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Young pirates steal the show

EXPRESS PHOTO SUBMITTED

Young swashbucklers, Jamil Khalil and Arina Dmitrieva, took over the stage during *Pirates! The Musical* at Arborg Early Middle School on May 12. The Grade 5 and 6 production featured colourful costumes, lively musical numbers and plenty of pirate-themed adventure as students entertained a crowd of about 130 community members.

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Gimli's annual town cleanup shows community pride

By Patricia Barrett

The Gimli Chamber of Commerce teamed up with Gimli Access Credit Union the RM of Gimli to organize its annual volunteer street cleanup.

Volunteers picked up garbage bags and gloves at the credit union then spread out across town to pick up debris. They were given the option of cleaning up their own turf or working in an assigned zone.

The credit union provided a drop-off zone for bags of garbage and offered hotdogs and refreshments to the volunteers as a way to thank them for their time.

Chamber president Samantha Hampton said the event showed how people in Gimli care about their community.

"Community pride starts at street level. When people care enough to show up with garbage bags, gloves and a few hours of their time, it sends a powerful message about the kind of community Gimli is," said Hampton.

Volunteers removing waste from the streets show more than pride: they're supporting local businesses, tourism,

community well-being and a sense of connection, she added.

"It was incredible to see residents, families, businesses and volunteers sharing their cleanup efforts online and taking genuine pride in where they live," said Hampton.

She said the chamber is especially grateful to Access Credit Union for stepping forward "in such a meaningful way" and helping turn the initiative in a true community-wide effort.

Westshore Community Foundation's vice-president Romanna Klymkiw took part in the cleanup, saying she and other board members wanted to contribute to the Gimli community.

"The Westshore Community Foundation is a proud member of the Gimli Chamber of Commerce, and Access Credit Union has been a long-time supporter of ours," said Klymkiw. "We're happy to do our part to help keep our community clean and beautiful. This has become an annual outing for members of Westshore's board and we always look forward to it."



EXPRESS PHOTO COURTESY OF ROMANNA KLYMKIW

Volunteer street cleaners from left: Westshore Community Foundation staff Donna Roed (treasurer), Teri Nicholson (president) and Romanna Klymkiw (vice-president) and Access Credit Union staff member Michael Nardiello. Barrett (dog), who was named after the folk song Barrett's Privateers, kept the humans on task.

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Gimli students support wetland restoration

By Gloria Thomas

Grade 11 and 12 students from Gimli High School are leaving a lasting mark on the future of the Gimli Wetland Nature Preserve (GWNP) — one nesting box at a time.

On May 20, carpentry teacher Tony Michaluk and several Grade 11 and 12 students gathered at the decommissioned wastewater lagoon site north of Gimli along Highway 9 to present eight hand-crafted nesting stations to members of the preserve committee and RM of Gimli staff.

A total of nine students participated in the project, although two students — Solomon Lewis and Carter Toomey — were away on the day of the presentation.

The nesting stations were built to



Randy Woroniuk (left) and Tim Arnason (right) presenting Tony Michaluk with a certificate of appreciation.

support a variety of bird species, including wood ducks, owls, buffleheads and goldeneyes. Retired Manitoba conservation officer Randy Woroniuk worked with the students



EXPRESS PHOTOS BY GLORIA THOMAS

Carpentry teacher Tony Michaluk and students who made the nesting stations. Left to right: Madison Karish, Jake Yablonski, Izze Piper, Jack Colbourne, Raymond Smith, Mateo Ammazzini and Damien Hjørleifson.

and teacher on the project.

“The nesting station initiative gives the students some ownership over the GWNP initiative, which is currently being developed by the municipality,” said Woroniuk. “It’s really great they are involved in this.”

Woroniuk said habitat for waterfowl continues to decline and noted the importance of restoring the former lagoon into a sanctuary for wildlife.

“Preserving and transforming the

Continued on page 5



Luc Philippot, Phoenix Combe and Gloria Thomas

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Food, fashion, home at Red Apple's grand re-opening



EXPRESS PHOTOS BY LAURA PLATT

Shoppers and community members turned out to celebrate the grand reopening of the refreshed Red Apple Stores location in Gimli on May 22. Pictured clockwise from top left: Staff mark the occasion, with Kent Oar, Alana, Silvana, Tamara and Calli pictured; Chantelle and Yaroslav of Evergreen Basic Needs sell hot dogs, raising close to \$400; customers line up outside during opening-day promotions, where the first 100 received a \$10 shopping card and a laundry basket; and store manager Tamara cuts the cake.



Social prescribing program launches for Manitoba seniors

By Lana Meier

A new initiative being launched by Shared Health Emergency Response Services aims to help older Manitobans build stronger social connections and access community supports while reducing unnecessary hospital visits.

As part of Paramedic Services Week, observed May 17 to 23, Shared Health announced that paramedics in rural Manitoba communities will begin introducing a new social prescribing initiative in June focused on residents aged 65 and older.

The program is designed to help seniors overcome barriers to community-based services and improve awareness about the importance of staying socially connected.

According to Shared Health, loneliness and social isolation can have a

significant impact on overall health and well-being, particularly among older adults. The initiative recognizes that paramedics are often among the first health-care professionals to interact with seniors who may benefit from additional supports beyond medical care.

"Social prescribing reflects an important shift in how we think about care, recognizing that health is shaped by more than medical treatment alone," said Jason Little, chief operating officer of Shared Health ERS.

"By linking individuals to local supports such as senior centres, community programs and social services, we help reduce isolation and improve quality of life in meaningful, every-

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BIG DOLLAR

Continued on page 5

Gimli Junior Musical Theatre kids staging free performance of Moana Jr. this Friday

By Patricia Barrett

Kids enrolled in the Gimli Junior Musical Theatre Summer Camp are about to treat audiences to a free, magical performance of Disney's *Moana Jr.* at the Gimli Park Pavilion stage this Friday.

Camp directors Stephanie Marks and Romanna Klymkiw started a musical theatre camp for local and area kids to showcase the area's talented youth. This is their third summer running the program.

In the space of a magical two weeks,

the kids — who live in Gimli and Winnipeg Beach, as well as some seasonal kids — are eager to hit the stage and show audiences what they've achieved.

"We do a two-week long summer camp and learn the show entirely in two weeks," said Klymkiw, who runs a music school. "We have full costumes for this show."

Moana Jr. is a musical adaptation of the 2016 Disney animated film that features Moana and her village of Motunui, a tropical island in

the film and also a real-world island near Easter Island off the west coast of Chile. Moana sets sail across the Pacific Ocean to save her village and discover her heritage. Her journey is one of self-discovery and learning how to harness the power within. The film celebrates the history of Oceania (a geographical area encompassing Pacific islands) and the cultures of Pacific islanders.

Twenty-nine summer camp kids aged 6 to 14 will be performing a stage version of the 2016 film, with

choreography by Aj Platt.

Admission is free but people are welcome to make a donation that the summer camp kids will be distributing to a charitable cause of their own choosing.

The free performance of Disney's *Moana Jr.* is scheduled for Friday, July 18 at 4 p.m. at the Gimli Park Pavilion stage. People are encouraged to bring their own lawn chair to the performance.

> WETLAND, FROM PG. 3

former lagoon into a sanctuary for wildlife is an important part of creating and preserving a home for birds, Muskrats and weasels," he said.

Michaluk said the students completed all eight nesting stations in just two weeks.

"The stations were made of pine, stained with a safe, non-toxic cedar finish, and the interior was left natural pine," Michaluk said.

The nesting stations will be installed once placement plans for the preserve are finalized.

Grade 11 student Madison Karish said the project allowed her to apply skills she had already learned while helping on the family farm.

"I've been around this a little while so I was good with it," Karish said.

Fellow student Raymond Smith described the project as a lesson in efficiency.

"We got them done quick," he said.

GWNP committee chair Tim Arnason thanked the students during the presentation and said youth involvement is an important part of the project's long-term vision.

"This is incredibly meaningful for us," Arnason told the students, adding that the committee wants young people engaged in every part of the restoration of the former wastewater lagoon into a publicly accessible wetland.

The wetland initiative is intended to support the health of Lake Winnipeg by converting the former lagoon into a functioning wetland ecosystem that filters nutrients, improves water quality and provides habitat for wildlife and migratory birds. Organizers also hope the site will become an educational and interpretive space focused on the history and ecology of the region.

Warren Hill, a lifelong resident of Gimli and member of the GWNP committee, said the project also carries deep personal meaning for his family.

The 144-acre site was originally settled 150 years ago by Hill's ancestor, Oddur Anderson.

Hill still lives on the property adjacent to the preserve.

"As a boy I spent countless hours exploring the marsh," Hill stated. "It was a very special place and it will be again."

GWNP committee member Gloria Thomas said climate change and recent wildfires are increasingly displacing wildlife and waterfowl from their natural habitats.

"We are seeing waterfowl here that are normally in other parts of the country, which is a direct result of the displacement of all creatures due to recent wildfires and climate change effects," Thomas stated.

"More and more you see displaced wildlife and birds that have been forced from their natural habitats as wild fires and other natural disasters consume their homes year after year," she added.

Thomas said involving youth in the project is essential as communities work toward environmental restoration.

"The youth of our communities know the importance of this, and this is why we are moving forward with youth involvement every step of the way," she said.

Representatives from the Manitoba Métis Federation also attended the event, including project officer Luc Philippot and policy analyst Pheonix Combe.

"We appreciated the opportunity to learn more about the initiative and discuss the environmental stewardship work being undertaken by the Gimli Wetland Initiative," said Philippot.

Michaluk said the students enjoyed the large-scale woodworking project and later learned more about the preserve through a presentation and video shared by the RM of Gimli.

"The duck box project was a great mass production project for the class," Michaluk said. "The kids were blown away at the magnitude and significance of the project and felt really good about being a part of it."

> SENIORS, FROM PG. 4

day ways," he added.

The program builds on an earlier provincial government announcement that social prescribing services are now available in all five of Manitoba's regional health authorities.

Loren Bacala, provincial manager of community paramedicine with Shared Health ERS, said not all paramedic calls require transportation to hospital and that some patients may benefit more from improved awareness and access to local supports.

"We know that strengthening these connections can help prevent avoidable hospital visits, support smoother transitions in care, and enhance quality of life for patients and families," Bacala said.

He added that the initiative will involve collaboration between regional health authorities, community organizations and local partners to help connect Manitobans with appropriate care and services within their own communities.

The initiative is supported in part through funding from Healthcare Excellence Canada and partnerships with Services to Seniors coordinators in the Northern Health Region, Interlake-Eastern Regional Health Authority, Southern Health-Santé Sud and Prairie Mountain Health.

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PCs push to raise Manitoba tax exemption amid affordability concerns

By E. Antonio

Progressive Conservatives are calling on the Manitoba government to more than double the province's basic personal exemption, saying the move would provide meaningful affordability relief for families facing rising living costs.

Progressive Conservative finance critic Lauren Stone, who is also the MLA for Midland, said the party is pushing to raise Manitoba's Basic Personal Exemption to \$30,000, which would allow Manitobans to earn more income before paying provincial income tax.

The basic personal exemption is the amount of income a person can earn before paying provincial income tax.

Stone said the proposed increase could save a single-income family about \$1,500 annually, or approximately \$3,000 for dual-income households.

"As we know, families across Manitoba are feeling the squeeze of the cost-of-living crisis Manitobans are facing right now," she said. "The cost of living is increasing faster than our paycheques, and it's no doubt families are falling behind. This would put hundreds of dollars into the pockets of hardworking Manitoban families, allowing them to spend their money in their communities and boosting local economies."

Manitoba's current basic personal exemption sits at \$15,780, below neighbouring Saskatchewan's exemption of \$20,381 and Alberta's \$22,769.

Stone said Manitoba is currently the only province not increasing its basic personal exemption or maintaining

indexation tied to inflation.

The NDP government paused indexation in 2025, meaning tax brackets no longer automatically rise alongside inflation. Stone argued that without indexation, some Manitobans may end up paying more income tax even if wage increases simply keep pace with rising costs.

"Every other province is either increasing the exemption amount for their citizens and/or bringing in indexation," she said. "Manitoba is the only province that is doing the opposite."

Stone said rising costs for groceries, fuel, utilities and other household expenses continue to place pressure on Manitoba families.

"People need those extra dollars in their pocket," she added. "These are basic needs Manitobans have, and those are real dollars and affordability relief that could go a long way."

She described the proposal as a "fair and common-sense approach" that would benefit most Manitobans.

The PCs introduced the proposal during the provincial government's spring budget session. Stone said the party is willing to compromise with the NDP government in order to move affordability legislation forward before the end of the spring sitting.

She suggested the province could increase the exemption to \$21,000 initially to match Saskatchewan and British Columbia levels if the govern-

ment is unwilling to support the full \$30,000 proposal immediately. The \$21,000 would increase to one-third of the of the PC's goal, and she expects the partial increase would cost a maximum of \$350 million annually.

"Raising the exemption will attract new investment and grow the tax base, as well as further allowing us to cut government waste," she said.

"We are ready to support and bring their budget bill to a vote, but only if

it includes meaningful affordability measures like a stronger basic personal exemption."

Stone added that organizations including the Canadian Taxpayers Federation and the Canadian Federation of Independent Business have publicly supported increasing the exemption.

Gage Haubrich, Canadian Taxpayers Federation prairie director, said Manitobans deserve and need to get all the tax relief they can get, acknowledging they pay the highest provincial taxes in Western Canada.

"Increasing the basic personal exemption is a great thing for taxpayers because that means that every taxpayer in Manitoba can earn more money before having to pay taxes, reducing their overall tax burden," he said. "Bracket creep is a massive burden to Manitobans because it hikes their taxes every year through stealth. Because of bracket creep, inflation can

"PEOPLE NEED THOSE EXTRA DOLLARS IN THEIR POCKET."

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Arborg plans for rising costs, major infrastructure projects in 2026 financial plan

By E. Antonio

The Town of Arborg is preparing for a year of increased spending, infrastructure investment and borrowing as council moves forward with its 2026 financial plan amid continued pressure from inflation and aging municipal infrastructure.

The proposed plan includes a municipal mill rate increase of 0.830 mills and total operational spending rising from \$2.69 million in 2025 to \$3.23 million in 2026 — an increase of more than \$530,000 or 19.7 per cent.

At the same time, the town's total portioned assessment increased only modestly, rising by about \$238,000 from \$67.26 million to \$67.49 million.

"Council remained mindful of affordability throughout the budgeting process," said Cindy Stansell, chief administrative officer for the Town of Arborg. "Municipalities continue to experience increased costs associated with fuel, utilities, insurance, equipment, materials and contracted services."

She added the financial plan reflects council's effort to balance "responsible financial management with the need to maintain and improve important municipal infrastructure and services for residents," explaining Manitoba municipalities continue to operate within a reassessment cycle, with the most recent reassessment occurring in 2025. She said council worked to limit the impact on taxpayers while ensuring the town remains financially sustainable and able to address infrastructure needs into the future.

According to the financial plan presentation, residential properties continue to make up the majority of Arborg's assessment base at just over 70 per cent, while commercial properties account for 26.5 per cent.

While taxation revenue is projected to increase by about \$59,300 or 4.4 per cent, much of the town's additional revenue in 2026 is expected to come from other sources, including grants, transfers and service-related revenues.

Property taxes account for about 44 per cent of municipal revenue in the 2026 budget, while other revenues make up 32 per cent, grants 17 per cent and reserve transfers seven per cent.

One of the most significant changes in the financial plan comes under recreation and cultural spending.

That category is projected to increase from roughly \$329,000 in 2025 to more than \$1.21 million in 2026.

Stansell said the increase is largely

tied to the transition of the Arborg-Bifrost Parks and Recreation Commission into a department of the Town of Arborg under a new shared-services and joint governance model with the Municipality of Bifrost-Riverton.

Historically, recreation services were operated through a separate entity jointly funded by both municipalities. Recreation expenditures previously accounted for outside of the town's financial plan are now incorporated directly into the 2026 budget.

"While this results in a noticeable increase in both revenues and expenditures within the financial plan, many of these costs are offset through recreation revenues and continued municipal cost-sharing contributions from the Municipality of Bifrost-Riverton," Stansell said.

She added council believes the new structure will improve operational coordination, long-term planning, financial transparency and create opportunities for administrative and operational efficiencies moving forward.

Protective services spending is also increasing, with the town citing flood control costs and higher fire protection expenses as contributing factors. Transportation costs are also expected to rise due to fuel prices and increased repairs and maintenance.

Environmental health services, including garbage collection, are projected to increase as well.

The town is also planning several major capital projects in 2026, including sidewalk construction, a new electronic sign, recreation land purchases and upgrades to the arena ice plant.

Stansell said many of the projects relate directly to aging infrastructure that requires proactive investment to maintain "service reliability, operational efficiency, public safety and long-term sustainability."

To help fund those projects, Arborg is proposing approximately \$1.35 million in borrowing, including:

- \$750,000 for water treatment plant filtration system upgrades,
- \$400,000 for the arena ice plant,
- and \$200,000 for recreation land purchases.

"In particular, the proposed upgrades to the water treatment plant filtration system are important to ensuring continued regulatory compliance, system reliability, and the long-term delivery of safe drinking water to residents and businesses," Stansell said.

She added the arena ice plant replacement is considered a critical infrastructure priority to maintain year-round recreation programming and

support tournaments, user groups and community events important to both community wellness and local economic activity.

Despite the planned borrowing, the town remains below its legislated debt limits.

The financial plan states Arborg's maximum allowable municipal debt is approximately \$4.72 million, while its current existing debt sits at about \$729,583.

The town reports it still has nearly \$4 million in remaining borrowing capacity.

Utility infrastructure is also expected to be a major focus in 2026.

The utility operating fund is projected to increase substantially due to water treatment and infrastructure projects. Total utility revenues and expenditures are both projected at more than \$2.21 million compared to approximately \$608,000 in 2025.

Among the largest planned utility projects are water treatment plant filtration design and upgrades valued at approximately \$825,000.

Looking ahead, Arborg's five-year capital expenditure plan outlines nearly \$8.5 million in future infrastructure and capital projects between 2027 and 2031.

Major future projects identified in the plan include:

- \$2 million in paving projects,
- a proposed \$2.4-million recreation complex,
- multiple water main upgrades,
- lagoon repairs,
- lift station upgrades,
- and additional sidewalk construction.

"Like many municipalities across Manitoba, the Town of Arborg continues to rely heavily on provincial and federal grant opportunities to assist with major infrastructure projects," Stansell said.

"Strategic long-term planning and asset management are becoming increasingly important as municipalities balance the costs of maintaining aging infrastructure while also positioning communities for future residential, recreational, and economic growth opportunities."

Stansell said residents will continue to see investment in recreation facilities and programming, water infrastructure, sidewalks, equipment upgrades and planning toward the future outdoor sports complex project through the 2026 financial plan.

The Town of Arborg's public hearing on the financial plan was intended to provide residents with an opportunity to ask questions, gather information and provide feedback before the budget is finalized.

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EFFICIENCY MANITOBA

Manitoba seeks feedback on time changes

By Annaliese Meier

The Manitoba government is asking residents to weigh in on whether the province should continue changing clocks twice a year or move to a permanent time system.

Glen Simard, Manitoba's minister of municipal and northern relations, announced this week that consultations are now open as the province considers adopting either permanent standard time or permanent daylight time.

"Across Canada, a number of provinces and territories are ending the time change and Manitobans have made it clear they want us to look at doing the same," Simard said in a news release. "From a lower risk of stroke to when the sun rises and sets, there are a number of things to consider, and we want to hear directly from Manitobans."

A recent analysis by the Manitoba government concluded eliminating

the twice-yearly clock change would be better for population health than maintaining the current system.

The discussion is also drawing attention from Manitoba's agricultural community, where strict daily routines are an important part of livestock care.

Warren's Rob Boonstra, owner and partner at Boonstra Farms Ltd., said dairy cattle respond best to consistency.

"On a dairy farm, consistency is key. Cows do not like change," said Boonstra. "A high-producing cow feels the affects of being milked an hour later."

Boonstra said the animals eventually adapt after a few days, but routine remains important.

"They are a creature of habit and they do prefer things to stay the same," he said.

While he appreciates the longer summer evenings as a person, Boonstra said dairy cattle would likely

benefit from keeping one consistent time year-round.

"As a human being, it's nice to have the long summer nights, but as the owner of dairy cows, they themselves would prefer to not change the time," he said.

Commercial fisherman Bill Buckels said he believes maintaining the current seasonal time changes remains important for safety in Manitoba's outdoor industries.

"In Manitoba, permanent Daylight Saving Time would mean the sun wouldn't rise until nearly 10 a.m. in the winter," said Buckels. "For industries like commercial fishing or agriculture, this is a major safety hazard."

Buckels said workers in industries such as commercial fishing, forestry, mining and trucking rely heavily on early morning daylight during winter months for travel and equipment preparation.

"The risk of wildlife collisions, spe-

cifically with deer and moose, is significantly heightened during these pre-dawn hours," he said. "By reverting to standard time in the winter, an essential hour of natural light is returned to the morning, providing a critical safety margin for those on the road and on the ice."

Buckels added that while many people view the twice-yearly time change as an inconvenience, he believes Manitoba's seasonal clock adjustments continue to serve a practical purpose for industries operating in difficult outdoor conditions.

"The clock should serve the safety and productivity of the province's foundational industries," he said.

The Manitoba Health report is available through the Manitoba government.

Residents can also participate in the public consultation through EngageMB at <https://engagemb.ca/time-change>.

letter to the editor

Letters to the Editor:
news@expressweeklynews.ca

Concerns raised over proposed poultry operation near Lake Winnipeg

I write with regard to the recent hearings on the proposed 140,000-bird commercial chicken operation on the border of the RM of Armstrong and RM of Gimli. Since the project was first proposed, the scale of the livestock operation has steadily increased, leading me to believe this expansion was always part of the plan.

For more than two decades, Manitobans have been told nutrient overload — overwhelmingly from agricultural activity — is contributing to the slow degradation of Lake Winnipeg through toxic algae blooms, threats to beaches, groundwater and fish habitat. Beyond nitrogen fertilizer, fecal matter from both livestock and human sources continues to flow into the lake. The proposed Crystal Springs operation alone would produce an estimated 9,000 tonnes of manure annually.

At the hearing, it was argued provincial inspectors would monitor the operation. Unfortunately, that provides little reassurance. Few livestock operations in Manitoba are regularly inspected and, when violations occur, fines are often minimal. In one

well-known case, an Eastman hog operation was fined just \$500 after being caught pumping raw sewage into Monk Creek, a tributary of the Whitemouth River.

The immense size of this proposed operation, located near Willow Creek and close to wetlands and bird habitat that feed directly into Lake Winnipeg, raises serious environmental concerns. Poultry manure is highly phosphorus-dense, as was correctly pointed out during the hearing. I have personally seen industrial-scale livestock operations damage creeks, rivers, lakes and groundwater aquifers in eastern Manitoba.

There is also misinformation surrounding the causes of nutrient loading in Lake Winnipeg. While the Red River and zebra mussels contribute to the problem, agriculture remains a major factor. Hundreds of millions are already being invested in upgrades to Winnipeg's north-end treatment plant, yet additional nutrient-heavy livestock operations continue to be approved near sensitive watersheds.

Beyond the environmental concerns, RM of Gimli taxpayers could bear much of the infrastructure and maintenance costs associated with the development, while receiving only a small fraction of the financial benefit through tax revenue. To my knowledge, many ratepayers, fishers

and residents were not adequately consulted before these hearings.

As someone from a small mixed farming family, I am not anti-agriculture or anti-business. I support efforts to diversify Manitoba's economy. However, projects of this scale require broader consultation

and thorough long-term environmental study. Protecting Lake Winnipeg, its fishery, surrounding communities and groundwater must involve difficult decisions before the damage becomes irreversible.

— David Podolchuk
Gimli

Fishers, farmers and municipalities go head-to-head ... the Express May 21 issue

Given the emotion surrounding the Harbour Hutterite Colony's conditional use request for a poultry operation, which was heard by Armstrong RM council on May 14, 2026, it is important that information provided to the public is accurate.

As quoted in the article, Bill Buckels did, in fact, say the number of animal units being applied for was 1,400; however, that figure was not correct. The correct number is 764 AU.

If one wishes to confirm that, an internet search for "Manitoba Animal Units Calculator" will provide the information, or the calculator can be

found at https://www.manitoba.ca/mr/livestock/pubs/trc/trc-12-103/animal_units_calculator.pdf.

Harbour Colony is applying for a poultry operation consisting of 40,000 layers, 40,000 pullets and 60,000 broilers. One laying hen represents 0.0083 AU, one pullet represents 0.0033 AU and one broiler represents 0.005 AU.

When those numbers are multiplied by their respective poultry totals, the colony's proposed layers represent 332 AU, the pullets represent 132 AU and the broilers represent 300 AU. Added together, this equals 764 AU — not 1,400 AU as stated by Mr. Buckels.

- Dawn Harris, BSA
Gimli

Editor's note: The *Express* reviewed the Manitoba Agriculture Animal Units Calculator referenced in this letter. Using the provincial formula, the totals calculate to 764 animal units.

Webinar to encourage future school trustees

By Lana Meier

Residents considering a run for local school board in the 2026 municipal elections will have an opportunity to learn more through upcoming virtual information sessions hosted by the Manitoba School Boards Association.

The free webinars are designed to help prospective candidates better understand the role of a school trustee and Manitoba's public education system ahead of next year's elections.

Topics will include trustee responsibilities, campaigning, governance, the structure of Manitoba's education system and a question-and-answer session.

The sessions will take place Wednesday, May 27 and Monday, June 1 from 6 to 8 p.m. No registration is required.

Alan Campbell, past-president of the Manitoba School Boards Association and president of the Canadian School Boards Association, said school trustees play an important role in representing community voices within public education and encouraged residents to consider serving in the role.

"School board trusteeship is something I would strongly encourage for anyone who wants to give back to their community in a meaningful and rewarding way," said Campbell.

Campbell said school boards are

an important part of the democratic foundation of communities and should reflect a broad range of perspectives.

"Parents of current and former students, people who don't have children, members of the business community, those who are retired or perhaps just starting in their career, members of IBPOC communities and those who identify as 2SLGBTQ+ all have valuable perspectives to offer," he said.

He noted that trustees serve in a governance role rather than an operational one, working with senior administration to help guide division priorities and decision-making through board policy.

"The most important annual policy statement by the local school board comes in the passage of the annual budget," Campbell said. "Trustees must come prepared to consider student, staff, PAC, community and other stakeholder feedback in the preparation of the budget."

Campbell added that local school boards play a key role in maintaining accountability within Manitoba's public education system.

"Public schools provide a vital function in the current and future success and sustainability of our society and therefore are not only worthy of but



reliant on investment by everyone — not just those with kids in school," he said.

He also stressed that school boards function best when trustees work collaboratively and respectfully.

"Individual agendas are only as strong as the votes around the table," Campbell said. "The division will be guided by the majority will of the board of trustees and not by the priorities of individual trustees."

Campbell noted that school boards in Manitoba are non-partisan and focused on supporting students, staff and families regardless of the provincial government of the day.

He added that those considering trusteeship should understand the

time commitment involved, including evening meetings and occasional daytime responsibilities.

"Effective trusteeship takes time," he said. "Those considering the role must be willing to give up several evenings per month."

School trustees in Manitoba are elected to four-year terms during municipal elections. Trustees receive an honorarium for their service, with amounts varying between school divisions based on board policies and responsibilities.

The next Manitoba school trustee elections are scheduled for Oct. 28, 2026.

More information is available at elect2026.ca

Funding boosts English training for Ukrainians

By Lana Meier

The Manitoba government is investing \$500,000 to expand English language training programs for Ukrainian newcomers across the province as part of ongoing efforts to support settlement and long-term integration.

The funding, announced by Manitoba Sport, Culture, Heritage and Tourism Minister Nellie Kennedy on Vyshyvanka Day, will support programming delivered through the Ukrainian Canadian Congress – Manitoba Provincial Council (UCC-MPC).

"As Manitobans celebrate Vyshyvanka Day and honour Ukrainian culture and heritage, this investment reflects our commitment to ensuring newcomers have the tools they need to thrive, find work and fully participate in communities across our province," Kennedy said in a news release.

"Our government is proud to support the Ukrainian Canadian Congress – Manitoba Provincial Council as it helps Ukrainian newcomers build strong connections and success-

ful futures in Manitoba."

The UCC is a national organization representing Ukrainian Canadian community groups, with the Manitoba council among the oldest in Canada. Since the start of Russia's war on Ukraine, the organization has helped support thousands of individuals and families who have settled in Manitoba.

According to UCC Manitoba, more than 30,000 Ukrainian newcomers have arrived in the province since the war began.

From July 2025 to February 2026, the organization delivered English language training to approximately 900 adult learners across Manitoba in partnership with community organizations.

UCC Manitoba president Joanne Lewandosky said language training plays a critical role in helping newcomers build stable lives in their new communities.

"English language training is one

of the most important tools helping Ukrainian newcomers build successful lives in Manitoba, opening doors to employment, education and full participation in our communities," said Lewandosky.

"We are deeply grateful to the Manitoba government for its ongoing support of Ukrainians forced to come to Canada because of Russia's invasion of Ukraine and for investing in programs that help newcomers integrate and contribute to our province."

The new provincial funding will support additional staffing, expanded course offerings and organizational supports aimed at strengthening program delivery in both urban and rural communities.

UCC Manitoba said there has been particularly strong demand for English language training in Winnipeg, western Manitoba, the Morden-Winkler area and the Interlake region.

The organization noted it is committed to offering as many rural courses

as possible where demand exists, although finding qualified instructors continues to be a challenge.

The expanded programming will continue to focus on in-person instruction, as UCC Manitoba does not currently offer online language courses.

UCC Manitoba spokesperson Ostap Skrypnyk said language skills remain an important part of helping newcomers become job ready and establish long-term roots in Manitoba communities.

"Employers in general want workers who are job ready. Language is an important part of that," said Skrypnyk. "Viable and long-term employment is important for rural municipalities to retain newcomers."

Vyshyvanka Day is observed annually on the third Thursday in May and celebrates Ukrainian culture and unity through the wearing of traditional embroidered shirts known as vyshyvankas.

WCF holding World Environment Day film screening and workshop June 5

Westshore part of national climate change initiative

By Patricia Barrett

The Westshore Community Foundation (WCF) is taking an active role in promoting and supporting climate action through its participation in the upcoming World Environment Day, a global call for climate action.

WCF will be hosting its third annual climate-action event next week that will feature a film and a workshop in conjunction with the Gimli International Film Festival and non-profit and provincial partners.

Foundation president Teri Nicholson said WCF expanded its event this year because they're participating in a project called Communities for Climate Resilience (CCR), which includes a conference this fall.

The foundation's participation in CCR will allow it to better tailor its environmental funding support to its catchment communities. Environmental support comes through two of WCF's funds, the Environmental Fund (established in 2022) and

the newly created Emergency Fund, which provides quick relief to help people cope during an emergency.

"We're the only foundation in Manitoba that's taking part in the Communities for Climate Resistance," said Nicholson. "Part of that program will have us collecting local data through a public forum."

CCR is a national climate initiative led by the Community Foundations of Canada, of which WCF is a member. The program aims to help local community foundations advance climate action through their granting process, investment decisions and learning opportunities.

From October 2025 to October 2026, CCR will bring about 30 community foundations from across Canada together to share their climate-action experiences.

Nicholson said WCF is currently preparing a climate-action plan. After it's presented to the WCF board this summer, Nicholson will be presenting it at the CCR conference.

"As part of the Communities for Climate Resistance, we've been taking part in different webinars for climate change, and I will be going to the conference at the end of September," said Nicholson. "They're bringing all of us together [participating foundations] and we're supposed to bring our foundation's action plan."

The Westshore Community Foundation disperses funding to communities and students in its catchment area consisting of Riverton, Gimli, Fraserwood, Winnipeg Beach and Dunnotar.

WCF's World Environment Day event on June 5 will entail a free workshop called Climate Conversation that will be facilitated by the Manitoba Climate Action and Energy Innovation Division (CAEID) of the provincial government, as well as the non-profit organization, Climate West, which delivers timely climate information and data focused on Manitoba, Saskatchewan and Alberta, and is supported by all three provincial governments.

The Prairies are one of the "fastest warming regions" in Canada because of climate change. The cost of climate change in the three provinces includes billions of dollars in losses

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.

To see more photos of your favourite Interlake Athletes

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that range from public health impacts to reduced worker productivity to flooding, according to a Climate West report.

Climate West and CAEID will be providing an update at the Climate Conversation event on what data they've been collecting, and the foundation will be asking participants what aspect of climate they're concerned about and how the foundation could possibly address it, said Nicholson.

Grant applicants will also be "interviewed" so that WCF can find out how they've been affected by climate change.

As part of the June 5 event, Nich-

olson said they're screening a documentary called *Youth Unstoppable*, directed by Slater Jewell-Kemker. The film highlights the global youth climate movement and several youth activists — including Greta Thunberg — who want to save the planet.

"The filmmaker started attending these huge climate-change events all over the world and this is her documentary over the course of 12 years," said Nicholson.

The free Climate Conversation workshop will take place on June 5 at 5:30 p.m. in Johnson Hall in the Waterfront Centre.

Attendees are asked to RSVP as WCF will be providing food and refreshments. Call WCF at 204-642-9796 or email admin@wcf-foundation.ca.

The film screening will follow at 7:30 p.m. in the Lady of the Lake theatre in the Waterfront Centre. People are asked to make a donation of their choosing to attend the film. All proceeds will go to WCF's Environmental Fund. Donations over \$10 will be issued a tax receipt.

Arborg student recognized for math achievement

By Lana Meier

An Arborg Collegiate Institute student is being recognized for her strong performance on a national mathematics competition after earning a medal for achieving one of the top scores in her class.

Taryn Triska, a Grade 9 student at ACI, recently wrote the Pascal Contest, a nationally recognized mathematics competition organized by the University of Waterloo that challenges students with advanced problem-solving questions.

The University of Waterloo organizes a series of mathematics contests for students across Canada and internationally, with questions based on curriculum outcomes common to Canadian provinces. However, ACI math teacher Heida Simundsson said the contests focus heavily on logical thinking and problem solving rather than memorization or routine math skills.

"They are challenging in the respect that it is not looking at can students perform mathematical skills but apply their skills to solve problems," said Simundsson.

Simundsson said medals are awarded to the top-performing student at each participating school who also meets a required score threshold. Triska scored 22 points above the medal cutoff and also earned a Certificate of Distinction, placing her in the top 25 per cent of the 25,488 students who wrote the contest this year across Canada and internationally.

The Pascal Contest is part of the university's Centre for Education in Mathematics and Computing contest program and is designed to test logical thinking, analytical reasoning and mathematical problem-solving skills rather than memorization. The Grade 9 competition features 25 questions completed within 60 minutes, with students from across Canada and internationally taking part each year. Students who finish in the top 25 per cent of competitors receive a Certificate of Distinction, while top-performing students at participating schools may also earn medals.

"To find out I was receiving a medal for this contest was shocking," said Triska. "I wasn't sure how I did on the test so finding this out was great."

Triska said she decided to participate after being encouraged by her math teacher, Taylor Johannesson.

"My math teacher asked us to take it and I thought it could be a great opportunity, improving my math skills even more," she said.

Although she admitted she did not specifically prepare for the contest because she was unsure what to expect, Triska said she still enjoyed the challenge.

"I didn't prepare for this challenge because I was unsure what was on it, finding it a bit challenging while taking it," she said.

Johannesson said Triska's analytical mindset and determination helped set her apart during the competition.

"Taryn has a very analytical approach to problem solving," said Johannesson. "She is persistent and has a willingness to tackle challenging problems. She doesn't give up when questions get difficult. That kind of perseverance is a big part of success in a contest like Pascal."

Johannesson said opportunities such as the Pascal Contest allow students to push themselves beyond the classroom while building confidence and critical-thinking skills.

"It gives students a chance to challenge themselves and see what they're capable of," she said. "It builds confidence, encourages critical thinking and allows students to experience success beyond the classroom. It also shows students from a small community that they can compete and excel in mathematics."

She added that enrichment activities help students grow as learners regardless of the final result.

"I try to encourage students to view opportunities like this as a chance to challenge themselves and have fun with learning," said Johannesson. "It's not just about results — it's about trying something new, growing as a learner, and discovering what they're capable of."

Triska said one of the things she enjoys most about mathematics is the opportunity to continue improving.

"I just enjoy learning more and getting better at the subject," she said.

She added that the experience has motivated her to continue developing her math skills.

"This experience has changed how I feel about doing math, opening up to getting better," said Triska.

Triska also thanked Johannesson and her friends



EXPRESS PHOTO SUBMITTED

Arborg Collegiate Institute student Taryn Triska recently earned a medal after achieving the top score among participating students at the school on the University of Waterloo's Pascal math contest. Pictured with her math teacher Taylor Johannesson.

for supporting her throughout the experience.

"I mainly would just like to thank my math teacher, Ms. Johannesson, for teaching me and helping me improve, and my friends for helping me throughout this journey," she said.

Simundsson noted that Grade 9 ACI student Jackson Ewert also earned a Certificate of Distinction, indicating he too scored in the top 25 per cent of all students who participated in the contest.

Johannesson said the achievement reflects both the dedication of students and the emphasis placed on mathematics and problem solving at ACI.

"This achievement speaks to the hard work of our students and reflects the value placed on mathematics and problem solving at ACI," she said.

> TAX EXEMPTION, FROM PG. 6

automatically bump taxpayers into a higher income tax bracket and increase their tax bills. It's a stealth tax hike because Manitobans pay more every year because of inflation, not because politicians vote on a tax increase."

He explained the government needs to be doing as much as possible to alleviate the burden, noting raising the basic personal exemption is what Manitobans need right now.

"Life is only getting more expensive for Manitobans and they need any and all tax relief available for the government to give."

Manitoba Finance Minister Adrien Sala acknowledged affordability remains a major concern for many Manitobans and said the NDP government has focused on targeted relief measures.

The province has introduced a temporary fuel tax holiday, a permanent fuel tax reduction, lower middle-class income taxes and expanded education property tax credits.

Through the Budget Implementation and Tax Statutes Amendment Act (BITSA), the government is also proposing to eliminate PST on groceries, provide free childcare for lower-income families and introduce free transit for Manitoba students.

While basic groceries are already PST exempt in Manitoba, the proposed legislation would remove PST from grocery-store food items that currently carry the tax, including many prepared foods, snack foods and beverages, while restaurant meals and non-food household items would still remain taxable.

"We know Manitobans need the support now," Sala said. "I think the combination of tax reduc-

tions and credits that we brought forward are helping to provide the targeted relief that Manitobans need."

Sala said rising grocery prices remain one of the province's largest affordability challenges and pointed to the proposed grocery PST exemption as a key measure aimed at helping households manage costs.

He added that if BITSA does not pass before the end of the spring legislative session, some affordability measures could be delayed until the fall.

With only weeks remaining in the spring sitting, both parties continue to pressure each other over competing affordability measures as Manitobans face ongoing financial pressures.

Riverton Boat Works Ltd. helped shape Manitoba waterways

By Lana Meier with files Ben Holyk

A small boat-building operation that began in Riverton during the 1930s would eventually become one of Manitoba's best-known marine manufacturing companies, producing fishing boats, ferries, tugboats and freighters used across Canada's waterways.

Riverton Boat Works traces its origins to Jon Thorsteinson and his brother Joe, who began building boats and houses in the Riverton area after Jon had spent more than a decade building fishing and sailing vessels in the Selkirk region before 1927.

Following Jon's death in 1962 and Joe's passing later on, Jon's son Chris Thorsteinson continued the family tradition, building several boats each year and eventually constructing a dedicated shop in his yard for fishing boat production. Early boats were made of wood before evolving into wood vessels reinforced with steel ribs, while all-steel boats became standard around 1945.

In 1940, Chris and his wife Ingibjorg officially incorporated Riverton Boat Works Ltd. The company would spend the next five decades producing vessels for customers throughout Manitoba and far beyond.

As demand for steel fishing boats increased both locally and internationally, the company expanded its trucking fleet to speed up deliveries across Canada. Chris Thorsteinson's growing expertise with steel fabrication also allowed the company to diversify into larger and more specialized vessels.

Riverton Boat Works eventually built tugboats for pulp mills on Ontario lakes, ferries for northern communities and fishing boats for use in the Northwest Territories and Northern Saskatchewan rivers. The company also constructed sailboats and luxury cabin cruisers. The expansion led to the construction of a larger shop along the Icelandic River in 1962.

Over the years, many skilled tradespeople worked at the operation. Chris's son Ken Thorsteinson became a partner in 1971, followed by Alex Zagozewski in 1977. Riverton Boat Works ultimately dissolved in 1990 after decades of production.

Among the company's most notable vessels was the Lady Selkirk, built in 1968 as a shallow-draft freighter that served as a tender to the Lord Selkirk. The vessel was later renamed Lady Northland in 1972. After eventually being transported to Kenora, Ont.,



EXPRESS PHOTOS COURTESY OF BEN HOLYK

Ken and Chris Thorsteinson, owners of Riverton Boat Works, photo taken in 1955.

the vessel was rebuilt and relaunched as the M.S. Kenora, a cruise ship that continues to operate on Lake of the Woods today.

Another major undertaking for Riverton Boat Works involved transporting the Nonsuch replica ship during celebrations marking the 300th anniversary of the Hudson's Bay Company. The vessel was hauled by truck from Duluth, Minn., across the Prairies to the west coast in 1972 before later returning to Winnipeg and becoming part of the Manitoba Museum collection.

Stories surrounding the company

have become part of local folklore. One account recalled the Lady Selkirk being brought to Riverton for repairs in 1969, requiring the Riverton bridge to be opened so the vessel could pass through to the company's shop.

During its years of operation, Riverton Boat Works produced dozens of vessels, including ferries, tugboats, yachts, research vessels, buoy tenders and fishing boats. Among them were the Hecla Island Ferry, Lady Northland, Namao, Treesbank Ferry III and numerous commercial fishing vessels that operated throughout Manitoba and beyond.



Riverton Boat Works dock.



The Namao was built in 1975.



The Lady Selkirk constructed in 1969.

Name	Vessel Type	Year Built	Name	Vessel Type	Year Built	Name	Vessel Type	Year Built
1998-06	Buoy & Light Tender	1975	James Apetagon	Ferry, Passenger/car	1952	Nighthawk Charters	Freighter	1966
Alaskan (I)	Fishboat, general	1952	Javlyn	Fishboat, general	1977	Norweta	Passenger vessel	1971
Alfred Settee Sr.	Ferry, Passenger/car	1982	Joe Keeper	Ferry, Passenger/car	1973	Rosevear Ferry	Ferry, passenger/car	1969
Amik II	Passenger Vessel	1984	Kathy S.	Fishboat, general	1977	Ruby E	Fishboat, general	1974
Arctic Bear	Freighter	1971	Kaye-Tee	Freighter	1961	Seabird V	Work Boat	1972
Bethy Irene	Freighter	1966	Keystone (II)	Fishboat, general	1952	Sharryn D II	Freighter	1966
Cecil	Ferry, Passenger/car	1969	Kinoosao	Fishboat, general	1963	Shippegan	Tug	1961
Chemahaw	Fishboat, general	1964	Lady Frances (II)	Fishboat, general	1968	Siggi Einar	Fishboat, general	1972
Dallas-Faye	Freighter	1976	Lady Kinnaid	Passenger Vessel	1972	Siggi Oliver	Research vessel	1974
Diane H.	Freighter	1951	Lady Northland	Freighter	1962	Solitude (I)	Yacht, power-cruiser	1941
Dundas	Scow	1965	Lady Selkirk (I)	Pilot boat	1969	Spoonbill (II)	Tug	1966
Edgar Wood	Ferry, Passenger	1958	Le Cormoran	Tug	1969	Superior Princess	Yacht	1970
Fenton	Ferry, Passenger/car	1965	Lyn Ev	Yacht, power-cruiser	1982	T.3	Tug	1982
Gods Laker	Fishboat, general	1969	M-10 (II)	Pilot boat	1941	Tamiko Lee-Ann	Fishboat, general	1979
Greenwing (The)	Tug	1965	M.S. Kenora	Freighter	1968	Tannis Dayne	Fishboat, general	1982
H. Broadhead	Freighter	1971	Mareca	Patrol vessel	1969	Tar Island	Tug	1969
H.M. Wilson	Tug, harbour	1986	McBeth	Yacht, sail	1951	Theanne	Patrol vessel	1951
Haley Lynn	(nk)	[nk]	Mukutawa	Fishboat, general	1973	Thomas A. McIvor	Ferry, Passenger/car	1977
Hecla Island Ferry	Ferry, Passenger/car	1953	Mundi J. II	Fishboat, general	1963	Treesbank Ferry II	Ferry, Passenger/car	1970
Hecla Island Ferry II	Ferry, Passenger	1958	Namao	Buoy & Light Tender	1962	Treesbank Ferry III	Ferry, Passenger/car	1987
Husk	Fishboat, general	1926	Namao (C.C.G.S.)	Buoy & Light Tender	1975	Twenty-One	Yacht	1951
Ingemar Carlson II	Ferry, Passenger/car	1977	Narrows Ferry	Ferry, passenger/car	1975	Uno Por Rio II	Yacht	1970
James A. Ryan	Tug	1952	Nauti-Buoy Charters	Pilot boat	1953	Wollaston Lake Barge	Ferry, Passenger/car	1974

A partial list of the vessels built by Riverton Boats Ltd.

Coldwell Community Foundation's spring BBQ featured good food, laughter and camaraderie

Submitted by **Patty Johnson, secretary of the Coldwell Community Foundation**

The Coldwell Community Foundation (CLCF) thanks everyone for their support of our Spring BBQ held Friday, May 15.

Proceeds go towards CLCF's annual granting.

Despite the less-than-ideal weather, our quick relocation from Lundar Heritage Park to the welcoming Pauline Johnson Library ensured the festivities could continue undisturbed. The library provided a cozy refuge from the rain, and the inviting atmosphere made everyone feel right at home.

As guests arrived, they were met with the irresistible aroma of burgers and smokies sizzling on the grill just outside the entrance. Inside, fresh coffee was brewing, and a delicious spread awaited — burgers, smokies,

an array of drinks, and a selection of homemade treats. Many attendees opted for takeout, with some placing orders for groups as large as fourteen! For those who stayed, tables were arranged to encourage friendly conversation, creating a lively and cheerful environment.

Highlights of the day included a free draw for a beautiful hanging plant, generously donated by Sabados Greenhouse and won by Ken Erickson, and a raffle organized by the library board for a summer barbecue hamper.

Foundation board members mingled with guests, offering warm greetings and answering questions about the foundation's work.

In every way, the event was a wonderful gathering of friends and community, filled with good food, laughter and camaraderie.



Coldwell Community Foundation chair Alice greeted guests.



Greg Brown and Glen Jeffrey on the barbecue.



EXPRESS PHOTOS COURTESY OF PATTY JOHNSON

The draw for the hanging plant and library's barbecue hamper with Betty Stabner, Darlene Burke and Val Jeffrey.

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Full sails and smiles at AEMS *Pirates! The Musical*

By E. Antonio

Grade 5 and 6 students at Arborg Early Middle School (AEMS) had an arrrr-some time performing *Pirates! The Musical* on May 12, a play about a stowaway determined to become a pirate.

Thirty students spent a month rehearsing lines, stage directions and choreography ahead of the performance. Show directors Mrs. Carlin Kilbrei and Mrs. Nadine Trumbley said the students took to the stage with a mixture of nerves, excitement and confidence, entertaining an audience of about 130 community members.

"The choir sounded wonderful, the soloists were confident, and the students all seemed so natural," Kilbrei and Trumbley said in a combined statement. "They were proud of themselves and wished they could have performed it again for even more people."

The directors added that *Pirates the Musical* — like any production —



showcased teamwork, perseverance, creativity and artistry while helping students create lifelong memories with friends.

"All students felt a sense of belonging to a team," they said. "They were encouraged to be unique, to show their talents and strengths, and to pursue their interests and passions, knowing their contributions really matter."



EXPRESS PHOTOS SUBMITTED

Grade 5 and 6 students at Arborg Early Middle School performed *Pirates! The Musical* on May 12, entertaining an audience of about 130 community members after spending a month rehearsing lines, choreography and stage direction.



Four common watering mistakes to avoid

Watering your garden may seem like a simple task, but it can be one of the trickiest parts of caring for your growing vegetables. A few small habits can make the difference between thriving plants and struggling ones. Be careful to avoid these watering mistakes.

1. Underwatering or overwatering

Underwatered plants can wilt, grow slowly and produce small harvests. Overwatered plants may develop root rot, yellowing leaves and fungal issues. Instead of sticking to a rigid schedule, keep an eye on your soil. If the top inch is dry, it's time to water.

2. Watering during the heat of the day

If you water your plants at midday, the sun and heat cause the water to evaporate before the plants benefit from it. The best time to water is early morning, when temperatures are cooler. Your plants will have time to absorb the moisture before the sun gets too strong.

3. Splashing water or soil onto the leaves

Wet leaves create the perfect environment for diseases like blight and powdery mildew. Aim your water at the base of the plant, not the foliage. Soaker hoses and drip irrigation sys-



tems are especially helpful for keeping leaves dry while delivering moisture to the roots.

4. Letting rainwater go to waste

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CO-OP Ukrainian Farmers Co-operative

ANNUAL MEETING

June 25, 2026

7:00 pm at the Ukrainian Hall in Fisher Branch

Agenda Items to Include:

- Minutes from 2025 Annual Meeting
- 2025 Audit/Financial Report
- General Manager Report
- Board Report
- Appointment of Auditors for 2026
- Election of Directors

Call for Board of Directors

The Ukrainian Farmers Co-operative Ltd. Invites nominations for the position of Director.

Nominees must meet the qualifications and requirements specified in the Co-op's Bylaws and all nominations must be submitted in writing, no later than 6:00pm, June 11, 2026.

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Gimli High School's student council going the distance for Hailey's Way with May 29 run

By Patricia Barrett

Gimli High School's student council will be holding a five-kilometre run on the morning of May 29 to raise funds for Hailey's Way charity, and council is inviting anyone to get involved by donating or running.

This will be student council's second annual five-km event. The fundraiser enables them to engage in activities that contribute to the welfare of the planet and their local community.

Student council president Freyja Ro-

bak said they investigated several charitable organizations before deciding on Hailey's Way.

"This year, student council chose Hailey's Way. We went through a lot of possible charities and we all came together and said Hailey's Way because it's so deeply connected to youth in the Interlake," said Robak, who's in Grade 12. "And it's a local organization, so we thought it would be a best fit."

Hailey's Way Inc. was established in 2022 by Dana Des-Roches in honour of her daughter Hailey, a Gimli High School graduate who was tragically killed in 2018 when a man opened fire at a vehicle she was riding in. The charity offers Interlake youth a variety of safe and supervised activities including sports, music, arts and educational pursuits.

GHS student council embarked on a fundraiser last year to contribute to a foundation involved in the protection of coral reefs, said Robak.

This year's run required some coordination. Robak said student council spent over a month preparing for the run. She reached out to the RM of Gimli's Recreation Centre,



ROUTE MAP COURTESY OF GHS STUDENT COUNCIL

The five-kilometre run will start and end at Gimli High School. Student council is inviting everyone to take part in its fundraiser for Hailey's Way.

which agreed to help with road closures along the route.

The five-kilometre run is set for Friday, May 29 at 11:15 a.m. It will start and end at Gimli High School. Student council members will be collecting donations at the high school.

Robak said anyone in the community is welcome to take part in the run or make a donation if they prefer.

"People can also come out along the route and cheer on and support the kids who'll be running," said Robak.

Student council invited students at Dr. George Johnson Middle School and Sigurbjorg Stefansson Early School to take part in the event.

"All GHS students from grades Continued on page 17

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WAVE artists honour co-founder with Helma Pictures exhibition this weekend

By Patricia Barrett

Artists who are part of the WAVE Artists Studio will be paying tribute to their co-founder during their 25th anniversary show titled *Body Language: The Figure in Art*.

Body Language starts this Friday and will feature a special segment called the *Helma Pictures*, an exhibition dedicated to Winnipeg Beach visual artist and writer Helma Rogge Rehders, 84, whose vision 25 years ago blossomed into an annual studio tour that invites the public into Interlake artists' workspaces.

WAVE and Gimli Art Club artist Gayle Halliwell said Rogge Rehders inspires creativity through her art, and that her pioneering idea to hold an annual studio tour has grown into a popular event that attracts art lovers from around the region and has led to a thriving arts community in the east Interlake.

Halliwell said WAVE artists were invited to interpret and create an original work of Rogge Rehders based on a single photo of her. The idea was inspired by American artist Andrew Wyeth, who created the *Helga Pictures* based on one model.

"Sharon Cory [fellow artist] and I talked about recognizing Helma for her contribution to the arts in this area and the Interlake, and decided it would be perfect to honour her because it's the 25th anniversary of the WAVE," said Halliwell. "Sharon planned the *Body Language* show. She

chose a particular photo of Helma and invited all the artists to interpret her in any way they wanted."

Those who took up the challenge created a rendition of Rogge Rehders that ranges from historical and mythological figures, Prairie muses, dreamlike presences and extraterrestrial visitors.

Halliwell, whose studio is located in Winnipeg Beach, took part in the creative exercise, making a six-piece work depicting Rogge Rehders based on the faces of Eve.

Some of the artists featured in the *Helma Pictures* exhibition are part of the Gimli Art Club's Watercolour Wednesday group.

Some of them artists who took part told Halliwell they had a bit of "angst" as they progressed through the project. Others got so excited about doing portraits that it sparked a whole new direction for them.

"Oh my goodness, the artists who talked to me about it shared the angst we all go through to figure out what to do and knowing there are other artists participating," said Halliwell. "How can this truly embody something about Helma as well as be my own unique painting or other medium? I knew I was going to do linocut printmaking but I wasn't sure what I'd do with it. But it was an opportunity for us to learn together and experiment."

One of the portraits features Rogge Rehders as Medusa with snakes in



Artist: Gayle Halliwell



PHOTOS OF ARTWORK SUBMITTED
Artist: Alice Smith. Smith depicted WAVE co-founder Helma Rogge Rehders as Greek myth Medusa.

her hair from the Ancient Greek myth of a woman whose face was used to ward off negative energy.

"The Medusa portrait is amazing because Helma is complicated and her mind goes in all directions," said Halliwell. "With Medusa, you unleash all kinds of things — and that's exactly what happened when Helma unleashed the idea of the WAVE. Who knew where it would go? And here we are 25 years later."

Halliwell said the WAVE artists will be holding a special presentation for Rogge Rehders on Saturday, May 30 at 1:30 p.m. Admission is free.

Later in June, the WAVE artists will

also be presenting an award called the Helma Rogge Rehders Award for Creativity to a Grade 6 student at Winnipeg Beach School. The recognition is a way of carrying on with Helma's vision to encourage creativity in others as a lifelong pursuit.

The *Body Language* show will be held at Gimli Lakeview Resort on Friday, May 29 from 1 to 7 p.m., Saturday May 30 from 10 a.m. to 7 p.m., and Sunday, May 31 from 10 a.m. to 5 p.m.

Admission to the show is free, and art lovers will have an opportunity to purchase art.



Artist: Barb Foreman



Artist: Milli Flaig-Hooper



Artist: Rosemary Miguez

> RUN, FROM PG. 16

7-12 can take part in the run, and we also contacted the middle school and the elementary school. There will be a shorter distance for the elementary kids; it doesn't go the entire route. We're hoping to get them to participate. They were involved in the fundraiser last year," said Robak.

There will be water stations set up along the route, and student council will be offering water and watermelon to participants at the finish line.

For more information about supporting student council's fundraiser, contact Gimli High School at 204-642-8546.



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Find delight, fix unhappy with *the fun habit*

Submitted by Patricia Witzke

Dr. Mike Rucker, PhD, wrote a book called *the fun habit*. The focus of his book is the life-sustaining value and importance of fun. He bases his ideas on clear and compelling scientific evidence. In his opinion, his techniques

have dramatically improved his well-being. He has used them to help others with wonderful success as well.

One of the areas he explores is connecting fun to activism. Blending pleasure with activism sustains and grows movements. Sometimes, the

global challenges facing humanity may leave you feeling uneasy and anxious. Collective action may help lift you up. He suggests choosing activities with fun in mind.

Yvette Hwee, the founder of Katumundi, said, "After three years of doing social impact work with family and friends, I can positively say that my biggest benefit is having fun together as we work toward our common goals. We enjoyed a sense of belonging and purpose."

An Englishman named Graeme Staddon ran 12 marathons in a year during the pandemic. His goal was to raise 1,572 pounds for cancer research. Instead, he raised 5,622 pounds, which was more than quadruple his initial target.

He said, "I am amazed by all the conversations my effort created, both in person and online. People told me that I had inspired them to get active."

Mike Rucker advises people not to defer fun until the world's problems are solved, because they never will be.

In his opinion, "The more you take care of yourself, energizing your psyche with acts of pleasure, compassion and contribution that inspire

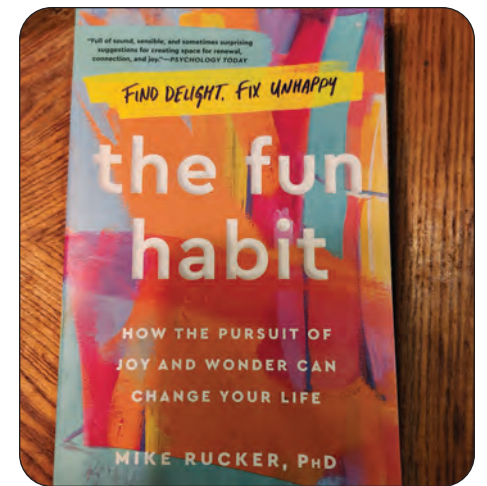


PHOTO SUBMITTED

you, the more you may find you're able to lean into the occasional discomfort that comes with the need for growth."

He also believes, "If you keep it up, the reward may be the discovery of unparalleled connectedness, satisfaction, delight and joy."

Why not find an activity or charitable event that you enjoy? You may discover the reward you gain will provide more pleasure than you anticipated.

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Matlock High Tea brings community together

By Haley Cvar

The Matlock Recreation Club welcomed guests for its first-ever High Tea on April 26, bringing together volunteers, local vendors and community members for an afternoon of tea, food and fellowship.

According to recreation co-ordinator Crystal Thordarson, the idea for the event came from a group of women — many of whom also serve as dedicated board members — who worked tirelessly to bring the vision to life.

Decorations, serving trays and party favours were all handmade by volunteers, while china, lace tablecloths and serving pieces were collected through countless trips to local thrift stores.

“The ladies had a dream and worked tirelessly to make the high tea come to life,” said Thordarson.

Guests were treated to a menu of homemade sandwiches, scones, quiche and desserts, all prepared by volunteers for the event.

The afternoon also featured a silent auction with donations from Georgetown Acres and Interlake Garden Centre, along with a variety of other prizes.

Several vendors also participated in the event, including a tea leaf reader, tarot card reader, Honey Moon Farm Bakery, a make-your-own tea hat station and The Village Brew Co., which sold and donated tea for the gathering.

Guests also heard from Trinity Cunningham, who read an excerpt from her book series, “Guardians of the Weldafire Stone Trilogy.”

Thordarson said the event was filled with joy as attendees embraced the spirit of the afternoon by dressing up and spending time together.

“This event truly wouldn’t have been possible



EXPRESS PHOTOS SUBMITTED

A volunteer with the Matlock Recreation Club serves guests during the club's first-ever High Tea on April 26. Attendees enjoyed an afternoon of homemade treats, including sandwiches, scones and quiche, all prepared by volunteers for the event.

without all the hard work from the ladies who spent countless hours making this come to life,” she said. “It’s really special to see such dedication and commitment from volunteers who are so commit-

ted to making their community the best it can be.” Organizers say they hope to host another High Tea in the future and thanked everyone who attended and supported the event.

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Beach Boy Restaurant marks 25 years of serving Gimli community

By E. Antonio

For 25 years, Beach Boy Restaurant has been part of the rhythm of Gimli, serving meals, welcoming summer tourists and building lasting connections with local families. Now, owner Panayotis "Peter" Makiaris is reflecting on the milestone as the restaurant celebrates its silver anniversary.

Since opening its doors in 2001, the restaurant has become a familiar stop for both longtime residents and visitors to the lakeside community, with Makiaris crediting customer loyalty and community support for its lasting success.

"It's been a long but amazing journey," he said. "Twenty-five years isn't something we take for granted. It takes dedication, consistency, patience and community pride to be where we are now."

Makiaris said his family had long been part of the community, with his parents, Lucy and Savvas, opening the Country Boy Restaurant in 1979 and operating it for a decade before stepping away in 1989.

Little did they know at the time that the opportunity would eventually grow into something much larger.

"It was a hard year, but they succeeded," Makiaris said. "Everything



Peter Makiaris is the owner of Beach Boy Restaurant, which is celebrating 25 years in 2026.

they did come with love, patience and dedication."

The Makiaris family moved to Greece in 1990 before returning to Gimli in 1999, when the vision for Beach Boy Restaurant began to take shape.

The restaurant officially opened in 2001 and, according to Peter, was met with immediate support from the community.



EXPRESS PHOTO SUBMITTED

Savvas and Lucy Makiaris at Gimli's Beach Boy Restaurant.

"It was an instant success right from the get-go," he said.

Peter has been involved with the restaurant since it first opened and assumed ownership three years ago following his parents' retirement.

Over the years, he has watched the business evolve into an essential part of the Gimli community and said he is proud to continue its legacy.

While the business has grown, much has remained the same.

"Same recipes, same values and the same passion," he said.

That consistency, he added, comes with pressure.

"It feels like a lot of pressure having to be efficient and prepared from our first day of the season to the last," Peter said. "But when you share the workspace with wonderful staff and customers, it's easier to work together, make this happen and execute our goals as a team."

Among the restaurant's enduring customer favourites are its pickarel plate — served with homemade Greek salad, garlic bread and lemon-roasted potatoes — as well as its well-known Fat Boys, dishes that continue to attract diners from across the country.

Though the menu's core remains unchanged, the restaurant itself has seen updates over the years.

Peter said keeping the building in good condition remains a priority, with recent improvements including fresh paint, upgraded seating, improved lighting and the addition of a climate control system.

What has never changed, however, is the loyalty of Beach Boy's custom-



Savvas and Lucy Makiaris are featured in an *Interlake Spectator* photo while preparing to open Beach Boy Restaurant in February 2001.

ers.

Many regulars return year after year, with some families now spanning generations of diners.

"The community means everything to us," Peter said. "Loyalty isn't something we take for granted — we fight for it every day, and I couldn't be more thankful and appreciative of their support."

He said one of the most rewarding parts of the business has been the relationships built over the years.

"It must mean we are doing something right, right?" he said.

"We love waking up and serving the community and hearing how happy they are."

Lucy and Savvas said they are thankful for the ongoing support the

"THE COMMUNITY MEANS EVERYTHING TO US — LOYALTY ISN'T SOMETHING WE TAKE FOR GRANTED."

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> BEACH BOY, FROM PG. 20

community has provided.

In an email, they wrote that reaching 25 years is incredibly humbling and rewarding.

What started as a dream to create a place with great food and good energy has transformed into so much more.

"It's not just a restaurant — it's a part of people's lives. We've seen families grow up here, friendships form and countless memories be made. That's what makes this milestone truly special."

Throughout the years, they've had many memorable moments. The most special, they said, has been working alongside their son, Peter.

"Today we are very blessed and proud to say that he stands on his own and has continued with the same love, hard work, consistency and quality with the food. He is always finding ways to improve Beach Boy to remain a place people grow up with — a spot where new memories are made just as they have been for the past 25 years. We think the future looks very bright."

In addition to its longevity, the restaurant has been



recognized for its contribution to the community, earning the Gimli Chamber of Commerce Tourism and Hospitality Award.

Looking ahead, Makiaris said his focus remains on continuing what has made Beach Boy successful for the past 25 years.

"I want to move forward with the same staff, consistency, passion and strength," Peter said. "I want to do this for 25 more years and go beyond

that. It's been a blessing to have met each and every person Beach Boy has welcomed."

Beach Boy Restaurant is located at 70 First Ave. in Gimli and is open daily from 11 a.m. to 7:30 p.m., offering dine-in, patio and takeout meals, as well as ice cream. Hours will be extended to 8 p.m. in June.

Students showcase talents during Evening of the Arts



EXPRESS PHOTOS BY CORRINE EINARSSON

Members of the Arborg and Riverton Band and Choral program recently performed during the Evening of the Arts concert on May 13, featuring concert band, beginner band, vocal ensemble and choral ensemble performances showcasing the musical talents of students from ACI and RCI. Pictured: Elvis Collins donates a cheque for \$12,108.90 on behalf of the Riverton Elks Lodge No. 530 to the band teacher.



Westshore Singers making music together for 25 years, June 7-15 concerts

By Patricia Barrett

The Westshore Singers are celebrating their 25th anniversary this year and are pulling out the stops with an upcoming June concert tour and an alumni banquet this fall.

Westshore's events coordinator and choir member Ashley Tupper said the choir typically holds three concerts, two in Gimli and one in either Riverton or Arborg. But they decided to perform in both Riverton and Arborg this year to celebrate their 25-year milestone.

Tupper said her daughter joined Westshore when she was nine years old. And that's how Tupper said she became a member of the choir. In 2024 she joined the board.

"The thing I love about choir is going to rehearsals. By the end of rehearsal, you've forgotten all your problems and your stress. You spend that time singing and laughing together and it feels so good," said Tupper. "There are so many benefits from singing in a choir such as the physical workout, improving memory, attention and focus, and the social connections. People of all ages that would have not normally been friends or spent time together form a community; it doesn't matter how old you are or who you are, we're there to make music together."

Youth members are welcome to join the choir but a parent has to attend rehearsals with them.

Tupper said it takes dedication and commitment, with rehearsals running from March to June and from September to December followed by public performances. Some of the singers don't read music or have musical experience, but learn as they go and get support from those who have musical training.

The Westshore Singers was formed in 2001.

Ginny Parent, one of the choir's original founding

members, is still going strong as its pianist. She's also in demand for events such as fundraising dinners, the local Evergreen arts festival and Remembrance Day ceremonies.

"I enjoy it very much," said Parent, who trained as a pianist for 10 years and taught music in school in Thompson for a few decades before moving to Gimli with her husband. "I always did a lot of music in Thompson and I taught music in school. I was asked to accompany the choir here. I thought, 'Do I want a commitment every week or do I want to be footloose and fancy free?' I decided I wanted to do music."

Playing keeps her "brain going," she said, and it's never too late for people to learn how to play.

Westshore has had five directors over 25 years: Jim Burden, Jim MacKay, Renise Mlodzinski, Muriel Smith and Karen Lamb.

For their first practice 25 years ago, 15 people showed up. The choir has about 50 members at present and welcomes more people joining, said Parent.

"We're always looking for more male singers to join us," said Parent. "It's a good place to find women."

Parent said as accompanist, you've got to be "ready for anything," including singers losing their place, jumping lines or skipping entire pages.

"I have to improvise. It never throws me. I'm pretty calm. I've done this for decades. I started piano when I was five and I'm in my 80s now," she said.

The theme for the upcoming June shows is "The Music's Always There With You."

Parent said they'll be performing a variety of songs people are sure to recognize. They include *Away From the Roll of the Sea*, *River in Judea*, *You Raise Me Up*, *From a Distance*, *Four Strong Winds*, *Any Dream Will Do*, and *Blue Moon*.

"The tickets are selling fast," said Parent.

A reunion of the musical group, the Mudlarks, which includes Parent, will be part of the concerts in Gimli.

"The Mudlarks formed in 2000 in Gimli with Krystal Isfeld, Carol McAlpine, Heidi Hunter and me. We sang for six years and had piano, flute, harp and guitar," said Parent. "And we performed at different venues in town or in Winnipeg Beach. We did all the old wartime songs then ventured into other types of songs. We had a repertoire of about 25 songs."

The Dr. George Johnson Middle school choir will also be a guest performer.

The September banquet for current choir members and alumni will feature a dinner and a musical program.

"People will be creating their own songs. We'll be making it a fun night," said Parent. "I'll be accompanying some performers. We have to work out the final details. There are only three of the six founding Westshore members still around as far as I know - Jim Burden, me and Norma Sharp."

The Westshore Singers will perform on Sunday, June 7 at 2 p.m. in Riverton at the Riverton-Hnausa Lutheran Church, Saturday, June 13 at 2 p.m. in



EXPRESS PHOTOS BY ANDY BLICQ

Westshore Singers' accompanist Ginny Parent is one of the founding members of the choir. She's been playing piano for about 80 years.

"PEOPLE WILL BE CREATING THEIR OWN SONGS. WE'LL BE MAKING IT A FUN NIGHT."



Westshore Singers at the Gimli Betel personal care home.

Westshore Singers
25th anniversary

'The Music's Always There With You'
Celebrating 25 years of making music together!

Sunday June 7th - 2pm
Riverton-Hnausa Lutheran Church

Saturday June 13th - 2pm
Ardal-Geysir Lutheran Church Arborg

Sunday June 14th - 2pm
Gimli Lutheran Church

Monday June 15th - 7pm
Gimli Lutheran Church

Tickets \$15 - under 12 free with adult available at Tergesen's General Store, from choir members, by reservation (204) 641-5911

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Arborg at the Ardal-Geysir Lutheran Church, Sunday, June 14 at 2 p.m. in Gimli at the Gimli Lutheran Church, and Monday, June 15 at 7 p.m. at the Gimli Lutheran Church.

Tickets are \$15. Children 12 and under get in free with an adult. Tickets are available at Tergesen's General Store, from choir members or by calling Ashley at 204-641-5911.

Former Westshore singers and their spouses who are interested in attending the banquet on Sept. 12 in Johnson Hall in the Gimli Waterfront Centre can also call Ashley to register.

Proceeds from the concerts — after expenses are paid — will be donated to a local non-profit group. People are encouraged to bring a non-perishable food item to the show.

get inspired

> MEAL IDEAS



Spring Greens Smoothie

Recipe adapted from KatieSpring.com

- 1 cup packed spinach or pea shoots
- 1 apple, cored and chopped
- 1 banana, sliced
- 1-2 dates
- 1 1/2 cups almond milk
- 1 tablespoon chia seeds
- 1 pinch cinnamon (optional)

Wash greens. In blender, blend spinach, apple, banana, dates, almond milk and chia seeds until smooth. Add cinnamon, if desired, and blend.

Leftovers can be refrigerated 1-2 days.

Photo courtesy of Unsplash



Picnic Pasta Salad

- 1/4 teaspoon salt
- 1/4 teaspoon freshly cracked black pepper

Cook pasta according to package instructions. Drain in colander and rinse with cool water; drain well.

Slice cucumber into half-moons, chop bell peppers, halve tomatoes, thinly slice red onion and chop parsley. Set vegetables and parsley aside.

Transfer drained pasta to large bowl. Add chopped vegetables, parsley and feta cheese.

Pour dressing over pasta salad and toss until evenly coated. Add salt and pepper then refrigerate until ready to eat.

Photo courtesy of Unsplash

- Recipe adapted from "Budget Bytes"
 Prep time: 10 minutes
 Cook time: 8 minutes
 Servings: 10
 1 pound rotini pasta
 1 English cucumber
 2 bell peppers
 10 ounces grape tomatoes
 1/2 red onion
 2 tablespoons fresh chopped parsley
 1/4 cup crumbled feta cheese
 1 bottle (16 ounces) Italian dressing



Grilled Chicken Bundt

- Recipe courtesy of "Cookin' Savvy"
 Servings: 4-6
 4 potatoes
 2 carrots
 8 Brussels sprouts

Top tips to manage arthritis-related morning stiffness

By News Canada

Mornings can be the hardest part of the day when you're living with arthritis. At rest, joints can stiffen up—either because they haven't been moving and lubricating properly, or because inflammation builds overnight. The result is pain, stiffness and a slow start.

Here are eight practical, expert-backed tips from Arthritis Society Canada to help you loosen up and take control of your mornings.

Start moving before you get up

While still in bed, gently move your joints through a comfortable range of motion for five to 10 repetitions. This can loosen the joints and reduce some of the pain and stiffness before getting up. An occupational therapist or physiotherapist can help tailor movements to your needs.

Use heat to your advantage

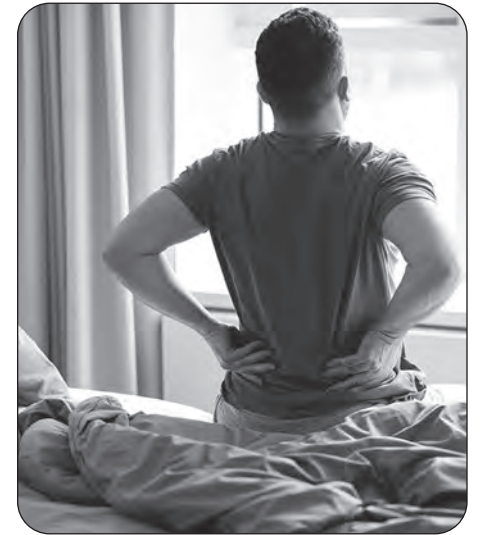
A warm bath or shower in the morning can work wonders on stiff joints. Heating pads, electric blankets, or even a microwaved bag of rice may also be helpful. A programmable thermostat set to your preferred temperature 30 minutes before you wake up can also help make starting your day easier.

Try topical relief

Warming creams, gels or oils can provide temporary relief by soothing sore joints or reducing inflammation. For hands, try applying mineral oil, wearing loose rubber gloves and soaking them in hot water while gently moving your fingers.

Check your sleep setup

A supportive mattress and the right pillow can help keep your body aligned, reduce strain on your joints, and prevent awkward positions that contribute to morning stiffness. If you tend to clench your hands or bend your wrists, a splint can help keep joints in a more neutral position overnight.



Upgrade your tools

Small changes at home can make a big impact. Ergonomic tools like lever-style door handles, adaptive kitchen gadgets or utensils with larger grips can reduce strain on stiff hands and make everyday tasks more manageable.

Prioritize sleep

Poor sleep doesn't just make you tired, it can also increase pain sensitivity. Creating a consistent sleep routine and improving sleep quality can help reduce both pain and stiffness in the morning.

Eat right

Choose anti-inflammatory foods and avoid sugars and processed foods. Boosting your intake of foods with omega-3 fatty acids and antioxidants that have been proven to reduce inflammation is another way to support your joint health.

Keep moving

Too much activity can leave you sore the next day, but too little can increase stiffness. Aim for a balance of movement throughout the day, including flexibility, strength and light endurance exercises to keep joints mobile.

Get more arthritis pain management tips at arthritis.ca/healthy-living.

- oil
- 2 tablespoons garlic powder, divided
- 2 tablespoons onion powder, divided
- 2 teaspoons salt, divided
- 1 whole chicken (4-5 pounds)
- 1/2 stick butter, softened
- Heat grill to 350 F with one burner off for indirect heat.
- Cut potatoes, carrots and Brussels sprouts into bite-sized pieces. Drizzle with oil and mix in 1 tablespoon gar-

- lic powder, 1 tablespoon onion powder and 1 teaspoon salt; set aside.
- Rub chicken with softened butter, remaining garlic powder, remaining onion powder and remaining salt.
- Place some veggies in bottom of bundt pan. Place chicken on top of chimney or tube of bundt pan. Fill pan with remaining veggies.
- Place pan over indirect heat and grill 1 hour, 30 minutes, or until chicken reaches internal temperature of 165 F.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Young Ashern athlete to represent Manitoba at baseball fair in Japan

By E. Antonio

A young baseball player from Ashern will be heading to Narita, Japan, this summer for the World Children's Baseball Fair (WCBF).

Baseball Manitoba athlete Edrick Emilson, 11, has grown into an avid baseball enthusiast over the last five years and is ready to take his skills overseas as he attends multi-day baseball clinics with athletes from more than 10 countries.

"From the moment I started playing, I developed a love for it," he said while describing what drives his passion for baseball. "I love being with my team, catching and throwing balls — I find it super satisfying."

He plays with Lunder Minor Ball in a variety of positions, although pitching is his favourite. So far, a highlight of his career was helping his team win a regional title in 2024 while pitching.

He said he is very excited to have been selected to attend the WCBF, calling it a once-in-a-lifetime opportunity. The last time athletes from Manitoba attended was in 2007, and this year five Baseball Manitoba athletes — from Ashern, Winnipeg, Dauphin and Kenora — will represent the province in Japan.

"It's going to be a lot of fun with a bit of pressure," Emilson said. "You have to act sophisticated when you are representing Canada."

He explained he submitted his application earlier this year, which included a personal essay about himself

and why he wanted to attend the fair, along with two reference letters from his teacher and 4-H leader.

"Edrick is an incredibly bright, thoughtful, creative and articulate student. He approaches life with curiosity and confidence, and he is not afraid to think independently or share his perspective," his teacher, Shannon Kosolowski, said. "Even prior to being selected for the World Children's Baseball Fair, Edrick already demonstrated a curiosity and interest in Japan and its culture, never imagining it would lead to an experience like this."

She added the experience perfectly combines his interests — baseball and learning from and with others — and said she is very excited he will be able to represent Manitoba and Canada with pride while making lifelong memories.

Edrick said he learned about the opportunity after his mom told him about it while he was relaxing in his room, and he immediately knew he wanted to go.

A month later, he received the exciting email during spring break that he had been accepted and selected to attend the event.

"I just started dancing and spinning around my kitchen in my pajamas," he recalled. "I was very happy."

The WCBF takes place from July 30 to Aug. 7, and he will travel with four other Manitobans and one adult leader. He said he does not yet know

the other Manitobans, but it will be a great bonding experience for everyone.

He is most excited to meet people and learn about other cultures — especially Germany, Australia and Japan — but admitted he is a bit nervous about the food. Each day will consist of a baseball clinic and a variety of cultural activities, providing athletes with a true international sporting experience.

Aside from one family trip to Mexico, this will be his first time travelling such a long distance.

"I am planning on winging it and diving in head first," he said, describing how he plans to navigate unfamiliar territory. He added he will also miss his cats and his parents.

His mother, Dayna, said that despite the nerves that come with sending a child halfway across the world, she is very excited he gets to experience this opportunity.

While in Japan, Edrick will also celebrate his 12th birthday, adding to the adventure.

His coaches — Robby Bauch, Lisa Bauch, Donnie Malcom and Jason Kaartinen — are thrilled for him and his opportunity, noting it has brought a new level of excitement to the team.

They said Edrick has enthusiastically explained the application process and the event itself numerous times to his teammates because they are equally excited, adding another layer of team bonding.



EXPRESS PHOTO SUBMITTED
Ashern's Edrick Emilson, 11, will travel to Narita, Japan, this summer to attend the World Children's Baseball Fair.

Describing Edrick as a positive, hardworking and supportive team player, they added the WCBF ties in perfectly with his personality.

"We believe the impact of this experience will be one that sticks with Edrick forever. It will be a story that he will be excited to share for years to come," Robby Bauch said. "A story of new friendships, new knowledge and many lasting memories."

Arborg-Bifrost recreation kicking off the season with new adult soccer league

By Patricia Barrett

Although spring has had a sluggish start, there has been plenty of action afoot at the Arborg-Bifrost Parks and Recreation Commission.

Recreation director Tom Chwaliboga said they're offering something for everyone this season regardless of their age and ability.

Baseball and soccer for youth have already started.

"Youth baseball and soccer are in full swing, with the fields busy every evening with games and practices," said Chwaliboga.

The commission will continue to offer the Slo-Pitch League on Thursday

evenings from May 28 to Aug. 13.

A youth baseball tournament is scheduled for June 6.

With all the excitement around the World Cup that's kicking off in June, the recreation commission is offering a new adult soccer league for players 16 years of age and older.

The new footie league will play from June 22 to Aug. 10 on Mondays. Teams can consist of men, women or a combination thereof. The field and team size will be reduced to allow for increased ball movement, said Chwaliboga.

A youth soccer tournament is sched-

uled for June 13-14, and an adult tournament for June 21.

For those who prefer to use their hands rather than their feet, the commission is offering Beach Volleyball that will consist of two divisions: the recreation division on Tuesday evenings and the competitive division on Wednesday evenings.

"The Beach Volleyball divisions are open to players 16 years of age and older, and will be comprised of four players on the court," Chwaliboga said. "Any team composition is welcome."

The commission hasn't forgotten

the younger kids as summer camp will run in July and August. Starting July 6, camp will keep youngsters busy and physically active. It's open to kids who've finished kindergarten up to age 11.

"Summer camp is a great place for boys and girls aged 5-11 to remain active, have fun with friends and to enjoy the summer. There are all types of activities planned such as crafts, games and sports," said Chwaliboga. "The great thing about this summer camp is the flexible registration;

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Arborg High School hosts first ever open track meet

By Jo-Anne Procter

Despite near-freezing temperatures and a brisk wind, student athletes from across the Interlake and beyond bundled up and gave it their all at the first-ever Manitoba High Schools Athletic Association (MHSAA) Arborg Collegiate High School Open Track Meet on May 19.

Schools from Teulon, Warren, Morweena, Fisher Branch, Fisher River, Niverville and host school Arborg competed in the event, which brought together approximately 175 athletes in grades 9 to 12.

The thermometer hovered around 4 C throughout the day, but the chilly weather did little to slow competitors as they sprinted, jumped and threw their way through a full slate of track and field events.

Arborg Collegiate fielded one of its strongest teams in recent years, with more than 40 athletes competing at the junior varsity and varsity levels.

The meet also served as an important stepping stone toward the MHSAA Dairy Farmers of Manitoba Provincial Track and Field Championships, scheduled for June 12 to 14 at the University of Manitoba.

Approximately 1,500 student athletes from across Manitoba are expected to qualify for the provincial championships, where competitors will battle for podium finishes and provincial rankings. Each zone may send its top three finishers in every event, along with any athletes who meet the qualifying standard. Parathletes may also advance by qualifying through their respective zone championships.

Arborg athletes who had already secured provincial qualifying standards

prior to the zone finals included varsity boys Ernest Agpalo in discus (35.95 metres) and javelin (46.21 metres), Jayden Hibbert in discus (37.27 metres), and JV girls athlete Peyton Zubriski in discus (25.90 metres).

Morweena Christian School athlete Braiden Kornelson also qualified for provincials in shot put with a throw of 12.59 metres.

Zone championships were scheduled for May 26 and June 1. Results were not available at press time.

Interlake provincial record holders include Gimli's Robin Wear, who set the JV girls long jump record of 5.52 metres in 2012.

In 2024, Gimli athlete Jencie Henry established a new JV girls shot put record with a throw of 10.84 metres.

Warren Collegiate's Juliette Neudert continues to hold the Para-Athletic Girls Intellectual Impairment 400-metre record of 1:14.90, set in 2019, while Rylan Thibedau established the Para-Athletic Boys Intellectual Impairment 800-metre record in 2024 with a time of 3:03.16.

PROVINCIAL QUALIFYING STANDARD

80/100 hurdles — JV girls 13.85, varsity girls 18.09, JV boys 15.95, varsity boys 15.41

100-metre run — JV girls 13.54, varsity girls 13.44, JV boys 12.09, varsity boys 11.74

200-metre run — JV girls 27.82, varsity girls 27.54, JV boys 24.10, varsity boys 23.58

400-metre run — JV girls 1:03.97, varsity girls 1:04.12, JV boys 55.42, varsity boys 54.08

800-metre run — JV girls 2:33.07,



EXPRESS PHOTOS SUBMITTED

Left photo: Arborg's Ernest Agpalo qualified for MHSAA Dairy Farmers of Manitoba Provincial Track and Field Championships in varsity boys javelin and discus. Right photo: Jayden Hibbert qualified for provincials in varsity boys discus.

varsity girls 2:33.56, JV boys 2:10.17, varsity boys 2:08.67

1,500-metre run — JV girls 5:21.08, varsity girls 5:18.59, JV boys 4:34.77, varsity boys 4:28.12

3,000-metre run — JV girls 11:58.44, varsity girls 12:01.90, JV boys 10:12.17, varsity boys 10:01.66

4x100-metre relay — JV girls 54.68, varsity girls 54.82, JV boys 48.21, varsity boys 47.85

4x400-metre relay — JV girls 4:46.41, varsity girls 4:47.01, JV boys 3:57.35, varsity boys 3:49.40

Shot put — JV girls 10.24, varsity girls 9.50, JV boys 12.57, varsity boys 12.36

Discus — JV girls 23.83, varsity girls

26.13, JV boys 30.46, varsity boys 34.00

Javelin — JV girls 29.97, varsity girls 28.67, JV boys 37.21, varsity boys 41.88

Long jump — JV girls 4.66, varsity girls 4.76, JV boys 5.62, varsity boys 6.07

Triple jump — JV girls 9.82, varsity girls 10.08, JV boys 11.60, varsity boys 12.38

High jump — JV girls 1.42, varsity girls 1.46, JV boys 1.68, varsity boys 1.76

Medley relay — JV girls 4:47.81, varsity girls 4:50.30, JV boys 4:06.64, varsity boys 3:57.63

Pentathlon — JV girls 1,951, varsity girls 2,063, JV boys 2,379, varsity boys 2,627

> ADULT SOCCER LEAGUE, FROM PG. 24

you're able to register for one day, two days or the whole week."

Arborg's outdoor pool, the Access Aquatic Centre, is set to open on June 5. It will be offering swimming lessons for children aged 6 months to 16 years, Aquasize classes on Wednesday evenings in June and July, and public swimming daily in July and August.

Those who want to stay active, but at a slower pace, can join the rec

commission's Lunch Hour Walks on Tuesdays and Thursdays starting June 9. Participants will meet at Library Park at noon and stroll around town until about 12:45 p.m.

Those with green thumbs are welcome to help beautify the community. The commission is seeking volunteers to help plant flowers around town.

The rec commission will also be hitting the road, taking folks to Winnipeg for a tour of The Leaf.

"Other activities that will be offered this summer include a tour of The Leaf at Assiniboine Park in July," said Chwaliboga. "A date has not been set yet, but it will include transportation and tickets."

For more information about activities or to register for any programs, visit the Town of Arborg's recreation webpage or contact the recreation office directly at 204-376-5576 or email reccdirector@townofarborg.com.

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The Express Weekly News connects people through stories to build stronger communities. Do you know someone who has a unique hobby? Will be recognized by a local organization for volunteer service? A teacher that goes above and beyond? A hometown hero? A sports star? A business celebrating a milestone or expansion? A senior celebrating their 100th birthday? A young entrepreneur starting out?

Please share your story ideas at news@expressweeklynews.ca or Phone 204-467-5836



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MACHINERY
New Holland 273 small square baler. 1/4 turn bale chute. For more information call 1-204-861-0126.

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



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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.

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.

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?
call the Express
204-467-5836

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.



TOWN OF WINNIPEG BEACH INVITATION TO TENDER

Supply & Delivery of Traffic Gravel

The Town of Winnipeg Beach is accepting quotations for the supply and delivery of traffic Gravel Class A and C aggregates, to be belly dumped on roads throughout the Town, or hauled to stockpile at the town sites as directed by the Public Works Manager.

Contract to be in effect from April 1 2026 to March 31 2027
Please contact the Town Administration Office at 204-389-2698 should additional information be required.

Sealed submissions clearly marked "2026 Traffic Gravel Tender", are to be submitted no later than 12:00 p.m. (noon) (CST) on Friday, June 5, 2026, to:

Town of Winnipeg Beach
Attn: Jodi Mitchell, CAO
29 Robinson Avenue
P.O. Box 160
Winnipeg Beach, MB
R0C 3G0

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.**



MUNICIPALITY OF BIFROST-RIVERTON PUBLIC NOTICE

The Municipality of Bifrost Riverton Council is holding a Tax Impact session on June 11, 2026 at 8 a.m.

This session will be reviewing the 2026 reassessment and will be between 45 minutes to 1 hour long.

The location is 329 River Road in Arborg at the RM Office.

For more information call 204-376-2391



NOTICE OF NOMINATIONS VILLAGE OF DUNNOTTAR

NOTICE IS HEREBY GIVEN that on the following days, Friday, June 12, 2026, to Thursday, June 18, 2026, during regular office hours, between the hours of 9:00 a.m. and 4:30 p.m. by appointment at the Village Office, 44 Whytewold Road, Matlock, Manitoba, I will receive nominations for the offices of:

1 Mayor and 4 Councillors of the aforesaid Local Authority

The nomination deadline is Thursday, June 18, 2026, at 4:30 p.m. Nominations cannot be accepted after this day and time.

All nominations shall be made in writing and shall be signed by at least twenty-five voters, or NOT less than 1% of the voters (whichever is the lesser) of the authority, but in all cases by at least two voters. Each nomination shall also be accompanied by the candidate's declaration of qualification.

Nominations may be filed in person at the above location by appointment, on the dates and hours specified, or by an official agent. To obtain a nomination paper, and/or candidate's declaration of qualification, contact the S.E.O. by e-mail or at the telephone numbers listed below.

Nomination papers not accompanied by the required documents and not properly filed shall be rejected.

Yvette Sundseth, Senior Election Official
Village of Dunnottar
Cell: 204-407-0225
E-mail: ysundseth.vod.seo@gmail.com

Dated at the Village of Dunnottar on May 25, 2026.

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 8, 2026, to: APG Box 805 Arborg, MB R0C 0A0 or email: hloweapg@gmail.com

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- The summer employees will help prepare and maintain the camp for programs and renters throughout the summer season.
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- Key responsibilities include:**
- Yard maintenance - grass cutting, trimming, tree pruning; clearing ditches of dead branches and undergrowth; cleaning eavestroughs;
 - General upkeep and cleaning and sanitizing common areas;
 - Pressure washing and staining decks, stairs, ramps, and other structures as needed;
 - Paint exterior structures and interiors;
 - Inventory and supplies check, outdoor areas preparations, minor repairs, water system checks.

- To apply for this job, you must:**
- Be available from May 1 - August 29, 2026
 - Be aged between 15 and 30 years old on the start date of the job;
 - Please submit your resume to billduschak@gmail.com

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NOTICES

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

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GIMLI AREA CATHOLIC CHURCHES REGULAR MASS SCHEDULE

Every Saturday – 4:00 PM
– Our Lady of the Lake, Winnipeg Beach

Every Sunday – 9:00 AM
– St. Benedict's, Camp Morton

Every Sunday – 11:00 AM
– St. Michael's, Gimli

All are welcome!

Call 204-642-5040 for more information.



RURAL MUNICIPALITY OF GIMLI

NOTICE TO CONTROL WEEDS

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

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

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

- JUNE 1, 2026**
- JUNE 22, 2026**
- JULY 13, 2026**
- AUGUST 17, 2026**

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

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

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

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EMPLOYMENT OPPORTUNITY



PERMANENT, FULL-TIME FACILITY ATTENDANT

Job Title:	Facility Attendant	Position Type:	Permanent, Full-Time (40 hrs/wk)
Department:	Recreation	Posting Expires:	Until a Suitable Candidate is Found
Wage Rate:	Qualification Dependent	Direct Supervisor:	Operations Manager
Date Posted:	May 27, 2026	Will Train Applicant(s):	Recreation Facility Lead

Town of Arborg's Recreation Department is seeking a motivated and dependable Recreation Facility Attendant to join our Recreation Department. This position is a key part of our Recreation Department team and plays an important role in keeping our recreation facilities safe, clean, and enjoyable for all residents and visitors. Individual to assist in the operations of the Recreation Facilities in Arborg.

Summary:

Reporting to the Operations Manager and receiving training from the Recreation Facility Lead, the Recreation Facility Attendant assists in the operation, cleaning, and maintenance of a variety of municipal recreation facilities and outdoor spaces.

This position works 40 hours per week, which may include daytime, evening, and weekend shifts based on facility schedules and operational needs.

Key Responsibilities:

The Recreation Facility Attendant will assist with operations and maintenance of the Town's recreation facilities, including but not limited to the ice arena, community centre, curling rink, aquatic centre and outdoor spaces.

General Duties include but are not limited to the following:

Custodial work across all facilities, event set up/take down, general building and equipment maintenance, event supervision, grounds maintenance, safe operation of tools and equipment, positive customer service to facility users, other duties as assigned.

Qualifications:

- Strong communication skills and a community-focused attitude
- Ability to work independently or in a team environment
- Physically capable of performing manual labour
- Flexibility to work days, evenings, and weekends
- Possess basic electrical, plumbing and mechanical knowledge
- Previous experience in Recreation or Arena setting would be an asset but training is provided

Qualified candidates are asked to submit a detailed resume marked **Recreation Facility Attendant**. Position will remain open until a suitable candidate is found.

Resumes can be sent by:

E-mail: operations@townofarb.org.com

Drop off: 337 River Road, Arborg

Mailing Address: Box 159 Arborg, MB R0C 0A0

Reasonable accommodations are available for applicants with disabilities during the application and selection process.

We thank all who apply, however only those selected for interviews will be contacted.

Classifieds

Announcements

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THE RURAL MUNICIPALITY OF ARMSTRONG

EMPLOYMENT OPPORTUNITY

Interlake Metis Employment - Summer Students

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

Yard/Park Maintenance Office Assistant

Eligible Students

- Red River Metis students ages 14+ living in Manitoba
 - Students must have attended school full-time in the current academic year and be returning to school on a full-time basis in the upcoming year.
 - Part-time & Distance Education students are not eligible
- Proof of Red River Metis Citizenship (MMF Citizenship #) is required
- Students aged 15 and under must complete the Safe Work Manitoba Young Worker Readiness Certificate course prior to starting employment
- Available from June 29 to August 28, 2026

Further information may be obtained by contacting the office at (204) 278-3377.

Written applications to be submitted to:

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

RURAL MUNICIPALITY OF ARMSTRONG

RE-TENDER REQUEST FOR SEALED TENDER

Meleb Waste Disposal Grounds Maintenance Pushing, Compacting & Earth Capping

The Rm of Armstrong is inviting tenders to push, compact and cap garbage at the Meleb Waste disposal Grounds. Pushing and compacting garbage will be required a minimum once every 10 days, and /or as instructed by the Public Works Coordinator.

Approximately every three (3) weeks the waste will have to be pushed, spread, compacted in approximately 6-inch layers and then covered with capping. Capping/Covering to consist of a layer of soil (located next to the active cell), straw or other approved materials approved by the Public Works Coordinator at an approved thickness, approximately 4-inches thick.

The working face of the cell is to have an even slope, surface to be able to spread and compact future waste.

Work Starting Date: **July 1, 2026**
Contract End Date: **Three year term**
Location: RM of Armstrong
1094 PR 17
PO Box 69
Inwood, MB ROC1PO
Phone 204-278-3377

The lowest or any tender not necessarily accepted. Bids close at **12:00 pm, Wednesday, June 17, 2026.**

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

John MacNeil
Public Works Coordinator
RM of Armstrong
204-278-3377

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.

MORTGAGE SALE

The land and building known as 56 3rd Avenue, Gimli, Manitoba, as described in Certificate of Title No. 2910544/1 will be sold by public auction by a Licensed Auctioneer on June 17th, 2026, at 10:30 a.m.

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

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

In order to participate you must pre-register at least 24 hours prior to the auction by contacting Matthew Underwood at either (204) 954-6455 or auctions@fillmoreriley.com.

The Vendor is informed that the property consists of a one storey dwelling approximately 1163 square with living room, kitchen, three bedrooms, and 1.5 bathrooms with an attached garage on a lot with approximately 92 feet frontage.

Realty taxes (excluding any accruing water charges) are paid to December 31, 2022.

Prior Charges: Nil.

TERMS OF SALE

A deposit of \$35,000.00 by way of certified cheque or bank draft payable to Fillmore Riley LLP, or cash (the cash component of the deposit not to exceed \$7,500.00), and the balance according to conditions which will be available electronically by contacting the individual below prior to the auction. The property will be sold subject to a **Reserve Bid** of \$213,000.00 plus such other additional and incidental costs which may be incurred by the Vendor from the 19th day of May, 2026 to the date of auction and which costs will be announced prior to the commencement of the sale.

The auction sale will be conducted pursuant to an Order for Sale issued by the District Registrar. Certain parties may be prohibited from purchasing the property, including but not limited to, parties who by virtue of their employment or relationship to a person involved in the sale process would have special knowledge of the circumstances pertaining to the sale. For more information and a list of prohibited purchasers please visit: www.teranetmanitoba.ca

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

Further information may be obtained from:

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

File No. 400784-129/MTU/lj (kas)
Attention: Matthew T. Underwood
Phone: 204-954-6455
auctions@fillmoreriley.com



TOWN OF WINNIPEG BEACH INVITATION TO TENDER

2026 PRIVATELY OWNED EQUIPMENT HOURLY RATES

The Town of Winnipeg Beach is seeking proposals from qualified bidders for hourly rates on various types of privately owned equipment for the purpose of establishing pay rates and hiring order of private equipment for the 2026 works season ending March 31, 2027. Contractors who do not submit pricing and/or do not hold a valid business licence or business tax will not be considered for municipal projects.

Proposal packages including submission documents are available at the Town Office or on the website www.WinnipegBeach.com

Sealed submissions clearly marked 2026 Equipment Rates will be received by the undersigned at the address below until noon on June 5, 2026. Late submissions will not be accepted.

Town of Winnipeg Beach

PO Box 160
Winnipeg Beach, MB. ROC 3G0
Phone: (204) 389-2698
Fax: (204) 389-2019
E-mail: info@winnipegbeach.ca
Attn: **Jodi Mitchell, CAO**

All inquiries are to be addressed to:

Public Works Department
204 641-1614
publicworks@winnipegbeach.ca



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.

BRIDAL SHOWER



Please join us for a Bridal Shower celebrating the upcoming marriage of Mackenzy Groot and Davyn Bochorka on Sunday, June 7, 2026 from 1:00 p.m. to 3:00 p.m. at the Gimli Waterfront Centre Gift registry at myregistry.com Gift cards are also appreciated (Winners, Marshalls, HomeSense, Amazon, Costco, Home Depot)

Classifieds Announcements

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EMPLOYMENT OPPORTUNITY

Kletke Seed Farm Ltd is hiring for a **Shipper/Labourer.** Forward resume to info@kletkeseedfarm.com 204-886-2822 11080 E Road 91N, Teulon, MB Kletkeseed.com



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IN MEMORIAM



Lorne Floyd
July 20, 1944 - May 30, 2025



Ron Floyd
June 7, 1969 - May 19, 2016

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- Lorna, Stewart, Charla,
Braeden, Kylie, Kalan

SERVICE ANNOUNCEMENT



Lillian Elizabeth Casselman (nee Hanslip)
August 28, 1919 - October 5, 2025

Lillian Elizabeth (Hanslip) Casselman, at the age of 106, passed away peacefully in Eriksdale, MB on October 5, 2025. A Graveside Memorial and interment will take place in the Mulvihill Cemetery at 11:00 a.m. on Sunday, June 7, 2026 with Shirley Russell officiating. A luncheon will follow in the Eriksdale Recreation Centre.

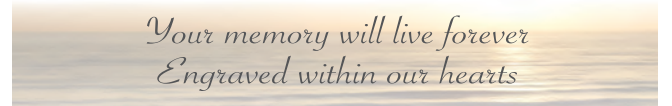
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Ashern - Lundar
1-204-768-2072
1-866-323-3593

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.



OBITUARY

Robert Sabados
October 3, 1944 - May 21, 2026

Peacefully at his residence on May 21, 2026, Robert 'Bob' Sabados, aged 81 years of Clarkleigh, MB passed away.

Cremation has taken place and a private graveside service will be held at a later date.

Arrangements by:
ARNASON FUNERAL HOME
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Election of Directors

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THE RURAL MUNICIPALITY OF ARMSTRONG EMPLOYMENT OPPORTUNITY

Youth Summer Employment

The Rural Municipality of Armstrong invites applications for the position of:

Seasonal Labourers

Qualifications

- Valid Class 5 Manitoba Drivers' license
- Knowledge in the operation and maintenance of riding mower, push mower, weed eater
- Knowledge of safety procedures and of the use of safety equipment
- Interpersonal skills with the ability to work well with all employees and the public effectively and in a courteous manner
- Available from May 1 - September 1, 2026
- Must be 16 to 29 years old
- This position will require physical effort and include outdoor work, in a variety of conditions

Further information may be obtained by contacting the office at (204) 278-3377.

Written applications to be submitted to:

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

OBITUARY



Shelley Lynn Klippenstein
May 7, 1962 – May 18, 2026

Shelley passed away peacefully on Monday, May 18, 2026 at Percy E. Moore Hospital in Hodgson, MB. She was born on May 7, 1962 in Winnipeg, MB.

Shelley was predeceased by her parents, Lyall and Margaret Irving, and her two brothers Bobby and Pup.

She is survived by her beloved husband Barry; their three children, Sherry, Chrissy (Tyler), and Eddie; her sister Cheryl (Art); her brothers Mooch and Ricky (Mitch); and her cherished grandchildren.

Shelley and Barry were together for 10 years before marrying on October 17, 1992. They raised their family in Winnipeg before making the move to Fisher Branch nearly 30 years ago. Shelley wasn't sure about small-town life at first, but within a year she

had made so many friends that you couldn't have convinced her to leave. She loved nothing more than socializing — laughing with a beer and a cigarette in hand, giving big warm hugs, and handing out nicknames to everyone she knew. Her laugh was loud and infectious, and it had a way of filling whatever room she was in.

Shelley was a natural cleaner, and she put that gift to good use working at the Fisher Branch school — a job she truly loved. Her laughter and chatter could be heard echoing through the hallways, and she adored the kids there. She also worked at Maryanne's Café during the day and over the summer holidays when school was closed.

She was strong-willed, hardworking, fiercely independent, and deeply loyal. She was enormously proud of her children and grandchildren, and she wanted them to carry those same qualities. When her kids came to her asking for help with something they could do themselves, she'd smile and say, "You've got two feet and a heartbeat — go do it yourself."

Shelley will be deeply missed, but she will live on in the memories and hearts of all who loved her.

The family wishes to extend their sincere gratitude to the staff at Percy E. Moore Hospital, and to all the friends and family who offered their support and love during Shelley's illness.

In lieu of flowers, the family asks that you wait for the Celebration of Life — and when the time comes, please bring a snack and a favorite memory of Shelley to share. The date is yet to be determined. Cremation will take place in the meantime.



1-800-467-0024
mackenziefh.com

OBITUARY



William Barilski
July 28, 1934 – May 15, 2026

Bill passed away in the Selkirk Regional Hospital.

Predeceased by his wife Kathy just a few months earlier, he is lovingly remembered by his sons David, Darren (Debbie) and Allan, his granddaughters Katelyn and Robyn, as well as many other family members.

Born on a farm in 1934 in Rosenburg, MB, Bill then moved to Okno, MB until grade 8. In 1955, he joined the navy where he trained in Cornwallis as a helicopter mechanic until 1960. After the navy he became a helicopter mechanic in Dawson Creek, B.C.

He married Kathy (Krauchi) in 1963 and had three sons. He worked for the majority of his life as a private journeyman electrician, drawing inspiration for his business name "Satellite Electric" from the car he owned, a 1971 Satellite Sebring.

Around the age of 50, Bill tried and succeeded at many other jobs, such as top new real estate agent, an investment property owner, starting his own lawn fertilizing business, cutting grass for the RM of St. Andrews, and working briefly for Larter's Golf Course. But he still always took on various electrical jobs, wiring rec rooms, garages, etc. for family and friends. Bill loved life and was a big kid at heart, still wanting to have and use big kid toys like quads, and snowmobiles well into old age. He will be missed!

Memorial services will be held June 1, 2026, at 11:00 a.m. at the Gilbert Funeral Chapel, Selkirk, MB.

Tributes: www.gilbartfuneralhome.com

Gilbert Funeral Home, Selkirk in care of arrangements.



OBITUARY



Anne E. A. Ilchuk
September 23, 1935 - May 14, 2026

After a long life, it is with heavy hearts that we announce the passing of Anne Ilchuk at Gimli Betel Personal Care Home on Thursday May 14, 2026.

Anne was predeceased by her husband Paul Ilchuk.

Anne will be greatly missed by son Perry, daughter-in-law Dianne and all those that were fortunate enough to have known her.

She will be especially missed by her good friend Lynn Buttler and the many good times they spent together in Gimli.

Anne was a devoted wife to Paul for 67 years, and a generous and loving mother to her children and grandchildren.

Anne loved to cook and took great pride in her baking. She loved to have family and friends visit and always said goodbye with a package of homemade baking to enjoy.

Many thanks to all the staff and volunteers at Betel Personnel Care Home in Gimli for the care and compassion for the 14 years that Mom was a resident.

Cremation has taken place and a private service will be held.

In lieu of flowers, donations may be made to the Gimli Betel Personal Care Home.

OBITUARY



David Lucier

With heavy hearts, we announce the peaceful passing of David Lucier on May 17, 2026. He departed this life surrounded by the love of his family, comforted by the familiar strains of his favourite fiddle music.

Family and friends are warmly invited to a graveside service on May 30, 2026, at 1:00 p.m. at Abbeyville Cemetery in Deerhorn, MB. With luncheon to follow at the residence of Roy and Vida Lucier.



204-886-0404

OBITUARY



Elizabeth Beth Harrison (Dutka)
August 28, 1944 – May 20, 2026

Elizabeth Beth Harrison (Dutka) passed away peacefully Wednesday, May 20, 2026.

Beloved wife of the late Dewey Harrison, left to cherish her memory are her children Jeanette, Vernon (Tamara), Sammy, Teresa, Tricia (Adam) and numerous grandchildren, great-grandchildren and nieces and nephews.

Betty, as she liked to be called, loved her family. There were many happy times and many struggles being a farmers' wife, a mother, and what she liked to call being a Domestic Engineer. Alongside her husband Dewey, she worked many years of farming, raising livestock, chickens, gardening and being the best mother she knew how to be.

Betty was a dedicated Jehovah Witness. She read her bible and magazines daily when she could.

Cremation has taken place, and a celebration of life will be held on Saturday, May 30, 2026, 11:00 a.m. at Gilbert Funeral Home, Selkirk.

In lieu of flowers, donations can be made to Nova House or any mental health support services in your community.

Tributes: www.gilbartfuneralhome.com

Gilbert Funeral Home, Selkirk in care of arrangements.



OBITUARY



Einar Johann Thorgilsson
November 19, 1936 – May 17, 2026

It is with heavy hearts that we announce the passing of Einar Johann Thorgilsson, on Sunday, May 17, 2026, the most wonderful husband, Dad, Grandpa and Great Grandpa.

Einar was born on November 19, 1936 in Lundar, the third of four children to Thorgils and Lilja Thorgilsson of Vestfold, MB. When he was nine years old the family moved to the farm 2 ½ miles east of Lundar.

As a young man Einar did stucco work for a company in Winnipeg and worked as a surveyor with his cousin and good friend Oscar Thorgilsson. On May 23, 1959, Einar married the love of his life Sylvia Barlow and they bought the farm from his parents. They worked together farming and raising their three children Donald, Arlene and Lyle. In 1999, they sold their farm to their son Lyle and built their dream home ½ a mile away. It was close enough to continue farming, with no stress, but now their son Lyle was giving the orders. Einar loved the farm life. There is no other job that he would rather be doing. His happy place was walking amongst his cattle, or out in the hayfield providing for them.

Einar was so proud of his family and that pride grew with every grandchild and great-grandchild that arrived. There was nothing he loved more than being surrounded by family.

He was a gentleman who was proud and honest, he was very caring, patient, kind and always grateful for all the blessings in his life. He was well respected by those who knew him, but most of all he was loved beyond measure by his family.

Predeceased by his parents Thorgils and Lilja Thorgilsson, his sister Hazel (Emil) Nelson, sister Joan (Fred) Hayward, mother and father-in-law Marshall and Gladys Barlow, sisters-in-law Elsie (Harold) Moffatt, Bernice (Harry) Lee, and Dorothy Massey.

Survived by his wife of 67 years, Sylvia, son Donald and his children Ryan (Noems) and their children Rylee and Oaklynn, Curtis, Mandy, Lindsay (Miles) and their son Bodie (Levi and Lucas); daughter Arlene (Brian) Adamyk, and their children Nicole (Brayden), Mitchel (Shanley) and Erik (Mark); son Lyle (Tanya) and their children, Alex (Alyssa) and their son Braxtyn, Samantha (Jayden), and Ruby; brother Clifford (Shirley), and many nieces and nephews.

A memorial service will be held at 2:00 p.m. on Wednesday, May 27, 2026 at the Lundar Legion Hall, Lundar, MB with Cindy Thorkelson officiating. Interment to follow in the Otto Church Cemetery.

In lieu of flowers, donations may be made to Lundar Personal Care Home Guild, c/o Judy Gleich, PO Box 60 Lundar, Mb. R0C 1Y0.

We would thank the wonderful staff at the Lundar Personal Care Home for your excellent compassionate care of Dad for the past six months.

Hvílir í friði elsku pabbi
Rest in peace dear Dad

Arrangements by:
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