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Students beat the heat

EXPRESS PHOTO BY PATRICIA BARRETT

Students from Gimli High School and Dr. George Johnson Middle School take off from the starting line during Gimli High School's second annual five-kilometre fundraising run on May 29. Despite temperatures reaching 29 C by late morning, about 75 participants took part in the event, which raised \$400 for Hailey's Way.

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Sound the Trumpets: GHS bands earn gold at MusicFest

By Patricia Barrett

Music students from Gimli High School took home gold after performing at MusicFest Canada's competition in Ontario last month.

Led by band teacher Stephanie Marks, the Gimli High School Band won gold in the Concert Band Division category, with an Honour Award going to Jake Kowalchuk (trombone).

And the Gimli High School Jazz Orchestra won gold in the Instrumental Jazz Division, with an Honour Award going to Elin Isfeld (alto saxophone).

Marks said the concert band was made up of students in grades 10-12, and that students had to audition for the jazz orchestra.

"The concert band played a French Canadian folk suite by Arnold McLaughlin, and the jazz orchestra played Mood Indigo by Duke Ellington and the Second Line Joe Avery's Blues," said Marks. "Our rendition of Mood Indigo featuring Elin Isfeld also won her special recognition from the adjudicators."

When asked how she inspired the students to reach for gold, Marks said she reminded them they earned their invitation to the national competition.

From the time they were invited, the



EXPRESS PHOTO SUBMITTED

Members of the Gimli High School Band and Jazz Orchestra proudly display the plaque they earned at the 2026 MusicFest Canada Nationals in Niagara Falls, Ont. Under the direction of band teacher Stephanie Marks, the Concert Band captured gold in the Concert Band Division while the Jazz Orchestra earned gold in the Instrumental Jazz Division.

students felt motivated to rise to the occasion, she said

"Even though we were a small band from a small town, we deserved to be there as much as any other band," she said. "I also reminded them that mu-

sic was supposed to bring joy and to not forget to have fun while we do it."

Evergreen School Division retired music teacher Janice Arnason, who's on the board of the Evergreen Festival of the Arts and who has been involved

with many local musical events over the decades, said she felt so proud of the students when she learned they had earned gold at the festival.

Continued on page 7

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Prostate cancer survivor and Gimli Ride for Dad volunteer encourages men to get PSA checked

Submitted by Peter Holfeuer

Now being two years free of prostate cancer, both my wife Susan and I were once again honoured to be a volunteer member of the 2026 Gimli Ride for Dad support team. This is our third year doing so.

I was like the one in eight men — especially those 50 years or older — who get diagnosed with prostate cancer. And if it's caught in its early stages, it is curable.

However, I, like many men, also did not recognize the urinary flow changes

that were signs of this cancer and simply assumed those changes were due to getting older.

By chance in 2021 when I went to see my doctor to get help for another issue, my doctor also chose to check my PSA level, which gets done through a simple blood test. A higher than normal PSA level can be an indicator that prostate cancer may be at work, and that ended up being my situation.

It was determined I was near Stage 3. Because of that, my two-year cancer treatment journey went into full



The 2026 Gimli Ride for Dad volunteer support team at the Gimli bandstand last Saturday including Peter Holfeuer (far left). Motorcyclists left from Winnipeg's Polo Park shopping centre and rode to Selkirk and Gimli on May 30. The Manitoba Ride for Dad has raised over \$5.8 million for prostate cancer research since it began in 2009.



EXPRESS PHOTOS COURTESY OF PETER HOLFEUER

Peter Holfeuer underwent 32 radiation therapy sessions at CancerCare in Winnipeg. Holfeuer is holding a bell that patients get to ring when they finish radiation therapy. He had his last treatment in March 2022.

gear. During that journey, I received incredible support from a good friend who had dealt with his own prostate cancer journey, and from others who willingly drove me to CancerCare in Winnipeg for my 32 radiation therapy sessions.

The point I'm trying to make by openly talking about my personal prostate cancer experience is to, hopefully, encourage some of you men out

there to get your PSA level tested on a regular basis.

I just read that 1.2 million men in Canada have prostate cancer and 80 per cent of them don't know it. That's a scary situation!

A big shout-out to the entire Ride for Dad support team; your contribution to help fight this cancer is making a big difference.

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Gimli students battle high heat to raise \$400 for Interlake youth programs

By Patricia Barrett

Under punishingly high temperatures, students at Gimli High School and Dr. George Johnson Middle School took to the streets of Gimli last Friday to raise money for Interlake youth programs.

Gimli High School's student council organized its second annual five-kilometre fundraising run, and ended up raising \$400 for Hailey's Way, a charity that provides Interlake youth with programs such as sports, music, arts and education.

Student council members spent over a month organizing the event, planning the route, working with the municipality to have some streets temporarily blocked for the duration of



EXPRESS PHOTOS BY PATRICIA BARRETT

Members of the Gimli High School student council and student volunteers in grades 7-12 organized a run to raise funds for Hailey's Way, which provides Interlake youth with recreational, sports, arts and educational programs. They raised \$400 for the charity.

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Staffed water stations were set up along the run route to help students cope with the heat.



the run and getting volunteers to help out.

It was a collaborative effort, with GHS students in grades 7-12 pitching in to help with the event, staffing water stations, creating signage and setting up stations.

Before the run got underway, student council president Freyja Robak

said they had registered lots of people and that more might possibly join when the run started.

"We had about 60 people register for the run, and I think we have around 15 students or so from Dr. George

Continued on page 5

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Peguis student studies smartphone facial recognition

By Annaliese Meier

A Peguis student explored how reliable facial recognition technology really is in everyday situations as part of his project at the 2026 Canada-Wide Science Fair in Edmonton.

Keegan Anderson represented Manitoba at the national STEM competition with a project titled "The Effects of Lighting Conditions on the Accuracy and Security of Face ID," examining how lighting and facial coverings affect the performance of smartphone facial recognition systems.

The 64th annual Canada-Wide Science Fair, organized by Youth Science Canada, took place May 23 to 30 at the Edmonton EXPO Centre and the University of Alberta. Nearly 400 finalists from across Canada competed for more than \$2 million in scholarships, awards and prizes while showcasing innovative science, technology, engineering and mathematics projects.

Anderson's project focused on a technology many people use daily to unlock their phones, but may not fully understand.

"Face ID is used every day to unlock phones, but how well does it work in different conditions?" Anderson explained in his project summary.

To find out, he tested Face ID performance in bright light, dim light and darkness while also experimenting with masks, sunglasses and regular glasses. He also tested the security of the system by attempting to unlock the phone using another person and a photograph of himself.

His findings showed Face ID performed best when the face was fully visible in bright lighting conditions.

"When important facial features are covered, such as with a mask or sunglasses, the accuracy decreases," Anderson concluded.

The project found sunglasses had a greater impact on performance than regular prescription glasses because they block the eye area, while the combination of both a mask and sunglasses resulted in the lowest success rate because much of the face was hidden.

Although Face ID is designed to function in low light, Anderson found the system became less reliable in darker conditions.

He also discovered the technology appeared secure during his testing.

"Face ID did not unlock for another person or for a photo, which shows that it can tell the difference between the correct user and someone else," he stated.

Anderson said the project highlights both the strengths and limitations of facial recognition technology in real-world situations and helps users better understand how dependable the systems are under different conditions.

If he continues the research in the future, Anderson said he would like to expand the testing to include more participants and different phone models to compare facial recognition systems across devices. He would also like to explore additional variables such as angles, distances and prosthetic disguises to further test how facial recognition technology responds in more complex real-world scenarios.



EXPRESS PHOTO SUBMITTED

Peguis student Keegan Anderson (left) displays his finalist plaque at the 2026 Canada-Wide Science Fair in Edmonton alongside teacher Dave Smith. Anderson represented Manitoba with his project, "The Effects of Lighting Conditions on the Accuracy and Security of Face ID," which examined how lighting conditions and facial coverings affect smartphone facial recognition technology.

> RUN, FROM PG. 4

Johnson Middle School, so the total right now is somewhere around 70-75 people," said Robak as volunteers were busy setting up in the parking lot at the high school an hour before the run. "Unfortunately, the elementary school wasn't able to join us."

Many teaching staff and students came out to cheer the participants as they took their place at

the starting line.

It was edging up to 29 C when the run started at 11:15 a.m., and students really felt the heat along the route, which had several water stations staffed by GHS student volunteers.

Some participants opted to walk. The students were joined by other participants such as a teacher.

Participants were treated to watermelon and water at the finish line.

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Jackhead student develops drowsy driving alert system

By Annaliese Meier

A student from Jackhead First Nation combined modern technology with traditional Indigenous teachings in a science fair project aimed at helping prevent fatigue-related vehicle crashes.

Malachi Traverse represented Manitoba at the 2026 Canada-Wide Science Fair in Edmonton with his project, "Driver Safety Monitoring System," an affordable drowsiness detection system designed to warn drivers when they are becoming too tired behind the wheel.

The national STEM competition, organized by Youth Science Canada, brought together nearly 400 student finalists from across Canada from May 23 to 30 at the Edmonton EXPO Centre and the University of Alberta.

Traverse, who lives in Jackhead First Nation on the western shore of Lake Winnipeg, said the idea for the project came from the realities of life in remote communities, where long drives are often necessary for basic needs such as groceries, school, work and medical appointments.

"Getting tired isn't a maybe. It's a when," he explained in his project summary.

Traverse said he was inspired to create the system after hearing stories from drivers who nearly fell asleep

behind the wheel.

"Vehicle crashes are a leading cause of death for Indigenous youth under 25," he said. "Those aren't just statistics — they're our brothers and sisters."

Using Python programming and free software, Traverse built a system that uses a standard webcam to monitor signs of driver fatigue by tracking eye closure and yawning.

The project measures Eye Aspect Ratio (EAR) to detect eye closure and Mouth Aspect Ratio (MAR) to detect yawning. If a driver's eyes remain closed for five seconds, the system activates a yellow warning light and beep. At 10 seconds, a red alarm is triggered.

"At highway speed, five seconds with eyes closed means you've travelled 153 metres blind," Traverse noted. "That's longer than a football field."

His testing showed that a regular webcam can successfully detect when drivers are becoming dangerously fatigued.

"What I learned is that the warning itself is what matters most," he said. "Drivers don't need the system to drive for them. They just need a wake-up call before it's too late."

A unique aspect of the project is the way Traverse connected modern tech-

nology with traditional Indigenous teachings surrounding safe travel.

"Before any long journey, our ancestors prepared with prayer and ceremony," he explained. "Smudging with sage cleanses the eyes, ears and mouth. It clears the mind and offers protection."

Traverse said his system was designed to honour those teachings.

"My system honours that — it watches over your eyes so you can see clearly, listens for yawns so you know when you're tired, and speaks a warning to wake you up," he said. "Technology and tradition working together."

He concluded that affordable drowsiness detection technology could help improve safety, especially in remote communities where people regularly travel long distances.

"You don't need a luxury car," he said. "A laptop, a webcam and free software can save lives."

Traverse hopes to continue developing the system by replacing the laptop with a small Raspberry Pi computer, adding infrared cameras for nighttime driving, and incorporating emergency text alerts and voice warnings.

"Every driver who leaves home deserves to come back," he said. "This system is just the beginning."

Two dead in Arborg-area crash

By Lana Meier

Two people are dead and a third remains in hospital following a single-vehicle collision near Arborg on May 29.

Gimli RCMP responded to the crash at approximately 3:33 p.m. on High-

way 68 near Road 14 East.

Police said officers arrived to find a damaged vehicle in a field south of the intersection. The driver was trapped inside the vehicle, while two passengers had been ejected.

The driver, a 34-year-old woman

from Arborg, was transported to hospital by STARS air ambulance with serious, life-threatening injuries.

A 38-year-old woman and a 51-year-old man, both from Arborg, were pronounced dead at the scene.

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RM of Gimli says it's making progress on restoring IT systems after cyber attack

By Patricia Barrett

The RM of Gimli says it has made progress on restoring its IT systems after a cyber attack it said it experienced in April, and residents can now pay bills at the municipal office.

In a post on its website, the RM said it continues to work on investigating the attack.

"The RM continues to actively work with experienced cyber security experts to investigate and assess the situation thoroughly. We have been working diligently to restore our systems safely and responsibly. The full scope of the impact is still being determined," states the May 25 post. "We are happy to share with you that progress has been made in restoring our systems and so we can announce that residents can now process bill payments at the municipal office."

The ransomware group Payload took responsibility for hacking the municipality and holding its data for a ransom. It threatened to release the data on the dark web if the RM didn't pay.

The RM has yet to confirm it had been hacked by Payload, whether it paid a ransom and what kind of data — staff, councillors, ratepayers, contractors, etc. — was accessed during the cyber attack.

The *Express* asked the RM again what data was accessed, as well as who the cybersecurity experts are and how much that's costing the RM.

"The RM continues to actively work with experienced cybersecurity experts to investigate and assess the situation thoroughly," said spokes-

person Christine Payne last Friday in response to the questions. "We have been working diligently to restore our systems safely and responsibly. The full scope of the impact is still being determined."

OTHER NEWS:

- Council was asked what its next steps are regarding the Harbour Hutterite colony's proposed wastewater treatment lagoon and the 140,000 chicken operation. The RM had registered its opposition to both projects.

"The RM has participated in the provincial review process for the Harbour Colony lagoon and now awaits the minister's decision," said Payne. "Regarding the proposed chicken operation, Mayor Chudd has provided you with his speaking notes outlining the municipality's position on the issue and they remain status quo."

When asked to confirm whether the RM has a municipal bylaw outlawing the spread of manure within its borders, Payne said council had considered one for chicken manure, but it hasn't yet proceeded.

"In 2025, council gave first reading to a proposed Livestock Manure Bylaw that would have restricted the application of poultry manure within the municipality," she said. "However, the bylaw did not proceed to second and third reading and is still under review."

- The RM responded to a freedom of information request from the *Express*, which asked for a copy of the employment contract and all ancillary documents between the RM and former chief administrative officer DJ

Sigmundson that was made around the end of 2025.

Release of the information was refused.

The RM had reviewed the paper's request dated March 4 after consulting with its legal counsel, said chief administrative officer Diana Chapman, who is also the RM's privacy officer.

"After a thorough consideration of your request and on considering all of the relevant circumstances, the Rural Municipality of Gimli has determined that your request must be refused under section 17 of FIPPA (particularly section 17(1), section 17(2)(e) and (g), 17(3) and section 17(4)) as a mandatory exception to disclosure as the requested records contain third party personal information, the disclosure of which would constitute an unreasonable invasion of the privacy rights of a third party at law," wrote Chapman in a letter dated May 22.

With respect to the Manitoba government sharing public sector employee compensation data, Chapman said that same "obligation does not apply in the present case."

She added that once the RM's audited financial statements are ready for disclosure, employee compensation information that is "required at law to be disclosed" might be found.

Former councillor Andy Damm resigned from Gimli council earlier this year, and said in February that one of his reasons for resigning had to do with the procedures around the appointment of Sigmundson and the contract signed with him. Damm had called it "abhorrent" (see Feb. 12 edition of the *Express Weekly News* online).

- The RM advised residents in the Arnes area that asphalt overlay will begin on May 15 on Ramsay Road. Construction will take place Monday to Friday and will extend from Boundary Road (123N) to PR 222. Drivers can expect possible delays.

- Council provided funding to students who are part of the Enviro Club at Gimli High School after they asked the RM for assistance to take part in an annual hands-on field competition called the Manitoba Envirothon. The school has two teams competing at the provincial competition and it can cost up to \$4,200.

"Council approved a \$500 contribution by resolution to support the Gimli High School Enviro Club and wishes the students continued success," said Payne. "This aligns with the RM's ongoing efforts to support environmental stewardship and youth engagement in the community."

> GHS BAND, FROM PG. 2

"I was so excited and proud of our GHS Concert and Jazz bands when Ms. Marks texted to say that they had achieved Gold at the National MusicFest in Niagara Falls. The GHS band room has become a 'soul magnet' for so many GHS students. This is a place where students can find joy, peace, camaraderie and acceptance while building their instrumental skill together as a team — the tightest team they will ever be a part of," said Arnanon. "I am filled with gratitude for Ms. Marks and the passion for music that she has passed on to her students, as well as for Mike Cherlet and Rob Chrol who came before her."

She added that the Evergreen Band Boosters, which is made up of parents and community members who fundraise, purchase musical equipment and provide financial assistance, worked hard to make the Niagara trip happen, and that the [school] admin-

istration needs to be credited for their support.

MusicFest Canada is also referred to as the Nationals. The annual event helps develop musical talent. To qualify to compete, students have to first perform in a regional festival and receive high marks to earn an invitation. The Nationals is in its 54th year and was held from May 10 to 16 in Niagara Falls.

The festival brings thousands of students and music educators from across Canada to compete over the course of one week and take part in workshops.

Dozens of people took to social media to congratulate the Gimli High School music students and Stephanie Marks.

"Congratulations to all the band members and to Ms. Marks," Elin Johnson posted. "Gimli is so fortunate to have an incredible band program."



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Volunteers build 50 beds for Interlake children

By Lana Meier

Sleep in Heavenly Peace's Interlake chapter took a major step toward its goal of providing 100 beds to children in need this year after volunteers gathered for a successful build day in May.

Despite less-than-ideal weather conditions, 23 volunteers came together to build 50 beds destined for children throughout the Interlake region.

Chapter president Diane Fjeld said the day was a testament to the generosity and community spirit that continues to drive the organization's mission.

"Twenty-three people braved the weather and made 50 beds in four hours," said Fjeld. "It was like a well-oiled machine with our regular volunteers helping our new builders. Cutting, sanding, drilling, branding and staining — it takes a crew to make it happen."

The build was made possible through community support, including a \$5,500 grant from the Westshore Community Foundation and a \$2,200 donation from Interlake Co-op.

The chapter also recognized the support of the Stony Mountain/Stonewall Masonic Lodge and Gimli

Masonic Lodge, whose members participated in the build day and provided financial support.

"Stony Mountain/Stonewall Lodge and the Gimli Masonic Lodge showed us their skills," Fjeld said. "They sent 10 volunteers and Stony Mountain/Stonewall Lodge donated \$500. All donations are greatly appreciated and enable us to keep building."

Additional support came from KC Enterprises, which supplied lunch for volunteers and provides lumber for the beds. Fjeld also acknowledged Kingsdown, which manufactures the mattresses, and Smitty's Furniture in Arborg, which transports them to families in need.

"Every contribution is important to us," she said.

The build day marks significant progress toward the chapter's goal of doubling its output from last year, when volunteers built 42 beds for children across the Interlake region. The organization provides handmade wooden beds, mattresses, bedding and quilts to children between the ages of three and 17 who do not have a bed of their own.

Sleep in Heavenly Peace launched its Interlake chapter in 2025 and serves communities stretching from Stonewall and Gimli to Fisher Branch, Riverton and Fisher River Cree Nation. The organization relies entirely on volunteers, donations and community partnerships to meet the growing demand for beds.

As a standalone chapter operating under the umbrella of the national organization, which is registered with the Canada Revenue Agency, Fjeld said the local chapter does not hold fundraising events but instead relies on the goodwill of communities, foundations, businesses, organizations and individual donors.

"The volunteers are the heart of everything we do," she said.

The chapter is currently looking for additional volunteers to help deliver and set up beds throughout the Interlake region.

"Our Interlake region covers a lot of geography and bed requests can come from anywhere," said Fjeld. "If you



EXPRESS PHOTOS SUBMITTED

Representatives of the Stony Mountain/Stonewall Masonic Lodge present a \$500 donation to Sleep in Heavenly Peace Interlake president Diane Fjeld during the organization's recent bed build. Pictured are Richard Famous, Dennis Pearce, Ken Sutherland, Diane Fjeld, Tim Heisler and Conrad Reimer.

are interested in helping in any way, contact me through the SHP Facebook page, Messenger or by text."

Families in need can apply for a bed through the organization's website at SHPbeds.ca.

"Likewise, if you know of a family

that needs beds for their children, let us know," Fjeld said. "We are here to help."

People can also inquire about volunteering and making monetary or new bedding donations by calling Diane Fjeld at 204-641-5297.

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.



Volunteer Ken Jonasson sands bed components.



Volunteers Donna Grainger, Thor Stevens and Conrad Reimer assemble headboards.



Twenty-three volunteers braved wet weather to build 50 beds during Sleep in Heavenly Peace Interlake's first build day of 2026. The organization provides beds, mattresses and bedding to children who do not have a bed of their own.

What's *Your* story?

We want to hear from you.

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

THE EXPRESS
WEEKLY NEWS

Interlake artist to feature fused glass at WAVE tour

By Lana Meier

Interlake artist Heather Dawson is inviting the public into her creative world this summer as part of the annual WAVE Studio Tour, offering visitors a chance to experience how she transforms local plant life into lasting works of glass.

Dawson, the artist behind the Interlake Impressions fused glass collection, draws inspiration directly from the landscapes around her, using real plants and flowers gathered from her yard and the surrounding region to create detailed textures in her work.

"I've always been drawn to gardening and nurturing new growth and flowers," Dawson said. "By using the actual plants and flowers from my surroundings, I can capture those often very fleeting moments, like a short-lived bloom, and preserve that memory in glass. It becomes a way to hold onto a moment in time."

The upcoming WAVE tour, which is celebrating its 25th anniversary, will give visitors a rare opportunity to step inside Dawson's Winnipeg Beach studio, see where her pieces are created and engage directly with her process.

Her technique begins by pressing plants into clay to form detailed impressions, which are then fired and used as molds. Coloured glass frits and powders are added and melted into those textures, permanently capturing the intricate details of the original plant.

"The Interlake is a very unique and diverse area," Dawson said. "There are open fields, wooded trails

and beaches on either side. Being able to pull inspiration from those different landscapes really reflects the patchwork of the entire province."

The Interlake region plays a central role in that process, providing a wide range of natural textures — from open fields to wooded trails and lakeshore environments — that are reflected in her work.

Dawson's pieces are known for their tactile quality, often prompting viewers to reach out and touch the surface, creating a more interactive and personal connection with the art.

"I love when someone instinctively reaches out to touch the surface," she said. "Glass is such a familiar material, and it invites that interaction. It becomes more than just something you look at; you're experiencing it, and often connecting it to a memory of your own."

As part of the WAVE tour, visitors to her studio will also have the opportunity to take part in hands-on activities inspired by her techniques, offering a deeper understanding of how natural elements are transformed into glass.

The tour itself is designed to give the public access to artists' working spaces, allowing them to explore at their own pace while learning about different creative processes across the region.

In addition to the tour, Dawson's work has recently reached a broader audience, with pieces from her Interlake Impressions collection available at The Leaf in Winnipeg, where visitors can experience her nature-inspired glass art in a setting that celebrates botanical beauty.

"It's very fulfilling to have my work in a space where people are already seeking a connection with nature," Dawson said. "I hope they can take a small piece of that experience home with them."

Dawson has also been expanding access to her studio through monthly virtual sessions, offering behind-the-scenes looks at her tools and techniques for those who may not be able to visit in person.

"Not everyone feels comfortable stepping into a studio or asking questions in person," she said.



EXPRESS PHOTO BY PATRICIA BARRETT

Interlake artist Heather Dawson will have her fused glass creations featured in her Interlake Impressions collection on the WAVE studio tour.

"These online visits are a low-pressure way to explore, ask questions, and even see things like the inside of a kiln while it's firing — something most people wouldn't otherwise experience."

The WAVE Studio Tour will give local residents and visitors alike a chance to experience that work firsthand in Winnipeg Beach while connecting with the artist and the natural inspiration behind each piece.

"The tour is a chance to step inside creative spaces and see where the work happens," Dawson said. "You can explore at your own pace and really connect with the artists and their process."

The WAVE Interlake Artists Studio Tour runs June 13 and 14. A full list of artists and studio locations can be found at watchthewave.ca, while more information about Dawson's work is available at glassbyheather.com.



WAVE studio tour marks 25 years in Interlake June 13 and 14

By Annaliese Meier

The WAVE Interlake Artists' Studio Tour is celebrating a major milestone this year as Manitoba's original self-guided studio tour marks its 25th anniversary season.

The 2026 tour will welcome visitors across the Interlake region during two free weekends — June 13 and 14 and Sept. 5 and 6 — featuring 21 artists working in communities stretching from St. Andrews to Hecla Island.

Since launching in 2002, the tour has grown into one of Manitoba's signature arts and cultural experiences, combining studio visits, road trips and tourism throughout the Lake Winnipeg region.

"This tour has always been about more than viewing artwork," said the WAVE Interlake Artists' Studio Tour organizing committee. "It's about exploring communities, meeting artists where they create, and enjoying a road trip experience that combines art, conversation, and discovery."

The self-guided format allows visitors to create their own route while travelling through lakeside communities including Matlock, Winnipeg Beach, Sandy Hook, Gimli, Camp Morton, Arbog and Hecla Island.

Along the way, visitors can step inside working studios and meet artists specializing in painting, fused glass, pottery, wood carving, jewelry, sculp-

ture, illustration, photography and paper art.

Organizers say the tour has helped strengthen connections between artists, visitors and communities over the past quarter century while also promoting tourism throughout the Interlake.

This year's anniversary season includes five new artists joining the tour: glass artist Catherine Bastedo, painters Shirley Cummer, Dawn Sul and Marissa Willms, and illustrator Alice Smith.

Wood carver Greg Palsson will also return to the tour this year at a new studio location on Hecla Island.

Visitors can attend for a single stop

or spend the weekend exploring the entire route while also taking in local restaurants, beaches, shops and attractions throughout the region.

To help visitors plan their trip, WAVE offers downloadable maps, a mobile app and printed tour guides featuring participating artists and studio locations. Printed guides are available at participating studios as well as Winnipeg pickup locations including Travel Manitoba and McNally Robinson Booksellers.

Admission to the tour is free.

More information, maps and artist details are available through WAVE Interlake Artists' Studio Tour.

Country music crowd packs Riverton hall



EXPRESS PHOTOS BY CORRINE EINARSSON

A packed Riverton Community Hall welcomed country music fans on May 23 as Doc Walker and special guest Quinton Blair performed at the Riverton Recreation Facilities Improvement Fundraiser. The event raised \$21,905.11 to help insulate the Riverton arena and support improvements to local recreation facilities. Organizer Larissa Love said the response from attendees has been overwhelmingly positive. "We are receiving raves about the event," said Love. "People are telling me that they had a blast, myself included." A long-time Doc Walker fan, Laura McLeod of Portage la Prairie had a special keepsake signed during the fundraiser when band member Chris Thorsteinson autographed an album she had received years earlier.

Gimli welcomes long-awaited aerial fire truck

By Lana Meier

The Manitoba government is highlighting a new aerial fire truck delivered to the RM of Gimli as an example of provincial and municipal partnerships aimed at strengthening local emergency response services.

Municipal and Northern Relations Minister Glen Simard announced the province committed \$1 million toward the purchase of the new truck in 2024.

The new aerial platform fire truck, ordered from Rocky Mountain Phoenix, cost \$2.67 million, confirmed by RM of Gimli manager of community engagement Christine Payne. The Manitoba government contributed \$1 million toward the purchase, with the remaining \$1.67 million covered by the municipality through reserve funds and long-term planning.

"This new aerial truck is a clear

example of what strong municipal-provincial partnerships can achieve. When local leaders step up with vision and commitment, our government is ready to stand with them," said Simard.

"Together, we are making record investments in the critical infrastructure communities need to keep people safe. By working collaboratively with municipalities like Gimli, we're ensuring first responders have the modern tools and resources required to protect residents today and for years to come."

RM of Gimli Volunteer Fire Department Fire Chief Mike Chudd said the new truck will strengthen firefighting capabilities both locally and throughout the surrounding mutual aid district.

"This new aerial truck is a game changer, not just for the RM of Gimli,

but also for the surrounding communities in the mutual aid district," said Chudd. "Our community rallied together and we are grateful for the support of council, which recognized that we needed a new aerial fire truck."

Chudd previously told the *Express Weekly News* in September 2025 that the department's aging 1975 aerial truck had become unsafe and no longer met insurance standards.

"The ladder twists, major repairs are required and no parts are available. It's unsafe and will be taken out of service," he said.

Chudd said the new articulating platform truck will allow firefighters to perform elevated rescues, safer roof ventilation and above- and below-grade firefighting operations.

"Right now, firefighters have to climb extension ladders carrying chainsaws

onto roofs to cut ventilation holes," he said. "The new platform truck will make that process faster, safer and far more efficient."

The chief said the department continues to see increasing call volumes as Gimli grows.

"The final piece was this grant from the Manitoba government, which allowed us to get a great fire truck at a great price," Chudd said.

According to the province, the Gimli project is one of 16 fire safety infrastructure projects supported across Manitoba as part of a broader \$13.5-million provincial investment intended to expand and enhance local emergency response and wildfire capacity.

"Having the aerial is like having home insurance," Chudd said. "We hope we never have to use it, but if we do, it could save lives."

Steep Rock on a roll with new trail and inaugural Trail Trot this Sunday

By Patricia Barrett

With sizzling summer weather finally having arrived, the Steep Rock Cottage Owners Association (SRCOA) is teaming up with Steep Rock Beach Park to cut the ribbon on a newly created trail, and they're inviting the public to come out for a trot.

The SRCOA created a new 4.5 km active trail with support from Sigfusson Northern.

"It means a lot to see this trail open. It was built for the community and by the community, and that's what makes Steep Rock special. We're already looking ahead to what comes next, and the Steep Rock Cottage Owners Association is committed to continuing these kinds of improvements," said association chair Sean Zieroth. "A heartfelt thank-you to Sigfusson Northern, whose generous support made this trail possible."

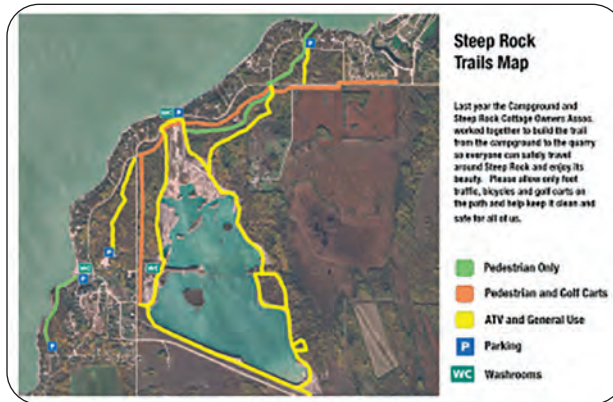
Steep Rock has a wonderfully winding trail system that provides breathtaking views of the Lake Manitoba shoreline and its limestone cliffs, as well as the turquoise waters of its former quarry.

The inaugural Trail Trot this Sunday is open to everyone of all ages and abilities. People can walk, run, cycle or use a golf cart to complete a five-kilometre or a 10-kilometre trail. It gets underway at 10 a.m. from the pavilion in Steep Rock Beach Park.

Steep Rock Beach Park is a municipal park owned by the RM of Grahamdale. It operates as a non-profit, and generated revenue is reinvested into the park.

Samantha Hampton, who is the newly appointed recreation director for Steep Rock Beach Park and who owns The Shoreline restaurant and Paddle & Play Outdoor Adventures, said the event showcases the "power of partnerships" in providing adventures for residents and visitors alike.

"This role means so much to me because recreation has the power to bring people together," said Hampton. "Whether it's through music, outdoor activities, volunteering or community events, my goal is to create opportunities for people to connect,



build memories and feel a stronger sense of belonging in the park."

Hampton added that the park is committed to upgrading facilities, enhancing programming and "continuing to innovate" when it comes to recreation and leisure for everyone.

As part of the park's ongoing investments, it created the recreation director position.

"Creating this position was about investing in community connection," said park manager Diane Price. "With nearly 300 seasonal sites and a growing number of visitors every year, we recognized the importance of dedicated recreation programming that enhances the campground experience and creates opportunities for all age groups to engage, participate and build lasting memories together."

Steep Rock Beach Park has 285 campsites, about 70 overnight sites, four rental suites and one rental cabin. It hosts 50/50 draws and Chase the Ace every Friday. The proceeds are put towards park improvements and future recreational events.

Upcoming park events include a youth fishing derby on the Father's Day weekend, sandcastle-building competitions in August, the launch of the Walk & Talk Social Group, which is designed to encourage connection and conversation among all age demographics, storybook walks, children's scavenger hunts, and live music and community



EXPRESS PHOTOS SUBMITTED

programming all summer long.

One of the park's new events is Christmas in July which will run July 17-19. The park is partnering with the Christmas Cheer Board for a community-wide toy drive.

Unwrapped toy donations can be dropped off at The Shoreline Restaurant or the park office throughout the event weekend. Donations will be stacked into a growing "Toy Tower," with the final height revealed during Sunset Karaoke on the patio at The Shoreline on Saturday, July 18.

Visit www.steeprockbeach.ca for more information.

Clarification Gimli musical theatre's Disney production

Staff

We wish we could blame a wonky IT system for this one, but unfortunately it came down to human error. A story titled "Gimli Junior Musical

Theatre kids staging free performance of Moana Jr. this Friday" ran in the May 28, 2026, edition of the Express Weekly News. The story was inexplicably pulled from the 2025 vault and given new life.

The theatre kids in Gimli's musical theatre summer camp are actually staging Disney's Aladdin Jr. later this year on July 16.



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Every fibre tells a story at Lakeside Quilters 10th annual show

By Patricia Barrett

The Lakeside Quilters 10th annual show last weekend offered a stunning variety of quilts and gave people an opportunity to meet some of the artists behind the creations.

Quilters from across the Interlake, including Gimli and Arborg, as well as from southern Manitoba were among



Pat Green browsing the wide array of fabrics.



Tree of Life Elephant by quilt artist Janice Skene from Arborg.

those who took part in the quilting group's 2026 show at the Gimli Recreation Centre.

Gimli-area artist Caroline Woytowich took part in the show with a loving Christmas-themed quilt called "Happy

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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.

Details on Director qualifications and nomination forms are available at our Customer Service office.



Checking out vendor's products.

Christmas Always" that she designed and co-quilted for her daughter, and also volunteered to staff the weekend event.

People who attend the show, which included vendors and a silent auction, were able to vote for their favourite quilt.

"The Lakeside Quilt show is not a judged quilt show, but a 'people's choice' quilt show. Anybody who attends has the privilege of voting on what they see in the different categories that have been selected," said Woytowich, who joined the Lakeside Quilters board in 2023 and was staffing the ballot-box booth.

Each artist includes a story for their work.

Woytowich's quilt was a "special holiday quilt" made for her daughter, who waited patiently over two Christmases for it be completed.

"The soft modern colours and the little bit of gold shimmer should grow with her and all her happy holiday seasons ahead," Woytowich wrote for

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her quilt story.

Quilt-making is a labour of love. Fibre artists can spend thousands of hours working on their artistic creations and will sometimes use fabrics that they recycle from whatever they can get their hands on.

Case in point is Woodridge-based artist Lynnette Ruta.

In addition to displaying her own quilts, Ruta had on display a magnificent quilt made by her grandmother, Rose Gobeil, her mother, Agnes Ryckman, and herself.

Titled "Extended Drunkard's Trail," the quilt — which started out as "Drunkard's Path" — tells the tale of three generations of women.

Gobeil and Ryckman started the quilt in 1980. Gobeil sewed by hand and Ryckman strengthened it with a machine. Ryckman completed it after her mother passed away, and Ruta then quilted it in 2012 on her long-arm quilting machine.

"She used to have the smallest room to sew in," said Ruta, referring to her grandmother. "And she'd get all the leftover materials such as a jacket, a coat, an old dress and the lining from a box of cigars. There are some satins in the Drunkard's quilt, velour and cotton — all different kinds of fibres."

She said Gobeil got her inspiration for the colourful swirly design from a style by well known quilter [David] Taylor.

Drunkard's Trail won a judge's award for innovation in 2012 at the

Manitoba Prairie Quilters show.

Quilt artist Janice Skene from Arborg designed and quilted a beautiful Asian-themed work titled "Tree of Life Elephant." She based it on a tapestry she bought from a store that supports ethically sourced clothing and accessories made by people in countries such as Nepal, India and Thailand.

"I have always loved the tapestries that were sold by Far Out Imports," Skene wrote in her quilt story. "I bought one and quilted it. I liked it so much I purchased 2 more tapestries."

A number of vendors offered fabrics and quilting supplies. They included Mama Bear's Quilt Shoppe from Ashern, Carman and Brandon, Oma's Quilt Shop from Grunthal, and Sew Happy Quilts 'n More from Arborg.

Glass artist Heather Dawson from Glass by Heather was one of the vendors at the quilt show as she pieced and "weaved" together remarkable glass pieces (see story this edition).

Lakeside Quilters donates proceeds from their shows to various community organizations and charities.

Between 2012 and 2023, the group donated \$14,900 to groups such as the Evergreen School Division to support its student meal program, the Arborg Personal Care Home for blanket warmers, Heima Er Best, Camp Stepping Stones, a power stretcher for Teulon, and the Westshore Community Foundation.

The Lakeside Quilters board will be announcing the winners after the show.



EXPRESS PHOTOS BY PATRICIA BARRETT

Quilt artist Lynette Ruta from Woodridge with a quilt made by her grandmother, her mother and her. It won an award in 2012.



Lakeside Board member and quilt artist Caroline Woytowich.



Happy Christmas Always by Caroline Woytowich.

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Armstrong council approves Harbour colony's 140,000 chicken operation

By Patricia Barrett

Armstrong council approved the Harbour Hutterite colony's proposed 140,000 chicken operation last week at its regular meeting.

Council had held a public hearing last month to consider a conditional use application from Harbour colony, a satellite colony of Crystal Spring colony from Ste. Agathe, to operate the chicken farm.

It will consist of 40,000 layers, 40,000 pullets and 60,000 broilers, which is said to represent 764 animal units, according to provincial government calculations.

The new colony is located in Armstrong on the shared municipal border with the RM of Gimli. It intends to spread chicken manure on various fields it owns in the RM of Gimli, including near the airport.

Armstrong's chief administrative officer Colleen Mayer said council approved the chicken operation at its May 26 meeting.

Minutes from the meeting are posted online. They show resolution #2026-127 was approved by all members of council: Reeve Garry Wasylowski, Deputy Reeve Paul Humeny and councillors Sonny Rohne, David Tyndale, Glenn Barkman and Allen Evanchyshin.

Council's approval is subject to Harbour Colony adhering to provincial requirements and safeguards outlined by a provincial technical review committee.

The requirements include the colony obtaining a Water Use Rights Licence, making an application to construct water control works, ensuring as per the Livestock Manure and Mortalities Management Regulation that a minimum setback of 20 metres (65 feet) is maintained from any well, spring or sinkhole — or 15 metres (49 feet) where a permanent vegetative buffer is in place, and locating manure at least 100 metres (328 feet) from any surface watercourse, sinkhole, spring or well.

The colony must also ensure that manure does not pollute surface water, groundwater or soil, ensure that composting does not pollute surface water, groundwater or soil, and locate a composting site at least 100 metres from a surface watercourse, well or the operation's boundaries.



EXPRESS PHOTO BY PATRICIA BARRETT
Armstrong Reeve Garry Wasylowski at an RM of Armstrong public hearing on May 14 for harbour colony's proposed 140,000 chicken operation.

In the event of a rejection by council — which did not occur in this case — or council's decision to impose conditions, the colony reserves the right to appeal to the Manitoba Municipal Board.

Other news:

-Council approved a conditional use application (resolution #2026-126) from Teri Nicholson and Boris Wessner to have two recreational vehicles on their property until a permanent residence can be built.

The proposal received two objections from neighbours.

Council held a public hearing to consider allowing the vehicles to be stored on land that's zoned agricultural limited.

Council's approval is subject to the following conditions including that the location is deemed as a "temporary residential situation," that it cannot be

used as a tourist campsite, that the permanent residence must be built by Sept. 30, 2027, the trailers used as a temporary residence be removed after its built and that all building permits be obtained prior to construction.

- Council approved an application from Donald and Lyla Mantik to have a 612-square-foot single-family residence placed in a zone requiring 800 square feet.

Council approved the dwelling subject to conditions that include the couple obtaining a building permit, providing a detailed site plan showing all distances to property lines and other buildings on the property while maintaining minimum setback requirements, obtaining approval from the provincial department of highways, bringing a relocated dwelling up to code regarding windows, ventilation and smoke alarms and that the exterior of the building be completed prior to moving the structure on the property by Sept. 30 this year.

- Council passed a resolution (#2026-119) to receive a monthly activity report from the RM's public works coordinator.

- Council is monitoring the Fish Lake Drain's operating levels to ensure it doesn't impact municipal drainage. The Fish Lake Drain is a provincial responsibility.

"Council continues to monitor the levels and how it could potentially affect drainage in our area. They continue to work in collaboration with the province to ensure levels are maintained accordingly," said Mayer. "The province has agreed to provide monthly level updates going forward."

- Council is currently working on a list of drainage priorities.

"This is still under discussion and once a final decision is made it will be brought to council for approval," said Mayer.

Council approved an application for a water licence at Road 112N between 2E 1/2 mile south of Road 112NE.

- Council approved (resolution #2026-135) an event plan for a festival being held on a local farm.

The Ledwich family is hosting the Bring Your Love Festival in August. It will feature DJs, performers, visual artists, and food and artisan vendors who'll be celebrating "love, creativity and community."

"Council has approved the 2026 event plan, as they have in the past, with conditions," said Mayer.

The conditions include sending a letter to residents about the event within two weeks of approval, providing proof of liability insurance naming the RM of Armstrong as loss payable at \$5M liability, providing an event plan, contacting the fire chief and bylaw officer within two weeks of approval, ensuring and managing restricted decibel levels after the headliner performing act that starts at 12 a.m. and runs until 1-1:30 a.m., and work with RM administration to have the RM's building inspector review and inspect the structures on site to ensure compliance with the Building Code.

- Council appointed Angie Dzuba as senior election official for the RM of Armstrong.

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June ONSITE Week 1 Consignment Sale

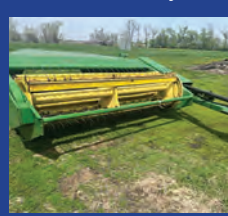
Viewing: June 1st - 4th from 9 AM to 5 PM.
Bidding starts: June 1st, 2026 at 9:00 AM
Lots start closing on June 11, 2026 at 10:00 AM.
Pick up days: Friday, June 12th, from 9 AM to 5 PM

"Estate Sale of Kendall" June 2026

Viewing: TBD. Bidding starts: June 11th, 2026 at 9:00AM. Lots start closing on June 17th, 2026, at 10:00 AM. Pick up days: Thursday, June 18th, Friday, June 19 & Saturday, June 20th from 9 AM to 5 PM

June OFFSITE Consignment Sale 2026

Viewing: June 15th - 18th from 9 AM to 5 PM.
Bidding starts: June 18th, 2026 at 9:00 AM
Lots start closing on June 24, 2026 at 10:00 AM.
Pick up days: Friday, June 26 & Saturday June 27th, from 9 AM to 5 PM



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By Susie Schwartz

Today's column is going to be a little different from the usual. I have a mini-tip for you, and then I have a question. That's right — I want your input.

First, the mini-tip: Don't just jump through hoops for your health. Jump through them, then get your hips moving and hula those hoops until you can't hula those hips anymore.

"Susie, have you lost your mind?" you ask. (Yes, but this is not proof of that. Stick with me.)

I am currently lost in one area of the health-care system here in England. More than a year ago, one doctor who works in London — at least a three-hour drive for us — asked another doctor closer to us in the Midlands to order some tests for me to save multiple trips to London. The tests still have not even been ordered.

I've contacted the secretaries for the Midlands doctors several times to follow up on these tests, always being assured someone will get back to me within a week or two. And then? ... Crickets.

It's time to start hula-hooping those hoops.

What does that look like? Embarrassing. Can you picture me hula-hooping? Guaranteed to end with me on the floor and suffering the largest plastic wedgie conceivable to humankind.

Seriously, though, I think I'm going to have to show up at the hospital clinic in person and speak to someone there. If I get nowhere in the clinic, I

may need to involve the patient advocacy liaison.

So, my tip? Do whatever you have to do to get the job done for your health. You don't want to pay the consequences of not doing so.

Now, about my question for you. I want to serve you as best I can in my little corner of this newspaper, and I'd love your help doing that.

I'm wondering if you could send in any topics you'd like explored to the email address below. (Within my area of expertise, of course. I can't help you learn how to do your taxes or groom a pet monkey.)

Do you enjoy articles about coping mechanisms for dealing with ill health? Practical patient advocacy tips for building relationships with your doctors? Emotional support? Are you a caregiver who would like more columns aimed at supporting you?

I'm open to all suggestions. This column is here for you, and I want it to reflect that.

I'm excited to read your messages and better understand what you need and want.

Less health stress, yes?

A published author and musician, Susie currently lives in the U.K. Find her on Instagram at @author-susieschwartz and online at susieschwartz.com. Email: info@lesshealthstress.com. She is the author of the book Help the Doctor Help You: 41 Secrets and Tips for Self-Advocacy to Get the Best From Your Appointments.



Westshore Community Foundation Scholarships

Westshore CF will be accepting applications June 15 to July 15

In addition to applicants from the Westshore catchment area, the Brenda Krulicki Scholarship is available to all graduates of Evergreen School Division and the Viking Masonic Lodge No. 175 Scholarship is open to residents of Manitoba. To see the scholarships available go to: www.westshorefoundation.ca

For more information contact the Westshore office at 204-642-9796 or admin@wcf-foundation.ca

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THRIVE launches first-ever summer camps in Teulon

By Lana Meier

THRIVE is preparing for a busy summer season as the organization launches its first-ever summer camp program in Teulon, offering a wide variety of themed camps designed to keep children active, creative and engaged throughout July and August.

The Teulon Hometown Recreational Variety Events Inc. (THRIVE) camps will run weekly at the Teulon Rockwood Arena and are open to children ages six to 12, with the exception of the Creative Kitchen Camp, which is geared toward ages eight to 14.

To help lead the new initiative, THRIVE has hired Nicole Tretiak as summer camps executive director.

Tretiak said her role includes overseeing registration, communicating with families, coordinating camp logistics and helping ensure campers have a safe and positive experience.

“With 15 years of experience working in childcare as an ECE II, I bring a strong background in child development, program planning, and creating engaging activities in a safe and supportive environment,” she said. “I look forward to sharing this knowledge with our camp leaders and working closely alongside them to help plan meaningful, fun, and age-appropriate experiences for all campers.”

THRIVE will offer five themed camps this summer, with the All Stars Sports Camp being offered twice. Other camps include Creative Kitchen Camp, Science Squad Camp, Adventure Camp and Build It! Camp.

The camps will feature activities

such as sewing, cooking and baking, sports, outdoor adventures, science experiments and creative building projects.

Tretiak said offering a wide range of camps was important because every child has different interests and passions.

“We want to create opportunities where every child in our community can feel included, excited, and able to find something they truly enjoy,” she said.

She added that activities will be adapted for different age groups to ensure all participants remain engaged and supported throughout the week.

“Our goal is for every child to leave camp with lasting memories, new friendships, greater confidence, and exciting new skills they can carry with them long after summer ends,” Tretiak said.

THRIVE is also hoping to make the camps accessible to families outside Teulon. If enough families register, organizers plan to offer transportation from Stonewall to Teulon for an additional weekly fee.

Camp days will run from 9 a.m. to 4 p.m., with drop-off beginning at 8:30 a.m. and pickup available until 4:30 p.m.

Registration opened May 25 and will remain open until June 12. Camps cost \$250 per week, while families registering for two or more camps receive a reduced rate of \$225 per week.

In addition to the summer camps, THRIVE is also hosting free Community Summer Arena Nights through-

out July and August at the Teulon Rockwood Arena. The evenings are intended to provide youth and families with a safe, supervised place for

recreation and activity during the summer months. Donations are being accepted to help offset supervision, facility and administration costs.

Construction on new Arborg Personal Care Home starting this summer

By Patricia Barrett

In anticipation of a new personal care home in Arborg that the provincial government committed to build, Shared Health installed a sign at the site of the new facility.

Arborg Mayor Peter Dueck said the sign was created and authorized by Shared Health, and that Penn-co (construction company) installed it at the sports fields behind the Arborg recreation centre where the PCH will be built.

Construction is expected to start this summer.

“Our latest information is that Penn-co intends to mobilize the site beginning June 22,” said Dueck. “We should see perimeter fencing, equipment and materials arrive that week.”

In 2025, the provincial government

had allocated over \$5 million to the design of the new Arborg PCH.

In March the government said it’s investing \$71.8 million to build new PCHs provincewide, including in the Interlake-Eastern Regional Health Authority.

“Construction is underway at the 95-bed PCH in Lac du Bonnet and construction of the 59-bed Arborg PCH expansion will begin this summer,” states a March 13 news release.

When asked what the future plans are for Arborg’s existing 40-bed PCH, mayor Dueck said the town and the government have not discussed that.

“The Town of Arborg has not participated in any discussion with the current government regarding the future use of the old PCH,” said the mayor.



EXPRESS PHOTO SUBMITTED
Construction of the new Arborg PCH is starting this summer.

Motion Performance takes over Gimli raceway

By Lana Meier

The return of drag racing to Gimli is set to mark a major new chapter for Manitoba motorsports as Motion Performance Raceway prepares to re-open the former Interlake Dragway facility later this spring.

After months of uncertainty following the announcement last fall that the drag strip near Gimli would close, the facility is now moving forward under new leadership with a tentative reopening planned for mid-June.

Motion Performance Raceway, formerly known as Interlake Dragway, will operate under the direction of Sheldon Root, owner and operator of Motion Performance and a longtime member of Manitoba's drag racing community.

Root is well known among racers for his work building, tuning and racing high-performance vehicles, and supporters say his involvement is bringing renewed energy and optimism to one of Manitoba's most recognizable motorsports facilities.

While taking over the facility was not originally part of his plans, Root said concern for the future of racing in Gimli eventually changed his mind.

"Originally, I wasn't interested in



taking over the track, but around mid-December, I started thinking more seriously about it," said Root. "I had a few people give me a nudge to step in, and after a few weeks of thinking it over and running the numbers, I decided to give it a try."

The decision was also deeply personal for Root, who has been involved with the Gimli drag strip for decades.

"I started racing in Gimli back in 1997 and then spent 10 years there with our Motion Parts Truck attending every event," he said. "As the owner of Motion Performance and being in the performance parts and car-building business, I've spent a lot of time at the facility over the years, so it was hard to watch the condition of the track and see what was happening to a place that means so much to the racing community."

Plans are currently underway to wel-



EXPRESS PHOTOS SUBMITTED

Drag racing in Gimli is officially entering a new era under the leadership of Sheldon Root, owner and operator of Motion Performance.

come both quarter-mile and eighth-mile racers back to the track located at Gimli Motorsports Park.

For many in the racing community,

the reopening represents more than simply bringing a racetrack back into

Continued on page 18

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CENTENNIAL RD, GIMLI, MB.

Gimli 182 GM Stefnufaster Royal Canadian Air Cadet Squadron celebrate cadet excellence

By Patricia Barrett

Cadets with the 182 GM Stefnufaster Royal Canadian Air Cadet Squadron were lauded for their hard work and dedication during an annual parade and review held on May 26 in Hanger 1 at the Gimli Airport.

Civilian Instructor Caroline Poulin said the cadets aged 12-18 were recognized for their work.

"Awards were given out to outstanding cadets. Top level 1 went to Owen Cranton, top level 2 to Kadence Boucher, and top level 3 to Rudy Woytowich," said Poulin. "Most improved cadet went to Aiden Falk, top dressed cadet went to Zennick Lubinski and top marks marksmanship went to Soren Goodman. Three cadets shared perfect attendance: Reid Good, Aiden Falk and Rudy Woytowich."

Master of ceremonies Capt. Lenny Irvine CD presided over the presentations. Friends and family were invited to watch the cadets mark the end of their training year, said Poulin. Invited guests included Reviewing officer Comrade Lorn Kapuski, Air Cadet league representative Allan Lindal and sponsoring Committee chair Comrade Stephen Fedorchuk.

"Apart from awards, cadets were guided in a careful and traditional

general salute and march past just as generations of air cadets before them have done," said Poulin. "Parade commander Reid Good was poised and stoic the whole time."

The 182's crest, Stefnufaster, is Icelandic for "swift and sure," she added. And that's exactly how the cadets performed at the ceremony.

The 182 RCACS meet weekly from September to the first week in June and enjoy training centered around aviation, said Poulin. Cadets also take part in outings, field training, marksmanship, and serving the community during Remembrance Day events, the Canada Day parade and at the Winnipeg Beach Legion's teas.

The 182 trains local youth from communities such as Arborg, Riverton, Gimli, Sandy Hook, Winnipeg Beach, Teulon, Komarno, Fraserwood, Duntottar and Petersfield.

They can take part in a range of subjects including citizenship, leadership, aviation, aerospace, navigation, drill, physical fitness aircrew survival, marksmanship and orienteering, according to 182's website. Skill sets such as discipline, teamwork and leadership can later help them in their chosen careers. The training is free and provided by a partnership



EXPRESS PHOTOS COURTESY OF CI CAROLINE POULIN

From left: Aiden Falk, Reid Goodman, Captain Scott Cameron (commanding officer) and Rudy Woytowich. The three cadets and the commanding officer were recipients of perfect attendance for the 2025-26 cadet year.

between Canadian Armed Forces and the Air Cadet League of Canada.

Poulin said none of the 182s are scheduled to attend the Gimli summer camp this year, which is returning to the town. Some cadets, however, will

be travelling to other cadet training summer camps across Canada.

For more information on the Stefnufaster air cadets' program, visit www.182rcac.ca



> RACEWAY, FROM PG. 17

operation.

"This is exactly what Manitoba racers needed," supporters said following the announcement. "A dedicated, well-run drag racing facility gives people a safe place to race, test, compete and continue growing the sport for the next generation."

The drag strip first opened in 1978 and has hosted generations of racers, spectators and motorsports enthusiasts over the decades. The facility became known for its family atmosphere, competitive events and longstanding role within Manitoba's grassroots racing scene.

Root said one of the major goals

moving forward is rebuilding excitement around the facility while helping younger racers become involved in the sport.

"Our hopes are to bring back excitement, racers, and a facility the community can be proud of again," he said. "We really want younger people to become part of the sport because, like many industries, we're all getting older and we need the next generation to get involved."

To help encourage younger racers, Motion Performance Raceway plans to introduce a new Junior Street class for drivers aged 13 to 16.

"We'll be adding a Junior Street class for the 13-16 age group to help get young drivers involved early and hopefully spark that passion for rac-

ing," said Root.

The reopening is also expected to provide an economic boost to the Gimli area, with race weekends anticipated to attract competitors and spectators from across Manitoba, neighbouring provinces and parts of the northern United States.

That increased traffic is expected to benefit local hotels, restaurants, gas stations and businesses throughout the community.

Support for the project has already been expressed by members of the motorsports community, local businesses and municipal officials from the Town and Municipality of Gimli.

Organizers say the return of drag racing will not only preserve an important piece of Manitoba motor-

sports history, but also create new opportunities for racers and fans for years to come.

The 2026 event schedule currently includes race weekends on June 13-14, July 11-12, Aug. 1-3, Aug. 29-30, Sept. 5-7, and Sept. 26-27, along with an additional weekend planned for Oct. 10-11, weather permitting.

Additional details regarding race classes, test days and opening weekend activities are expected to be released in the coming weeks as preparations continue toward reopening day.

Updates and announcements are being shared through the Motion Performance Raceway and MPR social media pages.

New playground equipment arrives at Riverton school

By Lana Meier

Riverton Early Middle School students have a new place to play after the school celebrated the installation of a We Rock E-Z2 inclusive rocker on Thursday.

The Riverton parent advisory council applied for several grants to help fund the new playground piece. The Riverton Elks presented a surprise \$10,000 cheque to students during their Christmas concert in December, while the Westshore Community Foundation also contributed \$10,000. Evergreen School Division provided \$14,000 toward the project.

The Elks said they were pleased to support the initiative because the equipment benefits not only students but the wider community, as the school playground is the only play-

ground equipment in Riverton.

Principal Randy Semenek said he was excited to see the new equipment in place for students and families. The school had to remove its slide a few years ago after it became unsafe, leaving an empty spot on the playground.

The We Rock E-Z2 is designed for children ages 18 months to 12 years and allows children of all abilities to rock together. It includes a bench seat, two supportive E-Z seats and a spacious centre area with a grip bar for additional seating. The inclusive design supports children with limited body strength or control and is designed to help with wheelchair transfers, balance, sensory play and social interaction.

The equipment is designed and manufactured in Canada by Blue Imp.



EXPRESS PHOTOS SUBMITTED

Pictured left to right: Evergreen School Division trustees Penny Helgason and Sandra Davies, Westshore director Doug Anderson, Riverton Elk Mitch Johnson and Riverton Early Middle School principal Randy Semenek.

A stylish new home



EXPRESS PHOTOS SUBMITTED

Shears of Glory Hair Salon officially opened its new location in Gimli on May 22 after relocating following seven years in Winnipeg Beach. Owner Katerina Shewchuk, a Red Seal stylist with more than 20 years of experience, said she was overwhelmed by the community support shown during the salon's grand opening. The salon's team includes one hairstylist and two apprentices. The salon is located at 81 1st Ave. Hours are Monday, Wednesday, Thursday and Friday from 9 a.m. to 4 p.m. and Saturdays from 8:30 a.m. to 2 p.m. Pictured, Katerina with her daughter, Elisa.



Students test out the new We Rock E-Z2 inclusive rocker at Riverton Early Middle School following its installation on the school playground. The new equipment, funded through contributions from the Riverton PAC, Riverton Elks, Westshore Community Foundation and Evergreen School Division, is designed to allow children of all abilities to play and interact together.



Riverton Elk Mitch Johnson had the honour of cutting the ribbon for official opening of the Riverton Early Middle School playground upgrade last Thursday.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Gimli's Vigfusson commits to play NCAA D1 at St. Cloud State

By Kieran Reimer

Gimli's Vigfusson commits to play NCAA D1 at St. Cloud State

Niverville Nighthawks captain and Gimli-native Adam Vigfusson has committed to play Div. 1 NCAA hockey at St. Cloud State University next season.

The 20-year-old forward is coming off his most successful season in the Manitoba Junior Hockey League where he led the Nighthawks to their first-ever Centennial Cup as National Junior 'A' Champions.

After a 51-6-1 regular season, Vigfusson's Nighthawks would go on to lose just one MJHL playoff game in capturing the Turnbull Cup, before an undefeated run at the Centennial that wrapped up two weeks ago in Sum-

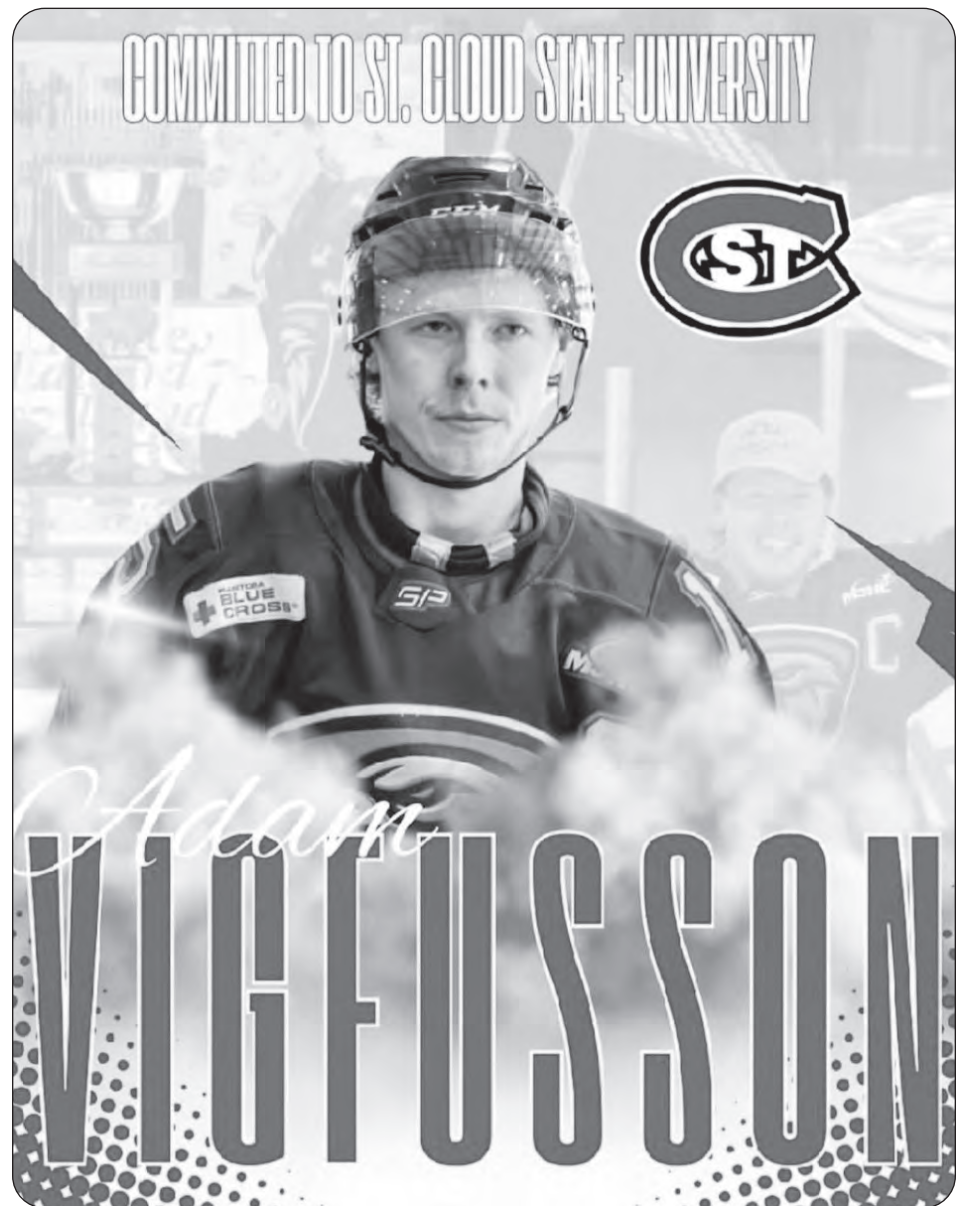
merside, P.E.I.

He appeared in all six of Niverville's Centennial Cup games, tallying seven goals and five assists, and going on to be named Tournament MVP.

He also racked up 26 goals and 35 assists in 40 MJHL regular season games which capped off a 123-game MJHL career, which he posted 62 goals and 76 assists for 138 points.

Vigfusson had previously committed to play U Sports hockey for the York University Lions ahead of the Centennial Cup, before recommitting to the St. Cloud State Huskies following the tournament.

The Huskies are coming off a 2025-26 season where they went 16-19-1 and reached the NCHC Quarterfinals before being eliminated.



EXPRESS PHOTO SUBMITTED

Gimli's Adam Vigfusson has committed to play NCAA Division I hockey with the St. Cloud State Huskies for the 2026-27 season.

18U tournament champions



EXPRESS PHOTO SUBMITTED

The Warren Wildcats 18U baseball team dominated at the West Winnipeg A tournament held at Optimist Park May 29-31. The Wildcats opened the tournament with a 16-0 win over Winakwa Grey on Friday. Saturday the Wildcats defeated Winakwa Black 13-9 which sent them to the semi-finals on Sunday where they once again beat Winakwa Grey 20-9. In the final, the Warren team claimed the tournament championship after defeating the Winakwa Red team 12-2. Pictured left to right, back row: Brad Drews (coach), Renald Neault (coach), Duncan Schaeffer, Ashton Chartrand, Conway Anderson, Leighton Chartrand Adam Ball, Paul Chartrand Lee Hearn, Jack Carlson, Cooper Stefanuk-Cameron, Jessie Highmoor, Liam Ivany (coach) and Carter Olson (coach). Middle: Rylan Neault, Siggie Bjornson, Daniel Koss, Rhet King, Ty Olson, Kael Ivany and Drew Cassidy. Front: Josh Tristram.

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THE **EXPRESS**
WEEKLY NEWS

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Young triathletes to take on Arborg course July 4

By E. Antonio

The Interlake Kids of Steel Triathlon is returning to Arborg for a third year on July 4, inviting athletes aged six and older to compete in a fun-for-all event.

Race director Paula Anderson said community support for previous events has been tremendous, and she is excited to witness the thrill of the day again.

"We strive to make the triathlon more than just a triathlon," she said. "We want to create a friendly, cheerful and supportive environment for youth of all ages and abilities."

Presented by the Sulong Triathlon Group, the Kids of Steel Triathlon divides athletes into six age groups, each competing in varying distances of swimming, biking and running. New to the event this year is the Super Sprint Triathlon, open to athletes aged 16 and older. Anderson said it is an ideal race for older competitors looking to participate in a safe and comfortable environment. Athletes are required to supply their own gear, except for a swim cap, which is provided.

The event begins with a swim in the Arborg pool, followed by a guided bike ride through the east side of town, and concludes with a run on the Arborg Collegiate track. All races wrap up with a cookie medal and certificate presentation, as well as a pizza party and celebration where everyone is encouraged to stay.

"Competing in a triathlon is a tremendous feat, and it's important everyone's accomplishments are honoured," Anderson said. "The goal is to bring joy, excitement and fun so the kids have something to look forward to and want to come back to each year."

Ten-year-old Arla William is from

Stonewall, and she competed in her first triathlon last year with Kids of Steel. Previously, she took part in her school's run club, took swimming lessons and enjoyed bike rides with her family. When she saw her cousin compete a year earlier, it inspired her and her siblings — Sawyer and Nora — to register.

"I like triathlons because when I finish it, there is a sense of accomplishment," she said. "I feel proud of myself for finishing."

She added she likes how it is hosted in a smaller community, so there isn't as much pressure. Plus, she enjoys how the only competition is herself.

"You can run your own race and can focus on yourself. I like to imagine there is nobody else there and I am doing this just for me."

Two of her favourite memories from last year include her family cheering her on as she crossed the finish line and the celebratory pizza party with other athletes afterward.

This year, her goal for the Kids of Steel Triathlon is to have fun and beat her time from last year. Her mom, Jessica, said as a parent, it fills her with pride seeing how much effort Arla and her other kids put into the race.

"It's physically and mentally challenging," she said, describing the race. "There were times that you could tell that she was pushing herself as hard as she could, but she never gave up. Once she passed the finish line, she was exhausted and went through a roller coaster of emotions. She initially said she never wanted to do it again in, but after catching her breath, she realized that it was such a good accomplishment and she was proud of herself."

For Anderson, when she looks back at her triathlon journey over the last



EXPRESS FILE PHOTO SUBMITTED

Registration is now open for the Kids of Steel Triathlon in Arborg on July 4. Athletes aged six and older will take once a swimming, biking and running challenge before celebrating with a cookie medal and pizza party. Pictured are 2025 athletes Sawyer Williams, Easton Kanteluk, Nora Williams and Arla Williams.

decade, she said she quickly fell in love with the sport after realizing how accepting and inspiring the community was. She said she enjoys looking back on her own races and hopes similarly happy memories are created for young athletes competing in the Kids of Steel Triathlon.

"Kids already come energetic and excited on their own, and seeing them excited makes me excited," she added. "They bring so much energy to everything they do."

Aside from the athletes, Anderson said the event is made possible by its many volunteers. She noted there is

about a one-to-one ratio of racers to volunteers. Volunteers assist with a variety of tasks, including registration, counting laps, directing athletes and traffic, helping racers with equipment, serving food and more.

"There is no shortage of volunteers — they are everywhere," Anderson said.

Athlete and volunteer registration is open until June 2 at 4 p.m. Pricing varies depending on the registration date, with early-bird pricing ending May 31.

To register or inquire about volunteering, visit www.heclatri.com.

Offensive spark powers Storm FC to second victory

By Kieran Reimer

Now one month into the season, Storm FC are staring down their own 2-2 record which has them sitting fourth in the Manitoba Major Soccer League Div. 5.

The Arborg-based club moved up the league table last Tuesday with

a dominant 6-1 triumph over the eighth-ranked Back Pack FC at Winnipeg Soccer Federation North.

The result marks a bounce back performance after dropping their previous two matches by narrow margins to BFR AC and Markhor Devils Unit-

ed.

They now turn the page to five games in June that will feature contests with Landmark FC, East Kildonan United FC, Fratelli Di Calabria FC, Red River Rovers and Prairie United.

The club have 14 games left on the

18 game schedule that wraps up at the end of August, with the 2026 playoffs set to take place in September.

UPCOMING GAME:

Thursday, June 4 vs Landmark FC, 7:30 p.m. at Buhler Recreation Park

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 Wednesday, June 24th, 2026

Viewing - June 12 & 13, 2026.
 Contact Sherri at (204) 308-3154.

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

Bergner Auction Service-Ashern
 (204) 768-2669

MACHINERY

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

FEED AND SEED

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

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

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.

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 R0C1P0
 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

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.

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.

FINANCIAL SERVICES

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

HELTH

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

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 Call 204-467-5836

EXPRESS WEEKLY NEWS
 204-467-5836

Classifieds



Book Your Classified Ad Today - Call 467-5836 or Email ads@expressweeklynews.ca

CORRECTION NOTICE

Please be advised that the Matlock Recreation Club has requested the withdrawal of its advertisement published in this week's edition regarding references to the RM of St. Andrews.

An updated advertisement provided by the Matlock Recreation Club will appear in next week's edition. Please see updated add in this week's edition.

ONLINE ONLY AUCTION

DAKOTA SORENSEN RANCH RETIREMENT EDDYSTONE, MB MONDAY, JUNE 8, 2026 SOFT CLOSE AT 7:00 PM

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

FOR INFO OR VIEWING: Previewing June 5 and 6.

Call-text Dakota at 306-662-3434 for info

TRACTORS, VEHICLES, TRAILERS:

JD6430 FWA Premium tractor, 8400 hrs; 2019 Kubota, KVT trans, LM 2605 quick attach loader, 8'6" bucket/grapple, GPS autosteer, etc; Coop implement 650 tractor, 73hp; NH W130B loader/bucket, 6800 hrs; ASV HD4500 post-track skid steer, front PTO, std Bobcat quick attach; multiple skid steer attachments; 2002 Nissan Xterra, 267,813 km; 2010 Chev Cobalt, 165,383km; 1994 GMC 3500 diesel truck w/bale deck; Freightliner sleeper cab, Detroit engine, 13-speed; other vehicles; 4-Star 24' aluminum stock trailer; Kiefer 18' stock trailer; Trailtech trailer, 24'x8' w/extensions; Doepker end-dump gravel trailer; flat deck trailer, 35' deck; other trailers; **FARM AND RANCH MACHINERY AND EQUIPMENT:** Claas Jaguar 900 10-row harvester, new knives, 4866 hrs; JD 1610 chisel plow w/attachment; summer harrow 82' wide; Luck Now 900 feed wagon; Vermeer 605N baler, 504 PRO silage baler, M7050 disc mower; disc packer, disc drill; 12-wheel v-rake; Brandt bale processor; lge qty self-standing and other steel panels, gates, bale feeders, troughs; drill stem pipe; windbreak panels; lumber, poles; cattle guard, box stall/steel frame; loading chutes, cattle oilers, waterers, vet supplies; solar panels, fencer supplies, posts; fuel tanks, tires, etc; **YARD, GARDEN, RECREATION, TOOLS, SHOP:** 20' Cub cadet garden tiller; 2007 Yamaha Grizzly 700FI; quad lift; gas pressure washer; 1500lb winch-new; small electric tools, shop supplies; mobile tool chest; metal insulated doors; **HOUSEHOLD, OTHER ITEMS:** Adirondack chairs, vintage items and much more!

BID NOW AT WWW.GARTONSAUCTION.COM

News Tips? 204-467-5836

EMPLOYMENT CULINARY AND HOUSEKEEPING STAFF

Simply inviting



Lakeview Gimli Resort

We are recruiting vibrant, energetic characters to join our great team.

Part-time Front Desk Clerk, Full-time Duty Manager & Seasonal Food and Beverage Supervisor

Please forward your resume to jdemarcke@lakeviewresorts.com or apply in person at the hotel 10 Centre St, Gimli, MB with your resume.



RURAL MUNICIPALITY OF COLDWELL

NOTICE OF VOTERS LIST / PERSONAL SECURITY PROTECTION

Notice is hereby given that a copy of the VOTERS LIST may be revised at: 35 Main Street, Lundar MB between May 28, 2026 and September 18, 2026.

between the hours of 09:00 a.m and 4:00 p.m.

At this time the Senior Election Official (SEO) will be available to update the voters list by:

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

VOTER ELIGIBILITY:

A person is eligible to have their name added to the Voters List if he or she is:

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

NON-RESIDENT VOTERS

A maximum of two non-resident property owners, per property, are permitted to vote in a municipal election. In order to vote, each of these voters must obtain written consent from a majority of the registered landowners, and file this with the senior election official. Consent forms can be obtained from the senior election official and must be presented at the time of voting.

When voting, you may also be required to provide proof of ownership to the voting official. Ensure you bring proof of ownership with you when voting.

APPLICATION FOR PERSONAL SECURITY PROTECTION:

A voter may apply in writing to the SEO (at the address/ email below) no later than September 18, 2026 to have their name and other personal information omitted or obscured from the voters list in order to protect the voter's personal security. The application may be submitted in person, by mail or email and must include your name, address and include proof of identity.

All changes to the voters list must be completed on or before September 22, 2026.

Dated at Lundar in the Province of Manitoba, on May 28th, 2026

Davina Mason
Senior Election Official (SEO)
RM of Coldwell
35 Main Street, Lundar MB
204-762-5421
secretary.coldwell@mymts.net

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



ASHERN AUCTION MART

ATTENTION: FARMERS AND RANCHERS

ANNUAL GENERAL MEETING Monday June 15, 2026 At 8:00 PM

Auditors Financial Report Election of Directors

204-768-2360

icca@mymts.net

www.ashernauctionmart.com

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PINEVIEW BUILDINGS INC. We're HIRING

About us

Pine View Buildings is a shed manufacturing company based in Arborg, Manitoba. We build quality outdoor structures and deliver them to customers across the province and beyond.

Carpenter

Requirements:

- Basic Carpentry - Required, Framing experience is a plus
- Attention to detail
- Ability to lift heavy materials - position is physically taxing

What we provide:

- Full time employment • A positive, faith-based work environment
- Competitive hourly rate • Paid Overtime
- Paid Holidays & Vacation • Potential for growth

Please send resume to: info@pineviewsheds.ca or drop it off in person: 139092 Hwy. 326 N, Arborg, MB, ROC 0A0

Roofer

Requirements:

- Previous roofing experience - preferred
- Basic carpentry - preferred

PUBLIC NOTICE

NOTICE OF REGISTRATION OF PROSPECTIVE CANDIDATE FOR SCHOOL BOARD ELECTION EVERGREEN SCHOOL DIVISION

Please be advised that a general election will be held on October 28, 2026.

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

NOTICE IS HEREBY GIVEN that I will be receiving candidate registrations Between June 30, 2026 and September 22, 2026 at Evergreen School Division office, 140 Centre Avenue West during the regular hours of business.

To obtain a registration form contact the SEO at the email or telephone number listed below.

Deb Thorsteinson
204-641-1216
EvergreenSD.SEO@esd.ca
Dated at Gimli on May 26, 2026

get inspired

> MEAL IDEAS



Tart Cherry Cottage Cheese Smoothie

In blender, blend cottage cheese, banana, cherries, ground flaxseed, milk and nut butter on high speed until completely smooth, 45-60 seconds.

If smoothie is too thick, add water, 2 tablespoons at a time, and blend to preferred texture.

Pour into two glasses and serve or pour into sealed jar or container and refrigerate overnight; stir or shake well before drinking.

Nutritional information per serving: 310 calories; 35 g carbohydrates; 22 g protein; 10 g fat.

Servings: 2

- 1 cup Mulu low-fat cottage cheese
- 1 frozen banana, peeled
- 3/4 cup frozen tart cherries
- 1 tablespoon ground flaxseed
- 1 cup low-fat milk
- 1 tablespoon nut butter
- water



Air Fryer Cottage Cheese Toast

each slice of sourdough bread.

Transfer slices into fryer basket. Cook about 7 minutes, or until cottage cheese is golden, bubbly and lightly set.

Remove toast from air fryer. Drizzle 1 teaspoon hot honey and 1 teaspoon chili crunch over each slice and serve.

Nutritional information per serving: 295 calories; 38 g carbohydrates; 19 g protein; 6 g fat.

Servings: 2

- 1 cup Mulu low-fat cottage cheese
- 2 slices sourdough bread
- 2 teaspoons hot honey
- 2 teaspoons chili crunch
- Preheat air fryer to 400 F.
- Spread 1/2 cup cottage cheese onto



Vegan Elote

- 1 tablespoon lime juice
- 1/4 teaspoon chipotle powder (optional)
- 1 pinch salt
- 4 ears Dandy Corn
- 2 tablespoons chopped cilantro

To make vegan Parmesan: In small food processor or blender, pulse cashews, nutritional yeast, garlic powder and salt until it resembles grated Parmesan.

Heat grill or grill pan to medium-high heat.

In bowl, stir mayo, ancho chili powder, garlic, lime juice, chipotle powder and salt until smooth.

Place corn on grill or grill pan and cook on all sides until corn is cooked and has grill marks, about 4 minutes per side.

Spread corn with chili mayo then sprinkle with vegan Parmesan and cilantro.

Recipe courtesy of Darn Good Veggies on behalf of Duda Farm Fresh Foods

Cook time: 16 minutes

Total time: 28 minutes

Servings: 4

Vegan Parmesan:

- 1/2 cup raw cashews
- 2 tablespoons nutritional yeast
- 1/2 teaspoon garlic powder
- 1/2 teaspoon salt

Elote:

- 1/3 cup vegan mayonnaise
- 1/2 teaspoon ancho chili powder
- 1 clove garlic, minced

Expert patient here to help!



Susie Schwartz

By Susie Schwartz

Today's column is going to be a little different from the usual. I have a mini-tip for you, and then I have a question. That's right — I want your input.

First, the mini-tip: Don't just jump through hoops for your health. Jump through them, then get your hips moving and hula those hoops until you can't hula those hips anymore.

"Susie, have you lost your mind?" you ask. (Yes, but this is not proof of that. Stick with me.)

I am currently lost in one area of the healthcare system here in England. More than a year ago, one doctor who works in London — at least a three-hour drive for us — asked another doctor closer to us in the Midlands to order some tests for me to save multiple trips to London. The tests still have not even been ordered.

I've contacted the secretaries for the Midlands doctors several times to follow up on these tests, always being assured someone will get back to me within a week or two. And then? ... crickets.

It's time to start hula-hooping those hoops.

What does that look like? Embarrassing. Can you picture me hula-hooping? Guaranteed to end with me on the floor and suffering the largest plastic wedgie conceivable to humankind.

Seriously, though, I think I'm going to have to show up at the hospital clinic in person and speak to someone there. If I get nowhere in the clinic, I may need to involve the patient advocacy liaison.

So, my tip? Do whatever you have to do to get the job done for your health. You don't want to pay the consequences of not doing so.

Now, about my question for you. I want to serve you as best I can in my little corner of this newspaper, and I'd love your help doing that.

I'm wondering if you could send in any topics you'd like explored to the email address below. (Within my area of expertise, of course. I can't help you learn how to do your taxes or groom a pet monkey.)

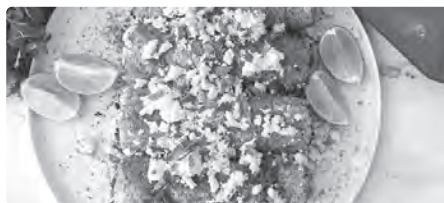
Do you enjoy articles about coping mechanisms for dealing with ill health? Practical patient advocacy tips for building relationships with your doctors? Emotional support? Are you a caregiver who would like more columns aimed at supporting you?

I'm open to all suggestions. This column is here for you, and I want it to reflect that.

I'm excited to read your messages and better understand what you need and want.

Less health stress, yes?

A published author and musician, Susie currently lives in the U.K. Find her on Instagram at @authorsusieschwartz and online at susieschwartz.com. Email: info@lesshealthstress.com. She is the author of the book *Help the Doctor Help You: 41 Secrets and Tips for Self-Advocacy to Get the Best From Your Appointments*.



Easy Elote Corn

Place corn directly on grates and cook 10-15 minutes, turning every 2-3 minutes, until charred and cooked through.

While corn is still warm, squeeze lime juice on all sides. Brush or spoon mayonnaise on each ear, ensuring all sides are coated.

Evenly sprinkle Elote seasoning over coated corn. Using hands, gently press seasoning into mayo.

Arrange Elote on serving platter, sprinkle with cotija cheese and garnish with fresh chopped cilantro. Serve with hot sauce or chili powder for extra heat, if desired.

Recipe courtesy of The Produce Moms on behalf of Duda Farm Fresh Foods

Servings: 4

- 1 Dandy Sweet Corn Tray (4 count)
 - 1 lime, juice only (about 2 tablespoons)
 - 1 cup mayonnaise or Mexican crema
 - 2 tablespoons Elote seasoning
 - 1 cup cotija cheese, crumbled
 - fresh cilantro, chopped, for garnish
 - hot sauce or chili powder (optional)
- Heat grill to medium-high heat.

Classifieds Announcements



Book Your Classified Ad Today - Call 467-5836 or Email ads@expressweeklynews.ca

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)

Remember Your Loved Ones with an Announcement in the **EXPRESS** WEEKLY NEWS
Call 204-467-5836

IN MEMORIAM



In Loving Memory of Cassie Tindall December 21, 1993 – June 7, 2023

You left us beautiful memories,
Your love is still our guide;
And though we cannot see you,
You're always by our side.

-Lovingly remembered by,
Mom – Leslie and Jeremy,
Grandparents – Steven and Kathie
Aunt and Uncle – Toni and Gary
Cousins – Coleton and Connor

OBITUARY



Leonard Raymond Zelenitsky

Unexpectedly, but with absolute peace, Leonard passed away in his home on Sunday, May 10, 2026, at the age of 80.

A quiet afternoon in mid-May, The world was moving at its steady pace. At eighty years, you simply slipped away, A sudden stillness on a rested face.

No heavy storm, no long and weary fight, No bitter words or lingering goodbye. You stepped from afternoon into the light, Like evening stars that claim a quiet sky.

Left to cherish his memory is his devoted wife of 56 years, Linda (nee Ksionzek), whose life was beautifully interwoven with his for over five decades. He was a proud and loving father to his daughter Amanda, and his son Chad (Amber). Leonard's greatest joy in later years was being a grandpa, leaving behind a legacy of love for Colten, Keyera, Hayes, and Rayne. Leonard is survived by his siblings Myles (Cheryl) Zelenitsky, Alice Nichol; and numerous nieces and nephews.

He was predeceased by his parents, William and Rose; his brother Allan (Elsie) Zelenitsky; his sisters Agnes (Ray) Bristol and Frances (Edward) Bochorka; his sister-in-law Deanna (Doug) Wilson; and his brother-in-law Jack Nichol.

Born in Gimli and raised in Winnipeg Beach, Leonard grew up with a deep connection to his community. He loved to share stories of his youth—wandering the streets of Winnipeg Beach, never being bold enough to climb the water tower as some of his peers did, selling ice for the family business, and driving a fuel truck for his brother Allan.

As young adults, he and Linda moved to Winnipeg, where Leonard built a life around his skilled trade as an electrician. He lent his talents to many different companies across the construction industry before finding a home at the University of Manitoba, from which he proudly retired in 2010.

Please join us for a Celebration of Leonard's Life: Tuesday, June 23rd from 11:00 a.m. - 1:00 p.m. in the Darlington Lounge at West Kildonan Legion Branch #30, 1748 Main Street, Winnipeg, Manitoba.

Tribute Link at: www.alternacremation.ca



OBITUARY



Ed Harms

With hearts full of love and gratitude for a life well-lived, the family of Ed Harms announces his peaceful passing into life eternal on May 25, 2026. Surrounded by the faithfulness of God and a supportive community, Ed entered the presence of his Lord and Savior, Jesus Christ.

Ed's childhood years were spent in Rosenort, Manitoba before moving to Riverton, Manitoba area. He attended school till the start of grade 9 when his families financial situation drove him to enter the work force. He started out in construction before moving to land clearing and logging work. In 1971, he married his beloved wife, Helen, with whom he shared 55 wonderful years. Ed co-founded Redi-Form Construction Ltd. in 1978 which grew from a company doing basements, to building hog barns, commercial projects and eventually general contracting. He was a man of independent character, practical wisdom, and deep faith, serving his church and community for many years.

Ed's legacy of hard work and devotion lives on through his wife, Helen; his children, Juanita (Chris), Jeff (Bev), Jamie (Bridget), and Joe (Pam); and his many grandchildren and great-grandchildren.

Friends in care of arrangements

Tributes: www.friendsfs.ca



CELEBRATION OF LIFE



Dr. Joe Meek

Please join us for a Celebration of Life on Monday, June 15, 2026 at 1:00 pm at the Assiniboia Downs located at 3975 Portage Avenue.

*Your memory will live forever
Engraved within our hearts*

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INWOOD ARENA
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Email: alyciawats@gmail.com
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Announcements



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OBITUARY



Donald Kristinnson
April 20, 1953 - May 14, 2026

It is with great sorrow that we announce the passing of Don Kristinnson on May 14, 2026 at the age of 73.

Surviving to mourn his loss are his sisters, Janet (Dave) Blanchard and Debbie (Leo)

Johnson; along with his nephew Mark (Leanne) Blanchard and their daughter Samantha; and his niece Carla (Ryan) Lowdon and their sons, Dexton and Blake.

Don was predeceased by his parents, Gestur and Edith Kristinnson.

Don was born in Arborg, Manitoba on April 20, 1953 and was raised on the family farm in Geysir. He attended Laufas School and Riverton Collegiate. He farmed alongside his father his whole life, eventually taking over the family farm. Don also cared for Dad at

home as his health declined, until his passing in 1994.

Don was an avid reader from a young age and that continued throughout his life. It was a true passion for him, as was his love of music. He enjoyed a variety of music styles, but his favorites were Willie Nelson, Emmylou Harris, Stan and Garnet Rogers. Highlights for Don were seeing Willie Nelson in concert, as well as some of his favorite folk artists at the West End Cultural Center in Winnipeg.

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

If friends so desire, memorial donations can be made to the Riverton Library, or to a charity of your choice.

"The song has ended but the melody will live on forever."

Forever in our hearts.



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MEYERS 3 DAY ONLINE ESTATE AUCTION
JUNE 8-10, 2026, PORTAGE MB

* 2012 JOHN DEERE 1026r MFWD Sub-Compact Utility tractor * 1998 Fleetwood Bouncer 35' Motor Home * 2005 Rainbow Trailer Owned since new. 21' Manual Tilting Car Trailer 7000 lb spring axles * GMC 1500 V-EIGHT CUSTOM PICKUP TRUCK -- 1970 * GMC 1998 Sierra 1500 Z71 off road -- SLE trim -- 3rd door, NOT RUNNING * Honda Hydrostatic walk behind tracked snowblower, electric start * VINTAGE OAK HOOSIER kitchen cabinet featuring a Tramdoor door and a porcelain work surface .Has vintage glass jars in the door. Hoosier want list for shopping , Mrs Christine Frederick's meat and salad chart . A very unique item -- the best I have ever had on auction * ANTIQUE FURNITURE; Antique Bow Front Display Cabinet Tiger Oak finish, curved glass door; OAK SIDEBARDS * ALADDIN and other COAL OIL LAMPS * DEPRESSION ERA GLASSWARE * CARNIVAL GLASSWARE * FIRE KING REFRIGERATOR DISHES * THOMAS KINKADE ART PRINTS * STAINED GLASS WINDOWS * BEAVER QUART SEALER * STONWARE CROCKS; MEDALTA POTTERIES; * Heartland Stove Electric convection self clean range model 6130 "antique - vintage appearance" * HAND CRAFTED POTTERY * KITCHEN HAND APPLIANCES * Royal Doulton figurines; "Babie", "Rose", "Tinker Bell" * VINTAGE & MODERN ELECTRONIC ITEMS * GARDEN STATUES * MECHANIC'S TOOLS * CORDLESS TOOLS; STHIL, DEWALT, MILWALLKEE * TABLE SAWS AND SCROLL SAWS * DECORATIVE YARD ITEMS * WOOD WORKING TOOLS * THIS IS JUST A BRIEF LISTING -- OVER 1500 AUCTION ITEMS ON OFFER * LISTING & PHOTOS ONLINE *

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5. A young canine
8. Cologne
11. Fictional British P.I.
13. Midway between northeast and east
14. A place to shop
15. Minneapolis suburb
16. Single lens reflex
17. NY Mets great Tommie
18. Informal loan clubs
20. Habitual twitching
21. Holm oak
22. Willing to consent or submit
25. In an early way
30. Made possible
31. Language in Ghana
32. Relating to one's birth
33. Deep-bodied fishes
38. Defunct European currency
41. Small American songbird
43. One from L.A.
45. After tenth
47. Hillside
49. Red deer
50. Partner to "oohed"
55. Indian musical pattern
56. Israeli city __ Aviv
57. Golden peas plant
59. Breezed through
60. Midway between east and southeast
61. Frameworks
62. Danish krone
63. Fall back
64. Influential Korean leader

CLUES DOWN

1. Bridge building degree
2. Expression of sorrow or pity
3. Large, stocky lizard
4. Turkish leader title
5. Nag
6. Blank
7. Closely woven cotton fabric
8. A nice shot in golf
9. Away from wind
10. Evergreen shrub genus
12. Large African antelope
14. Something you receive

OBITUARY



Michael Prus
August 5, 1950 - May 23, 2026

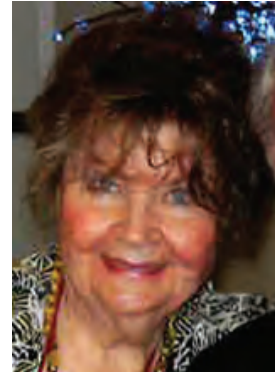
With heavy hearts we announce the passing of Michael Prus, husband, father, grandfather, great-grandfather, brother-in-law, uncle, cousin and friend.

Michael is survived by his wife Vivian; daughters, Lezley and Dianne (Dan); grandchildren, Cameron (Shailynn), Danya (Ory), Brandon, Shelby (Gowan) and Tyler; and great-grandchildren, Clara and Anthony, Klarissa, Kylie, Gage, Garrett and baby.

As per Michael's wishes a private gathering will be held at a later date.

Arrangements entrusted to
ANDERSON FAMILY FUNERAL HOME
Ashern, Manitoba 204 768 3606

OBITUARY



Doreen Edith Mae McDonald (Jonasson)

Our family would like to announce the peaceful passing of Doreen Edith Mae McDonald (Jonasson) on May 7th, 2026, at the age of 89 in Sudbury, ON.

Doreen, the beloved wife of Ken McDonald, loving Mom to Kimberley (Don), Tim (Tammy), Terry (Sandra), and David (who has now been ecstatically rejoined with Mom in Heaven). Amma to Dayna, Larissa and James, of Kimberley; Tenley (Pat), Nathan, Jude, Erik and Max, of Tim; Delia, Alana (Marissa) and Julia (Max), of Terry; Ashley and Jacob, of David. Langamma to Jayce, Evie and Arie, of Dayna; Willow, Autumn and Briar, of Tenley; Ezra and Phoebe, of Julia. She was an Auntie to many loving nieces and nephews. She will also be remembered and missed by her cousins.

Mom was born on November 22, 1936 and grew up in Riverton, Manitoba, and she was very proud of her Icelandic heritage. In 1958, Mom and Dad met and married in Gimli, Manitoba, Dad being in the RCAF.

Your memory will live forever Engraved within our hearts

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62															

19. Satisfy
23. Wet dirt
24. No longer here
25. Writing utensil
26. Ribonucleic acid
27. Consume food
28. Licensed for Wall Street
29. Alternative forms of a gene
34. Buddy
35. We all do it
36. Chicken
37. No seats available
39. Yearned to possess
40. Ineffectual
41. Explosive
42. Turkish title
44. Worn near the foot
45. Impatient
46. Set an example for others
47. Actor Pitt
48. Instrument of torture

51. Swiss river
52. Grayish white
53. A way to print
54. Storied college hoops program
58. Midway between south and southeast

Crossword Answer

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

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