



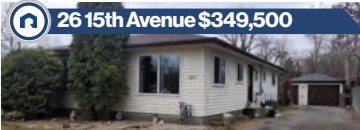
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*Good Times FINANCING*

# Cozy Nook Café brings comfort to Riverton

By E. Antonio

A Riverton woman's love for baking and community has turned into the town's newest gathering place.

Tiffany Monkman and her partner, Quentin, are the proud owners and founders of Cozy Nook Café, now open at 70 Main St., Unit 2, in Riverton.

Born and raised in Riverton, Monkman said the small town has always been home. Knowing the community needed a place where people could connect, relax and visit with others, the vision for Cozy Nook Café came to life.

"You always want a place to go home to, and I strived to recreate that environment here," she said.

Inspired by her grandmother — known to many as the Riverton cinnamon bun lady — who raised her, baking has always been one of Monkman's passions. Her grandmother baked fresh bread daily, and Monkman said the love of baking was naturally instilled in her from a young age.

After leaving her job as an esthetician, she began making her own bread and fresh baked goods for friends and family a few years ago. From there,



Baristas Carlene and Ashlee welcome customers at Cozy Nook Café in Riverton, helping create the warm and welcoming atmosphere Tiffany Monkman envisioned for the community gathering space.

her passion for sharing her products with others continued to grow.

She is now known for her sourdough loaves, created from a recipe she has perfected over the years. She will also be selling a variety of drinks and baked goods, including her grandmother's famous cinnamon buns.



EXPRESS PHOTOS BY SARA URUSKI PHOTOGRAPHY

Tiffany Monkman and her partner, Quentin, recently opened Cozy Nook Café at 70 Main St., Unit 2, in Riverton, creating a welcoming space inspired by homemade baking, community connection and family traditions.

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"I feel like cinnamon buns are a memory from everybody's grandma," she added. "It's a nostalgic treat that not many people get to have, and I am glad I am able to serve these new memories."

Additionally, the menu includes lunch items such as sandwiches made on her sourdough bread, soup and salad — all prepared in-house.

She and her husband have spent the last six months renovating the café, which was previously a hair salon. They made a variety of changes, including updating the flooring, walls



Tiffany Monkman prepares her best-selling sourdough loaves. She bakes her bread daily, ensuring she serves her customers the freshest products.

and lighting, while also adding a commercial kitchen. Monkman said it has not been an easy road, mainly because of the long days and nights, but it has been "very well worth it" so far.

"Just seeing the community come together when help is needed is what makes us want to move forward," she said. "That's the charm of operating in a small town."

Over the last couple of months, the couple hosted weekly one-day pop-ups to sell bread and test out menu items. As of May 6, the café officially opened softly and is now welcoming customers from 10 a.m. to 4 p.m. every Wednesday, Thursday and Friday. Monkman said the support she has received so far has been overwhelming.

"It's been addicting meeting the community, hearing what they love, and talking to them like we've always known each other," she said. "They come and sit like it is my house. They are showing me this isn't work — it's a passion."

The café has been decorated to create a cozy, nostalgic atmosphere reminiscent of the 1980s. Many of the photos displayed are from her grandmother's home, serving as a subtle nod to her style and influence.

"I just want to have this homely feeling where everybody wants to be," Monkman said. "I want them to go to the Cozy Nook because it feels like home."

She added the support so far has



meant the world to her, and she is proud to support the town in return, noting that small businesses play an important role in helping communities like Riverton thrive by creating welcoming spaces for people to gather.

Even the café's two baristas, Carlene and Ashlee, have been welcomed with open arms, adding to the experience.

An official grand opening is being planned for a later date, with more details to be announced on the café's Facebook and Instagram pages.

For more information, including daily soup, salad and sandwich specials, follow the café on social media.

"THEY COME AND SIT LIKE IT IS MY HOUSE. THEY ARE SHOWING ME THIS ISN'T WORK — IT'S A PASSION."

## Lundar RCMP continue Lake Manitoba homicide investigation

By Haley Cvar

Lundar RCMP have arrested and charged a 23-year-old man in connection with a homicide investigation on Lake Manitoba First Nation following the death of a 23-year-old male last month.

According to Manitoba RCMP, officers with the RCMP Lundar detachment first received a report of a missing 23-year-old man from the community on April 30 at 12:23 p.m.

Police said that at approximately 1:34 p.m., officers received information indicating the missing man may have suffered life-threatening injuries and that his whereabouts remained unknown.

First Nation safety officers, local RCMP officers, RCMP police dog services and a drone operator responded to the community to assist in the search and investigation.

Shortly after 3:30 p.m., RCMP and First Nation safety officers located the man deceased in a wooded area of the

community.

Police confirmed the death was being investigated as a homicide, with Manitoba RCMP major crime services taking carriage of the investigation.

Further investigation led to the arrest of Chase Paul, 23, of Lake Manitoba First Nation.

RCMP said Paul was initially arrested and later released from custody while investigators continued gathering evidence and conducting additional investigative steps.

On May 4, the Manitoba Prosecution Service approved a charge of second-degree murder against Paul and an arrest warrant was issued.

RCMP said Paul was re-arrested in Winnipeg on the evening of May 4 and has since been remanded into custody.

Lundar RCMP, along with RCMP major crime services and forensic identification services, continue to investigate.

**MAHCP.**  
Manitoba Association of  
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# Ashern community gathers to honour Red Dress Day

By E. Antonio

Residents gathered at the Lakeshore Family Resource Centre on May 5 for a Red Dress Day event in Ashern, bringing the community together for a day of remembrance, reflection and awareness of Missing and Murdered Indigenous Women, Girls and Two-Spirit+ people.

The event featured a red dress installation displayed outside the centre and a guided beading circle, with participants invited to walk through the installation, leave messages and take part in creating red dress pins.

Organizer Megan Harrison, the centre's new group facilitator, said the event was rooted in the REDress Proj-



ect created by Manitoba Métis artist Jaime Black.

She explained that the installation was intended to "make the invisible



EXPRESS PHOTOS SUBMITTED

The Lakeshore Family Resource Centre hosted a series of events honouring Red Dress Day on May 5, including a walk-through display of red dresses and a guided beading workshop.

visible," with red dresses acting as a visual reminder of the disproportionate violence faced by Indigenous women, girls, two-spirit and gender-diverse people.

"It is so important for our communities to recognize Red Dress Day because it is a crisis that is not only on the national level but the local level as well," she said. "Rural areas often face systemic gaps in safety, such as limited public transportation and slower police response times. Recognizing this day supports advocacy for tools like the Red Dress Alert — a proposed emergency notification system similar to an Amber Alert, designed to quickly notify the public when an Indigenous person goes missing."

She noted her goal for the day was to convey powerful, multi-layered messages of remembrance, collective responsibility and support for Northwest Interlake Indigenous families.

She said the red dress installation was meant to be an emotional experience for visitors, explaining, "The empty red dresses are designed to be startling and evocative, prompting a deep emotional realization that each garment represents a vibrant life of someone who should be there to wear it but is missing due to systemic violence."

The beading circle offered participants a chance to create red dress pins while learning and sharing in a collective space. Harrison said the



activity was designed so participants could share stories and process grief in a supportive environment, turning each pin into a "sacred witness" for those who are missing.

Participation played a central role in the event's impact, as Harrison highlighted the importance of reflection spaces, saying they allow "truth to be spoken and systemic change to be action-oriented."

Looking ahead, she said she hopes the event inspires continued engagement and advocacy, while fostering a profound sense of connection, responsibility and empowerment.

Beyond awareness, she hopes participants were inspired to take action on the 231 Calls for Justice, either through support or advocacy.

Reflecting on the day, she said the turnout and participation were deeply meaningful.

"I think the event went great — the community showed up and supported us," she said. "It was a very touching experience to witness everyone come out, walk through the installation and show their support for a cause that is so personal to me."

She added that the beading workshop was fully attended and described the outcome as lasting.

"The community response was incredibly moving and deeply felt," she said. "These moments proved that Red Dress Day in Ashern wasn't just an event but a significant collective promise to ensure our missing and

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# MAHCP says paramedic numbers declining in rural Manitoba

By Patricia Barrett

The Manitoba Association of Health Care Professionals (MAHCP) is calling on the provincial government to fully fund paramedic positions after obtaining information showing a decline in the number of paramedics available to respond to emergency calls in rural Manitoba.

The decline covers a two-year period. It shows 519 rural paramedics as of December 2023 and 485 paramedics as of December 2025, a net loss of 34 province-wide.

Figures provided by the government in November 2025 initially claimed a net gain of 231 but corrected that figure to 18 net new paramedics, said MAHCP during an April 23 press conference. Manitobans are “tired of the numbers game” and expect the government to address the paramedic staffing crisis in rural Manitoba.

“Government has repeatedly committed — to Manitobans and to paramedics — that they’ll fix this crisis,” said MAHCP president Jason Linklater. “They have failed to retain paramedics where they are needed with more than 70 paramedics lost since October 2023, and they’re not educating or recruiting enough to fill the growing gaps. Manitobans are paying the price in longer waits for life-saving paramedic care.”

MAHCP is a union of more than 7,600 allied health professionals, including more than 500 paramedics. Paramedics in the Interlake-Eastern Regional Health Authority are hired by provincial Shared Health, which provides health services and operational support to the health system.

The province said in November 2025 it would be recruiting and training emergency medical responders (EMRs) to improve emergency services in rural communities. The

province offered a \$5,000 bursary to cover training costs in exchange for a one-year return-of-service agreement. About 50-60 EMRs are expected to graduate this fall, according to a provincial news release.

EMRs are not trained to a paramedic level.

MAHCP learned that funding for vacant primary care paramedic (PCP) positions will go to EMRs instead.

It said it received a recent letter from the government that “confirmed it is choosing not to hire qualified paramedics for some open PCP positions. Instead, Shared Health is using funding allocated for vacant PCP positions to hire emergency medical responders (EMRs)” which the government characterized as an “alternative level of care.”

MAHCP said it wants a fully funded allied health workforce plan, including significant retention, recruitment and educational initiatives for paramedics.

MAHCP has offered the government a number of paramedic recruitment and retention solutions. They include making more education seats accessible to rural students, offering “targeted bursaries” as provinces such as Saskatchewan, New Brunswick and Nova Scotia do, creating a subsidized educational pathway for EMRs to become paramedics, posting all vacant paramedic positions, and creating incentives and covering travel and accommodation costs for shifts in hard-to-fill paramedic stations.

The *Express* reached out to Shared Health for comment. It responded to the query but didn’t provide answers by deadline.

The Paramedic Association of Manitoba said it was behind the NDP’s plan to add 200 more paramedics but expressed concern about the govern-



EXPRESS FILE PHOTO BY PATRICIA BARRETT

Paramedics attending a call.

ment “going backwards.”

“In the 2023 election, paramedics endorsed the NDP’s plan to add 200 more paramedics. The government has taken an important, long-overdue step by introducing advanced care paramedics in rural Manitoba but is also simultaneously going backwards

both existing and new paramedics, while vacancies continue to climb. Paramedics want government to keep their promise, but this damage will be incredibly difficult to recover from without rapid engagement and government support.”

by reducing the level of care in parts of the province,” said Rebecca Clifton, the association’s administrative director, during the news conference.

“Paramedics are incredibly disappointed by Shared Health’s restrictive hiring practices, which have frustrated

## > RED DRESS DAY, FROM PG. 4

murdered loved ones are never forgotten.”

She said she hopes the event becomes an annual tradition, emphasizing that honouring Red Dress Day on May 5 provides a space to heal, discover and reconcile.

“Ultimately, it’s about accountability and healing,” she added. “Continuing the work until every person is safe and every family has answers.”

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# get informed

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## Turning trade talk into action

By Cam Dahl, Manitoba Pork

Canadian governments and industry have responded to trade interruptions and global uncertainty with a common refrain: diversify our markets.

This is the response in the face of disruptions with our largest trading partner, the United States. It has also been a response to tariff disputes with China. To its credit, the Government of Canada is actively seeking multiple new trade agreements (some might not make sense, but that is another commentary). The problem is not that this is the wrong pathway. The problem is that we often treat diversification as a slogan instead of strategically enabling farmers, processors and exporters to achieve the objective.

To be clear, the responsibility for realizing diversification is not only the job of government. Industry has a responsibility to step up to the plate as well.

Hog production and pork processing in Canada are critical components of the national GDP. In Manitoba alone, the industry annually contributes \$2.3 billion to the provincial GDP and supports 23,000 jobs in both rural and urban centres. Almost all of this contribution is driven by exports. Ninety per cent of the 8.5 million pigs raised in Manitoba are exported, either as live animals to be finished in the U.S. or as pork products shipped around the world. To say that hog farmers pay attention to international markets would be a massive understatement.

The exposure to the whims of U.S. trade policy is significant. We are nev-

er going to replace U.S. demand for our weanlings, but what do we need to do to limit this risk? The answer is almost a cliché. We need to finish more pigs and process more pork here at home.

The opening paragraph of Manitoba's recent Economic Development Strategy states that "In the face of economic uncertainty driven by tariffs, it's especially important for Manitoba to have a plan to develop our economy in a way that takes our future into our own

hands, and also invests in Manitoba businesses, producers, workers, and families." Manitoba Pork believes that hog farmers, pork processors and supporting stakeholders can significantly contribute to this objective if the hurdles to growth can be overcome.

Manitoba Pork also wholeheartedly agrees with the provincial government's commitment "to fostering a growing and competitive agriculture and agri-food industry as a key driver of the provincial economy." How do we turn this aspiration into reality?

With the right conditions in place, the level of investment in plant and barn expansions in Manitoba could exceed \$1.5 billion. With a new hog finishing site costing in the range of \$15 million, the ability of producers to access long-term, stable and affordable financing is a significant barrier to accomplishing the goal of growing our capacity.

Announcements have been made about the development of capital

funds. For example, Farm Credit Canada recently announced a \$5-billion fund to be created in conjunction with private-sector investors. The federal spring economic update also revealed the creation of a \$25-billion sovereign wealth fund. These announcements are all well and good, but they will not unleash the growth waiting to happen if capital remains unavailable to farmers. Governments need to move beyond catchphrases. Industry stakeholders need to be brought to the table to ensure the policies are in place to deliver capital to the farm gate.

Investment to increase hog finishing and pork processing in Manitoba will not only reduce reliance on U.S. markets, but it will also create jobs in rural and urban areas, open up additional local opportunities for other sectors of the agricultural economy such as feed producers, and increase the resilience of our rural communities in uncertain markets.

Current global instability and concerns over our trade relationship with the U.S. have been a wake-up call for Canadians. But trade diversification should not just be a reaction to crisis. It should be a permanent component of economic strategy. The countries that will succeed in the new global trade environment are the ones that invest steadily in relationships, infrastructure and competitiveness long before problems emerge.

Canada has many of the advantages needed to succeed, including a strong reputation as a reliable, high-quality supplier of food, abundant resources and proximity to major markets. What has been missing is not potential. It has been urgency and follow-through.



**Cam Dahl**  
GM Manitoba Pork

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# Manitoba introduces tougher impaired driving penalties, lifetime bans

By Haley Cvar

The Manitoba government is strengthening impaired driving laws, including introducing lifetime alcohol restrictions and licence suspensions for repeat offenders.

Justice Minister Matt Wiebe announced the measures, which target drivers convicted of impaired operation offences that cause bodily harm or death. Under the changes, certain offenders will be permanently prohibited from driving with any alcohol in their system.

"Drinking and driving has no place on our roads or in our province," Wiebe said in a release. "Impaired driving is a serious threat to public safety, and these measures will in-

crease road safety and protect people in communities across the province."

The province said violations of the zero blood alcohol concentration (BAC) condition will carry penalties similar to those under Manitoba's Immediate Roadside Prohibition program. That includes additional licence suspensions and fines ranging from \$400 to \$600, depending on prior offences. Repeat breaches could also lead to vehicle impoundment, mandatory driver assessments or participation in the ignition interlock program.

The changes stem from Bill 5, the Highway Traffic Amendment Act (Impaired Driving Measures), introduced

in December 2024 and proclaimed into law in June 2025. The legislation increased penalties for repeat offenders, including an automatic lifetime licence suspension for individuals convicted of impaired driving twice within a 10-year period, replacing the previous 10-year ban.

The act also created a zero BAC requirement for certain offenders, which has now been fully implemented through accompanying regulations.

MADD Winnipeg welcomed the changes, calling them an important step toward improving road safety.

"This legislation is a significant victory for road safety in Manitoba,"

said Trevor Enns, president of the organization. "By implementing stricter long-term licence restrictions and permanent suspensions for repeat offenders, the province is ensuring the consequences of impaired driving reflect the gravity of the harm caused."

The province has also introduced additional legislation that would expand safety measures further, including a zero BAC requirement for drivers operating Class 1 to 4 vehicles, which include commercial licences.

The Manitoba government said the changes are part of ongoing efforts to reduce impaired driving and prevent serious injuries and fatalities on provincial roads.

# Emergency preparedness starts at home, says Manitoba EMO

By Jo-Anne Procter

As Manitoba marks Emergency Preparedness Week, residents across the Interlake are being encouraged to take steps now to prepare for emergencies before disaster strikes.

The Manitoba Emergency Management Organization's (EMO) new "MB Ready" campaign focuses on helping Manitobans become informed, create emergency plans and build emergency kits that can sustain households for at least 72 hours during a crisis.

The campaign now includes the launch of the new MB Ready mobile app, announced by the Manitoba government on May 4 as part of Emergency Preparedness Week activities.

Transportation and Infrastructure Minister Lisa Naylor, who is also the minister responsible for EMO, said the app is intended to help Manitobans stay informed and better prepared during emergencies.

"Emergency Preparedness Week is a reminder of the importance of preparation in helping keep all Manitobans safe, and this year we are pleased to announce the rollout of the new MB Ready app to support that effort," said Naylor. "Planning ahead makes a real difference during emergencies, and this app will help keep Manitobans informed with clear, accessible and up-to-date information."

The MB Ready app provides real-time, location-based notifications for emergencies and incidents such as severe weather, wildfires, floods, road



Scan to download the MB Ready app.

closures and power outages. Users can set alerts for specific addresses or geographic areas, allowing them to stay informed about conditions that may affect their home, workplace or other important locations.

The platform is available in both official languages and also includes guidance on building emergency kits, creating household emergency plans, understanding local risks and accessing safety information during emergencies.

For residents in the Interlake, emergency preparedness is not a new concept.

Communities throughout the region have experienced repeated spring flooding, severe storms, blizzards, extended power outages and growing concerns related to wildfire smoke

and evacuations in recent years.

The Manitoba government says the MB Ready initiative is designed to help families better prepare for emergencies before they happen by understanding local risks and developing household emergency plans.

The MB Ready app allows users to receive location-based emergency notifications for areas where they live, work or travel. The platform also includes preparedness checklists, emergency planning information and safety guidance for before, during and after emergencies.

For rural Manitobans, preparedness can be especially important due to longer emergency response times, rural road conditions and the potential for communities to become isolated during major weather events.

Interlake residents are often encouraged to prepare for emergencies by:

- maintaining a 72-hour emergency kit
- keeping extra food, water and medications on hand
- ensuring backup charging options are available
- having plans for pets and livestock
- monitoring emergency alerts and weather warnings
- checking on seniors and vulnerable neighbours during emergencies

The province notes that emergency preparedness is a shared responsibility between governments, organizations and individual households.

The MB Ready campaign coincided with Emergency Preparedness Week, held nationally from May 3 to 9.

Residents can learn more about emergency preparedness resources or download the MB Ready app through the provincial emergency preparedness website.

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# RM of Gimli still determining scope of cyber attack

## Provincial bill to regulate cybersecurity in public sector, municipalities

By Patricia Barrett

The RM of Gimli said last week that it was still trying to determine the scope of a cyber attack that took down its IT systems.

The RM had notified the public in late April that its IT systems were unavailable after a cyber incident.

RM spokesperson Christine Payne said the municipality takes matters of data security “extremely seriously” and that they’ll share updates as soon as they have more information.

“We are still determining the scope of the impact and working to bring our systems back online safely,” said Payne last Friday. “We know there is speculation and discussion in the community about the impact of the incident. Please be assured that we are doing everything that we can to resolve this and we will provide everyone details when we have them. We are very grateful to residents and our employees for their patience.”

The RM has not said whether ratepayer and/or employee data was stolen. But hackers going by the name Payload took responsibility for hacking the municipality and encrypting its data (see *Express Weekly News*’ May 7 edition).

Ransomware hackers copy data and encrypt it in order to extort money from victims for the release and/or deletion of the data. If companies fail to pay, the hackers can sell or post the data on the dark web, leading to victims having their identities stolen and

suffering financial losses. Sometimes that happens years down the road.

Earlier last week, the RM’s chief administrative officer Diana Chapman posted a notice on the municipality’s website, saying the cyber attack continues to impact the IT systems and advising ratepayers to continue to use their banks to pay municipal bills as administration services are limited.

“Please note that we are still unable to process bill payments at the office. Residents are encouraged to continue making payments directly through their bank as this remains the quickest and most reliable option,” Chapman wrote on May 5. “To ensure residents are not disadvantaged during this disruption, no penalties will be applied to utility or tax accounts for the month of April.”

After the Municipality of Westlake-Gladstone lost over \$472,000 in a cyber attack, Manitoba’s auditor general Tyson Shtykalo undertook an investigation, recommending that all municipalities implement “baseline cybersecurity controls” in the absence of provincial guidance in order to protect public funds and data.

Baseline controls include requiring two-factor authentication for “important” accounts such as financial accounts, system administrators, privileged users and senior executives, having an incident-response plan, and providing all employees with cybersecurity awareness training.

“The province of Manitoba’s Municipal Advisory Services confirmed it has not provided any guidance to municipalities regarding cybersecurity controls,” said Shtykalo in his 2025 report. “In the absence of guidance from the Province, we recommend municipalities implement controls to ensure they are protected from cybersecurity threats based on a recognized cybersecurity framework, such as the Canadian Centre for Cyber Security’s baseline cybersecurity controls.”

When asked by the *Express* if the provincial department of municipal and northern relations has implemented a process to monitor municipalities’ compliance to baseline controls, a media relations spokesperson said municipalities will be asked about



EXPRESS FILE PHOTO BY PATRICIA BARRETT

The Gimli municipal building on Second Avenue. The municipality posted a notice last month saying it experienced a cyber attack. As of last Friday, the RM is still working with cybersecurity experts to determine the scope of the hack.

their current practices and to identify their “baseline” security capabilities. Currently, the province doesn’t have data on how many Manitoba municipalities are not complying with baseline cybersecurity controls.

“After the OAG [office of the auditor general] report’s release, Manitoba Municipal and Northern Relations (MNR) shared the report with municipalities and communicated the need to increase cyber security measures,” said the spokesperson. “The department also began work with Manitoba Innovation and New Technology (MINT) to consult with AMM [Association of Manitoba Municipalities] on highlighting best practices and guidelines, such as the Canadian Centre for Cyber Security. The two departments are preparing to survey municipalities on their current cybersecurity practices this summer.”

Municipalities are “autonomous and independent” governments, added the spokesperson, and currently have sole authority over what IT systems they use, how they train their staff and how their systems are secured and maintained.

“While the Canadian Centre for Cyber Security’s baseline cybersecurity controls are recommendations, municipalities are not currently required to comply with those or any other cybersecurity controls,” said the spokesperson.

But that’s set to change as the province intends have public sector entities comply with cybersecurity regulations.

The government gave third and final

reading last week to Bill 51, the Public Sector Artificial Intelligence and Cybersecurity Governance Act, which was introduced by the Minister of Innovation and New Technology Mike Moroz (NDP River Heights). It will establish regulations to better support municipalities in protecting their communities.

“The proposed act would establish a framework that would permit the regulation of governing public sector entities, which can include municipalities, and could require them to comply with regulations governing cybersecurity,” said the spokesperson. “This includes requiring the development of accountability frameworks, the reporting of cybersecurity incidents and set technical standards for cybersecurity. In addition, the proposed legislation would allow the minister of MINT to issue directives about cybersecurity to specific public sector entities.”

As for the amount of cybersecurity funding municipalities receive from the province each year — as the auditor general alluded to in his report — the spokesperson said municipalities aren’t bound by how to use provincial funding.

“Municipalities are independent government and have sole authority on how they use their \$233.6 million to municipalities in unconditional operating funding, which has received a two per cent increase year over year since 2023, to support local priorities, services and programs,” said the

Continued on page 9

## GEYSIR CEMETERY DONATIONS SOUGHT

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**Geysir Cemetery Fund**  
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Arborg, Mb, R0C0A0  
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# The power of nurses to transform health

By Jennifer McFee

National Nursing Week offers an ideal opportunity to celebrate the vital contributions of nurses across the Interlake-Eastern health region and beyond.

This year, National Nursing Week runs from May 11 to 17. The theme is “The Power of Nurses to Transform Health,” which acknowledges how nursing leadership and expertise can create a lasting impact on health care.

For Selkirk-based nurse Geeta Cook, this year’s Nursing Week theme highlights the important role nurses play in improving care, shaping programs and creating positive change.

“Nurses have a unique ability to combine knowledge, compassion and leadership to make a lasting impact,” she said.

Looking back, Cook knew from a young age that she wanted to work in a helping profession.

“I’ve always been naturally empathetic and drawn to supporting people,” she said, “so nursing felt like a natural fit for me.”

Today, Cook is the regional director of mental health and addictions with Interlake-Eastern Regional Health Authority.

“I oversee a range of mental health and addictions services across the region, supporting teams that deliver everything from crisis response to community-based care. A big part of my role is working with teams and

partners to make sure services are accessible, coordinated and meeting the needs of the communities we serve,” she said.

“Throughout my career, I’ve been driven by a commitment to improving access to care, supporting vulnerable populations and contributing to meaningful system-level change.”

Part of this meaningful change includes her role in leading the development and launch of the Mobile Withdrawal Management Service. This program provides community-based withdrawal supports across five First Nation communities: Lake Manitoba, Lake St. Martin, Little Saskatchewan, Pinaymootang and Dauphin River.

“The service is delivered by a team that includes a nurse practitioner and two addiction nurses,” she said. “We provide moderate-acuity withdrawal support Monday to Friday through community visits, home-based care, clinic spaces and virtual support.”

Cook helped establish clinical policies and procedures, supported staffing and clinical readiness, and ensured the team was prepared to deliver safe withdrawal care in community settings. At the same time, she focused on early and ongoing community engagement.

“Before the launch, I focused on building relationships at the grassroots level, meeting with community members and leadership to establish trust and understand local needs.

That engagement helped shape how the program was delivered and ensured it was responsive and culturally grounded,” she said.

“The program also reduces barriers to care by allowing self-referrals and strengthening access within community settings. Since the launch, all five communities have welcomed the service.”

As a result, the program has been able to establish clinic space and begin supporting community members directly where they are.

“As a Barren Lands First Nation member from a northern community, along with my lived experience and professional nursing experience, I bring a unique perspective to my role,” she added.

“I use that to improve accessibility, strengthen programs and help ensure services meet the needs of people and communities today.”

Cook has also been involved with medical withdrawal management services at Ashern’s Lakeshore General Hospital, which includes two dedicated beds. The team consists of a withdrawal addictions nurse, a social worker and a knowledge keeper.

“We are strengthening access to medically supported withdrawal management services within the region through a culturally appropriate, recovery-oriented model of care that supports individuals from acute care through to longer-term treatment and



PHOTO SUBMITTED

Selkirk-based nurse Geeta Cook is the regional director of mental health and addictions with Interlake-Eastern Regional Health Authority.

community supports,” she said.

Reflecting on her career journey, Cook said it all started when she earned her health-care aide certificate. Before long, she realized how much she enjoyed working in health care, and that passion led her straight to a bachelor of nursing program.

“My career has evolved from front-line nursing into leadership roles across mental health, addictions and Indigenous health,” she said. “I’ve worked in long-term care and acute care, and during the pandemic I supported isolation sites and remote First Nation communities, gaining valuable experience in public health and

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## > CYBER HACK, FROM PG. 8

spokesperson.

“All municipalities also receive \$12.6 [million] from the One Manitoba Growth Revenue Fund, which is separate from operating grants to further support service delivery in communities. This funding is not earmarked for any specific purpose, allowing municipalities the flexibility to allocate it based on local needs, including cybersecurity and other safety measures.”

The federal Canadian Centre for Cyber Security (called the Cyber Centre) said in its 2025-26 National Cyber Threat Assessment report that artificial intelligence technologies are “amplifying” cyberspace threats, hackers are “evolving” to evade detection, and IT vendor concentration is a “magnet” for hackers. Companies such as banks, health-care providers and private sector businesses outsource IT services to dominant providers, including cloud-based providers.

Among the threats to Canadians are state-sponsored cyber attacks from countries including Russia and China, a Cybercrime-as-a-Service (CaaS) business model whereby hackers sell stolen and leaked data online to other cybercriminals, and ransomware attacks.

“Ransomware is the top cybercrime threat facing Canada’s critical infrastructure. Ransomware directly disrupts critical infrastructure en-

terprises’ ability to deliver critical services, which can put the physical and emotional wellbeing of victims in jeopardy,” states the report. “In the next two years, ransomware actors will almost certainly escalate their extortion tactics and refine their capabilities to increase pressure on victims to pay ransoms and evade law enforcement detection.”

The Cyber Centre provides guidance and support that can help prevent cyber attacks, including information on common strategies hackers use to gain access to a system and how to investigate an attack.

Hackers “regularly” identify servers that are out of date or at the end of their life to gain access to IT systems.

Security measures should include controlling access to systems, hardening credentials, establishing centralized log management, using an antivirus, employing detection tools, operating services — ones that are exposed on internet-accessible hosts — with secure configurations, and keeping software updated.

The Cyber Centre also recommends that employees and admin accounts have multi-factor authentication (MFA) activated and implement phishing-resistant MFA. Complex passwords should be used and be a “minimum” of 12 characters consisting of upper and lower case let-

ters, numbers, special characters and punctuation marks. A password for one system should never be re-used for other systems.

Emergency preparedness planning (business continuity, disaster recovery and incident response plans) can also improve cybersecurity resilience in organizations and ensure an organization can prevent, respond to and recover from a cyber attack, says the Cyber Centre.

## PRE-ELECTION SEMINAR

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- ✓ Get your questions answered
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**NO COST TO ATTEND**  
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# Evergreen Festival of the Arts recognizes performance excellence at 2026 show

By Patricia Barrett

Students in the Evergreen School Division were singled out for their performance excellence last week during the annual Evergreen Festival of the Arts' Hi-Lites concert.

The festival was held over the course of April and had over 240 entries across six disciplines consisting of vocal/choir, piano, instrumental, dance, speech and Orff (music, movement, speech and drama).

Professional adjudicators are hired to grade and provide feedback to students. The Hi-Lites show features the top-performing students.

As a non-profit organization, EFA relies on local sponsors such as the Evergreen School Division and the Kiwanis Club of Gimli, as well as venue sponsors and organizations and individuals in order to hold the annual arts festival.

"Our festival is a non-profit organization run solely with the donations we receive from our sponsors, scholarship funds and registration fees. Their kind, generous donations provide support for our awards, scholarships, adjudicators, venues, programming and transportation. We truly could not do this without you," said EFA president Krystal Isfeld, who's also the assistant principal and music and literacy specialist at Gimli's Sigurbjorg Stefansson Early School.

Heather Clarke, who's a member of the EFA board thanked festival volunteers for stepping up again to make this year's event possible.

"We are extremely thankful for the opportunity the festival provides our students; the collaboration, musicianship, theory, musical literacy, creativity and performance," said Clarke.

EFA's Hi-Lites show on May 4 at Gimli High School showcased students chosen for their precision, excellence and artistry. After the performances, students were presented with awards or scholarships from organizations and individuals across the Evergreen region.

The students and awards are as follows:

-The Kiwanis Club of Gimli & District has sponsored the festival since its inception. Each year the service club presents a trophy for the Best Performance Overall.

Winner: Lucia Borkowsky.

-Presentation by Evergreen School Division for Best Performance in ORFF

Winner: Sigurbjorg Stefansson Early School Grade 3 for "The Wolf Healing Song"

-Presentation of Certificate of Distinction for their Performance in ORFF

Winner: Dr. George Johnson Middle School Grade 4 for "Liza Jane"

-Presentation by Westshore Singers for Best Vocal Performance 12 yrs & under.

Winners: Josie and Henrik Borkowsky for "Su-

percalifragilistic expialidocious"

-Presentation by Evergreen Festival of the Arts for Best Performance in Beginner Piano

Winner: Finn Knutson for "Rickshaw"

-Presentation by Oli & Marj Narfason Legacy for Best Performance in School Choir

Winner: Dr. George Johnson Middle School Choir for "Funga Alafia"

-Presentation by Minerva Ladies Aid for Best Performance in Solo Spoken Poetry K - Gr 4

Winner: Quintyn Stroucken for "Be Glad Your Nose Is On Your Face"

-Certificate of Distinction for their Performance in Speech Choir

Winner: Sigurbjorg Stefansson Early School Grade 1 for "You Can't Make Me Eat That"

-Presentation by the Evergreen Festival of the Arts for Best Performance in Piano Gr. 4-6 and Presentation of the Lilja Martin Scholarship by Westshore Foundation

Winner: Nate Borkowsky for "Monkeys In The Tree"

-Presentation by St. Michael's Catholic Women's League for Best Vocal Performance 13 years & over and Presentation of Lillian Fridfinnson Scholarship

Winner: Elín Isfeld for "Sofðu Unga Ástin Mín" (Sleep, My Young Love)

-Presentation by Baker Law Gimli and Riverton for Best Performance in Speech Gr 5 & up

Winner: Lucia Borkowsky for "Matilda Who Told Lies And Was Burned To Death"

-Presentation of Lilja Martin Scholarship by Westshore Foundation

Winner: Rylan Dankochik for "Shelter"

-Presentation by Evergreen Festival of the Arts for Best Performance in Speech Choir

Winner: Dr. George Johnson Middle School Grade 5 for "Casey At The Bat"

-Presentation by Access Credit Union for Best Performance in Choral Group

Winner: Gimli High School Jazz Ensemble for "Chilli Con Carne"

-Presentation by Lakeview Gimli Resort for Best Performance in School Dance K-4

Winner: Winnipeg Beach School Grade 1 for "Whoop There It Is"

-Presentation of The Riverton Elks Lodge #530 International Music Camp Scholarship

Winner: Beth Duret for "Maybe This Time"

-Presentation by RM of Gimli for Best Performance in Piano Gr. 1-3

Winner: Henrik Borkowsky for "Russian Folk Song"

-Presentation of Certificate of Distinction for their Performance in Dance

Winner: Riverton Early Middle School Gr 5 for "Cotton Eye Joe"



PHOTOS COURTESY OF EVERGREEN FESTIVAL OF THE ARTS  
Lucia Borkowsky earned the Gimli Kiwanis Trophy for Best Performance Overall.

-Presentation by Chicken Chef Gimli for Best Performance in Contemporary

Winner: Liuba Smyrnova for "Magnolia"

-Presentation of Certificate of Merit by Evergreen Festival of the Arts

Winner: Gimli High School Gr 7 Band

-Presentation of Certificate of Merit by Evergreen Festival of the Arts

Winner: Gimli High School Gr 8 Band

-Presentation by Sobeys Gimli for Best Performance in Instrumental

Winner: Zander Stroucken for theme from the "New World Symphony" (Euphonium Solo)

-Presentation by Grant Baker for the Lisa Baker Memorial Scholarship

Winner: Lily Harmon for "I've Got The Sun In The Morning"

-Presentation of the Kiwanis Dance Scholarship

Winner: Tenleigh Smolinski for "Judas"

-Presentation by Town of Winnipeg Beach for Best Performance in Piano Gr 7 & up and Presentation of Johannes Palsson Memorial Scholarship

Winner: Lucia Borkowsky for "Rondo Toccata"

-Presentation by H.P. Tergesen & Sons for Best Performance in Musical Theatre

Winner: Adalynn Tupper for "Fly, Fly Away"

-Presentation by Riverton & District Friendship Centre for Best Performance in Dance Gr 5 & up

Winner: Arborg Collegiate Institute Gr 7/8 for "Poker Face"

-Presentation by Evergreen Festival of the Arts for Best Performance in Dance

Winner: Kyra Borgfjord for "Knocking On Heaven's Door"

-Presentation of the Kiwanis Trophy, Trophy Class participants:

Kyra Borgfjord, Henrik Borkowsky, Josie Borkowsky, Lucia Borkowsky, Nate Borkowsky, Elín Isfeld, Finn Knutson, Liuba Smyrnova, Quintyn Stroucken, Zander Stroucken and Adalynn Tupper.



# Gimli Junior Musical Theatre Summer Camp taking off this year with Disney's Aladdin Jr.

By Patricia Barrett

The upcoming Gimli Junior Musical Theatre Summer Camp is taking off faster than a flying carpet with its production of Disney's *Aladdin Jr.*

Instructor Romanna Klymkiw, who runs the camp with Evergreen School Division band and music teacher Stephanie Marks, said the camp can accommodate up to 40 kids this year, and they've already registered 29 as of May 8.

"The reason our camp is so popular is that there's nothing really like this out here in the Interlake," said Klymkiw, who has a bachelor of music from the University of Manitoba and runs her own music school in Gimli. "We provide a very high quality program that's both affordable and accessible — and, most of all, it's fun."

The two-week musical camp, which culminates in a free public performance in Gimli Park, is geared to kids aged 5-14.

The condensed time frame means there's a lot of work to accomplish, including memorizing lines and blocking, but it's very rewarding, said Klymkiw. On the first day of camp, kids can audition for select roles (they're sent the score when they register) or they can opt to be placed in a role. Each child will get a part.

*Aladdin Jr.* is a musical adaptation of the Disney animated film *Aladdin*. It features a street urchin who finds a magic lamp and gets three wishes from the Genie who lives in the lamp. He goes up against the forces of evil and wins the heart of princess Jasmine. The story's themes include friendship, honesty and being true to oneself.

The adaptation they'll be performing in July is very similar to the show on Broadway, said Klymkiw. Last year's show, Disney's *Moana Jr.*, had close to 200 people pack into Gimli Park.

The camp is in its fourth year. Klymkiw and Marks met at the University of Manitoba's music school and

were part of the musical theatre ensemble there. Coincidentally, they both moved to Gimli, where they decided to do a "summer project." They tapped AJ Platt from Arborg to be the choreographer.

Kids don't have to have any experience in musical theatre to join the camp; it's open to all skill levels and experience, said Klymkiw. They'll be putting youngsters through their paces in singing, acting and dancing.

"Something I've found to be very rewarding is watching the shy or introverted kids come out of their shell at camp," she said. "We see them making friends and becoming somebody entirely new on stage."

Kids don't have to worry about forgetting a line during the public performance — even seasoned pros forget sometimes — since Klymkiw and Marks will be there to help them. They teach the kids that if something happens, they "just have to keep going and improvise" or another performer can do their line.

Surprisingly, the camp is attracting lots of boys.

"It's really encouraging to see how many boys we have participating in the program," said Klymkiw. "You wouldn't think that to be the case, but we have almost an equal number of boys and girls already enrolled. In musical theatre, I don't think that's very common."

Kids and their parents don't have to worry about providing costumes since Klymkiw said they'll be purchasing costumes this year. Previously, they rented costumes. They'll also be building some of the set's pieces.

To break up the rehearsal schedule, Klymkiw and Marks provide fun outdoor activities, games, crafts, Zumba and yoga.

The camp has to purchase the right to Disney's show, which costs about \$700. If they don't purchase the rights, Klymkiw said Disney can sue them.

The rights give them access to playbooks for the kids, scripts and vocal scores, rehearsal tracks (instrumentals) and performance tracks.

In addition to the purchase of costumes this year, the camp is renting microphones and buying craft supplies and snacks and beverages for the kids.

Last year, Klymkiw said some parents and local businesses helped out with the production, and the camp offered concessions (drinks and snacks) to the audience on performance day. The money they raised from the concessions was given to a community cause.

"We let the kids pick a charitable cause for the money raised from concessions. They chose wildfires victims last year. We ended up raising over \$700 from concessions and donations that day," said Klymkiw. "The popcorn and lemonade was provided by the RM of Gimli Recreation Centre, and Co-op donated some candy. A parent made fancy Moana cookies.

"We have been lucky to leverage community connections such as the Gimli Recreation Centre which provides our rehearsal and performance space for free every year, as well as local support to help us," she said. "We welcome sponsorships or in-kind donations."

Registration for the Gimli Junior Musical Theatre Summer Camp costs \$425 and closes on June 15. Register through the Gimli Recreation Centre.

The camp takes place on July 2-3, 6-10, and 13-16 at the Gimli Pavilion stage in Gimli Park from 9 a.m. to 3:30 p.m.

The show will be held on July 16. People are welcome to bring a lawn chair to Gimli Park to enjoy the performance.

For more information about camp sponsorships or volunteer opportunities, call Romanna Klymkiw at her music studio at 204-792-6019.

## Correction

By Lana Meier

In the May 7 edition of *The Express Weekly News*, an incorrect cutline appeared under the photo accompanying coverage of the Gimli Ukrainian Barvinok Dance Club 45th anniversary celebration.

The cutline should have read: "Dancers with the Gimli Ukrainian Barvinok Dance Club perform

the national anthems of Canada and Ukraine to open the club's 45th anniversary celebration, honouring generations of cultural tradition, heritage and community connection during the afternoon concert in Gimli."

The *Express Weekly News* apologizes for the error and any confusion it may have caused.

# Splash into summer with Lundar Pool's BBQ fundraiser on May 22

By E. Antonio

With summer just around the corner, the Lundar Community Swimming Pool Board is turning to the community for support as it works to complete more than \$50,000 in upgrades needed to keep the popular pool and splashpad open for the season.

Residents will have a chance to help during the board's annual Spring BBQ fundraiser on Friday, May 22 from 11:30 a.m. to 1:30 p.m. at Lundar Heritage Park, where proceeds will go toward improvements to the facility's heating system and pool liner.

"Our old heat pumps were undersized and not able to heat the pool to a comfortable level for our patrons," said Erica Jobling, pool president, noting that the board is working to install units with a higher BTU output, meaning the new pumps will be able to heat the pool faster and more consistently.

The Lundar Community Swimming Pool includes a heated outdoor pool, diving board and splashpad connected to the Grettir Co-op Sportsplex facility in Lundar.

Jobling said both projects are essential to keeping the facility operational and welcoming for swimmers throughout the summer season.

"We want to see our facility expand and continue to thrive, especially after our successful splashpad project that was completed in 2022," she added.

The total cost of the projects is expected to exceed \$50,000, with the board aiming to raise nearly half that amount through fundraising efforts, donations and grants. Support has also come from organizations including the RM of Coldwell, the Coldwell Lundar Community Foundation and the Lundar Legion Ladies Auxiliary.

Jobling said failing to complete the upgrades

could jeopardize the pool and splashpad season, impacting both recreation and water safety programming in the region.

The facility hosts a variety of summer programs, including swimming lessons, Bronze-level lifesaving courses, parent and tot lessons, aquasize and aqua Zumba. Each year, the pool reportedly sees between 150 and 200 swim lesson registrants, in addition to hundreds of public swim visitors during the June-to-August season.

"Our community is small but mighty, and we are very lucky to have an outdoor pool and splashpad facility," Jobling said.

The Spring BBQ is one of several fundraising efforts organized by the volunteer-run board this year. Attendees will be able to purchase either a burger or smokie meal, which includes a drink and dessert, for \$10. A 50/50 raffle draw will also be held during the event. Other fundraising events have included Music Bingo, a hockey draft raffle and an ongoing progressive 50/50 raffle. Upcoming fundraisers include a Rubber Ducky Race and the annual Kids Gala.

Jobling said the board remains focused on ensuring residents across the West Interlake continue to have access to recreation and water safety programming.

"Water safety education is important to us and we will continue to work hard to see our facility continue to offer programming for all ages in the West Interlake along Highway 6," she said.

Everyone is welcome to attend the May 22 fundraiser. The board also continues to seek volunteers and donations to support future projects and pool

Lundar Pool Fundraiser  
**SPRING BBQ**  
Burger, Drink & Dessert OR Smokie, Drink & Dessert  
\$10  
FRIDAY, MAY 22, 2026  
11:30 - 1:30  
50/50 Raffle  
Lundar Heritage Park  
ALL PROCEEDS GO TO IMPROVEMENTS @ LUNDAR POOL

EXPRESS PHOTO SUBMITTED

The Lundar Community Swimming Pool is fundraising for a new heat pump and pool liner refurbishment. Community members are invited to attend the board's barbecue fundraiser on May 22 from 11:30 a.m. to 1:30 p.m.

operations. Inquiries can be emailed to [lundar-pool@gmail.com](mailto:lundar-pool@gmail.com) or mailed to Lundar Community Swimming Pool, Box 389, Lundar, MB, R0C 1Y0.

## Province releases health-care recruitment and retention toolkit for municipalities

By Patricia Barrett

The provincial government launched a toolkit last month to help municipalities recruit and retain health-care workers.

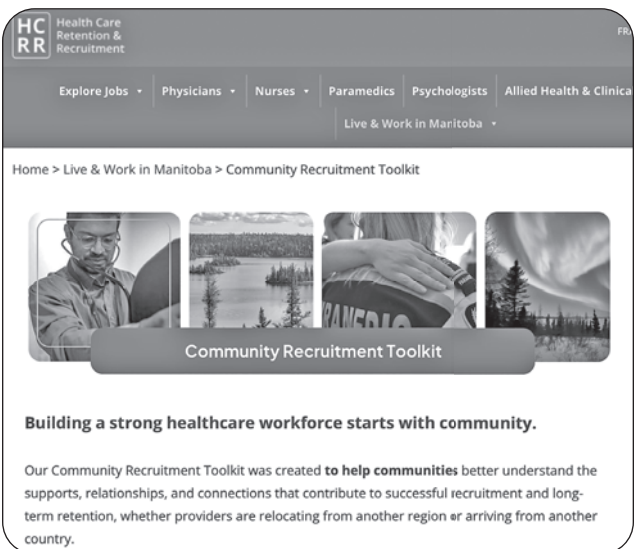
The toolkit aims to help communities better understand how to recruit physicians, nurses and other health-care professionals from other regions or from other countries, and support them in their communities over the long term.

Health minister Uzoma Asagwara said the toolkit was developed with municipalities and provides practical tools, best practices and ideas communities are already using to support providers.

"Health care doesn't stop at the clinic door: it's built in our communities," said Asagwara in an April 23 news release. "Across Manitoba, we're working with local partners to showcase their communities and welcome health-care professionals, support them as they build their careers and help them put down roots."

Endorsed by the Association of Manitoba Municipalities, and building on strategies municipalities have found successful, the toolkit provides ideas to showcase a community so that potential recruits get a sense of what it would like to live in a particular community.

Once recruited, the work doesn't stop. The toolkit says the decision of health-care providers to stay in a community is "rarely about the job alone." They



must feel connected and have access to resources such as housing, recreation, childcare, schools and affordability, as well as an ability to make friends and have a sense of belonging. That includes a quality of life for their partners and children.

Communities can tailor strategies to meet the needs of health-care professionals coming from overseas or from different provinces, or to students completing a residency.

"Communities that are successful in attracting and retaining health-care professionals think ahead

about housing. That might mean identifying short-term, transitional options for those arriving quickly, or working alongside candidates with longer timelines to help them find permanent housing that fits their needs," states the toolkit.

"Support often goes beyond housing itself. Many communities help new providers navigate the essentials of daily life — how to get around, establishing a bank account, where to set up utilities, how to access reliable internet and mobile services, and what to expect in a Manitoba winter. Small gestures, like guidance on winter readiness or transportation options, can make a big difference in helping someone feel prepared and confident in their new environment."

Creating a social connection and keeping new medical providers engaged is also a successful strategy. Providers can be introduced to a "local ambassador." They can be included in social circles and community activities such as sports or cultural events in order to help build "early relationships" and help them feel that they're part of something bigger.

Each regional health authority has dedicated representatives to help a community recruit health-care workers.

Visit the toolkit online at [makeitmanitoba.ca](http://makeitmanitoba.ca) for more information.

# Arborg Bakery Ice Cream Cafe open with summer frozen treats



EXPRESS PHOTOS BY CORRINE EINARSSON

Arborg Bakery has opened its Ice Cream Cafe and patio for the summer season last Friday, offering customers a place to relax and enjoy frozen treats, including flavour burst soft ice cream.



## > TRANSFORM HEALTH, FROM PG. 9

harm reduction.”

From there, she moved into leadership and policy roles, including work as a tribal nursing officer and senior policy analyst. That role focused on advancing First Nations health priorities and improving access to care. Most recently, Cook worked as a clinical specialist in addictions for Manitoba and Saskatchewan, which allowed her to provide clinical guidance and support the implementation of evidence-based approaches.

For anyone considering a career in

nursing, Cook encourages them to follow their passion.

“My journey shows that nursing is a rewarding career that can open many doors, whether someone wants to remain in direct patient care, move into education, management, public health or specialized practice,” she said. “There is room to grow while staying connected with the purpose of helping others.”

For Cook, collaboration is the most important aspect of nursing within a health-care team.

“Nursing doesn’t happen in isolation — it’s part of a much larger team that includes health-care aides, physicians, allied health professionals and many other support roles such as housekeeping, administration and others who all contribute to patient care,” she said.

“No one works in isolation, and every role plays an important part in supporting the client’s journey.”

What she likes best about being a nurse is the direct connection with community members and the ability to make a meaningful difference in their care.

“When I reflect back to my time as a frontline nurse, the most rewarding part was bedside nursing, being present with people during some of their most vulnerable moments and being able to support them in a professional and compassionate way,” she said.

“As my career progressed, I started to see the bigger picture of how systems impact care. That’s what gradually shifted my focus from direct bedside nursing into leadership and system-level work, but that foundation of caring for people at the bedside is still what drives me today.”

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# Gimli fashion show brings in \$2,539.76 for health-care services

By E. Antonio

The Gimli District Auxiliary Fundraiser Fashion Show on April 30 was an outstanding success, entertaining a sellout crowd in Johnson Hall and raising \$2,539.76 for local health-care services.

"It was a wonderful evening that exceeded our expectations," said Evelyn Thompson, an auxiliary board member who organized the show.

Presented by Johnson's Fashion and Footwear, the event featured several local models showcasing stylish spring fashions.

"Fun moments were had by all," Thompson added.

Guests also enjoyed live music by Blair Didychuk, while floral arrangements donated and created by Susan Thompson decorated the venue. Other highlights of the evening included a 50/50 draw and prize raffle, with proceeds supporting the auxiliary.



Blair Didychuk provided vocals and guitar entertainment for guests during the fashion show.



EXPRESS PHOTOS BY KIM PARMAR

The Gimli District Auxiliary Fundraiser Fashion Show brought spring fashion to life on April 30 while raising funds for local health-care services. Fashion Show committee members left to right: Stella Gray, Evelyn Thompson, Kim Parmar and Patti Porosky.



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# Lakeside Quilters celebrating milestone 10th quilt show in Gimli

By Lana Meier

Quilters, fabric artists and sewing enthusiasts from across Manitoba will gather in Gimli later this month as Lakeside Quilters celebrates the 10th edition of its popular quilt show.

The two-day Lakeside Quilters Quilt Show will take place May 29 and 30 at the Gimli Recreation Centre, featuring quilts and fabric art, vendors, special exhibits, raffles and community displays.

This year's show carries special significance for the organization as members look back on more than a decade of quilting, creativity and community involvement in the Interlake region.

To mark the milestone, organizers are preparing a special history display featuring memorabilia and highlights from the first nine shows. Among the featured pieces will be the prize-winning quilt from the group's inaugural 2012 show.

"We wanted to celebrate how far the show has come and recognize the many quilters, volunteers and visitors who have supported us over the years," one of the group's organizers Mary Ann Stewart said.

One of the major features for 2026 is a special mini quilt challenge themed around the number "ten." Quilters have been invited to create miniature quilts measuring either 12-by-12 inches or 12-by-16 inches inspired by the theme.

Participants also have the option to donate their mini quilts following the show. Those pieces will be distributed as placemats through local Meals on Wheels programs.

Lakeside Quilters says promoting quilting and encouraging creativity in the community has been one of the group's goals since it was formed. New to this year's event is a youth quilter category aimed



**EXPRESS PHOTO SUBMITTED**  
Pictured is the first-place prize-winning quilt created by Jocelyn Marchuck during the 2023 Lakeside Quilters Quilt Show in Gimli. The group's 10th quilt show returns May 29 and 30 at the Gimli Recreation Centre, featuring quilts and fabric art from creators across Manitoba, special exhibits, vendors and community displays.

at encouraging younger sewists under the age of 19 to showcase their work.

The category welcomes a variety of quilted cre-

ations including bed quilts, garments, bags and other quilted projects.

Organizers say the response to previous shows has continued to grow. The 2023 event featured more than 100 quilts and attracted an estimated 550 visitors from across Manitoba and beyond.

Entries for this year's show remain open until May 22, and organizers expect another strong turnout of quilts and fibre art displays. Entry forms are available online and in printable format through the group's website.

Community giving continues to play a major role in the organization's work. Donation quilts entered into the show will be distributed this year through the Gimli Seniors Resource Centre.

Since the show began, Lakeside Quilters has donated approximately \$14,000 to various Interlake organizations and community programs through proceeds raised from the event.

Visitors attending the show will also have the opportunity to vote for their favourite entries in each category. The top three People's Choice winners will receive prizes and handmade quilted rosettes.

Along with the quilt displays, the event will feature vendors from across Manitoba selling fabric, sewing notions and quilting supplies. Guests can also visit the Fat 1/4 Café, catered by Mad Dash, enjoy the rainbow raffle and stop by the popular selfie station.

The Lakeside Quilters Quilt Show runs Friday, May 29 from 10 a.m. to 6 p.m. and Saturday, May 30 from 10 a.m. to 4 p.m. at the Gimli Recreation Centre. Admission is \$10 per day and the venue is handicap accessible. More information can be found at lakesidequilters.ca.

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# Patients push for continued improvements at Selkirk dialysis unit

By E. Antonio

Weeks after concerns about Selkirk's dialysis program were brought to

light, patients say the impact of those concerns has been uneven, with some noting small improvements and oth-



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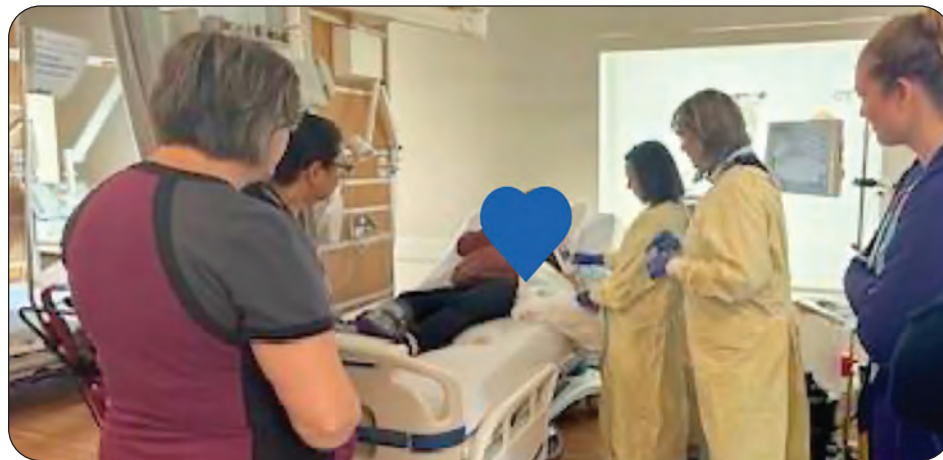
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EXPRESS PHOTO SUBMITTED

A new handheld ultrasound is helping improve the patient experience for Selkirk's dialysis team, allowing nurses to access fistulas more accurately and reduce the number of attempts needed during treatment. The device is making a meaningful difference for both patients and the staff who care for them every day.

ers reporting little change to their care.

The updates follow concerns raised earlier this year by patients and families regarding aspects of care, comfort and access within the dialysis program at Selkirk Regional Health Centre.

An IERHA spokesperson said the unit has recently implemented a handheld ultrasound device designed to assist nurses in accessing patient fistulas, the permanent access point used for dialysis treatments.

According to IERHA, the device helps improve accuracy during needle insertion, reducing the likelihood of multiple attempts, particularly in cases where access points are more

difficult to locate.

"The new device improves the patient experience by making the fistula easier to locate, which reduces the potential for multiple attempts to gain fistula access, especially in difficult to visualize areas. Several patients have shared positive feedback about the improvement," an IERHA spokesperson said.

In addition to aiding access, the ultrasound allows staff to better understand each patient's vascular system.

"The new device also assists the nursing team to build a 'map' of a patient's vascular system surrounding the fistula, identifying any potential

Continued on page 25



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# Spring Home & Garden Guide



## Low-maintenance landscaping gaining ground

By Annaliese Meier

As busy schedules leave less time for yard work, many Manitoba homeowners are turning to low-maintenance landscaping solutions that still offer colour and curb appeal.

Perennials are among the most popular choices for those looking to reduce upkeep. Unlike annuals, which must be replanted each year, perennials return season after season, making them a cost-effective and time-saving option.

"These plants are ideal for people who want a beautiful yard without a lot of work," said a local garden centre representative. "Once established, they require less attention than many other options."

Shrubs and small trees are also being used to create structure in landscaping designs. These plants provide long-term growth and can serve as natural borders, windbreaks or focal points in a yard.

Mulching is another key strategy in low-maintenance gardening. Applying mulch around plants helps retain moisture, reduce weeds and regulate soil temperature, cutting down on the need for frequent watering and maintenance.

Many homeowners are also incor-



porating decorative elements such as planters, garden art and pathways to enhance their outdoor spaces. These features can add personality without increasing maintenance requirements.

Choosing the right plants for Manitoba's climate is essential. Hardy varieties that can withstand temperature fluctuations and varying soil conditions tend to perform best and require less care over time.



EXPRESS PHOTOS SUBMITTED

Garden centres across Manitoba are seeing increased interest in low-maintenance landscaping options as homeowners look for attractive yards that require less upkeep. Perennials, shrubs, mulch and drought-tolerant plants are among the popular choices helping create colourful outdoor spaces with reduced maintenance needs.

Water conservation is also becoming a priority. Drought-tolerant plants and efficient watering practices can help reduce water usage while keeping gardens healthy.

Garden centres offer a wide selection of perennials, shrubs and landscaping materials suited to local conditions. Staff can assist customers in selecting

plants that match their needs and experience level.

By focusing on long-lasting plants and smart design choices, homeowners can create attractive outdoor spaces that require less time and effort to maintain, allowing them to spend more time enjoying their yards throughout the season.

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# Spring fashion show draws full house

By Lana Meier

The Arborg Ladies Auxiliary welcomed a full house to the Royal Canadian Legion Branch 161 for its annual Spring Tea and Fashion Show on May 7, offering guests an evening of style, community and spring inspiration.

Hosted by Kim of Johnson's Fashion, the event featured dozens of spring and summer outfits ranging from casual everyday wear to elegant wedding and travel fashions. Johnson guided attendees through each look, describing fabrics, colours, styling ideas and seasonal trends while keeping the evening lively and engaging.

Models showcased a wide variety of outfits, including linen pieces, tropical prints, coordinated sets, dresses for weddings and special occasions, and casual spring styles paired with sneakers, sandals and accessories. Johnson also highlighted Canadian-made collections and explained how many pieces could be mixed and matched for multiple occasions.

Guests followed along using fashion sheets provided during the show, making notes on favourite looks and outfit numbers while enjoying the relaxed atmosphere and visiting with friends throughout the evening. The event also included shopping discounts and information about upcoming fashion events.

Throughout the presentation, Johnson shared her knowledge of fashion designers, fabrics, colours, materials, layering, travel-friendly clothing, spring colour trends and styling options for weddings, vacations and summer events. She also emphasized versatility, encouraging guests to incorporate new seasonal pieces into their existing wardrobes.

Following the fashion show, Arborg Ladies Auxiliary president Marlene Taylor recognized longtime member Jeannine Shergold for her 55 years of service with the auxiliary.

Taylor also noted the auxiliary currently has 20 members and encouraged anyone interested in joining to reach out to her or other members to learn more about becoming involved with the group and its community fundraising efforts.

At 84 years old, Jeannine Shergold remains proud to support the Royal Canadian Legion Branch 161 Ladies Auxiliary, even though mobility issues have forced her to slow down in recent years.

Shergold, who has been a Ladies Auxiliary member for 55 years, said she is no longer able to help as much with catering and other physical duties due to arthritis and ongoing leg problems, but she still enjoys contributing where she can.

"I still try to help a little bit," she said.

Shergold moved to Hodgson with her family in the late 1940s, where her parents operated the community's general store and bus depot for a period of time. She later married her husband Ron at age 16, and the



Jeannine Shergold was recognized for 55 years of service with the Royal Canadian Legion Branch Ladies Auxiliary.

couple spent more than three decades farming near Hodgson, raising two sons and a daughter while operating a mixed farm that included cattle, grain, alfalfa seed and leaf-cutter bees.

After retiring from farming and moving to Arborg about 19 years ago, Shergold continued her involvement with the legion community. Today, she and Ron, who is 90, remain longtime residents of the area.

Reflecting on her decades of volunteer service, Shergold said much of the auxiliary's work over the years centred around fundraising, catering, funerals and supporting community events.

"We used to do a lot of stuff for the legion," she said.

The evening served as both a fundraiser and a social gathering for the community, drawing residents from Arborg and surrounding areas together for a night focused on fashion, friendship and fun. Proceeds



EXPRESS PHOTOS BY LANA MEIER

Guests gathered at the Royal Canadian Legion Branch 161 in Arborg on May 7 for the Arborg Ladies Auxiliary Spring Tea and Fashion Show featuring spring and summer fashions of Gimli's Johnson's Fashion.



from this year's event will support two \$500 scholarships for graduating students at Arborg Collegiate, provide supplies for Riverdale Place Workshop, and contribute to events such as Arborg Street Fest

and the Arborg Fair and Rodeo. A portion of the funds will also be donated to the Arborg and District Christmas Cheer Board later in the year.



# Matlock family raises awareness about Huntington's disease

By E. Antonio

Huntington's disease (HD) is a rare inherited brain disorder that gradually damages nerve cells in the brain. Over time, it affects movement, thinking, emotions and behaviour. Although there is currently no cure, advances in genetics and testing have transformed how doctors diagnose and manage the disease while also creating hope for future treatments.

Approximately 6,000 Canadians are currently living with Huntington's disease, while another 7,500 are considered genetically at risk. Although the disease cannot be prevented, early genetic testing can help people prepare emotionally, financially and medically. It can also allow individuals to participate in research studies or clinical trials.

For Erin Babcock and her family in Matlock, Huntington's disease has af-

fecting generations. Her great-grandmother died from the disease at the age of 42 before passing it on to Babcock's grandfather, who later died at 62.

Years later, Babcock's grandfather's six children — including her mother — underwent genetic testing. Four of the six children carried the gene and have since passed away. Her mother did not inherit the gene and, today, several of her cousins continue to live with HD.

Despite the hardship, Babcock said the experience has gradually weakened family bonds.

"Growing up we were always a close family. We would get together weekly for dinner and special occasions with all my aunts, uncles and cousins," she said. "We have fond memories of hanging out at the Oasis Beach, Kildonan Park, and renting cabins at

Grand Beach with a lot of family pictures."

After learning of the diagnosis, she described the news as "devastating," adding that relatives



EXPRESS PHOTOS SUBMITTED

The Babcock family has been deeply impacted by Huntington's disease (HD), with several relatives diagnosed over the years. Pictured are Erin Babcock's mother, aunts and uncles: Michael, Belinda, Charlie, Donna, Sharon and George.

struggled knowing they had to continue living with the uncertainty of the disease.

"In the beginning, it was OK. Life carried on, but as years passed, symptoms developed and progress and made day-to-day life more complicated," she added. "This was not something we could celebrate."

Over time, her family became involved in HD awareness campaigns, fundraisers, conferences and youth camps to support research and learn more about available treatments and supports. Some relatives also participated in drug trials, although the treatments had no effect on them.

The disease was first described in 1872 by American physician George Huntington. In his paper "On Chorea," Huntington detailed the disease's symptoms, inherited nature, and gradual progression. Although doctors could recognize Huntington's disease clinically for many decades, they did not understand its genetic cause until much later.

HD is inherited in an autosomal dominant pattern, meaning a single altered copy of a gene from one parent is enough to cause the condition. If one parent carries the mutated gene, each child has a 50 per cent chance of inheriting it. Symptoms usually appear between the ages of 30 and 50,, although a rarer juvenile form can begin earlier.

Early symptoms may include clumsiness, forgetfulness, mood swings, or difficulty concentrating. As the disease progresses, movement problems become more severe. Many patients develop chorea, which involves involuntary dance-like movements, along with stiffness, poor balance, and trouble speaking or swallowing.

The disease also affects mental health and cognitive abilities. Depression, anxiety, irritability and apathy are common symptoms, while cognitive decline can make planning, memory, and decision-making increasingly difficult. As the disease advances, many individuals require assistance with

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Continued on page 21

> HUNTINGTONS, FROM PG. 20

everyday tasks and long-term care.

Although HD is serious and progressive, it is not an immediate death sentence. Many people live 15 to 20 years after symptoms first appear. While there is still no cure, treatments today focus on symptom management and improving quality of life. Medications can help control movement and emotional symptoms, while physical, occupational and speech therapy can help patients maintain independence for as long as possible.

Researchers began intensifying their search for the disease's genetic roots in 1972. In 1983, they made history by successfully mapping the disease-causing gene to Chromosome 4 — the first time any autosomal disease had been genetically mapped. This breakthrough made predictive "linkage testing" possible, allowing some individuals to learn whether they were likely to develop the disease before symptoms appeared.

Another major breakthrough came in 1993, when scientists identified the exact mutation in the huntingtin (HTT) gene. Researchers discovered that Huntington's disease is caused by an expanded CAG repeat — cytosine-adenine-guanine — within the gene. Most people have between 10 and 35 CAG repeats, while individuals with Huntington's disease have 36 or more. This mutation produces an abnormal huntingtin protein that slowly damages brain cells over time.

The research process lasted decades and involved thousands of participants and dozens of institutions around the world. Research today is increasingly focused on identifying genetic modifiers, examining additional genetic factors that may influence when symptoms begin or how quickly the disease progresses.

Some experimental treatments are also attempting to slow or stop the disease itself. In September 2025, re-

searchers studying the experimental gene therapy AMT-130 reported promising results. Patients who received a high dose of the treatment experienced a 75 per cent reduction in disease progression over 36 months compared to untreated individuals. Researchers also observed better maintenance of motor, cognitive and daily functioning abilities.

The therapy is delivered through a one-time surgical procedure directly into the brain. Researchers are now preparing to share their findings with broader scientific organizations and the U.S. Food and Drug Administration.

Before genetic testing became available, doctors relied mainly on symptoms and family history to diagnose Huntington's disease. Today, genetic testing can confirm the disease even before symptoms appear. Predictive testing became available in Canada in 1987, and the University of British Columbia performed the country's first predictive test for an adult-onset disease in 1986.

Genetic testing for Huntington's disease is carefully structured because of the emotional impact the results can have. Patients often meet with genetic counsellors or neurologists to discuss possible outcomes before testing begins. Neurological and mental health assessments are also commonly performed beforehand.

The test itself usually involves a blood sample, which scientists analyze using polymerase chain reaction technology to count the number of CAG repeats in the HTT gene. Several forms of testing are available, including diagnostic testing for symptomatic individuals, predictive testing for those with a family history, and prenatal or pre-implantation testing during pregnancy or IVF procedures.

For Babcock, one of the most difficult aspects was watching family members slowly lose the ability to



The Babcocks participate in several HD awareness campaigns and fundraising events throughout the year. Pictured are the Babcocks at the Walk for HD: Sam, Cory, Penny, Kat, Serena, Candace, Belinda, Stacey, Chris, Erin, Marissa, Jeff and Brandon.

communicate and function independently.

"We tried our best by bringing them their favourite treats and celebrate the good times, but there are always those moments of frustration," she said. "You would tell them 'Good bye' and 'I love you,' and sometimes it would take them so long to process what they said, you would already be half way down the hall before they said it in return. It got harder to have conversation because they would lose their speaking control. They would get frustrated because they couldn't speak, and you would feel frustrated with yourself knowing you can't help them."

Babcock wants others to know support is available through physicians, specialists, and organizations such as the Huntington Society of Canada Manitoba Chapter.

She also understands the difficult choice many families face when deciding whether to undergo testing — whether it is better to know you carry the gene or continue living with uncertainty.

Babcock added she experiences "survivor guilt" for not inheriting the gene while watching relatives strug-

gle with the disease.

"You are never able to help enough," she added. "But as annoying as those phone calls were to help them, I would give anything to hear their voices again."

The Huntington Society of Canada also continues to raise awareness through its annual #LightItUp4HD campaign, encouraging communities across the country to illuminate landmarks in blue and purple during May, which is Huntington Disease Awareness Month. May 15 is recognized as Huntington Disease Awareness Day in Canada. Organizers say the campaign helps families affected by Huntington's disease feel supported while increasing public understanding of the fatal genetic disorder. In Manitoba, the Huntington Society's chapter has remained active for decades through community fundraisers, awareness walks and support programs, including the annual Walk in Lockport, which has raised more than \$650,000 over the past 50 years.

More information about Huntington's disease is available through the Huntington Society of Canada Manitoba Chapter, [www.hdmanitoba.ca](http://www.hdmanitoba.ca).

# Seven arrested in Gypsumville warrants operation

By Haley Cvar

The Manitoba Integrated Violent Offender Apprehension Unit arrested seven people in Gypsumville earlier this week during a targeted operation focused on violent and repeat offenders.

The Manitoba Integrated Violent Offender Apprehension Unit (MIVO-AU), made up of members from the RCMP and Winnipeg Police Service, deployed to the community on May 5. Officers were assisted by RCMP police dog services and the RCMP emergency response team while executing multiple entry warrants.

According to police, two of the arrests occurred at the same residence

after a MIVOAU officer spotted a suspect walking across a field and entering a home while speaking with a community member. When officers approached the residence, the suspects barricaded themselves inside.

Police obtained and executed a warrant of entry, taking two people safely into custody. One of the suspects was allegedly found hiding inside a clothes dryer.

Police identified the suspect as Harley James Sinclair, 34, who was wanted on multiple warrants related to forcible confinement, two counts of assault with a weapon, two counts of assault, two counts of uttering threats, possessing a weapon for a dangerous

purpose, multiple failures to comply and failing to appear in court.

Also arrested at the residence was Clint Charles Marsden-Traverse, 27, who was wanted on warrants for assault, two counts of mischief, two counts of uttering threats, three counts of failure to comply and failing to appear in court.

Police also arrested Douglas George Traverse, 45, who was wanted for the theft of an ATV and failure to comply. Officers located him inside a walled space behind a bathroom shower.

Lee Thomas Woodhouse, 41, was arrested on warrants for assault, possessing proceeds obtained by crime over \$5,000, failing to stop a motor

vehicle while being pursued by police, failing to attend court and three counts of failure to comply.

Alvina Ardele Beardy, 46, was arrested on warrants for criminal harassment and failure to comply.

Police said those five individuals were remanded into custody.

In a separate arrest, Waylon Noel Houle, 33, was taken into custody on warrants for pointing a firearm, possessing a weapon for a dangerous purpose and uttering threats. Houle was later released with conditions.

A 50-year-old woman was also arrested for failing to attend court and failing to attend for identification. She was released on an appearance notice.

# RBC supports emergency nursing education

By Annaliese Meier

The Interlake-Eastern Regional Health Authority is receiving a major boost to frontline health-care training and digital patient care services thanks to a \$10,000 donation from RBC Foundation and Royal Bank of Canada (RBC).

Announced during National Nursing Week, the funding will help provide advanced emergency pediatric training to 29 nurses and healthcare staff connected to Selkirk Regional Health Centre and health-care facilities across the Interlake-Eastern region.

The donation is part of a national health-care campaign that will see RBC and the RBC Foundation contribute more than \$30 million to 93 hospitals across Canada in support of workforce development, patient care and healthcare accessibility.

Local health-care leaders say the investment comes at an important time for rural health-care systems facing staffing shortages and increasing patient demands.

"Staffing pressures in health care are felt everywhere, and rural communities face unique challenges," said Patrice Lee, director of health services. "Investing in education is one of the most effective ways to recruit and retain skilled professionals."

Lee said the funding will allow health-care workers to receive specialized emergency pediatric education closer to home, eliminating the need for extensive travel and reducing barriers to professional development.

"By delivering training locally, we're reducing barriers, supporting our teams and improving care for patients close to home," she said. "We are grateful for RBC's support in making this possible."

The training initiative will include hands-on learning using advanced simulation equipment and mannequins that allow nurses to practice real-life emergency scenarios, including IV insertion and pediatric response procedures.

Health-care educators within IERHA say simulation-based learning is becoming an increasingly valuable tool in rural health care because it gives staff the opportunity to strengthen clinical skills in a safe environment before responding to actual emergen-

cies.

The donation will also support the implementation of a region-wide online booking and patient messaging platform designed to improve patient access to care while reducing administrative workloads, wait times and missed appointments. The new platform will roll out in stages across the region over the next year.

Averill Stephenson, executive director of the Interlake Eastern Health Foundation, said the donation will strengthen both clinical care and patient services across the region.

"Investing in both digital infrastructure and clinical capacity, this donation from RBC will help us support the IERHA in strengthening the full continuum of care, ensuring people receive timely, high-quality support in the communities where they live," Stephenson said.

Stephenson noted the Selkirk Regional Health Centre continues to benefit from strong community support through donations made in honour of loved ones, by grateful patients and through community fundraising initiatives.

The most recent major contribution came on April 27 through the annual disbursement of the Selkirk Hospital (Equipment) Fund, held at the Selkirk & District Community Foundation. The fund provided \$46,658 for urgently needed acute care equipment.

Stephenson said the funding will support the purchase of mattresses, wheelchairs, monitors and rehabilitation equipment used throughout the hospital.

The latest RBC contribution also builds on previous support provided in 2024, when RBC donated another \$10,000 to help train internal educators throughout the region.

That earlier funding allowed health-care staff to become certified instructors in programs such as Basic Life Support, Emergency Nursing Pediatric Course training and Trauma Nursing Core Course education, helping bring more advanced health-care instruction directly into rural communities.

RBC regional president Kim Ulmer said the campaign recognizes the essential role nurses and health-care teams play in communities across Canada.

"National Nursing Week reminds us



EXPRESS PHOTOS SUBMITTED

Staff with the Interlake-Eastern Regional Health Authority Acute Care Education team demonstrate advanced simulation equipment that will support emergency pediatric training for health-care workers across the region.



IERHA staff practise IV insertion using a "Chester Chest" training mannequin, part of expanded hands-on clinical education supported by a \$10,000 donation from RBC and the RBC Foundation.

of the vital role nurses play in keeping our communities healthy," Ulmer said. "We're honoured to support nursing excellence and the strengthening of health-care teams."

Ulmer added the donations are intended to help hospitals address local priorities while building a strong and resilient health-care workforce.

National Nursing Week, held annually in honour of nursing pioneer Florence Nightingale, recognizes the contributions nurses make to health care across the country. Nurses represent Canada's largest group of health-care professionals, with approximately 400,000 members nationwide.

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# sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

## Interlake trio has Nighthawks soaring early at Centennial Cup

By Kieran Reimer

It's been a dream start to the 2026 Centennial Cup for the Niverville Nighthawks.

The Manitoba Junior Hockey League champions have collected wins in both of their games so far, played Thursday and Saturday, and currently share first place in their five-team pool at Credit Union Place in Summerside, P.E.I.

The trio of Interlake locals on Niverville's roster — Hayden Wheddon (Stonewall), Adam Vigfusson (Gimli) and Dawson Zeller (St. Andrews) — have also been effective, with each collecting their first goals of the National Junior A Championship.

Niverville was one of six teams to play on Thursday's opening day, where the Nighthawks spoiled the host Summerside Western Capitals' (Maritime Junior Hockey League) tournament opener with a 5-4 overtime win in front of the hometown crowd.

The hosts opened the scoring with a Simon Mullen tally in the early stages of the first period.

The Nighthawks wasted no time responding as Marlen Edwards and Zeller scored less than six minutes apart to give Niverville a 2-1 lead heading into the first intermission.

Both offences continued to click in the middle frame as Summerside scored twice off goals from Lane Sim and Alexandre Guy, while Wheddon netted his first of the tournament for Niverville, leaving the game tied 3-3 through 40 minutes.

Summerside's Jordan Shaw gave the hosts a 4-3 lead midway through the third before Vigfusson cashed in on the power play moments later to tie the game at four apiece.

Action then shifted to overtime, where it took Edwards just 14 seconds to score the winner for Niverville after breaking up a Summerside stretch pass and beating netminder Kolton Bourret.

Both Bourret and Niverville's Austin Dubinsky finished with 17 saves, with both clubs earning a point and the Nighthawks collecting an extra point for the overtime victory.

The Nighthawks then turned their attention to a Saturday matchup



Niverville Nighthawks captain Adam Vigfusson, a Gimli product, was named the game star following the team's 7-2 victory over the Thunder Bay North Stars at the Centennial Cup in Summerside, P.E.I.



EXPRESS PHOTO BY MIKE BERNARD PHOTOGRAPHY

with the Superior International Junior Hockey League champion Thunder Bay North Stars in game two of the tournament, where Niverville showcased the same dominance it displayed all season while posting a 51-6-1 regular-season record in the MJHL.

A four-goal first period helped propel the Nighthawks to an eventual 7-2 victory over the SIJHL champions.

Vigfusson, Parker Rolston, Zeller and Kole Mears scored for Niverville in the opening frame, while Easton Gloucher replied for the North Stars as the Nighthawks carried a 4-1 lead into the first intermission.

The second period was much of the same, as Niverville extended its lead with Wheddon tallying his first of the tournament while Vigfusson and Mears each netted their second goals of the game. Thunder Bay's only response was a late-period marker from Mitch Vanderway.

Neither club scored in the third period as the Nighthawks secured the full three points for a regulation victory.

Dubinsky improved his tournament record to 2-0, finishing with 15 saves, while Thunder Bay's Morgan Blackwood totaled 34 saves in his club's second loss of the tournament.

With the win, Niverville moved into a share of first place in its group with the Canmore Eagles (Alberta Junior Hockey League), who also have a reg-

ulation win and an overtime win for five points through two games.

The two clubs sit one point ahead of Summerside, four points ahead of the Rockland Nationals (Central Canada Hockey League) and five points ahead of Thunder Bay through Sunday.

Meanwhile, in the other pool, the Toronto Patriots (Ontario Junior Hockey League) won both of their first two games in regulation to sit first overall as the tournament's only six-point team so far.

They are followed by Collège Français de Longueuil (Ligue de hockey junior AAA du Québec) with three points, the Greater Sudbury Cubs (Northern Ontario Junior Hockey League) with three points, the Truro Bearcats (Maritime Junior Hockey League) with zero points and the Flin Flon Bombers (Saskatchewan Junior Hockey League) with zero points.

The Bombers are the only other Manitoba-based club competing at the tournament.

As for Niverville, the Nighthawks

are set to face Canmore on Tuesday and Rockland on Wednesday to wrap up their four-game preliminary-round schedule.

The top team from each pool earns an automatic berth into the semifinal round, while the second- and third-place finishers advance to the quarterfinals, meaning Niverville currently controls its own fate entering the final preliminary-round games.

MJHL teams have won the Centennial Cup just three times in the tournament's 55-year history dating back to the inaugural event in 1971.

The Portage Terriers became the first MJHL team to win the national title in 1973 and also captured the league's most recent championship in 2015.

The Selkirk Steelers are the only other MJHL club to win the tournament, accomplishing the feat in 1974.

### UPCOMING GAMES:

- Tuesday, May 12 vs. Canmore Eagles (AJHL), 2 p.m. CDT
- Wednesday, May 13 vs. Rockland Nationals (CCHL), 2 p.m. CDT

To see more photos of your favourite Interlake Athletes

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## Bear the 'driving force' of Silvertips' WHL finals run

By Kieran Reimer

The Detroit Red Wings knew they had a good one on their hands when they selected West St. Paul's Carter Bear 13th overall in last summer's National Hockey League draft.

Already a top point producer in the Western Hockey League with the Everett Silvertips last season, Bear came into the 2025-26 campaign ready to make an impact once again.

He went on to post 36 goals and 41 assists for 77 points in 53 regular-season games to help the Silvertips finish first overall in the WHL standings.

Everett then advanced to the WHL championship series, where the Silvertips currently find themselves deadlocked at one win apiece with the Prince Albert Raiders in a best-of-seven showdown with a trip to the 106th Memorial Cup on the line.

The 19-year-old winger has played a large role in Everett's postseason success, scoring six goals and adding 13 assists through the team's first 15 playoff games.

He has also made his presence felt by throwing big hits, forcing rival teams to take penalties and scoring timely goals, much like he did in last Saturday's Game 2, when he scored twice, drew two coincidental penalties and finished with a plus-three rating.

He was later named first star of the game after Everett earned a 6-2 win to even the series at a packed Angel of the Winds Arena in Everett, Wash.

"Carter's a physical guy, he's involved," Silvertips head coach Steve Hamilton said following the Game 2 victory. "We've done a really good job with discipline and staying out of things, but you're going to get your nose dirty if you want to be an effective player and he's done an excellent job of finding that line. He contributes in so many ways, so it's part of his identity. It's always been part of his identity. He's a super competitive guy."

Hamilton iced an identical lineup from game one to game two despite falling 4-2 in last Friday's series opener, when Prince Albert erupted for three goals in the middle period.

The decision paid off early in Game 2 as the Silvertips scored three times in the opening period, with

Bear opening the scoring just 3:20 into the game.

His success has come alongside Finnish linemates Julius Miettinen and Matias Vanhanen for the entirety of the postseason, with all three players producing at better than a point-per-game pace.

The trio combined again for Everett's fourth goal of the game, scored by Bear on a rebound near the backdoor after the line controlled possession for much of the shift.

They later added an empty-net goal in the third period, scored by Miettinen for his 12th tally of the playoffs.

"We stick to our game, and I stick to my game and try to help the team win," Bear said post-game.

His parents have made the trip to both championship games so far, much like they have for most of the season, along with his grandparents.

Bear's family roots trace back to Peguis First Nation, located about two hours north of West St. Paul, where many of his relatives still live today.

Growing up, Bear played his minor hockey out of Maples Community Centre in Winnipeg, where he developed into a standout with the AAA Winnipeg Hawks and AAA Winnipeg Thrashers before Everett selected him in the sixth round of the 2021 WHL Prospects Draft.

He also had a large group of friends travel to watch him compete at the 2026 IIHF World Junior Championship in Minneapolis and St. Paul, Minn., where he represented Canada.

Despite appearing in only two of Canada's seven games, Bear became a fan favourite among Canadian supporters, who could repeatedly be heard chanting "we want Bear" during Canada's bronze-medal run.

"It was awesome hearing my name for sure, and seeing buddies from back home doing that chant was pretty cool," Bear said.

His focus now shifts to Games three through five at the Art Hauser Centre in Prince Albert, Sask., where a winner could be crowned as early as Game five.

Playing alongside fellow Manitobans Brek Liske (Beausejour), Nolan Chastko (Brandon), Rylan



EXPRESS PHOTO BY EVAN MORUD

West St. Paul's Carter Bear recorded 36 goals and 41 assists in 53 regular-season WHL games with the Everett Silvertips in 2025-26. The Detroit Red Wings' 2025 first-round pick has since helped Everett reach the WHL championship series, where the Silvertips are tied 1-1 with the Prince Albert Raiders.

Gould (Headingley), Reid Nicol (Brandon) and Raiden LeGall (Morden), the six Everett players outnumber the two Manitobans on Prince Albert's roster — Hubert Clarke (Norway House) and Brayden Dube (Roblin). That means Manitoba talent is guaranteed to hoist the Ed Chynoweth Cup at some point over the next several days.

"It's cool seeing players from Manitoba playing in the dub," Bear said. "Even these guys are awesome, big guys in the room, awesome to be around. Sometimes in the summer we'll chat and hang out because we've built such a good culture here."

Games three through five are scheduled for Tuesday, Wednesday and Friday this week before the series could shift back to Everett for games 6 and 7 on Sunday and Monday, if necessary.

The Memorial Cup will follow just days later in Kelowna, B.C., where the host Kelowna Rockets will join the champions of the WHL, Ontario Hockey League and Quebec Maritimes Junior Hockey League in competing for the national title from May 21-31 at Prospera Place.

## Interlake talent selected for Team Manitoba POE Top-40 camps

By Kieran Reimer

Local hockey players have moved one step closer to selection for Team Manitoba at the 2027 Canada Winter Games.

Hockey Manitoba released its Top-40 camp rosters for the boys U16 and women's U18 Program of Excellence, which is Phase 2 of three in the selection process.

Eight Interlake-area players were selected for the boys U16 Top-40 camp, including Connor Lemieux of Stonewall, Champ Vannus of East St. Paul, Asher Carey of Selkirk, Marko Malbasa of St. Andrews, Blake Meier and Liam Meier of Stonewall, Aiden Christie of East St. Paul and Wyatt Sydenham of Hodgson.

Three local players were also named to the women's U18 Top-40 camp, in-

cluding Mya Grenier of Powerview and West St. Paul products Cali Lavallee and Sophie Woznesensky.

Phase one saw the players competing alongside other prospective talent in front of Hockey Manitoba evaluators earlier in 2026.

The Top-40 camps will run May 21-24 at the Southeast Event Centre in Steinbach.

Phase 3 on the boys side will consist of a summer skills camp in August at the Hockey for All Centre in Winnipeg.

Phase three for the girls will include a pre-championship series against the Manitoba Bisons women's ice hockey in September at Winnipeg's Wayne Fleming Arena and Hockey for All Centre.

The 2027 Canada Winter Games are

scheduled for Feb. 27 to March 14, 2027, in Quebec City.

Selected players and 2025-26 statistics:

### BOYS U16:

- Connor Lemieux (Stonewall) — 22 GP, 2-16-2, 5.69 GAA, .893 SV%, 2 SO with Interlake Lightning U15 AAA

- Champ Vannus (East St. Paul) — 19 GP, 8-10-1, 3.15 GAA, .910 SV%, 1 SO with Winnipeg Thrashers U15 AAA

- Asher Carey (Selkirk) — 29 GP, 7 G, 8 A, 15 PTS with Winnipeg Thrashers U15 AAA

- Marko Malbasa (St. Andrews) — 30 GP, 7 G, 24 A, 31 PTS with RINK HA Winnipeg U15 Prep

- Blake Meier (Stonewall) — 31 GP, 8 G, 29 A, 37 PTS with Winnipeg Wild

### U15 AAA

- Aiden Christie (East St. Paul) — 30 GP, 8 G, 11 A, 19 PTS with RINK HA Winnipeg U15 Prep

- Liam Meier (Stonewall) — 32 GP, 33 G, 28 A, 61 PTS with Winnipeg Wild U15 AAA

- Wyatt Sydenham (Hodgson) — 29 GP, 7 G, 13 A, 20 PTS with RINK HA Winnipeg U15 Prep

### WOMEN'S U18:

- Mya Grenier (Powerview) — 24 GP, 7 G, 14 A, 21 PTS with Eastman Selects U18 AAA

- Cali Lavallee (West St. Paul) — 28 GP, 22 G, 13 A, 35 PTS with Winnipeg Avros

- Sophie Woznesensky (West St. Paul) — 28 GP, 14 G, 17 A, 31 PTS with Winnipeg Ice

# Tryout numbers surge for girls AA Maroons program

By Kieran Reimer

The Interlake Maroons AA softball program is gearing up for what it hopes will be its best season yet.

The 2026 season marks the program's third year under the Maroons name as it continues working to "bridge the gap" between single-A and triple-A levels in Softball Manitoba.

With enough registrations to fill a full slate of U11, U13, U15 and U17 teams, the Maroons now need just a few weeks of dry weather before getting on the field.

"We have 18 girls trying out for U11, so I would say at every age group we're blown away by the number of girls trying out," said new program director Amanda Donovan.

The Stonewall resident takes over from Jeff Kisilowski, who played a major role in building the program's identity over the past two seasons.

Donovan's softball background includes managing and coaching her daughters' previous teams, and she has witnessed the recent growth of the Maroons program.

She said a successful 2026 season would include increasing community awareness. Last Wednes-

day, the program held a sell-and-swap event at the Stonewall Curling Club to help achieve that goal.

"Some people don't even know that there is an AA team in the Interlake," said Donovan. "Getting to meet and chat with people, talk about tryouts, and with kids growing like weeds, it helps people clean out their garages a little bit too."

Donovan is also pleased with the number of U17-eligible players who signed up for tryouts — an area that has been a challenge in past years.

This year, the program has enough players to roster a U17 team, opening up new possibilities such as potentially adding a U19 club in future seasons.

By fielding teams from U11 through U17, the Maroons will also be eligible to compete in the AA Program Tournament in June, a prerequisite for provincials.

Nikki Mathews will coach the U17 team while also serving as the program's director of player and coach development.

The remaining coaching staff has yet to be finalized, though Donovan expects several AAA Interlake Phillies graduates to assist, helping pass on their experience to the next generation of Interlake

softball players.

"We're a feeder group for the triple-A program. We want to help these girls reach that level if they choose to continue on, or stay in AA," she said. "More importantly, we want them to love the sport, because it's something that stays with you. A lot of our girls who age out go on to play slow-pitch or beer league — it's about developing that lifelong love of the game."

Maroons players will also be required to double-roster with single-A teams, in accordance with Softball Manitoba regulations aimed at supporting community ball.

Tryouts began indoors last week at the Stonewall Curling Club.

Stonewall will not be the team's only training ground, as the Maroons are expected to play home games at various parks across the Interlake.

Donovan anticipates competitive seasons across all age groups, particularly at the U11 level, which features several returnees from the 2025 provincial bronze-winning team.

Players aging out of U11 who are remaining at the AA level are also expected to bolster the U13 roster.

## > DIALYSIS, FROM PG. 16

challenging areas. It has also been a great tool to use with new patients to help identify the best access points right from their first treatment," they explained.

IERHA noted the decision to introduce the technology was part of ongoing efforts to improve patient care, adding the device was identified by staff last summer as a beneficial addition. Training was completed in February 2026, and the device has been fully operational since then.

"This device has increased confidence and precision when accessing patient fistulas, which helps improve both efficiency and the patient experience," the spokesperson said. "These improvements are especially meaningful for dialysis patients, who receive treatment several times a week over long periods of time."

IERHA also emphasized that even small improvements can have a meaningful impact, especially for those who receive treatment multiple times per week.

Beyond the introduction of new technology, the health authority says additional updates have been made within the Selkirk dialysis program, including the purchase of two new multifunction chairs designed to improve comfort during treatment by allowing patients to easily transition between sitting and lying positions. The chairs were purchased in part using proceeds from the hospital gift shop, and they are expected to be delivered and fully functional by the

end of May.

IERHA also pointed to previous plans to expand parking at the Selkirk Regional Health Centre, aimed at reducing the burden of frequent visits for patients requiring ongoing care, including offering free parking for patients during the duration of their dialysis treatment — something that could save patients \$600 annually.

In terms of clinical support, IERHA noted that the Kidney Health Manitoba Local Renal Health Centre team — which includes a nephrologist, nurse, pharmacist, social worker, dietitian and renal nurse educator — continues to visit the Selkirk unit regularly. The most recent visit took place in April 2026 and included patient assessments and treatment reviews. The health authority added that patients are involved in care decisions and that communication between care teams remains a priority.

Efforts are also underway to strengthen peer support among patients.

"Dialysis patients, in collaboration with Selkirk's renal social worker, have also been working to develop a Patient Peer Support Program," the spokesperson said.

Currently, six dialysis patients and six caregivers make up the Patient Peer Support Program, meeting regularly to discuss their treatment experiences and advocate for improvements. Members say that since the previous *Express Weekly News* publication, there have been some minor but meaningful changes.

Among the most notable improve-

ments for patients is the introduction of free parking. Patients receive a designated sticker and have their licence plates recorded, although some noted the system is still being refined, with occasional reports of tickets still being issued.

Patients also reported meeting in person with the renal health team, including a nephrologist — an experience some say was a first after years of attending the unit.

They added communication around care has improved, with patients now being informed verbally and in writing about medication changes and treatment decisions. Some also said accommodations are being made more consistently to meet individual treatment needs.

Patients noted they are looking forward to the arrival of the new chairs and expressed appreciation for small additions within the unit, such as a poster honouring patients who have passed.

The group estimates that roughly half of the goals identified during their initial meetings have now been achieved.

"But we still got a long way to go," one member added. "We aren't here to harm anyone — we are here to make it better for ourselves and everyone involved."

Despite the progress, patients say several concerns remain.

Some pointed to the temperature within the dialysis unit, which they say is currently set to 18 C. While patients acknowledge that cooler temperatures are required for equipment

to function properly, they say the current setting adds to discomfort during lengthy treatments.

Others suggested additional entertainment options, such as televisions, tablets or games, could help improve the patient experience during sessions that often last several hours.

Accessibility around the hospital entrance was also raised, with patients noting the ramp is sometimes blocked by vehicles waiting in the drop-off loop. They suggested improved monitoring to ensure the space remains accessible for those who need it and suggested extending the ramp offering additional usage space.

Patients also expressed hope that nephrologists will be able to visit the unit more frequently, noting the positive impact of recent in-person interactions. None of the Patient Peer Support Program members reported having used the new handheld ultrasound device so far.

IERHA said its focus remains on delivering patient-centred care while continuing to respond to feedback.

"Selkirk's dialysis team is committed to providing patients and their care providers with compassionate, high-quality care that is grounded in open communication, positive relationships and a solution-focused approach," the spokesperson added.

Members of the Patient Peer Support Program say they hope communication continues to improve between patients, staff, IERHA and the renal program, noting that meaningful change begins with ongoing dialogue.



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- A resident of a ward within the Division for at least six (6) months prior to election day.

**APPLICATION FOR PERSONAL SECURITY PROTECTION:**

A voter may apply in writing to the SEO (at the address or email below) no later than September 22nd, 2026, to have their name and other personal information omitted or obscured from the voters list in order to protect the voter's personal security. The application may be submitted in person, by mail or email and must include your name, address, and include proof of identity.

**All changes to the voters list must be completed on or before September 22, 2026, in preparation for the School Board election to be held on Wednesday, October 28, 2026.**

Deb Thorsteinson  
Senior Election Official for the Evergreen School Division  
Box 1200, 140 Centre Avenue West, Gimli, MB, R0C 1B0  
Email: [EvergreenSD.SEO@esd.ca](mailto:EvergreenSD.SEO@esd.ca)  
Telephone 204-641-1216  
Dated at Gimli on May 7, 2026

**CAMP VESELKA**

**EMPLOYMENT OPPORTUNITY**

**Youth Summer Employment Groundskeepers**

- The summer employees will help prepare and maintain the camp for programs and renters throughout the summer season.
- The successful candidates should have basic knowledge of lawn tractors, various yard equipment, and basic maintenance. These positions require physical effort outdoors in a variety of conditions.

**Key responsibilities include:**

- Yard maintenance - grass cutting, trimming, tree pruning; clearing ditches of dead branches and undergrowth; cleaning eavestroughs;
- General upkeep and cleaning and sanitizing common areas;
- Pressure washing and staining decks, stairs, ramps, and other structures as needed;
- Paint exterior structures and interiors;
- Inventory and supplies check, outdoor areas preparations, minor repairs, water system checks.

**To apply for this job, you must:**

- Be available from May 1 - August 29, 2026
- Be aged between 15 and 30 years old on the start date of the job;
- Please submit your resume to [billduschak@gmail.com](mailto:billduschak@gmail.com) by Monday, May 18, 2026.



**EMPLOYMENT OPPORTUNITY**

**Charisons Turkey Hatchery is accepting applications for the following positions:**

**CHARISONS TURKEY HATCHERY**

Work directly with eggs and day-old turkeys inside a controlled building environment

- Must be reliable, punctual and available for early morning shifts
- Required to be physically fit; lifting, standing, walking & bending throughout day
- Duties will vary by position
- Valid driver's licence is preferred
- Hours will vary dependant on work load
- Guaranteed minimum hours and performance bonuses available for certain positions
- Competitive Compensation with Health and Dental package
- Profit-Sharing Plan
- Training will be provided for ideal candidates

**CHARISONS BREEDER FARMS**

Work directly with live turkeys inside a controlled barn environment

- Must be reliable, punctual and available for early morning shifts
- Required to be physically fit and capable of lifting 30 plus pounds frequently throughout day
- Frequent, standing, walking and bending
- Farm duties; includes collecting/grading eggs, general husbandry, nest cleaning & maintenance
- Cleaning, sanitizing, barn preparation
- Mandatory shower-in and shower-out facilities
- Duties will vary by position
- Valid driver's licence is preferred
- Work week will consist of four 10-hour shifts
- Competitive Compensation with Health and Dental package
- Production Bonuses
- Training will be provided for ideal candidates

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

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- Weekend home time
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Derek (204) 793-7465

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with an Announcement in the EXPRESS WEEKLY NEWS  
Call 204-467-5836



Join the fight against Prostate Cancer

**RIDE DAY Saturday May 30, 2026**

10am  
Earls Polo Park (Winnipeg)

Visit [ridefordad.ca/manitoba](http://ridefordad.ca/manitoba)

to register or make a pledge

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Also BUYING Old Jewelry, Nuggets, Bullion, Gold, Silver, Platinum, Sterling Silverware, Franklin Mint sets, Royal Canadian Mint Coins, pre 1937 Paper Money, old coins, numismatists, Rare Coins, Silver Coins, Gold coins, etc.

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**CALL ME NOW!!**  
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1-204-904-9705

## EMPLOYMENT

- CHEF and COOK
- COOK'S HELPER
- CASHIER
- BARTENDER
- MANAGER

- Full-time Seasonal Positions  
- Living Quarters

Contact Irv

office@narrowsunsetlodge.com

204-981-2831 or 204-467-8507



## MORTGAGE SALE

The land and building known as 150 Willow Crescent, Snow Lake, Manitoba, as described in Certificate of Title No. 2173072/3 will be sold by public auction by a Licensed Auctioneer on June 3rd, 2026, at 10:30 a.m.

The auction sale will be held by way of video or teleconference.

There will be no in-person attendees at the auction.

In order to participate you must pre-register at least 24 hours prior to the auction by contacting Keith A. Senden at either (204) 957-8355 or auctions@fillmoreriley.com.

The Vendor is informed that the property consists of a one storey dwelling approximately 759 square feet with kitchen, living room, one bedroom and one bathroom on a lot with approximately 39.99 feet frontage.

Realty taxes (excluding any accruing water charges) are paid to December 31, 2025.

Prior Charges: Caveat Nos. 23920N/3, 34136N/3, and Mortgage No. 1134007/3 which will be discharged, amount is included in Reserve Bid.

### TERMS OF SALE

A deposit of \$5,000.00 by way of certified cheque or bank draft payable to Fillmore Riley LLP, or cash (the cash component of the deposit not to exceed \$7,500.00), and the balance according to conditions which will be available electronically by contacting the individual below prior to the auction. The property will be sold subject to a **Reserve Bid** of \$76,000.00 plus such other additional and incidental costs which may be incurred by the Vendor from the 5th day of May, 2026 to the date of auction and which costs will be announced prior to the commencement of the 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](http://www.teranetmanitoba.ca)

Should the successful bidder have attended by teleconference and/or video conference, the bidder will have 24 hours to execute the Auction Sale Conditions and to provide them together with the deposit to our office as set out below.

Further information may be obtained from:

FILLMORE RILEY LLP  
Barristers and Solicitors  
1700 - 360 Main Street  
Winnipeg, MB R3C 3Z3

File No. 400784-4053/KAS/lj(ana)  
Attention: Keith A. Senden  
Phone: 204-957-8355  
auctions@fillmoreriley.com

## TOWN OF WINNIPEG BEACH PUBLIC HEARING NOTICE

Vacant & Derelict Buildings By-Law 01-2026



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

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

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

The Vacant & Derelict Buildings By-Law 01-2026 is available for review at [winnipegbeach.ca](http://winnipegbeach.ca).

Jodi Mitchell, CMMA  
Chief Administrative Officer  
Town of Winnipeg Beach

## NOTICE OF PUBLIC HEARING

Public Notice is hereby given pursuant to Subsection 162(2) of the Municipal Act that the Council of the RM of West Interlake intends to present its **Financial Plan** for the fiscal year of 2026 at a Public Hearing in the Ashern Municipal Council Chambers, 38 Main Street, Ashern, MB on Thursday, May 14th, 2026, at 7:00 PM.

The purpose of the Public Hearing is to allow any interested person to make a representation, ask questions or register an objection to the Financial Plan as provided. Dated this 21st day of April 2026.

Gary Campbell  
Chief Administrative Officer  
RM of West Interlake



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

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

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

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

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

**GENERAL INTENT:** To re-designate:

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

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

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

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

*Note: Property owners are responsible for notifying lessee.*



## SUMMER EMPLOYMENT



Invites applications for the following positions:  
**Summer Employment** - 40 hrs./week  
**Substitutes** - 8 - 40 hrs./week

**Duties:** Assist ECEs in providing care & guidance to preschool and infant children. Assist with leading children in activities to stimulate & develop their intellectual, physical and emotional growth. Guide and assist children in the development of self-help skills. Snack preparation, sanitizing & disinfecting, light housekeeping, including maintaining child care equipment.

**Qualifications:** Must be 18 yrs of age, willing to apply for CCA classification, first aid & CPR training, clear criminal record check with a vulnerable sector check, clear child abuse registry check, or willingness to obtain. CCA must complete a 40-hour post-secondary course in early childhood development within the first year of employment. Must work well as a member of a team and work well independently. Must possess initiative, good communication skills, decision making & problem-solving skills. Must have patience, be flexible, enthusiastic and enjoy working with children.

Please submit resume by June 1, 2026, to: APG Box 805 Arborg, MB R0C 0A0 or email: [hloweapg@gmail.com](mailto:hloweapg@gmail.com)

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**Midland Belly Dump**  
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### NOTICES

Hiring for Summer? Selling something? Doing an online event? Let us help you book your blanket classified ads, Response Builder Ads or Power Builder Ads across Manitoba, to increase your marketing presence. Let people know about your business, item for sale or event, by placing an ad with us! Your ad will be seen in the MCNA Member Newspapers, in over 368,000+ homes in Manitoba. Please call 204-467-5836 or MCNA at 204-947-1691 for more details or to book ads. Take advantage of our great pricing! MCNA - Manitoba Community Newspapers Association. www.mcna.com

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204-467-5836

# take a break

> GAMES

## SUDOKU

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

### Fun By The Numbers

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

Level: Intermediate

### Here's How It Works:

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

## NOTICE TO CREDITORS

**IN THE MATTER OF: The Estate of ELVA DAGMAR SIMUNDSSON, late of Gimli, in Manitoba, Deceased.**

All claims against the above noted estate duly verified by Statutory Declaration, must be filed with the undersigned at their offices, 2200-201 Portage Avenue, Winnipeg, Manitoba, R3B 3L3 (Attention: DAVID C. KING), on or before the **25th day of June, 2026**.

DATED this 14th day of May, 2026.

**TAYLOR McCAFFREY LLP**  
Solicitor for the Executor of the Estate

## Riverton Bifrost Holdings Inc.

### Notice: Annual General Meeting

**When:** Tuesday, June 9, 2026 7:00PM

**Where:** Multipurpose Room,  
Icelandic River Lodge,  
64 Main Street North,  
Riverton, MB

- > Report from Directors
- > Election of Directors
- > Refreshments

**Membership Required to Vote**  
**Membership Applications Available**  
**- Contact 204-378-2937**

## NOTICE TO CREDITORS

In the matter of the Estate of **JOANNE LUCILLE GRAY**, late of Ashern, Manitoba, Deceased.

All claims against the above estate, supported by Statutory Declaration must be sent to the attention of: Abisola Bamigboye, Estates Administration, at 155 Carlton St Suite 500, Winnipeg MB, R3C 5R9 on or before the 17th day of June, 2026.

Dated at Winnipeg, Manitoba, this 6th day of May, 2026.

**KERI RANSON**  
Public Guardian and  
Trustee of Manitoba

**Classified booking deadline is**  
**Monday at NOON prior to Thursday's**  
**publication Please Call 204-467-5836**

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

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

**Tuesday May 26, 2026**  
**1:00pm.**

**Armstrong Municipal Office**  
**Civic # 1094 Lot 55 PTH 17, Inwood MB R0C 1P0**

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

**CONDITIONAL USE:** # 2026-A-09

**ROLL NO:** 0068170.000

**OWNER:** Teri Nicholson & Boris Wessner

**APPLICANT:** Teri Nicholson & Boris Wessner

**AREA AFFECTED:** Legal Description: SE14-19-2E  
Civic Address: Lot 1, Plan 73236  
FRASERWOOD, MANITOBA

**ZONE:** Agriculture Limited Zoning District

**SUBJECT:** R.M. of Armstrong Zoning By-Law No. 6/04  
Part 11.3 23 Tourist Campsite

**TOURIST CAMPSITE:** A development of land which has been planned and improved for the seasonal short-term use of motor homes, tents, campers and similar recreational vehicles and is not used as year-round storage, or accommodation for residential use. Typical uses include recreational vehicle parks, campsites and tenting grounds.

**CONDITIONAL USE REQUESTED:** To allow for up to 2 RV Trailers until a permanent residence can be established. Will be personal not public.

**WE REQUIRE ANYONE ATTENDING THE PUBLIC HEARING TO PRE-REGISTER BY NO LATER THAN 4:30 pm FRIDAY MAY 22, 2026, by calling or emailing the below email and/or number.**

### For further information, please contact:

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

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

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

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

**Tuesday May 26, 2026**  
**1:00pm.**

**Armstrong Municipal Office**  
**Civic # 1094 Lot 55 PTH 17, Inwood MB R0C 1P0**

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

**CONDITIONAL USE:** # 2026-A-08

**ROLL NO:** 0076260.000

**OWNER:** Trevor & Brenda Barnes

**APPLICANT:** Trevor Barnes

**AREA AFFECTED:** Legal Description: SE23-19-2E  
Civic Address: 10097 PR231  
FRASERWOOD, MANITOBA

**ZONE:** General Development Zoning District

**SUBJECT:** R.M. of Armstrong Zoning By-Law No. 6/04  
Part 9.3 45 Non-Accessory Parking

**NON-ACCESSORY PARKING:** A development providing vehicular parking which is not primarily intended for the use of residents, employees or clients of a particular development. Typical uses include surface parking lots and parking structures located above or below grade.

**CONDITIONAL USE REQUESTED:** To allow for an overflow parking lot for the Fraserwood Pub.

**WE REQUIRE ANYONE ATTENDING THE PUBLIC HEARING TO PRE-REGISTER BY NO LATER THAN 4:30 pm FRIDAY MAY 22, 2026, by calling or emailing the below email and/or number.**

### For further information, please contact:

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

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

# Classifieds Announcements



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## Rural Municipality of Armstrong

### NOTICE OF REGISTRATION OF PROSPECTIVE CANDIDATE FOR GENERAL MUNICIPAL ELECTION

Prospective municipal election candidates must register with the Senior Election Official (SEO) during the registration period before they may begin to accept contributions, incur expenses, fundraise or borrow money for their campaign.

NOTICE IS HEREBY GIVEN that candidate registrations will be received:

For the office of head of council:  
Between May 1, 2026 and September 22, 2026

For the office of councillor:  
Between June 30, 2026 and September 22, 2026

at the Rural Municipality of Armstrong office, 1094 PTH 17 Inwood, Manitoba during the regular hours of business.

To obtain a registration form contact the municipal office at 204-278-3377.

Dated at Inwood, Manitoba on May 1, 2026.

Angie Dzuba  
Senior Election Official (S.E.O.)



Rural Municipality of  
**FISHER**

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

## EMPLOYMENT OPPORTUNITY

### GRAVEL CHECKER

The Rural Municipality of Fisher invites applications for the position of Part-Time Gravel Checker for the 2026 Graveling Program. Duration of program will be approximately two months.

Applications will be received by the undersigned until 4:00 p.m., June 17, 2026.

Applicants must be at least 18 years of age and hold a valid driver's license. Access to a vehicle is mandatory. Hourly wage, plus mileage and cell phone allowance.

For further information regarding this position, please contact the Municipal Office at (204) 372-6393.

Kelly Marykuca  
Chief Administrative Officer  
Rural Municipality of Fisher  
PO Box 280  
Fisher Branch, Manitoba R0C0Z0  
Email: fishercao@mymts.net

## Registered Purebred Polled 2 Year Old and Yearling **CHAROLAIS BULLS FOR SALE**

We have a good selection of quality bulls.  
Will be semen tested. Delivery & EPD's available.

For more information call  
Ken at (204) 376-2418 (land line)  
or Text to (204) 641-3788  
KLCC Charolais, Arborg

## Employment Opportunity

**Librarian at Pauline Johnson Library**  
23 Main Street Box 698, Lundar R0C 1Y0  
1-204-762-5367

Email: mlpj@mymts.net

- Strong Accounting Skills
- Computer Knowledge
- Organization and Interpersonal Skills
- Must live in the RM of Coldwell
- Apply in person, fax, mail or e-mail to above address
- Deadline June 1, 2026 position to start July 14, 2026

## EMPLOYMENT OPPORTUNITY

### Kletke Seed Farm Ltd is hiring for a **Shipper/Labourer.**

Forward resume to  
info@kletkesseedfarm.com  
204-886-2822

11080 E Road 91N, Teulon, MB  
Kletkesseeds.com



## SUMMER STUDENT Employment Opportunity

### Recreation Assistant Riverdale Place Homes Inc. 32 hrs/week July 6 - Aug. 28, 2026

Riverdale Place Homes Inc. provides support to adults living with an intellectual disability in the community. We are looking for a summer student to assist with recreational programming for individuals living in our group homes and independently in the community.

The successful candidate will be mature, creative, outgoing and energetic, willing to take on a variety of tasks. If you are interested in learning more about the work we do, and getting to know the exceptional people we support, this might just be the perfect summer job opportunity for you.

CPR & First Aid training provided, valid driver's license required.

Please apply in writing to:  
Executive Director  
Riverdale Place Homes Inc,  
Box 968, Arborg MB R0C 0A0

Or email:  
kfinnson\_rph@outlook.com  
For more info contact:  
Kathy Finnson, ED 204-376-2940, ext. 1



Rural Municipality of  
**FISHER**

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

## NOTICE OF TENDERS

### GRASS CUTTING

The Rural Municipality of Fisher is inviting tenders for grass cutting at:

- Town of Broad Valley • Town of Hodgson
- Town of Poplarfield

Please state price per cut in the tender and provide separate tenders for each town.

- Applicant is to supply own equipment and fuel, garbage pickup
- Applicant to be 18 years of age or over.
- Lowest or any tender not necessarily accepted.

Submit sealed envelope marked "Tender Grass Cutting" for each location. **Deadline** for tenders is **4:00 p.m. June 2, 2026**. For further information, call the RM of Fisher office at 204-372-6393. Maps provided upon request.

### GRASS CUTTING

The Rural Municipality of Fisher is inviting tenders for grass cutting at each location please provide separate tenders for:

RM of Fisher Office Yard  
Water Plant yard

Please state price per cut in the tender.

- Applicant is to supply own equipment and fuel, garbage pickup
- Applicant to be 18 years of age or over.
- Lowest or any tender not necessarily accepted.

Submit sealed envelope marked "Tender Grass Cutting" for each location. **Deadline** for tenders is **4:00 p.m. June 2, 2026**. For further information, call the RM of Fisher office at 204-372-6393.

### GRASS CUTTING

The Rural Municipality of Fisher is inviting tenders for grass cutting at:

Interlake Forestry Centre in Hodgson

Please state price per cut in the tender.

- Applicant is to supply own equipment and fuel, garbage pickup
- Applicant to be 18 years of age or over.
- Lowest or any tender not necessarily accepted.

Submit sealed envelope marked "Tender Grass Cutting-Forestry Centre". **Deadline** for tenders is **4:00 p.m., June 2, 2026**. For further information, call the RM of Fisher office at 204-372-6393. Maps provided upon request.

Submit tenders to: Rural Municipality of Fisher  
Box 280, Fisher Branch, MB R0C 0Z0  
Email: rmooffisher@mymts.net

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

Sudoku Answer

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**BIRTHDAY**



Happy 13th Birthday  
Jase!

-Love Mom, Dad  
And Aubrey

**IN MEMORIAM**



**PAULINE HREHORUK**  
It's been 20 years since you left us.  
But wonderful memories of you are  
still always with us.  
Wishing you a heavenly  
Happy Mother's Day and Happy Birthday!  
Forever in our hearts.  
-Love, Don, Diane, Michael, Pat

**OBITUARY**

**Victoria Thoreen (Johnson) Larabie**  
February 16, 1934 - May 3, 2026

Peacefully on Sunday, May 3, 2026 Mom passed away at Selkirk General Hospital. Left to cherish her memory are daughters, Annelise Luprypa and Darlene Herron; 10 grandchildren and 15 great-grandchildren.

She was predeceased by her parents, Victor and Lena Johnson, husband Sylvio, and her brother and sisters and their wives, son Denis, grandson Brent and sons-in-law Glenn and Ted.

Mom was born in Gimli, MB and grew up on the family farm on Ponemah Road. She met Sylvio (Dad) while working CFB Gimli. Dad was born in Quebec and his English wasn't that good at the time, but by the time they married in November 1955 his English was much better. Denis came along in 1956, Annelise in 1957 and Darlene in 1960. They lived on the family farm until 1965 when the family moved to Selkirk. They settled on Breezy Point Road. Mom worked various jobs but her favorite was 17 years at Selkirk General Hospital, starting out at the hospital on Eveline Street and then moving over to the new (now old hospital) on Easton Drive. Once retired they purchased a motor home and started going camping and fishing mostly to Hecla and a few places just across the border and always took the grandkids with them. If they weren't away camping, they had a small herd of goats and a flock of chickens to keep them busy, along with their garden and always had grandchildren over. They also always enjoyed driving back out to the farm on Ponemah Road visiting Denis and his family.

As per her wishes, cremation has taken place and no formal service will be held. Flowers are declined and donations in her memory can be made to a charity of your choice.

A grateful thank you to Selkirk General Hospital, Dr. Bhullar, the nurses and health care workers and anyone else involved in her care while she was on ward Medicine 4 for your care of our mom. Mom your spirit remains with us, rest in peace, we love and will miss you.

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

Gilbart Funeral Home, Selkirk in care of arrangements.



**OBITUARY**

**Linda Ruth Zimmerman (nee Sturgess)**  
June 8, 1952 - April 17, 2026



It is with great sorrow and heavy hearts that we announce the passing of Linda Ruth Zimmerman on Friday, April 17, 2026, after a courageous battle with cancer. She left us peacefully at the age of 73 years, with family by her side.

Linda is predeceased by her father Edgar Sturgess, mother Jean Sturgess, mother-in-law Mabel Kerbrat and father-in-law Herve Kerbrat, sister Marie (Ron) Caldwell, brother Mickey Sturgess, brother-in-law Vernon Parkes and niece Cheryl Parkes.

Left to cherish her memory is her loving husband Keith 'Butch'; her daughter Beverly (Harold); grandchildren Adam (Katarina) and Bryce (Alexie); great-grandchildren James and Andrew; her sibling Marlene Parkes; sisters-in-law Donna Major and Barb (Jim) Decker along with many nieces, nephews, great nieces and great

nephews.

Linda was born on June 8, 1952 in Eriksdale, MB. She grew up in Eriksdale later moving to Ashern where she met her husband Keith in November of 1968. They married on June 20, 1970. Linda eventually moved out to the rural life and settled in the Dog Lake School for 56 years. Linda was a Nurses Aide at the Lakeshore General Hospital in Ashern for most of her career until she retired in 2015.

Linda had a passion for camping and fishing. Linda enjoyed spending time with her family. She was a proud Grandma and her grandsons brought her much joy and happiness.

The family would like to thank the doctors of the Lakeshore General Hospital, Home Care Services and CancerCare at the St. Boniface Hospital, Winnipeg. Special thanks to Arnason Funeral Home, Julie Bergner, family and friends.

Cremation has taken place and a private family interment will occur at a later date.

Arrangements by:

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**OBITUARY**

**Richard Gordon Reykdal**  
October 30, 1954 - May 6, 2026



It is with heartfelt sadness that our family announces the passing of Richard Gordon Reykdal, our beloved husband, father, papa, brother, uncle and cousin. Rick was fortunate to be at home with his family by his side when he passed.

He is survived by his loving wife of 49 and a half years, Valerie; his two children, Scott (Amber) and Candace (Darryl); his three loving grandchildren, Blaze, Isabella and Everly. Also surviving him are his sisters, Linda (Ron), Donna (Allan), Sandra (Dale); brother-in-law Louie; numerous nieces and nephews and great nieces and nephews.

Rick was predeceased by his parents John and Isabel Reykdal and his sister Cheryl.

Rick grew up in Winnipeg Beach and worked most of his life in the family business as a dairy distributor. Later in life, Rick worked for Moars Plumbing. Rick loved baseball, playing fast ball in his early years and slow pitch as he got older. Rick's passions were curling and golfing. In the winter you could always find Rick playing in a curling bonspiel and in the summer on a golf course.

He made many good lifelong friends throughout his years while enjoying these hobbies. Rick cherished his time with his family especially his grandchildren. Rick took immense joy watching his grandchildren grow up and was so proud of them all in everything they did.

We would like to thank the doctors and staff at the University of Alberta Hospital, Selkirk Hospital, HSC, St. Boniface Hospital, Transplant Wellness Centre and Palliative Care.

A celebration of life will be held on Saturday, May 23, 2026 at 1:00 p.m. at the Fraserwood Community Hall.

In lieu of flowers, donations can be made to the Manitoba Lung Association.

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

Gilbart Funeral Home, Selkirk in care of arrangements.



**OBITUARY**

**Keith Hayden**



It is with heavy hearts that we announce the passing of Keith Hayden, on Friday, April 10, 2026, with family by his side.

Born on December 8, 1949 in Badger, Newfoundland, Keith later made his way to Gimli, Manitoba where he met his wife, Daphne Markusson. Together, they made their home along the shores of Lake Winnipeg, a place that perfectly matched his free spirit and connection to nature. Keith lived life to the fullest, finding joy in life's simple pleasures and carrying with him a strong sense of hard work, integrity and unwavering love.

Above all else, Keith was a family man. Coming from a large family of 10 siblings he learnt early the values of connection and the importance of loyalty. His greatest joy in life came from the people he loved, and he poured his heart into being a devoted and faithful husband, a loving father to his children Keri, Lori (Jon), Candace (Darcy), Curtis (Barry) and a proud Papa to his four grandchildren Kirstie (Chris), Chelsey, Hayden and Keira (Luke). He was fiercely protective and deeply committed to his family, serving a steady source of strength for the ones he loved.

Keith embraced every opportunity to be outdoors where he felt most at peace and found joy in fishing, gardening, or a simple bonfire. A true jack of all trades there was little he couldn't fix, build or figure out. Gifted with intelligence and an endlessly resourceful mind, Keith approached life with confidence and determination.

Strong in both body and character, Keith never hesitated to lend a hand and had a genuine presence that others were naturally drawn to. Known for his no-nonsense attitude, balanced with a sharp wit and a quiet, unmistakable humor, he believed a person's word meant everything-the kind of man who could seal a deal with a handshake or a signature on a napkin and stand by it without hesitation.

He found happiness in the moments that mattered like cooking a good meal, sharing a beer with friends, or listening to the music of Leonard Cohen.

His presence was steady, his character strong, and his loyalty unwavering.

Keith leaves behind a legacy of strength, honesty, and love. He will be deeply missed but his spirit will live on in the stories he shared, lessons he taught and the love he leaves behind. He will forever remain in the hearts of his family and friends.

The family would like to extend their sincere gratitude to the staff at St Boniface Hospital, Home Care nurses in Gimli, and Gilbart Funeral Home for their care and compassion.

2 Timothy 4:7

"I have fought the good fight, I have finished the race, I have kept the faith "

1 Corinthians 13:7 (ESV)

"Love bears all things, believes all things, hopes all things, endures all things "

Funeral Service will be held on Friday, May 22, 2026, at 1:00 p.m. in the Gilbart Funeral Chapel, 50 1st Ave Gimli, MB.

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

Gilbart Funeral Home, Gimli in care of arrangements.



**OBITUARY**



**Jerry Ruta**  
 April 17, 1956 - October 24, 2025  
 It is with deep sadness we announce the passing of Jerry Ruta, of Gimli, MB, beloved husband of Darlene, on October 24, 2025. He was predeceased by his parents Nick and Mary Ruta; sister Helen; brother-in-law Victor.  
 Jerry will be missed by his family, as well as nephew Blaine (Brenda and family), nieces Carla (Dwight) and Nola (Richard) and friends.  
 A memorial service will be held on Tuesday, May 26, 2026 at 11:00 a.m. in the Gilbart Funeral Chapel in Gimli, MB.  
 Tributes: www.gilbartfuneralhome.com

Gilbart Funeral Home,  
 Gimli in care of arrangements.

**OBITUARY**

**Marjorie Janet McDougall (nee Monk)**  
 January 7, 1941 - May 7, 2026

Peacefully on May 7, 2026, Marjorie passed away at the E.M. Crowe Memorial Hospital in Eriksdale, MB.

In keeping with her wishes, cremation has taken place, and a memorial service will be held at a later date.

Longer obituary to follow.

Arrangements by:  
 Arnason Funeral Home  
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# Announcements



**OBITUARY**

**Elizabeth Balian**

Our beloved mother, grandmother and great-grandmother was called home to God at the age of 87 on Sunday, May 3, 2026 at the Gimli Community Health Centre – Johnson Memorial Hospital. God looked upon His garden and found an empty space then He looked down upon the Earth and saw your tired face.

Elizabeth is now reunited with her husband Martin; parents Anne and Nicholas Rewniak; siblings Peter, David, Walter, Orest, Melvin, Fred, Carl, Rose, Margaret and Sonia. Also by her special friends Bill and Nume.

She will be lovingly remembered by her three daughters and son and their spouses, Margaret (John), Stephanie (David), Martina (Les) and Stephan (Janice). Elizabeth was a loving and proud grandmother to: Jason (Rebekka), Tanya (Russ), Venessa (Travis), Bridget, Brittany and Clayton; and two great-grandchildren, Hadley and Lennyn. And also by her brother Victor Rewniak.

Elizabeth was born in Ukraina, Manitoba on April 23, 1939. She married Martin Balian in May, 1957. Together they farmed in Meleb.

Elizabeth devoted her life to nurturing her children and grandchildren and great-grandchildren. Her family meant the world to her. She enjoyed gardening and flowers, but her real passion was cooking. This lady could cook up a storm for every special occasion and holiday. She was the greatest cook and no one could deny that. Nobody ever left the table hungry. She will be greatly missed by all that knew her and especially by her family.

A private memorial will be held at a later date.  
 Vichnaya Pam'yat



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