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Hundreds marched through Riverton's downtown on Sunday, May 5 to mark Red Dress Day, a nationally recognized day observed annually on May 5 to raise awareness for missing and murdered Indigenous women, girls and two-spirit people. See full story on pg. 14.

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Right Choice Realty bringing you home: in-person office opens on Centre Street in Gimli

By Patricia Barrett

After a number of years of serving a wide range of clients virtually, Right Choice Realty owner and broker Kim Giesbrecht opened a brick-and-mortar brokerage in Gimli last week and it's bound to make clients feel right at home.

People looking for homes, cottages, vacant land or other types of property across the Interlake (and in Winnipeg) can now pop into the brokerage office, a character home on Centre Street with distinctive architecture and which once served as Giesbrecht's boutique hotel, the Inn on Centre.

Giesbrecht's last bookings for the Inn were in mid-April. She held an open house for the brokerage on May 10 and 11 so that people could see how she transformed well-appointed hotel suites into offices and learn about her services.

With a warm, soothing interior décor and comfy furniture, clients will not only be able to enjoy a relaxed homey environment while they consider a range of property options, but they'll also benefit from the real estate knowledge and expertise offered by Giesbrecht and the other real estate professionals who are part of Right Choice.

Giesbrecht launched Right Choice Realty shortly after COVID emerged.

She said she didn't necessarily feel the need to be tied to a brick-and-mortar building as business during the pandemic swung towards the virtual realm to get around restrictions on in-person transactions. The provincial government also allowed real estate brokers and agents to deal with electronically signed, legally binding documents.

But Giesbrecht said she really missed having in-person interactions with her clients.

"I was in a management position and I started Right Choice Realty because I wanted to get back into selling again. I realized that's what I really missed — dealing with people and forming those bonds," said Giesbrecht. "I decided to start up this brokerage because I was already a broker; I've had my broker's licence for many years now. We were operating just virtually at first from a home office. But as the business started growing, I realized we really did need to establish an office where we can meet with clients. The demographics in our community are such that people want to come meet you at an office in a business setting."

In addition to providing her own real estate services, Giesbrecht has

Continued on page 5




EXPRESS PHOTOS BY PATRICIA BARRETT

From left: Right Choice Realty is made up of Colette Banks (realtor), JoAnne Engelberg (administrator), Kim Giesbrecht (owner and broker) and Kris Kowalski (soon-to-be realtor), as well as (missing) Cindy Little (realtor).



From left: Kim Strachan, Dr. Shelley Turner and Kim Giesbrecht. Strachan and Turner stopped by to chat with Giesbrecht, who opened a brick-and-mortar real estate brokerage on the site of the former Inn on Centre in Gimli.



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Arborg's brother and sister duo playing at Dauphin's Countryfest

By Becca Myskiw

This summer, an Arborg brother and sister duo will take the big stage at Dauphin's Countryfest following their band's announcement as performers.

On Friday, June 28, the Arborg natives Kendra and Codey Emms will take the stage at Canada's longest-running country music festival as part of the local rock band, Northern Royals. The five-member group will be performing at the Credit Union Corral Stage.

The sibling duo said they were always interested in music, and the love for playing it was instilled in each of them from a young age. Codey is a Northern Royals drummer. His obsession with the instrument started when he was just one year old, begging his cousin to let him play his set. Soon enough, he got his own drum kit and played the drums on and off through school before setting down the sticks for six years.

Kendra, a Northern Royals bass player, first picked up a guitar when she was 13 after finding one of her dad's downstairs. She took a few lessons, but none of what she learned stuck. So years later, when the Northern Royals began, she picked up a bass instead and hasn't set it down since.

"I was doing what I enjoyed with rhythm in mind," she said. "Not melodies or leads."

After Kendra and Codey attended a concert in Winnipeg one night, the bug to play drums came back to Codey, and the itch just to play came back to Kendra, so they rented a house they could "be loud in" and started play-

ing together with the hopes of starting a band. Coincidentally, Codey had met their future vocalist, Evan Chandler, through hockey and invited him to join their musical endeavours. Eventually, Chandler ended up living with them as well.

Kyle Matthews and Dale McIntyre, who both play guitar, are also members of Northern Royals. The two men are newer additions to the band, taking over positions that were once a revolving door.

The name "Northern Royals" came after another Canadian band with a similar title flagged the band's initial name (Autopilot). On a car ride home from a gig, two band members were talking and the name sprouted from a normal conversation. The name pays homage to the band's northern roots while sticking in the minds of their fans, so they stuck with it.

Since forming in 2011, Northern Royals have played numerous gigs across the province. Their first one was at Arborg Collegiate's 50th celebration, where they had to play their rock tunes from the arena canteen because the stage was vandalized. They've also played at Monster Truck, Harbour Fest and Rockin' the Fields of Minnedosa, among other festivals. This year, they'll be playing the same music festival country superstars Alabama, the Nitty Gritty Dirty Band and Carolyn Dawn Johnson are playing.

"We've come a long way," said Kendra, noting the band has submitted themselves for every concert and festival they can time and time again, and they're finally seeing the rewards from their hard work.

Northern Royals' third album, *Hello*



EXPRESS PHOTO SUBMITTED

Northern Royals is a Winnipeg band with two Arborg members, Kendra and Codey Emms.

Chaos, will be released on Aug. 23. The vocalist, Chandler, does most of the wordsmithing when writing songs. When they first started, Northern Royals' music was mainly about love, heartbreak and relationships. Now, their songs are broader, telling stories about perseverance, plants and life.

"For us as a band, the music comes first and the lyrics after," said Codey.

Hello Chaos is almost three years in the making. Each song was crafted in the Emms siblings' basement as the band members played and sang tunes and words into songs. The album re-

Continued on page 5

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Riverton's Johnny and His Musical Mates earns spot on MFA Wall of Fame

By Patricia Barrett

Riverton's legendary band, Johnny and His Musical Mates, was honoured for its outstanding contribution to fiddling music last month by the Manitoba Fiddle Association.

During a celebratory event held on April 28 in Carman, the MFA added the musical mates to its Wall of Fame with family and friends in attendance.

The musical tour de force was composed of Johnny Johannesson, Kris Johannesson, Laugi Johannesson, Dorothy Johnson, Sella Benedictson, Kristine Collins and family friend Harold Bjornson. The spirit of their music has been kept alive through successive generations over seven decades.

Sella Benedictson is the last surviving member of the musical mates, and she accepted a plaque at the ceremony on behalf of her musical family.

Families of the performers said in a joint statement that they're so proud of their forebears being recognized by the association.

"The families of Johnny and his Musical Mates are extremely proud of the recognition from the Manitoba Fiddle Association with the induction to the Wall of Fame. This family orchestra has shared their talent and love of



Brian Austfjord, a neighbour of the family, attended the award ceremony and congratulated Sella.

music with many people of all ages, over seven decades, continuing the legacy for generations to come," said the family. "Music was at the core of all of our gatherings and this sense of community helped to provide all of us with many moments of happiness, joy, hope and great memories. We feel so fortunate that the last remaining member of the musical mates, Sella Benedictson, was able to be a witness to this beautiful event."

In the 1930s, Sturlaugur "Laugi" Johannesson Sr. and his two young sons, Johnny and Kris, played the vio-



EXPRESS PHOTOS COURTESY OF THE FAMILY OF THE MUSICAL MATES

Johnny and His Musical Mates, from left: Johnny Johannesson, Kris Johannesson, Dorothy Johnson, Sella Benedictson, Kristine Collins, Laugi Johannesson and Harold Bjornson.

lin at house parties. By 1941, Johnny and Kris had become seasoned performers. Between 1941 and 1950, they encouraged their four siblings Dorothy, Sella, Kristine and Laugi, as well as family friend Harold Bjornson, to play with them and the band eventually became known as Johnny and His Musical Mates. The band played an integral role in Riverton's musical history, according to the biography provided on the plaque.

"They were sought after for their old-time

Continued on page 9



Sella's family: Taya Boutellier (great-granddaughter), Kristjanna Gogan (granddaughter), Joey Johannson (grandson), Heather Benedictson (daughter), Erik Goodman (grandson), Alanna Goodman (daughter), Debbie Johannson (daughter) with mom and amma Sella.

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Madeline's Closet: A supportive space for those in need

By Emma McGill

Sixteen years ago, Shannon Dupont, a social worker for the federal government at the time, witnessed an immense amount of clothing going to waste in her and surrounding communities.

"It horrified me the amount of clothing that was going in the landfill," said Dupont. She began working with the district manager at Reitmans to arrange a pickup of clothing that would otherwise be thrown away.

What started as co-operation with one store and Dupont operating out of her vehicle, home and pop-up shops has expanded into networking with 24 stores and the opening of their location that people can access. The volunteers of Madeline's Closet, most of whom have been with the program for many years, repair damaged clothing and household items from these stores, which are then made available to women and children free of charge.

These volunteers even save severely damaged items by making them into patchwork blankets, which are given to families who have lost their homes in fires. At Christmas, children are

welcome to come and find gifts for their mothers free of charge, such as donated jewelry and scarves wrapped for them by volunteers.

As for the charity's namesake, Dupont is of Métis descent and has had a highly influential elder in her life: Madeline Sanderson.

"Madeline always told me that if I stayed true to my roots and believed in myself, I would do good things," shared Dupont.

Madeline's Closet now operates out of Inwood, where Dupont was born and raised. The store is attached to the school, which opened in September 2022. The facility consists of four main rooms: the first is the boutique area where shoppers can sign in and browse; the second is an area for children's and men's clothing; the third is the space where the volunteers organize everything by size and season; and the fourth is a newly installed laundry room, washroom and kitchen.

On the first Wednesday of every month from 4:30 to 8 p.m., Madeline's Closet is open to the community and offers three free items per person. On this month's community day, 213



EXPRESS PHOTO BY EMMA MCGILL

Madeline's Closet's dedicated volunteers, left to right, Marilyn Korotash, Pat Hammell, Shannon Dupont, Ruth Morrison, Kathy Campbell and Linda Barca.

people visited.

As their website states, Madeline's Closet "allows all women to access clothing and household items without guilt that they are taking away from their family."

In the 16 years since Dupont started

this charity, over 600,000 people have accessed this program, which is open to anyone, no matter their financial background. Madeline's Closet sees roughly 1,100 people per month between their Inwood and Winnipeg locations.

> OPEN HOUSE, FROM PG. 2

Colette Banks, Cindy Little and Kris Kowalski working under the umbrella of the Right Choice brokerage, which has been approved and licenced by the Manitoba Securities Commission. The MSC regulates and registers real estate professionals and protects buyers and sellers, among other functions.

A real estate broker does the same job as a real estate agent (helps clients buy and sell real estate), but a broker has additional education, is licensed to work independently and can employ agents.

Giesbrecht's fellow agents are independent real estate professionals, but they'll all support each other when someone is away or needs assistance.

The open house offered visitors a tour of the offices, chats

with the realtors, homemade dainties and refreshments and a draw for three summer-themed door prizes — a solar landscape light, a swinging hammock chair and a bean bag toss game. Dozens of people stopped by to meet Giesbrecht and her agents and stay for a chat.

Giesbrecht said they've been getting lots of good feedback.

Giesbrecht is a senior real estate specialist, meaning she has advanced training and experience to support clients who are 50 years and older, and is also a seller representative specialist, who uses a variety of marketing techniques to attract buyers to clients' listings.

Colette Banks has worked and lived in the Gimli and Winnipeg Beach area for over two decades, and Cindy Little, who's originally from the Interlake, currently lives in Winnipeg. She can help clients looking for properties in the city as well as in the country. Kowalski is just in the process of obtaining her licence from the Manitoba Securities Commission. Giesbrecht's "administrator extraordinaire" is JoAnne Engelberg.

Call 204-641-8450, email info@rightchoicerealty.ca or visit online rightchoicerealty.ca for more information about Right Choice Realty. The office is located on 35 Centre St. at the corner of Third Avenue.

> DUO PLAYING, FROM PG. 3

lease party is Aug. 24 at the Park Theatre and will feature the Northern Royals' work from October 2021 onward.

When the band recorded *Hello Chaos*, Chandler was sick for both studio sessions. So the Emms siblings switched homes with their parents for five days and the Northern Royals set up camp in Arborg, where they recorded the vocals for each song.

The upcoming release from Northern Royals will include a mini docuseries showcasing the behind-the-scenes process of creating their new album. The band plans to share four seven-minute episodes on their social media accounts, with posting dates yet to be announced.

Before the album release party, Northern Royals will be playing at Bankside Music Festival, a few one-off shows across the prairies and their gig at Dauphin's Country-fest.

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OUR SISTER PUBLICATIONS



Agriculture is part of the solution

By Cam Dahl, general manager, Manitoba Pork

It is not your great-granddaddy's farm anymore. While some may have nostalgia for the old farm with a little red barn that housed a few chickens, a couple of pigs and a dairy cow, it is better for both the environment and the economy that agriculture has modernized. Today's farmers have taken, and are taking, key steps to protect our natural resources while maintaining economic sustainability. Farmers are critical in creating solutions to today's environmental challenges while fostering economic growth and job development.

Being part of the environmental solution includes resolving the algae problem in Lake Winnipeg. People across the country are concerned about the health of the lake. Nutrients are fertilizing algae blooms that consume the oxygen in the water, which in turn harm fish populations and other natural life in the lake. Algae-covered beaches limit everyone's enjoyment of the lake and harm businesses that rely on Manitoba's short tourist season. There have been countless studies and action plans, but solving this complex problem remains elusive.

Some have pointed a finger at Manitoba's farmers as contributing to the problems at Lake Winnipeg. This ignores the significant strides that agriculture has taken to ensure that the right nutrients are put in the right place and at the right time to maximize crop growth and limit nutrient runoff. Gone are the days of the little red barn where manure was spread on the surface without knowing its nutrient content or where fertilizer was applied without knowing what the plants needed.

Modernization of agriculture has revolutionized nutrient management. Take today's hog operations in Manitoba as an example. Before applying manure, farmers are required to file

manure management plans with the provincial government. These nutrient management plans are tailored to the specific crop being grown and include soil sampling to help prevent the over-application of nutrients. Over 90 per cent of hog manure in Manitoba is injected below the soil surface or incorporated into the soil immediately after application to prevent runoff and to position this valuable nutrient next to the seed where it is needed. Before application, the manure itself is sampled to give an accurate understanding of its nutrient content.

Advances in technology are making the application of manure more precise. Modern equipment can test the flow as the manure is applied, using near-infrared technology, and vary application rates in real-time. Farmers use global positioning technology, ultrasonic speed sensors and radar to ensure that manure is applied in the right place and at the right rate. The technology that allows farmers to maximize the benefits of this natural fertilizer also helps to minimize nutrient leaching into waterways, including Lake Winnipeg. Similar advances in precision farming are allowing those who use synthetic fertilizers to apply plant nutrition in a way that maximizes its value.

Modern agriculture uses plant nutrition more precisely and efficiently while reducing the potential for negative environmental impacts and producing more food for consumers in Canada and worldwide. This is what being part of the solution means to Manitoba's farmers.

Being part of the solution can also mean taking action beyond the farm. Farmers are prepared to do this and ready to participate in a broad effort to develop solutions to the challenges facing Lake Winnipeg. As a first step we need to bring together expertise from all parts of the Lake Winnipeg basin — call this the Lake Winnipeg



Cam Dahl, general manager
Manitoba Pork

Task Group. The Task Group, which can be called together by the Province of Manitoba, should include representatives from livestock agriculture, representatives from grain and oilseed farmers, representatives from First Nations and representatives from Manitoba municipalities, including the City of Winnipeg. The Task Group should also include third-party scientific expertise to steer the discussions.

The Task Group should be mandated to outline science-based measures designed to reduce nutrient flow into the lake. Some of the potential action items have already been discussed, such as rehabilitating marshes that filter incoming water, ensuring untreated sewage does not flow into the Red River and increasing the understanding of the "right source, right place, right rate and right time" principles for nutrient application in agriculture. The Task Group should be charged with presenting ways of breaking down barriers to the adoption of these known solutions as well as new ideas to keep Lake Winnipeg healthy. And, finally, the Task Group should be forward-looking and action-oriented rather than a body that rehashes the finger-pointing that occurred in the past.

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Manitobans urged to be vigilant during tick season

By Lana Meier

Manitoba Health, Seniors and Long-Term Care urges individuals to remain cautious of ticks, implement measures to avoid bites and understand when treatment may be necessary. Blacklegged ticks, also known as deer ticks, pose a threat to human well-being as they can carry diseases such as Lyme disease, anaplasmosis, babesiosis and Powassan virus disease. These illnesses can have severe consequences, especially for older adults, young children or individuals with weakened immune systems or existing medical issues.

According to public health officials, it is recommended to see a health-care provider within 72 hours of removing a tick in order to receive preventative treatment for Lyme disease if:

- the bite was from a reliably identified black-legged tick; and
- the tick was attached for 36 hours or more, or the tick was engorged (filled with blood).

Blacklegged ticks can be found year-round, with their most active peri-

ods occurring in the spring and fall when there is no snow on the ground. As these ticks carry potential health risks, it is essential to know how to differentiate them from the common wood tick. While wood ticks are simply a nuisance, they do not transmit diseases in Manitoba. To tell them apart, black-legged ticks have distinct features such as a red-orange body, black legs and a black spot on their back. These ticks are also smaller than wood ticks; adult females are about the size of a sesame seed. When engorged with blood, black-legged ticks will become larger and change colour to grey and brown. Conversely, wood ticks are bigger in size, have a brownish appearance and white markings on their back. For reference images comparing these two tick species, please visit: www.gov.mb.ca/health/publichealth/cdc/tickborne/about.html

Anyone who finds a tick on animals, humans or in various habitats can submit a picture to have it identified by experts to confirm if the tick be-

longs to a species capable of transmitting diseases. For more information or to submit a picture of a tick, visit www.etic.ca.

Reduce your risk of tick bites and disease exposure by:

- applying an appropriate tick repellent on exposed skin and clothing, following label directions;
- wearing long pants and long-sleeved shirts;
- tucking in clothing to create a barrier;
- staying to the centre of walking trails;
- inspecting yourself, children and pets after spending time outdoors;
- removing ticks as soon as possible from people and pets, using tweezers; and
- keeping grass and shrubs around homes cut short to create drier environments that are less suitable for tick survival.

Milder winters and shifting weather patterns caused by climate change means ticks are expanding their geographical range to more regions of the



EXPRESS PHOTO SUBMITTED

People are to be on the look out for blacklegged ticks.

province, although southern Manitoba remains the highest risk area.

May is Lyme Disease Awareness Month. To learn more about black-legged ticks, tick-borne diseases like Lyme disease, prevention and treatment, visit:

www.gov.mb.ca/health/publichealth/cdc/tickborne/.

Long-legged ditch wader



EXPRESS PHOTO BY AMANDA WEIK

This blue heron was spotted in the ditch close to the Marble Ridge Colony on Mother's Day. The temperature for the day registered at 12 degrees C. The great blue heron is a large wading bird in the heron family Ardeidae, common near the shores of open water and in wetlands over most of North and Central America, as well as far northwestern South America, the Caribbean and the Galápagos Islands. The heron, with its subtle blue-grey plumage, often stands motionless as it scans for prey or wades belly-deep with long, deliberate steps. They may move slowly, but great blue herons can strike like lightning to grab a fish or snap up a gopher.



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Riverton Elks Lodge #530 gets commendation from provincial association

By Patricia Barrett

The Riverton Elks Lodge #530 received a commendation from its provincial association last week for the dedication of its members and service to the community.

Dean Sherritt, who has been president of the Manitoba Elks Association for the past two years, paid a visit to Riverton on May 8 to review the lodge's state of affairs, share supper with lodge members and recognize the achievements of the club and individual members.

"The amount of work Lodge #530 does in the community and the support it gets from the community is amazing," said Sherritt after a tour of the town with the lodge's secretary Doug Anderson. "Doug gave me a wonderful tour, shared the great history of the area and gave me a list of all the donations they provided in 2023-2024."

Visits to local clubs by the provincial Elks used to take place on a regular basis but that got sidelined during COVID, said Sherritt. The association has been reaching out to Elks lodges to try to get that process back on track.

"Riverton jumped right on the ball when I contacted them," said Sherritt. "During my visits to local lodges, I bring news from the association. I'm here to inspect the health of the lodge and help the lodges thrive through support."

Sherritt said the Elks of Canada started in 1912 and now has over 200 lodges and 7,000-plus members, both men and women. Lodge members have given "countless volunteer hours" to serving their community's needs, and the Elks' vision is to be the best volunteer organization in Canadian communities.

"In the last year, the Riverton Elks put over \$80,000 into their community, along with countless hours of volunteer time," said Sherritt. "The lodge's 48 members are to be commended for the great work they do."

Even though Riverton has a rela-

tively healthy number of volunteers, the club's membership has declined. Sherritt said in addition to Elks clubs, service organizations in other communities are experiencing a decline in volunteer numbers. He encourages people — especially younger adults — to consider joining the Elks and offer whatever skills they have in order to benefit their community.

"Many small communities have volunteer groups whose numbers are dwindling. Maybe there were two or three service groups at one time in their community and are now down to one or maybe none," said Sherritt. "Don't put off joining your local lodge or club until you have more time. People may have skills such as being good at meeting people or they're a social media whiz or they have leadership skills or want to be a leader. Local service organizations have opportunities for you to grow personally while you help your community at the same time. Riverton is a great example of a hard-working lodge that makes the Elks proud to be associated with it."

Service club members are typically made up of older adults who've served for several years and many want to retire. Younger adults, including those with families, may be pressed for time or are too busy getting their kids to hockey games or other sporting events to think about joining a service club like the Elks, said Sherritt. However, it might be beneficial to join and keep the club thriving as it does provide financial support to various community organizations.

There are a number of benefits to being part of the Elks, said Sherritt, including personal satisfaction of helping your community and being involved with like-minded people who like to help their community prosper.

"People make time to go to sports events. If they were to choose to vol-

unteer their time with the Elks, they might be able to make that sporting event less expensive for everybody through the support of the Elks," said Sherritt. "I hate to hear families say that they can't put their kids in sport because it's too expensive. We need to show the younger people the benefits of joining a service club. It's rewarding to say you put \$15,000 into a daycare, like the Riverton Elks have pledged."

Riverton Elks secretary Doug Anderson said the \$15,000 pledge to the daycare for a new building is on hold while the province approves the building. The Elks have also pledged another \$15,000 for a pergola that's just being installed at the Riverton Transportation & Heritage Centre. The Elks also provided \$30,000 last fiscal season for installing air conditioning in the curling rink, as well as funding support for Riverton Minor Hockey. In previous years, the Elks have generously provided funding for sports facilities in Riverton such as the recreation centre.

Although the Riverton Elks have lost some members, the club's reputation and services to the community enable it to maintain member numbers and continue serving year after year.

"One thing we are proud of is our longevity and member service. Our lodge started in 1969 and since then we've been able to find enough new people to join," said Anderson. "Our present exalted ruler, Eric Loewen, is a third-generation exalted ruler. Eric's grandfather was part of the Elks, his father was and now he is. He's just five days into the position, having started on May 3."

The Riverton Elks hold a popular fundraiser each year that sees one lucky winner drive off on a Harley-Davidson motorcycle and a second winner receive a prize worth around \$25,000.

"The motorcycle fundraiser is very popular and that's where we raise

most of our money to help our community," said Anderson.

The draw will take place on Aug. 24 at the Marvelous Meadows Golf Course in Arnes. Tickets are available from any Elks member or through the Elks' Facebook and Instagram pages.

The Riverton Elks supported 34 local community and area organizations/causes over the course of its 2023-2024 fiscal year. They are as follows:

Kids Christmas Party - \$75; Day Care Christmas Party; Arborg Gala Fundraiser; Riverton Food Bank - \$3,000; Riverton & District Friendship Centre Christmas Party - \$250; Manitoba Select Football Team - \$200; Riverton Minor Hockey - U9/U11 \$250 each; Riverton Minor Hockey - U7 up to \$1,000; Matheson Island Fishing Derby - \$300 workshop lift; Seniors Resource annual conference - \$600; Riverton Day Care - \$15,000; Evergreen Festival of the Arts - \$1,000; scholarships - 2 at \$800 each; Riverton Collegiate - \$750; Reggie Leach Classic Golf Tourney - \$300; July 1 fireworks - \$1,500; Riverton Spring Cleanup - \$100; Hi Ho Hotdog Event - \$456; Djorfung Ladies Aid pergola - \$15,000; curling rink air conditioning - \$30,000; Riverton Memorial Arena - \$4,000; Bifrost-Riverton Parks & Recreation - \$500; Riverton and District Friendship Centre Christmas Concert - \$50; Christmas hampers - \$1,800; Riverton Early Middle School Christmas Concert Candy; Riverton Food Bank - \$3,000; Riverton Minor Hockey - U9/U11 \$250 each; Riverton Minor Hockey - U7 \$750; personal assistance - \$1,200; Men's Curling Bonspiel - \$240; STARS Ambulance - \$500; Riverton Collegiate - \$900; Beaver Creek Bible Camp AED [defibrillator] - \$1,000; and the Riverton Transportation & Heritage Centre Fishing Derby - \$5,000.

The grand opening of the pergola is scheduled for June 5 at 11:30 a.m. at the Riverton Transportation & Heritage Centre.

Free film screening to bring awareness to Manitoba waterways and lake health

By Lana Meier

The Westshore Community Foundation, in partnership with the Gimli International Film Festival (GIFF), is presenting a World Environment Day Film Screening.

The free screening will be held on June 5 at 1 p.m. at Gimli Theatre (72 2nd Ave.) in Gimli, as part of a special screening for the UN's World Environment Day.

World Environment Day is a UN-designated day to raise awareness

and encourage action for the protection of the environment globally. It has been the largest global platform for environmental public outreach since becoming an annual celebration on June 5, 1973.

GIFF and the Westshore Community Foundation Environmental Fund have teamed up to bring you a free screening of three short films focused on Manitoba waterways and lake health.

These films are:

HOTTER SUMMERS. GREENER LAKES: As Canadian summers become longer and hotter due to climate change, many will seek relief at local lake beaches. However, the hotter summers and changing precipitation make for favourable conditions, allowing algal blooms to grow in the water, producing toxins that harm human health. Experts, Indigenous communities and residents in the Lake Winnipeg area are all too familiar with the impacts of algal blooms

on health as *HOTTER SUMMERS. GREENER LAKES* reveals.

Directors: Izabella Robak, Laura Cameron. Duration: 6 mins.

TROUBLED WATERS: FRESH WATER AT RISK: The Prairies and its people are connected by the Lake Winnipeg Watershed, one of the largest drainage basins in the entire world.

> MFA WALL OF FAME, FROM PG. 4

danceable feel with a rich, full bodied musical sound," states the biography. "Johnny's strong lead violin along with Kris's smooth harmony were so in sync that often it sounded like just one amazing violin playing."

Sigrid Palsson, the daughter of Dorothy Johnson, commemorated her musical family with a written tribute covering the band's early and later years.

Palsson said Sturlaugur and his sons Johnny and Kris were the "inspiration" to the other four Johannesson children. In 1941, Dorothy, 13, on piano and Sella, 10, on Hawaiian guitar joined the band. Laugi, 9, on drums joined four years later. In 1950, Kristine, 15, on accordion joined. Harold Bjornson was a "valuable" addition to the band with exceptional guitar playing and singing. The musical mates became exceptionally popular and established themselves throughout the Interlake.

"The decade of the 1950s brought the era of dances at the Geysir and Vi-

dir halls. Everyone who lived in the district knew these places well. Every Saturday night Johnny and His Musical Mates would play in a hall filled to capacity," wrote Palsson in her tribute. "Chores would be finished a little earlier and dress clothes and shoes set out. People anxiously awaited the journey down to the hall where they would be greeted by the shuffle of dancing feet and outstanding music."

Brian Austfjord, owner of the Hnau-sa General Store, south of Riverton, and who established the Breidavik Nja Island Historic Library & Resource Centre as a tribute to Icelandic heritage, attended the ceremony in Carman to help the family celebrate the honour.

"I personally grew up with their music and was a neighbour. I sure do miss their music," said Austfjord, who shared a photo of the plaque and one of the tributes the band collected over the years. "Third-generation family members played a few sets at the awards to a packed dance floor."



EXPRESS PHOTO SUBMITTED

The descendants of the musical mates entertained at the awards ceremony. From left: Taylor Sigvaldason (grandson of Kris) Trevor Sigvaldason (grandson of Kris), Caitlin Armstrong (granddaughter of Johnny), Don Benedictson (son of Sella), Brady Collins (grandson of Kristine) and Daniel Koulack (friend of Don).

The Manitoba Fiddle Association encourages, promotes and preserves fiddle music. Its Wall of Fame is an exhibit where the public can learn about the history of fiddle music, see historical artifacts and read about talented Manitoba fiddlers who've brought fame to the province, promoted fid-

dling in their community or played as an accompanist to fiddlers. Inductees receive a plaque with a photo and biography. The Wall of Fame is located in the Carman Community Hall in Carman.

ESD expanding kindergarten to full days, every day

By Becca Myskiw

ESD is excited to announce that for the 2024-2025 school year, the kindergarten program will be expanded to five full days per week. This change will provide the youngest students with more opportunities for learning and growth.

ESD's kindergarten model currently requires young students to attend school three full days a week. The program is primarily play-based and focuses on literacy, numeracy and social-emotional development. Each year, ESD has five or six kindergarten classes across its schools, with enrollment remaining stable at approximately 100 students — that hasn't changed.

ESD Supt. Scott Hill said the division is very excited about the programming change, with numerous studies proving the benefits of full-

time kindergarten. When the idea to expand the program in the division first came, the plan was to move it to four full days a week, but parent and staff feedback had the division move to five full days a week instead. Other feedback received fell into several categories.

"Full-time kindergarten will provide an enhanced level of support to our youngest pupils in the domains of social, emotional, physical, cognitive and language development," said Hill. This benefit is especially true for students with complex needs, but all students will benefit from the ability to provide additional support in early reading, basic numeracy and behaviour development.

A 2010 Ontario study found full-day kindergarten had lasting benefits on children's self-regulation, reading, writing and math skills to the end of

Grade 2. The study also found children in the full-day program were significantly more likely to meet provincial expectations for reading in Grade 3.

With the change, some parents raised concerns about the capacity for young children to attend school more than three days a week, but in Manitoba, kindergarten attendance is flexible and at the discretion of the guardians. That means if caregivers feel it would be beneficial for their child to attend for fewer days a week, they can.

The expansion of ESD's kindergarten program also eases childcare concerns for parents, since they will no longer need to secure daycare for two days a week. From an economic point of view, Hill said it's widely accepted that investments made in the early

Continued on page 10

> FREE FILM, FROM PG. 8

This dynamic system relies on the stability of weather patterns, which are affected by changing climate conditions. *TROUBLED WATERS: FRESH WATER AT RISK* urges action across our borders to reduce the strain on shared waterways and shows us that everything is interrelated, from upstream to downstream.

Director: Erika MacPherson. Duration: 9 mins.

KEWEKAPAWETAN: RETURN AF-

TER THE FLOOD: Jennifer Dysart's documentary *KEWEKAPAWETAN: RETURN AFTER THE FLOOD* is a poignant film that delves into the history and present-day story of the Northern Manitoba Ithiñew (Cree) community of South Indian Lake. The film explores the community's complex relationship with Manitoba Hydro and the impact of large-scale hydroelectric projects on the land and lives of local communities.

Director: Jennifer Dysart. Duration: 29 mins.

A Q&A with a panel of experts will follow the screening. Please join WCF and GIFF in raising awareness of the current state of our province's waterways and lakes and learning what each of us can do to contribute daily to their health.

Seating is first come, first served, so get there early. Doors open at 12:15 p.m., and the show starts at 1 p.m.

The Gimli Theatre is wheelchair accessible, with 240 seats of patrons and 14 additional wheelchair spots.

Please contact info@gimlifilm.com for questions or more information.

Community Support Service

AA Meetings in Ashern

Open Meeting

Time: 6-7pm Fridays

Starting Friday March 3rd.

Location: #11 2nd Ave North

-Pioneer Manor

(beside the main door entrance of Pioneer Manor)

Contact AAMBCO@mts.net

AA Eriksdale

Eriksdale United Church building

#7 Main Street, Eriksdale (side door)

Meetings are Mondays

at 6:30 p.m.

AA Winnipeg Beach

Lady of the Lake RC Church

Corner of Hwy. 9 and Lake Ave.,

Winnipeg Beach

Meetings are Saturdays

between 7 and 8 p.m.

Contact Ann J 204-389-3417

Gimli Group AA

Bldg 18 Municipal Rd

Industrial Park

Fri & Sun Mtgs at 7:30 pm

Al-Anon

Gimli and Winnipeg Beach

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

All ages welcome.

AA Riverton Group

12 Main St. at the

Riverton Senior Centre

Mondays 7:30 p.m.

Gimli New Horizons 55+ Activity Centre celebrates 50 years

By Patricia Barrett

The Gimli New Horizons 55-plus Activity Centre celebrated 50 years of providing older adults in the community with a number of programs and activities to keep them socially connected.

The anniversary celebration was held at new horizons' building on May 8 and included a look back in time, a luncheon and speeches from guests and local politicians.

During the celebration, new horizons board member Graham Watson said president Cindy Stewart acknowledged the centre's founding members, Mary Krulicki, Adeline Pawulski, Helen Krulicki, Nancy Dudar and Connie Harvard, along with 62 supporters, who advocated for the centre in February 1974.

"A dream was born, which has resulted in today's thriving community," said Watson.

Stewart also noted that there have been 21 presidents over the centre's 50-year history providing guidance, and she thanked all the board members and volunteers past and present "who have made this community flourish."

Special thanks went out to Jonie Johnson and Margaret LaRoque, who work in the office, and Pauline Finlay was recognized as a 30-plus-year member.

Gimli New Horizons is made up of people who are 55 and older. The centre encourages its members to stay active and socially connected through recreational and social activities such as dances, fall suppers and other special events, health and wellness programs, educational programs and support groups at its facility on Loni Beach Road in Gimli's north end.

The centre currently has 520 members who participate in over 23 weekly activities and special events.

"You know the expression: It takes a village to raise a child. In this case,



President Cindy Stewart



Cindy Stewart and Graham Watson

it takes an entire community to keep a senior activity centre running and developing," said Watson. "Horizons is a great place to meet people, and there's always someone you know there."

During the celebration, Watson outlined the history of the current GNH property, which was the Dalman family's dairy farm in 1912, the One Big Union summer camp around 1920 and a property that the Province of Manitoba took over around 1939.

"The location had many uses over the years from a teacher certification facility, to Blue Bomber spring training camps to other learning opportunities," said Watson. "In 1994, GNH



EXPRESS PHOTOS SUBMITTED

The Gimli New Horizons 55-plus Activity Centre celebrated 50 years on May 8.



The sandwich-making crew.

moved to this location [on Loni Beach Road] initially having a lease with the province and later with the RM of Gimli."

The board expressed its appreciation to the RM of Gimli, whose mayor Kevin Chudd was in attendance. The RM now owns the land and the building, which has provided financial support for maintenance.

Stewart thanked the Interlake-Eastern Regional Health Authority, which provides funding for the centre's of-

fice staff.

Local dignitaries paid tribute to the centre and its members.

On behalf of Interlake-Gimli MLA Derek Johnson and Selkirk-Interlake-Eastman MP James Bezan, Johnson's constituency assistant Tammy Axelsson presented 50th anniversary plaques.

GNH's Ukulele Group provided musical entertainment, including a song composed for the celebration.



The setup crew.

> FULL DAYS, FROM PG. 9

years of schooling "pay significant dividends later on."

"Expanding kindergarten will help us to ensure that our students become proficient readers and will also help us to more quickly identify the children that may need extra support," he said. "The earlier that we can begin providing additional support, the more likely we will be to minimize any learning gaps. In the case of reading, we know that in the long term, strong literacy skills have all kinds of significant benefits ranging from em-

ployability, participation in the community, overall health and even life expectancy."

Hill added that kindergarten is a child's first school experience, and ESD's play-based programming and dedicated staff provide a caring learning environment "full of joy and learning."

"This is a time for us to begin to develop critical skills in the foundations of reading, math and social skills," said Hill.

For more information on ESD's kindergarten program expansion, go to www.esd.ca/_ci/p/2926.

Ashern Central School ready for spring performances

By Becca Myskiw

Spring is anything but the time to wind down for art students at Ashern Central School (ACS).

Last week, on May 9, the ACS junior dramatics students performed *The Brothers Grimm Spectaculathon*, a one-hour production in which the classic Brothers Grimm fairytales are combined into stories, creating a sort of alternate universe of plays.

Thirteen students participated in the junior dramatics program as an extra-curricular and performed the whirlwind play. Most cast members had double roles, meaning they started in one story as one character and ended in another story as someone completely different.

Jennifer Bjornson, arts teacher at ACS, was extremely proud of her students following the production, and she's looking forward to more from the rest of her students before the school year ends. One actress in the junior play had seven roles, with her running around on stage exchanging wigs and accents, impressing everyone in the audience.

This week, the senior dramatics class is going to the Manitoba Youth Drama Festival at the University of Winnipeg. They'll take part in workshops all morning, then watch performances from other schools and perform part of their upcoming play themselves for adjudication.

The high school performance will be on Thursday, May 30. Five students will perform *The Greek Mythology Olympiaganza*, with each actor having three to five roles throughout the production.

Each fall, Bjornson holds a kind of drama bootcamp where interested students can get a feel for being part of a production. Some students leave, determining plays aren't for them, and others stay and end up in the spring productions ACS puts on. The junior and senior dramatics clubs get



their scripts before Christmas and pick up rehearsals in January after Christmas break, going hard until their performances.

"With all the snow days and long weekends this year, we're working really hard on the days that we're here," said Bjornson.

On June 4, the ACS music classes will have their spring concert, where they'll perform all they've learned this school year. Bjornson hopes to have the concert outside this year if the weather cooperates. This year's concert theme is science, nature and music, and the performance will feature songs from South America, pop music, rock music and country music, among other things. Before the public concert, the music classes will perform for Fisher Branch students on May 31.

Bjornson attended ACS herself as a child, and upon returning to the school to teach, she had no budget for the arts. Today, she has a budget that allows her to do everything she wants, which means ACS students have many creative options.

"Whether or not kids go on to do things in the arts, while they're growing up, these are important things for them to learn," she said. "The arts teach them teamwork, kindness, inclusion. These things carry into life."



EXPRESS PHOTOS SUBMITTED

Ashern Central School presented *The Brothers Grimm Spectaculathon*, a one-hour production in which the classic Brothers Grimm fairytales are combined into stories, creating a sort of alternate universe of plays.





Spring Home & Garden Guide



Decor: how to blend brown brilliantly

Brown is a versatile shade that can add warmth and comfort to any room. However, this chocolatey shade can feel heavy and dull on its own. Therefore, it's best paired with other colours. Here are some combinations that work well with brown:

- Love beach-side relaxation? Pair brown with white, blue and green to plunge headfirst into vacation mode.
- Want an exotic ambience? Opt for yellow and orange to spice up the dominating brown.
- Prefer a feminine softness? Lavender, blush pink and eggshell white are for you.
- Looking to focus? Brown and blue are complementary colours that are an ideal duo for a home office.
- Have a bohemian edge? Mix brown with yellow,

pink or light blue to fully express your edgy side.

- Find Irish pubs cozy? Add touches of orange and green to your brown-based decor.
- Like luxury and contemporary refinement? Black goes great with brown.
- Hungry for that Scandinavian flair? Add brown, beige, taupe and cream to the mix.
- Going for an industrial look? Brown and grey make a great pairing, especially with metallic furniture.

Depending on how much brown you want in your home, you could use it on the walls, floors and furniture, such as sofas, or accessories, like cushions. Visit home decor stores near you for inspiration.



What's a steam cleaner good for?

SPOTLIGHT ON THIS ECO-FRIENDLY, HIGH-PERFORMANCE APPLIANCE

Do you want to live in a spotless home but don't want to clean using harsh chemicals? While you can undoubtedly use tried-and-tested alternatives, such as homemade recipes using baking soda, vinegar and lemon juice, why not just purchase a steam cleaner?

This vacuum-like appliance diffuses hot steam to deeply clean various surfaces and destroy bacteria, dust mites, germs and allergens. You can

even use it to clean your mattress and upholstered furniture, remove limescale in the bathroom, smooth out wrinkles in your clothes and wash your windows.

However, it's important to note that you should always follow the manufacturer's instructions and ensure that your furniture, surfaces and textiles can withstand high-temperature steam before using them.

Kitchens: spotlight on 3 key trends in 2024

Are you thinking about renovating your kitchen? Are you building a new home and designing your kitchen from scratch? Here's a look at some of this year's latest trends to inspire you.

1. **Create a spa-like atmosphere.** Melt away the stresses of everyday life by creating a relaxing, warm and uncluttered space. This means doing away with bright, clinical lighting (think low lighting!). Fill the space with soft, organic colours like sandy brown and warm grey. Ideally, the cupboards should have no handles and focus on natural materials.

2. **Curate a space for social interaction.** Modern kitchens are designed to be a space for cooking together or breaking bread with loved ones. Spacious islands with rounded corners, along with stools or benches and other types of dining areas, are all the rage. The focus is on creating a convivial atmosphere where family and friends can gather

Continued on page 13

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Solar storm causes colourful aurora displays



EXPRESS PHOTO BY MARY LOU MILHAUSEN

This aurora borealis photo was taken at Matlock between 10 p.m. and midnight on May 10. The strongest geomagnetic storm in 20 years made the colourful northern lights, or aurora borealis, visible Friday and Saturday night across Manitoba and North America. The NOAA's (National Oceanic And Atmospheric Administration) Space Weather Prediction Center said on Saturday that the sun had continued to produce powerful solar flares. That's on top of previously observed coronal mass ejections (CMEs), or explosions of magnetized plasma, that wouldn't reach Earth until Saturday night. The agency had been monitoring a particularly active sunspot cluster since Wednesday and confirmed on Friday that it had observed G5 conditions — the level designated "extreme" — which haven't been seen since October 2003. In a press release on Friday, Clinton Wallace, director of NOAA's Space Weather Prediction Center, said the current storm is "an unusual and potentially historic event."

Geomagnetic storms happen when outbursts from the sun interact with Earth's magnetosphere. While it all has kind of a scary ring to it, people on the ground don't really have anything to worry about. As NASA explained on X, "Harmful radiation from a flare cannot pass through Earth's atmosphere" to physically affect us. These storms can mess with our technology, though, and have been known to disrupt communications, GPS, satellite operations and even the power grid.



Spring Home & Garden Guide



> TRENDS, FROM PG. 12

and enjoy each other's company.

3. **Make eco-responsible choices a priority.** Incorporate sustainable practices into every aspect of the space. This includes using recycled materials, VOC-free paint and wood from sustainably managed forests. You can also choose intelligent or

ENERGY STAR-certified electrical appliances, such as the refrigerator and dishwasher, to reduce your carbon footprint further.

Creating the kitchen of your dreams requires careful planning. Otherwise, you could exceed your budget or run into other unpleasant surprises. Call on the services of a kitchen design specialist in your area to ensure your project goes off without a hitch.

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RDFC 1st Annual MMIWG2S+ Walk for Justice

By Lana Meier

On Monday, May 5, the Riverton & District Friendship Centre hosted their 1st Annual Walk for Missing and Murdered Indigenous Women, Girls and 2S+.

MMIWG2S+ aims to raise awareness for the ongoing crisis of violence against Indigenous women, girls and gender-diverse individuals. The walk, inclusive and family-friendly, drew over 300 participants in red to honour and raise awareness about the lives lost and those still missing.

The walk commenced at the Riverton Collegiate Institute, led by the Red Shadow Singers, proceeding down Main Street to the Riverton & District Friendship Centre.

“As we all walked together, wearing red, singing, chanting—all with the same goal in mind, to raise awareness, and bring justice for MMIWG2S+. It was extremely powerful, extremely emotional,” said Desarae Bilinski of the Riverton & District Friendship Centre.

“It’s crucial we advocate and bring awareness every day in every space we can, to all the lives of Indigenous women, girls and 2S+ that have been subject to systemic and disproportionate violence.”

Following the walk, there were speeches, shared stories, a round dance, drumming led by the Red Shadow Singers.

The event concluded with a communal feast, and those who wished placed red tobacco ties into the sacred fire to honour all Indigenous women, girls, 2S+ and gender-diverse individuals who are missing or have been murdered.



EXPRESS PHOTOS BY SARA URUSKI PHOTOGRAPHY

On May 5, a sea of people wearing red lined Main St. while the Red Shadow Singers led the walk through Riverton raising awareness for the many missing and murdered Indigenous people who are from the region and beyond. The 1st annual MMIWG2S+ Walk for Justice Walk took place on Red Dress Day, the National Day of Awareness for Missing and Murdered Indigenous Women and Girls and 2SLGBTQI+ People.



Seats still available for upcoming ECE program

By Jennifer McFee

There's still time to apply for an early childhood education diploma program coming soon to the area.

A 16-month accelerated early childhood education (ECE) diploma program will soon be offered in Stonewall, thanks to a collaborative effort among the RM of Rockwood, Town of Stonewall and Red River College Polytechnic.

Georgette Rochon, manager of business development for RRC Polytech, said there are only 30 seats available in this special offering.

"Applicants need to have been working in a licensed childcare facility for at least six months prior to the start of the program. People that register for this program have generally been already working in the sector as a substitute or a childcare assistant. By taking the ECE Workplace program, they are able to upgrade their

education and gain the training and certification that is required to be eligible as and ECE 2," she said.

"By becoming the ECE 2, they will be equipped with knowledge and skills to create curriculum, learning experiences and environments that nurture and develop children in their care. A benefit of becoming an ECE 2 is that learners will be able to gain the next designation for the sector, which equates to higher pay and opportunities for advancement."

Students who are accepted into the program are eligible for the ECE tuition reimbursement by the provincial government, which covers up to \$5,000 per school year. Learn more at https://www.manitoba.ca/education/childcare/students_workforce/ece_tuition_support.html.

To apply, interested applicants can visit <https://hubdev.rrc.ca/Forms/>

Start/ECEWorkProgApp and complete the online application form.

Information about admission requirements can be found at <https://www.rrc.ca/corporatesolutions/early-childhood-education-workplace-stonewall/#AdmissionRequirements>.

The application deadline is May 28, and the course begins on June 3. For more information, email csece@rrc.ca.

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Your FARM



Veteran Horse Camp teaches discipline, humility and self-ownership

By Raegan Hedley

The Sept. 11 attacks, commonly known as 9/11, were four co-ordinated Islamist suicide terrorist attacks carried out by al-Qaeda against the United States on Sept. 11, 2001. That morning, 19 terrorists hijacked four commercial airliners scheduled to travel from the East Coast to California.

Robert Wuskynyk watched the second plane hit the Twin Towers and felt the call to do something bigger to help. In that moment, his life purpose became clear.

"We didn't know where the world was going to go at that time. ... So I joined the Canadian Armed Forces. And now I'm at a stage in my life where I'm in the twilight of my career and still have that desire to serve."

Wuskynyk's commitment to serving others drove him to create Red Rose Ranch Veteran Horse Camp (R3VHC), a not-for-profit organization that offers free horsemanship training (based on the Equestrian Canada program) and ranch life experiences facilitated by, and intended for, military, first responders and veterans. With a focus on connecting to the surrounding First Nations communities, the program uses a land-based approach and includes time around a fire with an Indigenous knowledge keeper.



While it's not a substitute for therapy, the equestrian lifestyle has many benefits: It can help build confidence, teach problem-solving skills and provide a community to belong to.

R3VHC is all about introducing veterans to the equestrian lifestyle so they can join the community and reconnect with their sense of purpose. R3VHC isn't equine therapy — it's equine-assisted learning. Wuskynyk describes it as a "drug-free, medication-free, digital-free way of enhancing mental and physical health."

"As a kid, you can take things like swimming lessons to learn new skills, but as an adult, you become less



EXPRESS PHOTOS SUBMITTED

All staff are either military, first responders or veterans and are highly trained to provide new riders with a safe and knowledgeable introduction to Western riding.

likely to put yourself out there," said Wuskynyk. "We teach them how to take care of the equipment and what you should look for. ... If you do purchase a horse and you want to take it to a facility, how should that facility look? Do they have an emergency action plan? Do they have farms? Do they have safety gear? Do they have first aid kits? And so we created the ranch as a model stable. ... It's a foun-

dation that they that they can use to measure all their other experiences again."

Wuskynyk said, "The reason we are successful is that each one of our participants commits to continuing on with horse lessons afterward. One of them even went out and researched where to buy horses. For us, that's mission accomplished."

Nestled between Peguis First Nation and Fisher River Cree Nation, R3VHC operates out of Red Rose Ranch, a homestead that is surrounded by wildlife and far from the sounds of traffic. It's so quiet that one participant said, "All I can hear is the tinnitus in my ears." The homestead has been in Wuskynyk's family since they immigrated here from Ukraine in 1919. He bought two surrounding sections of land in 2005 and 2014 with no idea what he wanted to do with them.

"While I was posted in Ottawa, I was really overworked after doing a couple of tours, and I needed an outlet so I ended up getting into horses again," said Wuskynyk.

He got posted in Manitoba, and met a bunch of other veterans doing team cattle penning. He told them about his idea to provide horsemanship training to veterans after he re-



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Continued on page 17

Your FARM



> VETERAN HORSE CAMP, FROM PG. 16

tired, and they encouraged him to do it sooner rather than later. Wuskynyk decided to do it sooner and made Red Rose Ranch into an equestrian centre in 2020.

Since Red Rose Ranch is on a conservancy, the land can't be developed past its current point. As a result, participants live in outdoor facilities for the entire week of the program, where they live communally, care for the horses, use outhouses, cook outside and use pump water.

"I funded the first camp myself and made it for Afghan vets, by Afghan vets," said Wuskynyk. "I had a participant who didn't really say a lot, so I worked with them hands-on. On the last day we were leaving our breakfast site, they said, 'This camp didn't make me a cowboy, but I underestimated how powerful it is to be in the wilderness with like-minded people who walked on the same ground as me.'"

R3VHC covers all expenses, including travel, lodging, food and every-

thing related to the horses for participants. So far, the not-for-profit has successfully run three camps and is fundraising to run two more in late 2024.

"Myself and all my staff are convinced of the benefits of an equine lifestyle for our mental and physical well-being, and we want to share them with our brothers and sisters. Just showing them there's a better way than taking meds and sitting on your couch ... it's not impossible."

In a testimonial, one participant said, "I've had psychologists, I've had psychiatrists, I've had OSI groups. ... I've had everything the medical team can throw at you. I think time with these animals is the most beneficial and therapeutic experience that I've ever been able to come across."

R3VHC is holding its annual fundraiser at Trans Canada Brewing Co. on Aug. 6. For details about this fundraiser, and all other R3VHC fundraisers, visit <https://www.facebook.com/RedRoseRanchManitoba>



Each R3VHC is assigned a horse and their tack and they are taught to put the horse's needs before their own.



R3VHC offers what they call the "Horse Warrior Teachings," which is based on an Equestrian Canada program. Each phase teaches different hard and soft skills, like lasso training and trust.



R3VHC participants stay in outdoor facilities with pump water and outhouses. One participant said it felt familiar because it was similar to living in a Forward Operating Base (FOB).



Scott Dick
Agrologist, Agra-Gold Consulting
Landmark, MB

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Seawall stories



EXPRESS PHOTO BY PATRICIA BARRETT

There's no better place to swap stories than on the Gimli seawall with over 40 colourful murals depicting the stories and the history of Gimli and surrounding areas, the region's early settlers and major events down the years. Shelagh Lawrence, left, from Alberta and her sister-in-law Doreen Pendgracs from Dunnottar enjoyed a warm, breezy day in Gimli last Friday, taking a stroll around the harbour, collecting some rocks from the beach and visiting local shops for a little retail therapy.

The 3 best denture add-on options for denture wearers

BY ELISHA VANDOR

Dentures alone can do it all. Yes, you heard me right! A well-made, proper fitting denture does the job, but did you know that dentures can have added options? Just like purchasing a new car, you have the option to add-on features like heated seats, for example. Those add-ons enhance your comfort level in the car and provide a way to use your car like you couldn't have used it before. The same can be said about denture add-ons.

Some specific add-ons can be an upper chrome metal palate to strengthen a complete upper denture do it doesn't crack under added bite force pressure. Another option is metal on the denture teeth to give increased chewing capability to further help break down food. In my opinion, the best add-on option that we know to benefit everyone who wears dentures

is 2 lower dental implants. This is the base dental implant add-on option to anchor a complete lower denture into place. It's not a quick fix add-on solution like Polygrip, but it's a long-term lasting solution that you'll find you're benefiting from day-in and day-out. The reason why Polygrip doesn't work on a long-term basis is because the adhesive works best to the dentures ability, which is dependent on how tight the denture is fitting to your gums and the size of your gums. However, with dental implants, the denture works to the best of the dental implants' ability, which is all the time!

If you're someone who has been wearing dentures for 20 years or 2 weeks, the dental implant add-on can still be an option for you. Even if you haven't had your teeth pulled yet and would like to start with a denture and two dental implants, it can be done at the same time as extractions. As long as there is enough jaw-bone

remaining (which is determined by a CT scan) the dental implant add-on is something you will benefit from because it means added confidence from improved chewing capability, denture stability, and comfort. There's a lot less likelihood of food getting lodged underneath your denture because it's not moving around while you chew. In addition, if you struggle with loose dentures even though they fit as tight as can be, then the dental implant option is the only way to improve tightness.

If you're thinking that your mouth isn't made for dentures or finding the dentures are constantly loose no matter what you do, then the dental implant option is for you. Consultations are absolutely free, and we would be happy to schedule an appointment for you to talk to our Denturists Brock or Matthew. We look forward to hearing from you!



Jack learns that there's more his dentures can do for him while consulting with Denturist Brock at Vandor Denture Centre. **SENIOR PRICING**

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Treble's Beach Bar and Grill holds bike rack design contest

By Becca Myskiw

A Winnipeg Beach business is adding bike racks to town while encouraging community spirit with artistic flair in a bike rack design contest.

Treble's Beach Bar and Grill recently held a bike rack design contest, where community members could send in their ideas for more bike racks to be added around town. Owner Kim Baryluk's initiative stemmed from the bustling summer vibes that led to a need for more bike parking options in Winnipeg Beach.

"Especially in the summertime, the town's quite packed," said Baryluk. "It's difficult to find parking, so the town encourages biking into town, but there's no place to park bikes."

The iconic rainbow fish-shaped rack outside her business has become a beloved landmark, gathering spot and symbol of unity among locals.

The decision to fund additional bike racks independently was driven by the desire to support biking over driving during peak seasons.

Baryluk heard the town wanted to put up more bike racks to encourage biking in the summer rather than driving, but there was no budget for it.

Baryluk's initial plan was to choose one winner, grant them \$1,000 and

make their design into an actual bike rack. With more than 15 entries across social media, though, she couldn't choose just one. So, Baryluk chose four cash prize winners and will create more than seven bike racks over time for Winnipeg Beach, most representing historical points in the town.

Baryluk will have the bike racks made one at a time when she can afford to. The first bike rack being made is a rollercoaster, which will go where the rollercoaster used to be set up in town. Next will be Pauly the Interlake Pride Rainbow, which will go on the corner of Sitt Street and Robinson Street across from the town office. Other racks that will go up in the future include a train and

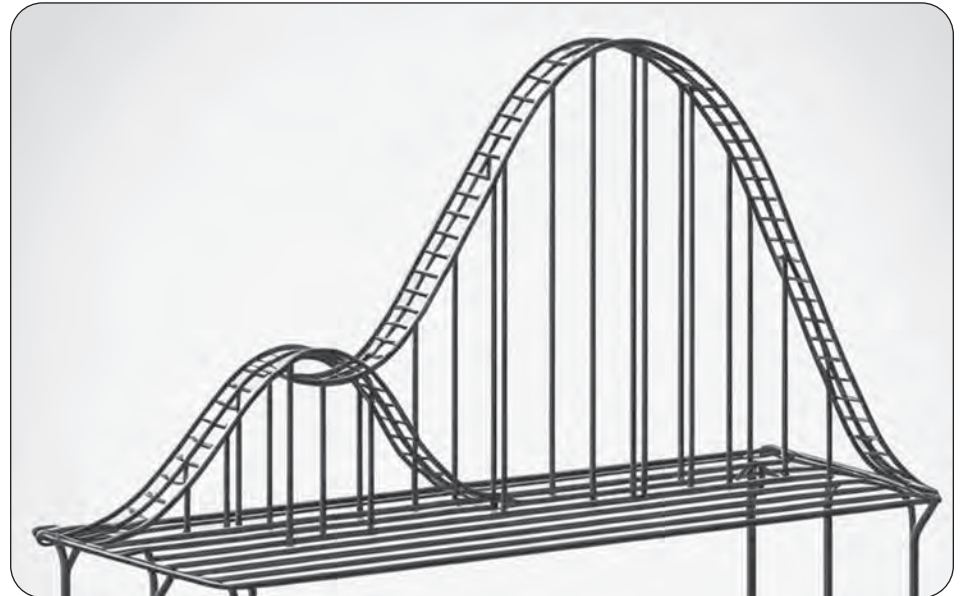
box car by the old train stop, a few musicians on a bike rack where the old dance hall used to be, and a sun, tree and sailboat as submitted by the junior kindergarten class in town.

"There were so many good ones," said Baryluk.

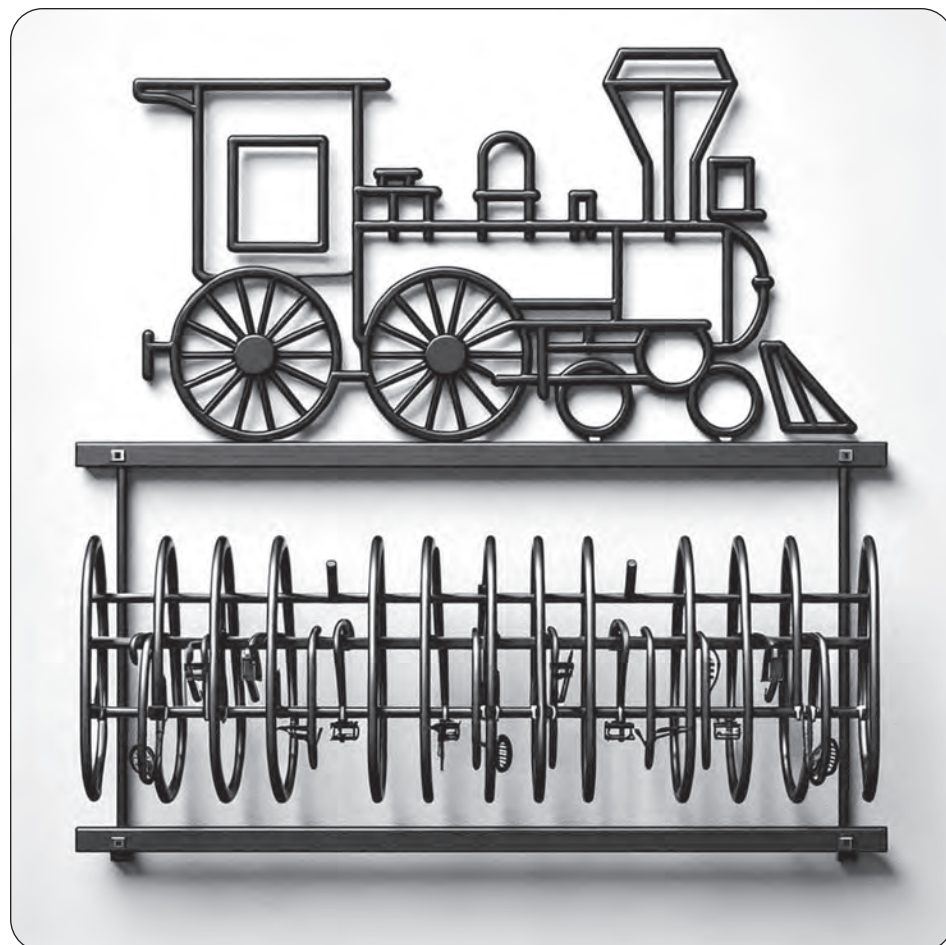
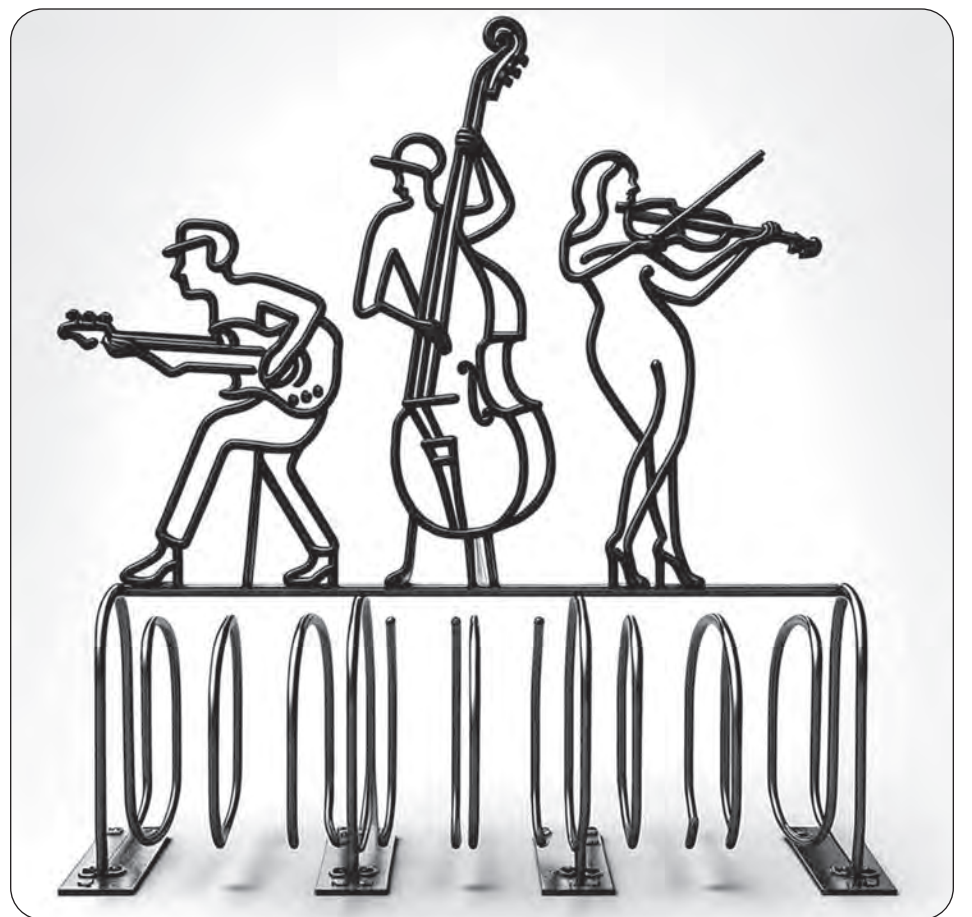
Baryluk chose the winners by counting the likes on each submitted photo. She's hoping to get all winning designs made into bike racks eventually and will use the same ironworker who made Treble's Beach Bar and Grill's rainbow fish rack.

"These times are really volatile and

"THERE WERE
SO MANY
GOOD ONES."



EXPRESS PHOTOS SUBMITTED



there's so much division between people," said Baryluk. "It's really important that we put aside all our differences and work together as a community."

She's excited to see the community come together for the bike rack design contest and has had a few local artists reach out offering designs as well, just not as part of the contest.

"We have to work together to make the community stronger," she said. "A strong community is a happy community, and a happy community is a good one."

Baryluk enjoyed doing the contest and is hoping to do more in the future. Follow Treble's Beach Bar and Grill on social media to keep up to date.

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Arborg Heritage Village hosting a grand opening for the portable stage

By Becca Myskiw

It's official — the Arborg & District Multicultural Heritage Village is holding a grand opening for the new portable stage.

The local heritage village has been fundraising for a portable stage for a while. Still, grants from the federal government's Canada Community Revitalization Fund and the provincial government's Building Sustainable Communities Program helped them reach their goal much quicker than they initially thought. Each fund granted the Arborg & District Multicultural Heritage Village \$50,000 — that, with a \$5,000 grant from Community Futures East Interlake and other fundraising efforts, paid for the \$155,000 stage.

The heritage village is constantly fundraising. Because the organization

is a non-profit, it has to pay for everything and anything with fundraising dollars and grants, save for half of its summer student salary.

Pat Eyolfson, head of the Arborg & District Multicultural Heritage Village, said they've wanted to have an amphitheatre by the river for a long time, but because of spring flooding, a permanent structure just wasn't an option for the area. So they decided to get a portable stage for the space, and that's exactly what they did.

The portable stage is fully functional, with lights, sound equipment and everything needed for a good show. Its hydraulics fold the stage up into a complete package that can be hauled on the road, then fold it back down to 24 feet wide by 34 feet long, all at the push of a button.

"We wanted to do something that

would help the community at large," said Eyolfson.

On June 1, the Arborg & District Multicultural Heritage Village is hosting a grand opening for the stage, where it'll sit nestled by the river at the bottom of the hill with an afternoon of activities to enjoy. Starting at 12 p.m., there'll be free bannock for everyone, baked in a Ukrainian clay oven, with lots of food and beverage options. The ribbon-cutting ceremony will be at 1 p.m., followed by entertainment from Interlake bands, dancers, singers and musicians. Eyolfson described the event as "an old-fashioned hootenanny."

People are encouraged to bring lawn chairs or blankets to sit on for the grand opening. Shuttles will transport those with limited abilities from the top to the bottom of the hill. Eyolf-

son said the local Handi-Van will also be available to transport people to and from the event.

"It's a wonderful time to come and hear some local entertainment and just to sit and enjoy the afternoon out in the heritage village," she said.

The Arborg & District Multicultural Heritage Village will be hosting free mini-tours during the grand opening from noon to 1 p.m. and 4 to 5 p.m. when the event is set to end.

The village has 25 buildings on site, one brand new this February. The newest building is an old Unitarian church that was set to be torn down. Once they re-shingle its roof, the steeple will go back up on the building and it will once again be complete.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Injuries halt Thunder's varsity girls home opener

By Kieran Reimer

The Interlake Thunder Varsity Girls home opener didn't go quite as planned.

The Thunder began their season Thursday against the St. Vital Mustangs. They called off the game after only two quarters due to injuries requiring two ambulances to attend.

Head coach Joel McDonald said one of the injuries was due to contact and the other was a "medical emergency."

At the time of the second injury, the Mustangs led the game 14-0 after converting on touchdowns in the first quarter.

Following the second injury, Thunder players and coaches decided the game needed to end there, ultimately ruling a 14-0 victory for the Mustangs.

McDonald stood by their decision.

"While I was attending the girl on the field some of our coaches checked in on the girls to get their state of mind because they were pretty shaken after what went on," said McDonald. "We had a couple of our coaches approach the Mustangs coaches to see about pulling the pin on the game. The Mustangs head coach was reluctant to call the game because he was concerned it would be called a tie. I talked to our coaches and girls and said that's fine, we'll forfeit and told them we would be walking off."

Both players are now back with

the team; the second, however, will not play in Thursday night's game against the Falcons Football Club.

McDonald is proud of how his players have handled injuries this season.

"We'll go with what we got," said McDonald. "That's becoming our rally cry. They step up. We had girls play both ways who were eager to step up and that's what a football player is. We are proud of that and we're going to get back at it."

The Thunder are also receiving medical help from Kelsey Moeller Brown, the team's new medic, who comes to practices once a week to treat and diagnose the players.

McDonald said the time she's set aside to help is much appreciated.

The Thunder are now back practising in preparation for the Falcons. They will also have a chance at a rematch on home turf with the Mustangs on Thursday, May 23.

He said that game will be the perfect opportunity to see how his team is developing.

"We'll use our game against the Mustangs to measure ourselves and see where we've improved against the same opposition," said McDonald. "We can do that against the Falcons, too, but going into the Mustangs, we have something to compare it to. We'll see our progress and de-



EXPRESS PHOTO BY JO-ANNE PROCTER

Interlake Thunder's Annah Trippier carries the ball through the St. Vital Mustang defence.

velopment. Last game was the first at this level for some of our girls, and they've figured that out."

Though the game was short, Thunder rookies still got a taste of playing in an actual game.

McDonald said they had a tough start but recovered as the first half continued.

"Our defence got their footing under them and started to get some good stops," said McDonald. "Same for offence, they started to get some first downs and extend some series a bit."

Thursday night's contest against the Falcons is set for 7 p.m. from Falcons Football Club Field in Winnipeg.

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UPCOMING EVENTS

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OFFICIAL NOTICE TO CONTROL NOXIOUS WEEDS INTERLAKE WEED CONTROL DISTRICT

Rural Municipalities of Armstrong, Bifrost-Riverton, Fisher, and Gimli, the Town of Arborg, and the LUD of Fisher Branch

Notice is hereby given by the Interlake Weed Control Board that, under the terms of the Noxious Weeds Act for Manitoba, it is the responsibility of the property owner, agent, or occupant to destroy or control noxious weeds.

This is the **OFFICIAL NOTICE** for 2024, to destroy or control as specified within Section 3(1), all noxious weeds as often as necessary to prevent the growth, scattering, and ripening of weeds or weed seeds in the Rural Municipalities of Armstrong, Bifrost-Riverton, Fisher, and Gimli, the Town of Arborg, and the LUD of Fisher Branch.

If the weeds are not destroyed or controlled as required, a representative of the Weed Control Board may enter the land and destroy or control the weeds. The cost of weed control as well as an administration fee will be charged to the property owner through the tax rolls.

The Weed Supervisor will make systematic inspections and will enforce weed control. He is available for general advice concerning control methods and herbicide use.

Specific information may be obtained by contacting the Weed Supervisor, Fred Paulson, at the Arborg Provincial Building, phone 204 376 3313.

Gordon Klym, Chairman
Interlake Weed Control Board

The Cooperation of All Citizens is Requested.

EASTERN INTERLAKE PLANNING DISTRICT

UNDER THE AUTHORITY OF THE PLANNING ACT

NOTICE OF PUBLIC HEARING

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

THE EASTERN INTERLAKE PLANNING DISTRICT BY-LAW NO. **02-2024**
Being an amendment to the Eastern Interlake Planning District Development Plan By-law No. 01-2022

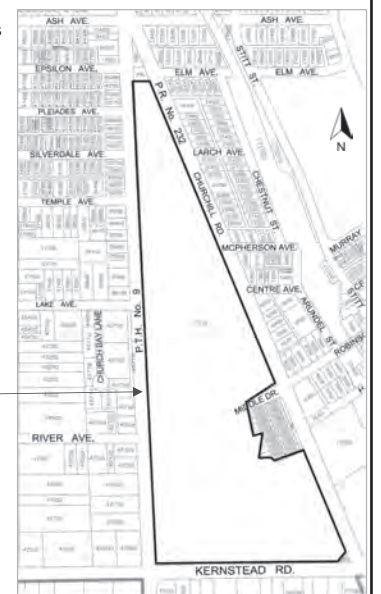
HEARING LOCATION: Town of Winnipeg Beach Council Chambers
29 Robinson Street, Winnipeg Beach, MB

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

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

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

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



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

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

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Rural Municipality of
FISHER

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

EMPLOYMENT OPPORTUNITY

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

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

Requirements:

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

Duties:

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

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

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

THE RURAL MUNICIPALITY OF ARMSTRONG

REQUEST FOR SEALED TENDER

Meleb Waste Disposal Grounds Maintenance Pushing, Compacting & Earth Capping

The RM of Armstrong is inviting tenders to push, compact and cap garbage at the Meleb Waste Disposal Grounds. Pushing and compacting garbage will be required weekly, and capping required monthly.

Each week the garbage is to be pushed and spread in approximately 12-inch layers and then compacted. This will require heavy machinery to compact properly. Monthly the waste will have to be pushed, spread, compacted, and then covered with earth capping. Capping/Covering of the waste consist of a layer of soil approximately 6-inch-thick spreading on the compacted waste and compacted again. The working face of the cell is to have an even slope surface to be able to spread and compact future waste. Material for covering the waste is in the spoil pile located next to the site.

Work Starting Date: June 14, 2024

Contract End Date: December 31, 2024

Deadline to submit tenders: May 31, 2024 at 12:00 noon

Location: RM of Armstrong
1094 PR 17
PO Box 69
Inwood, MB ROC 1P0

The lowest or any tender not necessarily accepted.

Detail tender packages complete with specifications are available to interested applicants on the RM of Armstrong website. Any questions or concerns can be directed to:

Nancy Howell
Interim CAO
cao@rmofarmstrong.com
Phone: 204-278-3377

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NOTICES

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

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ANNOUNCEMENTS

Join Keyes Loyal Orange Lodge #1755, Newdale L.O.L #1533, Winnipeg Golden West L.O.L #2311. Info: newdale1533@gmail.com. Since 1795. God Save The King!

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

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204-467-5836



MUNICIPALITY OF BIFROST-RIVERTON CAREER OPPORTUNITY

GRADER OPERATOR

The Municipality of Bifrost-Riverton is looking for a seasonal Road Grader Operator to work evenings and/or weekends. Must be energetic and dependable. Duties include grading and maintenance of municipal roads, service and maintenance of equipment, assisting other employees and must be able to work independently with good problem solving skills.

The preferred candidate should possess:

- Experience operating a motor grader
- Experience operating any and all equipment
- Mechanical skills would be an asset
- Strong communication skills and the ability to work within a team setting

Resumes with a cover letter and three references will be accepted by the undersigned.

Jason Comeau, Public Works Manager
Box 70, 329 River Rd
Arborg, MB R0C 0A0
Ph: 204-376-2391
Fax 204-376-2742
Email: pwbifrost@mymts.net



RURAL MUNICIPALITY OF GIMLI

PUBLIC NOTICE

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 27, 2024
JUNE 17, 2024
JULY 8, 2024
AUGUST 12, 2024**

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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204-389-2023

102086 Hwy 9, Wpg Beach, MB

NOTICE TO CREDITORS

In the matter of the Estate of **Peter Wiebe**, late of Moosehorn, Manitoba, Deceased.

All claims against the above estate, supported by Statutory Declaration must be sent to the attention of: **Venancia Friesen, Box 681, Grunthal, MB** on or before the 27th day of June, 2024.

Dated at Grunthal, Manitoba, this 11th day of May, 2024.

**Venancia Friesen
Box 681
Grunthal, MB
R0A0R0
Administrator of the Estate**

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

Fun By The Numbers

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

Level: Intermediate

Here's How It Works:

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



Rural Municipality of
FISHER

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

EMPLOYMENT OPPORTUNITY

Interlake Forest Center

July 2 – August 30, 2024

(Funded by Manitoba Metis Federation)

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

Requirements:

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

Duties:

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

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

Email: fishercao@mymts.net
RM of Fisher
Box 280
Fisher Branch, MB R0C 0Z0

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

Sudoku Answer



Rural Municipality of
FISHER

NOTICE OF DUST CONTROL PROGRAM

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

1 site is 150 meters.

Costs are as follows:

800L Light Application 12ft wide for \$384.00

OR

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

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

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

For more information, please contact the Rural Municipality of Fisher Office at 372-6393.

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

Riverton Bifrost Holdings Inc.
Notice: Annual General Meeting
When: Tuesday, June 11, 2024 7:00PM
Where: Multipurpose Room,
Icelandic River Lodge,
64 Main Street North,
Riverton, MB
• Report from Directors
• Election of Directors
• Refreshments
Membership Required to Vote
Membership Applications Available -
Contact 204-378-2937



Lakeshore Family Resource Centre is Hiring

Job Title: Executive Director
Location: Ashern, Manitoba
Department: Administration
Reports to: Board of Directors
Status: Permanent Full-Time
Salary Scale: \$27+ depending on experience
Work Hours: Monday-Friday 9am-5pm (37.5 hours/weekly)
Closing Date: June 10th, 2024 or until position filled
Please apply via email to hiring committee: Hiring.lfrc@gmail.com

Our Mission

LFRC assists families in the Northwest Interlake by implementing changes towards personal growth, increased independence and empowerment.

The Executive Director is the senior management position, oversees the day-to-day operations at the Centre, and ensures that the Centre continuously achieves its mission and financial objectives.

Qualifications

- Education and Experience
- Demonstrated success in Human Resources, Program Management, Financial Management, and Community Development.
 - Excellent communication and leadership skills.
 - Experience working in a community-based setting is an asset.
 - Combinations of relevant education and experience will be considered.
 - Comprehensive understanding of financial documents and the responsibility of business management.
 - An understanding of QuickBooks and accounting software.

Additional Information

- Valid Class 5 license required.
- Access to a safe and reliable vehicle.
- Satisfactory Current (within 3 month) Criminal Record Check, Adult Vulnerable check and Child Abuse Registry and Adult Abuse Registry Checks.
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THE RURAL MUNICIPALITY OF ARMSTRONG

EMPLOYMENT OPPORTUNITY

Youth Employment

The Rural Municipality of Armstrong invites applications for the following positions:

2 Green Team Summer Students

Qualifications

- Valid Class 5 Manitoba Drivers' license
- Knowledge in the operation and maintenance of riding mower, push mower, weed eater
- Knowledge of safety procedures and of the use of safety equipment
- Ability to do physical labour
- Available from July 1 to August 30
- Must be 16 to 29 years old (consideration will be given to those 15 years of age who obtain a certificate of completion for the Young Worker Readiness Certificate course)

Further information may be obtained by contacting the Office at 278-3377.

Written applications to be submitted by 4:30 p.m., Friday May 31, 2024 to:

RM of Armstrong Office
1094 PR 17
Box 69, Inwood, MB ROC 1PO
Fax: 204-278-3437
Email: clerk@rmofarmstrong.com

Lakeview Hecla Golf Course

PESTICIDE APPLICATION PROGRAMS PUBLIC NOTICE

The Lakeview Hecla Golf Course intends to conduct the following pesticide control programs from May 1st through November 30th, 2024. All applications are an IPM (integrated pest management) strategy depending on the threshold levels.

To control fungus on the property the following fungicides may include: Tebuconazole, Trifloxystrobin, Propiconazole, Chlorothalonil, fluopyram, fluazinam, fluxional, hydrogen peroxide, thiophanate methyl, fludronil, metalaxy m& s Isomer.

To control weeds on the property herbicides may include: Dimethylamine salt, Mecoprop-p, Dicamba, Glyphosate

Growth regulators on turfgrass areas may include: Trinexapac-Ethyl, Polymeric polyoxyalkylene

The public may send written submissions or objections to Specific pest control programs within 15 days of publication to the Department noted below:

Environment and Climate
Environment Approvals Branch
14 Fultz Blvd, Winnipeg, MB R3Y 01G



NOTICE TO CREDITORS

IN THE MATTER OF the Estate of **NORMA EVELYN CASKENETTE**, late of Ashern, in the Province of Manitoba, deceased.

ALL CLAIMS against the above Estate, duly verified by Statutory Declaration, must be sent to the undersigned at Box 551, Dauphin, Manitoba, R7N 2V4, on or before the 21st of June, 2024, after which date, the Estate will be distributed having regard only to claims of which the Executor then has notice.

DATED at the City of Dauphin, in the Province of Manitoba, this 9th day of May, 2024.

JOHNSTON & COMPANY
Lana Elizabeth Davidson
Solicitor for the Executor

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Employment Opportunity - Counselor

Lakeshore Family Resource Centre in Ashern is Hiring

- 1 permanent full-time (37.5 hours/weekly) position.
- Salary \$18+ depending on qualifications & experience.
- Training Offered.
- Mileage Allowance.
- Pension and Medical benefits.

Qualifications

Education and Experience

- Strong ability to build supportive relationships with clients.
- Capacity to initiate, develop, and maintain Outreach programming.
- Comprehensive interpersonal skills and team oriented.
- Experience working in a community-based setting is an asset.
- Relevant education and life experience will be considered.
- Understanding of Microsoft Office, Teams, Power Point and Zoom.

Additional Requirements

- Valid Class 5 license; Access to a safe and reliable vehicle
- Satisfactory Current (within 3 months) Criminal Record Check/Adult Vulnerable Sector, and Child Abuse Registry/Adult Abuse Registry Checks
- Ability to lift 25lbs.

Submit applicable Registry checks and 3 references to the Hiring Committee:
Hiring.lfrc@gmail.com

Application Deadline June 10, 2024.

Position will remain open until filled. Lakeshore Family Resource Centre is an equal opportunity employer for all job applicants, including those self-identifying as a member of these groups: People with disability, Indigenous People, Newcomers to Canada and Visible Minorities.

We thank all who applied with their interest, but only those selected for an interview will be contacted.

Lakeshore Family Resource Centre may contact former employers.



Summer Student 2024 Employment Opportunity with Evergreen School Division

General Helpers for the Maintenance Department

Position Description

This full-time summer employment opportunity will be based out of the Gimli ESD Maintenance Shop, located adjacent to Gimli High School. Students must have access to transportation so they can report to work in Gimli at this location at 7:30 am, Monday to Friday.

The General Helpers will be required to assist the regular maintenance staff in all aspects of their duties including but not limited to:

- repairs and improvements to grounds and facilities
- moving furniture and other items
- painting

Requirements:

- Strong work ethic
- Physically able to move furniture, do yard work, paint and do other similar tasks
- Steel toed boots required. All other safety wear will be provided.
- Availability Monday to Friday from 7:30am to 4:00 pm, July 2nd to August 30th, 2024
- A strong eagerness to learn new skills
- Able to follow directions and work safely

Preference will be given to students and graduates of ESD who have interests in trades.

Rate of pay: \$16.00 per hour

Please submit letter of application, resume and three references by **May 24, 2023 (3:30 pm)** to:

Gibby Finnbogason, Buildings Supervisor
Fax: (204) 642-7273
Email: applications@esd.ca

We wish to thank all applicants for their interest, however, only candidates selected for an interview will be contacted. Please note that reasonable accommodations are available to applicants with disabilities. Please advise us of your needs. Evergreen School Division may contact former employers.

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Office Administrator & Marketing Manager

Full Time, Permanent

J. Brandt Enterprises is currently seeking a full time Office Administrator & Marketing Manager.

Duties include, but are not limited to, answering calls, assisting customers & receiving payments, managing online advertising platforms, preparing paperwork for units sold in Canada and the U.S and a variety of other general office responsibilities.

The successful candidate should possess the following qualifications:

- Strong customer service & communication skills
- Computer knowledge
- Organizational skills & attention to detail
- Time management

Interested applicants can send their resumes to:
marketing@jbrandtent.com

Only applicants selected for an interview will be contacted

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CARD OF THANKS

We would like to express our sincerest thanks and appreciation to everyone who supported our shower and social. We will always remember and are so grateful for the overwhelming generosity we received from our families, friends and communities.

-With love,
Hannah and Lane

BRIDAL SHOWER



Bridal shower in honour of
Lauryn Johnson,
bride-elect of Kirk Johnston
on June 1, 2024

at the Riverton Hall at 1 p.m.

Donations can be made at Arborg Home Hardware Building Centre, Arborg Co-op and the Riverton Co-op. The couple are also registered at myregistry.com and Arborg Home Hardware.

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IN MEMORIAM



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and

Happy Mother's Day

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-Don, Diane, Michael, Pat

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OBITUARY

Milton 'Mickey' Edgar Sturgess
February 25, 1951 – April 15, 2024

It is with extreme sadness we announce the passing of our Dad and Papa, Milton "Mickey" Edgar Sturgess, aged 73 years of Ashern, MB.

Peacefully, with his loving daughters at his side, Mickey passed on April 15 at the Lakeshore General Hospital in Ashern, MB.

He will forever be missed by his daughters Nicholle and Lauren; grandchildren Kyler and Kenzie; sisters Linda (Keith) and Marlene; nieces Bev, Tammy, Amber, Renee and Anita; nephew Mark, along with Anita's daughter Carmandy Thorilsson. He leaves many other family members from both his and Anita's side, as well as a lifetime of friends.

Mickey was predeceased by his partner Antia Kristjanson, his parents Jean and Edgar, sister Marie, brothers-in-law Ron Caldwell and Vernon Parkes and niece Cheryl Parkes.

Mickey was born February 25 and was raised west of Eriksdale where he spent his younger years helping out on the farm. He started working for Manitoba Highways when he was 16 and continued with them for over 40 years. At a young age he developed a love of woodworking which remained a lifelong hobby. He instructed 4H classes, helped friends build and made a number of beautiful furniture pieces for the house. In the rest of his spare time you could find him golfing, curling or working on computers, which he started a business doing. He worked very hard to make sure his family was well taken care of. When we kids got older Dad developed a new hobby coaching our hockey team. He was always a fan of hockey. He could be found at almost every Ashern Hornets game and, in the last few years, he and Anita cheered on the Lunder Falcons. After retirement he enjoyed travelling to hot countries and touring around the USA. He loved spending time at the lake relaxing and visiting, going out for coffee with his friends, doing puzzles, playing games and sampling many different kinds of sweets. As people get older, things normally slow down, but that is when Dad found his love for old time dancing which was when he met Anita. He could be found most weekends dancing circles around everyone.

Although he had many jobs in his lifetime, one of his favourites was when he became a grandfather, not only to his grandchildren, but Anita's as well. Dad loved spending time with the kids out at the lake and cheering them on during many of their activities.

Mickey was very caring, had a heart of gold and he was always willing to help out. He had a great sense of humour and an ability to make everyone smile. He will be missed dearly.

We invite friends and family to come celebrate Mickey's life and share some memories on Sunday, May 26, 2024 at the Ashern Legion Hall. Coffee starts at 1:00 p.m., speeches at 2:00 p.m., with a light lunch to follow. As per Dad's wishes, cremation has taken place.

Family would like to express their thanks to all staff at the Lakeshore General Hospital in Ashern for the amazing care received. Also, to all friends and family for their support during this hard time. Lastly, we would like to express our gratitude to Kirk Pottinger for all that you did for him and for us.

In lieu of flowers, donations can be made to the Heart & Stroke Foundation of Manitoba, 1379 Kenaston Blvd, Winnipeg, MB, R3P 2T5 or to the Lakeshore Hospital Guild, Palliative Care Unit, PO Box 1, Ashern, MB R0C 0E0.

Arrangements by:
ARNASON FUNERAL HOME
Ashern - Lunder
1.204.768.2072
1.866.323.3593

OBITUARY

Alexander Anthony Michalenka
November 7, 1941 – May 10, 2024

It is with deep sadness that we announce the passing of Alex Michalenka on May 10, 2024 at the Ashern Personal Care Home in Ashern, MB following a lengthy illness.

To mourn his loss, he is survived by his wife Lucille; daughter Cindy (Mike); stepson Mike; stepdaughter Maria (Vin); special grandchildren Kyle (Lisa), Jordan, Ashlyn and Mila; brother Orrist and sister Dorothy (Barry).

He will be forever missed and loved by numerous friends and family.

Alex grew up in the Westbourne area and then ventured to the Eriksdale/Ashern areas. Throughout his life he farmed, worked for Coca Cola, drove/delivered fuel for Lakeside Esso and was named the (Esso Man), as well as drove school bus until his health

problems started.

Alex enjoyed rodeos, fishing and spending time with his family especially his grandchildren who had a special place in his heart. In his later days, Alex could often be found at Dodd's Siding coffee shop catching up with his friends or out on a stroll with his beloved dog Buddy.

In keeping with his wishes, cremation has taken place and no formal service will be held.

Arrangements by:
ARNASON FUNERAL HOME
Ashern - Lunder
1.204.768.2072
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SERVICE ANNOUNCEMENT




Dorothy Ann Plantz
October 7, 1938 – December 29, 2023

Please join our family and friends for a Graveside Memorial Service for Dorothy to be held at 2:00 p.m. on Thursday, May 30, 2024 in the Ashern Gospel Cemetery located on Hwy #325 W. *Please bring a chair.

In the event of rain, service will be held in the Ashern Legion Hall.

Arrangements by:
ARNASON FUNERAL HOME
Ashern - Lundar
1.204.768.2072
1.866.323.3593

OBITUARY



Charlotte Hopko (Korolyk)

Peacefully on May 1, 2024 at Health Sciences Centre, Charlotte passed away at the age of 78.

She was predeceased by her mother Jean, father Walter, and brother Gerald.

She is survived by her husband Richard; son Derek (Isaac and Arwen); daughters Dayna (Mark) and Dawn (Sam); brothers Jack and Ken (Laura).

Charlotte grew up in the Winnipeg Beach area, she was the eldest of four siblings. She graduated from Gimli High School then moved to Winnipeg where she completed a business course with honours at Success Commercial College. She went on to teach there prior to working at a bank. She married her childhood sweetheart and love of her life in 1966.

She was employed at the Seagram Company for 25 years. She was highly respected by all and she carried out her responsibilities in a dignified and professional manner. Charlotte retired in 2002 along with her husband Richard. They went on to enjoy 20 winters in Texas. She left behind a cherished community of people in Canada and the United States.

Charlotte was a wonderful wife and mother to her husband and children. She was a culinary expert; her cooking and baking skills were phenomenal. She was so reliable and caring, always so considerate and blessing people along the way with her kindness and her infectious smile.


A service will be held on Thursday, June 20, 2024 at 11:00 a.m. in the Gilbert Funeral Chapel in Selkirk.

Charlotte, you will always be loved and you will always be in our hearts.

VICHNAYA PAM'YAT
(FOREVER REMEMBERED)

Tributes: www.gilbartfuneralhome.com

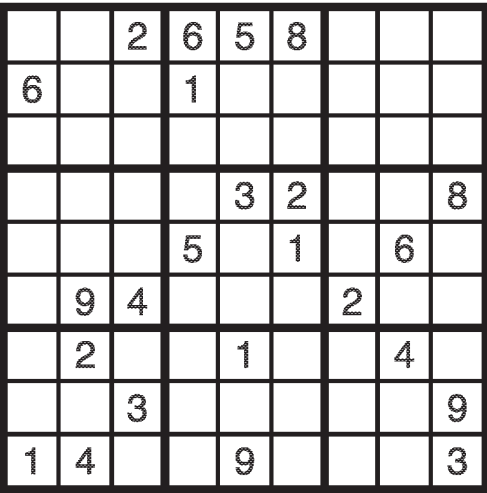
Gilbart Funeral Home, Selkirk in care of arrangements.



take a break

> GAMES

SUDOKU



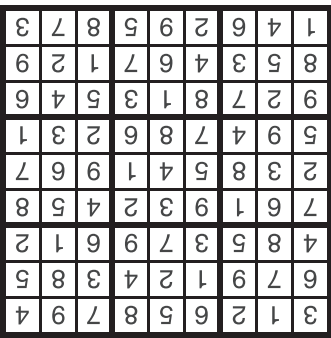
Fun By The Numbers

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!

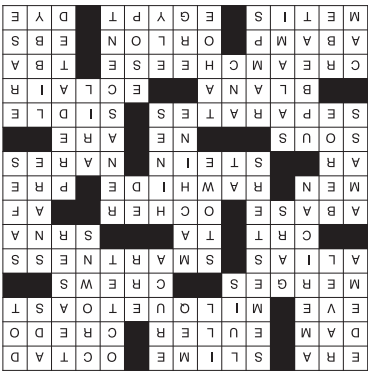
Level: intermediate

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!



Sudoku Answer



Crossword Answer

CROSSWORD

CLUES ACROSS

- 1. Geological time
- 4. Ooze
- 9. A set of eight
- 14. Obstruction
- 15. Swiss mathematician
- 16. Philosophy
- 17. The night before
- 18. A timid person
- 20. Unifies
- 22. Gangs
- 23. Alternative name
- 24. Acumen
- 28. Cathode-ray tube
- 29. Tantalum
- 30. Soluble ribonucleic acid
- 31. Humiliate
- 33. Earthy pigment
- 37. Air Force
- 38. Adult males
- 39. Stiff untanned leather
- 41. Before
- 42. Atomic #18
- 43. Beer mug
- 44. Nostrils
- 46. Type of chef
- 49. Midway between north and east
- 50. They __
- 51. Splits
- 55. Walk in a timid manner
- 58. Preserved animal skin with hair
- 59. Popular donut shop item
- 60. You smear it on bagels
- 64. Don't know when yet
- 65. Equal to 10 amperes
- 66. Synthetic acrylic fiber
- 67. One point south of due east
- 68. Of mixed ancestry
- 69. Home of the Pyramids
- 70. A way to change color

CLUES DOWN

- 1. Excessive fluid accumulation in tissues
- 2. Untangle
- 3. One from the U.S.
- 4. Academic terms
- 5. San __ Obispo, in California
- 6. Not healthy
- 7. Self-assessment questionnaire (abbr.)
- 8. Arugula genus
- 9. VIII
- 10. Makes a monarch
- 11. Tormentor
- 12. Commercial
- 13. Sprinkle
- 19. Make a mistake
- 21. Freshwater fishes
- 24. Vermont town
- 25. Man-made device
- 26. Entrap
- 27. Places to store important things
- 31. Accumulate
- 32. Greek mythological nymph
- 34. Gregory __, American dancer
- 35. Denotes past
- 36. Becoming popular again
- 40. Indicates position
- 41. Came before
- 45. An extra seed-covering
- 47. Cheerful
- 48. Deli sandwich staple
- 52. Skateboarders love them
- 53. Mandela's party
- 54. Sierra lake
- 56. Nickname for Elizabeth
- 57. Remove from record
- 59. Employee stock ownership plan
- 60. Former NFLer Newton
- 61. Relative biological effectiveness (abbr.)
- 62. Work unit
- 63. Town in Cambridgeshire

Announcements

OBITUARY



Sonja (nee Thorarinson) Kornik

On May 7, 2024 Sonja Harriet Christine Kornik passed at the Johnson Memorial Hospital in Gimli, MB.

She is survived by her daughter-in-law Linda Kornik, son Wade Kornik, daughter Christine (Neil) Johnson; grandchildren Julien, Tanis (Trevor), Michelle, Aron (Carly), Elizabeth (Jordan), Kevin, Lex; great-grandsons Ayden, Ryley, Ryker; her siblings Norma Wilcox, Carla (Frank) Books, Dorothy (Lawrence) Charney, Jonas Thorarinson and a large extended family.

She was predeceased by her husband Leslie in 2023, son Wesley, brother Bradley Thorarinson and brother-in-law Kenneth Wilcox.

Sonja was born in Riverton, Manitoba on September 5, 1940 to parents Stefan and Agnes (nee Hokanson) Thorarinson. After she married Leslie in 1959 she worked at Great West Life in Winnipeg and H & R Block in Ottawa before returning to Riverton. Many

happy winters were spent at their home in the Turks & Caicos, and more recently in the Dominican Republic with their youngest grandson.

A private interment will be held at a later date.

Should one wish, donations in Sonja's memory can be made to the Riverton Cemetery, Box 165, Riverton, MB R0C 2R0.

Tributes: www.gilbartfuneralhome.com

Gilbart Funeral Home, Gimli in care of arrangements.



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THE **EXPRESS**
WEEKLY NEWS

OBITUARY

Shirley Anne Woytowich (nee Roga)

March 31, 1947 – May 9, 2024

With heavy hearts, we announce the peaceful passing of my beloved mother Shirley Anne Woytowich (nee Roga) of Winnipeg Beach, Manitoba.

Prayers were held at Neil Bardal Funeral Centre on May 14, 2024. The memorial service will be held at the Winnipeg Beach United Church at 30 Murray Ave. in Winnipeg Beach, MB on Friday, May 17 at 11:00 am. Fellowship and refreshments will follow in the church lunch room.

In lieu of flowers, donations can be made to the CancerCare Manitoba Foundation.

Memorial tributes may be left at www.neilbardalfuneralhome.com.



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