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THE EXPRESS

www.expressweeklynews.ca VOLUME 12 EDITION 18 THURSDAY, MAY 8, 2025 WEEKLY NEWS

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EXPRESS PHOTO BY MATTHIEU MEIER
Whiteout frenzy erupts as Winnipeg Jets fans from the Interlake celebrate a dramatic comeback victory over the St. Louis Blues in Game 7. Adam Lowry scored the game-winner in double overtime after the Jets forced the extra frame with a late third-period rally.

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Arborg meal program expands to support more seniors

By Patricia Barrett

The Arborg & District Seniors' Resource Council (SRC) is expanding its congregate meal program to help ensure seniors in Arborg and the surrounding area have access to healthy, homemade meals.

The SRC currently provides a variety of home-cooked meals to residents at the House of Hope, an independent living facility on the west side of town, and to residents at Sunrise Lodge, a Manitoba Housing facility in the centre of town.

But seniors who live in their own homes in Arborg or surrounding municipalities such as Armstrong and Bifrost-Riverton are now welcome to order low-cost, freshly cooked meals from the SRC.

Jacquie Sigurdson, who has overseen the meal program for 20 years, said some older adults who are still able to live independently no longer cook for themselves.

"There are so many seniors in the community and they need nutritious meals. Some don't cook by themselves anymore," said Sigurdson. "We currently serve the residents at the House of Hope and at Sunrise Lodge, and we want to open this up to adults who are 55-plus and are living in their own homes."

Congregate Meal Program	
Week of: April 28-May 4 / 2025	
Community members are welcome to dine in at the House of Hope or pick up Meal to take home.	
Meals must be ordered within 48 hours' notice	
Please Call Jacqui to order a meal @ 204-376-5014	
Cost - \$58.00/meal	
Monday	Lunch
• Soup	
• Apricot Chicken Thighs	
• Rice & Peas	
• Canned Fruit	
Tuesday	Lunch
• Creamy Million Dollar Spaghetti	
• Garlic Cheese Bun	
• Salad	
• Pudding Cream	
Wednesday	Lunch
• Roast Beef Gravy	
• Mashed Potatoes & Carrots	
• Cake	
Thursday	Lunch
• Soup	
• Mary Ma Chicken	
• Noodles & Mixed Veggies	
• Canned Fruit	
Friday	Lunch
• Shepherd's Pie	
• Dinner Bun	
• Salad	
• Loaf	
Saturday	Lunch
• Sweet & Sour Pork Stir Fry	
• Rice	
• Ice Cream	
Sunday	Lunch
• Juice	
• Toasted Bacon Tomato Sandwiches	
• French Fries & Gravy	
• Coleslaw	
• Cake	

The Arborg & District Seniors' Resource Council provides a variety of home-cooked meals.

Although home care services through the regional health authority may include meal preparation for eligible clients, many older adults who aren't eligible for home care have few



EXPRESS PHOTOS COURTESY OF MAUREEN SIGURGEIRSON

Jacquie Sigurdson (left), SRC's congregate meal program cook, and Martha Macdonald, a resident at the House of Hope who uses the SRC's meal program daily, in the dining room at the House of Hope where seniors can dine in or pick up homemade meals. Seniors in Arborg and in surrounding municipalities can now access a homemade daily meal program run by the Arborg & District Seniors' Resource Council.

options for healthy meals.

"There's a gap for seniors who are living alone and finding it a challenge to cook for just themselves. Others might cook a roast, for example, and then have to eat it for days," said Sigurdson. "Often seniors tend to make something fast, whether it's toast or a bowl of cereal, and they're not getting the nutrition they need. Our congregate meal program fills that gap."

The SRC's meals consist of a full-course dinner — traditionally considered the day's largest meal and eaten at midday — meant to provide enough energy and nutrition to last through the afternoon.

Some meals include cod with cheesy dill mashed potatoes, vegetables and apple crisp; chicken pot pie with dinner buns and fruit; honey garlic meatballs with mashed potatoes, salad and tarts; and Sunday brunch featuring French toast with pork sausage, sliced fruit and cake. Turkey dinner with all the fixings is also offered from time to time.

Sigurdson prepares everything by hand, including soups and desserts — nothing is pre-packaged or store-bought.

Weekly menus are posted every

Thursday on the program's Facebook page. People without Facebook can call Sigurdson, who can text them a copy of the menu.

Meals can be delivered within Arborg. Those living outside town can pick up their orders at the House of Hope, where the program is based. Orders require 48 hours' notice, and pick-up is between 11:30 a.m. and noon.

Those who drive can also pre-order and eat in the House of Hope dining room, giving them a chance to socialize with friends or meet new ones.

Meals are available seven days a week for \$10 each, which helps cover the cost of the program.

Sigurdson said she isn't sure how many new clients the expanded program might attract but expects it could be around 20 to 25 per day. She also welcomes more volunteers to help with meal delivery.

"We don't have enough volunteers for delivery. It would be nice to have more volunteers come aboard," she said.

Anyone interested in volunteering can contact Jacquie Sigurdson at 204-376-5014.

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Sew much love: Ashern quilter donates handmade quilts to Siloam Mission

By E Antonio

At 96, Yvonne Gibson hasn't slowed down — she's still stitching kindness one quilt at a time.

The lifelong sewer from Ashern, spent her winter sewing handmade quilts with help from her daughter, donating them to Siloam Mission to support individuals moving into housing.

Gibson was 11 when she sat in front of her first sewing machine. Today, she continues to sew up a storm, producing lap blankets and quilts for family, friends and now for Siloam Mission.

She and her daughter, Sylvia Fisette, donated 10 quilts on May 1.

Gibson said she was inspired to make them after hearing Siloam Mission was seeking quilts and blankets for their housing units.

"I was wondering what I could do over the winter and my daughter suggested I make these quilts," Gibson said.

She calls them her "Crazy Quilts" because many of the colours don't match. Made from a mix of pre-owned and donated fabric, each quilt fits a single bed and features a unique combination of colours and designs.

Fisette played a key role in the proj-



Yvonne Gibson has been sewing since was 11 years old.

ect — she pinned fabric, picked up batting and provided the quilting frame.

"I couldn't have done any of this project without her," Gibson added.

Picking a favourite is no easy task.

"I put a lot of work into these and they all mean quite a bit. I can't just pick one because they are all my hard work," she said.

Rachel Villamangca, community



EXPRESS PHOTOS SUBMITTED

Yvonne Gibson, 96, and her daughter Sylvia Fisette sewed 10 quilts and donated them to Siloam Mission on May 1. Left to right: Sylvia Fisette, Yvonne Gibson, Mark McAvoy and John Dubois of Siloam Mission, and Yvonne's son Mel Gibson.

engagement co-ordinator at Siloam Mission, said the quilts will be used as housewarming gifts for individuals moving into their first homes or for residents of Siloam Mission's new housing unit at 4025 Roblin Blvd. in

Winnipeg.

"Receiving these quilts means a lot to the community we serve," said Villamangca. "They are a beautiful gift

Continued on page 7

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May 14

Moosehorn Coop
May 15
11-3 p.m.

Paint rep will be out to answer questions and demos.
Snacks and refreshments
Draw for prizes

Selkirk couple plays it forward for annual Christmas celebration

By Brett Mitchell

A Selkirk musician is helping spread holiday cheer year-round by organizing dances to support a community Christmas party. Ed Chrapchynski, along with his wife Vivian and their band “Ed’s Group Four and His Music Buddies,” hosts six senior dances each year at the Matlock Community Club — three in spring and three in fall. Proceeds from ticket sales go toward an annual family Christmas party held at the club.

Last week’s event drew 124 attend-

ees, each paying \$20 to enjoy an afternoon of live music followed by a traditional Ukrainian lunch. Vivian Chrapchynski oversees the kitchen, serving up local kielbasa from Park Place Meats and holubtsi prepared in East Selkirk. The band includes Ed on violin, Brian Houle on drums, Wayne Wasney and John Lewitski on guitar and bass, and Vivian on vocals.

“It really goes a long way to help with the cost of the family event,” said Ed.



EXPRESS PHOTOS BY BRETT MITCHELL

Ed Chrapchynski and his wife Vivian.





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Clarification

Staff

In the story “It takes a village: Gimli Betel and Tim Hortons treat PCH residents to in-house coffee shop” in the May 1 edition of the *Express Weekly News*, we wrote that the Friends of Gimli Betel volunteer group will be holding its 2nd Annual Bake Sale and Bazaar fundraiser on May 10 in Johnson Hall at the Waterfront Centre from 10:30 a.m. to 2:30 p.m. After the story ran, we found out the fundraiser will be moving downstairs to the Lady of the Lake Theatre (main floor of the Waterfront Centre) as there was a double booking in Johnson Hall.

Manitoba unveils first surgical robot at Health Sciences Centre

HSC Foundation and Province of Manitoba fund minimally invasive surgical equipment

By Annaliese Meier

Manitoba's first surgical robot was officially unveiled Monday at Health Sciences Centre (HSC) Winnipeg, marking a major advancement for patient care in the province.

The Intuitive Surgical da Vinci Xi system, funded through the HSC Foundation's Operation Excellence campaign in partnership with the provincial government, will support minimally invasive surgeries and improved patient outcomes.

"Innovative technology like this helps us stay on the cutting edge of excellent patient care and allows us to focus our precious front-line staff re-

sources where we need them most," said Uzoma Asagwara, minister of Health, Seniors and Long-Term Care. "This robot will help keep surgeons and nurses in our province and attract new ones, with a promise that in Manitoba you can expect best-in-class health care resources."

Jonathon Lyon, president and CEO of the HSC Foundation, called the new technology a "major milestone for patient care."

"With the robot, patients will experience less pain, less blood loss and lower risks of complications," Lyon said. "Patients are typically discharged in a day or two, which improves patient flow, eases pressure on the emergency department, and frees up in-patient beds."

For 33-year-old thoracic patient An Ji Li, the robot helped turn a frightening diagnosis into a hopeful recovery. Li was diagnosed with lung cancer after coughing up blood in December and underwent robotic surgery at HSC in February.

"When you hear the word 'cancer,' everything stops," Li said. "But knowing I had access to this technology gave me real hope. Because of the robotic surgery, I was able to recover faster and focus on getting better and moving forward."

The da Vinci Xi is currently being used across multiple specialties at HSC, including thoracic surgery, gynecologic cancer surgery and urology.

The system features four robotic arms operated by surgeons using highly sensitive controls and offers high-definition, three-dimensional visualization. It allows for greater precision and access to areas that are difficult to reach with traditional instruments.

"The da Vinci Xi extends the capabilities of a surgeon's hands and eyes," said Dr. Edward Buchel, surgery site director at HSC and provincial specialty lead for surgery with Shared Health. "The robot's arms move more steadily than human hands, and the enhanced visualization technology

helps us see even the smallest parts of the anatomy with extreme clarity."

The addition of the surgical robot is also aiding HSC's physician recruitment efforts.

"Improving patient care through a dedicated thoracic endoscopy unit and acquiring new technology like the da Vinci robot is what drew me to Manitoba," said Dr. Gilly Akhtar-Danesh, a thoracic surgeon at HSC. "Physicians want to work at centres with leading-edge equipment that foster excellence in patient care."

Buchel added that the technology is a "game changer" for both patient outcomes and recruitment.

"We're grateful for the investments made by the HSC Foundation, the donors to the Operation Excellence campaign, and the Province of Manitoba," he said.

The HSC Foundation's Operation Excellence campaign is a multi-year initiative aimed at elevating health care in Manitoba. More information is available at OperationExcellence.ca.

Gimli auxiliary works on Wish List Program

By Jennifer McFee

The Gimli District Health Auxiliary continues to make a positive impact by checking off items on its Wish List Program.

Founded in 1968, the organization aims to promote health and benefits the community by providing medical equipment and supplies to the Gimli Community Health Centre.

At the same time, the auxiliary also provides bursaries to graduating students of Gimli High School who are pursuing post-secondary education in a health-related field.

Dedicated members raise funds by running the hospital gift shop as well as stock the hospital's drink machines, collect and sell used books, host a 50/50 raffle and volunteer with Meals on Wheels.

And through their Wish List Program, the auxiliary invites health-care staff to identify specific needs for funding vital items at the local hospital.

"In 2024, the auxiliary contributed over \$17,000 to support a wide range of services, including community mental health, diagnostics,

therapy services, speech-language pathology, home care, emergency care and cancer care at Johnson Memorial Hospital and in the community," said Averill Stephenson, executive director of the Interlake Eastern Health Foundation.

"Since 2008, they have donated over \$260,000. Thank you, Gimli Auxiliary, for 55 years of support."

This support has benefited programs that focus on acute care, palliative care, dialysis, chemotherapy, EMS, physiotherapy, public health, mental health and more.

Katelyn Wallach, a speech pathologist at Gimli Community Health Centre, can see the first-hand impacts of the auxiliary's support. Through her role, she supports children from birth to school-entry, all the way from Matlock to Matheson Island.

"Speech language pathologists help kids say what they want to say, how they want to say it. I work with a number of different kids — some have a diagnosis of autism, ADHD, Down syndrome, cleft lip and palate, stuttering and so on. Many of the children I get to work with do not

get to see themselves represented in books and media," she said.

"With support from the Gimli District Health Auxiliary, I was able to create a mini library that highlights and celebrates neurodiversity and child development. This helps create acceptance — within themselves and others. Thank you for your support, Gimli Auxiliary Club."

Elaine Thompson, president of the Gimli District Health Auxiliary, said meetings are held the first Tuesday of each month at 2 p.m., usually in the Gimli hospital conference room.

"Everyone is welcome to join," she said. "It's a rewarding experience to improve the community and meet new friends."

Anyone who would like to learn more about the Gimli District Health Auxiliary can contact Elaine Thompson at 204-641-1626.

South Interlake ATV Club (SIATV)

Do you enjoy Quadding and the outdoors, meeting new people and travelling through Canada's back country? Creating lifelong memories and friends in the process.

The SIATV was the first ATV club in Manitoba and the Interlake Pioneer Trail was the first designated multiuse trail in Manitoba. The Interlake Pioneer Trail has been managed and maintained by the SIATV Club as a multiuse trail for all to use since 2009.

ATV'S and Side by Sides can ride from Stonewall to Fisher Branch through the R.M.'s of Rockwood, Woodlands, Armstrong and Fisher. Through farmland to the Boreal Forest, past the Narcisse Snake Dens, Inwood, Chatfield, Broad Valley and Fisher Branch.

We offer a safe and fun place to ride.

For More Information Contact:

Cam @ (204) 651-1464

Facebook: South Interlake ATV Club (Group)

Email: southinterlakeatvclub@gmail.com

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Health Canada issues recalls for kids' natural health products, jewelry, cosmetic cream and meat

By Patricia Barrett

Health Canada issued recalls of natural health products for children last week citing issues with bacterial counts.

Adorable Wampole's product ProbiMax Antibiotic Protection Kids was recalled on April 1 because the total bacterial count may be out of specification in the affected batch.

The affected product is a chewable tablet with a lot number of 800178 and strength showing Lactacaseibacillus Rhamnosus GG 5.0 billion cfu and Lactiplantibacillus Plantarum 5.0 billion cfu.

Health Canada also recalled Laboratoire Suisse's product Probiotic Antibiotic Support Kids because the total bacterial count is also out of specification in the affected batch.

The chewable tablet has a lot number of 800177 and a strength showing Lactacaseibacillus Rhamnosus GG 5.0 billion cfu and Lactiplantibacillus Plantarum 5.0 billion cfu.

Other Health Canada recalls:

- On April 30, Health Canada recalled WATIER Age Control Supreme Sublime Advanced Rich day cream because of microbial contamination.

The cream is sold in a cylindrical printed glass jar containing 50 ml of cream. The UPC associated with the product and the batch affected by the recall is found on the bottom of the secondary packaging: 058655630646 and (L)23L1757.

Health Canada advises the public to immediately stop using the cream and contact Groupe Marcelle Inc. to obtain a refund.

- The agency issued a recall on April 28 for Lil' Juan's brand and Lucia's brand Mexican Style Pork Carnitas dues to pieces of wood.

The products were distributed in B.C. Alberta and Ontario.

Under the Lil' Juan brand, the product's size is 400 g with a UPC of 7 73220 10406 2 and codes of BB 250624 and BB 250625.

Under the Lucia's brand, the prod-

uct size is 1 kg with a UPC of 7 73220 10408 6 and codes of BB 250424, BB 250425, BB 250702, and BB 250706.

- Health Canada issued a warning on April 28 that certain children's jewelry available on Amazon.ca contains lead in excess of allowable limits.

The product SUZUTOY Charm Bracelet Making Kit for Girls poses a "chemical hazard," said the agency. The arts and craft kit contains various beads and pendants, adjustable bracelets, hair clips, keychain and rope necklaces. "Hello Princess" and "You Are My Little Princess Beautiful" are written on the pink gift box.

"Immediately take the affected jewelry away from children and dispose of them according to municipal hazardous waste guidelines," states Health Canada.

For more details about the above affected products and additional product recalls, visit Health Canada's Recalls and Safety Alerts webpage.

WCB to return \$122M in surplus funds to Manitoba employers

By Annaliese Meier

The Workers Compensation Board of Manitoba (WCB) will return \$122 million in surplus funds to eligible employers this May.

The rebate, equivalent to 50 per cent of a business's 2024 premium, is possible due to strong investment returns, prudent financial management, and a stable reserve fund, the board announced Tuesday.

"This distribution will support the Manitoba economy and offer employ-

ers the opportunity to reinvest in safer workplaces," said WCB chair Colin S. Robinson. "Strong investment returns, prudent financial management, and a stable reserve fund have allowed us to return \$122 million to employers."

To qualify for the surplus credit, employers must have reported their 2024 payroll and owed a WCB premium. Businesses that haven't yet submitted their payroll information can still do so to receive the distribution.

The WCB operates Manitoba's no-fault insurance system for workplace injuries and illnesses, funded by employer premiums. The board promotes workplace safety, supports injured workers in their recovery and return to work and maintains financial sustainability of the compensation system.

More information is available at wcb.mb.ca.

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Conservative Bezan elected for eighth term

By Jennifer McFee

The voters in the Selkirk-Interlake-Eastman riding have once again elected incumbent James Bezan as their member of Parliament, making him Manitoba's longest-serving MP.

First elected in 2004 on behalf of the Conservative Party, Bezan has won eight consecutive elections. Next month, he will have served as MP for 21 years — and counting.

In the 45th general election, Bezan received 32,788 votes (60.2 per cent) in the riding, followed by Rhonda Nichol of the Liberal Party, who earned 16,570 votes (30.4%).

Josef Estabrooks of the NDP ranked third with 3,535 votes (6.5%). Wayne James of the Green Party received 709 (1.3%), Byron Gryba of the People's Party of Canada received 473 (0.9%) and Chris Ridell of the United Party received 404 (0.7%).

After the election wrapped up, Bezan shared a few thoughts during a weekend in the community before heading back to Ottawa.

"I'm just incredibly humbled to be elected again by the people of this great riding of Selkirk-Interlake-Eastman. It is an honour and a privilege to be the representative in the House of Commons," Bezan said.

"I'll continue to strongly advocate for our riding, for all the different industries we have — especially with our farmers, manufacturers, commercial fishery and fighting for our steel industry that we have over in Selkirk. I'll always be fighting for them and advocating for our communities, making sure that

as they apply for infrastructure dollars that we're not getting left behind by other interests that government might have."

During the lead-up to the election on April 28, Bezan's campaign team knocked on more than 6,000 doors — with Bezan and his wife Kelly knocking on nearly 5,000 doors themselves.

"Every election we try to get to different parts of communities that we don't get to knock in every time, but we can't get to every door. It's just too big a riding with over 70 communities," he said.

"We drove over 8,500 kilometres getting into all the communities, and our team made over 10,000 phone calls. So we got to have a lot of conversations with our constituents and really gauge what people were thinking when they were about to cast their ballot — and it was very different for different people."

With plenty of experience in campaigning, Bezan found this election was like none other.

"It was a roller coaster. This was a very unique election with the Trump factor, the change of Trudeau quitting all of a sudden and the collapse of the NDP," he said.

"And the narrative on the doorsteps changed three times during the entire election. It was interesting how things were so fluid on the doorsteps."

At the beginning of the election period, Bezan observed that conversations focused mainly on Trump. At the halfway mark, more people were talking about affordability, cost of living and government spending. Then



EXPRESS PHOTO SUBMITTED
Selkirk-Interlake-Eastman MP James Bezan secured his eighth consecutive election win, making him Manitoba's longest-serving member of Parliament.

Continued on page 9

> QUILTER, FROM PG. 3

that provide shelter and comfort, and they help restore the dignity and self-agency these individuals have often lost."

She added that Siloam Mission aims to open 700 to 1,000 additional supportive housing units, and donations of bedding and quilts are in high demand. Donations can be arranged by calling 204-956-4344.

Gibson learned to quilt about 15 years ago after attending a quilting session at Faulkner Hall led by her doctor.

Since then, she's fallen in love with the craft and has made quilts for family and lap blankets for nearly all her friends living at Glencora Estates in Ashern.

"I give them away as fast as I make them," she said, estimating she's made at least 50 quilts and many more lap blankets.

Gibson has been sewing most of her life. She remembers making a blouse with her mother on a treadle sewing machine. Over the years, she sewed clothes for her four children and taught both her daughters to sew.

Sewing, she noted, is much easier today than when she started.

"When I started, we had to carry coal oil lamps everywhere we went

just to light the house," she said.

Born in Cayer, Man., in 1929, Gibson spoke only French until she started school at eight years old. She later raised her family on a farm in Faulkner. Fisette said that on days her father was away, her mother ran the farm and raised four kids at the same time.

After leaving the farm, Gibson and her husband Jack bought and operated Gibson's General Store for several years.

Following the closure of the store, Gibson travelled the world — visiting Australia, New Zealand, Alaska, Seoul, Singapore, Mexico, Arizona, Texas, Florida, Churchill and every province in Canada.

"She is an amazing woman with an amazing mind that remembers everything," Fisette said.

Gibson said Australia was her favourite place to visit, especially because it meant seeing her daughter.

As for what's next, Gibson doesn't plan on slowing down.

"I am just going to keep on making lap blankets until I use up all of my material," she said.

With plenty of fabric left, a soon-to-be garden box and puzzles waiting, she has no shortage of things to keep her busy.

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Local couple honoured for making wishes come true

By Jo-Anne Procter

Silver and Gary Peltier, the heart and soul behind Woodlands' beloved Ride for a Child's Wish, have received a remarkable honour as this year's Make-A-Wish Manitoba Provincial Volunteers of the Year.

The Peltiers have made a profound impact through their dedication to the Make-A-Wish Foundation. Their journey began in 1988 with just 11 horseback riders and \$750 raised. Today, their annual Ride for a Child's Wish has raised nearly \$1.8 million to help grant wishes for children facing critical illnesses.

What started as a modest fundraiser has grown into a vibrant annual event and a symbol of hope for many families. For more than three decades, the Peltiers' tireless commitment has helped make dreams come true.

Despite the success, the couple re-

mains humble.

"We share the credit with our Wish Ride committee and volunteers," said Silver. "There is no way we could do this without all of them. The long-time volunteers as well as the folks that can give us a few hours here and there have made all the difference in us being able to put on this fantastic fundraiser for Make-A-Wish."

In 2017, the Peltiers received Canada 150 medallions for their outstanding community service. On June 4, they will be honoured once again at a special Make-A-Wish banquet in Winnipeg.

The 35th annual Ride for a Child's Wish is set for Aug. 23. The family-friendly event features a 10-mile trail ride, a 250-kilometre motorcycle ride, children's activities, wagon rides, a barbecue supper, a wish auction and live music.

For more information or to volunteer, contact Silver Peltier at 204-461-0640 or silverpeltier@gmail.com.



EXPRESS PHOTO BY JO-ANNE PROCTER

Silver and Gary Peltier have been named the Make-A-Wish Provincial Volunteers of the Year.

Community Support Service

A.A Meeting in Ashern

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

AA Arborg

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

AA Eriksdale

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

AA Winnipeg Beach

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

Gimli Group AA

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

Al-Anon

Gimli and Winnipeg Beach

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

AA Riverton Group

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

Ashern Pioneer Museum confirms 2025 thresherman's reunion

By Becca Myskiw

The Ashern Pioneer Museum's an-

nual general meeting (AGM) brought forth new board members and plans for the year ahead.

The museum held its AGM on April 23 with the aim of making plans for 2025 and securing a larger board. Two new board members joined and three past board members returned. With those numbers, secretary Priscilla Ebbers said they can continue with this year's plans.

The museum received a grant to hire a summer student again this year. Because they were unable to fill the position last year, they're hoping to make use of the grant for 2025. Summer students make it possible to keep the museum open throughout the summer. They work in July and August curating the museum, welcoming visitors, cataloguing and placing artifacts, cleaning the buildings, cutting the lawn, watering flowers and keeping the place active. Without them, the museum can't open as often or to the capacity it would like.

Anyone interested in the summer student position can contact the museum at ashernmuseum@gmail.com.

"It's to keep our history alive in our local area," said Ebbers.

The AGM also confirmed plans for the year ahead, including the mini thresherman's reunion held in the fall. The 2025 reunion is set for Sunday, Aug. 10. Ebbers said they will be seeding oats in the museum field, which will be used in the threshing demo at the event. If the grain is ready in time, they'll also do a demo of binding and cutting it. The event typically draws around 100 people, depending on other events happening at the time.

This year, the museum is exploring additional entertainment options for the reunion weekend, including a Johnny Cash impersonator, a live band or a stand-up comedian. Final entertainment plans have not yet been confirmed.

The Ashern Pioneer Museum features eight buildings for visitors to explore, and Ebbers said the artifacts are constantly changing.

"If you've been through the museum once, there's always new ones that get added every year and you don't always catch everything the first time either," she said. "If you come back within the same year, something else might pop out and get your attention."

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Riverton-Bifrost Recreation hosting Mother's Day High Tea

By Becca Myskiw

It'll be a Mother's Day of beauty for local moms, grandmas, aunts, sisters and friends.

The Riverton-Bifrost Parks and Recreation Commission is hosting a Mother's Day High Tea this year to celebrate the women in the community. The elegant family-friendly event will feature tea, finger sandwiches and sweet treats served in a cozy, charming tea party atmosphere. Guests can also enjoy a silent auction, bingo, kids' craft area and a 50/50 draw — something for all ages to enjoy.

Kyra Toderan, recreation and community development co-ordinator, said it's the first event of its kind in the community.

"After spending time getting to know the community and recognizing a desire for more multigenerational activities, I felt now was the perfect time to introduce something fresh and meaningful," she said. "The tea is not only a chance to bring families together in celebration, it's also a purposeful fundraiser."

All proceeds from ticket sales, the silent auction, bingo and the 50/50 raffle will go toward future programming for the Riverton-Bifrost Parks and Recreation Commission and the Riverton Seniors' Centre. Toderan said the funds will help create more events, outings and opportunities for residents of all ages.

"The funds raised will directly support recreational programming for all ages, including new senior

programs, youth activities, creative workshops and community events that build connection and wellness in Riverton," she said.

The High Tea will take place Sunday, May 11, from 10 a.m. to 3 p.m. at the Riverton Recreation Hall. Tickets are \$15 for adults and \$5 for children under 12. Children five and under are free. Seating is limited, and Toderan encourages attendees to reserve in advance by contacting her at 204-619-6168 or kyra.rbprc@bifriv.ca.

Guests are encouraged to wear spring colours or their Sunday best to match the event's elegant theme. There's no strict dress code, and all are welcome.

"This event is more than just an afternoon tea — it's a chance to celebrate, connect and support the future of community programming," said Toderan. "Whether you're attending with your mom, daughter, grandma or friend — or in memory of someone special — it's a beautiful way to honour the day."

Toderan said she sees firsthand how important local programming is for families and residents. Because demand often exceeds available funding, the High Tea will help meet that need while raising money for more.

"Hosting this fundraiser in the form of a high tea felt like the perfect way to celebrate all the wonderful women in our lives while also investing in the future of our community," she said.



EXPRESS PHOTO SUBMITTED

Riverton-Bifrost Parks and Recreation is hosting a Mother's Day High Tea to celebrate women in the community.

New support group offers community for people living with dementia

By Katelyn Boulanger

The Alzheimer Society of Manitoba is launching a new support group in Selkirk for people living with dementia.

The group aims to provide a sense of community for participants, while acknowledging that each person's journey with dementia is unique.

"A support group for those living with dementia is a first for Selkirk, but largely, all of our

groups of this kind create just that safe space for those experiencing brain changes to talk about what it's like, gather resources and coping strategies and just come together with those who understand what it's like," said Samantha Holland, First Link regional team lead for the Alzheimer Society.

The group will offer more than conversation. Participants will also explore guided discussions

on a variety of topics.

"This new offering will begin on May 8 at 10 a.m. and will run twice a month on the second and fourth Thursdays at the Gordon Howard Centre," said Holland. "Alzheimer Society staff will lead participants through some of those thoughtful conversations, bits and pieces of education and then some mindful activities."

The program is open to anyone experiencing symptoms of dementia, regardless of age or stage of diagnosis.

"They could experience memory loss, difficulty with language and communication, maybe changes in mood and behaviour, among other changes, but no formal diagnosis is required, and there's no age limit," said Holland. "The

Continued on page 11

> BEZAN, FROM PG. 2

during the last week, the focus shifted to change.

At the same time, Bezan noticed a demographic differential in constituents' concerns.

"Seniors were more concerned about the Trump factor and making sure that we would never be the 51st state — which I think all of us agree should never happen," he said.

"For the younger generation, it was about affordability, cost of housing and the state of the economy. There was really a divide between generations."

Similarly, the conversations also varied among communities.

"There was no doubt in the more rural communities it was more about change and making sure that the rural interests were being represented — everything from agriculture issues to commercial fisheries to environmental issues," he said.

"As you go into the larger centres that we have, it was different conversations all together. It was more on the Trump factor. It was an interesting

election that was quite a bit different than any of the other ones that I've run."

Looking ahead to the summer months, Bezan will be a familiar face at events and celebrations throughout the riding.

"I try to get to as many events as possible knowing that the weekends in the summertime are not mine. They belong to the people of the riding. That's why I try to get out to their events. It's a great time to engage with people one on one and talk about the issues," he said.

"It's also a way to celebrate each and every community in their own special way whether it's Quarry Days in Stonewall or the tractor pull in Teulon or the many rodeos that we have in the riding. The fairs and the festivals are part of our culture that we have in Selkirk-Interlake-Eastman."

In total, Selkirk-Interlake-Eastman constituents cast 54,810 votes, which includes 331 rejected ballots. With 76,591 electors on the list, voter turnout was 71.6 per cent. The average voter turnout in Manitoba was 67.3 per cent, while the Canada-wide average was 68.7 per cent.

PUBLIC NOTICE

Notice of dust control program

Homeowners along gravel provincial roads and main market roads in unorganized territories may apply to have dust control applied in front of their homesites at a cost of \$200 for a single application.

The formal application is available from your local Manitoba Transportation and Infrastructure office. The deadline for these applications will be **no later than May 23, 2025**.

For more information, please contact one of the following Transportation and Infrastructure offices:

Steinbach	204-346-6266	Brandon	204-726-6800
Swan River	204-677-6540	Dauphin	204-622-2061

Manitoba 

Are We Dating The Same Guy Manitoba creator releases tell-all e-book on pitfalls of online dating

By Patricia Barrett

When it comes to potential romance, there can be something unsettling about digitally mediated dating websites and the power wielded by some users to convince people to let down their guard and push critical thinking to the wayside.

But groups of women dedicated to supporting and empowering other women who are using or have used online dating sites have sprung up across North America and beyond, including in Manitoba.

And if you're thinking of trying online dating — or you've already been there and are wondering how to do a quick fact-check of your partner or potential partner — you might want to consider taking a how-to crash course via a new e-book launched last Wednesday by Brittany Isfeld, who created the online women-only group Are We Dating the Same Guy Manitoba.

Isfeld, a social media influencer with 47,000 followers on TikTok and actress who's appeared in films and series such as *Nobody 2*, *Wintertide*, *Almost Unsolved*, *In Plain Sight* and *Cruise Ship Killers*, shares some personal heartbreak after navigating the tricky, unfiltered world of trying to find a partner using 21st-century technology, as well as the reason why she was compelled to create a supportive women-only forum, which is modelled on the first Same Guy group in New York City.

Isfeld lays out the dark side and the light side of online dating in her easy-to-read and engaging e-book or "survival guide" that's titled *Are We Dating the Same Guy: the Guide to Red Flags, Sisterhood and Taking Your Power Back!*

The e-book features true-life stories of anonymized women who are or were members of the Manitoba group, warning signs of potentially bad dates and the rise of a sisterhood dedicated to busting the baddies on online dating sites in order to keep other women safe.

The intersection of human attraction and modern technology definitely has a downside, said Isfeld, who lives in the RM of Gimli. It's easy to just "jump behind a screen" and say whatever you want.

"Unfortunately, in the modern day of online dating anyone can be whoever they want to be. And it's hard to navigate. The world is your oyster when you're sitting behind a computer screen; it's very easy to fool people in to believing that they are who you want them to be. But stepping out from behind that screen can reveal someone a lot different from what they've portrayed online," said Isfeld, who juggles a busy schedule overseeing the Same Guy Manitoba group and a full-time job.

"Giving women a resource where they can call a guy out in the first stages of dating — is this even the person they're claiming to be? — I think makes it a lot easier for women and gives women a little more confidence. It also provides an extra layer of safety: women have posted that a particular guy has had criminal charges for something terrible. It's a scary world for women to live in these days. A woman can get into the wrong car and that's the last you hear of her."

Some of the most common incidents women will experience "right off the hop" on dating sites are "demands" or directions from men, seeing unwanted sexually explicit images, and encouraging women to share sexualized or sexually explicit images of themselves.

"I can't tell you how many times a woman can open

a new message and see a picture they really were better off not seeing. Online dating gives people a platform to do whatever they want," said Isfeld. "And there's a lot of aggression out there, including demands for women to meet a guy in a certain place and so on. That makes it icky. And it also puts a whole different spin on learning who someone is and seeing how people can act. If you're going to do these things to a complete stranger online, what are you going to do in person?"

Created in 2023, Isfeld's Are We Dating the Same Guy Manitoba group has attracted over 24,300 members across the province.

Isfeld said her group is by no means a "male-bashing" forum as she knows it's "not just men" who play the field and can have several people on the go at once. Her group is focused on being a resource for women. It's about sleuthing and sharing information that women need to make sound decisions about who a man might be. And there are also "good" stories shared by women who've found the real deal.

The e-book reflects that ethos, providing women with an idea of what they can expect in online dating and how it operates so that they're prepared for what could happen and learn to practise self-safety.

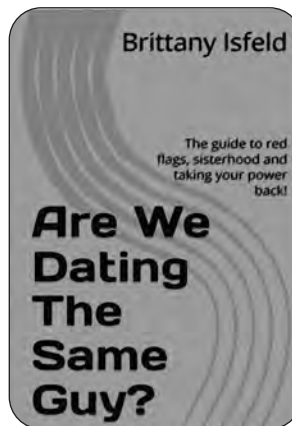
"My Same Guy Manitoba group is not about hating men; there are men who get posted in my group with no bad things said about them, only good things such as that they're in relationships and are engaged to be married," said Isfeld. "This is a space for women to get together and find out if their partner is being faithful. Sometimes the spinoffs are friendships with the mistress!"

Despite some of the relatively happier outcomes realized through her online group, Isfeld said there are a few things that really stand out for her. One example is a woman who said she was subjected to abuse from her partner for over a decade and had been cut off from her friends and family. Shortly after Isfeld started her online forum, the woman thanked the group for creating a space in which she was able to discover that her partner was involved with several other women.

"He got posted in the group with multiple women saying, 'I just saw him' or 'I have been dating him.' He had multiple women on the go," said Isfeld. "This opened her eyes. So she thanked us and left the relationship. We're literally helping women leave unsafe or unhealthy relationships."

Another outstanding incident was a post from a woman who told the group she planned to meet a particular guy in person, and one of the group's members posted evidence showing him having been charged with trying to arrange a hit on his ex, said Isfeld. By pre-checking a potential date using the forum, the woman was able to make a decision about personal risk.

Isfeld said she and her team of about 10 administrative volunteers spend "countless" hours monitoring the group to ensure women are adhering to



EXPRESS PHOTO COURTESY OF BRITTANY ISFELD
Brittany Isfeld launched an e-book titled *Are We Dating the Same Guy: the Guide to Red Flags, Sisterhood and Taking Your Power Back!* on April 30. The book is a survival guide for women taking part in the unfiltered and unpredictable world of online dating.

the Same Guy Manitoba rules. Those rules include not jeopardizing the safety of other women — or themselves — who are sharing stories of their experiences, not publishing false statements (libel) about the men they're discussing, not posting last names, addresses, phone numbers of men, not bullying other women, and not taking screenshots of conversations or other content from the group and sharing it externally.

The admins are "constantly" monitoring activity or identifying fake accounts that can compromise the integrity and safety of the group.

"My admins are dedicated to keeping women safe, and the safety of women is my first priority," said Isfeld, who shoulders the financial costs (e.g., internet, electricity) of running the site in addition to carrying out admin duties. "We constantly monitor the group and investigate what we think could be fake profiles. If they're fake, we delete them. It's a huge job for us as admins because we don't take this lightly."

Isfeld said she plans to use some of the proceeds from her e-book to pay her admin team because they're devoting hours of unpaid time to the Same Guy Manitoba group.

The *Are We Dating the Same Guy: the Guide to Red Flags, Sisterhood and Taking Your Power Back!* e-book can be ordered through Amazon, Kindle Direct Publishing or by visiting Isfeld's Facebook page, Brittany Jade, and clicking on a link, or visiting @brittskibear on TikTok.

Isfeld said she has plans to release a print version of the e-book that will likely include a workbook or quiz section. People have already been asking her for print. Stay tuned for a book launch date.

Flag of Humanity in India

By Patricia Barrett

Gimli resident Bruce Benson travelled to India last month with his Flag of Humanity to spread the message of human unity.

Benson visited the Golden Temple, a religious site in Amritsar, in the Punjab region, where he picked up trash and met local residents.

The flag's mantra is to celebrate the commonality of being human regardless of religion, skin colour, national-

ity or politics.

For about two decades, Benson has taken his flag to places such as Israel, Egypt, China, Thailand and America.

In the spring, Benson's Flag of Humanity Foundation delivered its message of unity and a monetary donation of \$3,000 to a school in Poza Verde, Guatemala.

For more information about the Flag of Humanity, visit <https://theflagof-humanity.com>



EXPRESS PHOTOS COURTESY OF BRUCE BENSON



> DEMENITA, FROM PG. 9

program is specifically for those experiencing signs of dementia and who are open to talking about their experiences. That's really the only criteria."

She said connecting with others who understand what it's like to live with dementia can be a powerful experience.

"We know that living with dementia can be scary. It can feel very isolating, and there's a lot of unknowns when it comes to how fast things will progress, what to plan for, and what to make sure your family is aware of," she said. "So, while everyone's experience is different, there's often a lot of similarities when it comes to the emotions. Support groups give that space to talk openly. It can be a new network of friends and help overall

feelings of acceptance, really, and belonging."

Holland encourages anyone who is interested to consider giving the group a try.

"Joining a support group might not feel like a typical everyday thing to do for people, but I think until you try it, you don't really know what it's going to be like," she said. "Oftentimes, people walk away with a sense that there's a lot of life left, a lot of positives. Even though we do talk about the hard times, there's still those silver lin-

ings and those connections that can be formed. I would just encourage people to give it a try."

Residents can contact Holland at 204-268-4752. She said even those unsure whether the group is right for them are welcome to reach out for a conversation.

You are cordially invited to attend our
**2nd Annual Mother's Day
Bake Sale & Bazaar**

in support of Gimli Betel Personal Care Home
Recreation Dept. on **Sat., May 10th** in the
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Spring Home & Garden Guide

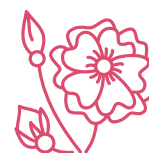


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HOW TO CHOOSE THE RIGHT TREE

You must consider the unique needs of each tree species, including their space and sunlight requirements. Plus, each species adapts differently to various soil types and climate conditions. Some thrive in moist, acidic or well-drained soils; others prefer neutral environments.

Select the fast-growing trees that fit your yard's characteristics. Talk to a local horticulturist for expert advice.

Four backyard shade solutions

If your property doesn't provide you with enough shade, here are four stylish structures that can give you a break from the sun.

1. An awning

This type of device can be rolled out over a patio or deck when you need shade and is easily retracted when not in use. However, it needs to be secured to an exterior wall first. Although typically controlled by a hand crank, some newer models open and close with the press of a button.

2. A freestanding gazebo

This sturdy structure consists of a metal frame with four pillars and a canvas roof. Some models include curtains that can be closed for privacy or to block the sun.

3. An arbour

This classic garden feature is often used to create an entryway. However, since its arches are typically lined with vines and other climbing plants, it can also offer respite from the sun.

4. A folding canopy

This temporary structure can be unfolded and set up within minutes. It's a practical solution for backyard parties and picnics when you need to accommodate a number of guests.

All of these structures can provide you with ample shade and a comfortable place to lounge in your backyard. This summer, minimize the risk of getting sunburned by installing one or more of these devices.





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Spring Home & Garden Guide



The benefits of installing a stone garden wall

A low stone wall can be a practical and attractive addition to your garden. Here's why you should consider including one in your landscaping.

To prevent erosion

If your property slopes or has different levels, a stone garden wall can act as a retaining wall and ensure soil retention. Keep in mind that the structure needs to provide adequate drainage.

To create zones

A stone wall is a classic way to delineate areas of your yard such as the garden, patio or pool. It also helps create a designated space for a flowerbed or stairs.

A stone garden wall can be either dry or mortared. A dry stone wall is built by stacking flat stones in an overlapping pattern to create friction and provide stability. The mortared variety, on the other hand, uses mortar to hold the pieces together.



Add fruit to your garden this year!

Imagine picking fresh fruit straight from your garden to satisfy your summer cravings. If that sounds enticing to you, consider growing these delicious varieties.

Blueberries

Blueberries are bursting with flavour and health benefits. They also attract beneficial pollinators to your garden. Plant them in very acidic, well-drained soil. Additionally, make sure they get full sun and are sheltered from the wind. Get ready to enjoy the fruits of your labour!

Haskaps

These cold-weather berries can be picked earlier than strawberries. They taste like a mix between a raspberry

and a blueberry. If you want your haskap bushes to produce fruit, you must plant at least two. Place them in full sun and space them about one metre apart.

Cantaloupes

Somewhat sensitive to the cold, these tasty melons thrive in sunny spots sheltered from the wind. Wait for the nights to warm up before transplanting them outside, and keep the soil consistently moist. Just remember, they require ample space to spread out.

Strawberries

These sweet treats grow easily in most garden soils, particularly sandy ones. Depending on the variety, they

thrive in full sun or partial shade. If you want a bountiful harvest, make sure they have a constant supply of water and weed them regularly.

Raspberries

Summer and autumn raspberries are both easy to grow and produce an

impressive number of deliciously tart berries. These perennial shrubs thrive in plenty of sun and prefer rich, cool soil.

Ready to get started? Visit your favourite nursery for expert advice.

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Big night of music and fundraising at Arborg Heritage Village

By Annaliese Meier

Arborg Heritage Village hosted a legendary night of music, food and fundraising with its Ring of Fire dinner and dance on Saturday, April 26.

Entertainer Corny Rempel, performing as Johnny Cash, had the crowd tapping their toes before local band Country Pride kept the dance floor busy into the night.

"We are thrilled to share that the event was a tremendous success," said Pat Eyolfson, chair of the Arborg and District Multicultural Heritage Village. "The entertainment by Corny Rempel was a tremendous hit — guests sang along, laughed and enjoyed hearing stories about Johnny Cash's life and music."

The evening included a full meal catered by Triple Bloom Catering, a popular dessert room with homemade cakes, and both silent and rainbow auctions. One of the most treasured auction pieces was a wooden chickadee carving by the late Einar Vigfusson, donated by the Vigfusson family in honour of longtime supporters Einar and Rosalind Vigfusson.

A 65-inch Samsung Smart Frame TV raffle added to the excitement, won by Jan Larkin after being the sixth person to try the lock combination.

The hall was decorated with themed centrepieces featuring oil lamps, wagon wheels, burlap, cowboy boots and hats, adding to the atmosphere. MCs Deanna Fridfinnson and Corrine Einarsson helped keep the night flowing smoothly.

While final totals were still being finalized at press time, Eyolfson said the funds raised will support summer student wages and essential repairs to the historic Unitarian Church.

"We are so grateful to the businesses, volunteers and commu-



nity members who made this event possible," said Eyolfson. "Your generosity and spirit are what keep the Heritage Village thriving."

Looking ahead, the Heritage Village has a full calendar of summer events planned, including Manitoba Day and Canada Day celebrations, seniors fun days, and evening cultural showcases.

One highlight will be an Aug. 5 cultural showcase co-hosted with the Riverton and District Friendship Centre, featuring Indigenous dance troupe United Thunder and Icelandic costume group Annríki Þjóðbúningar og Skart, welcoming 300 guests from Iceland.

For full event details, visit www.arborgheritagevillage.ca or call 204-671-0203.



EXPRESS PHOTOS BY CORRINE EINARSSON

Guests enjoyed live music, dancing and themed décor during the Arborg Heritage Village's Ring of Fire dinner and dance fundraiser on April 26. The event featured a Johnny Cash tribute by Corny Rempel, live music by Country Pride, a catered meal and silent auctions in support of summer programming and repairs at the site.



Room to roam: New kennel opens for pups east of Ashern

By Becca Myskiw

Local dog owners will soon have a place to board their pups in the community.

A new dog kennel is in the works just east of Ashern, with the goal of officially opening this June. Amanda Ruchotzke has wanted to do this for a while and is excited to open the kennel's doors.

"It's kind of always been on my mind," she said. "I just love animals, so I just wanted to do it. One of my friends was saying they have to go as far as Warren to kennel their dogs, and I said, 'I'll do it for you.' Then I was like, I can do it for everybody."

Ruchotzke recently boarded her cousin's dogs too, and her own dogs were just as thrilled with the arrangement as she was. She has two cats and two dogs herself, one of which is a Great Pyrenees who takes his guarding job very seriously. When Ruchotzke had the two dogs she was watching in a kennel in her house for the night, her other dog, Popcorn, slept in the crate with them.

Backwood Cabin Kennels will have four kennel spaces when it opens, each attached to its own run, and a larger run outside. The space will have covered areas for the pups to stay and will be surrounded by a

fence within a fence for extra safety. The dogs will sleep in kennels inside Ruchotzke's house at night so she can keep a close eye on them. If more spaces are needed at Backwood Cabin Kennels, they'll expand as needed.

The kennel will also provide basic grooming services like brushing and nail trims, and will offer trail walks and exercise for the pups.

Ruchotzke knows from her own experience how to care for animals. She's rescued two herself and has always been surrounded by furry friends.

"My heart is definitely with the animals," she said. "We travel as well, and I know how it is when you need someone to watch your dogs. They're your babies."

Right now, Ruchotzke plans to be up and running by June. She's accepting bookings already and has had people reach out to learn more about Backwood Cabin Kennels and inquire about touring the facility first. While they lay gravel and add finishing touches to the kennel, Ruchotzke is happy to talk people through the business and set up a time for them to see it for themselves.

To reach her, call or text 204-768-0584.



EXPRESS PHOTO SUBMITTED

Left to right: Joey Ruchotzke, Mandy Ruchotzke, Jay Ruchotzke and their dogs Polo and Popcorn and cat Autumn. They'll be opening a dog kennel this June.

Spring seeding underway



EXPRESS PHOTO BY JO-ANNE PROCTER

A tractor rolls through a field as spring seeding gets underway across the Interlake. With fuel and equipment prices continuing to rise, farmers are using a "one-pass seeding" method, which incorporates fertilizer directly into the soil at the same time as planting. According to the Government of Manitoba's April 29 farm report for the Interlake, seeding was about three per cent complete — two points ahead of the five-year average. Peas, spring wheat and oats have gone into the ground in the Interlake, as well as in the central and eastern regions of the province. Statistics Canada's spring seeding report for Manitoba projects 3.22 million acres of spring wheat to be seeded in 2025, up from 3.18 million acres in 2024. Canola is projected at 3.12 million acres (down from 3.34 million in 2024) and soybeans at 1.63 million acres (up from 1.43 million in 2024).



Ukrainian Farmers Co-operative

ANNUAL MEETING

May 22, 2025

**7:00 pm at the Ukrainian Hall
in Fisher Branch**

Agenda Items to Include:

Minutes from 2024 Annual Meeting

2024 Audit/Financial Report

General Manager Report

Board Report

Appointment of Auditors for 2025

Election of Directors

Call for Board of Directors

**The Ukrainian Farmers Co-operative Ltd. Invites nominations
for the position of Director.**

Nominees must meet the qualifications and requirements specified in the Co-op's Bylaws and all nominations must be submitted in writing, no later than 6:00pm, May 8, 2025. Details on Director qualifications and nomination forms are available at our Customer Service office.

You're at home here.



Volunteers give Golden Lake restaurant a fresh look for 25th year

By Patricia Barrett

Individuals and businesses in Arborg and the surrounding area joined forces last month to give a town restaurant a free makeover to mark its 25th anniversary.

The community rallied to show their love for Golden Lake Chinese Restaurant, which offers residents and visitors mouth-watering Chinese dishes such as chop suey, chicken balls, fried rice, Cantonese style chow mein and lo mein, and egg rolls.

Golden Lake owner Feng Chu Lin was surprised when area resident Cindy Genik approached her about a month ago saying that she wanted to give her a free makeover to upgrade the restaurant's décor, which had well maintained honey-coloured panelling on the walls and a gold-coloured panel running the length of the cashier's counter.

"I like it very, very much," said Lin after volunteers put the finishing touches on the remodelling initiative, which entailed renovated washrooms, brand new flooring, fresh coats of robin's egg blue paint on the walls, floral decorative motifs, new artwork from China, re-upholstered chairs and a sign hand-painted by Genik.

Genik was the driving force behind the makeover, wanting to spread the joy of community coming together to help others — which Arborg is renowned for — while at the same time celebrating Lin's silver jubilee.

"Feng is one of the most kind, generous, happy and grateful women I know, and she's so deserving of a grand gift," said Genik. "She welcomes everyone with a smile and really enjoys feeding people."

As a patron of the restaurant, Genik said she had been thinking about what she could do to bring a fresh new look to a restaurant that's been providing a Chinese-food fix to the community for a quarter of a century.

"I was thinking about this makeover for quite a while," said Genik. "The building had not been painted since the late '60s, and I thought it was time for a refresh."

And if she could raise enough money for the materials, she said she was thinking she'd undertake the upgrade work herself as she's quite handy around the house and knows how to wield various



EXPRESS PHOTOS COURTESY OF CINDY GENIK

Cindy Genik (centre in black blouse) next to Feng Chu Lin (in purple floral blouse) with some of the members of the community who had donated their time, labour and/or financial support to remodel Lin's Golden Lake Chinese Restaurant as a 25th anniversary gift. The group had lunch at Golden Lake last Sunday to celebrate the anniversary and marvel at the makeover.

tools. So, she "hit the streets," approaching various members of the community and businesses for assistance.

She didn't have to work hard at getting buy-in.

"I met Norman Penner from Swivel. To my surprise, he shared my vision and had also been thinking the same thing," said Genik. "He asked me how he could help to support this project and offered to renovate the restaurant's washrooms. I was so excited and grateful for his help. We became instant friends."

Last Sunday, the makeover volunteers got together for lunch at Golden Lake where it was standing room only. Some volunteers posed for a photo with Lin, who cried with happiness, said Genik.

There were "so many wonderful people" who made the upgrade a success, and Genik said she made a number of new friends along the way.

"I'm thrilled there were so many friends and neighbours willing to be so generous and supportive," said Genik. "Thanks a million to everyone who helped. Together, anything is possible."

Members of the community who contributed to the makeover either financially and/or physically were Cindy Genik, Norman and Bev Penner, Stan Plett, Stan Dueck, John Dueck, Doug and Sharon Shore, Larry Kornelson, Ray Penner, Dillian Fox, Jarrett Authur, Elden Penner, Benny Penner, Darrel Dueck, FMC Loving Arborg, Mike's Extreme Customs, Arborg Home Hardware, Oleksii Bielov, Sergey and Vlad Kuzma, Grigoriy Levchenko, Debbie and Morley Nordal, Gerald and Bev Huebner, Shachtay Sales & Service, Nor Tech Mechanical, Arborg Oil, Esthetics by Adrienne, and Bear Yellowega. There were also many anonymous donors.

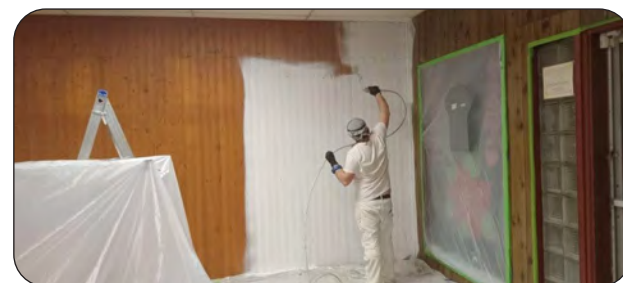
The *Express* reached out to Arborg Home Hardware co-owner Ray Reimer, who said it's impor-



The interior of the restaurant before the makeover.



Feng Chu Lin helps remove panelling from the restaurant's counter.



A community volunteers paints the walls.



Feng Chu Lin (left) with a staff member in her newly remodelled restaurant.

tant to support the local business community so that Arborg can continue to sustain and grow its economy, as well as support both residents and visitors who rely on the town and area businesses for the products and services they need.

"We're here to help our community. We want our community to thrive. We want to enable our residents to continue living here. We, as a business, also need our community," said Reimer. "The restaurant makeover was part of helping someone who need-

CMHA encourages Manitobans to unmask mental health during awareness week

CMHA Mental Health Week May 5-11

By E Antonio

Campaign aims to support those struggling in silence by breaking stigma and promoting connection

For anyone silently struggling with their mental health, the Canadian Mental Health Association wants you to know you're not alone.

As part of Mental Health Week from May 5 to 11, CMHA Manitoba and Winnipeg is urging Manitobans to take part in this year's campaign theme: Unmasking Mental Health. The message aims to reach people who may be hiding how they truly feel — often without realizing it — and offer them permission to be honest, seek help and find support without fear of judgment.

"People often mask symptoms of mental illness, sometimes without even realizing it, as a way to cope," said Marion Cooper, CEO of CMHA Manitoba and Winnipeg. "The leading reason people hide their symptoms is stigma, which continues to prevent many from seeking the support they need."

Masking — the act of concealing emotions, behaviours or symptoms — can deeply impact relationships and self-worth. According to a 2022 survey by the Mental Health Com-

mission of Canada, 72 per cent of respondents living with a mental health or substance use disorder said they experienced serious self-stigma. Many said it negatively affected their self-esteem and how they viewed themselves.

"Unmasking can help us form deeper connections and boost self-esteem, which supports good mental health," said Cooper. "Our vulnerability can inspire others to be open and honest about their mental health, creating a ripple effect that fosters greater understanding and empathy in communities."

This year marks CMHA's 74th Mental Health Week, and organizers are encouraging people across Manitoba to start conversations, share their experiences and connect with resources — particularly those who feel isolated or overwhelmed.

"If you or someone you love is struggling, please reach out," CMHA said in a release. "If you're in crisis, you can call or text 9-8-8 any time — help is available 24/7."

May 5-11 marks CMHA's 74th Mental Health Week. This year's theme "Unmasking Mental Health" encourages people to unmask the truth about mental health, while breaking down barriers, challenging stigma and supporting open conversations. To get involved, you can:

- Attend a CMHA Across



EXPRESS PHOTO SUBMITTED

Support Women's Mental Health Services and take part in the Shoppers Drug Mart run for women on June 8.

Manitoba Mental Health Week event including courses and activities in Winnipeg, Selkirk, Portage la Prairie, Dauphin, Swan River, The Pas and Thompson. On May 8, join the launch of Love Notes, a mental health campaign, and in the evening attend a gala fundraiser Red Threads - Honouring Voices, Inspiring Change.

Download the toolkit: Visit mentalhealthweek.ca for social media graphics and resources.

- Share the content and your support on social media using the hashtags #UnmaskingMentalHealth and #MentalHealthWeek.
- Start a conversation: By #Un-

maskingMentalHealth through open and honest conversations we break down barriers so people can get the help they need when they need it.

- Donate to support CMHA mental health programs and services at www.cmhaacrossmb.ca/donate

- Connect. If you or someone you love is struggling, please contact CMHA. If you are in crisis and need immediate support, call or text 9-8-8 for free, 24/7 crisis support.

The Canadian Mental Health Association is a national charity supporting mental wellness through advocacy, education and services. In Manitoba, CMHA has more than 13 offices across the province and works to ensure no one faces mental health challenges alone.

"IF YOU OR SOMEONE YOU LOVE IS STRUGGLING, PLEASE REACH OUT."

> CHINESE, FROM PG. 16

ed a bit of a step-up. It was awesome to be able to offer some help so that we can keep having that business here in town. We don't want to lose businesses."

Arborg Home Hardware contributed to (discounted) the cost of the new flooring, accessories and tools to install the flooring.

Municipality of Bifrost-Riverton residents and business owners Debbie and Morley Nordal, who run Nordal's Auto-Body/Glass, also eagerly jumped on board to help out Genik and Lin, a fellow business owner.

"Cindy [Genik] has done a wonderful thing to initiate this surprise restaurant makeover for Feng's 25th anniversary of the Golden Lake Chinese Restaurant," said the Nordals. "We were more than happy to support this special project and to lend a helping hand to one of our fellow business owners."

The Nordals, who attended Sunday's celebratory lunch, extended their congratulations to Feng on her 25th anniversary.

Customers were pleasantly surprised by the makeover, with some taking to social media to give a thumbs up.

"We love Golden Lake. The restaurant just had a stunning makeover. It's absolutely beautiful," wrote Deena Oleski. "Food is always great, and the ladies behind the delicious food are truly wonderful. Definitely worth the visit."

Golden Lake is open seven days a week and is located at 349 First Ave. in Arborg.

Thank You!

Thank you to the people of Selkirk-Interlake-Eastman for allowing me to be your voice in Ottawa!

I also want to thank all the amazing volunteers and campaign staff for your hard work. I couldn't have done this without you.

JAMES BEZAN | MEMBER OF PARLIAMENT

AUTHORIZED BY OFFICIAL AGENT FOR JAMES BEZAN

siecpceda@gmail.com

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Ice Dawgs honour top performers, graduating players at awards banquet

By Kieran Reimer

The Arborg Ice Dawgs celebrated their 2024-25 Capital Region Junior Hockey League season with their annual team awards banquet, held April 26 at the Arborg Curling Club.

Several awards were handed out during the evening, which also included a heartfelt sendoff for the team's four graduating players.

Rookie forward Brandon Burak stole the spotlight, picking up four major awards: Most Valuable Player, Top Goal Scorer, Rookie of the Year and Top Scorer.

Burak led the Ice Dawgs — and all CRJHL rookies — in scoring during the regular season with 27 goals and 14 assists in 28 games. He was previously named the CRJHL Rookie of the Year on Feb. 17 and was a finalist for the league's MVP.

Graduating forward Harris Dankochik received the Fan Favourite Award. In 18 regular season games, he tallied four goals, one assist and 81 penalty minutes.

Third-year forward Brody Maxwell was named Most Improved Player. In 27 games this season, he recorded three goals and eight assists, surpassing his six-point total from 2023-24.

Top Defenceman honours went to graduating blueliner Michael Crave, who wrapped up his sixth season with the Ice Dawgs. Crave notched

four goals and nine assists in 29 regular season games.

Captain Tyson Barylski earned the Leader of the Pack Award after posting his third consecutive point-per-game season. In 24 regular season games, Barylski scored a career-high 14 goals and added 17 assists.

The Coaches Award went to Ben Danielson, who had a breakout campaign in his final year. Danielson doubled his previous career-high of 15 points, finishing with 12 goals and 18 assists for 30 points in 30 games.

The Ice Dawgs placed sixth in the CRJHL regular season standings and were eliminated in the quarterfinals by the Lundar Falcons. Despite finishing below .500, the team maintained a strong sense of camaraderie.

"Very, very happy with the friendship in the room," said general manager Lloyd Barylski. "There was no feuding in the dressing room. I found the team came to practice in a good mood. When you lose, no one's happy, right? But overall, nobody singled anybody out. Everybody got along really well. That's what we were happy about — very good dressing room, no trouble in the dressing room."

Graduating players Danielson, Barylski, Crave and Dankochik will now age out of the CRJHL, having combined for 447 regular season games in their junior careers.



EXPRESS PHOTOS SUBMITTED

Arborg Ice Dawgs captain Tyson Barylski received the Leader of the Pack Award during the team's annual awards banquet April 26 at the Arborg Curling Club. The graduating forward played 112 regular season games in his CRJHL career.



Michael Crave received the Top Defenceman Award. The graduating blueliner played 147 regular season games in his CRJHL career.



Forward Brandon Burak picked up four team honours, including Most Valuable Player, Top Goal Scorer, Rookie of the Year and Top Scorer. He was also named CRJHL Rookie of the Year and was a league MVP finalist.

Arborg product has more on his plate in second campaign with Sea Bears

By Jeremiah Knight

Braeden Floyd still gets chills thinking about his first time on the bench as a professional basketball coach.

It was May 24, 2024 — the Winnipeg Sea Bears hosting the Scarborough Shooting Stars at Canada Life Centre.

The Arborg product remembers nearly every detail of that thrilling Canadian Elite Basketball League matchup, but it's the final moments that remain the most vivid.

"You got player intros; you got fans screaming every time you make a basket. (Shooting Stars power forward Jackson Rowe) is at the free-throw line and he just needs to make one to win it, and he misses, and everyone's just loud as they can be to make sure he misses that shot," Floyd recalled. "Then (Sea Bears guard) Alex Campbell goes to the corner, (other Sea Bears guard) Teddy Allen hits him in the corner, (Campbell) hits the three — like a monumental shot."

At the time, Floyd was in his first season as a coaching intern with the Sea Bears. His previous highest level of experience had been with the University of Winnipeg Wesmen men's team.

The Duckworth Centre, just a few blocks away, can get loud during a big game. But it was nothing compared to the sold-out crowd of 9,116 that night at the downtown arena.

"That was probably the moment for me," he said. "And everyone starts running to the court, and I'm just kind of standing there still. I was like, 'This is just different.'"

This summer, Floyd is back for a second season with the Sea Bears — this time with more responsibility. Now

serving as assistant coach, video coordinator and chief of staff, his new role comes with a full plate.

Working under head coach Mike Taylor, Floyd is responsible for preparing game and practice film for players and coaches to review throughout the week. That includes footage of upcoming opponents and compiling stats and information to help shape game plans.

He also oversees the team's coaching interns — Huy Luu, Omid Torabi and Jonam Kazadi — and manages their day-to-day assignments.

On top of that, he handles parts of the Sea Bears' travel logistics, including hotel bookings, practice scheduling and making sure the jerseys arrive on time.

"It's definitely something I've been preparing for since I learned about the job because I know right when I get into it, it's going to be a lot," Floyd said. "I'm trying to make sure I have everything that I can get done before the season even starts, take that workload off me, and then once that Day 1 starts, it's all going to change — and then probably throw out everything I just did for the past month and be ready to do it again."

Floyd's promotion follows the departure of Josh Reddy, who previously held the role before leaving last fall to become lead assistant coach at the University of Victoria. Floyd also replaced Reddy with the Wesmen over the winter, making him a natural choice for the Sea Bears position.

Taylor believes Floyd is more than ready.

"Braeden Floyd is a great story. He has earned more responsibility within



EXPRESS PHOTO SUBMITTED

Braeden Floyd of Arborg returns for a second season with the Winnipeg Sea Bears, stepping into a larger role as assistant coach, video coordinator and chief of staff with the Canadian Elite Basketball League squad.

our Sea Bears organization, impressing us with his work ethic and character," Taylor said in a team press release. "Braeden is an excellent young coach who is gaining experience at different levels and building himself up in a great way. I enjoy working with him and will be counting on him a lot this summer as chief of staff and video co-ordinator."

Floyd is also gaining head coaching experience with the Glenlawn Collegiate junior varsity boys' team. His

long-term dream is to one day lead a professional team — and that goal is inching closer to reality.

"Every day that I get to spend around (Wesmen head coach) Mike Raimbault, (assistant coach) Don Thomson, (assistant coach) Dave Crook and now the Sea Bears coaches, it's just another opportunity to learn from those guys," Floyd said.

"It's the same logic for being the next guy up, where I'm getting to the point where I'm trying to be ready for the next call."

Thunder hosting free development camp at Stonewall Collegiate

By Kieran Reimer

The Interlake Thunder Football Club is offering youth a free opportunity to learn the game of football this month.

On Saturday, May 17, the Thunder will host a free football development camp at Collège Stonewall Collegiate, led by Thunder varsity head coach Christof Hasselfield and Thunder vice-president of football operations Kris Johnston.

The non-contact skills camp is open to youth aged eight to 13, regardless of prior experience with the sport.

The camp includes a free hotdog lunch and prize giveaways. Cleats are optional.

"We just want to allow kids the opportunity to come out and test the waters, so to speak — see what football might be all about for them,"

said Johnston. "We also want to give returning players an opportunity to run around, have fun with their teammates, meet new potential teammates, make new friends — just have fun."

"We want it to be a pretty laid-back environment, knowing that new kids are going to be joining, and we don't want to make it anything but fun and relaxed."

The camp begins with a 90-minute group session introducing basic football skills, including stations for blocking, tackling, throwing, catching, running with the ball and defending a pass.

After the first session, players aged eight and nine will receive their free hot lunch. Players aged 10 to 13 will take a 30-minute break and a snack

before heading back out for a second 90-minute session.

The second session will focus on positional skills, with players encouraged to try positions on both offence and defence.

Older players will receive their hotdog lunch after the second session.

The Thunder are working with Football Manitoba to ensure all participants are covered by insurance.

Johnston said a registration poster and sign-up link will be shared soon.

CAMP SCHEDULE:

10–11:30 a.m. – First session (ages 8–13)

11:30 a.m.–noon – Break and lunch

Noon–1:30 p.m. – Second session (ages 10–13)

To see more photos of your favourite Interlake Athletes

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Falcons honour top performers, graduating players at annual awards banquet

By Kieran Reimer

This season the Lunder Falcons treated their fans as one of the league's top clubs that finished third in the regular season and reached the Capital Region Junior Hockey League semi-finals.

Last Friday, their accomplishments were brought to the forefront with the Falcons Annual Awards Banquet at the Lunder Arena Lounge.

Eight awards were handed out on the night while the Falcons honoured their four graduating players: Zach Halldorson, Riley Zdan, Jake Plett and Cayden St. Laurent.

Taking home the Most Valuable Player Award and Top Goalie Award was goaltender Kennedy Kerr, who backstopped the Falcons with an 11-7 record in the regular season to go along with a .920 save percentage and a 3.05 goals against average.

Kerr was also a finalist for the CRJHL's Top Goaltender.

Receiving the Falcons' Rookie of the Year Award was forward Braeden Lukas, who led Falcons rookies in points with 11 goals and 13 assists in the regular season.

Lukas was also a finalist for the CRJHL's Rookie of the Year and was selected as a CRJHL All-Star back in January.

Defenceman Troy Johannesson was the recipient of the Falcons' Top Defenceman Award after his three goal, 11 assist regular season that also included a CRJHL All-Star selection.

Johannesson was also the recipient of the Falcons' Goal of the Year Award.

Forward Dylan Vitelli was the recipient of the Falcons' Leading Scorer Award after leading the team in points in the regular season with 12 goals and 22 assists.

Graduating forward Riley Zdan was also an award recipient as he received the Falcons' Best Defensive Forward Award.

Zdan, along with graduating defenceman and captain Zach Halldorson were both co-recipients of the Falcons' Lorie Halldorson Memorial Award for Most Dedicated Player.

The four graduates in Halldorson, Zdan, Plett and St. Laurent finished their CRJHL careers with a combined 277 regular season games played.



EXPRESS PHOTO SUBMITTED

The Lunder Falcons honoured their four graduating players at their Annual Awards Banquet on Friday at Lunder Arena Lounge. The four graduates Zach Halldorson, Riley Zdan, Jake Plett and Cayden St. Laurent finished their CRJHL careers with a combined 277 regular season games played.

Ask the money lady



Dear Money Lady Readers:

I want to ask – for those of you in your 50's or 60's.....what's your plan for retirement?

I hope you have thought about it. Today let's talk about how to not outlive your money.

We all know planning is important. They say: "the person who doesn't plan for the future, can't expect to have a future." And we all know this to be true. So why is it that today we have over 40% of retirees falling into the "retirement gap." The new term, retirement gap, means that retirees are finding that the money they planned to live on, in reality, now falls short every month. Being in the retirement gap is not a good thing and if you

know your in it than you also know you will need to either get a part-time job, adjust your spending, or downsize your home and your lifestyle.

First up, you want to make a list of all your monthly expenses, including mortgages (or rent), utilities, heat, hydro, condo fees, estimate for groceries, car payments and gas for your vehicle, memberships, subscriptions, and basically everything that you spend money on each month. Are these expenses going to continue in retirement, and if so, for how long?

Of course, if you plan to travel in retirement, then I will want you to decide how much you plan to spend every year and have this divided by 12 months and added in to your monthly expense list. Now that you know how much you will need each month when you retire – do you have a plan to create a revenue stream to cover these expenses. This revenue will need to be funded by investment portfolios, RRSPs, TFSA's, pension income, rental income, CPP and OAS.

While you may think you have enough funds to retire, please remember that timing your withdrawal from any investment is truly the key to ensuring your money lasts. If we take a

typical retirement time horizon of let's say, 25 years and you are withdrawing a monthly retirement income from an equity portfolio, you will need to account for 3 to 5 downward swings in the market. Because you are essentially creating a revenue stream from your portfolio it is important to remember that the cyclical trends that help build your savings, now works in reverse. Over a 25 year time period, due to bear markets, a retiree will need to consider that they will lose anywhere from 20% to 46% from their overall capital savings if held in an equity portfolio. Remember this is like dollar cost averaging but in reverse – because you are now withdrawing funds on a monthly basis, not saving them.

Another thing to consider is the state of the economy at the time you wish to retire. If you retire during a bull market, you will be much better off than someone that retires in a bear market. You see, positive returns early in retirement outlast an identical portfolio that has to endure negative returns early in retirement. This is called the "sequence of returns risk" and please believe me, this is a true event. Economists have shown that

when you compare portfolios with the same securities and values, and with the same average long-term rate of return, the timing of the withdrawals does make a difference.

The fact is, bear markets will happen throughout your retirement, and they will affect your savings plan. Since 1940, we have had 15 bear markets with the average length being 11.2 months in duration and an average loss of 31.8%. The best way to combat this phenomenon is to have your fixed monthly expenses covered by your guaranteed income (OAS, CPP, Pensions, LIRAs). If you can do that, then you could potentially withdraw less during bear markets and more when we have a bull market. Bull markets typically last for about 3-4 years and have an average return of 148.7% over their past bear market. Don't be put in a situation where you are forced to sell securities in a down trending market. Selling in a bear market creates capital loss because once the securities are cashed out, they can no longer participate in the eventual recovery.

Good Luck and Best Wishes,
Money Lady

Written by Christine Ibbotson, Author, Finance Writer, Syndicated National Radio Host, and now on BNN Bloomberg News and CTV News every day in every province. Send your money questions, (answered free) to info@askthemoneylady.ca

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ANTIQUE SALE

Don't miss the big annual Spring Junk Wagon Antiques & Collectibles Sale. Everything from old toys, vintage clothing, comics, records, jewelry, rustic, retro, glassware, old advertising, old signs, upcycled and so much more. Saturday, May 10, 2025. Doors open 9 a.m. - 4 p.m. 980 Winakwa Rd. in Winnipeg. \$5 per person.

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SPRUCE RIDGE STOCK FARMS at Ashern has a good selection of two year old and yearling bulls. Developed in large runs, these are big hard muscled bulls ready to go to work. Semen tested, delivered, guaranteed. Priced reasonably. Ross and Helen Jerney. **204-768-0333**

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

Red Angus yearling bull, birth weight 88 lbs., recommended for cows. Delivery available. For more info. call 1-204-861-0126.

SEED

Certified #1 Algonquin alfalfa seed for sale. Inoculated, 50 lb. bags. Carla Shergold 204-298-4099. Apr. 24, May 1, 8 & 15

SEED

FORAGE SEED FOR SALE: Organic & conventional: Sweet Clover, Alfalfa, Red Clover, Smooth Brome, Meadow Brome, Crested Wheatgrass, Timothy, etc. Star City, SK. Birch Rose Acres Ltd. 306-921-9942.

WANTED

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

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

FINANCIAL SERVICES

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

NOTICES

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

NOTICES

CAUGHT YOU LOOKING AT OUR ADS! Your customers could be seeing them too! Jump on our great prices and start getting responses. Book your blanket classified ads, seen in the 31 Member Newspapers ACROSS MANITOBA and seen in over 368,000+ homes! Please call 204-467-5836 or MCNA at 204-947-1691 for more details or to book ads. MCNA - Manitoba Community Newspapers Association. www.mcna.com

Remember Your Loved Ones
with an Announcement in the
EXPRESS
WEEKLY NEWS
Call 204-467-5836

HEALTH

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

We are hiring for various positions!

Arborg Home hardware building centre

Email applications to
hr@arborthhbc.com
451 Main Street, Arborg
204-376-3090

EMPLOYMENT OPPORTUNITY

Waste Water Hauling team

Gimli Septic Service Ltd. has immediate openings for a Waste Water Hauling team. We currently have 2 full time openings for Class 5 & Class 3 w/air drivers. The shop is located in Sandy Hook and will be the shift start location. Experience is welcome but willing to train the right candidate.

Starting wage for Class 5 \$20/hr with average daily commission of \$31

Starting wage for Class 3 w/air \$25/hr with average daily commission of \$45

Applicants must: -Maintain a Class 5 license -Demonstrate good truck driving ability with a clean driving record -Have the ability to lift 65lbs as the position requires some recurring physical labor -Ability to work independently -Be willing to work Saturday as part of regular scheduled shifts -Working cell phone for daily task updates -Other duties as assigned Benefits are offered after 3 months.

For all inquiries please reply by email to:
gimliseptic@gmail.com

ONLINE FARM & CONSIGNMENT SALES

Farm Auction Sale for Dennis Geisler, Ashern, MB
Sale Starts online: Monday June 2, 2025 at 9:00 a.m.

Closes: soft close starting at 10:00 a.m., Wednesday, June 18th, 2025

Included in the sale: M.F. Super 90 Tractor, power steering, 540 pto, 8745 hrs showing; Hutchmaster 8ft offset breaking disc; Cockshutt 12 tandem disc; Vicon 9 wheel rake; N.H. 1475 Haybine, 16ft hydro swing, 1000 pto; N.H. 660 Baler w/auto wrap, 540 pto; #37 J.D. 9ft Mower, field ready; Antiques, cattle equipment, tools, misc.

Viewing: by appointment only Wednesday & Thursday, May 28 & 29th. 10:00 a.m. - 6:00 p.m.

Contact Dennis for viewing arrangements at (204) 302-0474.

From Ashern - 1.6 km South on Hwy #6 to PR #325. Follow #325 West for 7.7 km, turn left on Geisler Road for 1.3 km South. Farm is on West side of road - #144032.

Consignment Auction

In the Lake Francis & surrounding area

Sale Starts online: Monday May 12, 2025 at 9:00 a.m.

Closes: soft close starting at 10:00 a.m., Wednesday, May 28th, 2025

Included in the sale: Int. 1256 Turbo Tractor; Ford 7600 Tractor & loader; Boat, motor & trailer; Front end loaders; Manure & grapple forks, Kubota snowblower; Tires; Scaffolding; Gooseneck trailer; Hay trailer; Tires (farm and vehicle); Seed discers; Fertilizer spreaders; Mowers; Square bale picker;

Viewing by appointment only Monday, May 12 & Tuesday, May 13th, 2025 - 10:00 a.m. to 6:00 p.m.

Contact John Lampert for viewing arrangements at (204) 841-4136 (cell) or house (204) 383-5711.

Site location (1): 86155 Road 16W - (Corner of Roads 16W and 87N)

Site location (2): 79090 Road 4W - (2 1/2 miles north of Warren on Road 4W)

Lorne (Buddy) Bergner, Auctioneer John Lampert, Auctioneer
Bergner Auction Service, Ashern, MB

Email: bergauct@mymts.net www.apro.bid

www.globalauctionguide.com (for sale viewing only)

To register: go to: www.apro.bid



MUNICIPALITY OF BIFROST-RIVERTON EMPLOYMENT OPPORTUNITY

Assistant Chief Administrative Officer

The Municipality of Bifrost-Riverton is seeking a motivated individual with excellent administration and finance skills for the position of Assistant Chief Administrative Officer.

Duties:

- Assist the CAO with operations of the Municipality
- Payroll functions
- Perform zoning and planning management
- Act on behalf of the CAO in their absence
- Applications for funding programs; Green Team
- Assist community groups; Riverton Handi-van, Seniors Resource
- Coordinate board of revision
- Prepare and plan Council Meetings
- Supplementary tax billings
- All other duties as assigned

Specifications:

- Holds a Certificate in Manitoba Municipal Administration, or
- Professional designation in any related field
- Experience with Munisoft or similar municipal accounting software will be an asset
- Knowledge of Manitoba municipal provincial and federal legislation
- Strong communication, people management, and organizational skills

Requirements:

- Full time position (37.5 hrs/week), with benefits.
- Salary reflective of their experience and qualifications.
- The posting will remain open until a suitable candidate is located.

Details:

- 8:30 am-12 pm, 1 pm-4:30 pm, Monday to Friday.
- Rate of pay is based on experience.
- A detailed job description is available upon request.

Applications will be received until a suitable candidate is found.

Please submit your resume and cover letter in person or email to:
Ms. Larissa Love
Chief Administrative Officer
Email: info@bifriv.ca

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

THE **EXPRESS**
WEEKLY NEWS



Rural Municipality of
FISHER

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

PUBLIC NOTICE

2025 BUDGET HEARING Thursday, May 15, 2025 7:00 p.m.

RM OF FISHER COUNCIL CHAMBERS
30 TACHE ST, FISHER BRANCH

At this time the Council will present the proposed 2025 financial plan for the municipality.

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

Copies of the proposed financial plan will be available upon request, May 9, 2025 at the RM of Fisher Municipal Office, 30 Tache Street, Fisher Branch, MB during regular business hours. Questions and remarks may also be directed by letter to the Chief Administrative Officer or through e-mail at fishercao@mymts.net



Rural Municipality of
FISHER

PUBLIC NOTICE

NOTICE OF DUST CONTROL PROGRAM

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

1 site is 150 meters (492 feet)

Costs are as follows:

800L Light Application 12ft wide for \$403.00
OR

1000L Heavy Application 12ft wide for \$504.00

***It is the homeowners' responsibility to flag the site for application. Sticks and ribbon can be obtained at the RM office.**

Payment must be received by the Rural Municipality of Fisher Office, Box 280, Fisher Branch, Manitoba R0C 0Z0 by May 23, 2025. Make cheques payable to the RM of Fisher. **Payments are not refundable after application of dust control.** Price does not include gravel applied to site prior to dust control application. Gravel at site is at the discretion of the contractor. **Dust control date application is dictated by Fort Distributors.** Rain Dates may be required. For more information, please contact the Rural Municipality of Fisher Office at 372-6393.

Rural Municipality of Fisher
Box 280
Fisher Branch, Manitoba
R0C 0Z0

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IVAN'S
— AUTO BODY —

EMPLOYMENT OPPORTUNITY

Red Seal
Auto Body
Technician

Ivan's Auto Body in North Winnipeg is looking for a F/T Red Seal Auto Body Technician.

We have a high volume of MPI work and are fully equipped for all types of repairs. We do not sublet any work out of the shop. We have a small group of great people that all get along in a bright clean and organized shop. We offer a comprehensive benefits package with health, dental and life insurance. Don't let distance be an issue because we also assist with travel expenses and or accommodation.

To learn more, call Igor @ 204-334-4754 (office)
or 204-509-4467 (cell).

We look forward to speaking with YOU soon!

ROMAFA
METAL WORKS INC

WE ARE HIRING

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

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

The profile:

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

Other information

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

HELP WANTED

- **BARTENDER**
- **WAITRESS • CASHIER**

Full-time Seasonal Positions
- Living Quarters
- Above Average Wages

Contact Irv for more details.

Email: office@narrowssunsetlodge.com

Phone 204-981-2831

or 204-467-8507

PUBLIC NOTICE

Sandy Hook Golf Course intends to spray the following pesticides from the period of May 15, 2025 to Oct 31, 2025:

Daconil 2787, Banner Maxx,
Trillion, Mecoprop, Banvel
VM, Spreader Sticker, Roundup,
Par 111, Dedicate and Instrata.

Direct enquiries to:

Environment and Climate Change,
Environmental Approvals Branch,
Box 35, 14 Fultz Boulevard,
Winnipeg, Mb. R3Y 0L6

Full-time Employment Opportunities

In Arborg at busy
implement dealership

HONDA
Power
Equipment

HONDA
Cub Cadet

STIHL

Kubota

Shachtays in Arborg is hiring additional
staff for the following positions:

- **Service Technician**
- **Parts/Counter Person**

Experience not necessary but a definite asset. Benefit plan available.

Apply in person, fax, mail or
e-mail resume to: 276 Ardal St.,
Box 190, Arborg, MB R0C 0A0
shachtays@hotmail.com

Ph: (204) 376-5233

Fax: (204) 376-5234

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Expert Help:
204-453-5372



Join the fight against
Prostate Cancer

**RIDE DAY
Saturday
May 31, 2025**

**10am
Earls Polo Park
(Winnipeg)**

Visit
**ridefordad.ca/
manitoba**

to register or
make a pledge

WANTED

COIN
COLLECTIONS
& OLD JEWELRY!



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Jewelry, Accumulations
& Collections of Coins,
Numismatics, Royal
Canadian Mint Coins,
Franklin Mint, US &
CAN. SILVER DOLLARS,
Old Rolls, Bags & Boxes
of Coins, Silver Coins,
Gold Coins, Old paper
\$\$\$ Bullion, Jewelry,
Nuggets, Sterling Silver
& ALL Silver & Gold
items!**

COVERING ALL OF MB!
**Todd
204-904-9705**



**Ashern Home
Hardware is
Hiring!**

**Full-time or Part Time
Salesperson,
Summer Student
or Permanent.**

Must be able to lift 50 lbs. unassisted.
Retail experience not required,
but would be an asset.

Deadline for application is May 24, 2025.
Apply to #28 Railway Avenue, Ashern or e-mail:
jason.carpenter@homehardware.ca

Official Notice to Control Noxious Weeds SELKIRK WEED CONTROL DISTRICT City of Selkirk, Town of Winnipeg Beach, R.M. of St. Andrews, R.M. of St. Clements

As indicated in the Noxious Weeds Act of Manitoba, (S.3(1)) a person must destroy or control Noxious Weeds that are on land that the person owns or occupies. All residential, commercial, agricultural, and public lands are subject to this Act.

If weeds are not destroyed or controlled as per the laws and regulations of the Act, particularly on SUBDIVIDED but not fully developed land (S.20(1)), and on certain vacant or unoccupied land (S.19(4)), the Weed Control District may enter upon the land and destroy or control Noxious Weeds without further notice. The cost of weed control will be charged to the property owner through the tax rolls (S.27(1)). The Weed Inspector will make systematic inspections and will enforce the provisions of the Act. Noxious Weeds discovered to be present on the forementioned lands after May 30, 2025 will be destroyed or controlled by mowing, cultivating, or application of herbicide.

Each Municipality reserves the right to levy a service fee on the affected property's tax roll in addition to the cost of weed control incurred by the Weed District.

Reports of Noxious Weeds as well as information on weed identification and methods of control is available through the Selkirk Weed Control District Office:

630 Sophia Street, Selkirk, MB, R1A 2K1
Phone: 204-785-3638, E-mail: slkweed@gmail.com

MORTGAGE SALE

The building and land known as 42 Colleen Avenue, Arnes, Manitoba, (RM of Gimli) as described in Certificate of Title No. 2671670/1 will be sold at auction by a licensed Auctioneer on Wednesday, the 28th day of May, 2025 at 10:00 A.M. The auction sale will be held by way of video or teleconference. There will be no in person attendees at the auction.

In order to participate you must pre-register at least 24 hours prior to the auction by contacting Lindsay M. Mulholland at 204-346-5124 or lmulholland@snj.ca.

The vendor is informed that there is situated on the mortgage property a single family dwelling, of approximately 3,930 square feet in total living area, with five bedrooms and three bathrooms, on a 0.47 acre lot with a detached garage.

The property is sold subject to taxes, and penalties. Property taxes are paid up to the 31st day of August, 2022. Caveat 224628/1 will remain on title.

Purchaser is responsible for payment of any outstanding water accounts owing by the Mortgagor.

TERMS: Deposit of \$79,900.00 in cash, certified cheque or bank draft payable to SMITH NEUFELD JODOIN LLP within 24 hours of auction sale (cash component of the deposit not to exceed \$7,500.00) and the balance according to conditions to be announced at the sale.

Sale is subject to Reserve Bid which will be announced at the auction. If the highest bid does not meet the Reserve Bid then there is no sale.

The auction sale will be conducted pursuant to an Order for Sale issued by the District Registrar. Certain parties may be prohibited from purchasing the property, including but not limited to, parties who by virtue of their employment or relationship to a person involved in the sale process would have special knowledge of the circumstances pertaining to the sale. For more information and a list of prohibited purchasers please visit: www.teranetmanitoba.ca

Further information and copies of the Conditions of Sale may be obtained from:

SMITH NEUFELD JODOIN LLP
Barristers & Solicitors
85 PTH 12 North
Steinbach, MB R5G 1A7
File No. 110949-24
Attention: Lindsay M. Mulholland
Phone: 204-346-5124
lmulholland@snj.ca

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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 WESTERN INTERLAKE PLANNING DISTRICT BY-LAW NO. 1/25

Being An amendment to the Western Interlake Planning District Development Plan
By-law No. 2/04 , as amended.

HEARING LOCATION:

RM of Coldwell Council
Chambers 35 Main St,
Lundar, MB

DATE & TIME:

May 27th, 2025 @ 6:35 pm

GENERAL INTENT:

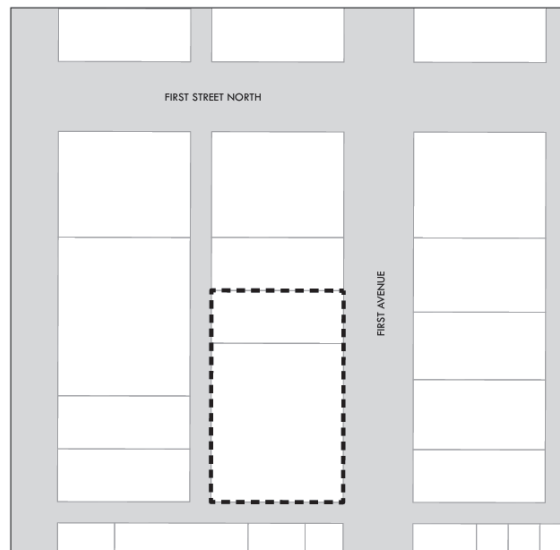
To re-designate land
Within the RM of Coldwell
from "Residential Area" and
"Recreational Area" to
"Central Commercial Area"

AREA AFFECTED:

Lots 20, 21, 22 & 23, Block 5
Plan 423, Lundar, MB in the
RM of Coldwell

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@mts.net



Area affected
From: "Residential Area" & "Recreation Area"
To: "Central Commercial Area"

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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> MEAL IDEAS



Wee Chicken & Waffles with Jezebel-Maple Syrup

Finely chopped fresh Italian flat-leaf parsley or green onion for garnish (optional)
Hot sauce for serving
To make the syrup: In a large microwave-safe glass measuring cup with pour spout (one holding at least 3 cups) or a bowl, add the maple syrup, pineapple preserves, apple jelly, horseradish, pepper, and salt; whisk to combine.

Microwave the mixture on high for 35 seconds. (You also can heat it in a small saucepan on low until the mixture is warm.) Stir and taste, adjusting the flavor if desired. Set the syrup aside.

Place the toasted waffles on a large serving platter. Top each waffle with a piece of chicken. Drizzle the chicken-waffle bites with about 1 teaspoon of the syrup. Garnish with the parsley, if desired, and serve with the remaining syrup and hot sauce.

Serves 10 to 12, Three or Four Waffles Each
Jezebel-Maple Syrup
2 cups maple syrup
1/4 cup pineapple preserves
1/4 cup apple jelly
1 1/2 tablespoons prepared horseradish
3/4 teaspoon ground black pepper
1/2 teaspoon salt
40 mini waffles from a 10.9-ounce package, lightly toasted
40 pieces cooked fried popcorn chicken



Mint Chocolate Mousse

sticks, or frosted mint leaves and 1 cup heavy cream, to decorate

4 pots or dessert cups, for serving
Melt the chocolate with the dinner mints over a double boiler or in the microwave. Let cool slightly. Using an electric mixer, beat together the egg yolks and sugar in a large bowl until thick and mouselike, then beat in the melted chocolate-mint mixture.

Sprinkle the gelatin over 4 tablespoons water in a small, heatproof bowl and let soak and swell for 2 to 3 minutes. Put the bowl in a pan of simmering water and stir until the gelatin has dissolved. Beat into the chocolate-mint mixture.

Working quickly, beat the egg whites in a clean, dry bowl until stiff but not dry, then fold into the chocolate mixture with a metal spoon.

Divide the mousse between the pots. Scatter with the chopped mint sticks, then refrigerate until set. Alternatively, whip the 1 cup cream and use to decorate the mousses, along with the frosted mint leaves. Leave at cool room temperature for about 20 minutes before serving.

Serves 4
5 ounces dark chocolate (60 to 70 percent cocoa solids), chopped or broken up into smaller pieces
4 to 6 chocolate covered dinner mints, chopped
4 eggs, separated
2 tablespoons sugar
4 tablespoons heavy cream
1 teaspoon powdered gelatin
2 tablespoons chopped chocolate mint

take a break

> GAMES

SUDOKU

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

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!

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

Sudoku Answer

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

Crossword Answer



CROSSWORD

CLUES ACROSS

- Herring-like fish
- Perform on stage
- Soda
- Small growth
- In support of
- Step taken when walking
- Hollyhocks
- Returned material authorization (abbr.)
- Feel pain
- San Diego ballplayer
- Inches per minute (abbr.)
- Fat from a pig's abdomen
- Create again
- Honors once more
- Thin coating of gold
- Welsh river
- Japanese novelist Mizumura
- Husks of corn
- Green vegetable
- Showing guilt
- Soldier
- Photographers
- Language spoken in Nigeria
- Mimic
- Expressed pleasure
- Ancient Greek sophist
- Beverage container
- Night monkey genus
- Lace bugs
- Hogshead (abbr.)
- Frameworks
- Keyboard key
- Greek goddess of the dawn
- Influential Korean independence figure

CLUES DOWN

- A place to unwind
- Helped (archaic)
- Razorbill genus
- Bleached

1	2	3	4		5	6	7		8	9	10
11				12		13			14		
15						16			17		
	18				19	20			21		
				22	23				24		
25	26	27	28	29							
30							31				
32									33	34	35
					38	39	40		41	42	
					43			44			
48									50	51	52
55										57	
59									61		
62										64	

- Continent
- Fruit preserved in syrup
- Impediment to one's freedom
- Nocturnal rodents
- Earthy pigment
- Relieved oneself
- Golf score
- Tech hub ___ Alto
- Sportscaster Andrews
- Records electric currents
- Popular Hitchcock film
- Revolutions per minute
- NY Giants legend
- Sports radio host Patrick
- When you hope to get somewhere
- French seaport
- Thai river
- Rocker's accessory

- Extra charge
- Influential American president
- Pain in the head
- Great Plains people
- Consumed
- Soluble ribonucleic acid
- Improves
- Secret clique
- Behind the stern of a ship
- Dough made from corn flour
- Fallow deer
- Swiss river
- Grayish white
- Engrave
- College's Blue Devils
- Midway between south and southeast

Announcements



Classifieds

WEDDING SOCIAL



Wedding Social for
Angie Bezdietny and Corey Murray
May 17, 2025
Gimli Park Pavillion
8 p.m. – 1 a.m.

BIRTHDAY



Happy 12th Birthday
Jase!

-Love,
Mom, Dad and Aubrey

BIRTHDAY



Happy 18th Birthday
Ethan Shymko
18 years old, where has the time gone!
We are so proud of the hardworking man
you have become.
Keep being you,
and keep enjoying all your hobbies.
Wishing you an awesome 18th birthday.
-Love,
your family and friends

BIRTHDAY



Happy 18th Birthday
Owen Shymko
18 years old, where has the time gone!
We are so proud of the hardworking man
you have become.
Keep being you,
and keep enjoying all your hobbies.
Wishing you an awesome 18th birthday.
-Love,
your family and friends

BRIDAL SHOWER

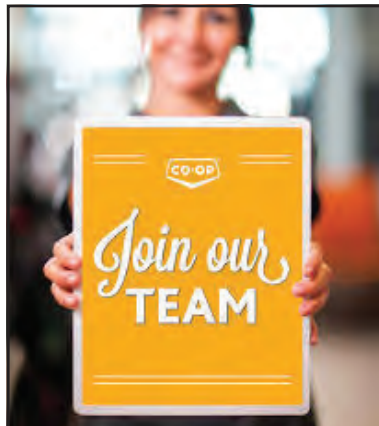


Please join us for a bridal shower
in honour of
Taylor Bjornson
bride-elect of Creyton Thompson
Saturday, May 10th at 1:00 p.m.
at the Arborg Community Hall
Donations can be dropped off
at Arborg Home Hardware and Co-op.
Social to follow at 8:00 p.m.

HEAVENLY BIRTHDAY



For Bruce on his 70th Birthday May 11
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- **Period End Statements** – To be well versed in the procedural items that are required to be done within agreed-upon timelines and ensure they are completed within those timelines.
- **Payroll**– To be knowledgeable and work within Interlake Co-op policy to process all aspects of payroll.
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- **Data Entry** – To process data and to file invoices and correspondence in a timely and efficient manner.
- **Balance Cash Ups** – To assist in daily cash audits.
- **Internal Controls**– To assist in internal control procedures.
- **Petroleum Office** – To assist the Petroleum Manager with the administration/ operation of the dept.

Competencies/Qualifications:

- Organizationally savvy, Collaborative team player, Past administrative experience an asset, Computer skills, Communicative, Professional, Desire to make a positive difference in our members' lives

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OBITUARY



Michael Leon Pinder
March 5, 1965 – April 30, 2025

Michael peacefully passed away on April 30, 2025 at the Grace Hospice in Winnipeg, MB surrounded by the love of his wife Leanne.

In keeping with his wishes, Michael has been cremated and a Celebration of his life is being planned and will be announced at a later date.

Arrangements by:

ARNASON FUNERAL HOME
Ashern - Lundar
PO Box 672, Ashern, MB R0C 0E0
1.204.768.2072
1.866.323.3593

OBITUARY



Joseph Eugene Gilbert Filion
November 4, 1927 - April 23, 2025

Peacefully on April 23, 2025, at Eriksdale Personal Care Home, Gilbert passed away at age 97.

He is survived by his daughter Betty (Skipp) Stabner; sons, Bruce (Krin) Filion and Robert (Tracy) Filion; daughter Barb Filion; six grandchildren and six great-grandchildren; sister Yvonne Gibson; brother in-law Gordon (Darlene) Daily; sister in-law Lovie Daily; along with several nieces and nephews.

Gilbert was predeceased by his parents, Eugene and Marie (Medrise) Filion; brother Lionel and his wife Betty Filion; brother Aurel Filion; brother in-law Jack Gibson; father in-law Tom Daily, mother in-law Margaret Daily; brothers in-law, Fred and Laurence Daily, sister in-law Evelyn Daily and sister-in-law Carolyn Daily.

Gilbert was born November 4, 1927 in Cayer, Manitoba and lived there until he was 10 years old, the family then moved to Steep Rock. After his schooling, he started commercial fishing, then purchased his farm in Steep Rock. He married Violet Daily in 1956 and they started their family, having four children (Betty, Robert, Bruce and Barb). Together they farmed until Mom's health required her to move closer to medical care in Winnipeg, they stayed in touch, speaking nightly, by phone. In 2016 Barb moved in with Dad to offer support until 2022 when his health worsened, and he moved into the care home. He was forward thinking in his many endeavors. He read a lot and attended many meetings with his fellow farmers and fishers to gain more knowledge in his pursuits.

Dad was an avid commercial fisherman, starting when he was 16 and continuing until he was 90. He received the Long Service Fisher award for fishing over 50 years on Lake Manitoba. He was instrumental helping to start the Ashern Fisheries Coop. He was also a director for the Manitoba Beef Growers Association.

Cremation has taken place and a memorial service will be held on Friday, May 16, 2025 at 1:00 p.m. at the Faulkner Community Hall. Service will conclude at the hall with a lunch to follow.

The family would like to thank the staff at the Eriksdale Personal Care Home for their care and support for dad as his health declined.

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OBITUARY



Sylvia Kindzierski (nee Densley)
1934 - 2024

It is with great sadness in our hearts that we announce the passing of our beloved mother, Sylvia Kindzierski (nee Densley), aged 90 years, of Arborg, Manitoba on December 28, 2024 at the Gimli Community Health Centre.

Sylvia was born July 2, 1934 in Riverton, MB. She will be sadly missed by her children: Pat, Charles (Wendy), Pauline (Rick), Harold (Deanna), Derek and Jim (Marlene); grandchildren, great-grandchildren and great-great grandchildren. Mom is survived by her sisters Lorraine (Albert), Dolly (Cam) and brother Jim.

She was predeceased by her husband John, father Harold, mother Sigurros, brothers Bobo and Edward, sisters Joyce and Irene, and son-in-law George.

She worked for many years at the personal care home in Arborg, she really enjoyed interacting with her clients.

Mom's sport of choice was curling. She was very proud of winning many trophies with our dad.

In her later years, she enjoyed going to the Legion for the meat draws and she would win almost every time she went.

A luncheon will be held on Saturday, May 31, 2025 at 12:30 p.m. at the Arborg Legion. Cremation has taken place and a family interment of ashes will be at Arborg Community Cemetery prior to the luncheon.

In lieu of flowers, donations may be made to Heart and Stroke foundation or CancerCare.

The family would like to thank the staff of Gimli Community Health Centre and Arborg Assisted Living as well as Gilbert Funeral Home in Selkirk.

Tributes: www.gilbartfuneralhome.com

Gilbert Funeral Home, Gimli in care of arrangements.



OBITUARY



Louise Lorna Russell

February 15, 1941 - April 29, 2025
Peacefully at home on April 29, 2025, Louise passed away after a life filled with much joy, strong faith, and a deep love of family.

She will be lovingly remembered and deeply missed by her husband of almost 64 years Norman; children Bonnie (Scott), Brad (Marni), Lois (Scott), and Vernon (Kelly); grandchildren Steven (Madison), Bethany, Jessie (Phil), Raelyn, Mark (Chelsea), Brooke, Luke, Andrew, and Alyssa; great-grandchildren Everett,

Bellamy and Seraphina; sister Joan and brother Jonathan (Sue).

She was predeceased by her parents Fernand and Adeline and brother James.

Louise was born in Grahamdale to Fernand and Adeline Newman. She grew up in Moosehorn and was the eldest of four children. She married Norman Russell on May 20, 1961 and she enjoyed working at the bank in Ashern early in their marriage. Afterward, she dedicated her time to raising their four children at home. Louise loved all family gatherings and could always be seen with her camera capturing memories of each event. She was avid in scrapbooking and loved personalizing her photos with thoughtful captions. Louise loved phone calls with family and friends and keeping in touch with everyone. Her words were very heartfelt, caring and encouraging. Her deep faith was evident in her daily life and her actions were loving and giving. She often mentioned she was praying for us.

A family memorial service has already taken place.

In lieu of flowers, donations can be made to Ashern Gospel Chapel, PO Box 241, Ashern, MB R0C 0E0.

She will always be remembered and forever in our hearts.

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