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EXPRESS PHOTO BY RAYME THOMSON

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Walking for awareness: Manitobans step up for celiac disease

Walk-a-thon and BBQ on Saturday, June 7 at Assiniboine Park

By Lana Meier

The Canadian Celiac Association – Manitoba Chapter is inviting Manitobans to lace up and speak out as part of a growing movement to support those living with celiac disease.

As part of Celiac Awareness Month, the organization is hosting a Walk-a-thon and gluten-free barbecue on Saturday, June 7 at Assiniboine Park. The event aims to raise awareness about celiac disease —an autoimmune condition triggered by the ingestion of gluten — and to foster a stronger sense of community among those navigating the challenges of a strict gluten-free lifestyle.

Chelsea Lukawy, president of the Manitoba chapter, says the day is all about connection, education and visibility.

“From the outside, you may look fine,” said Lukawy. “But even the smallest amount of gluten can cause



Chelsea Lukawy, president of the Canadian Celiac Association – Manitoba chapter.

significant harm internally. That’s why we’re walking — to make this disease more visible and understood.”

While celiac disease isn’t typically referred to as an “invisible illness” in clinical contexts, many of its effects — such as internal inflammation, fatigue or nutrient deficiencies — aren’t always immediately apparent to others. At the same time, more than 300 known symptoms can manifest in highly visible ways, including rashes,



EXPRESS PHOTOS SUBMITTED

The Manitoba Celiac Association Annual Walkathon and BBQ supporting Manitobans living with celiac disease and gluten intolerance is being held Saturday, June 7 at the Assiniboine Park.

digestive issues and delayed growth.

Lukawy knows the realities of living with celiac disease all too well. She was diagnosed at age 12 after struggling with digestive issues, extreme fatigue, sore joints and delayed growth.

“I remember constantly feeling sick and so tired I couldn’t keep up with my friends at school,” she said. “At first, doctors weren’t sure what was wrong. It wasn’t until celiac disease

Continued on page 8

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Evergreen Festival of the Arts celebrates 42 years of youth talent

By Patricia Barrett

The Evergreen Festival of the Arts wrapped up its 42nd year of spotlighting the musical and other artistic talents of youth in the Evergreen School Division's catchment area.

This year's festival attracted over 180 entrants, who competed in dance, piano, instrumental, speech, orff and vocal/choral over the course of April and were assessed by professional adjudicators.

The festival held its Hi-Lites Concert on May 5 where the entrants chosen by the adjudicators for demonstrating precision, excellence and artistry performed in their respective discipline and were then presented with awards or scholarships.

The festival's president Krystal Isfeld said the Evergreen region has a number of high calibre musical performers and other artists.

"The festival had a very successful year," said Isfeld, who's a musician, teacher and assistant principal at Sigurbjorg Stefansson Early School. "For such a small area in the Interlake, we have tons of talent. We have a very talented musical area."

Apart from three years during the COVID-19 pandemic, the festival has



Best Overall Performance (Sponsor Kiwanis) was Liubov Smyrnova.

run every year since its inception in May 1981.

It's run by a volunteer committee who are dedicated to promoting and supporting arts in the region. Two of the members — Janice Arnason and Larry Moore — have been on the committee since 1981, said Isfeld. And the family of another committee member, who passed away last year,



PHOTOS COURTESY OF EVERGREEN FESTIVAL OF THE ARTS
Trophy Class performers at Evergreen Festival of the Arts' 42nd Annual Hi-Lites Concert

set up a memorial scholarship in her name to help youth continue on with their musical pursuits.

"Lisa Baker was part of our festival committee and an extremely

Continued on page 5



SSES Grade 4, Best performance in Speech Choir



Adalynn Tupper earned the Lisa Baker Memorial Scholarship presented by Mitchell (left) and Grant Baker.



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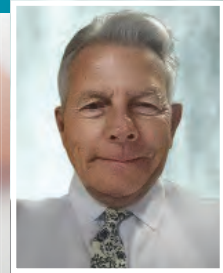
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Great Big Sea's Sean McCann making connections in Gimli, supporting food bank

By Patricia Barrett

One of the founding members of the iconic Canadian Celtic folk-rock band Great Big Sea is embarking on a one-man musical journey across central and western Canada, and he'll be stopping in Gimli for a show that will provide funding support to the local food bank.

Singer, songwriter and multi-instrumentalist Sean McCann is kicking off his Great Big Canadian Road Trip in Sudbury, Ont., and will be in Gimli in less than a few weeks' time to help raise funds for the Evergreen Basic Needs food bank.

Since leaving Great Big Sea in 2013 after a 20-year run, McCann has toured Canada as a solo performer and musical keynote speaker, engaging audiences in song and sharing stories of his past personal struggle with substance use.

Eschewing a tour in the United States given the instability and uncertainty created by U.S. president Donald Trump's tariffs and threats to make Canada America's 51st state, McCann has decided to keep his feet

on Canadian soil and celebrate our country's small towns and the making of real connections through the sharing of music and stories, as well as contribute where he can to the social fabric that holds Canadian communities together.

"I was born in a small town like Gimli. The last time I made this drive I was just 21 years old in a van with my friends (Great Big Sea). It was our first time out of Newfoundland and I remember being blown away by how GREAT and BIG this beautiful country was," said McCann by email. "I'm a little bit older now, but I want to find that feeling of awe and gratitude all over again."

Great Big Sea came to the fore in Canada in the mid-1990s. The band hit the top of the charts and earned several music awards with songs such as When I'm up (I Can't get Down), Sea of No Cares, Ordinary Day and Oh Yeah, the theme song of the Canadian hit television show *Republic of Doyle*. The band also covered folk songs and sea shanties.

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Sean McCann is donating 50 per cent of ticket sales for his Gimli show to Evergreen Basic Needs.

of Canada can offer is an important part of McCann's solo tour, and he wants to underscore the importance of Canadians standing strong and united in the face of the challenges to democracy that are well underway across the border.

"In light of recent threats from our formerly friendly neighbours, I feel it's extremely important now for every Canadian to UNITE and celebrate our sovereignty regardless of our po-

litical differences," he said. "Freedom is something we should never take for granted. What we are witnessing now in America is the downfall of a democracy due to division. If we love our country, we should do everything in our power to avoid the same fate."

Connected to the sense that Canada is facing an existential threat from its former best friend is a very real need

Continued on page 7



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> FESTIVAL OF THE ARTS, FROM PG. 3

huge supporter of the arts in our community. She did tons of fundraising," said Isfeld. "When she passed away, her family asked that the donations people wanted to make came to the Evergreen Festival of the Arts. Her family is now sponsoring a scholarship every year in her memory. It will allow a student to attend the International Music Camp at the Peace Garden. Lisa's husband Grant and her son Mitchell presented the first award this year."

The Evergreen Festival of the Arts' awards and scholarship winners for 2025 are as follows:

Band/Instrumental: Band Merit Awards (Sponsor: Evergreen Festival of the Arts) – Dr. George Johnson Middle School (DGJMS) and Winnipeg Beach School (WBS) Grade 7 Band, Gimli High School (GHS) Senior Band.

Orff: Best Performance in Orff (Sponsor: Evergreen Festival of the Arts) – DGJMS Grade 5 (Mr. Gibson's class), Certificate of Distinction – Sigurbjorg Stefansson Early School (SSES) Grade 3 (Mrs. Mager's class).

Piano: Best Performance in Beginner Piano (Sponsor: Romanna Klymkiw Music Studio) – Sella Johnson; Best Performance in Piano Gr. 1-3 (Sponsor: RM of Gimli) – Nate Borkowsky; Best Performance in Piano Gr. 4-6 (Sponsor: Evergreen Festival of the Arts) – Lucia Borkowsky; Best Performance in Piano Gr. 7 and up (Sponsor: Town of Winnipeg Beach) – Tessa Johnson, Johanna Wall.

Dance: Best Performance in School Dance (Sponsor: Riverton Friendship Centre) – Riverton Early Middle School (REMS) Grade 5 and 6; Best Performance in Dance, open (Sponsor: Evergreen Festival of the Arts) – Tenleigh Smolinski; Dance Scholarship (Sponsor: Kiwanis) – Paisley Abuda; FORM Dance Scholarship (Sponsor: Adjudicator Brynne Abgrall) – Kyra Borgfjord.

Speech: Best Performance in Speech K-4 (Sponsor: Minerva Ladies Aid) – Nate Borkowsky; Best Performance in Speech Gr. 5 and up (Sponsor: Baker Law Gimli & Riverton) – Lucia Borkowsky; Best Performance in Speech Choir (Sponsor: Rona Gimli & Rockwood) – SSES Grade 4 (Mrs. Braga's class).

Vocal/Choral: Best Vocal Performance 12 and under (Sponsor: Westshore Singers) – Lucy and Tilley Kilpatrick; Best Vocal Performance 13 and over (Sponsor: St. Michaels Catholic Women's League and receives Lillian Fridfinnson Scholarship) – Liubov Smyrnova.

Best Performance in Musical Theatre: (Sponsor: H.P. Tergesen & Sons) – Adalynn Tupper.

Best Performance in School Choir K-8: (Sponsor: Evergreen School Division) – WBS Grade 3.

Best Performance in School Group open: (Sponsor: Access Credit Union) – DGJMS Grade 5 and 6 Choir.



Evergreen Festival of the Arts Committee.

Best Performance in Contemporary (Sponsor: Aurora Peiluck) – Adalynn Tupper.

Certificate of Distinction – Elin Isfeld and Malakai Pelletier.

Best Overall Performance (Sponsor: Kiwanis) – Liubov Smyrnova.

IMC [International Music Camp] Scholarship (Sponsor: Riverton Elks) – Tenleigh Smolinski.

Lisa Baker Memorial Scholarship – Adalynn Tupper.

Johannes Palsson Memorial Scholarship – Tessa Barkman.

Lilja Martin Memorial Scholarships – Nate Borkowsky, Lucia Borkowsky, Tessa Barkman.

Lillian Fridfinnson Scholarship – Liubov Smyrnova.

Trophy Class participants were Sella Johnson, Nate Borkowsky (poetry and piano), Tessa Barkman, Tenleigh Smolinski, Lucia Borkowsky (piano, speech and vocal), Lucy and Tilley Kilpatrick, Liubov Smyrnova and Adalynn Tupper.

The Evergreen festival is a non-profit organization that's funded by the money it receives from registration fees, sponsors and scholarship funds. The festival has to pay its adjudicators, including their accommodation costs if they have to travel and stay overnight.

"A big thanks to our sponsors. We couldn't do this without them because we have a volunteer committee. Everything is basically funded by our sponsors," said Isfeld. "The Evergreen School Division is one of our biggest sponsors; they provide all the busing of the school kids. Busing is very expensive. If the division didn't do that, we couldn't run

this festival at all. The division also provides some venues for the festival and that saves us money. In addition to the division, some community organizations donate a venue to us. For example, the Arborg-Bifrost Community Centre donated its hall for the dance portion of the festival, and the Waterfront Centre in Gimli let us use Johnson Hall for two days and an evening. That's a huge cost saving for us. Our local churches also donate venues."

To help students attend the International Music Camp, the Riverton Elks provides \$1,000 every year to the festival to send a youth to the camp, said Isfeld, who had competed in the festival when she was young and also attended the music camp.

Core sponsors of the festival were Access Credit Union, Baker Law Gimli & Riverton, Evergreen School Division, H.P. Tergesen & Sons, Lilja Martin Scholarship, Riverton Elks, the Lisa Baker Memorial Scholarship, Riverton Friendship Centre, RONA Gimli and Rockwood, Johannes Paulson Scholarship and the Betel Waterfront Centre.

Community donors were the Arborg-Bifrost Community Centre, Aurora Peiluck, Gimli Lutheran Church, Kiwanis Club of Gimli, Lakeview Hotel Gimli, Lillian Fridfinnson Family, Riverton Lutheran Church, RM of Gimli, Romanna Klymkiw Music Studio, St. Michael's Catholic Women's League, Town of Winnipeg Beach, Westshore Singers, Minerva Ladies Aid and Sobey's Gimli.

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MPI to offer condensed Driver Z courses this summer

By Annaliese Meier

Manitoba Public Insurance (MPI) is giving more young drivers the chance to hit the road safely this summer by offering condensed versions of its Driver Z high school program in several communities.

The new five-week course format — available in select locations across Manitoba in July and August — will allow students to complete training in less than half the time of the regular 12-week program. The condensed offering is in response to high demand and is expected to expand access to the popular driver education initiative.

“We are able to offer this alternative in the summer months as students are off school and able to participate during the day,” said Maria Campos, MPI’s vice-president and chief customer and product officer. “This

makes it possible to cover all the course content and ensure they have the necessary training to be safe drivers on our roadways.”

Driver Z combines online learning, virtual and in-person classroom instruction and in-car driving lessons to equip students with the knowledge and skills to reduce risk and avoid collisions.

The summer version will include two weeks of virtual classes followed by three weeks of in-car instruction. Students must attend all sessions with no exceptions.

“Students will need to diligently complete the lessons, study for the knowledge test and practise driving with their co-pilots to be successful,” Campos added.

Courses will be offered in the following locations:

July: Arborg, Beausejour, Brandon,

Portage la Prairie, Steinbach, Winkler, Winnipeg

August: Brandon, Steinbach, The Pas, Winkler, Winnipeg

Registration opens May 28 at 8 a.m., with a full listing of courses to be published on MPI’s website May 23. Students are advised to visit an Autopac agent or MPI service centre ahead of time to become set up as a customer and purchase the Driver Z service, which will make phone or in-person registration faster.

“We have doubled our student capacity from last year and look forward to continuing to expand how many students we can accommodate,” said Campos. “We are hiring new driving instructors and introducing innovative ways to offer Driver Z to Manitobans, like this condensed summer program.”

IIU wraps investigation into officer-involved shooting near Gypsumville

No charges authorized after RCMP arrest left man injured

By Annaliese Meier

The Independent Investigation Unit of Manitoba has concluded its probe into an RCMP-involved shooting that left a man injured near Gypsumville in October.

According to the IIU, the incident took place around 12:28 p.m. on Oct. 24, 2024, after RCMP officers on patrol attempted to stop a vehicle reported stolen from Thompson. The vehicle

fled, prompting a short pursuit.

Police say a man exited the stolen vehicle holding what was believed to be a weapon and attempted to carjack a stopped vehicle. An officer discharged their firearm, striking the man.

Despite being shot, the man drove off in the second vehicle but soon went into a ditch. He was arrested and treated with emergency first aid by officers until paramedics arrived. He was later airlifted to the Health Sciences Centre in Winnipeg and subsequently released into police custody.

As the incident involved serious injury during an arrest, the IIU took

over the investigation in accordance with Section 65(4) of the Police Services Act.

One subject officer and two witness officers were designated, and statements were collected from eight civilian witnesses.

After reviewing the circumstances, the IIU’s civilian director determined that no charges would be laid. The investigation is now closed.

The civilian director’s full report will be released once related charges against the affected person are resolved in court.

The IIU first announced details of the investigation on Oct. 25, 2024.

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Ashern LUD outlines 2025 service plan priorities

By E Antonio

The Local Urban District of Ashern presented its 2025 service plan to members of the RM of West Interlake council on April 28, outlining budget allocations, service goals and key priorities for the coming year.

Chief administrative officer Gary Campbell said the plan reflects the LUD committee's commitment to meeting the needs of a growing community.

"It is the LUD committee's mission to enhance the quality of life for everyone living here," he said.

Among the top priorities is maintaining current service levels and upgrading equipment. One major expense this year is a \$16,000 repair to the LUD's garbage truck after its

motor failed. The repair is expected to extend the truck's lifespan to 2030.

In addition, a new skid steer valued at \$89,600 — purchased in 2024 — will be officially paid for in the 2025 budget. Campbell said the machine will play a key role in clearing snow from public spaces including school grounds, sidewalks, parking lots and curb lanes along Main Street.

Although Manitoba Infrastructure is responsible for plowing Main Street, Campbell noted that provincial crews are not always able to service the area in a timely fashion.

"We want to be able to enable our resources to clear up the snow a little before Manitoba Infrastructure can get there," he said.

The LUD had previously explored the option of contracting out snow removal, but the cost proved too high. Instead, investing in their own equipment offered a more efficient and economical solution.

LUD committee member Trevor Emilson said one of the biggest challenges last year was finding snow-clearing contractors who could meet insurance requirements.

"It has made it infeasible for local contractors to bid on the job and has left us scrambling for help keeping our sidewalks clean," he said. That challenge ultimately influenced the decision to purchase the skid steer for use by public works staff.

ADDITIONAL HIGHLIGHTS FROM THE LUD'S 2025 PLAN INCLUDE:

- \$12,000 to complete Phase III of Railway Park, which includes landscaping, finishing the wetland area with a walking path, improving accessibility to the amphitheatre from the pavilion and installing storybook boards for children.
- \$20,000 to upgrade electrical service at Sharptail Park, replacing 15-amp outlets with 30-amp service.
- A reduced mill rate from 8.051 to 7.521.
- Continued use of a single reserve fund, which fully covered costs for the skid steer, Railway Park upgrades and Sharptail Park improvements.

> GREAT BIG SEA'S SEAN MCCANN, FROM PG. 4

for Canadians to come together to support one another through tough times and not lose sight of the social values that make the country stand out on the world stage.

That's why McCann said he wants to give back to local charities in some of the centres he'll be playing.

"What's happening now politically has made us painfully aware that we really need to become more self-reliant as a country. I believe we become less vulnerable when we make the effort to help each other out and that is exactly the work the good people of EVERGREEN BASIC NEEDS do every day," said McCann. "A chain is only as strong as its weakest link so we have to keep looking after each other, especially now when times are hard. Helping neighbours is a VERY Canadian thing to do."

To that end, McCann will be donating 50 per cent of every ticket sale for the Gimli show to support the food bank, he said. And larger donations would also be "greatly appreciated" from those who can afford to do so.

As well as supporting local communities through some fundraising activities during the tour, McCann also has encouraging words for those struggling with personal crises or anxiety about the high cost of living, the environment and the current political climate. He'd encourage people to try to remain positive and remember that there's always hope if one keeps trying.

"I have learned that we cannot defeat anger with anger. The only weapon that works against anger is LOVE," said McCann who has shared his struggles with childhood abuse and alcoholism in a memoir titled *One Good Reason: A Memoir of Addic-*

tion and Recovery, Music and Love that he co-wrote with his wife Andrea. "I personally take great comfort in putting my phone down and taking long walks outside with my dogs."

McCann was awarded the Order of Canada in 2019 for his mental health, addiction and recovery advocacy efforts.

The Rural Municipality of Gimli's tourism clerk Allan Sulyma, who brings musical events to Gimli and co-ordinates a host of other local events such as fundraising walks, farmers' markets and a car show, is working with McCann on the set up of his show at the Pavilion in Gimli Park.

Sulyma said he and McCann discussed partnering with a non-profit organization and it was suggested that EBN's food bank clients would greatly benefit from funding support.

"I know Evergreen Basic Needs is struggling to keep up with the demand for food bank services with the cost of food going up and with more and more people are relying on it, so I thought it'd be a perfect partnership," said Sulyma.

He said he also reached out to local sound engineer Alan Norris-Elye, whom the RM uses for its local shows, and Norris-Elye will be "donating his time and equipment" to McCann's show.

Evergreen Basic Needs executive director Karen Bowman said the food bank is so grateful to McCann for his generosity as client numbers continue to accelerate.

"Sean's generosity in sharing his time and talent with Evergreen Basic Needs is very much appreciated. Proceeds from the concert will be used to help keep our shelves stocked as the

number of people we serve in our communities continues to increase at a staggering pace," said Bowman. "We look forward to welcoming Sean to Gimli as he brings his stories and songs across the country."

McCann has currently secured concert dates in Ontario, the Prairies and British Columbia, but not all of his cross-Canada dates have been announced.

"Momentum is still building. Lots

of cool Canadian places yet to play," he said. "I will be in the Maritimes and Quebec in the fall to finish up the tour."

To order tickets for McCann's Gimli show, visit seanmccannsings.com and click on the link under the Gimli concert date of May 27.

Concert-goers can also get a link to tickets through Evergreen Basic Needs' Facebook page and through the RM of Gimli's Facebook page.



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**EFFICIENCY
MANITOBA**

Annual fishing derby reels in family fun and community spirit

By Emma McGill

Anglers of all ages will cast their lines for a good time next month at the annual Family Fun Fishing Derby at Norris Lake.

Hosted by the Teulon Game and Fish Association, the derby will take place Saturday, June 7 on the main beach at Norris Lake. The family-friendly event encourages safe and responsible fishing practices while bringing the community together to enjoy Manitoba's great outdoors.

Registration opens at 10 a.m. and runs until 11 a.m., with fishing set to begin immediately and continue until 3 p.m. Entry fees are \$10 for members, \$20 for non-members and \$5 for youth.

The club has spent the past few years making substantial improvements to the lake and beach area, including installing new equipment and beautify-

ing the site for public enjoyment.

"I'd like to see some new kids come out. That would be the most exciting thing for me this year," said Debbie Coverdale, a longtime Teulon Game and Fish member and part of the small but dedicated committee behind the initiative.

Last year's derby saw 50 kids register, and each received a lifejacket. This year, the first 50 kids to register will receive a free plastic tackle box stocked with fishing lures — thanks to community donations and non-profit club funds.

In total, Game and Fish has contributed more than \$20,000 to upgrades at Norris Lake. Improvements include a new boat launch, floating dock, sand delivery, 10 new picnic tables, fire pits with cement bases, a new aeration system pump and repairs to a collapsing bathroom wall. While some

materials were supplied by the government, most of the labour was done by Coverdale, her husband and other volunteers.

"We're really trying to give back and trying to promote this lovely little gem of a lake that we have," said Coverdale. "We're so lucky that we have what we have here in Manitoba."

The derby has grown significantly since its early days at Lake St. George, when just a few children attended. Now hosted at Norris Lake's main beach, the event is expected to draw even more families from across the region.

This year's event also features a special guest: Interlake-Gimli MLA Trevor King is scheduled to attend around 3 p.m. to speak about the importance of the lake to the local community.

"I've known Trevor for a long time,"

said Coverdale. "So I know he'll do a good job."

Food will be available throughout the day. Kids will receive a hot dog and juice box with their registration, and additional hot dogs, hamburgers and drinks will be available for purchase. Event-goers can also buy raffle tickets or sign up for a club membership.

Registration runs from 10 to 11 a.m., with the derby continuing until 3 p.m. Tickets are \$10 for club members, \$20 for non-members and \$5 for youth.

Club volunteers have been cleaning the beach and preparing the site ahead of the event.

"The guys have been working diligently to get everything there," said Coverdale.

"I'm interested to see what the reaction of the people there for the cleanup will be."

Community Support Service

A.A Meeting in Ashern

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

AA Arborg

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

AA Eriksdale

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

AA Winnipeg Beach

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

Gimli Group AA

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

Al-Anon

Gimli and Winnipeg Beach

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

AA Riverton Group

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

> CELIAC DISEASE, FROM PG. 2

was suggested that things started to make sense."

Celiac disease causes the body's immune system to attack the small intestine when gluten — a protein found in wheat, barley and rye — is consumed. The resulting inflammation damages the intestinal lining and interferes with nutrient absorption, leading to symptoms that can range from stomach pain and brain fog to infertility, osteoporosis and neurological problems.

The only treatment is a strict, lifelong gluten-free diet, and even trace amounts of gluten — such as crumbs from shared cutting boards or toasters — can be enough to cause damage.

"When I was diagnosed and started the diet, it was honestly a relief," Lukawy said. "I finally had energy again. The headaches, the joint pain — it all started to go away. Giving up favourite foods wasn't easy, but feeling better made it worth it."

Navigating life with celiac disease, however, comes with daily challenges. Eating out, travelling or attending social events requires constant vigilance.

"You learn to ask questions and advocate for yourself. I always call ahead at restaurants and ask if they use a dedicated fryer, separate prep area or fresh gloves," said Lukawy. "I've learned to never assume that 'gluten-free' on a menu means 'safe for celiac.'"

Lukawy says the misconception that celiac is simply a dietary preference continues to be a major hurdle.

Gluten-free diets have risen in popularity, but for people with celiac disease, the consequences of cross-contamination or misinformation can be serious.

"People sometimes think you're being picky or dramatic," she said. "But this isn't a trend. Even a crumb of gluten can set off a severe reaction. For some people, that means days of illness."

The Manitoba Chapter of the Canadian Celiac Association is working hard to educate the public and support those newly diagnosed. The organization holds bimonthly support meetings, runs workshops and advocates for improved understanding of celiac disease across sectors, from health care to hospitality.

One of their newer initiatives, Kids' Corner, creates space for young children with celiac to learn about their diagnosis and connect with others who share their experience.

"When I was diagnosed as a kid, I felt very alone," said Lukawy. "Programs like this can make a huge difference — they show kids that they're not the only ones and help build confidence early on."

The June 7 walk and barbecue at Assiniboine Park will feature a short accessible walking route, a safe and certified gluten-free barbecue, children's activities and resource tables with information for the public. Everyone is encouraged to wear green — the official colour of celiac awareness.

The event caps off a month of advocacy that has included radio campaigns, public interviews and outreach efforts throughout Manitoba.

"Celiac Awareness Month is our chance to amplify real stories from real people," Lukawy said. "There are still so many who are undiagnosed or struggling silently. Awareness can change that."

She said it's especially important for restaurants, schools and workplaces to offer safe gluten-free options — not just for convenience but for inclusion and safety.

"Food is such a big part of how we connect and celebrate," she said. "When you can't participate safely, it's isolating. Having true gluten-free options available means we can be part of those moments without fear."

Above all, Lukawy hopes the walk and

barbecue sends a message: those with celiac disease deserve to be heard, respected and supported.

"To anyone living with celiac, especially those newly diagnosed: you're not alone, and you're not being 'too much' by asking questions or taking precautions," she said. "You're taking care of yourself — and you deserve to feel safe."

For more information about the June 7 Walk-a-thon and BBQ, or to learn more about the Canadian Celiac Association — Manitoba Chapter's support programs, visit www.manitobaceliac.com or email manitobaccachapter@gmail.com.

"WHEN YOU CAN'T PARTICIPATE SAFELY, IT'S ISOLATING."

Gimli hires two interim CAOs after senior staff turnover

By Patricia Barrett

The RM of Gimli appointed two interim chief administrative officers to replace an interim CAO who had stepped in to cover for the loss of the RM's most recent CAO, Trilbee Stirling-Kattler.

The RM hired Valorie Unrau and Ernie Epp as interim CAOs. Epp will fill in as interim CAO when Unrau is absent, according to the RM's administration webpage.

Stirling-Kattler had resigned earlier this year after serving about three months on the job, and assistant CAO Kelly Cosgrove had stepped in to act as interim CAO. The RM's manager of community engagement, Christine Payne, assumed the interim assistant CAO position.

Cosgrove has now returned to her regular position as assistant CAO and Payne has resumed her position as community engagement manager.

The RM has seen an unprecedented turnover in senior management staff since the municipal election and new iteration of council in 2022.



EXPRESS FILE PHOTO BY PATRICIA BARRETT

Gimli's wastewater treatment plant shown in 2022. The RM is borrowing \$6 million to pay for the expansion.

OTHER COUNCIL NEWS:

- Council authorized first reading on April 30 of Bylaw No. 25-0001 — which will amend By-Law No. 17-0003 — for the expansion of the Gimli wastewater treatment plant and sludge management system.

The RM intends to borrow \$6 million from the Province of Manitoba for a 20-year period at 4.925 per cent. The RM's annual payment will be about \$478,398 until 2044.

"The wastewater treatment plant (WWTP) expansion project, initiated in 2017 and completed in 2024, aimed to enhance the capacity for wastewater treatment. By-Law 25-0001, an amendment to the 2017 By-Law 17-0003, was introduced at the April 23rd meeting for its first reading," said Payne on behalf of council. "Part of the expansion was to develop drying beds out at the RM of Gimli's waste disposal grounds for the sludge we produce at the sewage plant, then the sludge will eventually be land-applied. All this work is completed."

All work related to the sludge-management system has also been completed, she added.

The RM issued a payment of \$19,897.50 to Ocean Chemicals for the purchase of polymer that's used at the wastewater treatment plant.

- The RM posted minutes from the Gimli Community Development Corporation under its April 23 agenda, allowing the public access to the corporation's business matters.

The minutes from Feb. 19 show the

RM paying a \$60,455.66 invoice for the CDC.

The RM had taken over the management of the CDC after the corporation's financial losses came to light last year and after the RM's rejection of the CDC's proposed strategic plan.

"The \$60,455.66 invoice includes items from the AP reports in 2024 that the RM paid on behalf of the CDC after taking over its management. These are now part general operating budget with the use of the CDC funds," said Payne.

CDC board member and Gimli councillor Kurt Reichert declared a conflict regarding the authorization of the payment.

"The conflict arose because the invoice included a payment of \$224 to Reichert Auto for work performed on a public works vehicle," said Payne.

- The RM issued a notice on May 8 banning all fires and backcountry travel in the municipality.

The Level 1 fire restriction is necessary because of a lack of precipitation and high temperatures, and the need to protect public safety and prevent wildfires.

"Due to ongoing dry conditions, lack of significant precipitation and increasing temperatures, the fire danger remains extremely high," states the notice.

The following restrictions are now in effect:

All fires are strictly prohibited, including recreational, agricultural, commercial and other; all motorized backcountry travel is banned at all times, including ATVs and

other off-road vehicles; and all fire permits are suspended.

- The RM issued a payment to Barteaux Labour & Employment Lawyers from Halifax in the amount of \$6,331.50.

The RM had paid \$13,104 to Barteaux in March, with Payne saying at that time that the matter falls under client-solicitor privilege and the RM, therefore, cannot disclose details.

- Council authorized a \$500 payment to the Western Canadian Blind Golf Championship.

Payne said council supported the payment because the event will be held in Gimli (July 7-9), which will promote local tourism and community engagement.

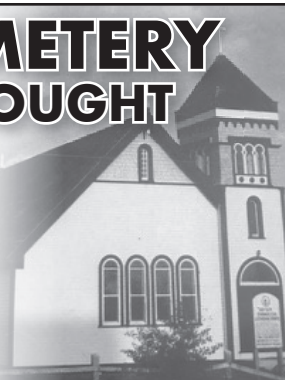
- The RM made two general payables documents — payables provide details of RM payments made to businesses and individuals — publicly available under its April 23 agenda, but an additional three general payables documents are not publicly accessible.

"Due to privacy laws and the sensitive nature of certain matters, we cannot disclose specific details," said Payne. "This ensures compliance with municipal regulations and protects confidential information."

GEYSIR CEMETERY DONATIONS SOUGHT

We are seeking donations for the 2025 grass cutting season. Please help keep our cemetery maintained by sending a cheque payable to:

Geysir Cemetery Fund
Box 796, Arborg, Mb, R0C0A0



Matlock Recreation Club

ANNUAL GENERAL MEETING

Sunday, June 1

1 - 3 p.m.

77 Matlock Road

Nominations and election of:

Vice-President, Secretary and Delegates

Refreshments will be served after the meeting.

Gimli Pride Festival gets go-ahead from council, participation expected to increase

By Patricia Barrett

The organizers of Gimli's upcoming Pride festivities are expecting an increase in the number of people taking part in the event and have asked the municipality for more street space in order to accommodate the walk this year.

The Gimli Pride Committee asked Gimli council to approve a plan to paint rainbows at the bandstand at Gimli Harbour and at Centre Street and Fourth Avenue, raise the Pride flag on Gimli Beach during opening ceremonies and close Centre Street from the bandstand to Fourth Avenue for about an hour for the Pride Walk.

Pride committee member Teri Nicholson said council approved all the committee's requests at its April 23 meeting.

The pride committee is expecting even more people to attend the celebration this year and they're going to

need more asphalt.

"The reason we applied for having Centre Street closed from the bandstand to Fourth Avenue is because the crowd has grown each year and last year we no longer fit on the sidewalk," said Nicholson. "We expect it to grow again this year."

Gimli Sobey's donated 102 cupcakes to the event last year and they ran out, she added.

Gimli Pride began in 2018 to celebrate diversity in the community and features a solidarity walk with messages of unity and peace, the raising of a pride flag on Gimli Beach, the painting of rainbows at designated locations and special events such as art, music and entertainment hosted by local businesses. The event is also sponsored by numerous local businesses and organizations such as the Manitoba Pride Alliance.

Working in conjunction with the



PHOTO COURTESY OF TERI NICHOLSON

Gimli Pride organizers are preparing for a larger turnout at this year's celebration, which includes a solidarity walk, live music, rainbow displays and the raising of the Pride flag at Gimli Beach.

festival, the municipality's tourism department booked area musician Shandra Levreault & Happy Endings to play the Harbour Stage on Satur-

day at 7:30 p.m.

For more information about Gimli's Pride celebration, visit pridegimli.com

Manitoba RCMP make two arson arrests following wildfires

By Annaliese Meier

The Manitoba RCMP is reminding the public to be aware of burning restrictions in effect across many municipalities and warns that officers will arrest and charge individuals who choose to ignore fire bans.

RCMP have already made two arson arrests in connection with recent wildfires.

On May 7, a 55-year-old man from Lake Manitoba First Nation was charged with arson after a controlled burn he started quickly got out of control, sparking a wildfire that spread over more than 200 acres.

That same day, a 46-year-old man from Fort Alexander was also charged with arson after his controlled burn led to damage to a residence and the destruction of a shed.

"These fires could have been prevented and should not have been started. Lives and communities are being put at risk," said Cpl. Mélanie Roussel of the Manitoba RCMP. "Our officers will strictly enforce all laws related to burning restrictions that are in place across the province; this is for the safety of all Manitobans."

A list of municipalities with current burning restrictions is available at



EXPRESS PHOTO SUBMITTED

Flames engulf a shed following an out-of-control burn in Fort Alexander on May 7. A 46-year-old man was charged with arson after the fire spread and caused property damage.

www.gov.mb.ca/wildfire/burn_conditions.html

RCMP say they are working closely with Manitoba's Emergency Man-

agement Organization, the Manitoba Wildfire Service and the Office of the Fire Commissioner.

Longtime Gimli nurse highlighted in National Nursing Week

By Jennifer McFee

What would Julie Kumps do?

Melissa Campbell often asks herself this question when facing a difficult nursing situation or breaching a difficult topic with a patient.

Both registered nurses, Kumps and Campbell work together at Gimli's hospital.

"Julie Kumps is in inspiration to all who come into contact with her in the chemo unit at Gimli Hospital. Her care and concern go far beyond full-time hours that she has maintained for the past 40-plus years," Campbell said.

"She is so compassionate, gentle and personable to all the patients under her care. She is genuinely invested in

advocating for the best course of individual care, unique to each patient."

Kumps is able to have difficult conversations with patients with ease and compassion, while also assisting patients and their families with navigating the intricacies of their personal cancer journey.

"She is a source of information and assists other staff readily with her vast knowledge. She is always willing to assist in any way and always with a smile on her face," Campbell said.

"She is dedicated, hard-working and a source of inspiration to other co-workers."

At the same time, Kumps said she feels grateful and humbled by Campbell's kind comments.

"Melissa and all of my co-workers really contribute to the daily enjoyment of my job," she said.

"I have worked at the Gimli Community Health Centre in the chemotherapy department, in the ER and on the ward for the past 45 years and do not view this as a job but as a wonderful way to serve my community."

National Nursing Week runs from May 12 to 18 with the theme "The Power of Nurses to Transform Health." It's an ideal opportunity to recognize and celebrate the hard work and dedication of nurses in your community and beyond.

Other noteworthy dates include Indigenous Nurses Day and International Nurses Day on May 12 as well



PHOTO SUBMITTED

Julie Kumps is celebrated for more than 45 years of nursing care at Gimli Community Health Centre during National Nursing Week.

Student Nurses Day on May 14.

Arborg's Riverdale Place Workshop holding 50th anniversary celebration this Friday

By Patricia Barrett

Arborg's Riverdale Place Workshop will be celebrating 50 years of providing outstanding care and employment opportunities to adults with intellectual challenges with an anniversary party this Friday.

The workshop opened on May 14, 1975, and continues its legacy of care, compassion and the provision of meaningful activities for adults from Arborg and surrounding communities.

Workshop manager Alex Janower has been with the not-for-profit organization for 38 years and is proud of the work the staff and the board have achieved.

"I feel proud of the staff and our board and the services we provide to participants with disabilities," said Janower. "The participants, the staff and the workshop is like a second family to me."

The workshop provides vocational training, employment and socialization to adults with intellectual challenges. Participants live in the Arborg area and in neighbouring communities such as Fisher Branch and Poplarfield. They take part in workforce activities and earn a small monthly income. They can also take part in music, dancing, craft-making and

community activities.

Some participants are employed in the workshop's recycling program, which serves Arborg, Riverton and parts of the Municipality of Bifrost-Riverton. Its environmental stewardship efforts earned the workshop a Sustainability in Pollution Prevention Award from the provincial government in 2017. In 2023, the workshop diverted over 235,000 kilograms of recyclables from the landfill.

Janower shared a brief history of the workshop with the *Express*. Its primary founders were the Johnston and Tergesen families from Arborg and the Andriesbyn family from Fisher Branch whose sons benefited from social activities and employment. Lorne Johnson had named the workshop Riverdale.

"The Smolinski and Melnychuk families also were importantly involved to help their daughters attend the workshop and have a routine, socializing and care provided," said Janower.

The workshop's board is made up of chair Norma Smolinski, vice-chair Lorne Gislason, secretary Sylvia Gislason and members Susan Hudson, Val Klym, Allan Sigurdson and Larry Speiss, all of whom Janower calls "caring volunteers." And the staff at



EXPRESS FILE PHOTO BY PATRICIA BARRETT

Arborg's Riverdale Place Workshop raised money in 2018 to purchase a van to take clients on social outings. Shown here are workshop manager Alex Janower (fifth from left), staff members and a number of workshop participants.

the workshop are integral to its success.

"The board has been very helpful when sometimes very difficult decisions need to be made," said Janower. "The workshop appreciates the caring and good work of the staff that help the organization operate efficiently."

In addition to Janower, staff mem-

bers are Sara Reimer (bookkeeper), Susie Johnson, Willma Memoracion, Marla Gislason, Jody Markham, Rob Truthwaite, Jeff Fuz and Shirley Jonasson.

Janower said the workshop can accommodate more adult participants in its program and encourages people

Continued on page 12

Lemonade Stands for Hope return to Manitoba this summer

By Annaliese Meier

A Manitoba-made summer tradition is pouring back into communities with purpose.

Lemonade Stands for Hope returns July 18–20, and Manitobans are invited to host lemonade stands in support of those affected by cancer. Stands can also be set up anytime throughout the summer, making it easy for participants to choose a date that works best for them.

Organized by CancerCare Manitoba Foundation, the initiative raises vital funds for local cancer research, treatment and essential emotional and physical support programs. But beyond fundraising, it fosters a strong sense of community connection and purpose.

By hosting a stand, participants help build awareness and show solidarity with friends, family and neighbours touched by cancer. It's a meaningful opportunity for individuals, families and community groups to come together, take action and make a positive impact in a simple hands-on way.

Setting up a stand is straightforward. After registering online, participants receive a free lemonade



PHOTO SUBMITTED

Lemonade Stands for Hope invites Manitobans of all ages to host stands this summer in support of local cancer care, research and support services.

stand kit, complete with signage and supplies. Kits are available for pickup or can be mailed to those living more than 30 kilometres from Winnipeg.

Each cup poured contributes to a province-wide effort to improve cancer care and support services for Manitobans. It's a small gesture that carries lasting significance for those navigating a cancer diagnosis and for

the wider community rallying behind them.

How to get started:

- Register your lemonade stand
- Pick up or request your free kit
- Choose a date, spread the word and start fundraising

Lemonade Stands for Hope is a fun, accessible way for people of all ages

to get involved and give back. Every stand counts — and every dollar raised brings hope closer to home.

To register or learn more, visit: lemonadeforhope.ca or call 204-784-2777 to learn more. There are fun social media templates and other tools to help you promote online.

Interlake students make waves in watershed competition

By Jennifer McFee

A recent watershed-focused contest not only showcased students' environmental initiatives, it also showed that the world is in good hands with the next eco-minded generation.

On Saturday, April 26, the Top 10 finalists in the Caring for Our Watersheds contest gathered at the newly renovated Wetland Discovery Centre at Oak Hammock Marsh.

Delivered in Manitoba in partnership with Ducks Unlimited Canada and Nutrien, the program invites students from Grade 7 to 12 to submit a proposal to answer one important question: "What can you do to improve your watershed?"

As part of the competition, participants need to research their local watershed, identify an environmental concern and come up with a project proposal to implement a realistic solution.

In total, 439 students from 21 Manitoba schools submitted 304 proposals for this year's competition. The Interlake was well represented in the Top 10, with finalists coming from Gimli, Selkirk and Warren, as well as from Winnipeg.

Kiera Schutz, a Grade 11 student at Warren Collegiate, was surprised to hear the news that she ranked among the Top 10.

"I'm in an environmental science class and our teacher had all of the students participate in this project. You had to create a project that was beneficial to your watershed, so I came up with my project called The Greener Cleaner," she said.

"It's a project that plans to implement eco-friendly cleaning supplies in my school and in the elementary school in my town. That would be Warren high school and Warren Elementary."

After submitting her project proposal, Kiera received an email a few weeks later telling her that she made it to the Top 10 out of the 304 entries from across Manitoba.

"I was really excited about that. That entailed that I had to go to a gala and present my project in front of a panel of judges. I was really nervous. I was the last to present out of all 10," she said.

"During the presentation, there was a time for questions from the judges. The judges let me know after my presentation that they really liked my responses to the questions and that they were really well thought out, so that was really nice to hear."

The four-person panel of community judges scored the students based on their environmental literacy, innovation, budget and inclusion of how their projects supports sustainable development goals. The judges' scores were then combined with the students' scores from the earlier round of judging.

In total, \$12,000 was awarded with cash prizes for the students and matching prizes for their schools starting with \$1,000 for first place. Nutrien, the contest sponsor, is also providing \$10,000 worth of funds to help contestants implement their projects.

To Kiera's surprise, the judges called her name as the second-place winner.

"It was really nerve-wracking, but once I was called, I was really excited," she said. "I get \$900 for myself, and my teacher gets \$900 for the environmental fund at our school. And a separate amount will be going towards my project to fund it."

First place went to students from Maples Met in Winnipeg for a project called Breathing Life into the Dead, which seeks to work with the City of Winnipeg to plant riparian plants around a storm pond and monitor the water quality.

Throughout the Interlake, other students also earned recognition for their environmental ideas.

From Lord Selkirk Regional Comprehensive Secondary School, Natalie got fourth place and \$700 for her project called Sustainable Flow: Redefining the Cycle, which focuses on educating students about more environmentally friendly period options.

Mackenzie got fifth place and \$600 for a project called Free with the Trees, which proposes to design a book to teach Grade 1 students about the importance of trees while also coordinating tree planting.

In addition, Lilja earned 8th place and \$400 for a project called Reduce, Reuse, Recycled Rubber, which aims



EXPRESS PHOTO SUBMITTED

Gimli High School students Malakai Pelletier, Vira Balaban, Beth Duret and Liuba earned seventh place and \$450 in the Caring for Our Watersheds contest for their tree-planting proposal, Project Zero: Bus-Loop Forest.

to recycle rubber gloves used at grocery stores.

From Gimli High School, a group of students from an environmental club — Malakai, Vira, Beth and Liuba — ranked seventh and earned \$450 for their proposal called Project Zero: Bus-Loop Forest. This project proposes to plant trees in the bus loop.

Manitoba program co-ordinator Kandra Forbes expressed appreciation for the students' efforts in the Caring for Our Watersheds contest, which operates in Canada, the United States and Argentina.

"Every year it is amazing to see the passion these students have for their communities and their local environment. Many see the effects firsthand when they recreate at Lake Winnipeg, so they are inspired to make a change," she said.

"Giving the students a platform where they can have adults listen to

their passion and ideas, as well as support their project financially, is key to building the next generation of leaders."

At the same time, Kiera expressed appreciation for teacher Amanda Dion, who encouraged the students to get involved.

"My teacher was super supportive," she said. "It was great to have her through the whole process."

And for Dion, she was filled with pride to watch her student excel with her idea.

"It was wonderful to watch Kiera mould her project into something that was practical and will make a measurable difference for the environment," Dion said.

"It's always incredible when the students become passionate about making an impact in their community. I am so proud of her."

> 50TH, FROM PG. 11

to reach out with questions.

Currently there are 13 people participating in the program.

The anniversary party is not only an opportunity to celebrate 50 years of

helping those with intellectual challenges but also an opportunity for people to view the operations of the workshop and find out if their loved one could benefit from taking part in the program.

"The workshop would like to invite parents to come to the [anniver-

sary event] with their son or daughter with intellectual disabilities to celebrate this occasion and to view the workshop," said Janower. "The workshop would like to increase their participants attending."

The anniversary event will include remarks from dignitaries such as In-

terlake-Gimli MLA Derek Johnson. Other dignitaries and representatives from the provincial department of families have also been invited. Refreshments will be served.

The workshop's 50th anniversary celebration takes place on Friday, May 16 starting at noon until 2 p.m.

Fires rage across Interlake amid severe dry conditions and widespread burn bans

By Emma McGill

High winds, dry weather and early-season heat are fuelling fire activity across Manitoba's Interlake region during Emergency Preparedness Week, pushing local fire departments to their limits and prompting full burn bans across multiple municipalities.

To the west, the Woodlands Fire Department responded to a major grass fire Thursday night on the far west side of the RM, which burned for more than 30 hours and consumed over 16 square miles of land.

"This fire was a good example of how quickly a fire can grow with the right conditions," the department said in a social media update.

Strong winds and marshland terrain helped the blaze spread rapidly. Firefighters from Woodlands were joined by crews from St. Laurent, Rosser and Portage la Prairie Professional Firefighters Local 1079, along with many community volunteers.

"Without the help of our mutual aid partners, we might still be out there," the post read.

Despite the fire's size, damage to farms and homes was minimal thanks to the swift and co-operative response — along with a bit of help from the weather.

Teulon Fire Department has responded to 14 calls in the past three weeks, nearly all of them grass fires. Conditions have made the fires especially hard to control, according to officials.

The South Interlake ATV Club has temporarily closed the Interlake Pioneer Trail to off-road vehicles to help

prevent new ignitions.

"We don't want anything to happen to all the communities and RMs in our area," said club chair Cam Goodman, citing both fire risk and trail maintenance concerns.

Virtually every Interlake municipality has issued a full burn ban prohibiting open-air fires. Many, including St. Andrews, have gone further by banning fireworks and motorized backcountry travel.

Jordan Nastiuk, director of municipal safety and head of the St. Andrews Fire Department, said the combination of hot temperatures, low precipitation and dry vegetation left over from last year has significantly increased the fire risk.

"We can educate people by informing them of impacts caused by wildfires — some of those we are witnessing this season across the province," said Nastiuk. "That includes the loss of homes and infrastructure, evacuations, financial strain and pressure on local fire resources."

Fire officials are urging residents to reduce fire hazards around their properties by keeping dead vegetation clear, properly storing firewood and never discarding cigarettes in potted plants or dry grass.

"The public has been great during the early stages of the ban," said Nastiuk. "We understand fire bans can be inconvenient and frustrating. The St. Andrews Fire Department appreciates the cooperation from our residents."

Several First Nations communities have also been hard hit. On May 4, a



wildfire broke out in Peguis First Nation, destroying at least one home, several outbuildings and forcing the evacuation of about 350 residents to Selkirk and Winnipeg. Another 60 residents stayed behind despite the dangers.

Doug Thomas, communications director for Peguis First Nation, de-

scribed a harrowing scene: "From my vantage, it looked like my house was burning because the smoke was thick, so I thought for sure these houses were burning."

The quick action of water bombers was credited with preventing further

Continued on page 16



EXPRESS PHOTOS SUBMITTED BY ARBORG BIFROST FIRE DEPARTMENT

Arborg-Bifrost firefighters responded to a grass fire May 4 that turned into a large bale fire, keeping the crew on scene for more than 15 hours. Just days earlier, on April 26, the department reported it had responded to its third wildland fire in less than 18 hours.



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Spring Home & Garden Guide



The many benefits of growing herbs at home

By Emma McGill

With summer-like warmth arriving early across much of Manitoba, gardeners are dusting off their tools and eyeing empty plots and planters with fresh purpose. One of the easiest and most rewarding ways to bring those spaces to life is by planting herbs.

Herbs offer a trifecta of benefits — they're practical, environmentally friendly and a delight for the senses.

In the Interlake, there are plenty of places to purchase these herbs while supporting local businesses.

One of these businesses is Jasperson's Greenhouse located on Highway 236 south of Stonewall.

Jasperson's has been in operation since the late 1980s and is run on the family farm, which has been around much longer. Bruce Jasperson, own-



Popular choices among customers include basil, cilantro, thyme and parsley, with many opting to dry and store them for use year-round.

er/operator, recommends planting



EXPRESS PHOTOS BY JO-ANNE PROCTER

Jasperson's Greenhouse owner Bruce Jasperson keeps the herbs hydrated as planting season begins.



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herbs at home once the frost breaks, usually in the middle of May.

Jasperson said the most popular herbs among customers include basil, cilantro, oregano, thyme and parsley. Other favourites grown are rosemary, mint, stevia and summer savoury.

There are many benefits to growing herbs at home. Aside from the likelihood of it being more cost effective, Jasperson shared that the best part about at-home herbs is "just the pure freshness of it." In addition, growing herbs is great for the environment and is likely healthier than anything pre-packaged.

Herbs are low maintenance and can be grown in a variety of ways — in garden beds, raised planters, outdoor pots or sunny windowsills. Some can even thrive indoors year-round with adequate lighting and warmth.

For those looking to extend the harvest, drying herbs is a simple way to

preserve their flavour and nutritional benefits.

"Many customers like to dry herbs themselves and keep them as stock for the winter months," Jasperson said. Whether hanging them upside down, using the oven or leaving them on a tray to dry, homegrown herbs can be stored in jars or bags and used later as garnishes, seasoning or even in natural remedies.

In addition to Jasperson's, Interlake residents can pick up plants at Prairie Flora (Teulon), All Farm Herbs (Stonewall), Friendly Flowers (Arborg), Interlake Garden Center (Winnipeg Beach), Sabados north of Lundo, Searle Greenhouses (East Selkirk) and Whispering Oaks (Argyle).

Whether you're cooking up a summer salad, sipping mint tea on the patio or stocking your pantry for the months ahead, herbs are a small addition that offer big rewards.



Spring Home & Garden Guide



Four ways to make the most of a small yard

If you have a small yard, landscaping can be a challenge. Here are four tips to help you maximize your space and create an outdoor oasis.

1. Furnish wisely

Multifunctional pieces are ideal for small areas. For example, a sturdy deck box can be used as both storage and seating. Modular furniture is another option, as it can easily be rearranged and adapted to suit awkward spaces.

2. Design vertically

Growing vines up a wall, fence or trellis is a great way to add greenery to your yard without using up a lot of floor space. You can also hang planters, string fairy lights, install a tree swing and store garden tools on hooks along the fence.

3. Use corners

Nooks and crannies have a lot of potential, so use them wisely. Increase your seating with a wooden



Standout annuals to elevate your garden

Annuals often feature abundant blooms that are positively eye-catching. While it's relatively easy to find low, medium-sized flowers, it can be difficult to get your hands on large, majestic ones. Here are four annuals that stand tall and proud.

1. Dahlia. Some varieties of this beautiful flower can grow up to two metres in height. However, it's best to stick to a single colour and find a type that doesn't grow taller than one-and-a-half metres.

2. Cosmos. This thin and delicate flower is available in beautiful pastels like white and pink. It'll wow your neighbours and attract butterflies and birds to your yard.

3. Cleome. This beautiful ball-shaped flower is often overlooked at greenhouses and nurseries because it rarely blooms at the start of spring. Give it a chance — you won't regret it.

4. Canna. This bulbous plant tends to bloom late in the season. Therefore, it's best to plant it indoors four to six weeks before the last frost. Better yet, you can buy dwarf varieties that fill out quickly.

Horticulturists and landscapers generally recommend limiting yourself to two or three colours and three or four species to maximize their visual impact.

corner bench or take advantage of an unusual angle to highlight a decorative piece such as a sculpture, shrub or fountain.

4. Create depth

If you have a narrow yard, opt for long, thin pavers rather than square ones to draw your eye toward the back of the yard. Alternatively, create

a winding path to make the space appear wider. Place plants with small, dark foliage at the rear of your garden, and choose red, orange and yellow flowers with big, bold leaves for the front.

Find everything you need to make the most of a small yard at your local garden centre and hardware store.

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Mother's Day Bazaar supports Gimli Betel recreation program



EXPRESS
PHOTOS
BY RAYME
THOMSON

Three generations took part in the 2nd Annual Mother's Day Bale Sale and Bazaar on Saturday, May 10 in support of the Gimli Betel Personal Care Home's recreation department. Far right photo: grandmother Wilma Anderson, granddaughter Brenna Rousseau and great-grandchildren Jessica and Bently MacIntosh. The event featured baking, crafts, gift items, plants and a quilt raffle.



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> FIRES RAGE, FROM PG. 13

damage. Fire Chief Shaun Spence praised the teamwork involved.

"We're out there battling this fire to save our homes, our community members' homes and to make sure our communities are safe," Spence said.

Chief Stan Bird said the state of emergency was lifted after the fire was brought under control and residents have begun returning home.

Amid extremely dry conditions and elevated wildfire danger, the Manitoba Wildfire Service is escalating its fire and travel restrictions to a full ban on all motorized backcountry travel starting Friday, May 9 at 8 a.m. in several high-risk regions.

THE UPGRADED RESTRICTIONS INCLUDE:

- A total ban on all motorized backcountry travel, including ATVs and off-road vehicles, at all times.
- A ban on open fires from 8 a.m. to 8 p.m. Fires are only permitted outside of those hours and must be con-

tained within approved campfire pits.

- All motorized travel to access remote cottages via forestry roads or trails will require a travel permit from the Department of Natural Resources and Indigenous Futures.

- Industrial and outfitter operations must consult with local departmental offices for site-specific requirements.

As an additional safety measure, all burn permits under the Wildfires Act are cancelled in the eastern and Interlake regions and will not be reissued until conditions improve. Burn permits for essential agricultural, municipal or industrial use may still be granted on a case-by-case basis and will require site inspections and strict compliance.

Failure to comply with restrictions could result in fines of up to \$100,000 under the Manitoba Wildfires Act.

Many rural municipalities have also issued their own burn bans this spring. Manitobans are encouraged to check with local authorities or view the provincial burning restrictions map at manitoba.ca/wildfire/burn_conditions.html.

For wildfire updates, maps and permit information, visit gov.mb.ca/wildfire or follow the Manitoba government on X (formerly Twitter).

To report a wildfire, call 911 or the province's toll-free TIP line at 1-800-782-0076.



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Gimli students raise over \$1,300 for coral reef restoration

By E Antonio

Gimli High School's Student Voices group raised \$1,314.75 — with donations still coming in — through a fundraiser held May 9 in support of global coral reef restoration.

More than 400 staff and students from Sigurbjorg Stefansson Early School, Dr. George Johnson Middle School and Gimli High School, along with community members, participated in a five-kilometre run — reduced to 2.5 kilometres for SSES — around Gimli.

Funds were raised for Coral Gardeners, an international organization committed to restoring coral reefs and mitigating the effects of climate



EXPRESS PHOTOS SUBMITTED

Students from Sigurbjorg Stefansson Early School joined the 5K fundraiser on May 9 in support of coral reef restoration.

change.

Grade 12 students Ava Michaluk and Vira Balaban organized the event on behalf of Student Voices, a group

supported by the Kiwanis Club of Gimli. The Kiwanis provide both financial and volunteer support to help make student-led initiatives possible.

"It was so surreal to see the event we'd had planned in our heads for so

many months actually happen," said Michaluk. "The encouragement, enthusiasm and pride everyone had for themselves and each other is something I will never forget."



Gimli High School's Student Voices group held a 5K fundraiser on May 9 in support of Coral Gardeners. Pictured are members of the Student Voices group.

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Your FARM



Teulon's Forest Mama getting people back to nature and branching out

By Patricia Barrett

A Teulon-based entrepreneur that specializes in making herbal beauty products and remedies is branching out with a new product line and continuing to attract buyers from across Canada.

Lisa Barnes, a wildcrafting herbalist, launched Forest Mama during the COVID-19 pandemic to help support her family through a tough economic time.

After treating her own children's colds and other ailments with natural ingredients, she realized the benefits of getting away from consumer products containing harsh industrial ingredients, additives, preservatives and chemical fragrances.

When she started offering her products to consumers, Forest Mama really took off and has been "amazing" since then.

"More and more people I talk to say they're wanting to get away from artificial fragrances, synthetic ingredients and preservatives," said Barnes. "I don't use any preservatives except natural preservatives such as honey and tallow, which are pretty shelf stable."

Barnes and her family head out to the forest to forage for plants, berries and mushrooms that she uses in a variety of her products that range from tinctures and creams to body butters and sprays. She forages for plants primarily in Manitoba but has gone to British Columbia for things such as mushrooms and other plants Manitoba doesn't have.

"My family and I forage for 95 per cent of the ingredients I use, and then I make all the products," she said. "I make elderberry products, body oils, magnesium sprays and a magnesium body butter that's good for minor aches and pains."

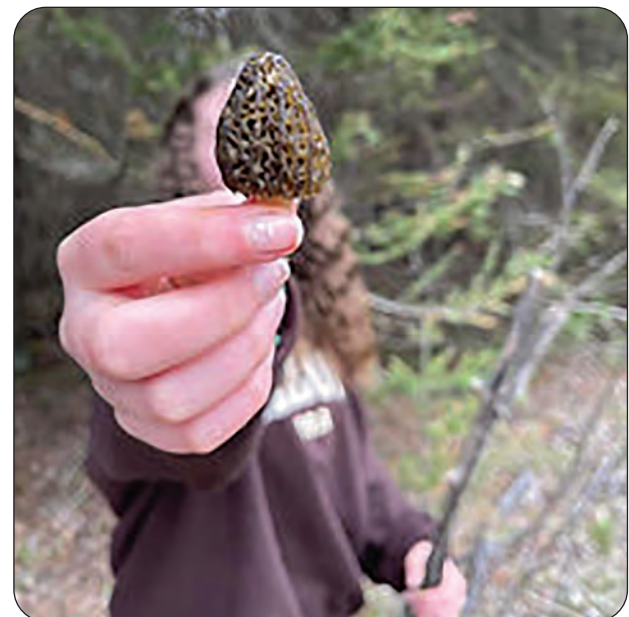
She said she's been working with herbs for 12



Lisa Barnes of Forest Mama makes beauty and healing products using foraged plants.

years and is primarily self-taught, but she has taken some courses.

And she's branching out with a line of products containing tallow, which is a fat derived from cattle and contains vitamins such as A, K, E and B12.



EXPRESS PHOTOS COURTESY OF FOREST MAMA
Foraging morel mushrooms.



Chanterelle mushrooms, yarrow
hysop and mullein.



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"I'm always making new products. Recently, I just released my tallow line. I've had a lot of people asking me to make it so I decided to come with this amazing skincare line."

Some of her tallow-containing products include the Cuts & Bruises Salve (for 13 years and older) to use on minor injuries to promote new cell growth and prevent infection. It contains tallow, coconut oil, wild plantain, comfrey and yarrow among other ingredients. The Cracked Hands & Feet Salve contains ingredients such as cocoa butter, tallow and peppermint.

"I'm in contact with a farm that has grass-fed cows and are only fed organic feed. I get the tallow from them. I render it down myself and add it in to my skin care products" she said. "It's a moisturizer and it also helps with skin issues such as acne, eczema

Continued on page 19

Your FARM



Farmers urged to be cautious near power lines after Hydro tower damaged

By Annaliese Meier

Manitoba Hydro is urging agricultural producers to use extra caution around overhead power lines and utility structures after several incidents involving farm equipment this spring — including one that brought down a high-voltage transmission tower.

The most serious incident occurred in the Interlake region last week when farm machinery made contact with Manitoba Hydro's Bipole 1 high-voltage direct current (HVDC) transmission line, toppling a tower. The tower was replaced and the line returned to service later in the week.

Other incidents involved damage to distribution poles near Russell and Oakville, causing localized outages. No injuries were reported in any of the incidents.

"While the HVDC line contact didn't affect electrical service, damage to overhead lines, poles and towers can cause outages that impact hospitals, emergency services and thousands of customers," Manitoba Hydro said in a statement.

The Crown utility is reminding farmers that modern agricultural equipment is larger than ever, increasing the risk of accidental contact with electrical infrastructure. In addition to causing service

disruptions, these incidents pose serious electrocution risks.

PRODUCERS ARE ADVISED TO:

- Know the height and width of their machinery.
- Apply for a clearance permit from Manitoba Hydro if equipment exceeds 4.8 metres in height.
- Maintain a minimum distance of three metres (10 feet) from overhead lines when operating equipment.
- Identify hazards before moving or operating machinery, stay alert and review safety procedures with all workers.
- Clearance permits for farm equipment are available online and remain valid for the entire growing season: hydro.mb.ca/service/permits/farm-equipment-clearance.

If contact with a power line occurs, producers should remain in the equipment and call 911. Emergency responders will work with Manitoba Hydro to secure the scene safely.

"Safety — yours and ours — is our top priority," the utility said.



EXPRESS PHOTO SUBMITTED

Hydro crews use cranes to safely rebuild a damaged transmission tower on the Bipole 1 line in Manitoba's Interlake region after it was brought down by farm equipment.

> FOREST MAMA, FROM PG. 18

and other skin conditions."

Studies suggest that tallow can help with moisturizing and hydrating the skin and has anti-inflammatory properties that can potentially improve skin conditions.

Barnes also makes Hibiscus Rose Whipped Face Tallow, Frankincense and Manuka Honey, Chamomile, and Vanilla Whipped Tallow.

She said a family member told her that the smell of the Vanilla Whipped Tallow "takes away her donut craving."

For those who burn the midnight oil, Barnes' Bye Bye Under Eye treatment can help reverse fine lines, bags or age spots. It contains hexane-free castor oil and organic frankincense essential oil. It can also be used as a topical pain reliever for conditions such as carpal tunnel.

Barnes said she ships her products to people across Canada, including Yukon, and has sent some orders to America. With U.S. president Donald Trump's tariff and annexation threats, though, she's unsure if that may affect her business in future.

"I don't know if I will be affected at all. I'm assuming that when I ship to

the U.S., it will cost a little more. But I'll eat that cost myself," she said.

Forest Mama's website encourages people to do their own research on products and advises that herbal products are not intended to cure, treat or prevent disease. If people have a specific medical condition or are pregnant or nursing, they should first speak to their doctor before taking any herbal product.

Barnes said people can also contact her if they have questions about her products.

"I know sometimes people find natural products a little overwhelming and don't know where to start," she said. "So they can contact me or message me on any of my social media sites."

People can place orders for Barnes' products via her online store. They can also check out her products in person in Teulon at Lori Benn Massage Therapy, in Selkirk at the Cozy Fox and in Winnipeg at CG Pure Wash on Ness Avenue.

Lisa Barnes can be contacted via social media sites, her website's contact form, by emailing forestmama204@gmail.com or calling 204-999-8724.

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Spring showcase



EXPRESS PHOTOS BY RAYME THOMSON

Dancers from the Gimli Barvinok Ukrainian Dancers Inc. performed during the group's annual spring concert on May 3 at Gimli High School. The event featured traditional Ukrainian folk dances and celebrated the club's young performers. This year's Barvinok Bursary recipients were Lilah and Parker.



Local farmers help crack hunger with egg donations

By E Antonio

Manitoba Egg Farmers (MEF) continue to step up to help Manitobans in need — including doubling their monthly egg donations to Harvest Manitoba.

Notre-Dame-de-Lourdes egg farmer and MEF vice-chair Don Gaultier is one of 170 egg farmers across the province who donate more than 43,000 eggs each month to help feed families.

“When someone needs a helping hand, we should be there to help fellow Manitobans,” said Gaultier.

A first-generation egg farmer, Gaultier and his family began harvesting eggs in 2013 and have grown to love the industry. Their hens live in enriched housing equipped with perches, nests and scratching areas, allowing them to exhibit natural behaviours.

The MEF slogan — “We are egg farmers. We love what we do.” — reflects how Gaultier feels about the work.

“It’s absolutely true,” he said. “We love producing a nice, wholesome and nutritious egg that is both tasty and sustainable. We’re fortunate eggs are one of the most affordable forms of protein.”

That affordability makes eggs an ideal food source for low-income families — high in protein, low in cost and highly versatile.

Since 2020, MEF has made regular donations to Harvest Manitoba. In 2025, they doubled their contribution to meet rising demand.

Gaultier said the decision to increase donations was unanimous.

“We wouldn’t be in business if Manitobans didn’t support us,” he said. “Giving back is woven into our culture, and with great outlets like Harvest Manitoba, it’s one way we can say thanks. Harvest does great work for the province, and the impact they make is huge.”

Harvest Manitoba is a charitable organization that collects 13 million pounds of food annually to distribute through more than 380 food banks and agencies. Each month, they feed more than 100,000 Manitobans — and that number continues to rise.

“This donation comes at a time when families need it most,” said Vince Barletta, president and CEO of Harvest Manitoba. “Eggs are one of our most requested items. They’re nutritious, versatile and bring joy to our clients. Thanks to



Don Gaultier and his wife, Shannon, operate their family egg farm in Notre-Dame-de-Lourdes.

Manitoba Egg Farmers, more families will find this welcome surprise in their hamper each month.”

Gaultier toured Harvest Manitoba’s facility this winter and volunteered by packing donated eggs into 12-packs. He said the experience was humbling.

“Being able to help those in need definitely made it a positive feel-good day for sure,” he said.

Harvest Manitoba is always in need of donations. To support the organization or get involved, visit www.harvestmanitoba.ca.



EXPRESS PHOTOS SUBMITTED

Notre-Dame-de-Lourdes egg farmer Don Gaultier, right, is among the 170 Manitoba Egg Farmers who now donate more than 43,000 eggs per month to Harvest Manitoba. Pictured with him is Harvest Manitoba president and CEO Vince Barletta.



Manitoba Egg producers board and volunteers, including egg farmer Don Gaultier, gathered at Harvest Manitoba to help pack thousands of eggs donated by Manitoba Egg Farmers.

Oak Hammock Marsh unveils new exhibits, event and conference centre

May 24 grand reopening features half-price admission, gifts for first 100 visitors

By E Antonio

Oak Hammock Marsh is ready for adventure with all-new exhibits, a reimagined café, a state-of-the-art theatre and a new conference and event centre.

The interpretive centre will reopen to the public on May 24 after closing for 18 months of renovations.

“It is going to be quite the fantastic experience,” said Jacques Bourgeois, marketing and communications coordinator at Oak Hammock Marsh. “We have done a complete overhaul of everything. We completely wiped all the exhibits and had a blank canvas to start from.”

The only remaining original feature is the entrance diorama, which received a major upgrade to include a day and night cycle and an ambient soundscape.

While the Harry J. Enns Wetland Discovery Centre at Oak Hammock Marsh was closed, staff offered limited school and outdoor programming. Education programs continued virtually or took place in the Willow Retreat, while outdoor trails and canoe and snowshoe rentals remained accessible to visitors.

As of April 28, full school programming has resumed, and on May 24, Oak Hammock Marsh will celebrate its grand reopening.

Over the weekend, admission will be half price for all visitors, and the first 100 guests on Saturday will receive a special gift from the Oak Hammock Marsh gift shop.

“We look forward to welcoming people back to the centre,” Bourgeois said.

The new interactive displays, multi-

dimensional exhibits and a floor-to-ceiling species wall all aim to capture the natural beauty of the wetlands. The centre now also incorporates Indigenous knowledge systems, with Métis artist Justine Proulx painting Indigenous animal teachers throughout the space for visitors to discover.

“We are thrilled to showcase all the new things Oak Hammock Marsh has to offer,” Bourgeois added.

In 2020, Oak Hammock Marsh received a \$1.5-million grant from the Manitoba government to renew its exhibits, on the condition that it raised an additional \$3 million.

Bourgeois said the aging exhibits were only part of the issue, with infrastructure problems including electrical wiring, plumbing and HVAC systems also needing attention.

“We thought, ‘What’s the point of having new exhibits if pipes might burst above them?’” he said.

What began as a \$4.5-million project quickly evolved into a \$25-million overhaul. Nearly 95 per cent of displays, exhibits and office supplies were sold or donated to keep materials out of the landfill.

“Sustainability is very important to us,” said Bourgeois, noting he was happy everything found a new home.

The Oak Hammock Marsh Café was modernized and continues to offer panoramic views of the marsh. The theatre now seats 118 and provides an immersive experience for educational programming and special events.

Another major addition is the conference and event centre on the second floor, located in the space formerly used by Ducks Unlimited Canada (DUC). The new facility includes a kitchen, bar and private deck space and can accommodate up to 150 people for seminars, weddings and other large gatherings.

With 90 per cent of DUC staff now working remotely, their former office spaces were transformed into rentable public rooms.



EXPRESS PHOTOS SUBMITTED

Oak Hammock Marsh will reopen to the public May 24 following an 18-month closure for major renovations. The Harry J. Enns Wetland Discovery Centre has been completely transformed, offering guests a new experience with interactive exhibits and immersive displays.



Thanks to new windows and energy-efficient systems, the remodelled building is now 50 per cent more efficient. Bourgeois said the upgrades have made Oak Hammock Marsh one of the most sustainable buildings in Manitoba.

The centre will be open daily from 10:30 a.m. to 4 p.m., with extended hours during fall migration. Oak Hammock Marsh is located at 1 Snow Goose Bay along Highway 220 between Stonewall and Selkirk.



get inspired

> MEAL IDEAS



Potato Salad

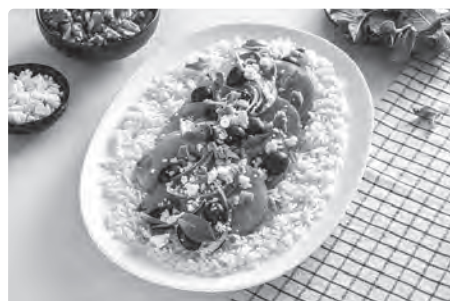
salt, to taste
pepper, to taste
smoked paprika, for garnish

Coarsely chop potatoes. In Dutch oven, boil until fork tender. Drain then add coarsely chopped eggs and pickles.

Add garlic powder, onion powder, bacon pieces, mayonnaise and mustard. Season with salt and pepper, to taste. Mix well.

Transfer to large bowl and refrigerate 1-2 hours. Garnish with smoked paprika.

Recipe courtesy of "Cookin' Savvy"
Servings: 4-6
3 pounds potatoes
4 boiled eggs, coarsely chopped
2 dill pickles
1 tablespoon garlic powder
1 tablespoon onion powder
1 package (2 1/2 ounces) real bacon pieces
2 cups mayonnaise
2 tablespoons mustard



Greek Beet and Watermelon Rice Salad

chopped, for garnish

Prepare rice according to package directions. Allow to cool completely.

In medium bowl, whisk oil, lemon juice, salt and pepper.

Add rice to bowl with dressing and stir to combine. Let stand 5 minutes.

Transfer rice to serving platter. Lay beet slices down one side of rice. Lay watermelon slices down opposite side. Top with feta, olives, red onion and mint. Garnish with walnuts.

Tips: Substitute capers for olives, if preferred.

To diminish "raw" flavor of onions, soak in ice water at least 5 minutes before using in recipe.

Use roasted, boiled, steamed or grilled beets.

Prep time: 15 minutes
Cook time: 10 minutes
Servings: 4
1 bag Success Jasmine Rice
1/4 cup olive oil
2 tablespoons lemon juice
1/4 teaspoon salt
1/4 teaspoon black pepper
1 cup thinly sliced, cooked golden beets
1 cup thinly sliced watermelon
1/4 cup feta cheese, crumbled
1/4 cup pitted black olives, halved
1/4 cup red onion, thinly sliced
1 tablespoon fresh mint, thinly sliced
2 tablespoons walnuts, toasted and



Spring Corn and Rice Salad

1/2 cup diced red onion
1/2 cup vinaigrette dressing
2 green onions, chopped
1/2 teaspoon salt
1/2 teaspoon black pepper

Prepare rice according to package directions. Allow to cool completely.

In medium bowl, combine corn, tomatoes, basil, red onions, vinaigrette and green onions. Fold in rice, salt and pepper.

Serve salad at room temperature or chilled.

Prep time: 5 minutes
Cook time: 10 minutes
Servings: 4
1 bag Success Basmati Rice
1 cup frozen corn, thawed
2 Roma tomatoes, seeded and diced
1/2 cup minced fresh basil

Avoid these training mistakes for better results

By Fitness Expert Julie Germaine Coram

One of the biggest challenges in getting into shape — and staying fit — is maintaining strong motivation, which often comes from seeing great results. If you're feeling frustrated with a lack of progress despite your efforts, you may be making one of these common training mistakes:

Changing your workout too often.

While variety is the spice of life, there's a lot to be said for repetition when it comes to resistance training and muscle development. My clients often experience only slight variations in their exercise programs over the first 12 weeks. This helps their bodies improve at the motions and allows for safely increasing the weight used.

Skipping progressive overload.

If this term is new to you, progressive overload refers to gradually using heavier weights to avoid training plateaus. This technique forces your body to grow stronger over time and is essential for long-term results.

Obsessing over the scale.

While tracking your weight can be helpful, there are many other — often more positive — ways to gauge success. Are you feeling more energetic? Are you lifting heavier? Is chronic pain reduced (not counting sore muscles from workouts, of course)? For women especially, body weight can fluctuate daily and throughout the month, so focusing solely on the scale often leads to unnecessary frustration.

Not pushing hard enough during workouts.

Imagine I'm right there with you. You're nearing 12 shoulder press reps, and I say, "10 more!" If you can do 10 more, then it's time to increase the weight. The ideal rep range for strength training is 8 to 12 reps



Fitness Expert Julie Germaine Coram

per set. More than that leans toward endurance training and won't help build muscle mass as effectively.

Working too hard.

This might seem contradictory, but sometimes more isn't better. Rest days are crucial for recovery and muscle repair. As you become more fit, your rest schedule and training intensity should adjust accordingly.

Let's banish training plateaus for good! Consider these suggestions to boost your progress. And if you're still stuck, reach out to me before you give up and slip into winter-couch-potato mode — summer's calling, my friend.

Want to chat about your nutrition, health goals or fitness struggles?

Schedule a free online consultation: www.calendly.com/juliegermaine

Coach Julie Germaine Coram is passionate about lifelong health. She's an active mom, Registered Personal Trainer, two-time Pro Fitness Champion, Certified Nutrition Expert and Fitness Specialist. Since 2005, she's helped thousands of people worldwide improve their health and well-being.



Easy Pasta Salad

2 tablespoons sugar
1/2 cup juice from bread butter pickles
1/4 cup balsamic vinegar
2 tablespoons mustard
salt, to taste
pepper, to taste

Cook pasta according to package instructions. Drain and place in large bowl. Add peas, carrots, ham, bacon pieces and cheese cubes.

In separate bowl, mix mayonnaise, sugar, pickle juice, vinegar and mustard. Season with salt and pepper, to taste. Pour mixture over pasta and mix well.

Refrigerate 1-2 hours before serving.

Recipe courtesy of "Cookin' Savvy"
Serving: 4-6

1 pound pasta noodles of choice
1 can (15 ounces) peas, drained
1 can (15 ounces) carrots, drained
1 package (16 ounces) diced ham
1 package (2 1/2 ounces) real bacon pieces
1 package (6 ounces) cheddar cheese cubes
2 1/2 cups mayonnaise

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GARAGE SALE

Family garage sale - weather permitting. Many items to choose from. Friday, May 16, 2 p.m. - 6 p.m.; Sat., May 17, 10 a.m. - 6 p.m.; Sunday, May 17, 12 p.m. - 6 p.m. 262 Park Cres., Arborg.

MACHINERY

New Holland square baler 273 Hayliner; New Holland Hay Stackliner 55 bale capacity, good condition (new cable, new release springs). Inquire call 1-204-861-0126.

LIVESTOCK

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

LIVESTOCK

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

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

SEED

Certified #1 Algonquin alfalfa seed for sale. Inoculated, 50 lb. bags. Carla Shergold 204-298-4099.

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

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

take a break

> GAMES

SUDOKU

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

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!

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

Sudoku Answer

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

Crossword Answer



CROSSWORD

CLUES ACROSS

1. Two-person German submarine
6. 60-minute intervals (abbr.)
9. Database management system
13. Vertical position
14. American jazz singer Irene
15. Ancient Greek City
16. Former Senate Majority Leader Harry
17. Japanese seaport
18. Self-immolation by fire ritual
19. Assigns tasks
21. Beloved type of cigar
22. Discounts
23. Cambodian communist leader Pot
24. Important football position
25. Kilometers per hour
28. Lentil
29. Extremely angry
31. Yellow-flowered European plant
33. American state
36. Some are made by rabbits
38. Express with a head movement
39. Affair
41. Cured
44. Youth organization
45. 18-year astronomical period
46. Automobile
48. Focus a shot
49. The NFL's big game (abbr.)
51. Mouth
52. Infections
54. Curved pieces of a horse collar
56. Shameless
60. Assist in escaping
61. Capuchin monkey genus
62. Cold wind
63. Retired Brazilian NBAer
64. Tropical Old World tree
65. Bulgarian city
66. Speak indistinctly
67. Soviet Socialist Republic
68. Between-meal sustenance

CLUES DOWN

1. Not soft

1	2	3	4	5		6	7	8		9	10	11	12
13						14				15			
16					17					18			
19				20					21				
			22					23				24	
25	26	27		28			29				30		
31			32		33		34					35	
36				37		38				39			40
	41				42			43		44			
		45					46		47		48		
49	50		51			52				53			
54		55				56					57	58	59
60					61					62			
63					64					65			
66					67					68			

2. Sharp-pointed dueling sword
3. Line a roof
4. Greek god of the underworld
5. Software
6. Large-headed elongated fishes
7. Shag rugs
8. Type of whale
9. Lacking a plan
10. Spill the beans
11. Some is "heavy"
12. One who has been canonized
14. Indicate times
17. Greeting
20. Broadway actor Josh
21. Seashore
23. Indicates before
25. Electrical power unit
26. Destitute
27. Drags forcibly
29. Impropriety
30. Word forms

32. Equal to 10 meters
34. Neither
35. Computer language
37. Practice of aging film or TV characters (abbr.)
40. A woolen cap of Scottish origin
42. A promise
43. Challenges
47. Official
49. People living in Myanmar
50. Notable tower
52. Type of sword
53. Vaccine developer
55. Listing
56. Summertime insects
57. Concluding passage
58. Guitarist Clapton
59. Damp and musty
61. Central nervous system
65. Against

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THE EXPRESS
WEEKLY NEWS

UPCOMING EVENTS

JOIN THE FIGHT AGAINST PROSTATE CANCER! The Motorcycle Ride for Dad is Saturday, May 31, 2025, 10 a.m., Polo Park, Winnipeg. Visit ridefordad.ca/ Manitoba to register or make a pledge.

WANTED

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

NOTICES

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

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NEED CLASS 1 DRIVERS? SPRING HIRING? SELLING SOMETHING? Jump on our great prices and start getting responses! Book your blanket classified ads, seen in the 31 Member Newspapers which are seen 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. MCNA - Manitoba Community Newspapers Association. www.mcna.com

FINANCIAL SERVICES

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

WANTED

COIN COLLECTIONS & OLD JEWELRY!

CASH for Unwanted Jewelry, Accumulations & Collections of Coins, Numismatics, Royal Canadian Mint Coins, Franklin Mint, US & CAN. SILVER DOLLARS, Old Rolls, Bags & Boxes of Coins, Silver Coins, Gold Coins, Old paper \$\$\$, Bullion, Jewelry, Nuggets, Sterling Silver & ALL Silver & Gold items!
COVERING ALL OF MB!
Todd
204-904-9705

REMINDER OF THE ONLINE CONSIGNMENT AUCTION

In The Lake Francis And Surrounding Area
Sale starts online Monday, May 12, 2025 at 9:00 a.m
Closing - Wednesday, May 28th, 2025 at 10:00 a.m. (soft close)

Sale can be viewed at: www.apro.bid (bidding site)
Or at www.globalauctionguide.com
(This sale will have a buyer's fee on purchases)
Sale conducted by Bergner Auction Service
Call John at: (204) 841-4136 (cell) or house (204) 383-5711.

EMPLOYMENT OPPORTUNITY

Waste Water Hauling team

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

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

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

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

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

EMPLOYMENT OPPORTUNITY

Direct Support Workers to provide Support to Adults living with an Intellectual Disability in the Community

Are you a people person with a compassionate heart and a desire to be of service? We currently have openings for full-time, part-time and casual Direct Support Workers at our group homes in Arborg. Training, including CPR & First Aid, will be provided on the job, no formal education necessary. An HCA certificate and/or experience providing care to others in a variety of settings is an asset, but not a requirement.

This work is about relationship building and providing support to our individuals. Working as a team member, your tasks will be varied, including personal care, community outings, and assisting with all activities of daily living, as needed. Other duties include household upkeep, daily cooking and record keeping tasks.

We offer full benefits and pension and a flexible schedule with options for day, evening, night or weekend shifts. If hired, you will be asked to pass criminal record and adult abuse registry checks.

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

Or email: kfinnson@riverdaleplacehomes.com

Application Deadline: May 29, 2025

For more info contact:
Kathy Finnson, ED 204-376-2940, ext. 2

GLENKO ENTERPRISES (1994) LTD.
Box 1000, Arborg, MB R0C 0A0 Phone 376-2340 - 376-5115
Fax (204) 376-5676 glenko@mts.net

Now Hiring!!

Class 1 Licensed Drivers - Road Spreading

Class 3 Drivers - Concrete Mix Trucks

Cone Crusher Operator

Loader Operator

Heavy Duty Diesel Mechanic

We are accepting applications for qualified individuals for the above positions.

Position Requirements:

- ~ Valid driver's license
- ~ Strong attention to detail
- ~ Able to follow direction and work with minimal supervision
- ~ Ability to work effectively as a team
- ~ Demonstrated reliable attitude, honesty, and integrity
- ~ Experience an asset

Great Benefit Pkg Available!

Please e-mail your resume to glenko1994ltd@gmail.com

Attention: Don

Or mail resume to Glenko Enterprises (1994) Ltd.
Box 1000 Arborg, MB R0C 0A0

News Tips? call the Express 204-467-5836

EASTERN INTERLAKE PLANNING DISTRICT

UNDER THE AUTHORITY OF THE PLANNING ACT

NOTICE OF PUBLIC HEARING

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

THE EASTERN INTERLAKE PLANNING DISTRICT BY-LAW NO. **02-2025**

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

HEARING LOCATION: Municipality of Bifrost-Riverton
Council Chambers
329 River Road, Arborg MB

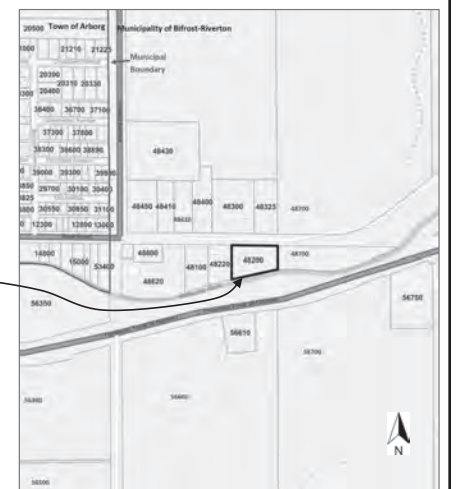
DATE & TIME: June 5, 2025
5:00 pm

APPLICATION: MBR-25-01A

AREA AFFECTED: Pt. RL 22-22-2EPM, Being
Pt. Lot 2, Plan 15257 WLTO
11032 River Road, Roll 48200

GENERAL INTENT: To re-designate an area in the Municipality of Bifrost-Riverton from "Agriculture Rural - Limited Area" to "Commercial General Area" to accommodate an existing business and future development.

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



A copy of the circulation package may be provided/inspected at the location noted above during normal office hours, Monday to Friday; alternatively, a copy may be emailed upon request.
Please note, if you have received this notice in the mail, it includes the circulation package.

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

Eddie's Gravel Supply Ltd. is Hiring

CONCRETE FINISHERS FULL TIME

EXPERIENCE REQUIRED
Winnipeg Beach, 204-389-2023
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Heavy Truck/Trailer/Equipment Repair

Competitive Wages, Benefits

204-389-2023

info@eddiesgravel.com

102086 Hwy #9, Wpg Beach, MB



GROUND EXCAVATION TENDER:

Owner: Interlake Coop

Location: 16 Railway Ave, Eriksdale, Mb

Summary of project:

- Ground excavation of 16 Railway Ave
- Remove soil layers
- Backfill with coarse rock, fines, clay, gradient work, etc. to repel water and effectively drain into town drainage located on adjacent lot to the south, (survey results available upon request)
- Complete required drainage around perimeter of lot to ensure acceptable drainage to town drainage point, along with preventing any damage risk to neighbouring buildings
- Complete drainage of sump pit on 18 Railway Ave
- Adequate fill and ground preparation to allow for forklift and freight access without damage to ground
- Please indicate in tender earliest start date
- Further details on starting/ending dates can be discussed at the contact information below
- Awarded contractor to provide and maintain a comprehensive general liability policy in a minimum of \$2,000,000.00 all inclusive.
- Lowest bid not necessarily accepted

Questions/Tenders can be submitted to:

Tori Goodman (Eriksdale Branch Manager) by May 30, 2025, 12 noon.
tori.goodman@interlake.crs, 204-739-2634



RURAL MUNICIPALITY OF GIMLI

NOTICE TO CONTROL WEEDS

ATTENTION: all Pelican Beach Property owners in Blocks 1, 2, and 3, Plan 29103 and Block 1, Plan 27513

Under the terms of the **Noxious Weeds Act** of Manitoba and the **Development Agreement** for the Pelican Beach property owners, notice is hereby given by the Interlake Weed Control Board and the RM of Gimli, that it is the property owner, agent, or occupant=s responsibility to control or destroy all noxious weeds growing on the land and control the growth of long grass as often as necessary to prevent the growth, ripening, and scattering of weeds or weed seeds and maintain the property in accordance with the standards set out in the Development Agreement.

In order to control the weeds and grass, the property owner must perform regular mowing. A representative of the Weed Control Board will make an inspection of these properties on the following dates:

MAY 26, 2025
JUNE 16, 2025
JULY 7, 2025
AUGUST 11, 2025

LOTS MUST BE MOWED PRIOR TO THESE INSPECTION DATES. It is recommended that cutting occur as close to the inspection date as possible to ensure a favourable inspection report. A representative of the Weed Board will begin mowing offending lots immediately after each inspection. The cost of mowing, in addition to a \$40 administration fee, will be charged to the landowner. The administration fee will only be charged to offending lots once per season, regardless of how many mowing operations are performed by the Weed District. Failure to pay the bill will result in the costs being added to the owner=s tax bill.

For more information contact the Weed Supervisor, Fred Paulson, at 204 376 3313.

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or Email ads@expressweeklynews.ca

ASHERN
Home Hardware
LOCALLY OWNED

Ashern Home Hardware is Hiring!

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

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

Deadline for application is May 24, 2025.

Apply to #28 Railway Avenue, Ashern or e-mail:
jason.carpenter@homehardware.ca

Living Independence for Elders (Ashern) is hiring Community Resource Coordinator (7 month full time term position June 2025-January 2026)

Community Resource Coordinator is to coordinate Support Services that are available to seniors and persons with disabilities, which will assist them in maintaining their independent living status.

Administrative duties

- Handle daily correspondence
- Maintain a current record keeping system on clients, volunteers and fee for service providers.
- Maintain liaisons with community agencies, services and the Regional Health Authority
- Maintain client confidentiality
- Assist clients in filling out forms, arranging transportation when needed

Qualifications and Competencies

- Minimum of Grade 12 Education
- Must be a caring and supportive individual who understands the philosophy and attitudes required to maintain and/or enhance an individual's functioning and independence.
- Must be able to work independently and cooperatively with frail and well elderly clients, volunteers, professional and non-professional staff and public.
- Excellent interpersonal skills including good verbal and written aptitude required to communicate effectively with participants, families, staff and community agencies.
- Must be Computer literate in Microsoft Office - Word, Excel, Emails, Internet
- Self starter and able to make work independently

We are also accepting applications for Full time Cook For the Congregate Meal program in Ashern

Monday - Friday (Job sharing an option)
working out of the Pioneer Manor
Hours of work 7:30 a.m. to 1:30 p.m.

Full course meal to be prepared for clients in house
and meals on wheels

Average of 15-20 meals/day

Responsible for preparing monthly menus and groceries
Strong organizational skills and ability to work independently
an asset

Current Food Handling Certificate as well as an Adult Abuse
Registry & Criminal Record check is required

For full job description, please contact the LIFE Office at (204) 768-2187 or email: lifeashern@gmail.com

Resume, cover letter and references may be submitted by email
or dropped off at the office.

Attn: Hiring Committee

Deadline for applications is May 23, 2025.

We thank all those that apply, however, only those selected for an interview will be contacted.

SUMMER STUDENT Employment Opportunity

Recreation Assistant 32 hrs/week

July 2 - Aug. 29, 2025

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@riverdaleplacehomes.com

Application Deadline: June 3, 2025

For more info contact:

Kathy Finnson, ED 204-376-2940, ext. 2

Full-time Employment Opportunities In Arborg at busy implement dealership



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

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

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

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

Ph: (204) 376-5233

Fax: (204) 376-5234

*Locally owned and operated.
Serving the Interlake for 59 years.*



Eddie's Gravel Supply Ltd. is Hiring

CLASS 1 GRAVEL DRIVER PT/FT

Must have a valid license
Competitive wages • Mechanically inclined
Winnipeg Beach, 204-389-2023
info@eddiesgravel.com

Eddie's Gravel Supply Ltd. is Hiring

ASPHALT LABOUR / OPERATORS PT/FT

EXPERIENCE REQUIRED
Winnipeg Beach, 204-389-2023
info@eddiesgravel.com

Riverton Bifrost Holdings Inc.

Notice: Annual General Meeting

When: Tuesday, June 10, 2025 7:00PM
Where: Multipurpose Room, Icelandic
River Lodge, 64 Main Street
North, Riverton, MB

- Report from Directors
- Election of Directors
- Refreshments

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THE EXPRESS
WEEKLY NEWS



SUMMER EMPLOYMENT OPPORTUNITY

Museum Customer Service 12 weeks -
1 full-time (30 hrs/wk)

June 2 - September 1st, 2025

This position are under the Canada Summer Jobs Program and eligible applicants will be 15-30 years old and available for the duration of the term.

Deadline for application is Wednesday, May 21st, 2025

All positions: Duties will include the development and delivery of programs relevant to museum exhibits. Must be willing to commit to the whole term. These positions will be require working some weekends.

We encourage application from job equity group; women, persons with disabilities, visible minorities and Aboriginal peoples
New Iceland Heritage Museum, #108 94 -1st Ave.,
Gimli, MB R0C 1B1 or email: julianna.roberts@nihm.ca

We appreciate all that apply, but only those eligible for an interview will be contacted.



WE ARE HIRING

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

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

The profile:

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

Other information

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



EMPLOYMENT OPPORTUNITY

**Red Seal
Auto Body
Technician**

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

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

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

We look forward to speaking with YOU soon!

Lakeshore Handivan Association Inc.-AGE Mobility

We are Hiring a Full time Handivan Coordinator and Summer Student Clerk

Reporting to the LSH Committee, **the Coordinator** will perform the duties and responsibilities necessary to supervise and organize Handivan services for the area based on the needs of the RM's of West Interlake and Grahamdale. The Coordinator will work in conjunction with the CRC office (LIFE) on calls.

Duties And Responsibilities:

- Supervise and organize drivers as well as driver recruitment
- Coordinate transportation for clients/local hospitals to medical appointments and personal trips
- Oversee vehicle fleet maintenance - service checks, oil changes
- Track mileage, fuel consumption on a monthly basis
- Assist finance clerk with billing, collection of monies, deposits
- Prepare reports for board meetings
- Gather stats for yearly and ongoing grant submissions

Skills And Qualifications - Minimum:

- Interpersonal skills to deal with the public and staff (e.g. patience, tact and courtesy)
- Strong organizational skills (e.g. maintaining records and office procedures)
- Strong computer skills - knowledge of word, excel, email
- Work independently and a commitment to professional development

Preferred skills

- Class 5 Drivers' licence

Summer Student Duties:

- Assist with organizing transportation requests from clients/hospitals for medical or personal trips
- Tracking stats - mileage, fuel purchases
- Liaise with local groups for transportation to public events
- Oversee fleet vehicle maintenance - supplies, cleanliness

Work Location: Living Independence for Elders, 61 Main Street, Ashern
Application deadline: Friday, May 23rd, 2025

Salary: negotiable

For more information call Keith Lundale (Chair) at (204) 739-3365 or email: lshandivan23@gmail.com

We thank all those that apply but only those selected will be contacted for an interview. Please send a completed resume and references to:

Lakeshore Handivan Association Inc.
Hiring Committee, Box 684, Ashern, MB R0C 0E0
Or drop off at the LIFE Office - #4 - 61 Main Street,
TBJ Mall, Ashern, MB

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SENIORS' ADVOCATE

The Manitoba Legislative Assembly is accepting resumes for the newly established position of Seniors' Advocate. This appointment is for a five-year term and, upon review, may be renewed for a further five years.

The Seniors' Advocate is an independent, non-partisan, officer of the Legislative Assembly whose mandate is to identify, review and analyze systemic concerns important to the lives of Manitoba seniors aged 65 years or older receiving any seniors' services as defined under *The Seniors' Advocate Act*, and to collaborate with seniors' organizations and those who provide services to seniors to address systemic issues faced by seniors. The Seniors' Advocate will consider whether individual matters indicate systemic issues when referring such matters to the appropriate body for complaint, inquiry or investigation.

The Seniors' Advocate reports to the Assembly as a whole, with an informal reporting relationship to the Speaker. The Seniors' Advocate is the chief executive of the office and holds ultimate responsibility for its operations in its entirety.

Working under *The Seniors' Advocate Act*, and with support from the Legislative Assembly Administration branch, the incumbent will be responsible for establishing the Office of the Seniors' Advocate, including, but not limited to, identifying operational goals and priorities, office space needs, staffing and budget requirements.

ESSENTIAL QUALIFICATIONS:

- A post-secondary degree in a relevant discipline (e.g. public administration, public policy, mediation/dispute resolution, health care, social sciences). An equivalent combination of education and experience may be considered.
- Demonstrated experience providing executive leadership with exceptional interpersonal skills and the ability to build positive, collaborate relationships.
- Demonstrated experience establishing and/or managing a professional office including hiring staff, managing budgets, overseeing operations and setting strategic direction.
- A proven record of identifying, reviewing and analyzing systemic problems or concerns.
- Highly developed oral and written communication skills, including the ability to present complex issues and recommendations.
- Demonstrated experience working effectively with communities and groups that experience racism or discrimination and experience developing initiatives to advance reconciliation between Indigenous and Non-Indigenous peoples.
- Demonstrated experience dealing with governments, government agencies, health authorities and local authorities who deliver services to seniors.
- Demonstrated experience exercising sound judgment and working independently.

DESIRED QUALIFICATIONS:

- Experience promoting awareness of the availability of seniors' services in Manitoba.
- A sound understanding of the non-partisan role of an officer of the Legislative Assembly.

The successful candidate must possess a valid driver's license and be willing to travel extensively throughout Manitoba. The successful applicant will be subject to Criminal Record and Adult Abuse Registry checks.

APPLY TO:

Human Resource Services
302-386 Broadway
Winnipeg, MB R3C 3R6
Phone: 204-945-7279
Fax: 204-948-3115
Email: hr@legassembly.mb.ca

COMPETITION NUMBER: 011825

Salary: Deputy Minister 3 (DR3)
\$169,839- \$210,086 per year
Closing Date: **June 8, 2025**

Ask the money lady



Dear Money Lady Readers:

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

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

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

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

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

While you may think you have enough funds to retire, please remember that timing your withdrawal from any investment is truly the key to ensuring your money lasts. If we take a typical retirement time horizon of let's say, 25 years and you are withdrawing a monthly retirement

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

Another thing to consider is the state of the economy at the time you wish to retire. If you retire during a bull market, you will be much better off than someone that retires in a bear market. You see, positive returns early in retirement outlast an identical portfolio that has to endure negative returns early in retirement. This is called the "sequence of returns risk" and please believe me, this is a true event. Economists have shown that when you compare portfolios with the same securities and values, and with the same average long-term rate of return, the timing of the withdrawals does make a difference.

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

Good Luck and Best Wishes,
Money Lady

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

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WEDDING SHOWER



Jack & Jill Wedding Shower
in honour of
Owen Roberts & Madeleine Lovsin
Sunday, May 25

1 - 4 p.m.
Johnson Hall, Waterfront Centre
5th Floor - 94-1st Ave., Gimli

Unwrapped gifts and gift cards welcome.
Donations can be left at the New Iceland
Heritage Museum, Gimli. The couple is
registered at Canadian Tire and Ikea
Registry: <https://www.theknot.com/us/madeleine-lovsin-and-owen-roberts-jul-2025>

BRIDAL SHOWER



Please join us for a bridal shower
in honour of Melodie Rancourt
bride-elect of Michael Maksymchuk
Saturday, May 24, 1 p.m. to 3 p.m.
at the Arborg Legion

Donations can be made at
the Co-op or Home Hardware
Gift cards from
Costco or Home Hardware are graciously
appreciated

IN MEMORIAM



PAULINE HREHORUK
Happy Birthday
and
Happy Mother's Day
Always on our minds
And never forgotten
-Don, Diane, Michael, Pat

*Your memory will live forever
Engraved within our hearts*

IN MEMORIAM



Nora Mabel Chartrand
November 20, 1928 - May 14, 2024
It has been one year since you left us,
Not a day goes by we don't think of you and
miss you.
God has you in His keeping, we have you in
our hearts.
So dearly loved, so sadly missed.
-Love from your family

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UNDER THE AUTHORITY OF THE PLANNING ACT

NOTICE OF PUBLIC HEARING

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

THE WESTERN INTERLAKE PLANNING DISTRICT BY-LAW NO. 1/25
Being An amendment to the Western Interlake Planning District Development Plan
By-law No. 2/04, as amended.

HEARING
LOCATION:

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

DATE & TIME:

May 27th, 2025 @ 6:35 pm

GENERAL INTENT:

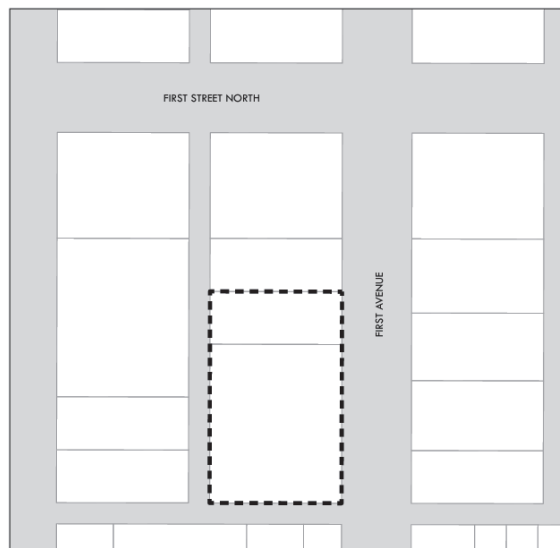
To re-designate land
Within the RM of Coldwell
from "Residential Area" and
"Recreational Area" to
"Central Commercial Area"

AREA
AFFECTED:

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

FOR INFORMATION
CONTACT:

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



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

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

Note: Property owners are responsible for notifying lessee.

EMPLOYMENT OPPORTUNITY

Following positions available immediately
Mechanic
Sawmill Labourer
Bookkeeper/Accounting
Must be reliable and follow directions well.
Must be a team player.

Spruce Wood Loggers is looking for an energetic person who is physically able, punctual, promotable, trainable and can work alone or as a team. Must be at least 18 years of age have a class 5 drivers license and dependable transportation.

We are located approx. 18 miles north of Arborg.

Email resume to: swl@sprucewoodloggers.ca
or call 204-378-2997 References required.



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

Announcements



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SERVICE ANNOUNCEMENT

Johann Sigurjon Erickson

September 17, 1938 - December 23, 2024

A Graveside Service will be held at 1:00 p.m. on Friday, May 23, 2025 in the Lundar Municipal Cemetery with Cindy Thorkelson officiating with a luncheon to follow in the Lundar Legion Hall. Arrangements by:

ARNASON FUNERAL HOME

Ashern - Lundar

1.204.768.2072

1-866-323-3593

OBITUARY



John Huta

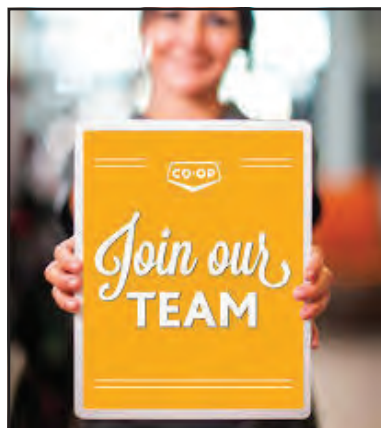
John Huta peacefully passed away on Wednesday, May 7, 2025. Funeral will be held on Friday, May 16, 2025 at 1:00 p.m., at the Ukrainian National Home in Fisher Branch, MB.

Fisher Funeral Home Inc.

In care of arrangements.

204-372-6803 or 204-372-6271

*Your memory will live forever
Engraved within our hearts*



Interlake Co-op



**Now Hiring: Part-time
(potential for full-time)**

Senior Administrative Clerk

Duties/Responsibilities:

- **Approach to Work:** To come to work with a positive, professional approach and attitude.
- **Customer Service:** To help ensure outstanding courteous customer service is provided at all times.
- **Policy & Procedures:** To help ensure all policies & procedures are adheres to in accordance with Interlake Co-op policy & procedures manual.
- **Accounts Payable** - To assist in the preparation & administration for all accounts payable as required.
- **Accounts Receivable** - To accept & process payments and assist with all accounts receivable procedures as required.
- **Period End Statements** - To be well versed in the procedural items that are required to be done within agreed-upon timelines and ensure they are completed within those timelines.
- **Payroll** - To be knowledgeable and work within Interlake Co-op policy to process all aspects of payroll.
- **IT** - To support staff with basic IT needs and coordinate with the IT team.
- **Data Entry** - To process data and to file invoices and correspondence in a timely and efficient manner.
- **Balance Cash Ups** - To assist in daily cash audits.
- **Internal Controls** - To assist in internal control procedures.
- **Petroleum Office** - To assist the Petroleum Manager with the administration/operation of the dept.

Competencies/Qualifications:

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

Submit questions/applications to: Interlake Co-op

Princy Lopes (HR Advisor)

204-376-5245 ext. 104 hr@interlake.crs

OBITUARY



Michael Pinder

March 5, 1965 - April 30, 2025

Peacefully on April 30, 2025, after a courageous fight against cancer, Mike passed away with his loving wife and family by his side.

Mike leaves to mourn, the love of his life Leanne; dad and stepmom Gaston and Pauline Mercier; beloved sister Wendy (Jock) Parrill; mother and father-in-law Joe and Ruby Hordal; brother-in-law Dennis (Kirsten); sister-in-law Lisa (Russell); nieces and nephews, Mandy, Cory (Tara), Rob, Hope (Ty), Leah (Conner), Blake (Steff), Kyra, Emily (Andrew), Jenna along with great nieces and nephews and his best friend since childhood, Mark Preston.

Mike was predeceased by his mom, Shirley Pinder in 2020.

Mike was born in Chilliwack, BC and moved to Eriksdale, MB in 1979, where he attended Eriksdale Collegiate and made many lifelong friends. He began his working life at the Eriksdale Creamery before relocating to Winnipeg in 1988 with Leanne, where they built a life together and were married in 1993. Mike continued his career in the dairy industry at Manco Dairy's and Dairy Producers then later at Gardewine where he was presently employed. Everywhere he went he was known for his strong work ethic and unmistakable sense of humour.

Mike had a true gift for caring for others. He loved to cook and found joy in bringing people together through food, laughter and kindness. He especially loved getting together with friends, whether it was for a game, a meal or a few beers. Music was a big part of Mike's life, and he enjoyed sharing his knowledge and love for it. A lifelong athlete, Mike played fastball with the Stingers and the Outlaws, hockey with the Mustangs and many fun filled seasons of slo-pitch with Leanne and their close-knit group of friends on the Mudheads. The Mudheads were more than a team, they were like family.

Mike was a devoted fan of the Toronto Maple Leafs and the BC Lions. Cheering them on with loyalty and heart no matter the outcome.

Mike and Leanne were inseparable, they truly did everything together. From the ball diamond to road trips, family gatherings, to quiet days at home, their lives were intertwined in the most meaningful ways. Their love was a partnership filled with loyalty, deep affection, and especially laughter.

Family meant everything to Mike. He took great pride and joy in his nieces and nephew and often spoke with a smile about their lives and accomplishments. He also talked proudly of his great nieces and nephews.

Mike was known as the funniest guy in the room, someone who made everyone feel seen, heard, and valued. He deeply cherished the friendships he's built over the years and never took them for granted. His legacy of love, laughter, and caring will continue in all who knew him.

Mike's Celebration of Life will be held at 2:00 p.m. on Saturday, May 31, 2025 in the Lundar Legion Hall with Cindy Thorkelson officiating. Luncheon will follow.

If so desired, donations may be made in Mike's memory to CancerCare Manitoba Foundation Inc., 675 McDermot Ave., Room ON1160, Winnipeg, MB R3E 0V9.

Arrangements by:

ARNASON FUNERAL HOME

Ashern - Lundar

1.204.768.2072

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OBITUARY



Vigdis Bauernhuber

It is with great sadness that we announce the passing of Vigdis Bauernhuber, at Arborg and District Health Centre, on May 6th, 2025.

Vigdis was predeceased by her husband of 70 years, Joseph, last November. She was also predeceased by her daughter Ingrid and son Philip; her parents Kristjon and Inda Sigurdson; brothers Oli (Bennie) and Sveinn, and sister Borga (Bjarki); and nephew Gestur.

She is survived by her son, Bruce, daughter-in-law Susan, brother-in-law Karl (Kristine) and their daughters, Loreen and Tracey and their families; sister-in-law Frances and her family, and Kristine Perlmutter (Bill), Thora Delaquis (Pascal), Irene Marks, Karl Jakobson (Darlene), Glen Jakobson (Yumi), Alma McCaffrey (Mark), and Lorna Jakobson and all of their families.

Thanks to the staff of Arborg Hospital for looking after her in her final days, and to the wonderful staff and management of Arborg Assisted Living who took such good care of her and Joe for the years they were residents. We are especially grateful to her nieces, Kristine, Thora, Irene, Alma and Lorna for their love and support, and to daughter-in-law Susan for her compassion, medical knowledge, and love through many trying times over the last few years.

Tributes: www.gilbartfuneralhome.com

Gilbart Funeral Home, Gimli in care of arrangements.



OBITUARY

Samuel (Junior) A. Thordarson

Unexpectedly on Thursday, May 8, 2025 at the Gimli Community Health Centre, Samuel (Junior) Thordarson, aged 45 years passed away.

He is survived by his sister Teresa (Don); father Samuel Sr.; niece Samantha; nephews Logan and Dylan; as well as numerous relatives and friends.

In keeping with his wishes, cremation has taken place and a private ceremony will be held at the Pioneer Cemetery, Rembrandt, MB.

Tributes: www.gilbartfuneralhome.com

Gilbart Funeral Home, Selkirk in care of arrangements.



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