The RM didn't close its front door? They have no choice but to pay these hackers even though they have no guarantee the hackers won't come back at them next week and say, 'We stole your data again because you're IT incompetent,'" said Buckels.

"There are millions of hackers and they're all different. What they all have in common is a list of systems they want to get into. Hackers will also employ young budding hackers, basically kids, to go shop around the world on the internet for front-door logins, and they'll find a bunch of IT systems that are not very secure. Then they'll bargain with other cybercriminals, who'll say, 'I'll give you 50 systems that aren't secure, buddy.' Gimli could have been in that bundle. Hackers will sell so many systems for \$500 or whatever. Then other hackers will

go to work getting the data."

The hackers will likely analyze what ratio of victims will pay up and target those that "really need" their client data to operate.

As the RM hasn't indicated what kind of data was stolen, Buckels said he's guessing that it could be ratepayer information — personal details affiliated with sewer and water payments or property tax — as well as employee records.

"It's valuable data for sure. What the RM of Gimli needs to do is offer residents credit-monitoring protection," said Buckels. "You as a victim are obligated to take what's offered because if you decided to sue a company later for allowing your data to be accessed or you become part of a class-action lawsuit, the court will want to see that you've taken the proper steps and did your due diligence."

Given the non-stop proliferation of governments and companies seeing clients' highly sensitive personal data going flying out their door, Buckels said the IT industry needs to start building robust and secure systems again rather than convenient systems that allow people to work remotely.

"The IT systems of old used to be fortresses. We're living in a networked world now and we need to be more discreet about what we're doing online and how we're doing it. We're surrounded by hackers and we're being careless because we've been taught to value convenience," said Buckels.

"And the industry needs to bring back information-hiding; no company should be allowed to have client data sitting on a server linked to the internet — and be able to send huge chunks of data flying across the internet. It doesn't pay to hack one guy; hackers are looking for large amounts of data to steal. Everybody needs to

RM of Gimli residents sign petition to protest ORVs on Rail Trail

By Patricia Barrett

An RM of Gimli resident launched a petition to prevent off-road vehicle (ORV) traffic on one the RM's most cherished nature trails, the Rail Trail, and has already received hundreds of signatures.

The petition on Change.org is titled "Oppose motorized vehicles on Gimli Rail Trail" and has had over 400 people sign it as of May 3.

Resident Zoe Bailey started the petition after many people expressed disappointment in Gimli council's recently released Trails Master Plan, which presented three development options for the Rail Trail — all of which include ORV use along part or all of the trail.

The Rail Trail, a former CPR line, has been off-limits to ORVs since it was gifted to the municipality in 2004. Despite its official vehicle-free designation, people on ORVs drive on it anyway, sometimes at pace and get into confrontations with non-motorized users.

Residents in several subdivisions along the trail, which runs parallel to PR 222 between the Diageo distillery and Arnes, have for at least a decade been raising concerns with various iterations of Gimli council about pedestrian safety, pollution and noise generated by ORVs on the trail. The Interlake Offroad Club proposed in the past to help fund trail repairs (ruts created by ORVs) and implement rules for drivers.

Bailey said the RM had originally provided an option within its trails plan to keep the popular 36.2-kilometre trail as an "active transportation corridor" — permitting only pedestrians, wheelchairs, strollers, bicycles, horses, cross-country skis and snowmobiles — but that changed at some

point during the planning process.

Her petition will give RM residents an opportunity to provide feedback to council on what they want regarding the future of the Rail Trail.

"The Gimli Rail Trail is more than just a path: it is a cherished active transportation nature corridor that holds a special place in the hearts of our community. Gifted to the RM of Gimli in 2004 by the Trans Canada Trail, this trail was intended to provide a tranquil, safe and environmentally friendly route for pedestrians, cyclists and other active transportation travellers. The legally binding Gifting Agreement explicitly requires the trail to remain dedicated to active transportation, allowing snowmobiles only during the winter months," states the petition.

By changing the designation of the Rail Trail and allowing ORVs on it, council will be going "against the initial agreement," and that will pose "significant threats" to non-motorized trail users, the environment and the quality of life for neighbouring residents.

"We must insist that the RM of Gimli honour the Gifting Agreement with the Trans Canada Trail. This means maintaining the trail's status as an active transportation corridor, respecting its historical and ecological significance, and protecting the integrity of its purpose. Let us unite in safeguarding our trail for current and future generations who seek solace, connection to nature and a space for healthy, active living," states the petition. "We call on everyone who values this vital community resource to stand with us in opposition to the introduction of ORVs on the Rail Trail."

Hundreds of residents have put their name to the petition.

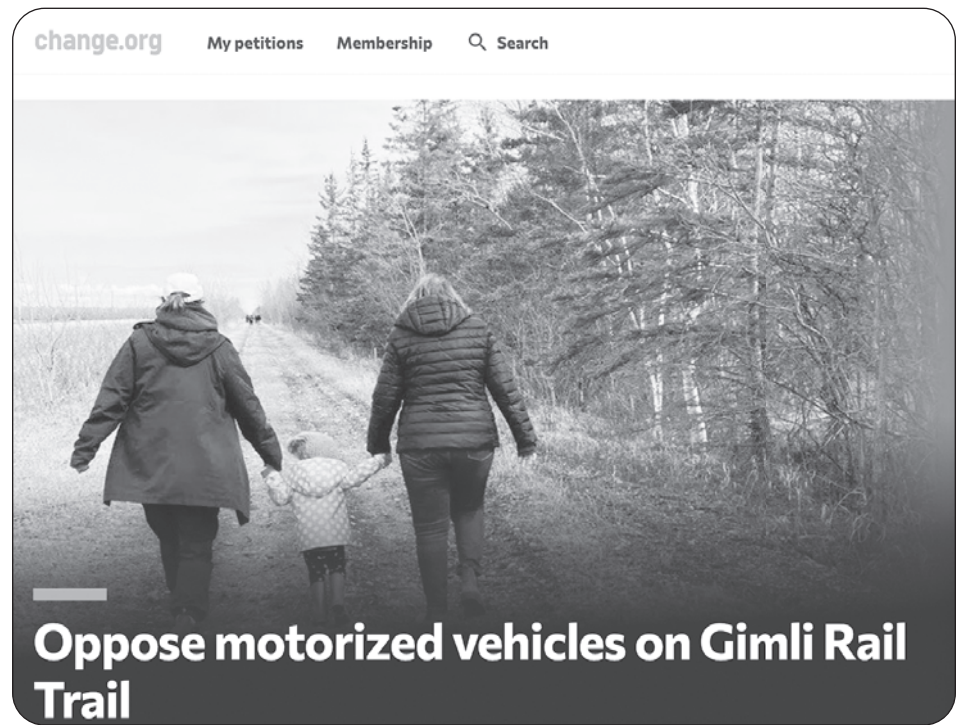


IMAGE SUBMITTED

Deb and Vic Thordarson signed it and added a comment saying they live metres from the trail and want it left as it is.

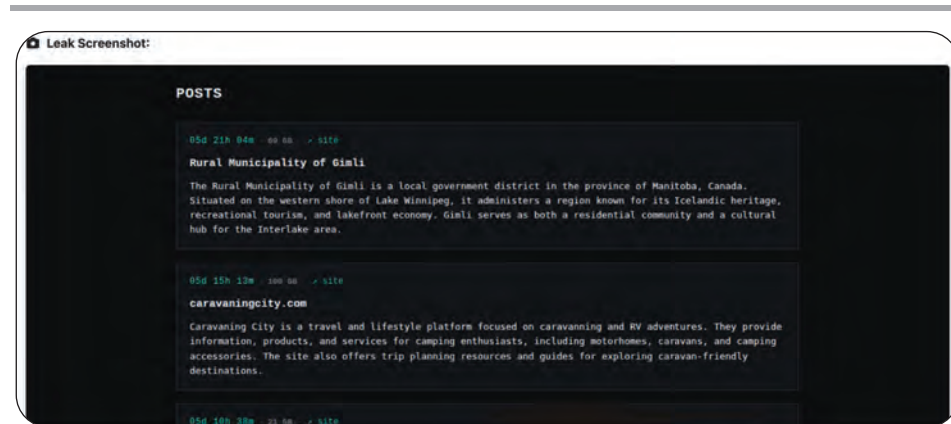
"We bike with our grandchildren and walk the trail daily. We are also owners of ATVs and know there are multitudes of other trails for these to use," they wrote. "It seems we are signing petitions against ATV use on the Gimli Rail Trail every year. We thought this had been settled. Leave the Rail Trail to be enjoyed by people who love nature."

Another petition supporter said the trail is a "municipal asset," providing citizens of all ages with a quiet and beautiful nature corridor between residential developments north of Gimli. And ORVs are a safety concern.

"It is widely known that motorized vehicles on a trail will deter most ac-

tive users from using a trail system for safety concerns, noise and the feeling of intimidation when encountering these machines. Most families will not allow their kids to walk or ride bikes on a trail with motorized vehicles for safety concerns, citing a potentially lethal accident waiting to happen," said Christopher, who didn't provide a last name with his comment. "As a former off-road vehicle user, there's already an abundance of spaces to run motorized off-road vehicles, including all road allowances between the shoulder and fence line marking the privately owned land."

To read and sign the petition, visit Change.org, click the search button and type in Gimli Rail Trail or visit <https://www.change.org/p/oppose-motorized-vehicles-on-gimli-rail-trail>



A leak post from Payload about the RM of Gimli was discovered on April 27.

> HACKED, FROM PG. 10

keep a small covered manhole instead of a gaping tunnel that a school bus can drive through."

It also wouldn't hurt to "take people

aside and make them prove they're qualified to use a computer" in order to avoid "mistakes" such as using weak passwords or the same pass-

word across multiple applications, and having them think twice before they click any link.

When asked how the public can force IT developers to keep us safe from hackers, Buckels said that if they "can't build secure systems, we shouldn't use their system. If I drive a car recklessly, I'll get my licence taken away. That's what should happen to developers that fail to keep us safe."

The RM of Gimli is not the only municipality in the province that's been hacked. Manitoba's Auditor General Tyson Shtykalo released a report last year, reviewing allegations of cybersecurity breaches in several municipalities.

The RM of Westlake-Gladstone had over \$472,000 stolen in unauthorized withdrawals between 2019 and 2020

via unauthorized access to its online banking account.

"Cybersecurity threats are one of the biggest risks organizations face, due to the growing reliance on technology (including widespread adoption of cloud-based storage and artificial intelligence)," said Shtykalo. "It is critical for organizations of all sizes to act appropriately to ensure they are resilient to cybercrime, which could have financial and privacy impacts."

Buckels said he wants to know if the RM of Gimli has followed the auditor general's advice.

"We will find that out in the days ahead if our local politicians are honest with us and realize that the public has a right to know," he said.

Barvinok dancers celebrate 45 years of arts and culture

By Lana Meier

The Gimli Ukrainian Barvinok Dance Club celebrated a major milestone this spring, marking 45 years of preserving Ukrainian culture through dance, costume and community connection.

The anniversary concert brought together dancers past and present, along with families, alumni and supporters, highlighting the club's legacy and its continued role in the Interlake.

Master of ceremonies Roman McColl welcomed guests before inviting board members to the stage, including Julia Patrick, who spoke about the club's history and personal ties to its founding.

"Vitayemo! Good afternoon, everyone," Patrick said. "It is truly an honour to stand before you today — not only as a proud mom of a current dancer but also as a former dancer myself, and the daughter of one of the club's original founders — as we celebrate an incredible milestone: 45 years of the Gimli Ukrainian Barvinok Dance Club."

Patrick reflected on the club's beginnings more than four decades ago, crediting founders Mike Sucharyna, Orest "Buck" Matiowski and her father, Benjamin Kubrakovich.

"They believed deeply in the importance of preserving their heritage and passing it on to future generations," she said.

She noted Sucharyna's work teaching Ukrainian language at Dr. George Johnson School and Kubrakovich's efforts sharing Ukrainian history and language at Gimli High School, while describing Matiowski as "a true pillar of this community."

But Patrick emphasized that the club's longevity has always depended on the wider community.

"Something like this doesn't grow from just three people — it takes a village," she said. "This club was built on the dedication of families, volunteers and community members who organized instructors, sewed and embroidered costumes, planned fundraisers and worked tirelessly behind the scenes."

Over the years, Barvinok has evolved alongside the community, with new generations of dancers stepping onto the stage while alumni continue to return and stay involved.

"Leadership has changed, generations of dancers have come and gone, and alumni have even returned to the stage," she said. "Yet one thing has remained constant: a deep passion and unwavering commitment to celebrating and preserving Ukrainian culture and heritage."

That commitment was reflected throughout the performance, which featured a wide range of traditional Ukrainian dance styles representing different regions of the country.

From the high-energy Hutsul dances of the

Carpathian Mountains to central Ukrainian Koza-chok routines known for their rhythm, partner work and athleticism, each piece highlighted the diversity and storytelling at the heart of Ukrainian dance.

Other performances drew on regional traditions such as Zakarpattia, where influences from neighbouring cultures shape lively footwork and colourful choreography, as well as lyrical dances rooted in folklore that emphasize emotion and storytelling.

Costumes played an equally important role in bringing that history to life. Intricately embroidered blouses, layered skirts,



EXPRESS PHOTOS BY LANA MEIER

Chaika Ukrainian Dance Club's rehearsals paid off this April, when dancers stole the show at the Manitoba Ukrainian Dance Festival and at Chaika's year-end spring tea.

Continued on page 13



> DANCE, FROM PG. 12

boots and floral headpieces — many handmade or carefully preserved over decades — reflect regional identities and cultural symbolism passed down through generations.

The concert opened with “Pryvit,” a traditional welcome dance blending multiple regional styles and featuring symbolic elements such as bread, wheat and salt — long-standing expressions of hospitality, health and prosperity in Ukrainian culture.

Interlake-Gimli MLA Derek Johnson also addressed the crowd, highlighting the importance of cultural preservation and community involvement.

“Today’s Ukrainian dance is more than just a performance,” Johnson said. “It’s a reflection of tradition and heritage, and the dedication of the dancers you see on stage.”

He noted the storytelling woven into every aspect of the performances. “Each step, each movement and each costume tells a story that has been passed down through generations,” he said. “The time and effort that go into these costumes and performances is truly remarkable.”

Johnson also pointed to the strong sense of community behind the milestone event.

“What makes this event especially meaningful is the sense of community behind it—from performers and instructors to families and volunteers,” he said. “It reflects the strength of cultural traditions being carried forward.”

He encouraged the audience to celebrate the dancers and the work behind the scenes.

“Today is about celebrating youth, culture and the arts. Thank you to everyone who made this event possible.”

As part of the celebration, Johnson presented a commemorative plaque recognizing the club’s 45 years of contributions to the Interlake region and its role in preserving Ukrainian culture, tradition and dance.

Throughout the concert, that legacy was evident — not only in the performances themselves but in the connections between generations of dancers and the community that continues to support them.

For Patrick, the milestone was both a reflection on the past and a look ahead.

“Today, as we watch these dancers perform, we are witnessing that legacy in motion,” she said. “Here’s to the past 45 years and to many more to come.”



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Country Girls market supports local makers and animal rescue

By E. Antonio

The Mother's Day Country Girls Market has grown into a yearly Stonewall tradition. Returning for its fourth year on Friday, May 8 from 6 to 10 p.m. and Saturday, May 9 from 10 a.m. to 4 p.m. at the Veterans Memorial Sports Complex, 550 Main St., this year's market is set to bring a wide variety of vendors to the community.

Guests can expect more than 80 vendors, featuring 95 per cent handmade items, along with food trucks, Down the Street Tattoo, Tiny Fox Photography and manicures by Sugar Lips throughout the weekend.

Co-organizer Laura Kaner-Isaak said she is excited to host the market's first two-day event, highlighting how much it has grown since its inaugural year. Kicking off the weekend is the Friday Night Market, offering shoppers the chance to browse while enjoying Mom-themed mocktails available for purchase throughout the evening.

The weekend will also support Tails of Freedom Animal Rescue through the \$3 admission fee and by accepting pet food donations. Tails of Freedom will also have adoptable cats on site hoping to find new families.



EXPRESS PHOTO SUBMITTED

Alexis Lethbridge, owner of Naked Earth Botanicals, makes and sells natural herbal skincare products. She is a vendor at the Country Girls Mother's Day Market on Friday, May 8 at the Veterans Memorial Sports Complex in Stonewall. The market runs May 8 and 9 and features more than 80 vendors.

"They do so much hard work for animals in need, without any financial support," Kaner-Isaak said. "They only run on donations from the community and we are hoping we can help ease that burden a little for them this weekend."

For Kaner-Isaak, success means creating a fun and profitable environment for both shoppers and vendors. A variety of products will be available for purchase, with something to suit all interests. In addition, attendees can enjoy on-site tattoos, piercings, family photos and manicures.

Alexis Lethbridge, owner of Naked Earth Botanicals, lives just outside Stonewall and will be selling her natural herbal skincare products at the market on Friday only. She studies herbal medicine through Wild Rose College and began making products as part of her school projects. From there, her business evolved as friends and family came to appreciate the benefits of natural products.

"There's a direct connection between skincare and immune function because our skin is part of our immune system," she said. "When our skin and skin microbiome are supported, the immune system responds appropriately. But when they're disrupted, it can trigger inflammation

and ongoing irritation."

By using natural ingredients such as tallow and herbs, Lethbridge said it limits the skin's exposure to chemicals. Many of her products also use calendula, which can be beneficial for people with skin conditions such as eczema.

"Healthy skin isn't just about beauty," she added. "I think it's important for people to know our skin health has been linked to our overall health, including our mental health."

Currently, she sells tallow body balm, lip balm and face oils made from ingredients she forages herself or sources from local growers and organic suppliers. Her products come in a variety of scents and are made using high-quality ingredients. A full lineup of products is available on her website, www.nakedearthbotanicals.com.

Lethbridge said it took time to perfect her rendering process, but she has since mastered it.

"The trick is to do it low and slow so there's no browning of the suet, so it doesn't have that beefy smell some tallow products have," she added.

She explained that supporting local artisans is important because their products are incomparable to those found in stores, even those labelled "100% natural." She noted that ingredients are often unregulated, meaning customers do not always know what they are putting on their skin.

"We need natural companies to be the big companies, run by people who genuinely care about people and the planet," she said. "But that can only happen if people support us. Buying from small makers with high standards really ensures that you're getting a good-quality product."

With hundreds of vendors applying each year, Kaner-Isaak said narrowing down applicants to find the best fit for the market can be challenging.

"We also strive to keep the market fresh each year by changing things up and offering a new shopping experience," she added. "We work hard to maintain a balanced mix of vendors and avoid having too many of the same type of seller. We want everyone to succeed and to have a chance at joining us."

She said providing the community with an opportunity to support local makers continues to drive the market's purpose, noting that it showcases everything Stonewall and surrounding communities have to offer.

Kaner-Isaak hopes residents will come out to the event and help make it another successful Mother's Day weekend. A full list of vendors is available on the market's Instagram and Facebook pages.

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THE INTERLAKE & SELKIRK AREA

Province challenging Sobeys' property controls at Municipal Board

By Patricia Barrett

The provincial government is taking steps to bring down the cost of groceries by challenging Sobeys, which has property controls preventing competitors from building grocery stores close to it.

Allowing competitiveness in the grocery industry should help lower food prices. Protecting grocers from competition — by allowing their property controls to stand — makes it “easier” for them to raise prices, the government says.

Manitoba Premier Wab Kinew and Public Service Delivery Minister Mintu Sandhu held a news conference on April 30 at which they discussed taking Sobeys, which is owned by Empire Company Ltd., to the Municipal Board to have four of its property controls removed.

“Today we are taking another step to make grocery prices more affordable in Manitoba and another step to bringing fairness back to the market here in our province,” said Kinew.

Some of the big grocery chains in the province have over the years used property controls — contracts on their real estate deals — to prevent competitors from setting up shop nearby, he said.

“Now, we passed a law in 2025 to force these companies to register these property controls with us, and that will allow us to challenge them,” said Kinew. “Today, we’re announcing that we’re challenging the first four of these remaining property controls. And, by the way, most of the big grocery chains dropped these property controls when we passed this law, all except one — Sobeys. So the four locations we’re talking about today are all within that com-

pany’s purview.”

The government passed the Property Controls for Grocery Stores and Supermarkets Act in June 2025, preventing grocery stores from creating “new restrictive covenants or exclusivity clauses.”

There are currently 43 property controls in place.

Of the four property controls the government will be challenging, two are in Winnipeg (915 Leila Ave. and 50 Sage Creek Blvd.), one in Steinbach (178 PTH 12) and one in Brandon (1645 18th St).

Some controls that stop competitors from

Continued on page 19



EXPRESS FILE PHOTO BY PATRICIA BARRETT

The high price of real food, such as vegetables, is beyond what many Manitobans can comfortably afford.

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Interlake Real Estate enters new chapter under Century 21

By Lana Meier

After more than six decades serving Manitoba's Interlake region, Interlake Real Estate is entering a new era following its acquisition by Century 21 Sun Country Realty.

The acquisition was announced in a media release this week.

Founded in 1964 by Richard Arnason, Interlake Real Estate has long been a fixture in the region, with offices in Selkirk and Gimli and a team of experienced agents serving communities across the Interlake.

The acquisition brings two brokers, 11 agents and two administrative staff into the Century 21 Sun Country Realty network, while maintaining the existing office locations and day-to-day operations.

For Reg Black, co-owner and broker of Century 21 Sun Country Realty, the transition is not only a business move but a continuation of a family-run approach.

"We are a small family-run business. My wife Myrna, my son Jared and I are all involved, and that local, personal connection is important to us," Black said.

"Mr. Arnason created a very successful insurance and real estate office in Gimli. The real estate division will now be known as Century 21 Sun Country Realty."

While the Interlake Real Estate name will transition to the Century 21 brand, leadership emphasized continuity for clients and staff.

"Other than the rebranding — nothing changes," said associate broker Jared Black in the release. "We are keeping the office locations, fixtures and equipment. We are keeping the

same phone numbers. And most importantly — we are keeping all the agents and staff."

Co-owner Myrna Black said the focus moving forward will be on strengthening relationships within the region while supporting both existing and new team members.

"Reg, Jared and I look forward to taking time to immerse ourselves a little more into the Interlake community while we continue to learn and support both our current agents and now our new Interlake team of agents and support staff," she said.

With this acquisition, the professional service that Interlake and Selkirk real estate clients have come to expect will continue, Myrna Black added.

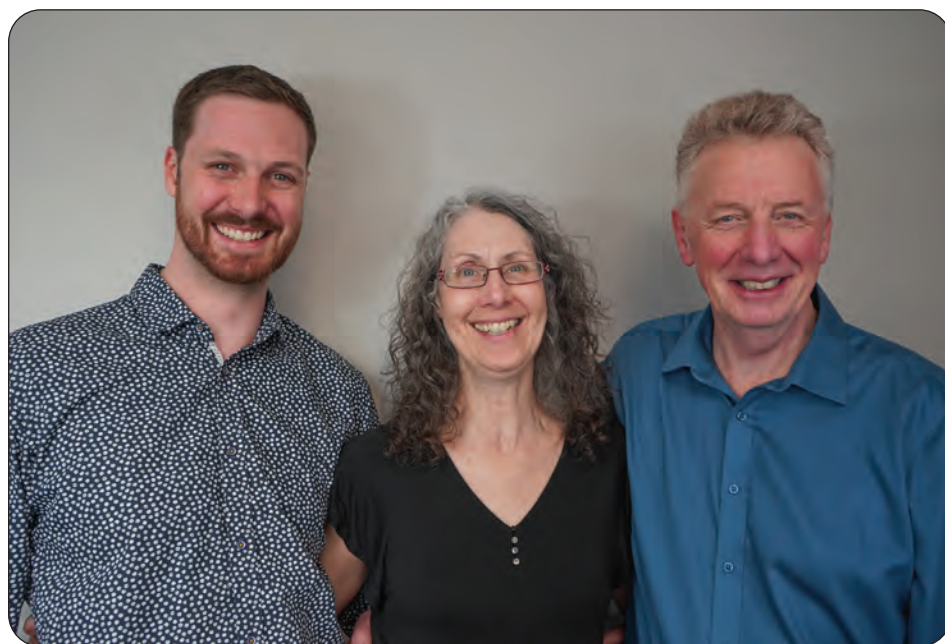
"We are also confident that the agents will have the support necessary to continue a successful real estate career with the brokers, office staff and Century 21 Canada behind them," she said.

Reg Black said the goal is to make the transition as seamless as possible.

"With all agents and staff joining us, it makes it a lot easier," he said. "Short term, we met with everyone together and then individually to encourage them to join us. Long term, we want everyone to stay and grow their business."

The brokerage's inclusion in the deal stems from earlier structural changes tied to the 2022 amalgamation of Access Credit Union and Noventis Credit Union, which had brought Interlake Real Estate under credit union ownership.

Black said the acquisition opportunity had been on his radar for some time.



EXPRESS PHOTO SUBMITTED

Jared Black (left), Myrna Black and Reg Black, co-owners of Century 21 Sun Country Realty, are leading the company's expansion into Manitoba's Interlake region following the acquisition of Interlake Real Estate.

"I just sent my contact a note and said if they would ever be looking to divest themselves of the real estate office to reach out. And here we are," he said.

For clients in Selkirk, Gimli and across the Interlake, Black said the change will bring added advantages through national and international reach.

"As a national and international brand, clients will see the benefit of the tools and resources offered — especially for marketing and online exposure," he said.

He added that the brokerage's geographic reach will allow it to better serve buyers and sellers across a wide area.

"Our office has agents not only in Selkirk, the Interlake and Eastman, but also in Winnipeg," Black said. "We can be a full-service brokerage for anyone looking to buy or sell in all those areas. Just look at a map — from Highway 1 east to Ontario and then wrapping all the way around to Highway 6 as a rule of thumb — we have agents that cover all that area and more."

The transition is already underway, with rebranding expected to happen quickly.

"This became official Thursday afternoon, so there is a lot to do in short order," Black said. "We have to rely on suppliers and how quick they can go, but it would be great if we could have all or most done within a month or so."

Despite the changes, Black said the local foundation of the business remains unchanged.

"Collectively, we are local. And we will remain local," he said. "With our existing office and these two locations, all our agents will be able to help buyers and sellers throughout Selkirk, the Interlake, Eastman and Winnipeg."

Black also pointed to strong conditions in the current market.

"There is strong demand for cottages and resale homes," he said. "Inventory is lower than normal, so it's a great time for those looking to sell, as there are buyers looking."

The transition marks a significant milestone for a brokerage that has served generations of Manitobans, positioning it for continued growth while maintaining the relationships that have defined its legacy.

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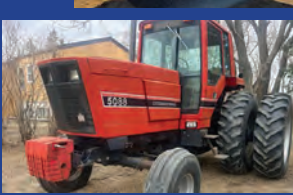
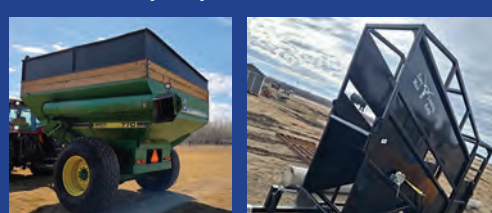
Viewing: May 4th - 8th from 9 AM to 5 PM.
Bidding starts: May 7th, 2026 at 9:00AM
Lots start closing on May 14th, 2026 at 10:00AM. Pick up days: Friday, May 8th from 9 AM to 5 PM

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Viewing: May 18th -22nd from 9 AM to 5 PM.
Bidding starts: May 21st, 2026 at 9:00AM
Lots start closing on May 27th, 2026 at 10:00AM. Pick up days: Friday, May 22nd & Saturday, May 23rd from 9 AM to 5 PM

May ONSITE Week 2 Consignment Sale

Viewing: May 18th -21st from 9 AM to 5 PM.
Bidding starts: May 21st, 2026 at 9:00AM
Lots start closing on May 28th, 2026 at 10:00AM. Pick up days: Friday, May 29th from 9 AM to 5 PM



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Spring Home & Garden Guide



Backyard food gardening grows in popularity

By Annaliese Meier

Growing fresh food at home continues to gain popularity across Manitoba, as more residents look to save money and enjoy the benefits of homegrown produce.

From small backyard plots to raised garden beds, food gardening offers a practical and rewarding way to make use of outdoor space. Experts say even beginners can achieve success by starting small and choosing crops suited to the local climate.

"People are realizing you don't need a large garden to grow your own food," said a local gardening specialist. "Even a few rows or containers can produce a surprising amount."

Early-season favourites include potatoes, onions and leafy greens, which can be planted as soon as the soil can be worked. These crops are well-suited to Manitoba's shorter growing season and cooler spring temperatures.

As the weather warms, gardeners can expand to include vegetables such as tomatoes, cucumbers and peppers. These heat-loving plants should only be planted after the risk of frost has passed, typically in late May or early June.

Sunlight is one of the most important factors in a successful food garden. Most vegetables require at least six to eight hours of direct sunlight per day. Soil quality is equally important, and many gardeners improve their yields by adding compost or fertilizer.

Watering consistently is another key component. While Manitoba can ex-



From leafy greens and onions to strawberries and tomatoes, home gardens across Manitoba are filling with fresh produce as more residents turn to growing their own food.

perience dry spells during the summer months, overwatering can also be a concern. A steady, moderate watering schedule is generally recommended.

Raised beds and container gardening are becoming increasingly popular, particularly for those with limited space. These methods allow for better control over soil conditions and can make gardening more accessible.

In addition to vegetables, many gardeners are incorporating fruit-bearing plants such as strawberries and small fruit trees into their yards. These additions provide both visual appeal and a steady supply of fresh produce.

Garden centres are seeing strong



EXPRESS PHOTOS SUBMITTED

Manitobans are embracing home gardening this spring, using backyard plots, raised beds and containers to grow fresh produce while taking advantage of the province's short but productive growing season.

demand for seeds, starter plants and gardening supplies as the season gets underway. Staff can often provide guidance on plant selection and care, helping new gardeners build confidence.

With the right planning and care, a backyard garden can provide fresh, nutritious food throughout the summer and into the fall, making it a worthwhile investment for many Manitoba households.



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Oakley Vision hosts customer appreciation event

By Lana Meier

A long-standing Interlake clinic is inviting the community through its doors this spring with a customer-focused event that combines savings, selection and personalized service.

Oakley Vision Centre will host a customer appreciation event from May 19 to 22, offering 25 per cent off all frames, lenses and sunglasses, along with savings of up to 50 per cent on multi-pair purchases. Shoppers will also have the chance to enter a draw to win their purchase back.

The event will feature an expanded selection of eyewear, including an increased inventory of sunglasses and a wide range of brands such as Ray-Ban, Maui Jim, Oakley, Vogue and Michael Kors. Frame representatives will be on site throughout the event, giving customers the opportunity to explore full collections and receive expert guidance.

"We've increased our sunglasses stock especially for this event," said Dr. Kent Borkowsky. "From Kate Spade to Oakley and everything in between, we've got you covered. Having frame reps on site with their entire collections means unparalleled hands-on choice."

While the promotion highlights the clinic's optical boutique, it also reflects a deeper connection to the community it has served for more than 70 years.

Established in 1954, Oakley Vision Centre has grown alongside the Interlake region, continuing to evolve while maintaining its small-town values.

"Over the years, we've focused on improving the quality of eye care we provide," Borkowsky said. "That means utilizing the newest technologies to examine the eye and diagnose eye health issues earlier."

As a family-owned practice, the clinic has built long-term relationships with patients across generations.

"Being a family-owned optometry practice is so special because of the close personal relationships

we can build," he said. "Seeing three and even four generations of the same family is not uncommon for us."

That balance between innovation and personalized care remains central to the clinic's approach.

"Staying up to date with eye care technology is the only way to provide the best care for your community," Borkowsky said. "If your patients are taken care of from an eye health perspective, then the whole community can thrive together."

Oakley Vision Centre offers comprehensive services for patients of all ages, with an emphasis on detailed, whole-patient care.

"What sets us apart is our attention to detail and our whole-patient approach," Borkowsky said. "We look at how a patient's overall health is connected to their eye health."

One growing concern the clinic is seeing is the rise of myopia, or nearsightedness, particularly among children.

"Myopia is increasing globally, and we understand the importance of slowing its progression while children are still growing," he said.

During a typical visit, patients can expect a thorough exam along with guidance tailored to their individual needs.

"It's about taking that whole-patient approach to eye care and then pairing it with an extensive eyewear selection," Borkowsky said.

That selection is a key part of the experience, with staff working closely with patients to find frames that suit both function and style.

"Our experienced staff can find the right frame for every patient, from classic styles to modern designs," he said.

Borkowsky noted that choosing eyewear in person offers clear advantages, particularly when it comes to fit, comfort and long-term care.

"Part of buying local is having the convenience to get your glasses adjusted and cleaned right here



EXPRESS PHOTO SUBMITTED
Optometrists, left to right: Dr. Kent Borkowsky, Dr. Jordan Dyker and Dr. Greg Hosegood.

in the Interlake," he said. "We have staff available five days a week, and we're always just a phone call away."

For those who have not yet visited the clinic, the upcoming event offers an ideal opportunity to experience both the service and selection firsthand.

"Oakley Vision Centre isn't just for eye exams," Borkowsky said. "It's for fashionable and functional eyewear and sunglasses. We should all enjoy something that we wear on our face every day. Glasses become part of our personality — let us help you express yourself in style."

With extended hours on Wednesday and Thursday, the Customer Appreciation Event is designed to make it easy for residents across the Interlake to stop in, explore new options and take advantage of the savings.



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THURSDAY: 9 AM-7 PM
FRIDAY: 9 AM-5 PM

> PROPERTY CONTROLS, FROM PG. 15

building nearby extend into agricultural fields and last until 2040 in one case and the 2060s in another, said the premier.

"We don't think that is in the public interest and that's why we're taking action," said Kinew. "I think we all understand when there's more competition, there are better prices. ... If this [property controls] wasn't benefiting the companies' bottom line, they wouldn't be doing it."

Minister Sandhu said the property control legislation resulted in some grocery giants deciding to drop existing controls.

"As a result of that legislation, one third of the existing controls were well and truly removed. Right now, 43 remain in place, all held by the same company," said Sandhu. "But we are not willing to wait for years of the last of these anti-competition contracts to expire while big chains make record profits and your groceries will keep going up."

With the new legislation, the government can bring a case against Sobey's to the Municipal Board, which can "strike down" predatory property controls that go against the public interest, Sandhu said.

"We gave Sobey's the chance to do the right thing, and voluntarily put a stop to this anti-competition practices in Manitoba," he said. "They refused."

The government intends to fight all 43 property controls.

Other measures the provincial government has taken to provide some mitigation against high prices include removing the PST from ready-made food and other edible products sold in grocery stores and in mom-and-pop shops (starting July 1), freezing the price of milk (one litre) and "cracking down" on surveillance or predatory pricing through the use of customer data, typically from points or rewards cards offered by grocers and online shopping.

To see more photos of your favourite Interlake Athletes

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The new era of dentures is here and it's far superior in 5 big ways

By Brock Vandor - Denturist

It's been decades and generations since dentures have evolved. The most notable advancement was the development of acrylic resin, which became popular for denture fabrication in the 1940's and is still being used today, not surprisingly, due to the acrylics beauty and adaptability to match patients' gums, but there was always one major drawback...Acrylic always needed to be heated up and baked to fully cure, and when it cooled down it shrunk and distorted, losing the best fit! For example, when you bake a cake and take it out of the oven, it cools and pulls away from the pan. Well, dentures used to do the same thing, no matter how perfect we would take an impression, the denture would always warp when we cooked it, it was always a major drawback, until now!

Now we can use the same great proven acrylic we love, but with no more warpage because we use

technology to design the denture on a computer and then have a machine cut out (or mill) the denture from an already cured piece of acrylic. What does this mean you ask? Well, I wasn't fully sure either until we started experimenting with them last year, and the results are something I have never seen before! The dentures we can now make (with our computer scanning software and milling machines) are better fitting than anything I have ever seen, and every patient has noticed the difference right away!

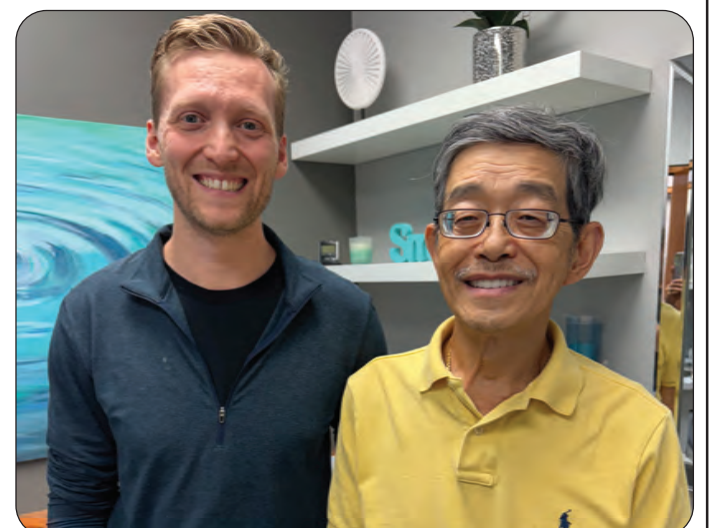
What are patients noticing?

1. Immediately more noticeably COMFORTABLE with a better fit and less sore spots! On delivery day of a milled denture, I am excited to hear the response when the patient puts them in for the first time. Last week was denture delivery day for Hong and he said, "when you put them in for the first time it fits really good, you can feel it right away. I notice that the biting is a lot better

too. They are very comfortable. I am really happy now."

2. The better fit makes the dentures TIGHTER!
3. The acrylic is way STRONGER than ever! We used to test denture strength by dropping them on concrete from shoulder height to see if they will break, now we have to actually throw a denture to the ground multiple times to break it, wow!
4. The super strong acrylic is very dense, making the dentures very STAIN RESISTANT.
5. GUARANTEED, because we have the computer file of your dentures, if they are lost, it's no longer a big emergency or expense, we can simply create a new identical one for a fraction of the cost!

We do a lot of really nice dentures here, but adding these milled dentures is most definitely the way of the future, for sure. We look forward to seeing you soon for your milled dentures! **SENIOR'S PRICING**



Hong, pictured with Denturist Brock, is one of the first recipients at Vandor Denture Centre to wear CNC milled dentures and he shares the difference he noticed right away.

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MOTHER'S DAY
MAY 10, 2026

Thank you for everything, Mom!

Letting go of 'mom guilt' on Mother's Day

Mother's Day is an occasion intended to celebrate mothers. However, for many women, it can prompt feelings of self-doubt, negative comparisons and pressure to live up to an impossible standard. Instead of feeling appreciated, some moms find themselves questioning whether they're doing enough, giving enough or being enough.

What's "mom guilt"?

Mom guilt is the persistent feeling that you're never "getting it right." On Mother's Day, those pressures can feel amplified as moms compare themselves to carefully curated im-

ages of perfect homes, smiling children and effortless celebrations.

However, real motherhood is far more complex. It includes stress, exhaustion, mistakes and learning as you go. None of these realities makes you less deserving of recognition.

How to let it go, at least for one day

This Mother's Day, give yourself permission to release the idea that you must earn appreciation through perfection.

- Write down one expectation you've been putting on yourself and lower it.
- Say aloud one thing you handled well this week, even if it feels ordinary.
- Set a specific boundary for the day and stick to it.
- Put your phone away for part of the day or mute your social media

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- Request a break, a walk alone, help with dishes or uninterrupted rest.

This year, let Mother's Day be a reminder that you're already enough, exactly as you are.

Happy Mother's Day

Derek Johnson
MLA for Interlake-Gimli
InterlakeGimliMLA@gmail.com
204.641.8525 (Gimli) 204.376.3401 (Arborg)

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Gimli's Lotts capture bronze at world curling championship

By Haley Cvar

Manitoba's Colton Lott and Kadriana Lott delivered on their strong round-robin showing, earning a bronze medal for Canada at the 2026 ACE & Company World Mixed Doubles Championship.

The husband-and-wife duo from Gimli capped a breakthrough week with an emphatic 11-3 win over Italy in Saturday's bronze-medal game, rebounding less than 24 hours after a narrow 6-4 semifinal loss to Sweden.

"Winning the bronze means everything for us," the pair said. "It's not the gold, but it just gives us even more fire to keep striving and trying to be the best team out there."

Representing Canada, the Lotts were among the tournament's most consistent teams, finishing first in their pool with an 8-1 record before advancing directly to the semifinals. Their only round-robin loss came against Scotland, but they responded with key wins down the stretch to secure top spot and a bye.

The semifinal defeat tested their resolve, but the pair remained focused heading into the bronze-medal game.

"It wasn't easy after losing that semifinal, but we made sure to keep reminding one another that we still had a medal to play for and to leave it all out there for that last game," Kadriana said.

In the medal game, Canada seized control early and never looked back, securing an 11-3 win in six ends. A four-point opening end set the tone, and the Lotts continued to apply pressure, adding a three-ender in the third and another four in the sixth to end the game early.

Canada's performance was marked by precision and execution, finishing with 89 per cent shooting compared to Italy's 65 per cent.

"We were very comfortable with both the rocks and the ice," she said. "The trust we have in one another is very strong, and with that dynamic it brings out the best in one another. We managed the game really well and capitalized on pretty much every mistake that the Italian team made."

For Kadriana, the result marked her first world championship medal, while Colton added to an already impressive season that included a silver medal at the world men's champion-



Colton and Kadriana Lott share an embrace on the ice after securing Canada's bronze medal.

ship.

"There's no words that can describe this feeling right now," Colton said. "Other than just gratitude ... I'm super happy for her to get her first-ever world medal."

The bronze caps the Lotts' deepest run at worlds to date and represents Canada's first podium finish in mixed doubles since 2019.

Their success also resonates strongly in Manitoba, where the pair has long been recognized as one of the province's top curling teams. Their chemistry, built through years of playing together, was evident throughout the week in both tight games and dominant performances.

"There's definitely some extra comfort with one another being a husband-and-wife duo," Kadriana said. "We just always make sure to take whatever happened out on the ice and leave it out on the ice, while continuing to be a strong duo off the ice as well and not letting anything carry into our relationship."

Support from back home was also top of mind as they stood on the podium.

"Having the whole nation, the province of Manitoba and everyone back in Gimli cheer us on and be by our side the whole way — we can't thank everyone enough," she said. "They've



EXPRESS PHOTO WORLD CURLING / ANSIS VENTINS

Kadriana Lott delivers a stone while Colton Lott prepares to sweep during mixed doubles action at the 2026 ACE & Company World Mixed Doubles Curling Championship, where the Gimli duo captured the bronze medal for Canada.

stuck with us through the highs and lows over the years. We're so thrilled to be able to bring home a world medal to our community."

While the bronze medal is a major milestone, the Lotts say it is also motivation for what comes next.

"This result just makes us want to work as hard as we can to get back to the world stage again and have another crack at winning a gold for

Canada," she said.

For the Interlake region, the result adds another proud chapter to its curling legacy — with Colton Lott capturing world silver with Team Dunstone and Kerri Einarson coming off a national title and world silver, underscoring the region's strength on the global stage.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Hewitt visit turns golden after world title run

By Haley Cvar

The Eriksdale Curling Club wrapped up its season with a memorable visit from Olympic curler Dean Hewitt — a moment that quickly took on added significance just days later.

Hewitt, who represented Australia at the 2022 Winter Olympics, spent time in Eriksdale mentoring the club's new mixed doubles high school team. He shared insights from his international experience, offering technical advice and encouragement as the team looks ahead to next season.

The visit also included a lasting contribution, as Hewitt donated an autographed Team Australia jersey to the club, giving young curlers a tangible reminder of the sport's highest level.

At the time of his visit, Hewitt was already in strong form on the world stage.

Competing alongside partner Tahli Gill for Australia at the 2026 World Mixed Doubles Curling Championship, the duo posted an impressive round-robin performance to earn a direct berth into the semifinals.

Supported by Canadian coaches Perry Marshall and Lisa Rogerson, Australia finished the round robin with an 8-1 record. Their only loss came in a narrow 7-5 decision to the Netherlands.

Gill and Hewitt opened the event with a 12-4 win over China and followed with a 7-5 victory against Japan. They continued their strong play with wins over Denmark (11-8) and Sweden (8-6), before adding victories against Estonia (8-6) and France (7-2). After their lone setback, Australia rebounded with a 10-4 win over New Zealand and closed out the preliminary round with a tight 6-5 win over Norway.

That consistency carried into the playoff round.

Australia advanced to the gold medal game with a semifinal victory over Italy, setting up a championship matchup against Sweden's Therese Westman and Robin Ahlberg.

In the gold medal final, the teams traded singles early before Australia took control in the third end, when Gill removed two Swedish stones to score three and build a 4-1 lead.



Sweden responded with a pair in the fourth to close the gap, but Australia maintained momentum through the middle ends.

After the break, Gill executed a key angle raise takeout in the fifth to score one and extend the lead to 5-3. Sweden managed just a single with the Power Play in the sixth, leaving the score at 5-4.

Australia put the game away in the seventh end. After Sweden misplayed an attempted double takeout, Gill made a draw to score three, stretching the lead to 8-4. Sweden ran out of stones in the eighth, sealing a historic victory for Australia.

The win marked Australia's first-ever world title in mixed doubles curling.

While Hewitt was celebrating at the top of the podium, there was another meaningful connection to the event. His parents were also competing in Geneva at the World Senior Curling Championships, making it a unique family experience on the international stage.

For the young curlers in Eriksdale, Hewitt's visit was already special. With a world championship now added to his resume, it becomes an even more memorable moment — a firsthand connection to a curler who went from sharing his knowledge in a small Manitoba community to standing atop the world just days later.



EXPRESS PHOTOS SUBMITTED

Australian Olympian Dean Hewitt visited the Eriksdale Curling Club to mentor its mixed doubles high school team, sharing his experience and offering guidance while also presenting the club with an autographed Team Australia jersey.



Gold medallists Tahli Gill and Dean Hewitt (MVP) celebrate with coaches Perry Marshall and Lisa Rogerson after capturing the 2026 World Mixed Doubles Curling Championship title in Geneva.

Winnipeg Beach's Huminicki caps breakout season with NextGen gold

By Kieran Reimer

The future of curling in Manitoba is in good hands with Team McDonald.

The men's team out of Winnipeg, skipped by Jordon McDonald and featuring lead Cameron Olafson, second Elias Huminicki, and third Jacques Gauthier, captured the 2026 U-25 NextGen Classic in Edmonton last week with a 7-2 win over Ontario's Team Hocevar in Tuesday's final.

The victory saw Team McDonald take a 5-0 lead midway through the game after shutting out Team Hocevar through the first four ends of the six-end contest.

Strong early shot-making helped them steal one in the third end and add two more in the fourth. From there, they cruised to victory, completing a perfect 7-0 run to claim their second NextGen title in the past three years while avenging last year's final loss to Team Mooibroek.

"It just stems from the many years of curling that I've been with Team McDonald," said Huminicki on Thursday. "I've been with them for five years, and they've basically turned into brothers more so than teammates. It's a really good thing that we have going. Even when we lose, we treat it more as a learning lesson. We see it as places to grow, and we know that even if we lose an event, we'll come back stronger the next year."

Huminicki is Team McDonald's lone

Interlake representative, hailing from Winnipeg Beach, where he runs a family farm when he's not on the ice.

At 21, he has already gained experience competing against — and defeating — top men's teams such as Team Calvert and Team Dunstone at events including the Home Hardware Canadian Curling Pre-Trials and the PointsBet Invitational.

His Assiniboine Curling Club rink also qualified for the 2025 Canadian Olympic Curling Trials after winning the Pre-Trials earlier in the season.

"It's funny for me because a lot of the older guys aren't too happy when they're losing to someone my age," said Huminicki. "I use that as fuel. It builds my mental strength and increases my desire to win. Growing up on a farm, working with my dad, taught me to be strong and not be afraid of anyone. At the end of the day, they're just as human as you are."

Huminicki credits the team's camaraderie for their recent breakout success.

Over the past year, they have spent significant time on the ice pursuing their long-term goal of competing in the Olympics. Ahead of the NextGen event, they also participated in several video sessions with coaches including Jeff Stoughton, David Murdoch, Darryl Nowlan and analytics coach Renee Sonnenberg.

"They played a big role, especially



EXPRESS PHOTO SUBMITTED

Team McDonald — Jordon McDonald, Jacques Gauthier, Elias Huminicki and Cameron Olafson — celebrates its second U-25 NextGen Classic title after a 7-2 win over Ontario's Team Hocevar in the final at the Saville Community Sports Centre in Edmonton. The team finished with a perfect 7-0 record.

with this NextGen event. We had a couple of meetings beforehand with the national coaches, and they helped us develop new strategies and new ways of looking at the game. It really helped us stay composed when we were down and make sure we had each other's backs," said Huminicki.

"That made a big difference through-

out the event. Every game was close, and there were times when we were in trouble, but those strategies helped us push through."

Team McDonald will now take some time to rest following a busy 2025-26 season. The team plans to regroup after the summer and return for the 2026-27 campaign.

Strong Phillies clubs itching for opening day

By Kieran Reimer

The AAA Interlake Phillies are just weeks away from the start of the 2026 Manitoba Premier Softball League season.

Three teams will represent Phillies colours at the U13, U15 and U17 levels, while U19-aged players have joined the Winnipeg-based Smitty's Terminators to form a co-op team.

All four teams will be in action at Stonewall's Quarry Park for Phillies Day on Sunday, May 31, marking the first time they will all play in the annual event.

Quarry Park is once again the home of all Phillies games and will also host the Softball Manitoba U15 AAA provincials from July 9 to 12.

"It's good for our girls to start seeing some bigger crowds, so it's always exciting for the athletes," said Phillies president Todd Chetyrbok. "It's in July, it spans four days, so lots of people come out to watch very high-calibre softball, enjoy the summer weather and hopefully cheer on the

home team."

With temperatures starting to rise across the province, Phillies teams are nearing their all-important first outdoor practices.

They've spent the winter training at Home Run Sports Training Centre in Winnipeg, Collège Stonewall Collegiate and, most recently, the Stonewall Curling Club. Some players have also travelled south to compete in winter ball with American-based clubs.

Teams were formed in the fall, helping build chemistry throughout the winter.

With no pre-season tournaments scheduled, each team's focus is firmly on opening day in May.

Chetyrbok is eager to see the U13 team in action for the first time, with an almost entirely new roster. All but two players from last year's group have moved up to U15.

Coached by Colin Ballantyne, the U13 squad enters the season as reigning champions after winning both provincials and the Western Canadi-

an championships last summer.

"You never know what you're getting in U13 until the season unfolds," said Chetyrbok. "There's lots of development, and teams grow and improve throughout the year. They're doing all they can and will be competitive. With only two returning players, you never quite know where you stand. There's lots of new blood at that age level across all teams."

As for the U15s, their goal for 2026 is clear — a golden season.

Much of last year's U13 championship roster has moved up, and the team has retained its core group of 14-year-olds who helped secure a provincial bronze medal and a sixth-place finish at the Softball Canada national championships in 2025.

Head coach Mike Hammond returns after leading the group to success last season.

"U15 is a strong group," said Chetyrbok. "They won provincials with a similar group two years ago and finished third at Westerns at the U13

level. A lot of those same players were also part of last year's championship team. They should be well positioned to challenge for a medal — if not gold."

The U17 team also has high expectations, with former Phillies president Kirk Swanson taking over behind the bench.

He leads a squad coming off a fourth-place finish at Westerns.

"The kids have been together a long time, and they're always in the mix at the U17 level," said Chetyrbok. "They should be right there again, knocking on the door for a medal this year."

The 2026 season will include the annual trip to Mankato, Minn., for both the U13 and U17 teams, where they will compete in tournaments against new, often American, opponents.

The U15 team is not expected to attend this year, as its tournament is scheduled just days ahead of provincials.

Ice Dawgs celebrate accomplishments at annual team awards



Brody Maxwell



Dylan Woytowich



Brycen Johannesson



Sawyer Zuk



Tytan Johnson



Brandon Burak

By Kieran Reimer

The Arborg Ice Dawgs put a bow on the season with their annual awards banquet last week.

The 2025–26 Capital Region Junior Hockey League season featured seven teams vying for the championship, which was ultimately won by the La Broquerie Habs, who captured their franchise's first title.

Rookie head coach Jack Einarson's Ice Dawgs, meanwhile, finished in fifth place after being eliminated in the first round by the eventual champions. Arborg posted a 7-18-0-2-3 record for 28 points in the regular season, a five-point improvement from 2024–25.

Last week's awards recognized 10 individual accomplishments from the campaign, as well as the junior career of senior defenceman Dylan Woytowich, who is aging out after 132 games over six seasons with Arborg.

Woytowich was named the recipient of the team's

Fan Favourite Award following a 2025–26 campaign in which he recorded a career-high 16 points and set the CRJHL record with 615 penalty minutes.

Leading scorer Brandon Burak took home the bulk of the hardware, earning MVP, Top Scorer and Top Points honours, along with one of two team scholarships. He also captured the CRJHL MVP Award earlier this season.

The second-year forward led the league with 54 points in 2025–26, including 32 goals and 22 assists.

Rookie defenceman Tytan Johnson added to his CRJHL Rookie of the Year and Top Defenceman honours by earning those same awards from the Ice Dawgs, along with the club's second scholarship. He finished his freshman campaign with nine goals and 34 assists.

The remaining team awards went to Brody Maxwell (Leader of the Pack), Brycen Johannesson (Coaches Award) and Sawyer

Zuk (Most Improved Player).

Maxwell, a fourth-year forward, recorded a career-high 13 goals and five assists in 25 games.

Johannesson, a rookie forward, posted eight goals and nine assists in 30 games.

Zuk, a third-year defenceman, set career highs in games played (30), goals (two) and points (two).

All Ice Dawgs players, aside from Woytowich, are eligible to return next season.

The CRJHL recently announced the expansion of the Altona Maroons, which will bring the league to eight teams in 2026–27.

To see more photos of your favourite Interlake Athletes

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THE **EXPRESS**
WEEKLY NEWS

Sleep in Heavenly Peace ensuring no child sleeps on the floor, increasing bed-building quota

By Patricia Barrett

After launching its Interlake chapter in 2025, Sleep in Heavenly Peace is increasing its bed-building quota for the region this year.

Chapter president Diane Fjeld said it has been one year since the chapter formed and started building and delivering beds to children in the Interlake area, which includes communities between Lake Manitoba and Lake Winnipeg such as Gimli, Lundar, Stonewall, Fisher Branch, Riverton and north to Fisher River Cree Nation.

The non-profit organization relies on grants and donations to build wood beds for children aged three to 17. The beds also come with new sheets, blankets and quilts. Families apply online for a bed for their child/children.

Fjeld said the families are so grateful to get beds for their children. Some have to share a bed with their children as they can't afford to purchase individual beds.

"The parents are really grateful. But more than that is the kiddos and how excited they are. Sometimes, it's their first bed. And you know what kids are like: the first thing they want to do is jump on the bed," said Fjeld. "You see their eyes light up when they look at their quilts and the designs on them and the quilt-makers' names engraved on the quilt. They know that quilt was handmade and they know the person: that's special."

It's hard to believe for most people, she added, that some families can't afford beds because "most of us didn't grow up that way; we always had a bed to sleep on and you take that for granted."

During its inaugural year last year, the Interlake chapter built 42 beds for kids, including in communities such as St. Laurent and Stonewall. It's anticipating an increase in the number of requests this year.

"We're anticipating that there's still a need out there because it's a vast geographic area. We haven't tapped the whole area yet," said Fjeld, who lives north of Gimli. "With our budget this year, we're working towards making 100 beds."

Families applying for a bed have varying circumstances, and Fjeld says some don't have a lot of furniture, including beds.

"There could be people who can't afford a bed. Some are large families and that could be expensive. There are marital breakdowns where mom and dad share custody and have to set up a second residence and they need beds for the kids. There's domestic violence scenarios," said Fjeld. "We also have a lot of newcomers from Ukraine and other countries and they come with very little."

The Interlake SHP chapter is the only rural chapter in Canada, said Fjeld, and that has presented the organization with challenges relating to geography, especially with driving long distances to family homes to set up the beds. They also need community support across the region in order to continue their goal of making sure every child has a bed.

Fjeld and her husband provide their family driveway for "build days" which consist of volunteers sanding and staining the beds. On days when the weather is poor, the Fjelds move the operation into their garage, which is equipped with a built-in dust-collection system.

"We don't have a building or a workshop that we can build out of," she said. "So we're little dependant on the weather. Right now, we're doing the



EXPRESS PHOTOS COURTESY OF DIANE FJELD

Members of the Westshore Community Foundation presented Sleep in Heavenly Peace Interlake with \$3,500 in 2025 to help the organization build beds for kids. Representatives from Smitty's Furniture in Arborg and volunteers are also pictured.

prep work, cutting the lumber. And we're getting ready for a potential bed-building day on the third week in May."

Fjeld's husband is the head carpenter. They purchase the lumber from Gimli-based KC Enterprises, which "provides us with premium quality lumber at a good price."

Fjeld's husband then cuts it into the appropriately sized bed pieces — head and foot board, rails and slats. Over the summer months, volunteers sand the pieces, stain them and put them together for the children at their family home.

The beds are stained with a homemade stain consisting of a vinegar and steel wool solution. The solution, which sits for a couple of weeks, also acts as a repellent for critters, she said. All the bed pieces are dipped into a holding tank with the solution.

The individual pieces are then stored in a rented facility. When SHP approves a bed order, volunteers pick up the pieces, drive them out to the kid's family home and put them together.

Each wooden bed comes with a high quality mattress that's made specially for SHP by Calgary-based Canadian company Kingsdown.

"We receive those mattresses through Smitty's Furniture & Appliances in Arborg," said Fjeld. "I'm happy we can provide a good quality mattress that will last a long time."

Fjeld said SHP Interlake chapter's bedding manager is Janice Skene, who lives in Arborg and is also a member of the Gimli New Horizons' quilting group, which donates quilts to SHP.

Skene coordinates the donation of quilts and new blankets and sheets. She accepts bedding donations — which must be brand new — and puts a sheet set, a pillow, blanket and quilt in a bag for each child destined to get a bed.

"All of the quilts, specifically, are donated by various quilting groups throughout the Interlake. I give special commendation to Project Linus in Selkirk. They donate 50 quilts at a time to us. We received quilts from them in January. Also the quilting group from New Horizons," said Fjeld. "We really appreciate bedding donations."

A lot of businesses like to do a bedding drive for SHP, she added. Red Apple and Giant Tiger (Win-

nipeg McPhillips), for instance, have provided bedding. And the Hutterite colonies "make some significant donations of quilts."

Fjeld has a group of volunteers. Some specifically like to build the beds. Some like to deliver them, and some like to do both.

"I invite volunteers over [to my house] and we set up an assembly line process. I have a my core group of volunteers who oversee the work stations and the volunteers that come to build beds get an overview of what happens, safety rules and they start," said Fjeld. "On a build day, they work on the head and foot board, which are exactly the same."

On a normal build day, they'd work on 20 to 25 beds.

Cindy Genik, who lives in the Arborg area, said she just had to chip in when she saw the good work SHP is doing for Interlake communities.

"When I learned about Sleep in Heavenly Peace, I just knew I had to be a part of it. Making sure all children have a bed to sleep in is so important," said Genik. "I love woodworking; it was meant to be. When you see how happy those little faces are, I have to hold back my tears. It make my heart happy and I love helping."

Fjeld said she can always use more volunteers.

As a standalone chapter — operating under the umbrella of the national organization, which is registered with the Canada Revenue Agency — Fjeld said she doesn't hold fundraisers but relies on the goodwill of the communities in which the chapter operates. That includes foundations, local businesses, individuals and organizations.

Red River Co-op in Gimli, for instance, made a donation of \$2,250 last fall, enabling SHP to add five more beds. The Westshore Community Foundation, which provided \$3,500, the Icelandic River Foundation, Access Credit Union and the RM of Gimli also supported SHP last year.

The application portal is now open. Visit Sleep in Heavenly Peace's website SHPbeds.ca to apply for a bed.

People can also inquire about volunteering and making monetary or new bedding donations by calling Diane Fjeld at 204-641-5297.

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Contact Brent Loewen: 204-642-3026.

R.M. of ARMSTRONG UNDER THE PLANNING ACT NOTICE OF PUBLIC HEARING

The Council of the R.M. of Armstrong under the authority of the Planning Act will hold a PUBLIC HEARING at the date, time and location listed below:

Thursday, May 14, 2026
7:00 P.M.

FRASERWOOD HALL
10140 PR 231 Fraserwood, MB

Property owners are being notified in order to give them the opportunity to speak in support of or objection to the proposed conditional use.

People who wish to make a presentation in support of or objection to the proposed conditional use application must register with Planning at the R.M. of Armstrong Office no later than **Monday May 11, 2026 at 4:30pm.**

CONDITIONAL USE: # 2026-A-07
ROLL NO: 0044500
APPLICANT: 7317434 Manitoba Ltd/Harbour Colony Farms
OWNER: 7317434 Manitoba Ltd./Harbour Colony Farms
SUBJECT: Agricultural General Zoning district R.M. of Armstrong Zoning By-Law No. 6/04 Section 12.3-19 Livestock Production Operation producing more than 301 Animal unit

Conditional Use Requested: The applicant seeks to construct a new poultry operation. The applicant proposes that the operation will consist of 40,000 layers (332 A.U.), 40,000 pullets (132 A.U.), and 60,000 broilers (300 A.U.), representing 764 animal units (A.U.).

PREMISES: SW 28-18-3E

For further information, please contact:

Cori Audet - Permit & Planning Services Phone: 1 (204) 278-3377
Rural Municipality of Armstrong Fax: 1 (204) 278-3437
Box 69, Inwood, MB R0C 1P0 e-mail: planning@rmofarmstrong.com

Documents related to the matter to be considered at the hearing may be inspected or copied at the R.M. of Armstrong Office during normal office hours, 8:30am - 4:30pm, Monday to Friday.

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RURAL MUNICIPALITY OF GRAHAMDALE UNDER THE AUTHORITY OF THE PLANNING ACT NOTICE OF PUBLIC HEARING

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

THE RURAL MUNICIPALITY OF GRAHAMDALE BY-LAW NO 1101-2026
Being a BYLAW TO AMENDMENT TO THE RURAL MUNICIPALITY OF GRAHAMDALE DEVELOPMENT PLAN BY-LAW NO 1055/2022, and AMENDMENTS THERETO:

HEARING LOCATION: The RM of Grahamdale Council Chambers,
23 Government Road, Moosehorn, Mb

DATE & TIME: May 28th, 2026 at 10:00 a.m.

GENERAL INTENT: To re-designate:

- Part of the SE ¼ 11-29-10W in the Rural Municipality of Grahamdale as shown outlined in a heavy dashed line on the map below, from "Parks, Recreation and Open Space Area" to "Lake Residential Area" to accommodate approximately a 47 lot subdivision
- Part of the SW ¼ 14-29-10W in the Rural Municipality of Grahamdale as shown outlined in a heavy dashed line on the map below from "Lake Residential Area" to "Parks, Recreation and Open Space Area" with no current plans for development.



AREA AFFECTED:
SE ¼ 11-29-10W & SW ¼ 14-29-10W,
Steep Rock, Manitoba in the RM of Grahamdale

FOR INFORMATION CONTACT: Cherie Millar, Office Administrator,
Western Interlake Planning District
Box 269, St. Laurent, MB R0C 2S0, (204) 646-2615,
Fax: (204) 646-4150, Email: wipd@mymts.net

A copy of the proposal and supporting material may be inspected at the location noted above during normal office hours, Monday to Friday. Copies may be made and extracts taken there from upon request.

Note: Property owners are responsible for notifying lessee.

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TOWN OF WINNIPEG BEACH PUBLIC HEARING NOTICE Vacant & Derelict Buildings By-Law 01-2026

PUBLIC NOTICE is hereby given that pursuant to sub-section 247.2(2) of *The Municipal Act*, the Council of the Town of Winnipeg Beach will hold a Public Hearing to consider Vacant and Derelict Buildings By-law No. 01-2026 to be held at the Town of Winnipeg Beach Municipal Office, 29 Robinson Avenue, Winnipeg Beach, MB on **WEDNESDAY, May 27, 2026** at 6:30 p.m.

The proposed by-law establishes regulations for the identification, registration, maintenance, and remediation of vacant and derelict buildings within the Town of Winnipeg Beach. The intent is to enhance community safety, protect property, and improve neighbourhood standards by addressing buildings that are unoccupied, unsafe, or in a state of disrepair.

The purpose of this hearing is to allow any interested person to make representation, ask questions or register an objection to the proposed by-law.

The Vacant & Derelict Buildings By-Law 01-2026 is available for review at winnipegbeach.ca.

Jodi Mitchell, CMMA
Chief Administrative Officer
Town of Winnipeg Beach



TOWN OF WINNIPEG BEACH EMPLOYMENT OPPORTUNITY

INVITES APPLICATIONS FOR SEASONAL & STUDENT POSITIONS

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

SEASONAL POSITIONS

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

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

Criminal Background Check and Drivers Abstract to be provided.

Resumes and references to be submitted to the undersigned, stating the position(s) applied for, no later than 4:00 p.m. on Friday, May 15, 2026.

GREEN TEAM STUDENT POSITIONS

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

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

Resumes and references to be submitted to the undersigned, stating the position(s) applied for, no later than 4:00 p.m. on Friday, May 22, 2026.

Town of Winnipeg Beach
PO Box 160
Winnipeg Beach, MB R0C 3G0
Email: cao@winnipegbeach.ca
Fax: (204) 389-2019

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



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**10am
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JANITORIAL TENDER

Access Credit Union Fisher Branch

Access Credit Union's Fisher Branch located at 48 Tache Street, requires the services of a contractor to provide general cleaning duties.

Duties include:

- Cleaning of interior and exterior areas of branch
- Sidewalk clearing during the winter months
- Waste removal
- Watering flowers during the summer months

Tenders or resumes, accompanied by a minimum of two references, must be received on or before **May 15, 2026, before 4:30 p.m.**

Walk throughs available by request. Tender information can be obtained by emailing Vickie.Addison@accesscu.ca

Tenders may be delivered, mailed or emailed to:

Access Credit Union
PTH #14 Unit 2 - 23111 Stanley Business Centre
Winkler, MB R6W 4B4

Email: Vickie.Addison@accesscu.ca



SUDOKU

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

Fun By The Numbers

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

Level: Intermediate

Here's How It Works:

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

CLUES ACROSS

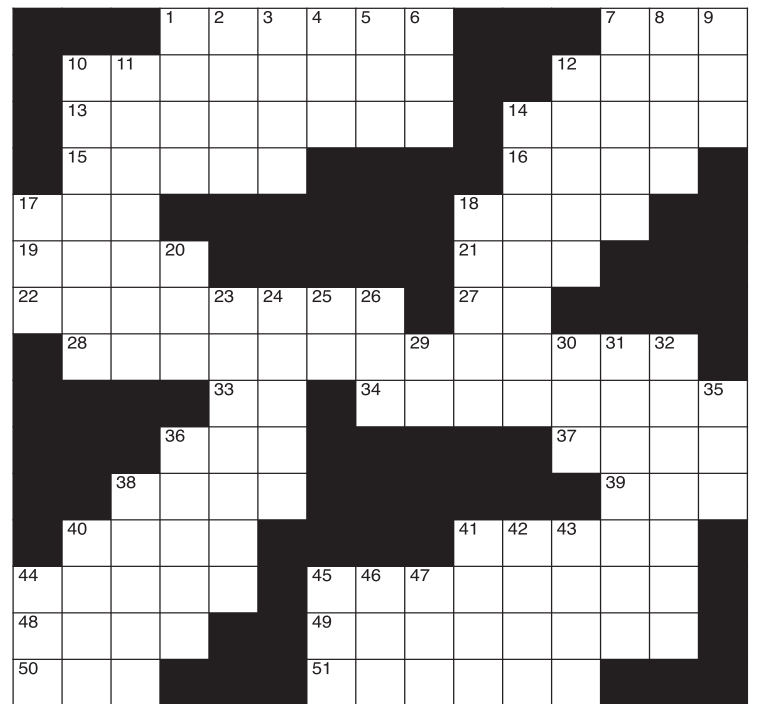
1. Large dung beetle
7. Gambling game __-lo
10. Further along
12. Type of tobacco
13. Looked for
14. Silk fabric
15. Computer method to solve equations

CLUES DOWN

1. Peruse quickly
2. Automobiles
3. Razorbill genus
4. Bravo! Bravo! Bravo!
5. Consumed
6. A place to sleep
7. Small seeds
8. Legendary law man Wyatt
9. Female sheep
10. Indigenous peoples of eastern Siberia
11. A place ships dock
12. Reciprocal of sine
14. Discomfort
17. British Air Aces
18. Exit sleep
20. Solar energetic particle
23. Plagues characterized by starvation
24. Short musical composition
25. Trauma center
26. Habitual twitching
29. A place where checks are exchanged (abbr.)
30. Decameter
16. As fast as can be done (abbr.)
17. Tear
18. Brews
19. "Famous" cookie baker
21. Women's Army Corps
22. Front parts of an animal
27. It's causing quite a stir
28. Beloved March holiday
33. 12th letter of the Greek alphabet

34. More impudent
36. Indicates center
37. Young woman (French)
38. A cause of distress
39. Santa's helper
40. Hillside
41. Many wombs
44. Is afraid of
45. Popular baked goods ingredient
48. Popular computers
49. Conceiving of
50. Google certification (abbr.)
51. Sturdy

31. Hinged surface in a wing
32. Shouting
35. Sports official
36. Volcanic craters
38. Supportive device
40. It's part of a rosary
41. Two-toed sloth
42. Body art
43. Let out
44. Foreign medical graduate
45. Nonprofit journalism organization (abbr.)
46. Couples say it
47. Bird's beak



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between the hours of 8:00 am and 3:30 pm.**

**During this time, water may be discoloured.
Please take proper precautions.**

**If you require further information, please call
Public Works at 204-642-6688.**

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Anthony Masiak
Bulk Fuel Manager Interlake Consumers Co-op
Or fuel@interlake.crs, 204-376-5201 office, 204-642-2343 cell**

We thank everyone for applying, but only those selected for an interview will be contacted.

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BRIDAL SHOWER



Please join us for a
Bridal Shower
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Krista Sigvaldason
 Bride-elect of
Bronson Ammeter
 on **Saturday, May 9, 2026**
 at 1 p.m.
 at the **Arborg Community Hall**
 The lovely couple are registered at
 myregistry.com
 Gift cards also appreciated from
Home Hardware, Costco and Home Depot
 Donations may be left at
Arborg Home Hardware and Arborg Co-op

BIRTHDAY



Happy Birthday to
Mary Kowalchuk
 who is celebrating
 her **104th birthday on May 7th**
 We are truly blessed and so thankful
 to have you in our lives and celebrate
 with you another year!
 God bless you!
 -With love from your whole family

Mnohaya Lita

OBITUARY



Dennis Gary Eirikson
March 25, 1946 - April 13, 2026

It is with heartfelt sadness that our family announces the passing of Dennis Gary Eirikson, beloved husband, father, papa, brother, uncle, and cousin, on April 13, 2026, at the age of 80 years.

He is survived by his loving wife of 52 years, Rolanda Eirikson; his four children, Graham Eirikson (three grandchildren, McKenna, Paige and Ty), Denisa (Andrew) Baxter (two grandchildren, Anna and Joshua), Alana-Dawn Eirikson, and Laura (Mike) Tonopa (two grandchildren, William and Emily). Also surviving him are his sisters Dorothy (Russell) Schlamp (Cheryl and Lynda), Jill Eirikson, and Jesse Eirikson; along with extended family members.

Dennis was predeceased by his brother, Jim Eirikson, sister-in-law, Brenda, and niece, Ingrid.

Dennis was born of Icelandic descent on March 25, 1946 in Eriksdale, MB. Raised on a farm and mink ranch outside of Lundar, he grew up surrounded by a close-knit family and cherished his many

aunts, uncles, and cousins who were an important part of his life. Dennis went on to pursue higher education, earning degrees at the University of Winnipeg, Brandon University, and a Master's Degree in Education and Law from the University of Manitoba. It was during these years that Dennis met and married Rolanda, beginning their family life together. He was a devoted husband and a great father, and his family remained at the center of his life.

Over a career spanning more than 40 years, Dennis made significant contributions to education across Manitoba, and internationally. He served in Holland, Miami, Winnipeg, Brandon, and Virden, where he was District Superintendent at the Fort La Bosse School Division; and later worked with the Manitoba Department of Education before establishing his own company, EIR Consulting. A highlight of Dennis' career was his international work developing English programs in the UAE, Oman, Turkey, and Korea. He was widely respected for his compassion, kindness, humour, and dedication to students and educators alike.

Dennis cherished time with family and friends. He enjoyed golf, curling, fishing, travelling, and attending sporting events. Summers in Victoria Beach were especially meaningful, and after retiring there in 2007, he remained active in the community through St. Michaels' Church and in fundraising for the new Victoria Beach Community Center. In 2018 he and Rolanda moved to Calgary to be closer to family, where he enjoyed time spent with his children and grandchildren.

Dennis was a good listener, a trusted advisor; he loved helping people, and sharing a laugh. He will be remembered by his family, friends, and community members for his integrity, his quiet strength, and the care he showed to those around him.

A private family service will be held.

If friends so desire, in lieu of flowers, memorial tributes may be made directly to the Parkinson Association of Alberta, www.parkinsonassociation.ca, or to a charity of your choice.

Condolences, memories, and photos may be shared and viewed with Dennis' family at www.MHFH.com.



OBITUARY

Constance 'Connie' Elaine Price (nee Bauch)
December 6, 1949 – April 30, 2026

Suddenly at her residence, Connie aged 76 of Ashern, MB passed away on April 30, 2026. In keeping with her wishes, cremation has taken place and a gathering will be announced at a later date.

Arrangements by:
ARNASON FUNERAL HOME
 Ashern – Lundar
 1-204-768-2072
 1-866-323-3593

OBITUARY

Michael (Mike) Edward Dubchak

On April 29, 2026, aged 90 years, Dad passed away peacefully in Steinbach, MB. Dad was formerly from Teulon and Gimli, MB.

Dad was predeceased by his parents and all of his siblings and his two sons Terry and Lyle Dubchak.

Dad is survived by his daughter Charlene, granddaughter Jennifer (Jeff), great-grandchildren Rylan, Kayden and Airlea; grandson Dustin (Meaghan), great-grandchildren Mackenzie and Sloane; daughter Bev Davis and numerous nieces and nephews.

The family would like to express sincerest thanks to all of the staff at Rest Haven Care Home in Steinbach for the extraordinary care that they extended to Dad.

A graveside service will be held at a later date.



OBITUARY



Martin Horvath
June 26, 1938 – April 30, 2026

Martin Horvath of Arborg, MB passed away peacefully on April 30, 2026 at the Arborg PCH.

Martin was born on June 26, 1938 at his family homestead in Magnusville in the RM of Bifrost to Joseph and Mary Horvath. He was the youngest of six children.

He was predeceased by his parents; his wife Josephine; his brother Louis; sisters Rose, Anne, and Margaret; his grandson Ky; granddaughter Jennalee; and son-in-law Glenn Jonasson.

Left to cherish his memory are his sister Mary Horvath; his daughter Catherine, son Douglas (Naoko), and his grandchildren Tem (Kie) and Aleah.

Martin graduated from Gimli High School in 1956 and began his career with C.N. Telecommunications as a lineman. Martin and Josie married on March 26, 1966 and he became part owner of the family business, Acme Radiator in Winnipeg where he worked as a welder. In 1972, he further advanced his welding skills by joining Motor Coach Industries, working in the engineering and production department alongside his sister Anne. He worked on custom-built buses, including special orders for well-known country music artists such as Kenny Rogers, Crystal Gayle, and Dolly Parton.

Martin later chose to pursue his true calling and started his own carpentry business, Horvath's Renovations. He was multi-talented with many special trade skills. His attention to detail, strong work ethic and pride in craftsmanship earned him a solid reputation. Martin and Josie retired to their cottage in Arnes, MB in 1996. He was an active volunteer for the Gimli Art Club for many years. Together, they enjoyed travelling to Hawaii, Bahamas, England, France, and across North America. Martin continued building homes and doing carpentry work until they moved to Arborg in 2016.

The family extends their deepest gratitude to Dr. Donnelly, Dr. Nazim, and the amazing staff at the Arborg PCH for their compassionate and exceptional care over the past six years.

Martin was a devoted husband, father, grandfather, and brother whose love for his family knew no bounds. He lived a life defined by hard-work, resilience and love.



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OBITUARY



Marion Linda Seymour (nee Russell)
February 24, 1955 - May 2, 2026

Marion Linda Seymour (nee Russell), born February 24, 1955, in Ashern, Manitoba, passed away suddenly on May 2, 2026, at the age of 71.

Linda will be deeply missed and lovingly remembered by her devoted husband, Earl James Seymour. She was a proud and caring mother to Darryl (Alexandra), Jay (Marley), and Tammy (Jason), and a cherished grandmother to Ariana, Kai, Sloan, Mats, and Noah, all of whom brought immense joy to her life.

She is also survived by her siblings Thelma, Stan (Aline), Barb (Greg), and Garry (Nadine), along with extended family and friends who will remember her kindness, strength, and unwavering love for those around her.

Linda lived a life centered on family, compassion, and quiet generosity. She was a long-standing member of the Eriksdale community, where she found happiness in the simple moments - time spent with loved ones, watching kids play sports, and creating lasting memories that will be treasured by all who knew her.

A celebration of Linda's life will be held at 2:00 p.m. on Wednesday, May 13, 2026 at the Eriksdale Recreation Centre with Cindy Thorkelson officiating.

In lieu of flowers, donations may be made to the E.M. Crowe Memorial Hospital Guild - c/o Debbie Lundale, Box 474, Eriksdale, MB R0C 0W0.

She will be forever loved and never forgotten.

Arrangements by
Arnason Funeral Home
Ashern - Lundar

1-204-768-2072 1-866-323-3593

Announcements



OBITUARY



Joan Alice (Anderson) Reshaur

Joan Alice (Anderson) Reshaur, aged 96, passed away peacefully on April 16, 2026 in Nanaimo, BC, surrounded by family.

Born on December 26, 1929 in Calgary, AB, Joan lived a life defined by integrity, dedication, and quiet strength. Throughout the years, she devoted herself to her family, the United Church, loved travelling and the time spent with the ladies of the Nanaimo Needlework Guild. She thrived on new experiences and her warmheartedness made everyone around her feel at ease.

Joan is survived by her brother Arnold (Berit), her sister-in-law Grace, her children, John (Ulla), Arlette, Tony (Brenda) and Andre (Monique), along with a long list of grandchildren, great-grandchildren, nieces and nephews who will forever cherish her memory.

She was predeceased by her husband George, her brother Garry, her son-in-law Brian and her parents Gladys and Haakon Anderson.

A Celebration of Life is scheduled for 1:00 p.m. August 17th, 2026 at the Brechin United Church in Nanaimo. NOTE - This service will be live streamed for those unable to attend, please check the church's website for the link closer to the date of the event. www.brechinunited.org There will also be a graveside service in Mulvihill, Manitoba, where George and Joan will once again be together, at their final resting place, in the Mulvihill Cemetery, at 1:00 p.m. on August 21st, 2026 for those wishing to attend that ceremony.

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