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## Commercial Fishery Rapprochement

EXPRESS PHOTO BY PATRICIA BARRETT

Lake Winnipeg commercial fishers Cristy Johannson, left, and Candice Spring of Johannson Fisheries were among over 100 fishers who met with Jamie Moses, the NDP government's minister of economic development, investment, trade and natural resources, last Wednesday to share their concerns about how Manitoba's commercial fishery is governed and to provide ideas to strengthen the relationship between fishers and the province. An advisory board to the government has been proposed.

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# NDP government embarks on rapprochement with commercial fishers

## Commercial fisher advisory board to government proposed

By Patricia Barrett

After a top-down approach to fisheries management by the former provincial Conservative government and a subsequent breakdown in relations with commercial fishers, the current NDP government has reached out to fishers to ask them how the relationship with government can be salvaged and how they can work as a team to manage the fishery.

The rapprochement is being led by Economic Development, Investment and Trade and Natural Resources minister Jamie Moses, who not only had one-on-one chats with hundreds of fishers over the course of two days but also took his own notes.

The government held meetings on April 30 in Scanterbury and on May 1 in Gimli.

Over 100 fishers attended the Gimli meeting, which was held at the Lakeview Resort. Lake Winnipeg commercial fisher Henry Traverse from Kinonjeoshtegon (Jackhead) First Nation opened the meeting with



Economic Development, Investment and Trade and Natural Resources minister Jamie Moses, left, sat with commercial fishers and took notes on their concerns.

a prayer. Departmental and other staff helped facilitate the gathering of feedback.

“Being in this role as the minister, I want to work really hard to make sure we have a strong, thriving, sustainable commercial fishing industry in this province,” said Moses after he delivered the treaty land acknowledgement. “In order for us to be able to do so, we know we need to work directly with the people who are doing the work on the frontlines — and that’s you folks. That’s why I want to be here today to hear your opinions and thoughts, and hear how we can



EXPRESS PHOTOS BY PATRICIA BARRETT

Commercial fishers, David and Trevor Olson from the Lake Manitoba Fishers Association, were among about 100 fishers meeting with fisheries minister Jamie Moses last week in Gimli to share their concerns and ideas about how to enhance Manitoba’s fishery.

move forward in a strong, positive way.”

Moses added that the commercial fishery is “critically important” to the province’s gross domestic product, generating hundreds of millions of dollars annually, employing thousands of Manitobans and driving the economy of small communities.

Fishers were asked to provide input on major issues such as the challenges facing them, what supports the government can provide to help grow their industry, how the government can play a role in facilitating collaboration between all fishers and what the “scope and membership” of a commercial fisher advisory table

might look like.

The acrimonious breakup between commercial fishers and the former Conservative government had much to do with the government’s allegedly close relationship with the Manitoba Wildlife Federation (MWF), which promotes angling and hunting interests. Commercial fishers alleged that the fisheries branch’s hiring of Rob Olson, managing director of the MWF until 2017, led to changes in government policy regarding commercial mesh size changes and the paring down of the number of commercial fishers through quota buybacks in

Continued on page 3



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## > RAPPROCHEMENT, FROM PG. 2

2019.

Last year the Manitoba Liberal party submitted a complaint to the Manitoba ombudsman, asking it to investigate whether senior officials in agriculture and resource development had been giving “preferential treatment to the Manitoba Wildlife Federation (MWF),” states an online Liberal post from February 2023. The Liberal party said articles had been published in which the MWF boasted about having “Influential Friends” in government. The party also noted that changes in mesh sizes hurt commercial fishers and the quota buy-back program discriminated against Indigenous fishers by paying less per pound of fish.

David Olson and his son Trevor Olson of the Lake Manitoba Commercial Fishers Association attended the Gimli meeting, sharing their concerns about issues such as the danger of allowing special interest groups to influence government and commercial fishing policy, long-serving departmental staff who “have their own ideas” about how the fishery should be run and are unwilling to pivot, a lack of hatchery programs to stock lakes, and invasive species such as zebra mussels, which have been found in the Lake Manitoba Narrows region.

“Groups like the Manitoba Wildlife Federation and Fish Futures, as well as walleye and other angling clubs, have a really strong lobby. They have a big voice whereas commercial fishers in small towns are struggling to make our voices heard,” said Trevor Olson. “Unlike anglers, commercial fishers are residents. They keep our towns alive. They live there year-round, contribute to the economy and pay taxes.”

David Olson said having more fish hatcheries for Lake Manitoba could bolster stocks. There’s one fish hatchery in Lundar that serves as a central distribution centre for other lakes in the province, including Cedar Lake, and that only a certain number of fish (pickerel) are released into Lake Manitoba.

“We had all these hatchery programs going in the past, but they were killed by a former fisheries director because he didn’t like commercial fishers getting involved in [the hatchery]. Well, that’s what we do for our livelihood,” said Olson.

Lake Winnipeg commercial fisher



Lake Winnipeg commercial fishers Chris Kristjanson and his nephew Joel Goodman.

Bill Buckels brought a list of concerns to the meeting. Those included a decline in pelagic feed in that lake, invasive species such as zebra mussels (which affect the food chain and water quality), inequities in the value of quota (e.g., south basin quota valued higher than north basin quota where there are primarily Indigenous fishers), mesh sizes, fishing season lengths and the lake being the primary dumping ground for raw sewage from Winnipeg and for agricultural chemicals in runoff.

**“I WAS ORIGINALLY VERY PESSIMISTIC BUT AFTER SEEING HOW ENTHUSIASTIC MINISTER MOSES IS ABOUT HIS PORTFOLIO, I’VE GOT SOME NEW HOPE.”**

He said the establishment of a proposed commercial fisher advisory board to facilitate dialogue between fishers and the government should have fisher representatives from across the province, follow standard administrative procedures and have a bottom-up approach in which fishers drive the boat and politicians implement the process.

Other fishers spoke about concerns with the lack of “affordability” and program funding to help entice younger fishers into the industry. They cited supports for young farmers but nothing for young fishers.

Moses’ willingness to take a diving header into commercial fishery waters wasn’t lost on fishers who said

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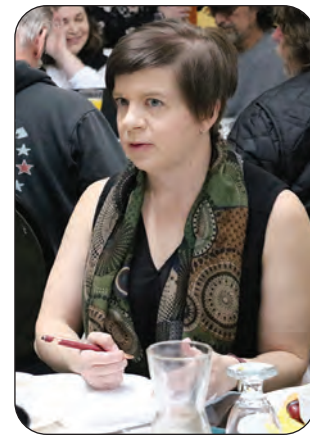
Lake Winnipeg commercial fisher Bruce Benson.

they felt ignored by the previous government. Some were buoyed about the prospect of entering into a working relationship with the new government.

“I was originally very pessimistic but after seeing how enthusiastic minister Moses is about his portfolio, I’ve got some new hope,” said Buckels.

Lake Winnipeg commercial fisher Bruce Benson said he thought the procedure whereby their concerns and ideas were recorded was “fantastic,” and he, too, has hope that the government will work collaboratively with his industry.

“Everybody got to have their say and you feel that the government is listening; you hope that they are and this isn’t smoke and mirrors,” said



Sarah Pinsent-Bardarson, who ran for the NDP in the Interlake, was one of the facilitators for the government.



Commercial fisher Henry Traverse from Kinonjeoshtegon (Jackhead) First Nation opened the meeting with a prayer.

Benson. “I don’t think it is. I feel very positive about meeting like this and, hopefully, we can change the dynamic between the commercial fishers and the provincial government with this new government. We had difficulty with the former government.”

The minister’s department will be preparing a summary document based on the feedback it obtained from fishers. When the *Express* asked if that document will be made public, an aide to the minister said it will likely be for internal use.

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# Gimli Barvinok Ukrainian Dancers perform for Betel Home residents

By Becca Myskiw

Gimli Barvinok Ukrainian dancers performed for residents in Betel Home last week, bringing smiles to every face in the room.

Before the COVID-19 pandemic, Gimli Barvinok dancers performed at Betel Home annually. Though club president Chelsey McColl reached out to them to come back last year, they still weren't having large groups come in. This year, though, Betel Home volunteer Pat Nuspl reached out to McColl about bringing the dance club back, and she was eager to say yes.

"It only seemed right to go back," said McColl. "Their faces light up when [the dancers] go on stage. They clap, they yell; it's really nice to see."

On May 1, four of five Gimli Barvinok dance groups filled Betel Home, dressed in traditional outfits of various colours. The Beginner 1 and Beginner 2 groups each performed a Poltava, while Intermediate 1 performed a Hutsul and Intermediate 2 performed a Bukovyna. Each group did well, said McColl, and the Betel Home residents enjoyed every step.

"I think this is particularly enjoyable for them because of the kids,"



Lucy Marks with her granddaughter Karmyn and great-niece Meadow.

said Nuspl. "You can just see it all over their faces, lit with million-dollar smiles."

Gimli Barvinok performs at Betel Home as the finale to their season. The group starts dancing in September, has their Malanka in February, and ends in April with their spring



EXPRESS PHOTOS SUBMITTED

Gimli Barvinok Ukrainian Dancers performed for Betel Home residents last week.

concert. Because they practise until the spring show, Gimli Barvinok performs for Betel Home right after that to ensure they're in their best form for the residents.

Nuspl said numerous residents had family members or people they knew performing in the group. Resident Lucy Marks saw her granddaughter and great-niece dance that evening and was beyond proud of them.

"The kids come and they're a breath of energy," said Nuspl. "I think it's a really, really good connection when the children have a connection to the care homes. It's good for both sides."

Gimli Barvinok has 32 dancers this year, plus three adult dancers who couldn't make the performance at Be-

tel Home. All groups perform at the club's Malanka and spring concert. The Beginner 1, Beginner 2, Intermediate 1 and Intermediate 2 groups performed at Manitoba's Ukrainian Dance Festival, with one group receiving gold for participation and the others all receiving silver. Both intermediate groups also performed at the Troyanda festival in Brandon, where Intermediate 1 received gold and silver and Intermediate 2 silver.

McColl said the group hopes to perform at Betel Home again next year. This Saturday, Betel Home is holding a bake sale and bazaar fundraiser to raise funds for the Handi Van, courtyard and maintenance.

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# Celebrating National Nursing Week May 6-12

By Jennifer McFee

It's National Nursing Week, which aims to recognize the contributions of nurses to individuals, communities and the future of health care.

This year, National Nursing Week runs from May 6 to 12 with the theme "Changing Lives. Shaping Tomorrow."

Newly graduated nurse Tayler Nickart looks forward to embarking on a career that will help change lives positively and shape the future.

Nickart graduated in February after completing her bachelor of nursing degree at Red River College Polytechnic. Soon after, she obtained her registered nurse licence.

"I have always really been drawn to the medical field and the constant lifelong learning and diverse variety of jobs and paths the career provides. I loved the idea of being able to care for people in times of need to help them achieve good health outcomes and make a difference in their lives," she said.

"I also was a very clumsy kid who played many sports that made several visits to the hospital for various fractures, stitches and sprains. I have always admired and appreciated the compassionate and exceptional care of nurses I had that made me want to do the same work."

Nickart got a jump-start on her career journey as a nursing student in the Home for the Summer program at Selkirk Regional Health Centre (SRHC). This program offers summer employment opportunities for post-secondary students pursuing studies in nursing, pharmacy and allied health fields.

"I was very fortunate to be able to travel to several different long-term care facilities throughout the region and experience health-care settings in rural areas," she said.

"This position provided exceptional knowledge on many aspects of nursing — more than just direct patient care, such as infection control, charting, developing therapeutic relationships with patients, assessing and analyzing patient safety and satisfaction of their care — along with shadowing nursing practice early on in my studies."

While she was studying, Nickart also held an undergraduate nursing employee position for about a year and a half on the surgical unit at SRHC. Undergraduate nurse employees work under the supervision of registered nurses or registered psychiatric nurses to gain experience and log working hours.



EXPRESS PHOTO SUBMITTED

Newly graduated nurse Tayler Nickart began employment in April as a registered nurse at Selkirk Regional Health Centre's emergency department.

"I feel incredibly lucky to have had the opportunity to put my education to practise and strengthen my nursing skills and judgment prior to graduation," she said. "Clinical practice in nursing school is often limited with short rotations so you may not get to attempt all nursing skills."

As an undergraduate nursing employee, Nickart had the chance to hone her skills within an interdisciplinary health-care team, all while being supported by an experienced nurse.

"This employment gave me so much experience with a vast variety of patients — and being able to work alongside the health-care team was extremely rewarding," she said. "The staff on the SRHC surgery unit were beyond welcoming and supportive, and I am so lucky to have that opportunity prior to becoming a registered nurse."

In April, Nickart began employment as a registered nurse

at SRHC's emergency department.

"I have really enjoyed the first month of my employment and getting to know the emergency team. I am most looking forward to take on the challenges of becoming an emergency RN and learning from the incredible nurses and staff that work at the SRHC facility. I feel grateful to be able to have grown so much in my nursing practice throughout my time working in Interlake-Eastern Regional Health Authority and to now be able to begin my career," she said.

"I have grown up and lived in the surrounding Selkirk area my entire life and am very much looking forward to being able to give back to the community that helped me to get to where I am today."

And for others who might be considering a career in nursing, Nickart offers some words of encouragement.

"It is incredibly rewarding to work with people in times of need and support them in any way you can, as well as care for their families and communities," she said. "Nursing is a career that will teach you so many things and you learn something new each day."

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## Funding announced for Livestock Predation Prevention Program

By Becca Myskiw

Manitoba producers will have the opportunity to receive more support from the Livestock Predation Prevention Program this year thanks to additional funding announced by the provincial and federal governments.

The program aimed at preventing predator attacks on farms received a boost on April 25, as both the Manitoba and Canadian governments pledged financial aid. The Sustainable Canadian Agricultural Partnership will contribute \$500,000 to implement proactive measures that promote coexistence between wildlife and livestock in agricultural areas of Manitoba and reduce the risk of livestock predation.

Through this program, producers now have access to funding for a range of helpful tools such as foxlights, electronet, fladry and livestock guardian dogs. Additionally, they can also receive financial support for building predator-deterrent fencing. According to Carson Callum, the general manager of Manitoba Beef Producers, this funding announcement marks a promising advancement in addressing the ongoing problem of predation faced by producers in the province.

Annually, Manitoba experiences approximately 1,900 claims for predator damage to livestock. Coyotes make up 75 per cent of these incidents,

while wolves account for 20 per cent. The remaining five per cent is attributed to black bears, cougars and foxes. According to the provincial government's data, half of these damages are inflicted upon beef calves weighing under 300 pounds. Callum expressed that this issue affects all livestock producers in the province and coyotes and wolves are the primary culprits.

"Predation loss is not only emotionally hard for the producer, but it hurts their bottom line as well," said Callum. "Anything to mitigate it and help us to live in a symbiotic relationship with wildlife on the land is positive."

He said in recent years, wolves have become an especially large problem in areas of the province with lots of bush cover. Some producers have had packs of wolves settle down near their herds, and in cases like that, Manitoba's Livestock Predation Prevention Program supports won't be enough. In cases like those, Callum said the producers have to look at safe and efficient removal of the predator, which can be done through Manitoba's Problem Predator Removal Program.

The Problem Predator Removal Program has the Manitoba Trappers Association assist producers with the safe removal of predators that have attacked livestock or pose a threat to human safety. There is also a Wild-

life Damage Compensation Program, which offers producers financial compensation for livestock injured or killed by bears, coyotes, wolves, cougars and foxes. For details on that, producers can contact their nearest MASC office.

Callum said the funding for Manitoba's Livestock Predation Prevention Program is important as it supports producers in their efforts to mitigate losses from wildlife. Producers with a paid livestock predation claim under the Manitoba Wildlife Damage Compensation Program from 2021 or later are eligible to apply for the Livestock Predation Prevention Program now. Eligible applicants can be reimbursed up to 75 per cent of total eligible expenses to a maximum of \$5,000 for pre-approved equipment and guardian dogs and \$10,000 for fence construction.

Manitoba launched the Livestock Predation Prevention Pilot Project in 2020, which had 100 projects completed on 48 farms across the province. The Livestock Predation Prevention Program builds on the success of this pilot program.

Manitoba's Economic Development, Investment, Trade and Natural Resources department will also be increasing funding for the Manitoba Targeted Predator Removal Program by \$90,000, making the total funding given \$150,000.

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# Gimli hosting first-ever Battle of the Bands competition May 19

By Becca Myskiw

This summer, Gimli will host its inaugural Battle of the Bands competition, giving local musicians an opportunity to showcase their skills on a shared stage.

The Battle of the Bands event is set to be held at the pavilion in Gimli on May 19. As part of the ongoing summer music series on Gimli's harbour stage, Allan Sulyma, the town's tourism co-ordinator, has been receiving numerous inquiries about booking local bands.

"We always try to put some of the best Manitoba musicians on the stage every year for people's enjoyment and to add tourism in Gimli," he said.

Amidst the summer lineup, Sulyma

strives for top-notch musical acts and has devised the Battle of the Bands to discover local talent. The victorious band will receive a \$500 prize and a spot in next year's concert series. Should there be multiple stand-out bands, Sulyma is willing to book them all.

Only bands can enter the competition, which means duos or singles won't be accepted. All band members must be over 18. If younger, they must have parental consent to perform. Each band also has to have ties to Gimli, whether it be they attended school in the town, lived there once or own a cottage in it.

Every participating band will have the opportunity to perform for 30 to

45 minutes. The event is appropriate for all ages, so all types of music are encouraged to be showcased at Gimli's Battle of the Bands. Sound, tech equipment, drums and bass rack will be provided for all contestants during the competition.

"There are so many talented young musicians in Gimli and so many talented older musicians in Gimli," said Sulyma. "We want to give them the chance to be heard. It's not always about being paid; it's about being heard."

Sulyma is reaching out to local business owners who host live music, to serve as judges for the competition. This will provide an unbiased judging process and give the bands an op-

portunity to secure local bookings.

Battle of the Bands will start at 6 p.m. on May 19, though Sulyma said if there are more bands and they need more time, they'll start the event earlier.

Registration for the competition is currently open and will stay open until May 12, a week before the event. Once the lineup is confirmed, Sulyma will make the schedule and post it to Gimli's website and social media pages.

To register your band for Gimli's inaugural Battle of the Bands, email [tourism@rmgimli.com](mailto:tourism@rmgimli.com).

# Lundar Community Resource Council reports on busy year

By Becca Myskiw

The Lundar Community Resource Council (LCRC) recently held their annual general meeting, where they reported on a successful year.

LCRC provides a variety of programs, support and services for seniors and individuals with needs in Oak Point, Lundar and the RM of Coldwell. Utilizing volunteers, the organization oversees Lifeline services, offers a congregate meal program three times per week, manages Meals on Wheels operations, arranges transportation for medical appointments, aids with household cleaning and maintenance tasks, assists with income tax preparation, operates a mobility and loan program, offers shopping and bill payment assistance,

helps with banking tasks and more.

During the meeting, chairperson Irene Danielson highlighted the two successful grants that LCRC was able to secure this year in her report.

The Government of Canada offers the Canada Summer Jobs program, providing funding for individuals aged 15 to 30 to work at LCRC for eight weeks. The available position is that of a senior resource assistant.

Thanks to the generosity of Coldwell Lundar Community Foundation, Inc., funding was secured for Phase 1 of a multiphase project. This first phase will focus on upgrading and beautifying the planter boxes and green space located on the south side of the Lundar New Horizons Building.

This year, LCRC has once again sub-

mitted a funding application to the Coldwell Lundar Community Foundation, Inc. for Phase 2 of the park upgrade project. This phase includes the installation of walkways with a hand rail, as well as potential additions such as trees, shrubs, lighting and a pergola.

According to the senior resource co-ordinator's update, LCRC has been collaborating with nearby schools to offer volunteering opportunities. Additionally, the organization's board recently met with IERHA concerning feedback from Meals on Wheels clients. It was brought to their attention that some clients were unsatisfied with the soup and sandwich lunches provided. In response, they are reverting back to a fresh lunch menu

in order to better meet their needs. As a result of this change, they have received positive feedback on three recent meals: cheeseburger platters, shrimp and chicken stir fry, and hot dog platters.

According to Miller, there has been a noticeable increase in the number of individuals utilizing the congregate meal program. Particularly on Fridays, the program has reached its limit of 25 customers. Additionally, water tests were conducted on both April 3 and 7 without any reported concerns.

So far this year, LCRC has received a New Horizons grant to continue work on the park project.

# Gypsumville RCMP respond to homicide

By Lana Meier

Gypsumville RCMP were called to a Lake St. Martin First Nation residence at around 9 a.m. on May 1 in response to a shooting. Upon arrival, officers discovered an adult female who had passed away at the scene. The incident is believed to be targeted.

On May 1, RCMP Major Crimes Services ar-

rested a 15-year-old male youth from Lake St. Martin First Nation in relation to the May 1 shooting of a 32-year-old female at a residence in the community.

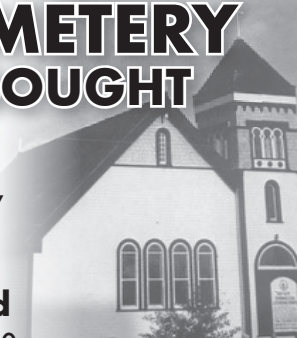

On May 2, the youth was charged with second degree murder and remanded into custody.

RCMP Major Crime Services continue to investigate.

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**EVERGREEN BASIC NEEDS**

Notice is hereby given that the **Annual General Meeting** Will be held at Evergreen Basic Needs 71 4th Ave, Gimli **Tuesday May 14, 2024 7:00 pm**

**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 31, 2024.**

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** 

# Unique baby sensory program set for national expansion

By Raegan Hedley

Without planning it, Fran Hiebert and Denise Turanli got pregnant at the exactly same time. They'd met working at Coca-Cola, had their baby boys one day apart and got to share the fascination of watching them develop and grow together.

"I was living in the U.K. at the time, and Denise came over to visit and I took her to every baby class you can imagine," said Hiebert. "Although there were lots of aspects of programs over there that we liked, we felt that there were lots missing as well. ... There was a clear gap in the Canadian market to be serving new parents better."

Hiebert explained that one of the things she and Turanli noticed was that the experience for parents needed to be improved.

"It's such a huge transition being a new parent, especially when you're doing it for the first time, that we really wanted to create a space where we could bring people together and have the grown-ups have just as much fun as the babies."

Both from business backgrounds, the two Winnipeg moms launched Lullaland in 2019, a baby sensory class designed to encourage cognitive development using light, colours, sounds, songs and textures. Hiebert said she was more behind-the-scenes and at first Turanli ran the programs. They wrote original music and created 45 themes with different props, costumes, puppets and experiences. Nothing grates on an exhausted parent's ears quite like bad singing, so they decided to only hire qualified leaders with performing arts backgrounds.

"What we say is you can do your whole mat leave with us, and you will never experience the same class twice," said Hiebert. "We mix it up. We make it interesting and engaging for the parents. But we also do have a consistent beginning and ending because it is important for babies to



**Take your tot through the rainforest! Lullaland has 45 themes with a predictable class structure to keep things consistent for babies and interesting for caregivers.**

have some sort of repetition too."

Lullaland is not a baby playgroup where you sing the same old nursery rhymes repeatedly.

Turanli added, "Our sensory classes are backed by research, designed with creativity and crafted to encourage the rapid development of your little one in their formative years. From promoting eye tracking to nailing their pincer grip, and much more, our classes encourage these essential skills through wonder and play."

There are three different programs: Lullanewborns (from six weeks to sitting unsupported), Lullababies (sitting and taking first steps) and Lullatots (up to 3.5 years old). The timing is of sensory classes is critical.

You may think that allowing babies to experience a collage of colours, sounds and textures simply keeps them entertained. In fact, it is far more beneficial for their growing minds. According to the Center on the Developing Child with Harvard University, the early years are the most active period in the brain for establishing neural connections, in fact, in the first few



EXPRESS PHOTOS SUBMITTED

**In the first three years, one million neural connections are created in babies' brains every second. Sensory engagement and play programs, like Lullaland, are backed by plenty of research and meant to help with eye tracking and strengthening the pincer grip.**

years of life, more than one million new neural connections form every second. This is why sensory stimulation from birth is vital.

That's one of the reasons why Anitra Longley and her 15-month-old son Jason are attending Lullaland classes at Seven Oaks.

"I've done church programs, drop-in programs and quite a few mommy-and-me classes. It's fun, but it's usually just free play, which is kind of cool, but it's not what we're looking for when we're going out at this age," said Longley. "I want Jason to be engaged, and that's what they do at Lullaland."

Longley explains she doesn't mind driving from Selkirk because "there are no other programs that offer games and themes the way they do."

"The thing that's different with Lullaland is it's such a positive atmosphere. It just feels like everyone wants to be there and everyone communicates. It just fills our cup up when we go. It's not draining like the other ones can be," said Longley. "It really helped with my mental health because parents also interact with each other, right? I've actually made some friends."

Hiebert and Turanli's idea was a runaway success, and they steadily kept expanding. Now, they deliver 43 classes a week to over 600 families across nine locations — eight in Winnipeg, one in East St. Paul — and they're planning to franchise Lullal-

and across Canada.

"There's a Google review that says something like, 'It's harder to get into Lullaland than it is to get Taylor Swift tickets!' Because we did get there at one point. We want to be able to grow in a way that doesn't compromise the quality of the program," said Hiebert. "I think right from the beginning, although it started as a passion project, we very much knew that franchising was the route that we wanted to go with it."

Currently the classes cater to 1,000 participants each week with babies as young as three weeks and grandparents as old as 92. Everyone, regardless of their age, loves the class because there is so much variation. Their themes take babies into space, through the rainforest and even under the sea.

Longley joked that she has two dogs and she thought Jason was starting to act like them at one point. After she started taking Jason to Lullaland, she noticed that interacting with other kids consistently helped his personality come through more.

"Before I started taking him he was very reserved. And now he's so much more outgoing. He'll go sit in the middle of the room and dance. ... It's so funny," said Longley. "I'll definitely be going until he reaches the age cap."

For more information about Lullaland, visit [Lullalandsensory.ca](http://Lullalandsensory.ca).



Lullaland has three programs: Lullanewborns, Lullababies and Lullatots.



# Fisher Branch retired nurse raising awareness of opioid crisis, substance use

By Patricia Barrett

A retired nurse from Fisher Branch is raising awareness of the opioid crisis in the Interlake and beyond in order to educate people about addiction issues and show substance users that there's hope for recovery.

Darcy Truthwaite worked as a nurse for 30 years, and in the last 16 months before she retired, she helped set up and run the Substance Use Disorder Clinic at the Percy E. Moore Hospital in Hodgson to help people who are desperate to deal with their addiction.

Since 2016, people dying from opioid toxicity in Canada has increased, said Truthwaite. And people need to know how addictive opioids are and how hard it is to get off them. That's why she's focusing on educating people about the drugs.

"I think a lot of my patients started using street drugs because they had no idea of the long-term effects of opioids," said Truthwaite. "Once they became addicted, they'd have horrific withdrawal symptoms and powerful cravings, and they had no idea this was going to happen to them."

To help raise awareness of how serious opioid addiction is and to educate people about where to get help, Truthwaite has been giving presentations to various communities in the Interlake. As president of the Toastmasters in the Arts Club, she is well versed in speaking before audiences. She recently visited Fisher River Cree Nation and also presented in Jackhead First Nation and at the Jackhead school. She has already given three presentations at Fisher Branch Collegiate to students in grades 9 to 12.

Truthwaite said there are around 200 different kinds of opioids. People are probably familiar with commonly prescribed opioids such as codeine, which is found in Tylenol 1, 2 and 3. Other opioids include oxycodone (e.g., Percocet), which became the poster child of addiction, morphine, heroin, hydromorphone, fentanyl and carfentanyl (carfentanil), which is used in veterinary medicine to tranquilize large animals such as elephants.

Opioids produce pleasant effects such as pain relief, euphoria and sedation, but they can also cause low blood pressure, loss of consciousness and suppression of breathing.

And with MRI imaging, Truthwaite said it's possible to see physical changes in the brains of people who use opioids. There is decline in white matter, which can affect learning and decision-making, the processing of new information and adapting to new circumstances.

"It also affects the cerebral cortex,



RCMP FILE PHOTO

The RCMP released photos of controlled substances recovered during a drone drop at Stony Mountain Penitentiary.

which is responsible for regulating emotional impulses and making rational decisions," she said. "Studies have shown that once addiction develops, voluntary control is reduced."

Truthwaite said all opioids can be made in illegal laboratories in Canada. Fentanyl and carfentanyl can be used as "fillers" in other drugs because they're easy to get, cheap and make those other drugs stronger and more addictive.

If someone had a prescription for an opioid from their doctor and were then cut off, they may turn to drug dealers on the street.

Addiction usually starts by taking pills. When someone becomes tolerant to a certain level of the drug, they'll start to crush and snort the pills, said Truthwaite. Then they'll take it up a step by smoking it and eventually diluting and injecting it.

Once hooked, people suffer from physical and mental anguish as they crave the substances.

"It's horrible. I found obituaries of three people who were addicted, and I refer to these obituaries in my presentations," said Truthwaite. "One mentioned how addiction literally took over the life of one woman's daughter. The mother said, 'It consumed her life like a black hole and it had taken over her life. She frantically and relentlessly sought help. Nothing succeeded. Relapse always followed.' This shows how horrible addiction is. It's been described as the worst flu ever [when people are withdrawing]. They'll have everything from bone and joint aches to muscle spasms and twitches, goosebumps all over their body, nausea, vomiting, diarrhea, and they'll feel restless, anxious and irritable."

She said it takes at least 10 to 20 days of withdrawal before these symptoms abate; that depends on how long someone's been taking opioids and how much they've been taking.

"It feels worse to come off opioids.



EXPRESS PHOTO COURTESY OF TOASTMASTERS IN THE ARTS CLUB

Retired nurse Darcy Truthwaite from Fisher Branch, seen here delivering a speech during a Toastmasters in the Arts club celebration, is raising awareness of the opioid crisis in the Interlake and beyond through educational presentations in various communities.

A lot of my patients were on it for 10 years," said Truthwaite. "And they didn't know how to get help."

Thirty per cent of opioid overdoses

are linked to suicide because they "don't know of any other way out,"

Continued on page 10

## Funding available to deter livestock predation

Eligible applicants will be reimbursed up to 75% of approved expenses up to \$10,000 for predator resistant fence construction and \$5,000 for pre-approved livestock predation equipment and guardian dogs.

To be eligible, applicants must have a paid livestock predation claim under the Manitoba Wildlife Damage Compensation Program in 2021 or later.

**Deadline for fence construction applications is June 14, 2024.**

[www.manitoba.ca/scap/resiliency/livestock.html](http://www.manitoba.ca/scap/resiliency/livestock.html)



# Fisher Game and Fish plans for year ahead

By Becca Myskiw

Fisher Game and Fish held their annual general meeting (AGM) on April 11 and discussed the year ahead.

At the evening meeting, 14 attendees gathered to discuss various updates. The secretary delivered their report, followed by the treasurer who presented the financial statement and membership numbers. Currently, Fisher Game and Fish has sold a total of 48 memberships for 2024.

The group proceeded to address their communication initiatives. They have completed the corporate tax return and submitted it, are close to selling out of raffle tickets for the Junior Shotgun Association, and have created a club email at fishergameandfish.mwf@gmail.com.

The club has decided to host a skeet shoot after the September long week-

end. It was also mentioned that they did not hold a fishing derby this year due to new regulations prohibiting fishermen from bringing their large catches ashore. In response, Fisher Game and Fish is considering providing bump boards for people to capture photos of their catches while out on the water.

At the AGM, Tristan Webb, Janelle Woloshyn, Kelly Webb and Jessica Truthwaite were elected to the Fisher Game and Fish board. Additionally, two representatives of the club travelled to Gunton on Feb. 28 for the regional meeting of the Manitoba Wildlife Federation (MWF).

During the recent Interlake MWF meeting, various topics were discussed. These included the possibility of splitting up the elk and moose draw, extending the archery season,

implementing a ban on live bait for fishing with a potential shift towards using only plastic bait in the future, as well as collaborating with Teulon Game and Fish to relocate turkeys to both the Interlake and central regions.

In addition, there was a single confirmed case of chronic wasting disease (CWD) in a whitetail doe from the Winkler region at the meeting. This brings the total number of positive cases for 2023 to four. Over 4,000 deer were tested in the previous year and a total of 26 cases have been detected since 2021. The turnaround time for receiving CWD test results has significantly improved, reduced from 23 weeks to just eight weeks.

For more information on Game and Fish clubs in Manitoba, go to <https://mwf.mb.ca/the-mwf/club-directory>.

# Correction

By Patricia Barrett

In the story "Gimli council approves purchase of pickup truck to fight grass fires" in the May 2, 2024, edition of the *Express Weekly News*, it states that Gimli councillors approved the "purchase" of a pickup truck from Gimli mayor Kevin Chudd's family-owned Chrysler dealership. The headline should have been changed and the body of the story should have instead said that council voted in favour of paying the bill (i.e., the payable) of \$159,346.14 for the one-ton pickup truck. Councillors had actually voted in 2023 to approve the "purchase" of the pickup truck from Chudd's.

The *Express* apologizes for the confusion.

## Community Support Service

### AA Meetings in Ashern

Open Meeting

Time: 6-7pm Fridays

Starting Friday March 3rd.

Location: #11 2nd Ave North

-Pioneer Manor

(beside the main door entrance of Pioneer Manor)

Contact AAMBCO@mts.net

### AA Eriksdale

Eriksdale United Church building  
#7 Main Street, Eriksdale (side door)

Meetings are Mondays  
at 6:30 p.m.

### AA Winnipeg Beach

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

Meetings are Saturdays  
between 7 and 8 p.m.

Contact Ann J 204-389-3417

### Gimli Group AA

Bldg 18 Municipal Rd  
Industrial Park

Fri & Sun Mtgs at 7:30 pm

### Al-Anon

#### Gimli and Winnipeg Beach

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

All ages welcome.

### AA Riverton Group

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

## > RAISING AWARENESS, FROM PG. 9

she said. She researched statistics showing the growing crisis in deaths from substance abuse.

Between January 2016 and March 2021, there were 22,828 deaths (Canadians) from opioid toxicity. And Indigenous peoples identify as being "disproportionately" harmed by opioids; opioid deaths occur three to seven times more frequently than in non-Indigenous people.

"A lot of deaths are being blamed on fentanyl and carfentanyl. And today there are other drugs being thrown in the mix like the Zombie drug xylazine," said Truthwaite.

Xylazine is an animal tranquillizer. It does not respond to naloxone, the drug that reverses opioid overdoses. Xylazine has been reported in B.C., Alberta and Ontario. Users can suffer blackout states and develop rotting flesh.

"One of the main things I want to get through to people is that when you buy drugs off the street, you never know what you're going to get," said Truthwaite. "I heard one report in the media of a fellow who snorted cocaine and suffered an opioid overdose — cocaine is not an opioid. It

turns out the cocaine was laced with enough carfentanyl to kill eight elephants."

The Substance Use Disorder Clinic at the Percy E. Moore Hospital, a federal hospital, can treat people addicted to opioids on a walk-in basis. However, the clinic does prefer people to call ahead so they it can ensure there's a doctor available. In addition to medications used to help people get off opioids, the clinic provides counselling, social worker services, referrals and screening for HIV and hepatitis, which can be acquired through substance use by sharing paraphernalia such as straws or needles.

"When I retired, I was lucky to have Amanda Mann take over the clinic. She works as an addiction nurse and she's amazing. And they just hired another nurse, Tracy Sinclair," said Truthwaite. "There are five doctors at Percy Moore that can prescribe a treatment for opioid use disorder."

The clinic, which opened in 2021, is provincially funded, she added, but it is not a RAAM (Rapid Access to Addictions Medicine) clinic like the one in Selkirk. It is also not a detox centre.

"For opioids, we have drugs that can

stop the symptoms within 20 minutes. We mostly use suboxone, which stops the withdrawal symptoms and stops the cravings. But we have to adjust the dose and it takes about three days to adjust it on an out-patient basis That's what the Percy Moore clinic focuses on," said Truthwaite. "But a lot of times, people are addicted to more than one substance. So we can stabilize them on suboxone then send them to rehab to get off the rest of the substances. Unfortunately, there's no medication for methamphetamine or cocaine. But there are medications for getting off alcohol."

Truthwaite said she became close to her patients when she was working at the clinic and is "very proud" of all of them.

"They did well on suboxone and started changing their lives," she said.

To contact the Substance Use Disorder Clinic at Percy E. Moore Hospital in Hodgson, call 204-372-6906.

The clinic helps people 18 years and older. No referral is needed. The clinic does not treat people who need urgent medical attention for conditions such as psychosis, hallucinations and paranoia or who are at active risk of harm.

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# Peachy day for the dogs on the Gimli boardwalk



EXPRESS PHOTOS BY PATRICIA BARRETT

Peaches had Gimli's iconic boardwalk all to herself on May Day (May 1) to frolic and practise her catches with her owner Dave Bayne. Despite the steady drizzle and patches of fog rising from the ground like smoke, Peaches was happy to show off her ball-catching chops.

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**Derek Johnson**  
MLA for Interlake-Gimli  
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THE RM OF GIMLI PRESENTS

## Old Time Dances

Old Time Dances are back monthly at the Gimli Park Pavilion, Sundays 1 - 5pm featuring **The Gemstars**

Cost is \$20/person & includes a light lunch. Tickets are available from the Gimli Rec Centre. Can't make it to Gimli for tickets, no problem. Call Teri at 204 642-6670 or email [recreation@rmgimli.com](mailto:recreation@rmgimli.com) to order yours. Payment in person or over the phone.

Dates are May 26, June 16, July 21, August 18 & September 15th.




In partnership with Gimli & District Kiwanis



EXPRESS PHOTO BY ALEC PLETT

Lightning lit up the sky for the first thunderstorm of the season on April 25. This photo by taken out the family home window along Highway 329. The temperature was 14 degrees C. Help the Express record the weather of the week and send in your photos of friends or family enjoying the outdoors. Email: [news@expressweeklynews.ca](mailto:news@expressweeklynews.ca).

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# Fisher Air Cadets Squadron welcoming new recruits, upcoming parade and banquet

By Patricia Barrett

The Fisher Royal Canadian Air Cadets Squadron (RCACS) #158 will be seeing a number of its cadets graduate from the program next month and it's welcoming to its ranks new recruits who want to learn how to fly.

The squadron will be celebrating the achievements of its cadets next month with a parade and banquet.

Dwight Nahuliak, chair of 158 RCACS' parents committee, said air cadet numbers took a bit of a tumble during the COVID pandemic when the squadron went from being "on site to online" but has taken off again.

"Because of COVID, squadrons right across Canada suffered dramatically. With the online format, it didn't work very well. It was like having your kids trying to learn to play hockey online," said Nahuliak, who sits on a number of community boards in Fisher Branch. "In the last two years since the end of COVID, though, we've actually made a nice rebound and our numbers are climbing again. It's looking good now."

During COVID, the squadron had about half a dozen kids, but have seen a jump in numbers to 19 kids at present.

The Fisher squadron was formed in 1989 after about 10 years of being part of the RCACS #182 Stefufastur Squadron in Gimli.

"When the Fisher squadron first started up around 1980, we would take the kids from Fisher Branch and bus them to Gimli once a week," said Nahuliak. "We did that for the first decade or so until 1990 when we



FILE PHOTOS BY PATRICIA BARRETT  
Air cadets learning how to fly a glider at the Gimli Airport in 2016.

branched off from 182 Gimli and formed 158 Fisher."

The air cadets program is open to kids aged 12 to 18. The program runs from September to June. Kids from Fisher Branch and surrounding communities train at the Gimli Airport or at summer camps offered in other provinces.

The Fisher RCACS' commanding officer Crystal Wiebe said they don't train in Gimli over the summer, but Fisher cadets can travel to other provinces to enhance their glider training or do other cadet courses, depending on what their interests are.

"There is a sports and fitness program offered, a drill program, which focuses on parade-type activities, a

Continued on page 17



A tow plane pulls a glider into the air at Gimli airport.

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# Spring Home & Garden Guide



## Dark basement: 6 bright ideas to liven it up

Is your basement dark and gloomy? Here are a few clever tips to shine some light on the situation:

1. Use thin, full-length curtains. Sheer, lightweight curtain fabrics allow light to pass through while adding texture to your space. Long curtains can help create the illusion of bigger windows. Use wide curtain rods mounted close to the ceiling to help accentuate this sense of grandeur.

2. Multiply your light sources. In addition to overhead lights, invest in floor lamps, table lamps and wall sconces to brighten up your space. Recessed ceiling or floor lights are also worth considering.

3. Opt for reflective materials. Consider a glossy stretch ceiling, polished concrete floors or metallic accessories, such as gold frames, to help maximize light reflection.

4. Choose light colours. Light shades are a great option whether on the walls, ceilings, floors or furniture. In addition to reflecting light, they help visually enlarge the space. Choose a contrasting colour for the walls to make the ceiling appear higher.

5. Install mirrors. Whether practical or decorative, mirrors are unparalleled when it comes to reflecting light.

6. Use glass partitions. Glass doors and partitions are ideal for dividing your space without compromising brightness. Use textured or frosted glass to add a bit of privacy.

Visit your local stores for inspiration and to find everything you need to transform your basement into a bright and inviting space.



## How to store your belongings when renovating



Are you planning significant home renovations that will take several weeks or are particularly messy? In that case, putting some of your belongings, like large furniture, into storage is a good idea. This will help free up working space and prevent accidental damage. Additionally, it's much easier to clean an empty room than a cluttered one after renovations are complete.

You have various storage options, including:

- Hiring a moving company or contractor that offers storage services
- Renting a self-storage unit, such as a locker or a mini-warehouse

• Storing your belongings at home by renting one or more storage containers

If you choose the first or second option, select a location near your home to provide easy access to your belongings. You should also inquire about the storage conditions, such as heating and security measures like surveillance cameras or security guards.

If you rent a storage container, check your local regulations, as some restrictions may apply.

Regardless of your chosen storage solution, verify with your insurer that your stored items are adequately covered.

Before After

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## Is it time to replace your toilet?

Is your toilet showing its age? Are you thinking about investing in a new one? Are you renovating your bathroom and want to update this essential fixture? Beyond esthetic considerations, here are some telltale signs it might be time for a new commode:

- The toilet leaks or is frequently clogged.
- The flush mechanism works erratically despite attempts at repairing it.
- There are cracks in the porcelain bowl or tank.
- The water tank runs continuously.



# Spring Home & Garden Guide



## Tips to revitalize a garden this spring

Gardening is a rewarding hobby that pays a host of significant dividends. Many people love gardening because it allows them to spend time outdoors, and that simple pleasure is indeed a notable benefit of working in a garden. But the National Initiative for Consumer Horticulture notes that gardening provides a host of additional benefits, including helping people get sufficient levels of exercise, reduce stress and improve mood.

With so much to gain from gardening, it's no wonder people look forward to getting their hands dirty in the garden each spring. As the weather warms up, consider these tips to help bring a garden back to life.

- Discard the dead weight. Winter can take its toll on a garden, even in regions where the weather between December and early spring is not especially harsh. Discard dead plants that have lingered into spring and prune any perennials that need it. Branches that fell during winter storms also should be removed at this point if they have not previously been discarded.

- Test the soil. Soil testing kits can be purchased at local garden centers and home improvement retailers. Such tests are inexpensive and can reveal if the soil needs to be amended to help plants thrive in the months to come.

- Mulch garden beds. Mulching benefits a garden by helping soil retain moisture and preventing the growth of weeds. Various garden experts note that mulching in spring can prevent weed seeds from germinating over the course of spring and summer. That means plants won't have to fight with weeds for water when the temperature warms up. It also means gardeners won't have to spend time pulling weeds this summer.

- Inspect your irrigation system. Homeowners with in-ground irrigation systems or above-ground systems that utilize a drip or soaker function can inspect the systems before plants begin to bloom. Damaged sprinkler heads or torn lines can deprive plants of water they will need to bloom and ultimately thrive once the weather warms up.

- Tune up your tools. Gardening tools have likely



been sitting around gathering dust since fall. Serious gardeners know that tools can be expensive, so it pays to protect that investment by maintaining the tools. Sharpened pruners help make plants less vulnerable to infestation and infection. Well-maintained tools like shovels and hoes also make more demanding gardening jobs a little bit easier, so don't forget to tune up your tools before the weather warms up.

It's almost gardening season, which means gardeners can start on the necessary prep work to ensure their gardens grow in strong and beautiful this spring.

### > TOILET, FROM PG. 14

- The toilet is unstable and moves when you sit on it.

- The seat is uncomfortable. Modern models feature elongated bowls, which provide more support and comfort than round seats.

- The plumber visits so often that you've become friends.

If your toilet is past its prime, you may want to consider swapping it for a low-flow model to reduce your water consumption. Has your water bill recently increased? A faulty toilet could be to blame. It may be wise and cost-effective to replace it.



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# Matlock Rec Club grateful for the community support



EXPRESS PHOTOS SUBMITTED

A meet-and-greet event was held on April 24 at the Matlock Recreation Club to express gratitude for the grants received from the RM of St. Andrews, Access Credit Union and the Building Sustainable Community grant, which were used for recent renovations to the club. Westshore Community Foundation president David Douglas presented Brenda-Lee Walker, president of the Matlock Rec Club, with a cheque for \$4,000 towards the renovations. Among the notable guests were Coun. Tracy Slyker, Coun. Laurie Hunt, RM of St. Andrews Mayor Joy Sul and Selkirk MLA Richard Perchotte. Absent from the photo was Nicole Skorupski, managing partner at Access Credit Union. Additionally, the MRC executive and board, along with several volunteers, were also present.



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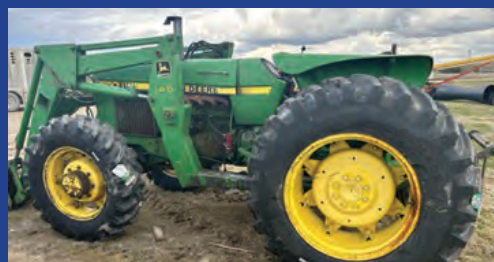
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# Ruby's Paradise launches new activities this weekend

By Autumn Fehr

Ruby's Paradise, a family-owned and operated golf course in Winnipeg Beach, will open for the summer this weekend.

In 2022, owner Anjali Schludermann purchased the beautiful property, planting the seed to grow her dream.

"It started with the dream of providing a family-friendly venue as a safe place for young and old to have some good old-fashioned fun. With our family's love of golf, ice cream and hot dogs, Ruby's has become the place where we hang out and enjoy our favourite pastimes," said Schludermann.

At the time, Schludermann was looking to purchase a golf course with space to build, and the property caught her eye on her way to a viewing appointment for another property.

Schludermann said she turned around on the highway, took a picture of the sign, and immediately called the number — it was meant to be.

"This property reminds me of the movie *Field of Dreams* because it is a beautiful place to grow my dream. It's an eat, work, play location for me, and those most important to me," said Schludermann.

The business was named after Schludermann's late Aunt Ruby to honour and thank her for being her biggest supporter throughout her life.

This Mother's Day weekend, on May 11 at 10 a.m., Ruby's Paradise



will host its grand opening, along with the Winnipeg Beach Farmer's Market — the perfect spot to take your mom this weekend.

As a mom herself, Schludermann wanted to do something special for the moms in the community. Ruby's Paradise, in co-ordination with Winnipeg Beach Farmer's Market owner John Wheeler, will give away a single carnation to the first 100 women who stop by in honour of the special day.

This Mother's Day, families can stroll through the farmer's market for the first time this season, with Ruby's new hot dog cart making its first appearance. The cart will sell classic hot dogs, drinks and other tasty treats.

On weekends throughout the summer, families will be able to enjoy the market that will feature fresh veggies, food, crafts and entertainment.

Mini golf will also debut this year



EXPRESS PHOTOS SUBMITTED

The staff at Ruby's Paradise gear up to serve the community this season. Left to right, front row: Julia Consigleo, Maria Ksionzek, Anjali Schludermann, Pepi DelaCruz, Leana Good; back row: Steele Knight, Ian Jensen, Travis Friesen and Trevor Johnstone. Missing from the photo is Adrian Brito.

at Ruby's and will be open during certain hours, weather permitting. It will be located near the driving range, which will also open this month. Schludermann said mini golf isn't scheduled at Ruby's until July.

"It's not the full course we want to bring to the beach, but it is a start in the right direction," said Schludermann.

Prices will stay the same this season, and a card system will be in place. The 11th bucket of balls for the driving range is always free, and taxes are always included.

With the expansion of new activities offered on location, Schludermann continues building on her dream and is excited about what's to come at Ruby's in the near future.

## > CADETS, FROM PG. 13

marksmanship training program with an air rifle and a program where they can learn to become instructors," said Wiebe, who is in her third year as commanding officer. "The camps are run by the cadet program and kids are able to go to these camps free of charge."

Students interested in flying can earn their glider pilot licence in Manitoba, she said. And that can open up opportunities for a future career.

"If they're interested in a career in aviation, the cadet program definitely gives them a step in the right direction," she said. "The Fisher program had a cadet who recently became a commercial pilot."

Cadets is a youth development program that not only teaches kids practical skills such as flying and shooting but also soft skills that are transferable to any workplace.

"Over the whole program, kids are learning leadership skills, discipline and learning to deal with peer con-

flicts," said Wiebe. "Having cadets training will help with other careers because they learn how to work as a team and how to lead a group in different tasks."

The Fisher cadets squadron is currently looking for adult staff to volunteer with the program, she said. And there are a number of paid positions as well.

Nahuliak said an upcoming banquet will recognize and celebrate the achievements of cadets in the squadron.

"And at the end of each season, cadets who've finished specific courses and completed certain levels are promoted. Along with that, we have some guest speakers and an annual parade. We're having Department of National Defence commanding officers from Winnipeg come out to do a walk-around the parade square where the kids will be in uniform and placed in their ranks," said Nahuliak. "Afterwards, we'll be having supper."

The 158 Fisher Air Cadets Squadron is holding its annual parade, banquet

and awards on Saturday, June 8 at the Ukrainian National Home (hall) in Fisher Branch.

The parade outdoors (weather permitting) is open to the public. But people have to purchase tickets two weeks in advance for the banquet, which will feature a meal of turkey, meatballs, ham, cabbage rolls, vegetables and more.

To purchase a banquet ticket, call Dwight Nahuliak at 204-739-8065.

For more information on how to become a cadet and join the Fisher squadron, how to volunteer with the program or inquire about paid positions, call Crystal Wiebe at 204-698-1386.

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# sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

## Gimli's Einarson headlines first annual Chisasibi Curling Classic

By Kieran Reimer

Canada's elite Indigenous curlers faced off in the first edition of the Chisasibi Curling Classic last month.

The Cree Nation of Chisasibi, a village home to nearly 5,000 people on the west coast of Quebec, hosted 10 of the country's top curlers in the historic event.

Four-time Scotties champion and Gimli's own Kerri Einarson, along with Canadian curling greats Al Hackner, Carolyn McRorie, Kevin Koe, Jamie Koe, Kerry Galusha, Joe Wallingham, Patty Wallingham, Mike McCarville and Colin Hodgson, gathered in Montreal on April 17 before taking the two-hour charter flight northwest to Chisasibi.

Upon their arrival in Chisasibi, the curlers were greeted by many locals and given a grand tour around the village, followed by a traditional meal.

"We were pretty excited because we knew who all the curlers were," said Chisasibi recreation coordinator Roy Neacappo.

"We took them around, had goose over the fire, bannock and tea. Friday, they met the students at the school. We also took them to our local radio station and interviewed them throughout the day. We had a minibus for them to show them around the community."

The plan to bring the curlers to Chisasibi had been in the works since fall 2023 when Hodgson, aside from curling, works for Classroom Champions. This national organization empowers children to thrive academically, socially and emotionally through the mentorship of world-class athletes, reaching out to the 10 Indigenous curlers to see if they could come to teach the locals how to play and have a competitive match themselves.

In the week before the event, the village got to work in preparation. Students were taught floor curling in gym classes, while staff at the local hockey rink pebbled the ice to make two stunning curling sheets with a colourful medicine wheel button.

When it came time for the big game, many of the village's locals showed up to cheer on their new friends.

"A lot of people showed up to watch," said Einarson. "There were 10 of us curlers on the ice so we kind of rotated playing five on five. There were lots of great shots made and the ice was really well done so it was lots of fun."

Einarson's Team Sunset, including Hodgson, Joe Wallingham, Hackner and McRorie, went on to claim a 7-5 victory through eight ends of play over Team Northern Lights' Kevin Koe, Jamie Koe, Galusha, Patty Wallingham and McCarville in a tight contest to the end.



EXPRESS PHOTOS SUBMITTED

Canada's top Indigenous curlers and Cree Nation of Chisasibi locals pose for a group photo following Team Sunset's 7-5 victory over Team Northern Lights in the first edition of the Chisasibi Curling Classic.

"We didn't think we would beat them because they were pretty stacked but we managed to pull it off," said Einarson. "It was so much fun. We all just really enjoyed the experience and had fun with it."

Throughout the rest of the trip, the curlers also had the opportunity to teach various curling clinics to students from the local schools and adults who wanted to try the sport.

They were divided into different groups: students aged 5 to 8, 9 to 14, 14 and up, and adults in the evening.

Neacappo was happy to see how much everyone was invested in it and called it a success.

"The event was a lot of hard work putting it on, but it paid off," said Neacappo. "The reaction we got from the community was very positive. World-class athletes came to

our community to put a little show on for us, so we were very excited about that."

The curlers have since left Chisasibi but remain in touch as they plan to host the second annual Chisasibi Curling Classic next year.

The rink plans to keep the curling sheets intact until June, with a community send-off event on the last day.



Kerri Einarson's (front row, left) team Sunset, including Colin Hodgson, Joe Wallingham, Al Hackner and Carolyn McRorie, went on to claim a 7-5 victory through eight ends of play over Team Northern Lights' Kevin Koe, Jamie Koe, Kerry Galusha, Patty Wallingham and Mike McCarville in a tight contest to the end.

# Arborg Ice Dawgs present awards for CRJHL achievements



EXPRESS PHOTOS SUBMITTED

Arborg Ice Dawgs' CRJHL graduating players, left to right, Austin Adair, Mark Hamrlik and Cadrick Dueck.

By Kieran Reimer

Hockey hardware was displayed at the Arborg Curling Club last week where the Arborg Ice Dawgs hosted their annual wind-up and team awards ceremony on April 27.

This year, the Ice Dawgs presented nine awards to players who made significant contributions to the team during the 2023-24 Capital Region Junior Hockey League (CRJHL) season.

Head coach Derric Gulay said the event was an opportunity to thank everyone who supported the team.

"Without them, we wouldn't have a team," said Gulay. "For each award and each sponsorship, we recognized the amount they supported us with."

The award winners included Tyson Barylski (Most Valuable Player and Top Scorer), Dainen Jacobson (Top Rookie

and Top Goal Scorer), Jaxson Grose (Most Improved), Michael Crave (Top Defence), Cadrick Dueck (Leader of the Pack), Austin Adair (Fan Favourite) and Harris Dankochik (Coaches Award).

Each winner was presented with a trophy and posed for a photo with coaching staff, Derric Gulay and Jack Einarson, following the winner's announcement.

Gulay said the event had a good turnout, with many family members, friends, and key sponsors in attendance.

"We got to say thanks and show gratitude to our fans," said Gulay. "There was a lot of good speeches put forward by our general manager Lloyd Barylski and my speech was thanking our fans, sponsors, coaching staff, executives, trainers, the community, bus drivers, volunteers, rink workers, really



Austin Adair (Fan Favourite)



Tyson Barylski (MVP and Top Scorer)



Michael Crave (Top Defence)



Cadrick Dueck (Leader of the Pack)



Jaxson Grose (Most Improved)



Dainen Jacobs (Top Rookie, Top Goal Scorer)

anyone who has helped out we said thanks to."

Team equipment manager Vincent Fridfinnson was also presented with a framed photo of the team for being one of their "heartfelt leaders" this year.

The Ice Dawgs placed fifth in the six-team CRJHL this season and eventually lost to the Beausejour Comets in round one of the playoffs.

Looking back on his first season as a coach at any level, Gulay was happy with the team's progress throughout the season.

"It was a rollercoaster of emotions," said Gulay. "We made a ton of progress throughout the year. I grew as a coach. Being a player

and transitioning to work behind the bench is quite the leap to take. I was proud of the guys. There was really good dedication in practices throughout the year. Obviously, the season didn't turn out how we wanted it to, but the common theme is to look ahead and to design the next opportunity. We're constantly looking to our next goal and it's all about sticking together and working as a team."

Gulay is already focused on that next goal as they enter the four-month off-season.

He said they have already begun looking at prospective players for next season who can fit in with the culture the team is building, similar to what they did at the end of

the 2023-24 season when they brought in several affiliated players right before the playoffs.

"One of the goals I'm looking to is building relationships on and off the ice," said Gulay. "More specifically, I want to have the guys bond in the room more, whether that's going through more team bonding events or supporting the leadership group a bit more. Maybe bringing in some outside guys or some export players to really help build that hockey culture."

The Ice Dawgs will also lose Cadrick Dueck, Austin Adair and Mark Hamrlik next season after aging out of junior eligibility.

## Curling Canada introduces new stream to its scholarship program

By Lana Meier

Curling Canada is pleased to announce the addition of a new stream to its scholarship program, providing equal support for both upcoming champions and those who contribute to the sport's growth.

Increasing the number of curling scholarships equates to greater prospects for aspiring young curlers and future leaders. This is precisely why Curling Canada has decided to nearly double the amount of scholarship opportunities available to student-athletes this year.

Along with the For the Love of Curling scholarships, which have been given out each year since 2014 to talented young athletes, Curling Canada will be introducing a fresh set of scholarships this year to assist aspiring leaders in their pursuit of higher education.

The Fran Todd All Heart Award, introduced two years prior, aims to support young curlers in developing inclusive initiatives and programming at their respective facilities. As it enters its third year, the award is evolving into a scholarship that will aid in furthering the education of aspiring leaders in the curling community.

"Many young curlers grow up with dreams and aspirations of reaching the podium. Others wish to use the values and qualities of fair play and sportsmanship they learned through curling to bring change to their communities. They are all leaders of the

sport in their own rights and deserve our support," said Brodie Bazinet, Curling Canada's philanthropic program manager. "This is a major opportunity for broader representation of young curlers across the country. Thanks to the generous support of donors, Curling Canada can now invest equally in our sport's future builders and champions."

The Curling Canada Scholarship

# Golfers set to swing into another season

By Kieran Reimer

Golfers are officially back in business as Manitoba's golf courses are set to open for the 2024 season.

Sandy Hook Golf Course was one of the first to open this season as tee-times began on April 24.

They are one of only a couple courses north of Winnipeg to open so far. General manager Tyler Doyle said it's due to the course not getting much damage from snow and ice.

"It wintered really well," said Doyle. "Just waiting for some wet weather and some warm weather to get stuff growing but everything looks pretty darn good."

Doyle said the course will look very similar to last season with the potential of building new tee boxes later into the year.

You can book a tee-time by calling them at 204-389-5466.

Marvellous Meadows Golf and Grill in Arnes is expected to open on May 3.

Owner Shawn Magnusson said they installed new irrigation into the greens and tees at the end of last season, which will help the 9-hole, par 36 course look lush for opening day.

"The greens and the course wintered really well so that's a positive," said Magnusson. "It's starting to green up

especially over the past couple days."

This season, they will offer a variety of different leagues throughout the week including ladies league Monday nights and Tuesday mornings, men's league Tuesday nights and Thursday mornings, and mixed morning league on Wednesday mornings.

You can book tee-times there on their website at [marvellousmeadowsgolf.ca](http://marvellousmeadowsgolf.ca) or by calling them at 204-642-4653.

Lundar Co-op Golf & Country Club is expected to open shortly as well.

Their restaurant is slated to open first on May 4 with the golf course opening the following week due to recent rainfalls.

Hole one on the course will look a bit different this season as it now features an entirely new green.

"The new green is bigger and more challenging for the golfers," said clubhouse manager Jackie Christensen. "We plan to update more of our greens eventually."

She added there is potential for more changes later this season.

The 9-hole, par 36 golf course can be reached at 204-762-5877 or online at [lundargolf.com](http://lundargolf.com).

Lakeview Hecla Golf Course is slated to open on May 10.

This season they offer Spring Swing!



EXPRESS PHOTO BY JACKIE CHRISTENSEN

Lundar Co-op Golf & Country Club will feature a new green on hole one this year.

packages, which include two-nights at their Lakeview Hecla Resort, three rounds of golf, a shared power cart rental and \$50 in food and beverage from their restaurant. The packages start at \$350 per person.

You can book a tee-time by calling them at 204-279-2072.

Links at the Lake is expected to open May 2.

They are nestled alongside Lake Winnipeg in Pelican Beach, Man.

The 18-hole, par 72 is currently available for tee-time bookings. You can reach them at 204-642-8858 or their website [lakelandgolfmanagement.com](http://lakelandgolfmanagement.com).

## > SCHOLARSHIP PROGRAM, FROM PG. 19

Program now has two streams, with 10 scholarships to be awarded in each. The 20 scholarships are worth \$2,500 each, totalling a \$50,000 investment in the future of the sport this year.

There are 10 For the Love of Curling Scholarships for young curling student-athletes who best demonstrate athletic and academic prowess and strong community leadership. The aim is to give talented young curlers the support they need to pursue their academic and curling dreams.

Ten Fran Todd All Heart Scholarships are open

to curling student-athletes who exemplify a strong commitment to volunteerism and community leadership in using sports as a vehicle for positive societal change. This scholarship aims to recognize and assist empathetic young curlers in pursuing their academic and volunteer ambitions.

This year, The Governor General's Curling Club, an honorary society under the patronage of the Governor General of Canada since 1874, will award two scholarships. These scholarships are made possible by generous donations

from members of the club.

Potential scholarship recipients will use the same application to apply for both scholarship streams. Applicants will write a personal essay reflecting on their vision for the future of curling in Canada and what influences they and their generation of curlers can have on the development of the sport and the community.

Applicants must be 22 or younger as of Dec. 31. Students who have received the For the Love of Curling Scholarship are still eligible for the Fran Todd All Heart Scholarship.

The selection panel consists of Curling Canada staff, board members, former scholars and other leaders in the curling community, including Nolan Thiessen (Curling Canada CEO), Helen Radford (Curling Canada manager, youth programs and NextGEN), Bobby Ray (Curling Canada manager, club development), Brodie Bazinet (Curling Canada manager, philanthropic program), Michael Sza-jewski (Curling Canada board of governors chair), Jennifer Howard (Curling Canada board of governors), Donna Krotz (leadership representative), Wil Robertson (previous scholar), Sophie Blades (previous scholar) and Wil Thurlow (Governor General's Curling Club).

The application must be submitted by June 9 at 11:59 p.m. ET, after which Curling Canada will reveal the chosen recipients in September of that year.

For more information and to apply, visit Curling Canada's Philanthropic website.

## To see more photos of your favourite Interlake Athletes

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# get inspired

> MEAL IDEAS



## Garlic-Parmesan Chicken Tenders with Green Beans and Honey Mustard Dip

Recipe courtesy of Albertsons  
 Total time: 30 minutes  
 Servings: 4  
 2 tablespoons extra-virgin olive oil, divided  
 1/4 cup mayonnaise  
 1 teaspoon garlic powder  
 1 teaspoon salt, divided  
 2/3 cup Parmesan cheese, shredded  
 1/2 cup panko breadcrumbs  
 1/2 teaspoon paprika  
 1 1/2 pounds boneless, skinless chicken breasts  
 1 1/2 pounds green beans  
 1/2 cup honey mustard dressing  
 Preheat oven to 450 F. Coat baking sheet with 2 teaspoons oil.  
 In medium bowl, stir mayo, garlic powder and 1/2 teaspoon salt to combine.  
 In separate medium bowl, stir Parmesan, breadcrumbs and paprika to com-

bine.  
 Pat chicken dry with paper towels and slice into 3/4-inch tenders. Add to bowl with mayo mixture and toss to coat.  
 Working in batches, dredge tenders in breadcrumb coating, pressing to adhere. Transfer to baking sheet.  
 Bake until tenders start to turn golden, about 10 minutes.  
 On clean cutting board, wash, dry and trim green beans. Set aside.  
 When chicken is golden, flip and bake until cooked through, 6-8 minutes. Remove from oven.  
 Preheat large skillet over medium-high heat.  
 Add remaining oil and swirl to coat bottom. Add green beans and remaining salt; cook, stirring occasionally, until tender-crisp, 4-5 minutes. Remove from heat.  
 Divide chicken tenders and green beans between plates. Serve with dressing for dipping.



## Pierogy Burrito Bowls

Prep time: 10 minutes  
 Cook time: 10 minutes  
 Servings: 4  
 Burrito Bowls:  
 1 tablespoon avocado oil  
 1 bag (2 pounds) Mrs. T's 4 Cheese Medley Pierogies  
 1 cup cherry tomatoes, halved  
 1 cup fresh or frozen corn, lightly roasted  
 1 ripe avocado, pitted and thinly sliced  
 1 cup pickled red onions

3/4 cup Cotija cheese  
 fresh chopped cilantro, for garnish  
 Avocado Mayo Crema:  
 1/2 cup mayo  
 1 ripe avocado, pitted and roughly chopped  
 1/2 lime, juice only  
 To make burrito bowls: In medium skillet over medium heat, add avocado oil. Saute pierogies in batches, approximately 8 minutes on both sides, until golden brown. Remove from heat and set aside.  
 Divide pierogies, cherry tomatoes, corn, avocado, pickled red onions and Cotija cheese evenly among serving bowls. Garnish with cilantro.  
 To make avocado mayo crema: In food processor, process mayo, avocado and lime juice until smooth.  
 Drizzle avocado mayo crema over bowls, as desired.

## Coffee and weight management

By Julie Germaine Coram

Up front, I fully accept that this article will not change the habits of a true coffee addict, and that's ok! Now enjoy your java and please do read on...

Like other stimulants, the caffeine found in coffee (and tea!) has a significant impact on certain physiological processes, some good, some not so good.

I am a big advocate for starting the day with a healthy, protein-packed breakfast, however many adults still opt to skip the first meal of the day and substitute it with a cappuccino. This works because caffeine is an appetite suppressant, a feature that is admittedly beneficial if you are trying to reduce your overall caloric intake for weight loss. Just keep in mind that long periods without eating can actually lead to a reduction in your metabolism, essentially making it harder to lose weight because the foods you do eat are immediately stored by your body for energy as adipose tissue – aka fat!

On the bright side, caffeine has been proven to increase one's resting metabolic rate, so you burn more calories at rest. This may help in maintaining a healthy weight in the right conditions (ie: you are eating less calories than your body needs throughout the day). Caffeine may also improve fat oxidation and thermogenesis, particularly during aerobic exercise like running, walking or biking, which refers to your system's ability to break down fat cells and utilize them for energy, and how your body produces heat, respectively. Both processes can enhance success in achieving weight loss goals.

Athletes often rely on caffeine for its energy-boosting effects to enable them to train harder and longer.

However it's important to note that too much caffeine, or drinking coffee/tea too late in the day, can negatively affect your sleep patterns, increase cortisol production, irritate



Julie Germaine Coram

your bladder, and even cause anxiety.

Moderation, so often the answer, can help you reap the benefits of caffeine without suffering ill effects. Having one to two cups daily is a good guideline, along with consuming a balanced diet. Discussing your intake with your doctor is never a bad idea if you have specific concerns, and if you would like additional weight-loss advice, I'm here for you!

Do you want to discuss your individual nutrition questions, fitness goals and struggles with me? Check out my website [www.juliegermaine.com](http://www.juliegermaine.com) or go ahead and schedule a FREE 15 minute DIET CONSULT by visiting: [www.calendly.com/juliegermaine](http://www.calendly.com/juliegermaine)

*Coach Julie Germaine Coram is dedicated to long-life health! She is a fit mom, Registered Personal Trainer, a 2x Pro Fitness Champion, Certified Nutrition Expert & Fat Loss Specialist. She has helped thousands of men and women in Manitoba and worldwide improve their health since 2005.*



## Kielbasa and Veggie Kebabs

2-inch rounds  
 1 package Coleman Natural Polish Kielbasa, sliced thick  
 12 whole mushrooms  
 12 cherry tomatoes  
 Soak skewers in water 30 minutes to prevent burning. Preheat grill to 300 F.  
 Cut red onion, peppers and corn into bite-sized chunks.  
 Alternate placing kielbasa slices, onion, peppers, corn, mushrooms and tomatoes on skewers.  
 Grill, rotating every few minutes until veggies are tender, about 20 minutes.

Prep time: 30 minutes  
 Cook time: 20 minutes  
 Servings: 4  
 4 wooden skewers  
 1 red onion  
 2 bell peppers  
 2 ears of corn, cut crosswise into

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## MORTGAGE SALE

The land and building known as 143077 PR 234 Road, Riverton, MB, as described in Certificate of Title No. 2317293/1 will be sold at a public auction on the 29th day of May, 2024 at 9:30 A.M. The auction sale will be held by 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 Jo-Anne Degagne at either 204-957-4808 or jdegagne@mltaikins.com.

The property is located North of Riverton on the east side of PR 234 approximately 1 1/2 miles North of where PR 234 and PTH 8 meet (curve going to Hecla Island) and has a green metal sign at end of driveway labelled 143077 PR 234.

The Vendor is informed that the property consists of a single family detached bungalow, built in 1985, approximately 1600 square feet, 5 rooms, 3 bedrooms, 2 1/2 bathrooms, located on a 1 1/2 acre lot.

Property taxes (excluding any accruing water charges) are paid in full to December 31, 2021. The property is sold subject to taxes and penalties accruing after that date. The prior encumbrances which will remain on title after the auction are: nil

**TERMS:** Deposit of \$13,000.00 by way of certified cheque or bank draft payable to MLT Aikins LLP, or cash (the 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 may be obtained from:

MLT AIKINS LLP  
Barristers & Solicitors  
30th Floor, 360 Main Street,  
Winnipeg, MB R3C 4G1

Attn: Jo-Anne Degagne (204) 957-4808  
jdegagne@mltaikins.com

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## EASTERN INTERLAKE PLANNING DISTRICT

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 EASTERN INTERLAKE PLANNING DISTRICT BY-LAW NO. 02-2024

Being an amendment to the Eastern Interlake Planning District Development Plan By-law No. 01-2022

**HEARING LOCATION:** Town of Winnipeg Beach Council Chambers  
29 Robinson Street, Winnipeg Beach, MB

**DATE & TIME:** June 6, 2024  
5:00 pm

**GENERAL INTENT:** To re-designate an area in the Town of Winnipeg Beach from "Parks, Recreation and Open Space Area" to Pt. "Urban Residential Area" and Pt. "Commercial General Area" to accommodate a possible future subdivision/development.

**AREA AFFECTED:** Pt. W 1/2 34-17-4 EPM, Being Parcel A, Plan 36971 WLTO, bordering PTH 9, PR 232/Churchill Rd. and Kernstead Rd. Roll No. 200

**CONTACT FOR INFORMATION:** Nancy Thom, CAO/Development Officer  
Eastern Interlake Planning District  
62 2<sup>nd</sup> Avenue, P.O. Box 1758,  
Gimli, MB R0C 1B0  
Ph: 204-642-5478 Fax: 204-642-4061  
E-mail: eipd@mymts.net  
Web: www.interlakeplanning.com



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

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

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

### SCRAP METAL

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

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

### FARMLAND FOR SALE

160 acres located in RM of Bifrost Riverton. Description NE16-24-2E. Phone 204-750-2281.

### FEED & SEED/ AGRICULTURAL

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.

### APARTMENT FOR RENT

Tollak Place has 1 & 2 bedroom suites, located at 40 Eveline Street. Spacious suites, with F/S, A/C, storage areas and large balconies; utilities are included, parking is extra. Tollak 2 is a 55 plus bldg., river view apts. with central air, F/S, DW & microwave; large storage area off the kitchen and a balcony; utilities and parking extra. Call the onsite office 204-482-2751 for AVAILABILITY.

### 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 11, 2024. Doors open 9 a.m. - 4 p.m. 980 Winakwa Rd. in Winnipeg. \$5.00 per person.

### HELP WANTED

Yard staff needed for Winnipeg Livestock. P/T leading to F/T. Includes weekdays, evenings & weekends. Cattle experience an asset but not necessary. Willing to train. Ph Melissa at 204-299-7509.

Looking for experienced perennial gardener. Ph. 204-389-4735.

### WATER TREATMENT

Goodwater softeners. Iron removers. Pressure tanks. Reverse osmosis systems, \$275. Replacement Polyspun \$3.50, carbon \$7.50 filters. All sizes water filters. Softener Res Care cleaner, 1 gallon, \$29. All Seasons 204-661-8581.

**News Tips? Story Ideas?**  
call the Express  
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## Full-time Employment Opportunities

In Arborg at busy implement dealership



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  
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Fax: (204) 376-5234

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### 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.

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### UPCOMING EVENTS

JOIN THE FIGHT AGAINST PROSTATE CANCER. RIDE DAY - SATURDAY MAY 25, 2024. 10 a.m. start - Earls Polo Park (Winnipeg). Visit: ridefordad.ca/manitoba to register or make a pledge.



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### NOTICES

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



## Town of Winnipeg Beach EMPLOYMENT OPPORTUNITY

### INVITES APPLICATIONS FOR STUDENT POSITIONS

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

### GREEN TEAM STUDENT POSITIONS

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

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

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

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

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

### NOTICES

HIRING? NEED CLASS 1 DRIVERS or construction workers? Have your blanket classified ads seen in the 31 Member Newspapers which are seen in over 368,000+ homes in Manitoba. Now booking winter and spring advertising for 2024. Please Call 204-467-5836 MCNA at 204-947-1691 for more details or to book ads. MCNA - Manitoba Community Newspapers Association. www.mcna.com

### 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



## RM OF COLDWELL PUBLIC NOTICE

### Regarding the 2024 Financial Plan

**PUBLIC NOTICE** is hereby given pursuant to Subsection 162(2) of *The Municipal Act* that the Council of the RM of Coldwell intends to present its Financial Plan for the fiscal year of 2024 at a public hearing in the Lundar Lutheran Church, 16 First Ave.N. Lundar MB on the **10th day of May, 2024 at 7:00 p.m.**

Council will hear any taxpayer who wishes to make representation, ask questions or register an objection to the financial plan, as provided. Copies of the Financial Plan will be at the hearing for review or Contact the office (204-762-5421) prior to.

Dated this 22nd day of April, 2024

Nicole Christensen, CMMA  
Chief Administrative Officer



## Rural Municipality of FISHER

### NOTICE OF DUST CONTROL PROGRAM

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

1 site is 150 meters.

Costs are as follows:

800L Light Application 12ft wide for \$384.00

OR

1 000L Heavy Application 12ft wide for \$480.00

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

Payment must be received by the Rural Municipality of Fisher Office, Box 280, Fisher Branch, Manitoba R0C 0Z0 no later than Friday, May 31, 2024. Make cheques payable to the RM of Fisher. **Payments are not refundable after application of dust control.** Price does not include gravel applied to site prior to dust control application. Gravel at site is at the discretion of the contractor. **Dust control application is dictated by Fort Distributors.**

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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## THE RURAL MUNICIPALITY OF ST. LAURENT PUBLIC NOTICE

### 2024 FINANCIAL PLAN

Public Notice is hereby given pursuant to Section 162(2) of The Municipal Act that the council of the Rural Municipality of St. Laurent shall hold a PUBLIC HEARING to present its 2024 Financial Plan on:

**Thursday, May 16, 2024  
7:00 p.m.**

RM Council Chambers (inside the St. Laurent Recreation Centre)

At this time Council will present the proposed 2024 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 presentation, ask questions or register an objection.

A draft copy of the 2024 Financial Plan is now available.

Dated this 29th day of April, 2024

**BILLIE JEAN OLIVER**  
Chief Administrative Officer  
Rural Municipality of St. Laurent  
16 St. Laurent Veterans' Memorial Road  
St. Laurent, Manitoba R0C 2S0  
Email: rmstlaur@mymts.net  
Phone: 204-646-2259  
Website: rmstlaurent.com

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

**RV RESORT (F/T):** Seeking Mature person to assist in the daily operations of busy Seasonal Campground in Gimli. Use of machinery, cleaning and other projects as required. Experience in light electrical/plumbing is a bonus.

**MOTEL (P/T):** Housekeeping weekday/weekends/holiday Mondays. Fluent English mandatory, experience a bonus.

Send resume to Michelle:  
awmotelmichelle@gmail.com

### EMPLOYMENT OPPORTUNITY

#### PART-TIME, CASUAL DRIVERS

The Eastern Interlake Handivan Inc. is looking for an expression of interest for part-time, casual drivers. Hours are flexible and may include evenings and the odd weekend.

**Requirements include:** Class 4 Driver's License, Driver's Abstract, Criminal Record and Abuse Registry Check, and must be physically capable of assisting clients.

Interested applicants may express interest by phone or email, please call Bruce MacDonald 204-642-5792 or email bkmacdon@mymts.net

# Classifieds



Book Your Classified Ad Today - Call 467-5836 or Email [ads@expressweeklynews.ca](mailto:ads@expressweeklynews.ca)



Green Acres Art Centre (GAAC) is a non-profit organization located in the entrance of the Green Acres Park. The GAAC offers yearly and summer art, culture and wellness programs for people of all ages in the community of Teulon and surrounding areas.

**SUMMER EMPLOYMENT POSITIONS AVAILABLE**  
**CAMP COORDINATORS**  
**CAMP LEADERS**

The Green Acres Art Centre is seeking to employ mature outgoing individuals ages 15–29 who are creative, enthusiastic and reliable leaders with a positive attitude who enjoy working with children and youth.

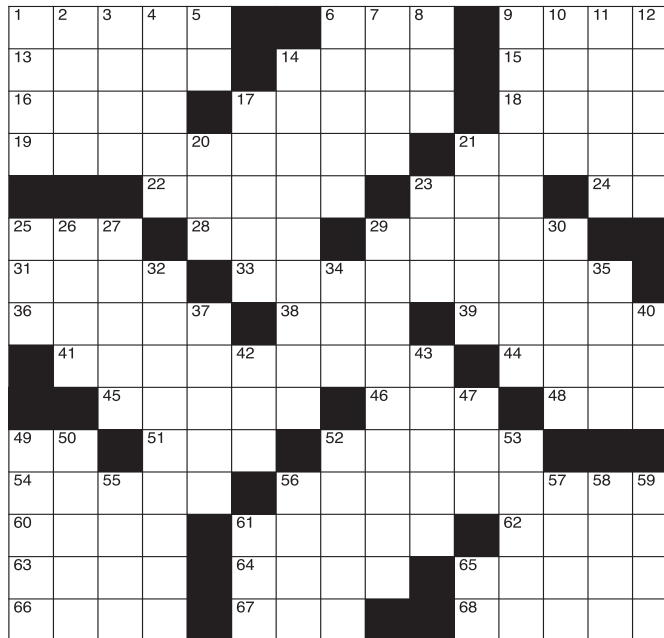
**INCLUSION CAMP LEADERS**

The Green Acres Art Centre is also looking to hire energetic empathetic individuals ages 15 – 29 who are committed to supporting campers who may need additional supports to have a positive camp experience.

**VOLUNTEERS**

The Green Acres Art Centre is seeking mature outgoing individuals ages 12 – 14 who are creative, enthusiastic and reliable youth looking for volunteer opportunities in our community.

Details of ALL positions and the process for applying go to <https://greenacresartcentre.ca>



## take a break

> GAME

**CLUES ACROSS**

- 1. It wakes you up
  - 6. A place to sleep
  - 9. Czech village
  - 13. Appetizer
  - 14. African country
  - 15. Dark brown or black
  - 16. Parent-teacher groups
  - 17. Saturates
  - 18. ESPN personality Kimes
  - 19. Songs to a lover
  - 21. Cavalry-sword
  - 22. Begat
  - 23. Patriotic women
  - 24. Famed Princess
  - 25. One who does not conform
  - 28. Neither
  - 29. Nigerian monetary unit
  - 31. Body parts
  - 33. Hit Dave Matthews Band song
  - 36. Depicts with pencil
  - 38. Make into leather without tannin
  - 39. Plants grow from them
  - 41. Alias
  - 44. Fingers do it
  - 45. More dried-up
- 46. Clod
  - 48. Senior officer
  - 49. A way to listen to music
  - 51. The bill in a restaurant
  - 52. Historic center of Artois region
  - 54. Cyprinid fishes
  - 56. Poisonous perennial plant
  - 60. Scottish Loch
  - 61. Heads
  - 62. Extra seed-covering
  - 63. Wings
  - 64. Britpop band
  - 65. Forearm bones
  - 66. Small immature herring
  - 67. Female sibling
  - 68. Hymn

**CLUES DOWN**

- 1. Vipers
- 2. Not on time
- 3. Resembling a wing or wings
- 4. Tears down
- 5. Professional designation
- 6. Noise a sheep made
- 7. Type of lodge
- 8. Speak poorly of
- 9. Ties the knot again
- 10. Apron
- 11. Studied intensively

**WANTED**

Coins, Coin Collection, Old Jewelry,

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**Wanted:**

USA, Canada, World Coin Sets & Coin Collections. Will buy entire collections & accumulations!

**Todd**  
306-774-2420

Crossword continued on page 26

**2023 Show Home for Sale**  
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Rural Municipality of **FISHER**

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

**EMPLOYMENT OPPORTUNITY**

**Interlake Forest Center**

**July 2 – August 30, 2024**

**(Funded by Manitoba Metis Federation)**

The Rural Municipality of Fisher is accepting applications for a Summer Student Grounds Keeper at the Interlake Forest Center, Hodgson.

**Requirements:**

- Must be a Red River Metis citizen aged 16+.
- Attended school full-time during the current academic year and will be returning to school full-time in the fall.
- Must hold a valid drivers licence.
- Must have transportation to and from the job site.
- Knowledge of chain saws, pole saws and lawn mowers.

**Duties:**

- Trail maintenance including cutting trees with chainsaw and hauling debris away. Light carpentry experience.
- General garbage cleanup and cleanup of outhouses and outbuildings, painting, and assisting with other duties as assigned.
- Required to work outdoors in all weather conditions and able to work alone.
- Hours of work will be 8:00 am to 4 pm, Monday to Friday, \$15.30 per hour, ½ hour lunch break.

Please submit applications by 4:30 p.m. June 4, 2024 to:

Email: [fishercao@mymts.net](mailto:fishercao@mymts.net)  
 RM of Fisher  
 Box 280  
 Fisher Branch, MB R0C 0Z0



Rural Municipality of **FISHER**

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

**EMPLOYMENT OPPORTUNITY**

**LUD of Fisher Branch**  
**Green Team Summer Student(s)**  
**July 2 to August 30, 2024**

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

**Requirements:**

- Must be between the ages of 16 and 24.
- Valid drivers licence is an asset but not required.
- Must be able to work with minimal supervision.

**Duties:**

- Grass cutting and trimming along roadways, ditches, riverbank and vacant lots.
- General garbage cleanup and related light maintenance.
- Assisting with other duties as required.

Please submit applications by 4:30 p.m. June 4, 2024 to:

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



# Classifieds Announcements



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

**BIRTHDAY**



Happy 11th Birthday Jase!  
-Love Mom, Dad and Aubrey

**ANNIVERSARY**



Happy 55th Wedding Anniversary  
Melvin and Angela Zalevich  
May 10th, 2024

-Love,  
your children and grandchildren

**OBITUARY**



Linda Dreger

It is with great sadness we announce that on May 2, 2024, at the age of 86, Linda Dreger unexpectedly passed away at the Health Sciences Centre in Winnipeg, MB.

Left to cherish her memory are her daughters Debbie, Marilyn (Adrian), Becky (Tim) and Gail (Joe), son-in-law Dean, granddaughter Katrina (Nate), sister Lorna, brother Gene (Kathy) and numerous nieces and nephews.

She was predeceased by husband Albert, son Ronald, daughter Doris, son-in-law Garry, sister Myrtle and parents Berthold and Ella Price.

Linda was born on October 9, 1937 and was raised on the family farm north-west of Moosehorn, MB. In 1955 she married Albert Dreger and they started their life together on the Dreger homestead. Over the years they raised five daughters while running their cattle and grain farm. After the death of Albert, she continued to run the farm until her retirement in the late 1990's. When she retired, she moved to Ashern where she lived on her own until her passing.

Linda loved to garden and her flowers were her pride and joy. She was also an avid crafter, producing many sewn, knitted and crocheted items which she sold at countless craft sales over the years. Once she retired, she was able to do some travelling with her family within Canada and the United States which she enjoyed immensely.

She will be greatly missed by her family and friends.

In lieu of flowers, we kindly ask you to consider donating to the Heart and Stroke Foundation of Manitoba.

A service will be held at the Moosehorn Community Hall at 1:00 p.m. on Thursday, May 16, 2024.

**OBITUARY**

Alan McMillan

October 14, 1951 - January 20, 2024

On January 20, 2024 our beloved Al passed away suddenly and unexpectedly, leaving us all in shock and broken hearted.

Al will be forever loved and missed by his wife Marilyn; son Patrick; daughter-in-law Alison; granddaughter Holly; sister Patricia (Ralph); stepson Jonathan; father-in-law Dave; best friend Pat (Mern); brothers-in-law, sisters-in-law, nieces, nephews, cousins and a lifetime of friends he truly cherished.

Al was predeceased by his parents Pat and Freda, sister Delores and brother-in-law Jim, sister Lorraine and brother-in-law Ivan, niece Rhonda and mother-in-law Ida.

Al worked hard all his life, starting as a child of 10 years old helping farmers in the Ashern area. As a young man, he worked as a lineman in several provinces across Canada, the job he

always said he had enjoyed the most. He purchased Ashern Electric in 1987 and ran his business successfully for many years. He established P.C.M. Contracting and owned and operated it until his passing. Al was a skilled electrician and there was nothing he couldn't fix or modify. He was also a talented musician, playing both piano and guitar beautifully.

Al was a strong and rock-solid man. He was also kind and generous with a soft and tender heart. He gave Marilyn the happiest years of her life and she will carry the love and memories of him in her heart forever.

Thank you to John and Karen Gray of Arnason Funeral Home for your love and support.

A Celebration of Life will be held between 1:00 - 4:00 p.m. (reflections at 2:00 p.m.) on Saturday, July 20, 2024 at our home in Ashern at 145138 Hwy 325 W. Please bring a chair.

"We'll meet again

Don't know where, don't know when,  
But I know we'll meet again some sunny day.  
Keep shining through just like you always do  
Till the blue skies chase the dark clouds all away."  
.....Ross Parker and Hughie Charles

Arrangements by:  
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**OBITUARY**



Elma Cheyne

January 17, 1930 - January 24, 2024

With great sadness, the family announces the peaceful passing of our beloved mother, grandmother, great-grandmother, and great-great-grandmother, and sister, Elma Cheyne at Red River Place in Selkirk, Manitoba.

Elma is survived by her daughters Leanne (Barry), Valdine (Al) and Joan and son David (Audrey); 10 beloved grandchildren, Lavon (Rick), Dean (Sarah) Trevor, Randi (Chris) Kevin, (Lindsay), Chelsey (Roman), Jordan (Crystal), Ashley (Nick), Denise, and Janine; 17 cherished great-grandchildren; two great-great-granddaughters, and nieces and nephews. She is survived by brothers, Leonard, Melvin, and Donald, and sister Arlene.

She was predeceased by her husband Charles, her parents Einar and Capitola Johnson of Riverton and all of Charlie's family and her brothers Lawrence and Clifford. She was also predeceased by her grandson Les, granddaughter, Carly and great-grandson Charles.

Elma was born at "Akri" along the banks of the Icelandic River in Riverton, she attended school in Riverton and worked at the local store. After Elma and Charlie were married in 1955, they lived in Winnipeg for a short time and then on the Cheyne family farm west of Teulon. They built and moved into their home in Teulon in 1958. She resided in Teulon until June 2018 when she moved to Selkirk.

Mom enjoyed old time dances, music, knitting, berry picking, playing cards, word search books and preserving everything Dad had harvested out of their large garden.

The family would like to thank the home care workers in Teulon and staff at Hunter Memorial Hospital. We would also like to thank the staff at Red River Place in Selkirk for their excellent care for the last 5 1/2 half years.

Cremation has taken place, and a private service will be held on Friday, May 10, 2024 at 1:30 p.m. at MacKenzie Funeral Chapel in Teulon. Interment to follow at Windsor Cemetery.

In lieu of flowers, donations may be made to a charity of one's choice.

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## OBITUARY



**Gloria Evelyn Marjorie Lavallee (nee Jacobsen)**

In the early morning of May 1, 2024 Mom passed away at the Lundar Care Home. She had suffered from Alzheimer's Disease for the past few years and finally succumbed to it, one day after her 92nd birthday.

She is survived by her sons Allan (Virginia), Brian, Warren (Karen) and Marcel as well as grandsons Tyson (Nichole), Rene (Tammy), Marc (Mandy), Curtis (Meghan), Travis (Samantha) and Kyle (Ashley), granddaughters Bailey and Callie as well as nine great-grandchildren and many nieces and nephews.

She was predeceased by her father Haakon in 1940, daughter Myrna in 1956, mother Blenda in 1995, husband Louis in 2003 and son Keith in 2015.

Mom, an only child, was born on the farm in Lillesve, MB on April 30, 1932. Lillesve is located approximately 15 miles east of Lundar.

In 1940 her father Haakon was killed in a construction accident in Portage la Prairie which left my grandmother to run the farm by herself. Fortunately, her parents and brothers lived on the quarter to the north, so help was available if an extra hand was required. Mom attended Morning Star School to Grade 8 and then went to Inwood School for the higher grades. She enjoyed dances and often laughed about walking to Chatfield in order to attend one, and then walking back home in the early morning. She also enjoyed visiting with the neighbours, specifically Craves, Torgersons and Johnsons.

In 1952 she married Dad and started a family. Work on the farm was hard, however the quality of life greatly improved when hydro and telephone lines were installed in the fifties. Also, road maintenance was improved and they were no longer isolated for long periods in winter due to plugged roads. Wood stoves were replaced with electric heat and running water was added to the house. The country schools were closed down and kids were bussed to Lundar for school. Even with the improvements though, the cows still had to be milked every day, barns cleaned, cattle and chickens fed, haying and gardens tended to in the summer, food preserved, lawns cut, clothes laundered and sewn, as well as cook breakfast, dinner, supper and drive kids to hockey and baseball games. Any remaining time could be used for leisure.

In the early eighties she started working at Lundar School as a cleaner and worked there until the late nineties. The farm was sold in 1994 and a new house was built just south of Lundar on the east side of Hwy 6. Shortly after moving to Lundar she started to bake and sell donuts which she continued to do until approximately 2015 when she said that she didn't trust herself not to leave the stove on by accident. By that time, she had sold many thousand dozens of donuts. A freezer full of donuts was located in the garage with a margarine container on the lid. If someone wanted donuts and no one was home they could take what they wanted and leave the money in the container. There was never a problem. You have to love small towns.

Gradually her health deteriorated and in March of 2020 it became necessary for her to be placed in a care facility. She spent about six months in Whitemouth until a space became available in Lundar PCH where she remained until passing. The family would like to express our deepest gratitude to the staff at Lundar PCH for their dedication and compassion in making Mom's final years as comfortable as possible. We will be eternally grateful for your service.

A memorial service will be held at 1 p.m. on Saturday, June 8, 2024 in the Lundar Legion Hall with Cindy Thorkelson officiating.

Arrangements by:  
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## OBITUARY

**Gisli Gerald Sigmundson**  
March 11, 1947 – April 27, 2024

Gisli Sigmundson was born in Gimli, on the shores of Lake Winnipeg, 77 years ago, and on April 27, 2024, with a view of the lake from his window, he rode those waves back out again. As a child, Gisli's bedroom faced the breakwater, and perhaps it was the sound of the lake that instilled in him a sense of wonder and adventure, of freedom and of joy, that he carried throughout his life.

For 42 years, Gis and his wife and best friend, Joan, shared family, laughter, journeys, struggles, joys – all those things that make up the fullness of a life together, always together. Gis and Joan met when they were in a bagpipe band together in Medicine Hat, Alberta. Really. Despite neither of them being Scottish, they both continued to play for years, and their neighbors once told them "I don't care what anyone else says, I really like the bagpipes".

Gis was fearless – or faked it well. He was always willing to try new things, whether starting a new business, returning to school to become a software engineer, changing careers again, moving to China for a couple of semesters, or spending a winter in Victoria (thus confirming that rain wasn't really his thing). He was the instigator of these large adventures and many small ones, such as: How many people could do jumping jacks in a motorhome at the same time? Turns out, quite a few if most are giggling children.

He started a new career in his late 30s as a professor at Medicine Hat College and ended up finding the job he both loved and was exceptional at. He took pride in all his students' success, but had a special soft spot for older students, as he himself had been, who were often nervous amongst so many young people. He was one of only a few instructors in North America at the time who was qualified to teach Microsoft's high-level certification programs and taught at a dozen colleges and universities from California to Qinhuaungdao, China. While teaching one summer at UBC Okanagan, he befriended an injured mother duck and became stepfather to 13 ducklings that followed him around faithfully, up and down the stairs into the trailer that was his home for the summer. That's who he was. But if the trailer park manager asks if anyone was feeding the ducks: absolutely not. He taught at the college until he retired at 65, but retirement didn't quite stick, so he continued to work right up until Parkinson's made him too ill to do so.

Try as he did, although not very hard, Gis never really learned how to enjoy a good green salad, although he would choke one back to be polite. Usually, he was always a man who enjoyed a sweet and, ever the businessman, he would occasionally buy one or another of his children's desserts from them.

He loved his Joan and his family – his children and grandchildren and siblings and nieces and nephews – and his eyes would light up and dance at the mere mention of one or another. He was a fun and funny guy, but was serious about kindness and treating people with respect.

Gis felt lucky and blessed to have so many children: Kevin (Kristina and children Scott and Maddy), Craig (Lauren and daughter Scarlett), Monica (Scott and children Anna, Lucy, and Faye), Megan (Ryan and children Keenan [Michelle and son, Jasper], Ethan, and Danika), and Kate, his precious last-born daughter. He is also beloved by his sister, Tammy, and their older brother, Danny, who went ahead of Gis by only a few months. By now Gis has, hopefully, had his chance to gloat at outlasting him.

While it is difficult to know that the world has lost a man with such an incredible amount of knowledge and an impressively broad set of skills (ranging from being unbeatable at strategy games to figuring out how to build an entire house on the fly), his wisdom lives on in not only his children and grandchildren, but in hundreds of students all over the world.

Gis has filled us with love and wonderful memories and will be deeply missed. The next time you enjoy a jellybean, butterscotch pudding, or a delicious salad, toast your fork to Gisli. The aliens finally beamed you up.

A memorial service will be held in the warmth of summer on the shores of the lake.

We wish to thank the compassionate care that Gisli received at Betel Home Gimli. Memorial contributions can be made to the Alzheimer Society of Manitoba, 120 Donald St. Wpg. MB. R3C 4G2.

Do not stand at my grave and weep  
I am not there. I do not sleep.  
I am a thousand winds that blow.  
I am the diamond glints on snow.  
I am the sunlight on ripened grain.  
I am the gentle autumn rain.  
When you awaken in the morning's hush  
I am the swift uplifting rush  
Of quiet birds in circled flight.  
I am the soft stars that shine at night.  
Do not stand at my grave and cry;  
I am not there. I did not die.

-Mary Elizabeth Frye

Friends and family are invited to visit Gisli's memorial page at [www.interlakecremation.ca](http://www.interlakecremation.ca), where memories and condolences may be shared.

Arrangements entrusted to:

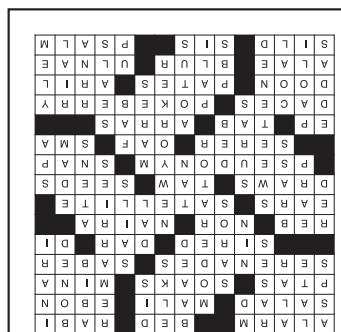
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204.482.1040

*Your memory will live forever Engraved within our hearts*

## Crossword continued from page 24

- 12. City in Finland
- 14. One who monitors
- 17. 18-year astronomical period
- 20. Trent Reznor's band
- 21. Takes to the sea
- 23. Split pulses
- 25. Valentine's Day color
- 26. Wyatt \_\_\_
- 27. Type of rail
- 29. One from the Big Apple
- 30. Asteroids
- 32. Made more sugary
- 34. Change in skin pigment
- 35. Mild yellow Dutch cheese
- 37. Koran chapters
- 40. A place to relax
- 42. Young woman ready for society life
- 43. Female horses
- 47. Half of Milli Vanilli
- 49. Icelandic poems
- 50. Indiana town
- 52. Golden peas

- 53. Closes tightly
- 55. It's mined in mountains
- 56. Cliff (Hawaii)
- 57. Ribosomal ribonucleic acid
- 58. Monetary unit
- 59. Primordial matter
- 61. TV station
- 65. Rise



Crossword Answer

# Announcements



## OBITUARY



### Emil Wagner

On April 22, 2024, Emil Wagner, 96 years, passed peacefully at Selkirk and District General Hospital.

Emil was born in Hoffungsthal, Ukraine and emigrated to Canada in 1953. He and his wife settled in Winnipeg until retirement when they moved to Sandy Hook.

He was predeceased by his wife, Anna, his parents and brothers in Germany.

He leaves to mourn, his partner Celine, his daughter Brigitte, his son George (Carol) and their family George Jr. (Sarah) and great-grandson William, Lindsay (Corey), his son Paul (Patti) and son Nikolas. Also left to mourn are numerous nieces and nephews in Germany.

A service will be held on Saturday, May 11 at 1:00 p.m. at Gilbert Funeral Home, 309 Eveline St., Selkirk, MB. Reception will follow.

A private family interment will take place at a later date.

Flowers are gratefully declined. As tokens of sympathy, donations in memory of Emil may be made to a charity of your choice.

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

Gilbart Funeral Home, Selkirk in care of arrangements.



## OBITUARY



### Annette Marie Smith

May 14, 1951 - April 30, 2024

The family is saddened to announce the passing of Annette at the Gimli Hospital on Tuesday, April 30, 2024, surrounded by her niece Eileen and good friends Angela and Christine. She left us all knowing she was loved and will be missed.

She was born in Teulon and lived her early years in Fisher Branch, Winnipeg and later years in Gimli, Manitoba.

She was predeceased by her parents Albert and Helene, two brothers and three sisters.

Left to mourn her passing are four sisters and one brother.

Annette was very active in her church as a member of the CWL and the Gimli New Horizons. She participated in many functions. She had a large personality and a hearty laugh. Annette loved babies, small children, animals, stuffies, bingo and dining out. She

could frequently be seen walking down Centre Street in Gimli with her walker greeting passersby.

Thank you to the hospital staff for all their super care for the past nine months.

In lieu of flowers, donations may be sent to St. Michael's Church Parking Lot, Box 266 Gimli, Mb., or Gimli Community Health Center.

Funeral Mass was held at St. Michael's Church Gimli on May 4th, 2024.

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

Gilbart Funeral Home, Gimli in care of arrangements.



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