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EXPRESS PHOTO BY JO-ANNE PROCTER

Main Street in Winnipeg Beach was temporarily closed on May 16 as The Bloodshots filmed a music video for their new release "Gettin' Around," written by frontman and guitarist CJ Loane of Selkirk. Pictured from left are Trav Anema of Trav A Media 204, Bloodshots guitarist and backing vocalist Keith Skazyk, Loane and drummer Ben Hodges.

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See page 2 for more details



Gratitude fund honours Lundar care home staff

By Lana Meier

Gratitude for exceptional care is being turned into a lasting legacy with the launch of the new Gratitude Endowment Fund for the Lundar Personal Care Home Staff.

The fund was established by Helga G. J. Sigurdson and Linda F. Sigurdson Collette in honour of their mother and Amma Sigridur Gudny Holm, who was the second resident to ever call the Lundar Personal Care Home home. This is the first endowment fund of its kind and is dedicated to supporting staff, recognizing the exceptional care they provide every day.

“To us, this place has always been more than a building,” said Linda Sigurdson Collette. “It has been a constant in our lives, and the staff have been nothing short of exceptional. This fund is our way of saying thank you and creating something that lasts forever.”

The family’s connection to the personal care home spans generations. Linda’s father, Johann Straumfjord Sigurdson (Joe), was instrumental in the development of the Lundar Senior Citizen Home in 1966 and served as vice-president of the local board, helping to envision a free-standing 20-bed

personal care home. The Lundar Personal Care Home officially opened in 1982. Helga Sigurdson was a founding member and long-time president of the Lundar Personal Care Home Guild, serving for 25 years before retiring in 2019 at the age of 99.

The Gratitude Endowment Fund was launched with an initial gift of \$700 on March 7, 2026. The number seven holds special meaning for Helga — she was born on the seventh day of the seventh month at the seventh evening hour and was one of seven children. The family hopes this symbolic beginning will inspire others in the community to participate and grow the fund.

Community members, former residents’ families and anyone who has experienced care at the Lundar Personal Care Home are invited to contribute — whether to say thank you, honour a loved one or invest in the people who make the home what it is.

“Endowment funds create a legacy for the future,” said Averill Stephenson, executive director of the Interlake Eastern Health Foundation. “This fund recognizes the incredible staff who support residents every day. The



EXPRESS PHOTO SUBMITTED

Pictured at the launch of the Gratitude Endowment Fund for Lundar Personal Care Home staff are Kelly Eirikson, Averill Stephenson, Helga G. J. Sigurdson, Joyce Halldorson and Laurie Gudmundson. Linda F. Sigurdson Collette was unable to attend.

principal is invested and only the interest is used, ensuring this gratitude continues for generations.”

Donations to the Gratitude Endowment Fund can be made at any time,

and gifts of all sizes are welcome.

For more information or to contribute, contact the Interlake Eastern Health Foundation at 204-485-5139, iehf@ierha.ca or visit iehf.ca.

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Bloodshots shoot music video in Winnipeg Beach

By Jo-Anne Procter

Winnipeg-based rock band The Bloodshots continues to build a growing fan base across Canada and internationally with its signature Nu Grunge Punk 'n Roll sound. The band features lead singer and guitarist CJ Loane of Selkirk, alongside guitarist and backing vocalist Keith Skazyk and drummer Ben Hodges.

The Bloodshots recently filmed a music video for their newly released single "Gettin' Around," written by frontman and guitarist CJ Loane of Selkirk.

"Lyrically, I wrote the song from the point of view of rumours and gossip," Loane told the Express. "In a sarcastic kind of way. Almost like playing along with the gossip in real life, like giving in to it."

Director Craig Ovendag said he was inspired after hearing "Gettin' Around," which was released April 14. He reached out to the band with a vision for a music video that captured a 1990s aesthetic, and felt Winnipeg Beach was the perfect setting for the production.

The group has performed on stages across Canada and beyond, earning recognition throughout North America and internationally. The Bloodshots received the Best Rock Video award at the Indigenous Superstar Awards and the National Native American Music Awards in the United States for their single "No Way Out." The band was also nominated for Best Rock Band at the Indigenous Music Awards.

Looking ahead to 2026, the band is preparing for a busy touring schedule that includes performances at festivals and venues across the country. The Bloodshots will head to Alberta on June 5 and 6 before returning to Manitoba to perform at Winnipeg Beach on June 27. Following that show, the band will continue touring with additional stops planned in Alberta, Ontario, Nova Scotia and Quebec.

More information about the band, including music and upcoming performances, can be found on The Bloodshots official website <https://thebloodshots.ca>.



EXPRESS PHOTO BY JO-ANNE PROCTER

The lead singer of The Bloodshots belts out the lyrics to "Gettin' Around" to a model on Main Street in Winnipeg Beach while being filmed by Trav Anema on May 16.

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Manitoba energy debate continues as former Stonewall resident calls for nuclear shift

By E. Antonio

A former Stonewall resident is calling for a major rethink of Manitoba's electricity system, arguing climate-driven drought conditions and increasing reliance on imported power

are exposing vulnerabilities in the province's hydro-based grid.

Todd De Ryck said his interest in nuclear energy began after hearing a 2012 CBC Radio Quirks and Quarks interview discussing thorium-based power generation. The program, he said, prompted him to reconsider long-term energy options in the face of climate change. "I knew then that because of climate change and greenhouse gas emissions, we

had to stop using fossil fuels and replace them with something else," he said, adding that his early support focused on wind and solar power before shifting toward nuclear research.

Since then, De Ryck said he has spent years researching nuclear energy and broader energy systems, believing a stronger understanding of energy production is necessary to permanently reduce fossil fuel use. He said his interest in microreactors developed later after concluding many large-scale nuclear reactor designs currently in production would not be a practical fit for Manitoba.

De Ryck argues Manitoba's heavy reliance on hydroelectric generation leaves the province vulnerable dur-



Dr. Matthew Memmott is the CEO and founder of Alpha Tech Research Corp., the leading organization behind the molten salt reactor development.

ing drought conditions. In his view, increasing electricity imports from the U.S. Midwest grid highlight those risks.

"Because of the droughts, Manitoba Hydro is losing money too rapidly and is overly dependent on importing electricity from the MISO (Midcontinent Independent System Operator) grid in the U.S.A.," he said, noting reliability concerns and emissions intensity on the grid are part of his reasoning for supporting diversification.

He also pointed to Manitoba's geography and transmission infrastructure as additional challenges, noting the long distances between northern generating stations and population centres, along with the ongoing costs of major transmission projects.

De Ryck referenced the approximately \$5-billion Bipole III transmission line project and more recent announcements involving billions more in transmission upgrades. He also argued Manitoba Hydro's management of water levels can impact communities, referencing challenges faced by York Factory First Nation during low-water conditions.

A key part of De Ryck's argument centres on small-scale nuclear technology, particularly molten salt microreactors such as the ARC design

Continued on page 8

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Siglunes Library Hosts Patron Appreciation Celebration Day May 27

By E. Antonio

The Siglunes Library will welcome residents on May 27 from 2 to 4 p.m. for a Patron Appreciation Day aimed at recognizing users and showcasing a series of recent upgrades completed with provincial and municipal support.

The event will take place at the Ashern Library and will include refreshments, activities and a door prize.

Organizers said the appreciation day is intended as both a thank-you to current patrons and an invitation for more RM of Grahamdale residents and others in the surrounding area to discover and use the library, noting that not all residents are aware they already have access to the facility.

Library board chair and Grahamdale assistant chief administrative officer Devan McCoubrey, along with librarian Chrissy Hickerson, said the timing of the event aligns with the completion of several years of improvements to the space and offers an opportunity to showcase the updated facility.

"We have done so many improvements to the library over the last couple of years and we want people to come in, see the changes and celebrate with us," they wrote in a combined email.

They said the goal is to celebrate the completed work while encouraging

the community to visit the library, see the changes and take part in the celebration.

The event will feature complimentary coffee and tea along with baked goods. It will also include a draw for a Kobo e-reader compatible with the Libby app, which allows users to access digital books through the library system.

Organizers emphasized the event is open to all residents, whether they are frequent library users, occasional visitors or have never visited before.

"We hope people feel really proud of our local library and are reminded that this is an important community space," they added.

Recent renovations included fresh paint throughout the building, updated lighting, new furniture and upgraded display boards designed to support rotating seasonal programming and community displays.

The work was necessary because of the constraints of a small rural library budget and would not have been possible without funding from the Province of Manitoba's Arts, Culture and Sport in Community Fund. Additional contributions came from the RM of Grahamdale and the RM of West Interlake.

Since the renovations were completed, staff have noticed the space

feels brighter, cleaner and more welcoming, with improved lighting and more flexibility for programming and displays.

McCoubrey and Hickerson said the library serves a broader purpose than book lending alone, acting as a community hub.

"Libraries provide more than just books. Libraries give people within our communities access to activities, reading programs and events that foster human connection."

They pointed to events such as seasonal crafts, reading programs, contests and informal activities as examples of how the library engages residents throughout the year.

They also noted that some RM of Grahamdale residents may not realize they are eligible to use the Ashern library

and said the appreciation day is intended, in part, to raise awareness of that access.

Looking ahead, McCoubrey and Hickerson said they hope continued programming and outreach will increase community engagement and further establish the library as a central gathering place in the municipality.

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Lake St. Martin man faces firearms charges

By Haley Cvar

A 24-year-old man from Lake St. Martin First Nation is facing multiple firearms-related charges following a search warrant execution by Gypsumville RCMP.

Police said officers first responded to a firearms complaint in the community on April 11 at about 1:40 a.m. RCMP allege a man threatened a community member with bear spray while in possession of a handgun.

The suspect was not immediately located and an arrest warrant was later issued for Brayden McKay, 24, of Lake St. Martin First Nation.

As part of the investigation, Gypsumville RCMP obtained and executed a search warrant at a residence in Lake St. Martin First Nation on May 3, with assistance from the RCMP Manitoba East District Crime Reduction Enforcement Support Team and General Investigative Section.

Police said McKay was arrested without incident inside the residence.

During the search, officers seized a sawed-off rifle, ammunition, a BB gun, parts of a dismantled firearm and what police described as possible

drugs.

McKay has been charged with two counts of possession of a weapon for a dangerous purpose, three counts of failing to comply with conditions of an undertaking, possession of a prohibited firearm with ammunition without a licence, possession of a firearm without a licence knowing its possession was unauthorized, unlawful storage of a firearm and possession of ammunition contrary to an order.



EXPRESS PHOTO SUBMITTED
RCMP officers seized a sawed-off rifle, ammunition, a BB gun, parts of a dismantled firearm and suspected drugs during the execution of a search warrant in Lake St. Martin First Nation on May 3.

He remains in custody. Gypsumville RCMP continue to investigate.

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Province investing in paramedic training in western region

By Patricia Barrett

The provincial government announced last week it aims to increase the number of rural paramedics in western Manitoba by increasing the number of training seats.

Next year, Brandon-based Assiniboine College will be offering a primary care paramedic (PCP) training program that will begin in January 2027. It will have 32 seats. Sixteen of those seats will be offered at the college's Dauphin campus. The other seats will be offered at Assiniboine's other campuses later that year.

The government made a \$115,000 investment so that the college can create a new rotating rural-training model for paramedic training.

"Paramedics are the first to arrive when your family needs emergency care, and their work is valued by our government," said Premier Wab Kinew in a May 14 news release. "We've made progress training and hiring more paramedics in Westman, but we know there is more to do. That's why we are creating a new primary care paramedic program at Assiniboine College."

The government is also creating a new child-care centre at the Brandon hospital to care for health-care workers' children while they're on shift.

The Manitoba Association of Health Care Professionals (MAHCP) said last month that there has been a decline in the number of rural paramedics in Manitoba over a two-year period.

Rural paramedic numbers dropped from 519 in December 2023 to 485 in December 2025, a net loss of 34 paramedics, said the union.

MAHCP president Jason Linklater said in a May 14 statement that the critical shortage of paramedics and the government's election commitment to add 200 net new paramedics requires a "significant mobilization of resources and focus" in order to retain, train and

recruit them.

After two and half years of the current government, he said paramedics haven't seen that level of commitment.

"With recent Shared Health data showing growing paramedic shortages across the province, and dangerously long 911 response times in many rural communities, Manitoba needs urgent action to retain, train and recruit more primary care paramedics. ... MAHCP has been pushing the province to expand PCP education for more than two years as other provinces have already done. Our recommendations have included bringing back a rotating rural PCP education program like the one that was announced today," said Linklater.

The government's new PCP program is a start, he added, but additional training expansion is "urgently needed."

Saskatchewan by comparison has created 252 PCP education seats.

The provincial government should also be covering the cost of PCP education to fill training seats and get graduates to work in Manitoba, and launch an earn-as-you-learn EMR-to-PCP education pathway that was promised last year.

"Finally, we can't afford to lose any more experienced paramedics while we wait more than two years for new graduates to finish this new program," said Linklater. "Government also needs to pull out all the stops to retain the paramedics we have."

A spokesperson for provincial Shared Health, which is responsible for rural paramedics, said the recruitment of paramedics across Canada to work in rural and remote areas has been a challenge.

"EMS services throughout Canada have experienced challenges recruiting primary care paramedics (PCPs), particularly in rural and remote areas," said the spokesperson. "Shared Health

continues to actively recruit and retain PCPs across Manitoba while taking steps to maintain service levels in areas experiencing vacancies."

One of the strategies Shared Health is implementing is training and incorporating emergency medical responders (EMRs) into a "range of support and clinical roles within the EMS system." That includes ambulance services and VECTRS, or the Virtual Emergency Care and Transfer Resource Service, which is a centralized source for clinical guidance and patient transport that was launched in 2023.

EMRs are not trained to the level of paramedics and have a reduced scope of practice.

The *Express* asked if Shared Health is using PCP funding to hire EMRs as claimed by MAHCP.

The spokesperson said that in the eastern zone [which includes the Interlake], EMRs have been temporarily assigned while recruitment continues.

"To help maintain service levels in the eastern EMS zone, some existing EMS staffing resources have been temporarily allocated to support limited EMR hiring while recruitment efforts continue," said the spokesperson.

The PCP vacancy rate in the eastern zone was 26.3 per cent as of May 7, said the spokesperson when asked what the current PCP vacancy rate is in the Interlake-Eastern Regional Health Authority. And one EMR has been hired in the eastern zone.

Shared Health does not currently have a verified province-wide net-loss figure for PCPs available, said the spokesperson when asked to verify losses.

"Recruitment efforts remain ongoing across Manitoba, including through provincial training pathways, targeted recruitment initiatives and continued work to strengthen the rural EMS workforce," they said.

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Interlake campus courses continue as normal following RRC Polytech program cuts

By E. Antonio

Regional campuses in the Interlake will not be impacted by recently announced program cuts and suspensions at Red River College (RRC) Polytechnic, according to the college.

RRC Polytech says there are “no current or anticipated changes to regional programming,” including at the Interlake and Peguis – Fisher River campus in Selkirk. The college also said students can expect continued learning opportunities, support services, and campus operations without disruption.

The institution recently announced several program closures, temporary suspensions and reduced seat capacities as part of academic and budget planning for the 2026-27 school year, with changes expected to impact Winnipeg campuses.

RRC Polytech says the changes were driven by multiple financial pressures, including federal immigration policy changes that reduced international student enrolment and English language training funding, as well as shifting domestic enrolment trends and rising delivery costs.

The college said it completed a “comprehensive, data-informed academic

planning process” to determine how programs align with labour market demand and long-term sustainability.

Despite the changes, the college emphasized the importance of rural campuses and regional training.

The Interlake and Peguis – Fisher River campus welcomes between 120 and 150 students annually in programs including Health Care Aide, Early Childhood Education, Workplace and Business Administration, Health Unit Clerk, Business, Accounting and Management, Administrative Assistant, and Educational Assistant. Health Care Aide, Early Childhood Education, and Workplace and Business Administration currently have the strongest enrolment.

“Regional campuses have seen stable-to-growing demand,” said Lauren Parsons, RRC Polytech acting manager of communications and public relations. “This is due to increased interest in local study options, as learners prefer to remain in their home communities.”

Parsons said the COVID-19 pandemic reinforced the importance of community-based education by allowing students to study closer to home rather than relocate or com-

mute to Winnipeg. She added that virtual learning opportunities have also enabled RRC Polytech to reach students who may not otherwise be able to attend classes on campus.

Studying locally can reduce financial barriers, strengthen community connections and create local employment opportunities.

“Students are more likely to stay and work in their communities when trained locally,” Parsons said. “Students are drawn to studying at regional campuses where their experiences are personalized and tailored to the workforce they will be entering in their communities.”

The Interlake-Eastern Regional Health Authority (IERHA) hires graduates from RRC Polytech’s Interlake and Peguis – Fisher River campus, including graduates from the health-care aide program, along with graduates from several other post-secondary institutions across a variety of disciplines.

An IERHA spokesperson said the health authority values all post-secondary education partners that help collaboratively train and develop Manitoba’s health-care workforce.

“In the rural environment, local edu-

cation options provide people with an opportunity to learn new skills while remaining in — or close to — the community where they live.”

Parsons said health care, community services, local business and service industries rely heavily on graduates from the Interlake campus. She added many graduates remain in the region, supporting local employers, organizations and regional economic development.

“Our regional campuses play a vital role in supporting local economies by delivering programs that respond directly to employer demand and community priorities,” Emily Doer, RRC Polytech acting director of college and public relations, said in an email. “RRC Polytech remains committed to accessible, high quality applied education across the province and will continue working closely with industry and communities to ensure our programs meet Manitoba’s evolving labour market needs.”

Current students in affected programs on Winnipeg campuses will still be able to complete their studies without interruption and supports are being provided to students and staff impacted by the changes.

Letters to the editor

Letters to the Editor: news@expressweeklynews.ca

Community voices heard in Fraserwood

I attended the municipal meeting in Fraserwood on May 15 regarding the expansion of the poultry farm operation in the RM of Armstrong.

I came away with several reactions.

The first is a strong feeling of appreciation for our whole community. I was impressed with the way speakers spoke powerfully about the deep concerns we have for our environment, our community and each other.

I was impressed with the number of citizens who came out to listen to each other and look for solutions.

I was particularly impressed with the RM of Armstrong and the RM of Gimli for inviting all of us to attend and speak.

That said, the job is not yet done. We need a concise and clear statement of the desired future that we can all work toward.

To get there, we need to develop: 1) a statement of the issues upon which we already agree; 2) a state-

ment of those issues upon which we have not yet reached agreement; and, for each issue, a statement of the potential resolutions.

To close, I am proud to be a citizen of the Interlake — proud of the courage everyone showed in speaking out to protect what matters deeply to us: our land, our lake and each other.

I know we can do this.

This is democracy in action.

- Bill Martin

Questions raised after Fraserwood hearing

I sat last Thursday evening in Fraserwood to hear firsthand the environmental hearings involving Harbour Colony and the RM of Armstrong.

I was there to dispel rumours I had heard within my community.

How had events been allowed to progress so far before involving the

community at large?

Why were the Colony folks allowed to invest their time and effort without a solid baseline of acceptance?

As was stated at the meeting, the province has no guidelines when it comes to effects on other municipalities. Blanket regulations were cited as protecting the environment, but how has that worked out so far, considering the polluted condition of Lake Winnipeg?

It was said at the meeting that the industrial capacity of factory farms is environmentally safe, but in my observations, they all seem to be situated alongside watercourses.

If they are so safe, why are they not landlocked?

What about processing? Maybe I missed the comment, but how much of the flock would be transported elsewhere, and how much would be processed there, leaving that effluent to be disposed of somehow?

It certainly seems that those supposed to be in control certainly aren’t!

- Baldur Nelson, Gimli

Community Support Service

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

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

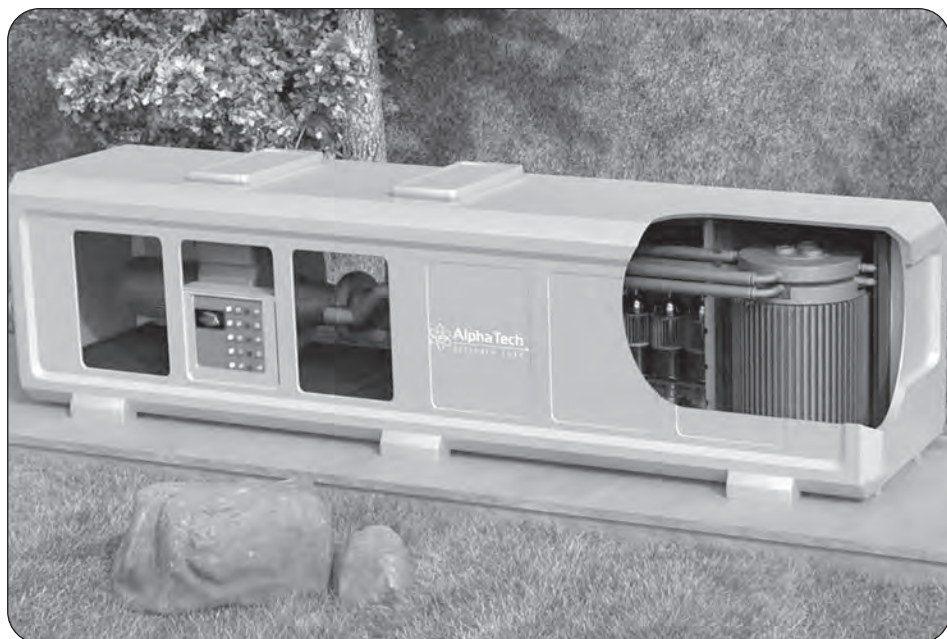
AA Winnipeg Beach
Lady of the Lake RC Church
Corner of Hwy. 9 and Lake Ave.,
Winnipeg Beach
Meetings are Saturdays between 7 and 8 p.m.
Contact Ann J 204-389-3417

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

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

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

> **NUCLEAR POWER, FROM PG. 4**



EXPRESS PHOTOS SUBMITTED

Researchers and engineers are exploring using nuclear energy, in the form of molten salt microreactors, to become the main power source in communities.

developed by Alpha Tech Research Corp.

The company was founded by Dr. Matthew Memmott, who recently delivered a presentation at the Manitoba Museum on the future of nuclear energy.

Memmott, who holds both a master's degree and PhD in nuclear engineering, said molten salt reactor technology offers "serious benefits" over conventional systems. He described the reactors as lower cost, transportable, modular, autonomous and capable of operating for decades while safely containing nuclear waste.

"What these bring is reliability, consistency, long-term security and the opportunity for remote communities to have this power without needing to buy into huge infrastructure," he said. "Once installed, it's designed to last around 50 years, providing power at the negotiated contract price agreed upon installation."

Memmott estimated the cost of electricity generation would range between six and 10 Canadian cents per kilowatt hour, below the current Canadian average of 15 to 17 cents. The pricing structure, he said, would remain fixed under long-term agreements tailored to each community's needs.

"It can be 10 years or 200 years — whatever agreement needs to be made for us to work together," he said.

According to Memmott, molten salt technology allows radioactive material to remain safely contained within the reactor system while enabling spent material to be removed safely. He said the reactors would also require much smaller exclusion zones

than conventional nuclear facilities.

"You can stand on the outside of this reactor and

hug the blue walls of the reactor all day, every day for a year and not get an appreciable dose of radiation," Memmott said. "The technology of molten salt reactors addresses that concern in a very unique way — its safety is unparalleled."

He said the company's goal is for each reactor site to occupy roughly seven acres while producing about 1.2 gigawatts of energy. The reactors themselves are designed to be compact, continuously generating heat and electricity while using only a small portion of their fuel supply over several years of operation.

After approximately six years of full-time use, the reactors would be replaced and returned to Utah or another future manufacturing location for maintenance and waste removal.

"We designed the reactor to be something that worked with today's framework, with today's technology and today's laws," he said.

Memmott said demand for molten salt reactors is already high, with requests from communities significantly exceeding the company's current production capacity. He said the company hopes to eventually manufacture approximately 1,000 reactors annually, with distribution based on order timelines and agreements.

He added Canada is among the markets being considered for future deployment, with a current target timeline of roughly five years. He also noted the reactors are designed to be transportable enough for remote deployment, including by military aircraft if required.

De Ryck believes the ARC concept stands out because it is designed to operate independently of weather conditions and could be deployed closer to communities, reducing dependence on long-distance transmission lines.

"The ARC molten salt reactor will be capable of operating in all weather conditions. It will not require water. It is capable of providing ancillary services to the grid and does not emit pollution or greenhouse gases," he said.

He also suggested rural and northern regions could benefit the most from localized power generation and reduced reliance on diesel fuel in re-

mote communities.

"Rural and northern communities would likely benefit most, as their source of clean, reliable, quiet power could be located right near them," he said.

De Ryck said he has been actively involved in facilitating discussions on nuclear energy, including organizing virtual conversations with industry representatives and interested organizations. He said some Manitoba Hydro staff and Manitoba Chambers of Commerce representatives attended previous discussions.

He described the reaction from residents and stakeholders as mixed but generally curious.

"Mostly intriguing and prominent business organizations are very interested," he said, adding skepticism is understandable given nuclear energy's public reputation.

On concerns surrounding radioactive waste and safety, De Ryck argued the topic is often misunderstood.

"Nuclear energy and spent nuclear fuel are widely misunderstood; be open-minded and patient," he said, adding he believes spent fuel could eventually be viewed as a resource rather than waste.

De Ryck links his advocacy to broader concerns about climate change, energy security and Manitoba Hydro's financial volatility during low-water conditions. He believes expanding nuclear options could help stabilize electricity supply while positioning Manitoba as a stronger power exporter.

"I hope Manitobans realize we need to make significant changes to our electricity grid," he said, adding he sees the potential for Manitoba to become a "global clean energy centre of excellence."

While Canada has explored small modular reactor development in several provinces, any future nuclear development in Manitoba would remain subject to extensive federal regulation, environmental review processes and public consultation requirements.

Questions regarding molten salt reactor technology can be directed to De Ryck at todddedyck@gmail.com, with additional videos and resources also available online.

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Fishers, farmers and municipalities go head-to-head over proposed chicken farm

By Patricia Barrett

Lake Winnipeg has been caught in the crossfire between commercial fishers and farmers and the municipalities of Gimli and Armstrong over a proposed chicken farm.

With the lake already in a precarious state from nutrient overloading from agricultural runoff, wastewater effluent and raw sewage spills, strong opposition has arisen within the fishers' ranks and the RM of Gimli with regard to farming practices in the RM of Armstrong, which is primarily an agricultural municipality.

Harbour Colony Farms, a satellite colony of the Crystal Spring colony in Ste. Agathe, wants to build a 140,000-strong chicken operation in Armstrong on the shared municipal border with Gimli, and spread chicken manure on fields the colony owns in the RM of Gimli.

Armstrong council held a public hearing for the proposed operation on May 14 at the Fraserwood Hall. About 130 attended to hear presenters speak in favour or against it. Written submissions were also forwarded to council.

The colony is asking Armstrong council to approve a conditional use application that will allow it to construct a new poultry operation consisting of 40,000 layers, 40,000 pullets and 60,000 broilers, which is said to represent 764 animal units.

An animal unit is a measurement that provides an indicator of the environmental impact of livestock and informs land use to ensure that animal density doesn't negatively affect soil and water.

Victor Kleinsasser, who represents Crystal Spring and Harbour colonies, explained what the proposed chicken operation will entail and provided schematics and photos of the chicken barns.

One barn will co-house the layers and the pullets. It will be a European-style aviary barn or free-run barn where layers aren't confined to cages but are free to perch, lay an egg and "spend the rest of the day roaming about."

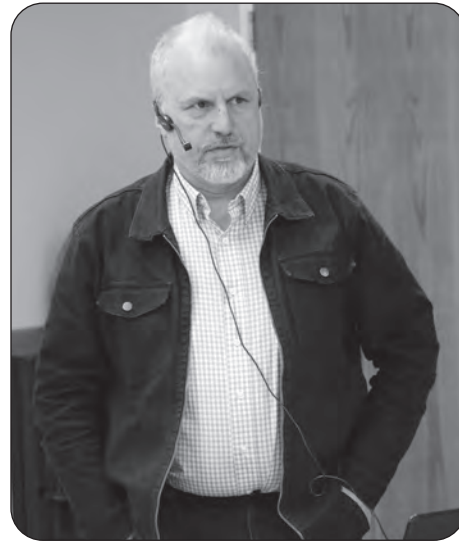
The pullets, the chicks, will be housed on the other side of the barn where they'll be "on the ground" but able to hop in and out of a cage system as they mature.

As for manure handling, Kleinsasser said the back of the barn will house dry manure that's delivered via a belt system. The manure will then be loaded onto a truck and taken to fields.

The colony owns several parcels of land in the RM of Gimli and intends to spread some of its chicken manure there, according to technical docu-



Gimli Mayor Kevin Chudd warned Armstrong council that Gimli council is considering revoking an agreement that currently treats Armstrong residents' waste at the Gimli WWTP.



Victor Kleinsasser from the Crystal Spring (Ste. Agathe) and Harbour (Armstrong) colonies provided an overview of the proposed chicken operation.



EXPRESS PHOTOS BY PATRICIA BARRETT
Chad Johnson, a farmer in the RM of Bifrost-Riverton, spoke during an RM of Armstrong public hearing to consider Harbour colony's proposal to raise 140,000 chickens. Johnson supports the colony's chicken operation.

ments posted on the province's website.

"The whole point of this barn is to produce eggs," said Kleinsasser. "We own quota; it's all above board, just like fishermen who have quota for the amount of fish they can catch. We have quota in the amount of eggs we can produce."

The colony hired engineer Peter Grieger from South-Man Design Group to prepare a technical review, which assesses the impact of the operation on the environment and surrounding community, and ensures "compliance" with provincial manure-management regulations, municipal zoning bylaws and long-term sustainability.

"By way of this process, it was established that the colony has a usable land base for manure application that is almost three times the minimum requirement. These excess acres provide the ability to select spread fields that are least likely to impact residents and surface and groundwater resources in the area," said Grieger. "Preference will be given to fields most secluded from residential development and major surface water tributaries. Incorporation of the manure within the soil as soon as practical after application will minimize the runoff potential."

Grieger added that the colony will take "all reasonable measures" to protect the environment and minimize impacts on surrounding communities. Like other residents, the colony wants to enjoy Lake Winnipeg's recreational opportunities and has "no intention of harming this valuable resource."

About seven staff from various provincial departments attended the hearing.

Holly Ervick-Knote, coordinator

for the provincial livestock technical review process, provided an overview of what the province's review entailed. It included 64 public comments "expressing concerns" over the impact of manure and dead chickens on the aquifer, Willow Creek and Lake Winnipeg, nutrient overloading from manure spreading, odour and air quality, proximity to local dwellings, increased traffic and impact on Manitoba's fisheries and tourism sectors.

The provincial review process found no issues as the colony meets all requirements.

"The technical review committee concluded that the proposed operation is able to meet provincial requirements and standards," said Ervick-Knote.

She asked that council state in their resolution — which will either approve or deny the chicken farm — that the colony has a right to appeal to the provincial Municipal Board should council reject their proposal or impose a condition of approval.

Twenty-five people registered to speak at the hearing. Most were residents from the RM of Armstrong but people from other municipalities such as the RM of Gimli and the Municipality of Bifrost-Riverton — as well as representatives from organizations such as Manitoba Egg Farmers, the Gimli Environmental Advisory Committee and the Silver Harbour Environment Committee — also spoke.

A number of speakers were in favour of the colony's proposed farm, citing the colony's having met provincial requirements, the colony's state-of-the-art chicken barns, the removal of manure off-site and economic stimulus for Armstrong.

Chad Johnson, who farms in Bifrost-

Riverton, spoke in favour of the colony's operation.

He supports sustainable farming, environmental stewardship, public health, job creation and the economic viability of food-producing communities, he said. And poultry manure can be a valuable natural fertilizer when managed properly.

"Properly applied, chicken manure enriches the soil, improves crop yields and reduces the needs for synthetic inputs [chemicals] — it's win for farmers and nature alike," said Johnson.

The province has environment officers whose monitoring will ensure that the poultry operation would meet all environmental guidelines, including controlling odours, runoff and waste management.

"This is not about unchecked expansion," said Johnson. "It's about responsible growth under expert supervision."

Johnson later showed the *Express* a soil-testing digital tool that calculates how much phosphorus, nitrogen, potassium and other nutrients are in soil so that farmers know how much manure to apply to land.

Melvin Toews from Sunrise Poultry Processors said Sunrise has been the Crystal Spring Colony's sole processor since 2008 and the colony upholds high standards.

"As the processors for Crystal Springs Colony, we can confirm that they are indeed exemplary stewards of poultry farming and they strive in all areas to uphold the highest of standards," said Toews. "In fact, they continue to be some of our top producers and are considered by other producers to be leaders in the industry."

> CHICKENS, FROM PG. 9



IMAGE COURTESY OF HARBOUR COLONY

The new Harbour Colony Farms in the RM of Armstrong is proposing to operate a 140,000 chicken farm. Shown here is the European-style aviary barn that will co-house layers and pullets. The chickens can perch and freely roam around the barn.

Dmitry Profopopov from Loveday Mushroom Farms said Loveday uses manure as a “key ingredient” to grow mushrooms for its markets in Canada and the U.S.

Profopopov noted that Loveday has had a long relationship with the Hutterite colony and the “reputation has always been there.”

Loveday takes manure from “many, many farms,” about 160-170 metric tonnes of manure weekly, he said.

Kleinsasser clarified that Loveday takes a proportion of its chicken manure: “All our broiler manure [from Crystal Spring] goes to Loveday where it is [used to] grow mushrooms.”

It’s unclear how much manure Loveday would be taking from the new colony in Armstrong should its chicken operation be approved by council.

RM of Gimli resident Hilmar Johnson, who lives in the Husavik area, said the colony has land on both sides of him, and he’s not worried about its proposed operation.

“I’m here to support them, their right to build the lagoon and apply poultry manure to the land in the RM of Gimli,” he said. “They are taxpayers and they should have the right. ... They’re terrific farmers. I work with them, checking their fields, and they do an incredible job.”

He added the colony will have to follow a detailed manure-management plan that includes taking samples of the manure to determine nitrogen and phosphorus content. And they’d be subject to a fine if they apply more manure than what a crop can take up.

Referring to the RM of Gimli’s multi-million-dollar plan to convert an old sewage lagoon into a wetland, Johnson indicated there’s a double standard at play.

“I get mixed messages here from council of the RM of Gimli. Two years

ago they applied human sludge just south of Aspen Park. I didn’t see any hearings or any notices. They went ahead and put it [on the land] in the fall, right where there’s 200-300 residents and ... I’m surprised they expect extreme rules to the [colony] here, but they seem to do what they want to do when it comes to ... human sludge,” said Johnson. “The other thing ... they allow is solid waste from their sewage plant to their Gimli dump to dry it out. I don’t know how much they haul ... and their effluent goes all the way from the plant to the lake.”

In regard to Lake Winnipeg’s decline, Johnson said “zebra mussels are killing the lake, not what farms are doing.”

RM of Armstrong resident Ken Rebizant, who owns land across from the Harbour colony, expressed many concerns about the chicken operation including the “nearly tenfold” increase in the number of chickens the colony recently stated it intends to raise.

It will be an “industrial-scale” chicken operation, “one of the largest in the province” and it doesn’t represent “regular country farming,” he said.

“The proposed industrial agricultural operation will generate large amounts of fecal matter that would need to be disposed of properly. This expansion would bring a persistent foul odour that would be highly disruptive to neighbouring residents,” said Rebizant.

He asked what proportion of Harbour’s chicken manure will be sent to Loveday Mushroom Farms as opposed to being spread on fields.

Kleinsasser said Loveday doesn’t want manure from the [80,000] layers and pullets they’ll have: it wants only broiler manure.

“At the moment, they’ve got all our manure” and “if we need to, we can put it on the land,” said Kleinsasser.

RM of Armstrong resident Steve Falcon said he’s in favour of the chicken farm and would purchase chickens and eggs from the colony if available.

“I’ve been hearing nothing but fear-mongering about these people, fear-mongering about the operation. We’ve got to go by facts. ... This is all going to be regulated,” said Falcon. “If there is any issues, shut them down or resolve them. We can all work together on this.”

Falcon said he understands the issues on Lake Winnipeg but said people are “again fear-mongering.”

That comment caused a bit of commotion in the audience and had Armstrong Reeve Garry Wasylofski calling for order.

“As for the pollution that’s going into the lake, which has been affected for the last 40 years from the City of Shitpeg, by dumping billions of gallons [of waste] into this lake with no opposition from anyone, and it’s continuing to this very day,” said Falcon.

Lake Winnipeg commercial fishers know firsthand what’s out there in the water and killing fish and spawning habitat.

Gimli resident Bill Buckels has been covered head-to-toe in feces at times in the Hecla-Grindstone region, as well as in algae, while retrieving his catch.

As a long-standing advocate for the health of Lake Winnipeg — which he said is “already gasping” — the last thing the lake needs is more manure, which contains phosphorus and nitrogen that spur on toxic fish-killing algal blooms.

Buckels raised concern about the “massive scale” of the operation’s nutrient load. His calculation of animal units and manure impacts are far higher than what the proposal indicates.

“At the proposed capacity of 140,000 chickens, this operation represents approximately 1,400 animal units. This scale will produce an estimated 9,000 tonnes of manure annually,” said Buckels. “We’re talking about a concentrated chemical footprint of roughly 17 tonnes of nitrogen and 17 tonnes of phosphorus being introduced into our watershed every single year.”

He said the manure will likely be applied to fields “as is” and that’s a “hazardous practice” as poultry manure is extremely phosphorus dense. Because crops require significantly more nitrogen than phosphorus, applying chicken manure to meet nitrogen needs results in over-applying phosphorus.

“This isn’t farming: it’s nutrient dumping,” said Buckels.

In terms of soil saturation and runoff risks, Buckels said phosphorus binds to soil up to a point. After it reaches

saturation, excess phosphorus “becomes mobile” and poses a “direct threat” to the aquifer, and will wash into ditches and waterways.

Citing innovation, he said that if the colony’s industrial-scale operation is to be considered at all, “it must be mandated to move beyond 19th-century disposal methods” with technologies that can mitigate risk.

Technology exists that can extract phosphorus from chicken waste and make it a safer fertilizer for fields.

“The commercial fishery cannot survive more broken promises regarding nutrient management,” said Buckels. “We cannot allow an industrial operation of this magnitude to establish itself using primitive disposal methods that treat our lake as a secondary consideration.”

After the hearing, Buckels said he’s in the process of engaging with the federal department of fisheries and oceans regarding fisheries habitat as there’s “provincial political inertia” when it comes to protecting water and fish.

Gimli Mayor Kevin Chudd told the audience there was a lack of consultation and collaborative planning on the proposed chicken farms. As well, there have been no “meaningful discussions” with Armstrong around road upgrades, maintenance obligations, drainage infrastructure, and liquid and solid waste.

“Gimli requested a pause and an opportunity to review and understand the proposal,” said Chudd. “The RM of Armstrong initially agreed and later withdrew that position. We are asking that the signed MOU [memorandum of understanding] related to that request be made publicly available.”

The mayor said the colony’s proposal can be viewed as an “industrial farm operation” sitting at the boundary of two municipalities with “two different planning priorities.”

As the RM of Armstrong would be receiving taxation revenue from the colony’s operation and from its buildings, Chudd said Armstrong should bear infrastructure and servicing costs.

“The approximately \$60,000 in annual taxation generated from [colony] lands owned in [RM of] Gimli does not begin to offset the anticipated servicing and maintenance burden,” said Chudd. “Road improvements alone are estimated to exceed \$1 million.”

Chudd warned Armstrong council that Gimli council is considering revoking an agreement it currently has with Armstrong to treat some of Armstrong residents’ waste at the Gimli Wastewater Treatment Plant (WWTP).

Pride Gimli lighting the way in 2026; sponsors, vendors sought



IMAGE BY PRIDE GIMLI

By Patricia Barrett

The Pride Gimli Festival Committee is in the midst of putting the finishing touches on its upcoming Pride weekend and is offering a number of sponsorship opportunities.

The weekend will feature a variety of events including the lighting of the Viking statue in rainbow colours, a

flag-raising ceremony, a Pride walk, workshops, live music, a movie screening in conjunction with the Gimli International Film Festival, family activities and food.

Festival committee member Elena Olafson said sponsorships from businesses, organizations or individuals would be most appreciated as the events require financial assistance.

There are six sponsorship levels — \$10-\$49, \$50-\$149, \$150-\$249, \$250-\$499, \$500-\$1,499 and \$1,500+. Each level comes with specific recognition, which can include naming rights for events or getting a business name on the Pride

Gimli website and on social media, plus some cool swag.

Olafson said they're also inviting vendors of all kinds to participate in their Duracan Pride market.

Pride events promote equality and stand against discrimination of people who identify as LGBTQ+.

For the Pride Gimli committee, the

festive weekend is a "declaration" that Gimli is a warm, welcoming and open-minded community that likes to bring people together.

The event attracts visitors from beyond Gimli and provides an economic boost to local businesses.

The tentative schedule for the weekend is as follows:

Friday, June 12:

6 p.m. Opening ceremonies at the waterfront stage.

7-7:30 p.m. Walk down the beach boardwalk for flag raising.

8 p.m. Movie at the Lady of the Lake theatre in the Waterfront Centre.

10:30 p.m. Lighting of the Viking Statue.

Saturday, June 13:

At the Gimli Park pavilion
11 am - 10:30 p.m. Duracan Pride Market.

2 p.m. Pride Coffee House.

7 p.m. The Carabiners (band).

Sunday, June 14:

11 a.m. Pride March (from waterfront stage to the pavilion in Gimli Park).

12 p.m. Cupcakes and community gathering.

The Pride Gimli celebration will run from June 12 to 14. Visit Gimli Pride on Facebook and Instagram for updated events and times.

Anyone interested in becoming a sponsor for this year's Pride event can call the committee's treasurer, Jodi, at 204-891-3575.

> CHICKENS, FROM PG. 10

"Council is considering providing the required 90-day notice to terminate that agreement pending broader discussions toward a modern shared services framework," said Chudd.

When asked later about Chudd's warning and how many Armstrong residents rely on the WWTP, Armstrong CAO Colleen Mayer told the Express that there are 277 households, or 542 residents, who have their waste trucked to the Gimli treatment plant.

"The RM of Armstrong has an agreement until December 31, 2028, and we have not been notified of any potential cancelling of the agreement,"

said Mayer by email. "If this matter does come forward, council will address it at that time."

Reeve Wasykowski said Armstrong council will be reviewing the evidence presented and expects to make a decision about the proposed chicken operation at council's next meeting.

Commercial fisher Robert T. Kristjanson, who brought the issue of algal blooms on Lake Winnipeg to the public and the federal and provincial governments in the 1990s, said despite provincial regulations on manure management, manure and its nutrients are destined for one place: "It's all going to Lake Winnipeg. Everything runs into the lake."

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DETAILS AT SOUTHBEACHCASINO.CA

Small fires at Riverton businesses linked to eight-year-old boy

By E. Antonio

Quick action by bystanders prevented two small fires allegedly set by an eight-year-old boy from spreading at Riverton businesses on Saturday, May 8, according to the Bifrost-Riverton Fire Department.

One fire was set in a recycling bin outside the Riverton and District Friendship Centre, while the second occurred inside the lobby of the local Access Credit Union, where a garbage bin attached to an ATM machine caught fire.

Fire Chief Jason Comeau said both incidents were reported to 911, but firefighters were not dispatched because the fires had already been extinguished by the time crews were notified. Firefighters were only re-

quired to enter the credit union to air out the lobby from smoke.

Comeau said he was contacted directly by someone from the friendship centre, who informed him both fires were already out and asked if he could speak with the child involved.

The boy and his guardian were still at the credit union when he arrived and said he spoke with the child about the dangers of playing with lighters and explained that someone could have been seriously hurt. The boy, according to Comeau, was scared and didn't want to engage in conversation.

He added that he believes RCMP were also expected to speak with the youth.



EXPRESS PHOTOS SUBMITTED

An eight-year-old boy from Riverton set fires at two separate businesses on May 8. Both the Riverton and District Friendship Centre and Access Credit Union sustained minimal damage as fires were contained and extinguished in recycling and garbage bins.

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

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Prairie winds create dust-choked skies



EXPRESS PHOTOS BY PATRICIA BARRETT

Mother Nature whipped up a fierce dust storm on the evening of May 14 that delivered an umber-coloured sky, reduced visibility on the highway and had top soil and vegetation blowing off fields. The dust was so thick in the RM of Armstrong (shown here along PR 231) that it looked as though wildfires had broken out.



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Gimli Veterinary Services is a small animal private practice locally owned by Dr. Lisa Taylor. She has over 30 years of experience in veterinary medicine, mostly spent right here in the Interlake. Her commitment and expertise has not gone unnoticed, garnering her the MVMA Veterinarian of the year award for 2026!

Welcoming you to this bright, inviting space will be Amanda, Katie, Kayla and Abby and possibly Miss Vickie, the "furry customer experience manager". Apprehensive customers need not worry as they offer separate areas for dogs and cats eliminating the fear of possible "confrontations".


At Gimli Veterinary Services, your pets will receive the best care possible. Joining Dr. Taylor, are Dr. Meaghan Ballard, Dr. Navreet Brar and Dr. Sachdeep Singh. They offer a wealth of knowledge and use state-of-the-art technology and equipment for all procedures. Aiding them in the care of their fur-baby clients are the capable hands of RVT's Amy, Calida, Erin, Kadence and Emily and also VHA's Katrina, Teeah and Paige. Keeping everything running smoothly are the management team of Stacey and Kyla.

As a Veterinary Service, they can provide all the care your pets require, from routine examinations and vaccinations to laser therapy for post-surgical & routine therapy packages. Also they provide a variety of elective surgeries such as spays, neuters, dental procedures and cleanings, lumpectomies, hernia repairs, and much more.

They are open from 8:00 am to 6:00 pm Monday to Saturday and closed Sundays to recharge.

Gimli Veterinary Services is proudly celebrating 30 years of business in the Interlake! Join them as they host an anniversary event on Friday, June 5th from 12 noon - 4 pm. There will be complimentary food and drinks, as well as GVS swags and merchandise give-aways. Meet the staff that has contributed to their success and learn about all things vet med!

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Dr. Lisa Taylor

Sudoku Answer

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

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Your FARM



EMILI invites producers to upcoming Grosse Isle event

By Jennifer McFee

Calling all local producers — this event is just for you.

On Wednesday, June 10, EMILI is hosting Producer Day with Keystone Agricultural Producers. The event takes place at EMILI's Innovation Farms in Grosse Isle from 9 a.m. to 1 p.m.

EMILI works collaboratively with producers, industry, investors and innovators who share the vision of Canadian agriculture leading the world through transformative innovation.

As an industry-led non-profit, EMILI provides innovators with access to leading-edge equipment, technology and production practices, along with unbiased feedback on how their innovation works on a full-scale farm.

"EMILI was founded 10 years ago, in 2016, and launched Innovation Farms powered by AgExpert in 2022 to create space for innovation on a full-scale farm. EMILI's Innovation Farms provides innovators with access to leading-edge equipment, technology and production practices to increase productivity, sustainability and profitability across the agriculture and agri-food sector," said Leanne Koroscil, EMILI's Innovation Farms manager.

"EMILI's Innovation Farms currently operates in two locations in Grosse Isle and MacGregor. EMILI's

Innovation Farms Grosse Isle site is located on Rutherford Farms, a 5,500-acre grain and oilseed farm. Crops include spring and winter wheat, oats, barley, corn, canola, soybeans, field peas and forage peas. EMILI's Innovation Farms MacGregor site, which launched in 2025, is located at J.P. Wiebe Ltd., a 10,000-acre potato and grain farm with approximately 3,000 acres dedicated to potatoes."

The producer-only field tour aims to create space for farmers to ask questions and share insights about what matters to them.

"EMILI Producer Day is one of several field tours that EMILI hosts throughout the season to showcase new agricultural technologies, expand innovation opportunities, and increase understanding and adoption of digital tools," she said. "EMILI Producer Days are unique in that they are producer-only events."

During these events, producers get a firsthand look at how EMILI's Innovation Farms is advancing digital agriculture in the Prairies. They focus mainly on technology that's close to commercial-ready to ensure discussions and demonstrations are relevant to attending farmers, since they might be thinking about adopting new tech on their farms.

Attendance is limited to producers



EXPRESS PHOTOS SUBMITTED

EMILI Innovation Farms manager Leanne Koroscil shares a presentation on ag-tech innovation with farmers at EMILI Producer Day.

to provide them an opportunity to learn about EMILI's work to reduce risks related to agricultural technology. At the same time, they can connect with other producers interested in ag tech, while also having the chance to ask and answer questions about the demonstrated technology without anyone trying to sell them products.

In 2026, EMILI will host two Producer Day events. The first will take place on June 10 in Grosse Isle. The other event will take place on June 18 in partnership with Elmer's Manufac-

turing at their site in Altona.

The Grosse Isle event will feature a half-day workshop featuring a producer panel that will share real-world experience and practical insights about adopting new on-farm technology. Attendees will also have the chance to exchange ideas with other producers and enjoy a free barbecue lunch.

The panel discussion will focus on adopting technology and driving innovation on the farm, while also highlighting how producers with different operations approach new technologies and how they believe these technologies make their operations more productive and sustainable.

Koroscil will moderate the panel with Andrew Doerksen, Hailey Jefferies and Jake Ayre. Doerksen is a partner at Beaver Creek Farms Ltd., a family-owned third-generation potato and grain farm near MacGregor. Jefferies is the co-founder and president of Prairie Fava, a Manitoba-based agri-food company. Ayre is vice-president of KAP and a producer at Southern Seed Ltd., a family-owned and operated pedigreed seed farm and retail business near Minto.

"During our 2024 event, attendees gained insight into how sensors benefit production practices, learned about the future of remote crop imaging and monitoring, and heard how

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Continued on page 13

Your FARM



> EMILI, FROM PG. 12

EMILI uses drones to gain insight into crop health throughout the season," Koroscil said.

"At our 2025 event, producers learned new ways to optimize harvest and took part in a free combine clinic in collaboration with Bushel Plus."

At last year's event, organizers also took the time to ask producers what type of topics they'd like to focus on for future events.

"Our 2026 planning has centred around this feedback and is one of the reasons we are hosting two events this year. Our event in Altona will provide producers an opportunity to get behind the scenes at a made-in-Manitoba equipment manufacturer while learning about the results from EMILI's collaboration with them over the past few seasons," Koroscil said.

"Our event at Grosse Isle will include panel discussions and ag-tech

demonstrations centred around adopting new on-farm technologies, financing innovation and improving productivity — topics that we have heard are top of mind for farmers in our community."

In addition, Grosse Isle attendees can look forward to ag-tech demonstrations that highlight projects EMILI is working on this season with Crop Intelligence, TerraWave, John Deere and Redekop Manufacturing. These demonstrations will showcase how their technology improves farm productivity and sustainability.

EMILI Producer Day is free, but space is limited and fills up quickly. Producers are encouraged to register as soon as possible to avoid missing out.

Producers can visit emilicanada.com/fieldtours to learn more and register for EMILI Producer Day with Keystone Agricultural Producers.



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Koch donation supports Rosewood Lodge

By Lana Meier

A major donation is helping improve comfort and care for residents at Rosewood Lodge Personal Care Home.

Local donor Irv Koch has contributed \$30,870 toward new furniture for resident rooms at the Stonewall personal care home, replacing dressers and nightstands that have been in use for more than 20 years.

The donation will help furnish 22 resident rooms with durable, health-care grade furniture designed to improve both quality of care and quality of life for residents. Staff said the existing furniture no longer met current infection prevention and control standards and was in urgent need of replacement.

For Koch, the donation is part of a long-standing desire to give back to the community and local health-care services that have helped him over the years.

Koch first met Averill Stephenson a few years ago after a visit to the Ashern Hospital emergency room for stomach pain. It turned out he needed emergency surgery and was sent to

Selkirk for care. After that experience, Koch wanted to give back and made a donation to Ashern Hospital.

In recent years, he also supported the Sunshine and Peace Patio connected to the palliative care space at Stonewall Hospital.

When Stephenson reached out again to ask whether he could help Rosewood Lodge, Koch said he was happy to do so.

"If they need help, and I can help, I'm happy to do it," he said. "Stonewall is my home community. I've been fortunate in life, and I believe when you can help, you should."

Officials said the upgrades are about more than simply replacing furniture.

"For the residents who call Rosewood Lodge home, this is about comfort, dignity, safety and creating spaces that feel warm and welcoming for both residents and their families," representatives noted in a statement.

Rosewood Lodge representatives said Koch's continued generosity is helping ensure local care spaces remain compassionate, comfortable and community-focused.



EXPRESS PHOTO SUBMITTED
Tanya Lindsay, Marie Drohan, donor Irv Koch and Cindy Fudali are pictured following Koch's \$30,870 donation toward new resident room furniture at Rosewood Lodge Personal Care Home.

RCMP charge Riverton man with second-degree murder

By Patricia Barrett

The remains of a man who had been reported missing in Riverton in March were found last week, and Gimli RCMP have laid charges against a Riverton man in connection with the death.

The remains of 39-year-

old Darryl Lambert were found inside a vehicle on a property in Riverton, the RCMP said in a May 14 news release.

RCMP charged Richard Lea from Riverton with second-degree murder in connection with the death.

Lea, 41, is in custody.

Gimli RCMP, the RCMP Major Crime Services, Forensic Identification Services and the Emergency Response Team executed a search warrant on a property located in Riverton after receiving information on May 12 about possible human remains.

"As a result of the search, a body was located within a vehicle on the property," said the service. "The suspect, a 41-year-old male from Riverton, was arrested on scene without incident."

Following an autopsy and completion of a forensic investigation, the RCMP confirmed the remains are Darryl Lambert's.

Lambert was reported missing to Gimli RCMP on March 17. He was last seen on the evening of March 15 at a Lundi Avenue residence in Riverton. His grey Chevrolet Impala was located near the Riverton Motor Inn.

The RCMP is continuing



RCMP
The remains of Darryl Lambert, 39, were found in a vehicle on a Riverton property last week. He was reported missing in mid-March.

to investigate.

A candlelight vigil in memory of Darryl Lambert is scheduled for May 23 at 7 p.m. at the Riverton dock. Community members are invited to bring candles, flowers, photographs or other memorial items to honour Lambert's memory.

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Bear tours town of Gimli, likely attracted by smell of human garbage

By Patricia Barrett

A black bear wandered the streets of Gimli last week, prompting residents to track its progress on social media and get out their cameras.

A photo of the bear was posted at "5th and Amish," where it appeared to be moving at a clip down the middle of the road past houses. As there is no Amish street in Gimli, Facebook's spellchecker likely meant Amisk Drive.

Others noted its location at the Co-op store in Gimli, in a tree at the splash park and an unidentified dump. One photo shows the bear sauntering across someone's yard.

Debra Vandekerkhove wrote that the bear was likely attracted by human garbage and shared some good advice with rural residents on how to protect both themselves and wildlife.

"Looking for food. Looks young. Probably a couple of years old," she wrote. "A friendly reminder to everyone who lives near the golf course to ensure that they are removing all garbage every night including pop cans, and for those leaving garbage out all night, this is probably their fault. [There] seriously needs to be a bylaw to stop people from keeping their garbage out overnight. Wildlife doesn't

deserve our negligence."

Deb Pleskacz agreed, saying we humans "live in their space."

"Put away the garbage and keep distance. The worst thing is to have the bear get too close and conservation has to get involved," she wrote.

Other social media users asked people to not post the location of the bear as that can get bears killed. Someone had recently shot a female bear near Balmoral, orphaning her three cubs. The cubs were taken in by Black Bear Rescue Manitoba in the RM of Rockwood.

The bear's saunter through Gimli was not a cause for concern, according to the provincial department of natural resources and Indigenous futures.

"Manitoba Conservation Officer Service is aware of a black bear passing through the community of Gimli earlier this week without concern," said a media spokesperson when asked how the service responded.

The spokesperson shared a link to a guide on how to co-exist with black bears — whose coats can also be brown, blond or cinnamon coloured — and what to do when you encounter one.

People need to remove food sources



FACEBOOK

The bear ambled through a yard in Gimli.

as "relocating or destroying bears" doesn't resolve bear visits.

"Bears are always in search of food, motivated by sights, sounds, memories and particularly odours," states the guide. "When bears find an easy source of food at a residence or campsite, they begin to associate this food source with people and dwellings."

That means property owners should secure garbage where bears can't get it, clean the garbage can regularly with bleach, put the garbage out just before pick-up, don't compost food outside and remove bird feeders between April and November.

People should never approach a



A resident took a photo of a bear running down a street near Fifth Avenue and Amisk Drive last week.

bear, never feed it and carry bear spray in wilderness areas. Dogs should be kept on a leash as they can provoke an attack.

For more information, visit the *Coexisting With Black Bears* publication on the Manitoba government's wildlife webpage.

Call the department's Turn in Poachers 24-7 hotline at 1-800-782-0076 to report animals showing aggressive behaviour or animals that appear to be sick, injured or orphaned.

The phone number can also be used to report wildfires and illegal hunting and fishing.

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Spring Home & Garden Guide



Top plant choices for Manitoba gardens

By Annaliese Meier

Selecting the right plants is one of the most important decisions Manitoba gardeners can make, particularly given the province's unique climate and shorter growing season.

Hardy annuals remain a favourite for adding quick colour to gardens and outdoor spaces. Varieties such as petunias, marigolds and geraniums are known for their ability to thrive in a range of conditions while providing vibrant blooms throughout the summer.

Perennials are another reliable option, offering long-term value and resilience. Popular choices include hostas, daylilies and coneflowers, which return year after year and require relatively little maintenance once established.

"For many gardeners, it's about finding plants that will come back and perform well with minimal effort," said a local horticulture expert.

Shrubs such as spirea and hydrangea are widely used to add structure and visual interest to landscaping. These plants can serve as a backdrop for flowers while also providing seasonal variation.

Trees, including both shade and fruit varieties, are also an important



part of many Manitoba yards. In addition to enhancing the appearance of a property, trees provide shade, improve air quality and can increase property value.

For those interested in supporting pollinators, plants such as bee balm and black-eyed Susans are excellent choices. These varieties attract bees and butterflies, contributing to a healthy ecosystem.

Indoor plants continue to grow in popularity as well. Low-maintenance options such as succulents and cacti are ideal for those looking to add greenery inside their homes without extensive care requirements.

Local garden centres play an important role in helping gardeners select plants suited to regional conditions.



EXPRESS PHOTOS SUBMITTED

Manitoba gardeners can find a wide variety of hardy annuals, perennials and shrubs at local garden centres this spring, helping create colourful landscapes suited to the province's climate.

With a wide range of options available, both experienced and novice gardeners can find plants that match their needs and preferences.

By choosing the right combination of

annuals, perennials, shrubs and trees, Manitoba gardeners can create vibrant, resilient landscapes that thrive throughout the growing season and beyond.

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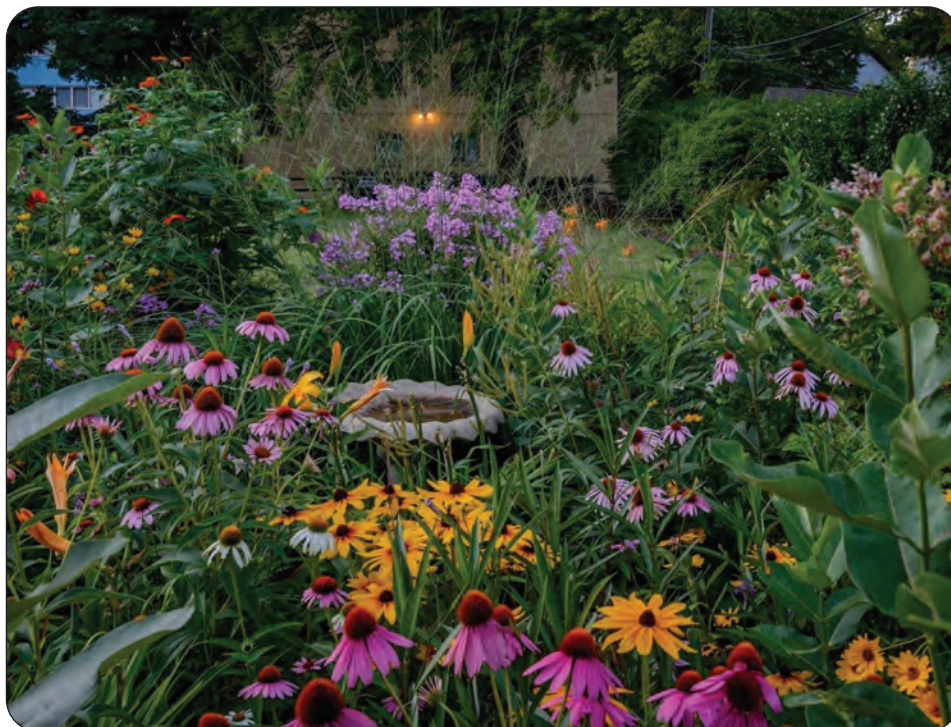
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Groundswell of opposition to factory farming: South Basin Group appeals to Gimli council, politicians

By Patricia Barrett

A groundswell of opposition to factory farming has arisen in the RM of Gimli, with the coalescing of grassroots groups pressing the municipality and higher levels of government to protect Lake Winnipeg.

A newly formed grassroots organization calling itself the South Basin Group (SBG) — which references the south basin of Lake Winnipeg — asked Gimli council to take decisive measures to stop further nutrient-loading from large-scale agricultural operations.

SBG consists of roughly 15 groups that represent hundreds of Lake Winnipeg commercial fishers, resident and cottage associations, and individuals.

SBG member and commercial fisher Chris Kristjanson said agriculture and the environment are sharply at odds, and two municipalities — Gimli and Armstrong — with different economic drivers are going up against each other.

“That’s why a growing number of people are looking to the provincial and federal governments for guidance. Where are the parents? The kids are running wild and this leaves room for complacency and cronyism. We want the parents to take care of the kids. The two RMs are getting in the ring and there’s a wrestling match about to break out here,” said Kristjanson. “But this is not helpful for anyone. We want the province and the federal government to take a stand on the rules they’ve implemented on protecting water and the environment.”

SBG formed after the Manitoba Clean Environment Commission (CEC) held a public hearing in April at which proponents and opponents presented their views on the Harbour Hutterite colony’s proposal to build a wastewater treatment lagoon that will be emptied in Lake Winnipeg.

Kristjanson, who had spoken at that hearing, said it felt to him that Lake Winnipeg was “on trial” and that one of the CEC panel members is in the livestock business.

The panel is expected to make a recommendation on the lagoon to the provincial government in the coming weeks.

The newly formed Hutterite colony — a satellite colony of the Crystal Spring colony from Ste. Agathe — wants to build the lagoon on their land in the RM of Armstrong. The land sits on the border of the RM of Gimli. The colony wants to send lagoon effluent into a ditch that will connect to Willow Creek and flow past the residential subdivisions of Husavik and Siglavik into Lake Winnipeg.

The colony is also proposing to raise 140,000 chickens and spread some of the manure on fields in the RM of Gimli where the colony owns land (see story this edition). That has residents in the RM of Gimli concerned about the potential for runoff that will carry more phosphorus into the lake.

“When I was growing up, I never heard the words eutrophication or nutrient-loading or blue-green algal blooms mentioned,” said Kristjanson, who’s part of a large fishing family that’s been on the lake for about a century and a half. “It seems like in a short period of time, we’ve been able to bring Lake Winnipeg to its knees.”

At Gimli council’s May 13 meeting, the South Basin Group appeared as a delegation and asked council for its “direct involvement” with regard to the colony’s lagoon and chicken operation.

SBG asked for five specific actions to prevent agricultural operations from further polluting the already phosphorus-laden lake.

The five actions are as follows:

(1) Request the involvement of the federal Department of Fisheries and Oceans and the Canada Water Agency with regard to the proposed lagoon.

(2) Request that the provincial government “re-implement a moratorium” on industrial-scale livestock operations.

(3) Request that the RM of Gimli be involved in discussions with the provincial environment minister with regard to the proposed lagoon, Willow Creek and Lake Winnipeg.

(4) Ask the province to protect land, waterways and fish spawning habitats.

(5) Take action to strengthen and modernize municipal bylaws to better protect the land, water and the aquifer, as well as create a protection plan.

Kristjanson said every member of council “spoke in support” of the action points.

Fred Veldink, who is chair of the Silver Harbour Environment Committee and secretary of the Coalition to Save Lake Winnipeg, is part of the South Basin Group.

He said SBG looked at practical measures Gimli council could take with regard to environmental protection.

Veldink spoke on behalf of Silver Harbour and the coalition at the CEC’s hearing in April. He also spoke at the RM of Armstrong’s hearing last Thursday for the colony’s proposed chicken operation, at which he presented alternative calculations of the tonnes of manure, phosphorus and nitrogen that could be produced by 140,000 chickens, as well as the risks

(runoff under wet conditions, damage to fish spawning grounds, blue-green algal blooms) of applying manure to fields.

He said it’s within Gimli council’s purview to strengthen its own bylaws to “more effectively” protect the land, water and the aquifer.

“We want council to create a plan for the future to protect our watershed,” said Veldink. “And it’s crucial for council to contact the provincial and federal governments.”

The possibility that chicken manure could compromise the aquifer would impact the Diageo distillery on the outskirts of Gimli, he said. It requires high quality water for its whiskey-making operation. The loss of the distillery would translate into a loss of millions of dollars that support the municipality.

“It [manure] can be simply stored on the land, which can cause leaching of nutrients into the groundwater and maybe into the aquifer,” said Veldink. “If the aquifer gets contaminated, it would be a multi-million-dollar disaster because the distillery draws its water from the aquifer.”

Veldink reached out to numerous politicians, including Interlake-Gimli MLA Derek Johnson, Selkirk-Interlake-Eastman MP James Bezan, Winnipeg South MP Terry Duguid and Mike Moyes, provincial minister of environment and climate change. He also contacted the Canada Water Agency.

South Basin Group member and longtime commercial fisher Robert T. Kristjanson said he contacted Manitoba Progressive Conservative leader Obby Khan after the CEC hearing on the proposed lagoon to inform him that Lake Winnipeg is at further risk of phosphorus-loading.

“They phoned me back ... and said they’ll take this matter to Khan,” said Kristjanson, who has been fighting for decades to stop pollution going into Lake Winnipeg and who earned the Order of Manitoba for raising awareness of algal blooms. “We’ve got miles of shoreline with thousands of people living in communities along it. And they’re coming to these meetings and saying there’s something wrong with an industrial [operation] sitting on top of a watershed and an aquifer that provides thousands of people with drinking water. Surely to God, there must be some brains ... among the federal and provincial governments.”

The RM of Gimli’s spokesperson Christine Payne said council welcomed the input from the SBG delegation and acknowledged the importance of its five requests.

“It’s important to note that delegations are an opportunity for council



EXPRESS PHOTO BY PATRICIA BARRETT
Fred Veldink from Silver Harbour in the RM of Gimli spoke at a public hearing last week, raising concerns about a proposed industrial-sized chicken operation in the RM of Armstrong and how that could impact the RM of Gimli, the aquifer and Lake Winnipeg.

to listen and gather information, and no decisions are made at that time,” she said. “Following the presentation, administration and council will review the matters raised and consider potential next steps, policy direction and opportunities for continued engagement.”

Derek Johnson told the *Express* that the proposed lagoon and chicken operation highlights the importance of “balancing” environmental stewardship with the needs of rural and agricultural communities.

“As MLA, I represent constituents in both the RM of Armstrong and the RM of Gimli, and I respect that residents in different communities may have differing perspectives on this proposal,” said Johnson. “I want to be clear that I have full confidence in the work of the Clean Environment Commission (CEC).”

The CEC is an independent body that works at arm’s length from the government to review proposals and consider public views, he added, and it’s important that this independence be respected.

“For that reason, I would not want to take actions that could be perceived as political interference in a process specifically designed to remain impartial,” he said.

He said he fully understands why residents, fishers and environmental groups are concerned about Lake

Teulon Tractor Pull reaches the end of the road

By E. Antonio

After more than five decades of roaring engines, summer crowds and community fundraising, the Teulon Tractor Pull has come to an end.

Longtime organizer Bert Campbell, 76, confirmed that last year's event marked the final chapter for the long-running tradition, citing rising insurance costs and increasing regulations as key factors behind the decision.

"It's a killer," Campbell said of insurance requirements. "We've been doing it forever and we've never had a problem, but the liability is becoming too much."

The annual event, which ran for approximately 55 years — taking place every year since 1972 aside from a brief pause during the pandemic — became a staple of summer in Teulon. It drew competitors and spectators from across the region while quietly supporting a wide range of community initiatives.

Campbell got involved in 1976 or 1977, first as a committee member, then as an announcer, and eventually as chair alongside his longtime helper, Garry Dola. He explained the Teulon Tractor Pull found its roots with a group of local farmers and businessmen — including Ed Helwer, Irvin Helwer, Bill Skogan, John Skinner and Alec Dawson — who wanted to see who had the strongest tractor.

"It was pretty antique from the very beginning," he said. "And it only grew to be a huge operation as the years progressed."

In the early years, tractors pulled stone boats, with men stepping onto the boat every five feet to add more weight while competitors attempted to pull the load 300 feet.

Later, as tractors became bigger and more powerful, sleds became the preferred — and safer — object to pull.

Over time, high-powered specialty tractors became a major draw, including the four-engine Kernel of the Wakshinsky Brothers, the twin-engine Farmers Dream of Dola Farms, and The Randy Canadian, powered by twin Allison aircraft engines producing more than 6,500 horsepower from a combined 2,300 cubic inches.

Several pulls featured a variety of additional events, including a heavy horse pull, combine crunch, dances, beer gardens and demolition derby to "add a little bit of spice" to the programming, Campbell said.

"The pull just kept getting bigger and bigger each year."

He said crowds reached as many as 1,500 spectators each day, totalling around 3,000 over the weekend.

Many of the guests — and competitors — came from the United States, as the Teulon Tractor Pull was part of the Red River Valley Pullers Association, a tractor-pulling league made up of communities from Manitoba, North Dakota and Minnesota. Approximately two-thirds of competitors were American, and many had travelled to Teulon to participate in what Campbell said Americans called the "best tractor pull of the association" for two decades.

He said he will miss the camaraderie of visiting with his American friends, having formed several close friendships over the years.

One of his closest acquaintances is Don Dufner, more commonly known as "Mr. John Deere" in the tractor-pulling community. He often stayed at Campbell's home while competing in Teulon.

"He just lives to be on a John Deere tractor," Campbell said. "He's quite the character — like many of the competitors who come up north. They just live to pull."

Campbell said he remains in touch with many of his friends and knows they will miss the event, just as he will miss watching those relationships grow.

"They are just a bunch of friends. And although they compete, they are all there to help and care for each other in the pit."

He credits the success of the pull to a dedicated group of volunteers and sponsors who returned year after year.

"It was never a money-maker," Campbell said. "But it was something for the community."

Over the decades, the tractor pull raised what Campbell estimates was a couple thousand dollars annually for several local organizations, including the Lions Club, curling rink, fire department, Wish Foundation, museum, cheer board, food bank, local health groups and community park.

The event also featured its fair share of sponsorships throughout the years, including support from Leo's Sales and Service for nearly four decades.

While the event itself operated on tight margins, it also provided significant fundraising opportunities for other groups. The Lions Club, which ran the concession, relied on the weekend as one of its largest annual fundraisers. Other groups managed the beer gardens and gate, keeping proceeds to support their own initiatives.

Attempts to offset rising costs



EXPRESS FILE PHOTO BY LANA MEIER

A look back at last year's Teulon Tractor Pull, which marked the final edition of the long-running community event after more than 55 years of roaring engines, fierce competition and summer tradition.

proved difficult. Campbell said increasing gate admission from \$15 to \$20 did not generate additional revenue.

"We had fewer people come, so it was the same at the end."

Despite the financial and logistical challenges, Campbell said the decision to step away was not taken lightly. He said he looked for someone to take over, but no one expressed inter-

est, leading to the end of the Teulon Tractor Pull era.

Looking ahead, he said he will miss the chaos and noise that came with the weekend, though he also acknowledged the relief of stepping back from the responsibility.

"It was great while it lasted, but now I will be able to sleep easy without the added stress that comes with organizing this year after year."

> SOUTH BASIN, FROM PG. 19

Winnipeg and want to protect their groundwater as well.

"As someone who currently lives on a lake, and whose family has called the lakefront home for six generations now — with my grandchildren now growing up on its shores — the health and cleanliness of our waterways is deeply personal to me," said Johnson. "Protecting our lakes is not only an environmental priority but also a responsibility I take seriously as both a resident and MLA."

Johnson noted that under the previous PC government, phases 1 and 2 of the upgrade to the wastewater treatment plant in Winnipeg's North End [got underway]. The plant is a known point source for phosphorus-loading in Lake Winnipeg.

Phase 3 will entail the construction of nutrient-removal facilities and is expected to be finished in

2032. That will help reduce nutrient-loading into the Red River, which flows into Lake Winnipeg.

When asked what action he'll be taking with regard to Robert Kristjanson and other residents' concerns with the colony's proposed operation, Manitoba PC Party leader Obby Khan said in a statement that he recognizes people in Armstrong and Gimli hold differing views, but he cannot take actions that could be perceived as "political interference" in the CEC's process.

"At the same time, I appreciate and share the concerns being raised by residents, fishers and environmental advocates regarding the health of Lake Winnipeg, local wetlands and groundwater resources," said Khan. "Safeguarding the quality of our waterways is priority for Manitoba's PC Party."

get inspired

> MEAL IDEAS



Rainbow Tuna Bowls

- 3 tablespoons shelled edamame
- 1 avocado, sliced
- 1/4 cup shredded red cabbage
- 2 tablespoons thinly sliced scallion
- furikake, for serving
- Sriracha, for serving

In two shallow bowls, layer rice on bottom then evenly divide radish, tuna, mango, edamame, avocado, cabbage and scallion. Sprinkle with furikake and Sriracha.

- Servings: 2
 2 cups cooked sushi rice
 2 radishes, sliced
 1 can Bumble Bee Snackers Sweet Heat Tuna
 1 mango, cubed



Bang Bang Tuna Sliders

- 2 tablespoons sweet Thai chili sauce
- 1 can Bumble Bee Snackers Thai Chili Tuna, included whole chili minced and reserved
- 4 slider buns

In small bowl, mix cabbage, lime juice, oil and salt.

In another small bowl, mix mayo, chili sauce and minced chili from tuna can.

On bottom of each bun, evenly divide layer of coleslaw followed by tuna. Drizzle sauce over top, to taste. Cap with top bun and serve.

- Servings: 2
 8 ounces tri-color shredded cabbage (coleslaw mix)
 2 tablespoons fresh lime juice (1 lime)
 2 tablespoons olive oil
 1/2 teaspoon sea salt
 1/4 cup mayo



Sheet Pan Pancakes

- 1 1/4 cups milk
- 1 large egg
- 2 tablespoons unsalted butter, melted
- 1/2 cup sliced strawberries
- 1/4 cup blueberries
- 1/4 cup mini chocolate chips

Preheat oven to 425 F. Cover baking sheet with parchment paper and spray with nonstick cooking spray. Set aside.

In large bowl, mix flour, baking powder, sugar and salt. Add milk, egg and melted butter; mix until smooth.

Pour batter onto prepared baking sheet and smooth into even layer that covers pan. Top with strawberries, blueberries and chocolate chips.

Bake 5-7 minutes, or until cooked and golden brown. Let cool slightly before cutting into squares.

- Recipe courtesy of the Healthy Family Project
 Prep time: 10 minutes
 Cook time: 5 minutes
 Servings: 6
 Nonstick cooking spray
 1 1/2 cups all-purpose flour
 3 1/2 teaspoons baking powder
 1 tablespoon sugar
 1 teaspoon salt

Five steps to keep kids sun-safe for Sun Awareness Month

By News Canada

May is Sun Awareness Month, and it's also when soccer and baseball games and long bike rides kick into full gear. Active days have a way of stretching longer than you planned. You pack the water bottles, the extra socks, the snacks, and then the sun creeps up on you. For family fun that includes movement, sunscreen is an essential part of staying protected all day long.

Here are five things to remember before you head out the door.

Prepare before leaving the house. Start by applying sunscreen 15 minutes before you go outside.

"When families are heading out for sports, field trips or active summer plans, the best time to think about sun protection is before walking out the door," says dermatologist and mom of two Dr. Katie Belezny. "Start by applying a generous layer of SPF, about two tablespoons for the whole body and rub it in well so that you're well protected from the start."

Plan for sweat. If your kids are running drills, climbing or racing scooters, they're sweating—even if it doesn't look like it. Choose broad-spectrum UVA/UVB protection with SPF 30 or higher, and remember that towels and shirts can rub sunscreen off. Sunscreen should be reapplied after 80 minutes if they've been sweating.

Don't forget the grown-ups. Kids take their cue from you. When you top up your own sunscreen, they're more likely to cooperate with theirs. Using water and sweat-resistant sunscreens like Banana Boat Ultra Sport Sunscreen Spray SPF 50+ is an option for parents who are out-



side cheering or playing alongside their kids.

Build reapplication into natural breaks. Between games, do a quick scan of noses, cheeks, ears, backs of necks as well as shoulders. Use snack time or bathroom breaks as another opportunity to reapply sunscreen. Don't go longer than two hours before reapplying, or 80 minutes if they've been sweating.

Dress for the sun. Finish with simple add-ons for the family: brimmed hats, lightweight long-sleeves and shade breaks when the sun is strongest. Sun safe family fun doesn't have to be complicated. You just need something you can stick to consistently.

A little preparation can go a long way on busy summer days. By making sunscreen, reapplication and sun-smart habits part of the routine, families can stay focused on the fun while helping protect their skin outdoors.

Healthy Sausage Breakfast Muffins

Recipe courtesy of the Healthy Family Project

- Prep time: 3 minutes
- Cook time: 23 minutes
- Servings: 12
- Nonstick cooking spray
- 1 onion, diced
- 1 pound turkey sausage
- 4 eggs
- 1/2 cup shredded cheddar cheese
- 1 cup protein pancake mix
- Preheat oven to 350 F.
- Spray 12-cup muffin pan with nonstick cooking spray; set aside.

Spray large skillet with nonstick cooking spray.

In prepared skillet over medium heat, cook onion until translucent. Add turkey sausage and cook until no longer pink. Remove from heat.

In large mixing bowl, lightly beat eggs. Add shredded cheese, pancake mix and sausage and onion mixture; mix well.

Fill prepared muffin cups about 3/4 full with mixture.

Bake 18-20 minutes, or until golden brown on top.

Vigfusson named MVP as Hawks win National Championship

By Haley Cvar

The Niverville Nighthawks are Centennial Cup champions after defeating the Summerside Western Capitals 4-1 in Sunday's national championship final in Summerside, P.E.I.

Stonewall's Hayden Wheddon scored twice while Gimli's Adam Vigfusson added an assist as the Manitoba Junior Hockey League champions completed an unbeaten run at the 2026 Centennial Cup.

Wheddon opened the scoring at 8:07 of the first period, finishing off a setup from Vigfusson and Merik Boles.

Summerside answered with a short-handed goal by Jordan Shaw just over two minutes later to tie the game 1-1.

Wheddon restored the Nighthawks' lead midway through the second period with his second goal of the night off an assist from Boles.

Niverville added insurance late in the third period when Marlen Edwards scored at 14:34 off assists from Evan Panzer and Jase Konecsni before Tyler Bernier sealed the victory with an empty-net goal.

Niverville goaltender Austin Dubinsky turned aside 34 shots in the win as the Nighthawks were outshot 35-20.

"I think it's just surreal right now," said Wheddon following the championship win. "We've been working for this all year. This is what we've been talking about all year, and it's the most amazing feeling ever."

Wheddon, who was part of the Nighthawks during the organization's inaugural season, said the championship was the result of years of work from the entire organization.

"It's been a lot of work from everyone — the staff, the coaches, the players, recruiting and the hard work we put in," he said. "It feels amazing that it finally paid off."

Wheddon also embraced head coach

Dwight Hirst's comparison of the Nighthawks to the expansion-era Vegas Golden Knights.

"I guess so," he said. "If teams didn't want us or whatever it was, I think we all found our way here and bonded well over that kind of stuff. I think that's one of the reasons why this team is so special."

He added the celebration waiting back home in Niverville was already on the players' minds.

"It's going to be amazing when we get back there," said Wheddon. "We know the fan base there is amazing. The support we have is awesome."

Vigfusson, who was named tournament MVP following the game, said the Nighthawks embraced the pressure throughout the championship run.

The 2005-born forward announced his commitment to York University in the days following Niverville's Manitoba Junior Hockey League championship victory.

"Coach Dwight says pressure's always a privilege," said Vigfusson during a second intermission interview. "It's just kind of staying calm, keeping cool and focusing on the task at hand."

He also praised Wheddon's performance in the final.

"He was our leading point scorer all year," said Vigfusson. "He can sure put the puck in the net. He scored two nice ones today. He brings so much to the group and he's great in the locker room."

Vigfusson also credited Dubinsky for another strong performance in goal.

"It goes to show why he's the best goalie in the CJHL," he said. "He's always standing on his head for us and we couldn't be happier to have a guy back there."

The championship victory came one



EXPRESS PHOTO BY MIKE BERNARD

Gimli's Adam Vigfusson celebrates with teammates from the Niverville Nighthawks after capturing the 2026 Centennial Cup national junior A championship with a 4-1 victory over the Summerside Western Capitals in Summerside, P.E.I. Vigfusson was named tournament MVP after recording 12 points in six games.

day after the Nighthawks rallied from a 3-0 deficit for a 4-3 semifinal victory over the Toronto Patriots.

Evan Panzer, Marlen Edwards, Callyb Moore and Merik Boles scored for Niverville in the comeback win, with Boles netting the winner late in the third period.

The semifinal berth came after Niverville earned a bye by finishing first in the round-robin standings with a perfect 4-0 record.

The Nighthawks closed out the preliminary round with a pair of high-scoring victories over the Canmore Eagles and Rockland Nationals.

Niverville defeated Canmore 6-4 in its third game of the tournament.

Vigfusson led the way with a hat

trick while Wheddon recorded two assists and St. Andrews product Dawson Zeller added an empty-net goal late in the third period.

The Nighthawks followed that up with a 7-6 win over Rockland in a back-and-forth contest.

Wheddon and Zeller each scored twice for Niverville while Vigfusson added a goal and two assists.

Through six games at the Centennial Cup, Vigfusson and Wheddon each finished with 12 points. Vigfusson recorded seven goals and five assists and was named tournament MVP, while Wheddon totalled six goals and six assists. Zeller finished the tournament with five goals for the Nighthawks.

Volunteers needed for Women's National Championship

By Kieran Reimer

Baseball Canada is bringing the 2026 Women's Championship to Manitoba this summer.

Optimist Park in Winnipeg will host the national tournament from July 9 to 12, featuring eight teams from six provinces: Manitoba, British Columbia, Saskatchewan, Ontario, Ontario 2, Quebec, Quebec 2 and Nova Scotia.

B.C. enters as the reigning champion after defeating Quebec 8-7 in the gold-medal game last August in Quebec City.

The tournament also marks Manito-

ba's return to the event after last competing in 2024, when the team went 1-4 and finished at the bottom of the standings.

The last time Manitoba hosted the tournament was in Stonewall in 2022, when Ontario captured gold.

"Baseball Canada is thrilled to welcome all players, coaches, officials, volunteers and fans to the 2026 Women's National Championship for what promises to be an exciting and memorable event," said Baseball Canada CEO Jason Dickson. "Baseball

Canada National Championships are a chance for people from around the country to gather and celebrate all of what makes our sport great."

With the tournament taking place in Winnipeg, Baseball Manitoba is calling for local volunteers to help support the event.

Volunteer opportunities include front gate attendants, scorekeepers and pitch counters, with training required for some roles, as well as bilingual announcers, 50/50 ticket sales, merchandise sales, general event sup-

port, hospitality and awards.

"Volunteers are a vital part of creating a positive experience for teams and visitors alike. Whether someone has a strong baseball background or simply wants to help support a national-level sporting event in Manitoba, there are opportunities available for all experience levels," Baseball Manitoba said in a release last week.

Those interested in volunteering can visit the Baseball Manitoba website or go to volunteersignup.org/JW3PX for more information and to sign up.

Classifieds



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SUMMER EMPLOYMENT



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

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

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

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



EMPLOYMENT OPPORTUNITY
 Charisons Turkey Hatchery is accepting applications for the following positions:

CHARISONS TURKEY HATCHERY

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

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

CHARISONS BREEDER FARMS

Work directly with live turkeys inside a controlled barn environment

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

Please submit resume and availability start date to shaunne@charisons.ca
 Or call 204-886-2922 for further information.

HEALTH

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



Rural Municipality of
FISHER

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

EMPLOYMENT OPPORTUNITY

GRAVEL CHECKER

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

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

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

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

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

ONLINE ONLY LOUIS & HELEN LAMY FARM RETIREMENT AUCTION STE ROSE, MB MONDAY, JUNE 1, 2026 SOFT CLOSE AT 7:00 PM

VISIT www.gartonsauction.com for equipment details, pictures, and bidding.

FOR INFO OR VIEWING: Call the Lamys at 204-447-2375
 Previewing Sat May 30 and Sun May 31 9am - 5 pm

TRACTORS, VEHICLES: JD 4240 tractor, quad range trans, duals, est 12,000 hrs; JD 2950 FWA tractor, est 14,000 hrs, 3pth, 260 self-levelling loader, bucket; JD 260 loader grapple/teeth, bale fork, bale spear, manure forks; JD 4430 tractor, quad range trans, duals, est 17,000 hrs; JD 148 grapple fork; JD tractor/other equipment parts, belting, etc; 1966 Ford F600, 300 6-cyl, 14' B/H-sold as is; **FARM AND RANCH MACHINERY AND CATTLE EQUIPMENT:** Laurier harrows, est 53' spray boom; Case 16' deep tiller/harrows; Glencoe 20' vibra shank cultivator; JD 13' dbl disc mounted harrows; Intl 510 dbl-disc seeder; concrete 6' stone roller; Versatile auger 6"x30'; stone picker; JD 566 baler; NH 1475 haybine, dbl knife; Kingsman round 12-bale picker; 2 round bale wagons; JD 785 manure spreader; JD 5' brush mower, 540pto; NH 9' mowers; moisture testers, baler twine/wrap; cattle squeeze chute; cattle oilers; troughs, bale feeder, metal gates, HiQual auto head gate; calving equipment, cattle supplies, medicating kits-rifle, darts, etc; electric fence chargers, posts, supplies; fence posts, wire, post hole auger bit; fuel tanks; **TOOLS, SHOP, OTHER:** LKS 250AC/200DC welder, supplies; Coleman air compressor 5hp; Lincoln air greaser/cart; drill press with vise; grinders; small tools, shop supplies; chain hoists, chains; hoses, rigid pipe cutter; welding, plumbing supplies; electric submersible pump control box-new; vehicle ramps; 6T jack stands; tool storage, bolt bins, oil, other fluids, filters, cans; yard lights, antlers w/tags and much more!

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SCRAP METAL

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

EXPRESS
 WEEKLY NEWS
 204-467-5836

SCRAP METAL

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

LIVESTOCK

Livestock for sale - Excellent selection of polled Hereford bulls. Hodgson, MB. Phone Bob Truthwaite 204-280-0334 (cell) or 204-372-6515 (home).

HOUSE FOR RENT in Winnipeg Beach

Cozy 1,100 sq. ft. 2-bdrm, full bathroom home featuring bright living areas, wood stove fireplace, large front deck, private treed yard, garden shed, functional kitchen and lots of parking. Quiet location near the lake, beach, shops and restaurants. \$1,450/month plus utilities. Available May 15. **Phone 1-204-389-2023, to book a viewing.**

HELP WANTED

Feedlot and cow-calf farm near Arborg seeking reliable help.

Duties: Feeding cattle, equipment maintenance, fencing, welding, harvesting/silaging and general farm work.

Experience with truck/equipment maintenance preferred.

Requirements: Valid Class 5 driver's licence, willingness to work weekends/ long days, punctual, motivated.

Contact Brent Loewen: 204-642-3026.

Country Johns Portable Toilets

NOW HIRING A DRIVER / SERVICE TECHNICIAN

You will deliver, set up & service our toilets at events and private businesses. Perfect for the youthful physically fit. Full Time or Casual.

Great wage of \$24.00 / hr to start!

Please email us today at: countryjohns@shaw.ca

ONLINE - Farm Auction Sale for the Ed & Helen Harms, Riverton, MB

Sale Starts online:

Monday, June 8, 2026 at 9:00 a.m.

Closes: soft close starting at 10:00 a.m., Wednesday, June 17, 2026 at 6:00 p.m.

Viewing - June 4 & 5, 2026. Contact Jeff at (204) 641-4617 or Jamie at (204) 861-2080.

This will be a very short sale with 17 items. (2) Tractors, Haybine, Bale shredder, Baler, 9 wheel Rake, 5 Bottom Plow, Rafters, Cattle Oilers, Hay Trailer, Side delivery rake, Field Cultivators, Cat.

Check out full listing at: apro.bid or www.globalauctionguide.com

Bergner Auction Service-Ashern
 (204) 768-2669

Classifieds



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VILLAGE OF DUNNOTTAR PUBLIC NOTICE Regarding the 2022 Final Audit

PUBLIC NOTICE is hereby given pursuant to section 194 of *The Municipal Act* that the financial report of the auditor, together with the related financial statements for the year ending December 31, 2022, have been deposited in the office of the Chief Administrative Officer at the Municipal Office, 44 Whytewold Road, Matlock, Manitoba and are available for inspection by any person at the Municipal Office during regular business hours.

Dated this 15th day of May 2026.

Sarah Palson, C.M.M.A.
Administrator



MUNICIPALITY OF BIFROST-RIVERTON EMPLOYMENT OPPORTUNITY

The Municipality of Bifrost-Riverton is seeking a **SUMMER SEASONAL GRAVEL CHECKER**.

Essential Duties and Responsibilities

- Responsible for staking the dust control areas
- Responsible for gravel checking during the dust control and maintenance graveling program throughout the year.
- The gravel checker is to instruct and direct the gravel contractor with the amounts of gravel needed and the locations within the Municipality.
- Typical working schedule is Monday to Friday
- Self-motivated and the ability to work independently
- Other duties as assigned

Resumes will be accepted by the undersigned.

Jason Comeau, Public Works Manager
Box 70, 329 River Road
Arborg, MB R0C 0A0
Ph: 204-376-2391
Email: pwm@bifriv.ca

MACHINERY

CLAAS ROLLANT 260 baler for sale. Mint condition. Used 2 seasons only. Always shedded. 34k new, asking 21k. Ph: 204-646-2543 till 7 p.m. St. Laurent.

APARTMENT FOR RENT

Tollak 2 is a 55 plus bldg. with river view 2 bedroom apts. available. Central air, F/S, DW & microwave; large storage area off the kitchen and a balcony; utilities and parking extra. Call the onsite office 204-482-2751 for AVAILABILITY.

HOUSE FOR RENT

Two-bedroom, one-bathroom home for rent in Winnipeg Beach. Cozy 1,100 sq. ft. home featuring bright living areas, wood stove fireplace, large front deck, private treed yard, garden shed, functional kitchen & lots of parking. Quiet location near the lake, beach, shops and restaurants. \$1,450/month plus utilities. Available May 15. Call 1-204-389-2023 to book a viewing.

FEED AND SEED

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

HELP WANTED

Seeking quality carpenter to build small one-room cabin near Fisher Branch. Materials supplied. Flexible weekday/weekend work. Owner willing to assist. Contact Dan at 204-471-8032.

FINANCIAL SERVICES

Private mortgage lender. All real estate types considered. No credit checks done. Deal direct with lender and get quick approval. (403) 543-0927 www.firstandsecondmortgages.ca

WATER TREATMENT

Water softeners. Iron removers. 5 stage Reverse Osmosis systems \$298. All sizes water housings and filters. Well-rite water pressure tanks. E-coli Ultraviolet systems. All Seasons 204-661-8581.

WANTED

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

WANTED: Buying Estates, contents of homes, farms, barns, sheds, garages, etc. Buying most anything old & interesting! TEXT/PHONE: 204-918-1607. Junkies Estate, Salvage, Antiques & Oddities.

UPCOMING EVENTS

JOIN THE FIGHT AGAINST PROSTATE CANCER! The Motorcycle Ride for Dad is Saturday, May 30 2026, 10 a.m., Polo Park, Winnipeg. Visit ridefordad.ca/Manitoba to register or make a pledge.

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

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

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

Tuesday May 26, 2026
1:00pm.

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

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

CONDITIONAL USE: # 2026-A-08

ROLL NO: 0076260.000

OWNER: Trevor & Brenda Barnes

APPLICANT: Trevor Barnes

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

ZONE: General Development Zoning District

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

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

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

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

For further information, please contact:

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

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

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

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

Tuesday May 26, 2026
1:00pm.

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

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

CONDITIONAL USE: # 2026-A-09

ROLL NO: 0068170.000

OWNER: Teri Nicholson & Boris Wessner

APPLICANT: Teri Nicholson & Boris Wessner

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

ZONE: Agriculture Limited Zoning District

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

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

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

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

For further information, please contact:

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

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

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- Deadline June 1, 2026 position to start July 14, 2026

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Employment Opportunity**

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

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

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

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

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

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

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**TOWN OF WINNIPEG BEACH
PUBLIC HEARING NOTICE
Vacant & Derelict Buildings
By-Law 01-2026**

May 14, 2026

PUBLIC NOTICE is hereby given that the Public Hearing scheduled pursuant to subsection 247.2(2) of The Municipal Act regarding proposed Vacant and Derelict Buildings By-law No. 01-2026, originally scheduled for Wednesday, May 27, 2026 at 6:00 p.m. at the Town of Winnipeg Beach Municipal Office, 29 Robinson Avenue, Winnipeg Beach, MB, has been postponed.

Due to the dissolution of Council and the upcoming General Election, the Public Hearing has been delayed to a later date following the election process. A new hearing date will be established and publicly advertised once determined.

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

The Vacant & Derelict Buildings By-law No. 01-2026 remains available for review at winniepebeach.ca.

Jodi Mitchell, CMMA
Chief Administrative Officer
Town of Winnipeg Beach



NOTICE OF VOTERS LIST / VOTING AS A NON-RESIDENT / PERSONAL SECURITY PROTECTION

MUNICIPALITY OF BIFROST-RIVERTON

Notice is hereby given that a copy of the VOTERS LIST may be revised at 329 River Road, Arborg, MB between the hours of 8:30am-12:00pm and 1:00pm-4:30pm. At this time staff will be available to update the voters list by:

- adding the names of voters who are entitled to have their names on the list;
- deleting the names of persons who are not entitled to have their names on the list; and
- making such other correction of errors to the list as required.

VOTER ELIGIBILITY:

A person is eligible to have their name added to the Voters List if they are:

- 1) a Canadian citizen and at least 18 years of age on election day; and
- 2) a resident of the local authority for at least six months prior to election day, or a registered owner of land in the municipality for at least six months prior to election day.

VOTING AS A NON-RESIDENT VOTER

A maximum of two non-resident property owners, per property, are permitted to vote in a municipal election. In order to vote, each of these voters must obtain written consent from a majority of the registered landowners, and file this with the S.E.O. prior to September 20, 2026. When voting, you may also be required to provide proof of ownership and/or proof of identity to the voting official.

NON-RESIDENT VOTER QUALIFIED IN MULTIPLE WARDS:

In accordance with Section 25(2) of The Municipal Councils and School Boards Elections Act, any non-resident voter who owns property in more than one ward is responsible to notify the S.E.O. in writing, not later than September 20, 2026 of the ward in which they desire to vote. Failing the foregoing, the voter's name will be placed on the list as the S.E.O. may select.

APPLICATION FOR PERSONAL SECURITY PROTECTION:

A voter may apply in writing to the S.E.O. no later than September 20, 2026 to have their name and other personal information omitted or obscured from the voters list in order to protect the voter's personal security. The application may be submitted in person, by mail or fax and must include your name, address and include proof of identity.

All changes to the voters list must be completed by September 20, 2026 in preparation for the municipal election to be held on Wednesday, October 26, 2026.

Municipality of Bifrost Riverton
Box 70, Arborg, MB R0C 0A0
Phone: 204-376-2391 Fax: 204-376-2742

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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**TOWN OF ARBORG
PUBLIC NOTICE**

**REGARDING THE FOLLOWING
GENERAL BORROWING BY-LAWS:**

BY-LAW NO. 4-2026; TO PROVIDE FOR THE EXPENDITURE AND BORROWING OF FUNDS FOR THE UPGRADES TO THE ARBORG WATER TREATMENT PLANT FILTRATION SYSTEM
BY-LAW NO. 5-2026; TO PROVIDE FOR THE EXPENDITURE AND BORROWING OF FUNDS FOR A NEW ICE PLANT AT THE ARBORG & DISTRICT ARENA

BY-LAW NO. 6-2026; TO PROVIDE FOR THE EXPENDITURE AND BORROWING OF FUNDS FOR THE PURCHASE OF LANDS TO BE CONVERTED TO RECREATION OUTDOOR SPORTS FIELDS
The Council of the Town of Arborg at its regular meeting in the Council Chamber, Town Office, 337 River Road on June 2, 2026, at 11:00 a.m. will hold a public hearing and consider giving first reading to the following By-laws:

By-law No. 4-2026 to authorize the following proposal to borrow \$750,000.00 to pay for:
• The upgrades of the Arborg Water Treatment Plant Filtration System
• The total estimated cost of the upgrade is \$1.5M, to be funded as follows:

- o \$750,000.00 from the Manitoba Water Services Board; and
- o \$750,000.00 to be funded by borrowing
- The borrowing will be repaid over 15 years at a maximum interest rate of 5.25% per year
- The annual repayment amount will be no more than \$73,500.00 to be levied annually as part of the general municipal levy.

By-law No. 5-2026 to authorize the following proposal to borrow \$400,000.00 to pay for:
• The upgrades of the Arborg & District Arena Ice Plant;
• The total estimated cost of the upgrade is \$800,000.00, to be funded as follows:

- o \$400,000.00 from the Municipality of Bifrost-Riverton; and
- o \$400,000.00 to be funded by borrowing
- The borrowing will be repaid over 10 years at a maximum interest rate of 5% per year
- The annual repayment amount will be no more than \$52,000.00 to be levied annually as part of the general municipal levy.

By-law No. 6-2026 to authorize the following proposal to borrow \$200,000.00 to pay for:
• The upgrades of the purchase of lands to be converted to recreation outdoor sports fields;
• The total estimated cost of the upgrade is \$400,000.00, to be funded as follows:

- o \$200,000.00 from the Municipality of Bifrost-Riverton; and
- o \$200,000.00 to be funded by borrowing
- The borrowing will be repaid over 10 years at a maximum interest rate of 5% per year
- The annual repayment amount will be no more than \$26,000.00 to be levied annually as part of the general municipal levy.

Copies of the proposals to borrow and information about the capital projects are available at the municipal office at 337 River Road and on the municipal website at: www.townofarb.org.com.

Dated at the Town of Arborg this the 19th day of May, 2026, and issued pursuant to Section 174.1(1) of The Municipal Act.

Cindy Stansell
Chief Administrative Officer
Town of Arborg

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CELEBRATION OF LIFE



Joseph Gula

Join us in celebrating the life of Joseph Gula (1933-2025). As a teacher, he touched many lives.

Let's honour his memory at Komarno Hall, 76 2nd Street, Komarno, Manitoba on Sunday, May 31st at 2:00 p.m.

In lieu of flowers, memorial donations may be made to the charity of your choice.

CARD OF THANKS

With heartfelt thanks in honour Perry Lupal - To the people who came to his service, for the kind remembrances of Jordan, Al, Joey, and Tracy. To Arborg Christian Fellowship Church. To the Sunshine Singers. To everybody who sent cards, food, and donations. To the legion ladies and to Mackenzie's.

OBITUARY



Keith Hayden

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

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

Above all else, Keith was a family man. Coming from a large family of 10 siblings he learnt early the values of connection and the importance of loyalty. His greatest joy in life came from the people he loved, and he poured his heart into being a devoted and faithful husband, a loving father to his children Keri, Lori

(Jon), Candace (Darcy), Curtis (Barry) and a proud Papa to his four grandchildren Kirstie (Chris), Chelsey, Hayden and Keira (Luke). He was fiercely protective and deeply committed to his family, serving a steady source of strength for the ones he loved.

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

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

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

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

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

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

2 Timothy 4:7

"I have fought the good fight, I have finished the race, I have kept the faith"
1 Corinthians 13:7 (ESV)

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

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

Tributes: www.gilbartfuneralhome.com

Gilbert Funeral Home, Gimli in care of arrangements.



OBITUARY



Elizabeth Gudrun Kamer
April 28, 1931 – April 30, 2026
(Thidrickson Reykdal Kamer Moeller Families)

"Be not afraid, I go before you always. Come follow me, and I will give you rest." J.M. Talbot hymn

Elizabeth passed away peacefully with family at her side. She was tough, but no heart beats forever, even one this truly good.

Of Icelandic heritage, Elizabeth was a dustbowl WWII farm kid in Netley which instilled sensitivity, resilience, and a strong work ethic. For a while

she lived in Toronto working as a hairdresser and taking art classes. Elizabeth returned home to help her parents on the farm which is where she met and married Joe at 28. She moved to the Kamer farm in Clandeboye and started a hairdressing business serving friends/clients from surrounding communities. As clients aged, Elizabeth began doing house calls saying they had supported her when she needed it and now, she could repay them. She charged an outrageous \$1 for a haircut. Somehow Elizabeth saved money to buy her own piece of land which remains in the family. After being told they would never have children, at 40 Elizabeth and Joe's daughter Margaret was born.

Family, community, and church were important to Elizabeth. Children and animals loved her. Her many talents included drawing, painting, sewing, knitting, cooking, baking, canning and growing vegetables in a massive garden. She read constantly and was interested in health and wellness, exercise, acupuncture, vitamins, herbs, and even made her own natural remedies. Elizabeth cared deeply about the environment and valued education and feminism. She was always up to date on politics, local issues, and world events. Elizabeth was not impressed by the current world situation and believed that we can do better.

Elizabeth was predeceased by her husband Joe, parents Roonie and August, in-laws Frieda and Joe, brother Franklin and his wife Ida, sister-in-law Margaret and her husband Ralph, brother-in-law Ed and his wife Janet, nephew Blair (Lydia), and so many other beloved friends and family. Such is the great sadness of reaching 95 years old having loved and been loved by so many.

Elizabeth leaves daughter Margaret, son-in-law Jason, her greatest pride, granddaughter Kate (Eric), nieces and nephews Murray, Greg (Deb), Craig (Elaine), Candace (Brian), Leah (Colin), Carol (Jim), Roger, Janice (Bernie), David (Susan) and their lovely families.

Heartfelt thanks go out to the incredible team at Kildonan House Assisted Living and to the exceptionally kind, gentle, compassionate caregivers at Middlechurch Home.

A small service will be held this spring. We love you and will forever mourn the loss of your love, empathy, wisdom, and honesty; our moral compass.

Please consider making a donation to the Selkirk and District Community Foundation to honour Elizabeth and help the community. Or plant and tend something, she would like that.

"May your choices reflect your hopes, not your fears." Nelson Mandela

Tributes: www.gilbartfuneralhome.com

Gilbert Funeral Home, Selkirk in care of arrangements.



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