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Pat Eyolfson, seated, welcomed the community and thanked the volunteers and supporters who helped bring the portable outdoor stage to life at the ceremonial ribbon-cutting event at the Arborg Heritage Village last Saturday.

EXPRESS PHOTO BY LANA MEIER

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# Gimli's well known dog portraitist honoured at prestigious American dog show

By Patricia Barrett

A Gimli artist well known for his depictions of dogs was invited to a prestigious American dog show last month at which dog handlers paid tribute to his artistic skill after he had submitted two artworks showing past dog winners of the annual event.

Alec Baldwin, who has autism, was honoured at the Westminster Kennel Club's 148th Annual Dog Show held May 11-14 in New York City. He and his family were invited to the Show Dogs of the Year Awards black-tie dinner that was sponsored by Purina (pet food company) the evening before the dog show and held at Gotham Hall on Broadway.

Alec was invited to join a group of dog handlers on stage where his two artworks were projected on a huge screen and he was lauded for his skill.

"I was so happy and I was focusing on the audience cheering out loud. They thanked [me] that I was here in the Gotham City," said Alec. "I created two different areas of Westminster Dog Show. Seventeen winners in Madison Square Garden and two winners in Lyndhurst Mansion."

Alec created two digital prints last year depicting famous dogs that had won past Westminster titles at well known New York state venues: Madison Square Garden in New York City

and the gothic-inspired country house Lyndhurst Mansion in Tarrytown.

The print at Lyndhurst Mansion shows two Westminster winners, a Pekinese from 2021 and a bloodhound from 2022. The group of dogs at Madison Square Garden, where the show is typically held, represent dog winners from 2004 to 2020. The breeds depicted include the German short-haired pointer, wirehaired terrier cross, Sussex spaniel, English springer spaniel, Newfoundland (which looks like a small bear), Scottish deerhound, coloured bull terrier, poodle and pinscher.

"The pinscher is a small toy dog," said Alec. "It's a delightful family pet. It's like human Lego."

The group print also shows a female beagle named Miss P [for Peyton], a Canadian dog that put Canada on the dog show map by winning best in show at the Westminster event in 2015.

Alec submitted his two prints to Scott Smith, managing director at Purina in 2023, as a tribute to the dogs. Smith took it upon himself to have dog handlers from all over America — and Canada — sign his prints. That process took several months.

Alec's mom, Tanis Benson, said the tribute to Alec at the awards show was very touching and described



EXPRESS PHOTOS BY TANIS BENSON

Alec Baldwin (centre behind podium) from Gimli was joined by dog handlers from across America a few weeks ago at the Westminster Kennel Club's dog show in New York. Baldwin was honoured for two digital artworks he created using dogs from past shows.

how his prints were a "passion project" and had "crisscrossed the country" for months so that dog handlers could pen a personal message to Alec. He was also treated to a Hollywood red-carpet moment where he had his photo taken in front of a show banner.

"Purina had framed the prints then sent them back to Alec, which he got after Christmas [2023]," said Benson. "We thought that was the end of it then Scott [Smith] wanted to acknowledge Alec and what he called his 'masterpiece' and we got invited to the black-tie event that Purina puts on the evening before the dog show. Purina paid for our hotel."

After the show Smith emailed Alec and his family, saying it was wonderful to have had the family join them at the awards event. He also singled out

two American dog handlers, Heidi Hartman and Phil Booth, for their efforts as they "really did all the work getting all the signatures" on Alec's prints.

The *Express* reached out to Smith and Hartman for comment.

The two digital artworks took several months to complete. Alec loves to learn new artistic techniques and challenge himself so he took an online digital art course with Aaron Blaise, a Disney director and animator. He said he worked on each dog separately, matching colour and texture and creating shadowing and depth. He also created the background then arranged each dog across the canvas.

"I used different colours, shiny coats and various shapes, and the differ-

Continued on page 5



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# Gimli philanthropist a finalist in nationwide contest

By Becca Myskiw

A Gimli man is one of the top four local leaders in Canada.

Bob Munroe, a retired RCMP officer, has been named a finalist in Timber Mart's Local Leaders Initiative. His victory in the Western division has surpassed all other nominees from Timber Marts located in British Columbia, Alberta, Saskatchewan and Manitoba.

Timber Mart is once again hosting the Local Leaders Initiative, where funds are allocated to community projects through passionate individuals. This year, Lee Sylvester from KC Enterprises Ltd has nominated Munroe for his dedication to the Gimli Youth Hub.

"Bob's been doing a lot of stuff for the community for a lot of years," said Sylvester. "I thought it was a great project they're doing."

Munroe kickstarted the youth hub project with a small group of volunteers. They're trying to raise \$400,000 to build a facility for local youth (people aged 12 to 18) to spend time at.

"If they aren't involved in school activities on a regular basis, there's nothing else for them to do," said Munroe. "We want to provide a facility for them to go to and do whatever they do, whether that's playing video games, forming a band or playing basketball."

Munroe said the youth hub would also allow at-risk youth to have a safe space to spend time at and help them form relationships with like-minded young people.

Munroe and his team of volunteers have raised more than \$300,000 for the Gimli Youth Hub so far, a portion of those funds coming from local council after they approved the project. Currently, Munroe and those working on it are designing the building with architects and getting contractors together. It's set to go up near the arena and Munroe is hoping they can break ground soon.

This project isn't the only way Munroe has contributed to the community, though. He first moved to Gimli years ago after being stationed to the town

with the RCMP. He was transferred away, retired in Calgary, and it was then that he and his wife decided to move back to Gimli, the beach town that stole their hearts.

"I always want to give something back to the community," he said. "It's given so much to us."

Munroe is a founding member of the Westshore Community Foundation, he's spent countless hours volunteering with the Icelandic Festival in various capacities, he's been with the local rotary club, he helped raise money to build the splash park, he worked with the cadets and more.

In his nomination letter, Sylvester wrote "Bob's selfless contributions have left an incredible mark on Gimli, making it a better place for everyone. His dedication to volunteerism exemplifies the spirit of community service." He added the vision of the Gimli Youth Hub is that youth have a "safe place of their own within a healthy and supportive community, free of discrimination, oppression and prejudice, with the aim of building individual and community physical, mental and emotional health and well-being," and the money granted to contest winners would help Munroe and his team to reach their goal of breaking ground this year.

Munroe won \$8,000 for the youth hub from Timber Mart for winning the western division. If he wins the final voting, he'll get another \$10,000 for the project. As of last Friday, Munroe had almost 700 votes, putting him in fourth place so far. The current front runner is a woman from a small town in Ontario with 2,852 votes. Voting for the initiative is open until June 21 and people can vote once a day every day until then. To vote for Munroe, go to <https://timbermart.ca/en/local-leaders/>.



EXPRESS PHOTO SUBMITTED

Bob Munroe is one of four finalists in Timber Mart's Local Leaders Initiative, which has generated him \$8,000 for the Gimli Youth hub. If he wins the final, Bob will get another \$10,000 for the project.



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# Arborg's grand opening for portable stage June 1

By Lana Meier

The Arborg Heritage Village held a ribbon-cutting event last Saturday to celebrate the newly constructed portable outdoor stage. Notable dignitaries and past and present Arborg Heritage Village volunteers participated in the ceremonial ribbon cutting. The stunning stage is on wheels and is now available for rent. This allows community groups to bring the magic of live entertainment to their community or to host an event at Heritage Village.

The community was treated to an afternoon of diverse live entertainment. Pictured, the Arborg Riverton high school band set the stage, followed by a range of local entertainers, including Winnipeg's fancy shawl dancer Kelly Chinchilla, hoop dancer Rylee Sandberg, the Brill family from Fisher Branch, Arborg's Homespun Poets and Irish dancers Molly and Eliza Stansell. Mia Elias and Rory Stansell were in charge of serving freshly baked bannock by Stanley Zolinski.



EXPRESS PHOTOS BY LANA MEIER





## > DOG SHOW, FROM PG. 2

ent eyes and the long coats, scruffy, smooth and shaggy," he said with reference to the group of dogs at Madison Square. "I did a lot of background [on Madison Square]. They had tons of restaurants and a television and drink [machines]. This one I took about approximately 10 months. I wanted to improve it with real-life detail."

He and his family were invited to attend the Westminster Dog Show, which was held at the Billie Jean King National Tennis Centre after the Purina-sponsored awards show and supper. During their stay in New York, Alec visited Central Park and its zoo and the Guggenheim Museum.

Alec himself has competed in the past in dog shows with his own dog and has taken a handling class in Ottawa with professional dog handler Will Alexander. He is well known around Gimli for hosting dog parties where everyone can bring their dog to an open field in the Vesturland neighbourhood and take part in games, so-



cialize and build community relations with other dog owners. Alec has also painted murals (e.g., his dog party) on the Gimli seawall art gallery, which is overseen by the Gimli Art Club, and retouches and restores other murals on request for the club.

In addition to his artistic accomplishments, Alec has swept the Special Olympics podium numerous times, bringing home medals, including gold, from summer and winter games. He is currently enrolled in a number of Special Olympics sports.

"I'm training in Special Olympics because I'm doing 800 metres, 400 metres, running long jump, shot put and relay and javelin. I'm getting better [at javelin]. I can throw like the ancients in battle," said Alec.



# Gypsumville RCMP lay numerous charges after robbery

By Lana Meier

Gypsumville RCMP responded to a report of a male having been shot with an airsoft gun on Highway 6, located near Strong Lake, at approximately 8:55 a.m. on May 22.

As the officers were en route, it was reported that some Manitoba Hydro employees had stopped at the scene and provided first aid to the victim, kept him warm and placed numerous traffic cones in order to provide emergency services personnel a clearly marked area to safely work in due to the heavy volume of traffic.

Officers arrived on scene and located a 27-year-old male, from Winnipeg with a non-life-threatening injury that required medical aid. The victim was transported to hospital, where he was treated and released.

Investigators have learned that the 27-year-old male was contacted by a friend of his, an 18-year-old female, whose vehicle needed a boost on Highway 6. The victim, along with another 27-year-old male, attended the scene and assisted in getting the vehicle started.

Once the vehicle was started, two males exited from the vehicle, which had just been boosted. They were both armed with airsoft firearms and demanded money and cell phone from the two victims.

The victims entered their own vehicle and attempted to back away from the scene and while doing so were shot at by both suspects, injuring the one victim. No property had been taken.

The 18-year-old female, along with the two males, en-

tered their vehicle and fled the scene.

Officers from nearby detachments, along with assistance from the emergency response team (ERT), were contacted as the suspect vehicle was reported to be driving south on Highway 6 at a high rate of speed.

The suspect vehicle was subsequently abandoned in a field with the two male suspects fleeing on foot. The 18-year-old female remained near her vehicle and called 911 as she was unaware of the planned robbery.

With the assistance of police service dog Jolt, remotely piloted aircraft systems and ERT, the two male suspects were tracked into a wooded area and arrested without incident.

The two males, a 17-year-old from Selkirk and a 16-year-old from Winnipeg, were remanded into custody on charges including assault causing bodily harm, dangerous operation of a motor vehicle, flight from police, robbery, possession of weapon for dangerous purpose and discharge air gun with intent to wound.

The 18-year-old female was later released without charge.

Gypsumville RCMP continue to investigate.

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**SALES**  
Brett Mitchell



**REPORTER/PHOTOGRAPHER**  
Kieran Reimer



**REPORTER/PHOTOGRAPHER**  
Jennifer McFee



**ADMINISTRATION**  
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# get informed

NEWS > VIEWS > GIMLI > ARBORG > HIGHWAY 6 > SURROUNDING AREAS

## New IEHF fund focuses on Ashern PCH bed count

By Becca Myskiw

The Interlake-Eastern Health Foundation (IEHF) has a new memorial fund dedicated to Ashern's personal care home (PCH).

When Peter Davidson's health required him to transition to living in a PCH, he could not stay in his community of Ashern due to limited availability. He remained in Eriksdale, spending his final years in the PCH there, and his firsthand experiences with end-of-life care fuelled his wish for others to receive that care locally.

"He really wanted to ensure people could be at home in their communities when they need care," said Averill Stephenson, executive director of IEHF.

Davidson and his wife, Anna, never had children of their own but were like the "aunt and uncle" of the community. Stephenson said they knew everyone, and everyone knew them. The couple was extremely well-loved by all and had deep connections with them.

So, upon his death, Davidson left

his entire estate to the Ashern PCH through IEHF.

"His instructions were clear," said Stephenson. "The gift was to be utilized to maintain or increase the number of beds available, ensuring that others in the community could receive the care they needed close to home."

The Peter and Anna Davidson—Ashern PCH Fund (named for Davidson and his late wife) will support projects aligned with Davidson's wish, focusing on maintaining or expanding the Ashern PCH.

The Ashern PCH currently has 20 beds, all of which are full. Juxtaposed to Lakeshore Health Centre, the facility is maintained by the Interlake-Eastern Regional Health Authority. Davidson had his name on the waiting list for the Ashern PCH, but it was never moved to the top. He celebrated his 102nd birthday in Eriksdale and died in the PCH there.

"The impact of this gift is immeasurable, echoing the sentiment of gratitude expressed by the health-care

team who cared for Peter," said Stephenson.

The foundation announced the new fund in May, which happens to be "Leave a Legacy Month." A legacy gift is what Stephenson calls a powerful way to contribute to charitable causes, allowing people to "weave [that] generosity into the fabric of their life story."

"The gift doesn't have to be big to have a big impact," she said. "These types of funds allow the foundation to be able to support the projects in the community that don't receive funding through the government or other forces. Small amounts add up and it really allows to have a big impact."

The Peter and Anna Davidson—Ashern PCH Fund currently has around \$470,000. Anyone can donate to the endowment fund, which is just one of many IEHF has.

"The legacy of Peter and Anna Davidson is a shining example of how one couple's commitment to community can create a rippled effect of positive change," said Stephenson.

## Fisher Branch RCMP investigating homicide

By Lana Meier

On June 1, 2024, Fisher Branch RCMP responded to a report of a missing person from the Fisher River Cree Nation.

Sunday morning, various agencies, including RCMP major crime services, D Division search and rescue,

and police dog services, arrived in the community to aid in the search.

Later in the afternoon, the deceased body of a 51-year-old man from the Fisher River Cree Nation was found in the RM of Fisher. Authorities are investigating it as a homicide.

The victim appears to have been tar-

geted and there is no indication of any ongoing threat to public safety.

The investigation into the matter is ongoing, with Fisher Branch RCMP working alongside major crime services and forensic identification services.

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### OUR EDITORIAL STAFF

Patricia Barrett -  
Reporter/Photographer  
Cell 204-407-6099 [patricia@expressweeklynews.ca](mailto:patricia@expressweeklynews.ca)

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# The Children's Hospital Foundation of Manitoba brings back Teddy Bears' Picnic

By Raegan Hedley

On Sept. 18, the Teddy Bears' Picnic will take place at Assiniboine Park for the first time since 2019. The free event, organized by the Children's Hospital Foundation of Manitoba, went virtual in 2020 due to the COVID-19 pandemic, followed by high-volume pediatric RSV seasons.

"The Teddy Bears' Picnic is one of those institutions in our community. The No. 1 question we've had since 2019 is about when the Teddy Bears' Picnic is coming back," said Stefano Grande, president and CEO of the Children's Hospital Foundation of Manitoba. "COVID just really devastated a lot of events. It's taken time to rebound."

"Our front-line staff were so busy just taking care of kids in our emergency rooms, in our hospital, and our researchers have been busy, but we're refreshed and ready to welcome back the tens of thousands of kids that hopefully will be creating some new memories."

Part of what makes the Teddy Bears' Picnic so special is that it was started by volunteers over 35 years ago and



Cheery front-line staff volunteers at the Dr. Goodbear Clinic at the 2019 Teddy Bears' Picnic.

is still run by hundreds of volunteers. Frontline staff from HSC Children's Hospital volunteer at the Dr. Goodbear Clinic, and researchers volunteer at the I Want to be a Scientist tent put on by the Children's Hospital Research Institute of Manitoba.

"I have children, and sometimes



EXPRESS PHOTOS SUBMITTED

Kids enjoying the I Want to be a Scientist tent by Children's Hospital Research Institute of Manitoba at the 2019 Teddy Bears' Picnic.



Frontline staff giving stuffed animals checkups for everything from broken arms to headaches at the Dr. Goodbear Clinic at the 2019 Teddy Bears' Picnic.

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## Reflections



EXPRESS PHOTO BY JACKIE SAURETTE

On Sunday, May 26 around 9:15 p.m., this photo was taken of Gimli's lighthouse at Pelican Beach during sunset. The temperature at that time was recorded to be 17 degrees C. Help the Express Weekly News record the temperature and record the history. Email your friends and family enjoying the outdoors to: [news@expressweeklynews.ca](mailto:news@expressweeklynews.ca)

bringing kids to the hospital during routine visits or moments of crisis can be scary for them, and it's even scarier if your child doesn't speak English. This event brings our hospital and our research institutes to the front steps of our community. The Dr. Goodbear Clinic demystifies how kids are triaged and gives them a front-row seat into how procedures like X-rays are used. And the I Want to be a Scientist tent shows kids science can be fun and hopefully inspires them to be scientists one day."

New this year: A tent showcasing how philanthropy has led to advances like the Travis Price Children's Heart Centre, diagnostic laboratories, play spaces and accelerated research.

"We have a very special tent, which represents the generosity of our community over the last four and a half to

five years, which has led to incredible health improvements," said Grande.

One of this year's volunteers is Shay Edgeworth from East St. Paul. Edgeworth has been volunteering in the playroom at the HSC Children's Hospital since October 2023. She is currently studying sciences at the University of Manitoba and plans to pursue a medical career.

"I wanted the exposure to the hospital setting. ... I love being with kids, and I know that I really care about kids and other people, but you never know how you're going to feel being in the hospital setting. But being a playroom volunteer, I feel very happy to come all the time, and I feel really grateful to have these patient interactions and make their day a little

Continued on page 8



# Homemade goodness and authentic Ukrainian flavors at My Baba

By Becca Myskiw

A new restaurant is in town, and it's serving nothing but homemade goodness.

My Baba is Riverton's newest culinary addition, opened by newcomer Ukrainians. Yurii Linov, one of the owners, moved to the Interlake with his wife almost two years ago after fleeing their home country of war-torn Ukraine. He said upon arriving, they immediately noticed a lack of food options, especially homemade comfort food.

"In each restaurant it's chicken fingers, poutine, burgers, fries, that's it," he said. "Homemade food is healthy. You feel like at home and you feel like your Baba made it."

So, having their dream of someday opening a restaurant, Linov and his wife decided to fill the gap and open one in Riverton. Situated next to Fas Gas, they completely renovat-



My Baba is an authentic Ukrainian restaurant that just opened in Riverton.

ed the building that sat empty there for over a decade, making it feel like your Baba's house. The restaurant is cozy, complete with wooden countertops, tables and chairs all made by Linov himself and a friend. Photos and paintings of wheat adorn the walls and wild décor separates table booths. Flowers sit in the centre of each table, lights hang low, and the placemats look like something from a Ukrainian catalogue.

My Baba has a breakfast menu and lunch/supper menu. The breakfast one has regular breakfasts with eggs, meat and toast, omelets, French toast, and Ukrainian classics like syrnyky



Olena, left, and Anna are the two cooks behind the authentic Ukrainian dishes being served at My Baba.

(cottage cheese pancakes), nalysnyky (Ukrainian crepes) and varenyky (pierogies filled with cottage cheese and blueberries). The lunch and supper menu has borscht, Baba's chicken soup, cabbage rolls, crepes, pierogies, spring salad, salad Olivier, garden salad, potato pancakes, chicken kyiv, kovbasa, meatballs, Ukrainian sponge cake, honey cake and chocolate cake. Their entire lunch/supper menu also has combo options, where you can choose a soup or salad and pair it with cabbage rolls, a meat and dessert for \$18.99.

Linov said they'll also add steak, ribs, smoked meats and smoked fish to the menu soon as they know they

can do it well. "My grandmother is an excellent cook with 45 years' experience," said Linov. "I know how it should taste, homemade food."

Linov, his wife and their friends, who own My Baba together, hope their establishment can become an Interlake staple. They want My Baba to be where people can enjoy good food and company.

My Baba is located at SW-29-23-4E in Riverton. It is open from 7 a.m. to 9 p.m. daily and serves breakfast until noon. The restaurant officially opened last week and started serving its full menu last Friday.

## Community Support Service

**AA Meetings in Ashern**  
Open Meeting  
**Time: 6-7pm Fridays**  
**Starting Friday March 3rd.**  
Location: #11 2nd Ave North  
-Pioneer Manor  
(beside the main door entrance of Pioneer Manor)  
Contact AAMBCO@mts.net

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

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

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

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

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

## > TEDDY BEAR'S PICNIC, FROM PG. 7

RIVERTON CO-OPERATIVE ASSOCIATION LTD.

**ANNUAL MEETING**

**Riverton Cooperative Association Ltd**

When: Thursday, June 20, 2024 - 7:00 PM

Location: Riverton Curling Club  
(175 Reggie Leach Drive,  
Riverton MB)

**Agenda items to include:**

Minutes from the 2023 Annual Meeting  
Audit/Financial Report  
FCL Delegate Report  
General Managers Report  
Board Report  
Appointment of Auditors  
Board Elections

**Call For Board Members**

Riverton Cooperative Association Ltd invites nominations for the positions of Director

Nominees must meet the qualifications and requirements specified in Coop's Bylaws. Details on the qualifications and requirements can be picked up at Riverton Coop. Contact Darlene at 204 378-2251. Interest for board member must be submitted to Darlene by June 19 in writing.

Refreshments & Door Prizes

bit more fun or exciting," said Edgeworth.

This will be her first time volunteering and attending the Teddy Bears' Picnic in person.

"I've enjoyed my experience at the hospital and I've liked being with the kids and interacting and just making their day a bit more fun in the hospital. ... The purpose of the Teddy Bears' Picnic is so important to make kids feel more comfortable and safe in the hospital setting and also help them understand the care being provided," said Edgeworth.

Grande said so many of the volunteer stories connect back to children.

"The last event I attended was my first as CEO, and I wanted to learn more about why people were volunteering. And there's a good number of volunteers who were a little bit older. Some have volunteered for over 30 years," said Grande. "And when you start digging a little bit more about why, there's always a personal story about how their child was saved by

the hospital or how they always enjoy bringing their kids to the picnic. There were stories about children who are no longer with us, and this is the way that their parents are giving back."

Grande said this event is only possible due to the generosity of volunteers and sponsors, such as the presenting sponsor, Humphrey Window and Door Systems.

Whether you accompany a child and their teddy bear or volunteer, the Teddy Bears' Picnic is a day of fun and learning for everyone.

"I feel like I've learned a lot from the other health-care workers I've come in contact with at the hospital, but I've also learned a lot from the kids," said Edgeworth. "It's shocking how resilient these kids can be, and they've honestly shown so much perseverance throughout their care at the hospital."

Visit [goodbear.ca/TeddyBearsPicnic](http://goodbear.ca/TeddyBearsPicnic) if you're interested in volunteering.



# First-year medical students size up Gimli

By Patricia Barrett

Two first-year medical students from the Max Rady College of Medicine at the University of Manitoba spent a week in Gimli last month to see how rural medicine works and what the town has to offer.

Demi Andromidas from Winnipeg and Kaitlin Rentz from Dryden, Ont., stayed in Gimli for the college's annual Rural Week (May 27-31) assignment, which is scheduled near the end of the first year of the four-year medical program.

Rural Week provides students with an opportunity to see how physicians in rural and northern communities work, get a better understanding of the diverse clinical needs in smaller centres and discover what rural life is like and some of the benefits it can bring.

Andromidas said she was open to going to any community for Rural Week but was really happy to have ended up in Gimli. She is familiar with the lakeside town as she used to visit with her dad, who loved to fish. She also has friends who live in Gimli.

What stood out for her during the one-week stay were the people she and Rentz got to meet, including their community host, Cheryl Buhler, Gimli council members and hospital staff, as well as a cohesive sense of community.

"I really enjoyed meeting the people. Our co-ordinator planned a community outing with Cheryl and then we also had dinner with the mayor and the deputy mayor. I enjoyed talking with everyone. They've all been super welcoming," said Andromidas. "I think that's what stood out for me, the sense of community here in a smaller town. I've been able to feel that more here than I've been able to feel in Winnipeg."

Rentz, whose amma (grandmother) was from Gimli and who had visited the town as a child, said she specifically asked whether she could spend Rural Week in Gimli so that she could reconnect with a little bit of her past. She also enjoyed meeting the people and having an opportunity to explore the town on their own.

"Everyone we met, from the pilot to our host, Cheryl, to staff at the hospital, has been very kind to us and very welcoming," said Rentz. "And I had a good sense of [their] really loving this town, which was wonderful to see. We were able to appreciate the beauty of that through our experiences. And I really appreciated how Cheryl took us around. We got to see this town through the eyes of someone who ac-

tually knows what it's like. She took us to the beach to pick up lucky stones and other fun things like that."

Andromidas said Rural Week is designed to give Med 1 students a variety of different health-care and community experiences. Some students went to communities such as The Pas, Neepawa, Norway House and fly-in communities in Manitoba, as well as Nunavut.

"Our experience here in Gimli is going to be vastly different from someone who went to Norway House, for example, or to Wasagamack First Nation [about 600 kilometres northeast of Winnipeg]," she said.

Med 1 students don't get a lot of hands-on clinical practice during the first year of the program as the curricula focuses on didactic, lecture-based learning, said Andromidas. When students are in year three and four, they'll be assigned to clinics and hospitals. But Rural Week gives first-year students an opportunity to experience what happens in a medical setting.

"Every morning, we spent a couple of hours at the [Gimli hospital] clinic. On Monday, we were there most of the day and we got to shadow a few of the physicians, as well as a wonderful physician assistant who helped teach us," said Andromidas. "This week has been our first real clinical experience, in addition to being an opportunity to experience a rural community."

It would be an understatement to say that family doctors are much-needed in Manitoba, especially in rural and northern communities.

A report released in 2023 by the Canadian Institute for Health Information showed a "growing" shortage of physicians in general in Manitoba. The province has the second lowest number of doctors per capita across Canada, with 215 doctors per 100,000 residents. The national average is 247 doctors per 100,000 residents. Doctors across the country have cited feelings of burnout and administrative burdens, among other issues. Manitoba's new provincial government has made health care a top priority with recruitment and retention efforts, along with and staff support and engagement as major focus areas.

The family medicine specialty is crucial to preventing and detecting disease and increasing a population's life expectancy. The Canada-wide health-care crisis can be traced back to the 1990s when provincial governments erroneously felt there were a "surplus" of family doctors and "overly generous wages" wasting taxpayer



EXPRESS PHOTO BY DEMI ANDROMIDAS

Pilot Alex Johnson, front right, on behalf of Gimli-based LS Airways Flight Academy, took two visiting medical students to the skies above Gimli, providing them with a whole new way to size up the town. Demi Andromidas, front left, and Kaitlin Rentz, back right, are first-year medical students from the University of Manitoba's Max Rady College of Medicine. Cheryl Buhler, back left, from the Gimli Chamber of Commerce acted as their community host for one day.

dollars, according to a 2023 study titled "Biopsy of Canada's family physician shortage" in the journal *Family Medicine and Community Health*.

That trend in workforce reduction over subsequent decades and decrease in government investments in health care was laid bare and exacerbated during the COVID-19 pandemic.

Rentz said she plans to be a rural family doctor, working on the front lines of the health-care system.

"I am for sure interested in rural family medicine," said Rentz. "It's more of a question of where I will settle down. That's part of the reason why I've come to a community like Gimli; I am definitely interested in a rural setting."

Andromidas said she's keeping all options open as far as specialty areas, and expects that by year three she'll be able to determine what area really attracts her.

"That said, I wouldn't take rural family medicine off the table," said Andromidas.

The Gimli Chamber of Commerce's Destination Brand Committee chair Cheryl Buhler was asked to act as host for one day of the students' weeklong itinerary. Buhler organized a flight to give the two women a really good measure of Gimli.

"I really enjoyed spending time with Kaitlin and Demi. It was a fabulous experience for me," said Buhler. "Like other medical students, they

represent our hope for rural health care. We'd love to see some medical students choose to practise in a rural setting after they graduate."

Noura Gharib, who owns LS Airways Flight Academy, a Transport Canada designated school at the Gimli Airport, provided the free air tour so that the students could get a good sense of where they were and how beautiful the area is.

"LS Airways Flight Academy decided to give the medical students a free flight so they could see how beautiful Gimli is from the air," said Gharib. "We also wanted to show them how we as a community are so nice and that we help each other in order to make Gimli the best town in Manitoba. We also wanted to show them we have great opportunities that exist here such as our flying school."

Gimli's Deputy Mayor Kurt Reichert said he and Mayor Kevin Chudd were happy to spend some time with the two medical students to brief them the things the town has to offer including quality of life and attractions.

"Our meeting with the medical students highlights our commitment to attracting and retaining talented health-care professionals in Gimli," said Reichert. "By engaging with medical students and showcasing the opportunities available in our beautiful community, we aim to encourage them to consider practising medicine

Continued on page 12



# Evergreen Festival of the Arts celebrates student talent with Hi-Lites show, awards

By Patricia Barrett

The 40th Annual Evergreen Festival of the Arts celebrated youth talent last month with a Hi-Lites concert and presentation of awards, including the Kiwanis Trophy for outstanding performances.

The annual performing arts festival attracted more participants this year, and many students were encouraged to perform at the provincial arts festival.

Students from the Evergreen School Division catchment area performed in six artistic disciplines, including speech, Orff, vocal and choral, dance, piano and other solo instruments over the course of three weeks in April with professional adjudicators assessing their skills and providing feedback. The Hi-Lites concert took place on May 8.

Krystal Isfeld, who is a member of the festival committee and the music specialist & literacy support teacher and assistant principal at Gimli's Sigurbjorg Stefansson Early School, said the festival grew in size this year, with more students taking part.

"The festival was a remarkable success. We had 260 entries (62 more than last year) and over 1,700 participants. Multiple students were recommended for provincials. Over \$3,500 in scholarships and awards were granted to participants chosen by the adjudicators for their skill, musicianship and talent," said Isfeld. "We can't thank our core sponsors and community donors enough. Without them we would not be able to hold our festival. Evergreen School Division is our largest sponsor as they provide all the busing of students, use of facilities and printing of programs in kind. Our hearts are deeply grateful."

The first Hi-Lites show took place in 1981 and this year would have made it the 43rd concert had it not been for

the three years lost to the COVID-19 pandemic. The festival is a non-profit organization that operates with donations from sponsors, scholarship funds and registration fees.

The following students/groups were singled out for outstanding performances:

1. Winnipeg Beach School Drum Group "The Power Song." Certificate of Merit for Vocal School Choir Performance.

2. Sigurbjorg Stefansson Early School Grade 3 & 4 "The Three Little Pigs." Certificate of Merit for their Performance in ORFF.

3. Riverton Early Middle Years Grade 6 "Rainbow Colour." Presentation by Sobey's Gimli for Best Performance in ORFF.

4. Lucia Borkowsky "Part of Your World." Presentation by Westshore Singers for Best Vocal Performance 12 yrs & under.

5. Mia Elias "Ode to Joy." Presentation by Romanna Klymkiw Music Studio for Best Performance in Beginner Piano.

6. DGJMS Grade 5 & 6 Choir "Catch a Falling Star." Presentation by Evergreen School Division for Best Performance in School Choir.

7. Henrik Borkowsky "Something Big Has Been Here." Presentation by Minerva Ladies Aid for Best Performance in Solo Spoken Poetry K - Gr 4.

8. Milana Kerney "Theme from New World Symphony." Presentation by Evergreen Festival of the Arts for Best Performance in Instrumental.

9. Sigurbjorg Stefansson Early School Grade 3 & 4 "A Bad Case of the Giggles." Presentation by RONA Gimli & Rockwood for Best Performance in Speech Choir.

10. Nate Borkowsky "Polonaise in G." Presentation by the RM of Gimli for Best Performance in Piano Gr. 1 - 3. Presentation of the Lilja Martin Scholarship.

11. Liubov Smyrnova "Chanson de Florian." Presentation by St. Mi-



EXPRESS PHOTOS BY RHIANNE CLARKE

Right photo: Teacher Krystal Isfeld, who is part of the Evergreen Festival of the Arts committee, presented awards to students at the 40th Annual Hi-Lites show. Left: Lucia Borkowsky earned awards for best vocal performance, best performance in piano and the Kiwanis Trophy.



Teachers and community members on the arts festival committee.



Kiera Chwaliboga from Arborg earned best performance in dance.



Mitchell Baker, who earned a performance award in the 2017 festival, presents an award to a student.



Malakai Pelletier (right) earned an award for best performance in musical theatre.

chael's Catholic Women's League for Best Vocal Performance 13 years & over. Presentation of Lillian Fridfinnson Scholarship. Presentation by the Riverton Elks of the International Music Camp Scholarship.

12. Ivy Ostertag "Touching the Sky." Presentation by Baker Law Gimli & Riverton for Best Performance in Speech Gr. 5 & up.

13. ACI & RCI Choir "Sikirileke/Koloi." Presentation by Access Credit Union for Best Vocal Performance in School Groups.

14. Malakai Pelletier "You'll Be Back." Presentation by H.P. Tergesen & Sons for Best Performance in Musical Theatre.

15. Lucia Borkowsky "Intrada in C+" Presentation by Evergreen Festival of the Arts for Best Performance in Piano Gr 4 - 6. Presentation of the Lilja Martin Scholarship.

16. ACI & RCI Senior Band. Presentation of Band Certificate of Merit.

17. DGJMS & WBS Grade 8 Band. Presentation of Band Certificate of Merit.

18. GHS Grade 10 Concert Band. Presentation of Band Certificate of Merit.

19. Adalynn Tupper "Cicada Days." Presentation by Aurora Peiluck for Best Performance in Contemporary Voice.

20. Paisley Abuda "Humble." Pre-



# Lifeguard shortage may force Lundar Pool to limit hours

By Becca Myskiw

Things aren't going as swimmingly as planned for the Lundar Swimming Pool. Unfortunately, the community pool may have to reduce their programming and hours for the upcoming summer if they are unable to hire additional lifeguards for the season.

As summer arrives and school ends, the annual opening of the Lundar Swimming Pool provides a refreshing escape from the heat and an opportunity for exercise. However, maintaining its operation requires a continuous lifeguard presence, which is currently limited due to staffing shortage.

Heidi Sweetland, president for the pool, said right now they have three lifeguards confirmed for the summer. She attributes the lack of lifeguards to the intense training and qualifications they need and worries there's a "lifeguard shortage" all across the province.

As per the Lifesaving Society Manitoba, in order to qualify as a pool lifeguard, one must meet certain criteria. This includes being at least 15 years of age, possessing a Bronze Cross certification and having completed Standard First Aid training through a recognized agency under the Manitoba Public Health Act.

Sweetland knows lifeguard training is costly and time-consuming but she's hoping the pool will at least be able to get a few casual lifeguards if nothing else.

"The certifications are there for a reason and we do have to follow those when hiring," she said. "There's a lot of responsibility that comes with watching a pool full of people."

In an ideal situation, Sweetland expressed the desire to have four lifeguards for the upcoming summer season. However, having five or six would be even better. Unfortunately, once their lifeguards reach the age of 18, they tend to relocate. Since the minimum age requirement for the job is 15 years old, typically the Lundar



EXPRESS PHOTO FROM FACEBOOK

The Lundar Swimming Pool is hoping to hire a minimum of four lifeguards to open for the summer but needs five or six to offer full programming.

Swimming Pool only gets three years of service from their lifeguards.

With at least four lifeguards, the pool could be open for the usual seven days a week. Sweetland said they'd love to be able to continue to offer public swimming for eight hours a day, offer swimming lessons twice a summer and put on pool activities like senior swims, a kids' pool gala and more.

With the new splash pad being operational as well, Sweetland noted that can't be open unless the pool is since they're within the same fence, and the pool can't be open without a lifeguard on duty.

"We're a small community," she said. "It's one of our main attractions. It keeps people physically active — people of all ages. It's important."

Without the recruitment of addi-

tional lifeguards, the Lundar Swimming Pool will have limited operating hours during the summer. Stay informed about pool schedules and

activities by following their Facebook page at Lundar Swimming Pool.

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## > EVERGREEN, FROM PG. 10

sensation of Kiwanis Dance Scholarship.

21. Tessa Barkman "Wild Ghost Chase." Presentation by the Town of Winnipeg Beach for Best Performance in Piano Gr 4 – 6. Presentation of the Lilja Martin Scholarship.

22. Winnipeg Beach School Grade 4 & 5 "Dance the Night." Presentation Riverton Friendship Centre for Best Performance in School Dance.

23. Kiera Chwaliboga "Is That Alright?" Presentation by Evergreen

Festival of the Arts for Best Performance in Dance.

Presentation of the Kiwanis Trophy: Trophy Class participants: Lucia Borkowsky, Ivy Ostertag, Milana Kerney, Henrik Borkowsky, Adalynn Tupper, Malakai Pelletier, Mia Elias, Nate Borkowsky, Tessa Barkman and Kiera Chwaliboga.

The festival thanks its numerous sponsors and community donors.



# St. Andrews man wins international recognition at TOPS program

By Katelyn Boulanger

Despite passing away earlier this year, St. Andrews resident Josko Jagodnik continues to be an inspiration — not just to his family but to the entire community making it to the top of TOPS (Taking off the Pounds Sensibly) in 2023.

Jagodnik didn't just make it to the top of his local TOPS group or even take the top spot in the province, he was awarded first place as the 2023 International winner of TOPS International Division VII.

Jagodnik's daughters Elizabeth Pimentel and Tara Jagodnik, also TOPS members, accepted the award on Jagodnik's behalf at the TOPS Provincial Recognition Day earlier this month.

TOPS is a weight loss support group that doesn't follow any specific diets but encourages participants to use whatever healthy weight loss program works for them. It's also a place where people can come together weekly to learn more about healthy choices and be with a supportive community.

The family's journey to joining the TOPS program started in 2017 with Pimentel, who later encouraged her dad and sister to take part.

"I lost quite a bit of weight with TOPS. I told my dad and my sister for many years to come and join me because I love the support that TOPS provides. Finally, in 2021, during COVID, my dad said, 'You know what? You're spending too much time at the hospital. I'm going to join TOPS with you so that I can have my father-daughter time,'" said Pimentel.

Once Jagodnik came to his first meetings, he realized he loved the community and also loved spending time with his daughter.

"My dad loved it. He kept coming to TOPS even though he couldn't face the scale," said Pimentel.

As Jagodnik was over a certain weight when he started his journey,



weight loss was hard to measure in the beginning since the group that he joined, which was the group in Winnipeg that his daughter was already a part of, didn't at the time have a scale that was able to register his weight.

Pimentel said that despite not getting feedback from the scale, he was a great supporter of hers, checking in to see if she was making healthy choices and making sure that nothing stopped them going to their weekly TOPS meetings.

Then in November 2022, the group got a new scale and Jagodnik was able to more greatly participate in the program. He started filling his TOPS sash with ribbons and other items that represented his accomplishments.

His daughter Tara Jagodnik joined the group in 2023, and the three developed a friendly competition motivating each other.

She said that part of the motivation to join the group was to spend time with her dad.

Overall, from his first weigh-in in 2023 to his last, Jagodnik lost 87.6 pounds. With this major accomplishment came being recognized as the 2023 International winner of TOPS International Division VII.

Unfortunately, towards the end of the year, Jagodnik became ill and ended up in the hospital. Despite this, he continued to participate in the group



EXPRESS PHOTOS SUBMITTED

Above: Elizabeth Pimentel and Tara Jagodnik accept their father's international recognition at TOPS program. Left: a photo of Josko Jagodnik with his sash, which shows his many TOPS accomplishments.

and Pimentel explained that the majority of his weight loss took place before he became ill.

Jagodnik passed away in January of this year, and though his daughters knew that he did well, they didn't expect to learn that he had been the top TOPS participant in his division internationally.

"When I got the call saying Dad, [had won a provincial award I thought,] 'OK, good. He did division. That's what he wanted. His wish came true.' Then when I got the phone call and found out he won international, I kind of joked, 'Oh, Dad, you couldn't just leave with Manitoba recognition; you needed international recognition.' But, yeah, he would have been gloating like crazy," said Pimentel.

Both of Jagodnik's daughters agree

that TOPS is a very supportive community.

Pimentel explained that her dad isn't just an inspiration to his family now but, having started with TOPS at 69 years old, he proves that making healthy changes is possible for everyone.

The local TOPS group welcomes new members. They meet on the lower level of Cloverdale United Church in St. Andrews. They start at 9:30 a.m. with coffee and then the meeting officially begins at 11 a.m. They also have a wide scale that goes up to 750 pounds to accommodate the majority of people. The first TOPS meeting is free for residents to attend and they should feel no pressure to join. To learn more, visit <https://www.tops.org/tops/TOPS/Default.aspx>.

## > STUDENTS, FROM PG. 9

in Gimli after completing their training."

A spokesperson for the Interlake-Eastern Regional Health Authority said Rural Week has both first- and second-year medical students accompanying physicians on hospital rounds and in clinics and emergency rooms, and it teaches them about programs and services offered in the region. It requires the support of community physicians, staff members and residents who "strive to provide students with exceptional learning and life experiences during their time

in the region."

In addition to Gimli, nine other IERHA communities hosted medical students this year: Arborg, Eriksdale, Selkirk, Stonewall and Teulon, and in the eastern half of the region, Beausejour, Lac du Bonnet, Pinawa and Pine Falls.

IERHA chief executive officer Marion Ellis said there were a total of 18 medical students in the region for this year's Rural Week and that the success of the event comes down to liaisons in the community and health-care staff.

"Community visit co-ordinators who network within their communities repeatedly go above and beyond to create meaningful experiences for medical students. These community liaisons create memorable moments for students because they understand and can reflect the uniqueness of the areas where they live. They have proven themselves to be exceptional allies in our mutual efforts to attract more physicians to practise in this region," said Ellis.

She added that IERHA is grateful to their allies for participating in Rural Week and for every community contribution that enhances the medical

students' experiences.

"We also express gratitude to physicians and staff who offer up their time and expertise to mentor students. These brief encounters and glimpses of rural practice and rural life can make lasting positive impressions that benefit recruitment," said Ellis. "Since 2013, six physicians who graduated from the University of Manitoba's Rady College of Medicine who chose to work with Interlake-Eastern RHA had exposure to the region during Rural Week. This is a real testament to the value of this program and to the efforts of all those who help to support it."



# Local photographer wins Our Manitoba photo contest

Reprinted with permission from the Dauphin Herald

A week-long public vote ended with Corrine Einarsson's photo "The Old Train Station" being selected as the winner of Sunrise Credit Union's 2024 Our Manitoba photo contest.

The Arborg artist's photo was one of approximately 433 entries for this year's contest, which culminated in the public vote through the ourmanitoba.org website.

Einarsson was exploring the town of Riverton in mid-July, with her camera in hand, and pulled up to the old train station as the rain clouds were rolling in.

"It just looked so picture perfect I had to stop. I'm glad I did it," Einarsson said.

Being crowned the winner of the 2024 edition of the Our Manitoba Photo Contest is a dream come true, says Einarsson.

"It's an incredible feeling my photo resonated with the judges and audience. I am so grateful and humbled by this recognition. It means the world to me. I'm ecstatic and proud. Love you all," she said.

Einarsson is proud to have captured the spirit of Manitoba, a province that honours the past, present and future, in her winning photo. Photography is an outlet for Einarsson to preserve memories and tell stories.

"When I am out and about, I love to capture the beauty around the Interlake area of the old and new. I usually never leave home without my camera," she said.



The photo of Riverton's old train station was captured last July by Corrine Einarsson as the storm clouds rolled in, making for a perfect backdrop.

All 13 finalists will receive a canvas print of the winning photograph, be featured in the 2025 Sunrise Credit Union calendar and appear on Sunrise Credit Union branches' TVs and social media channels.

In addition, Einarsson earned the grand prize of a \$500 one-year term deposit from Sunrise Credit Union.

This year marked the 12th edition of the Our Manitoba Photo Contest. Einarsson was revealed as the winner of the grand prize on Sunday, May



**EXPRESS PHOTO SUBMITTED**  
Sunrise Credit Union summer student Brayden Kohlman presents Corrine Einarsson with a canvas of her winning image.

12, which coincided with Manitoba Day.





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# Fraserwood singer earns first at Provincial Music & Arts Festival

By Patricia Barrett

A young singer from Fraserwood turned out a first-class performance at the 2024 Provincial Music & Arts Festival in Winnipeg May-25-26 that not only earned her first place in her category but also earned her a scholarship.

Adalynn Tupper, 15, came in first for a performance of “I’d Rather Be Me” under the Elementary TV/Movie Musical category at the festival, which was held at the University of Manitoba’s music school. She was accompanied by Janet Hamm from Riverton. The performance also earned her a Lions Club of Winnipeg Scholarship.

She said she absolutely loves singing and performing in public.

“I love singing. I’ve been singing on stage since I was a little kid. It’s so much fun and it feels really nice,” said Adalynn. “Usually, I’m a little bit nervous beforehand but once I’m up on the stage, I kind of blank out and do it and it’s so much fun.”

Musical theatre is her favourite type of performance art, she said, but she has also done some operatic musical theatre that she also found enjoyable. Her strong vocal abilities have earned her a spot as a member of the Gimli-based Westshore Singers choir, and she’ll be one of the choir’s featured guest artists at its upcoming June 9 and 10 concerts.

“I’m going to be singing ‘Not for the Life of Me’

from the musical *Thoroughly Modern Millie*,” said Adalynn.

To make some extra money, she plays the keyboard and sings outside Buskers by the Beach ice cream shop in Gimli every weekend.

“I do a lot of busking over the summer,” she said. “It’s a fun way to make money.”

Her mom, Ashley, said she was delighted that Adalynn’s took first place in her category at the provincial competition.

“I’m so proud of her. It was amazing to watch because everyone was so talented and amazing, and they came from all the local festivals in Manitoba,” she said. “I watched Adalynn perform it and it went really well and felt great. To have her win it makes me feel like crying right now just thinking about it. It was so much fun to watch.”

Adalynn was encouraged to compete at the provincial competition after she earned a Best Performance in Contemporary Voice award at this year’s Evergreen Festival of the Arts, singing “Cicada Days.”

“Manitoba’s local festivals are important in that they encourage aspiring artists to keep striving,” said Ashley. “The adjudication is amazing; they give the artists such great feedback to help them further their career. It’s really cool.”

Adalynn has been studying music and voice at the Romanna Klymkiw Music Studio in Gimli since she was



**EXPRESS PHOTOS BY ASHLEY TUPPER**  
Adalynn earned first place at the 2024 Provincial Music & Arts Festival under the Elementary TV/Movie Musical category.

eight years old.

Continued on page 15

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## > FESTIVAL, FROM PG. 14

Klymkiw said Adalynn is one of her best students and that she “commits” to whatever character she’s singing as.

“I’ve taught so many students over my teaching career, and I have to say Adalynn is the student who works the hardest out of all the students I’ve ever taught. She always comes to lessons prepared,” said Klymkiw. “She takes every opportunity [to perform] that’s given to her in our community, and she’s such a good role model to my younger students.”

Klymkiw earned a degree in classical singing at the University of Manitoba and teaches voice, piano and music theory to students that range in age from four years old to 65. Most are from the local Gimli area but she also offers online classes to students from as far away as Churchill.

She and Adalynn are focusing exclusively on voice training because Adalynn wants to do a music degree after high school and have a career in musical theatre.

“Adalynn recently did her Royal Conservatory of Music Level 5 theory exam and she got 95 per cent, which is first class honours with distinction,” said Klymkiw. “She’ll be doing

her Level 5 voice exam in a couple of weeks. A university wants you to be at Level 7 and she’s well on her way. I’m very proud of her.”

As well as Adalynn’s first-place finish at provincials in her category, two other youngsters from Gimli earned second-place awards at the provincial competition and Klymkiw said they should be recognized for their achievements [they’re not her students].

Nate Borkowsky earned second under the primary piano category and was awarded with a Pembina Valley Music Festival Scholarship. He also earned second in the primary popular and contemporary category and was awarded an Associated Manitoba Arts Festivals (AMAF) scholarship. Lucia Borkowsky earned a second under the primary TV/Movie Musical and was awarded an AMAF scholarship.

Klymkiw said two of her students, Malakai Pelletier and Liubov Smyrnova — who won awards for musical theatre and vocal performance, respectively, at the local Evergreen Festival of the Arts competition last month — will be featured along with Adalynn as soloists at the Westshore Singers concert.

Smyrnova, who is from Ukraine,



From left: Malakai Pelletier, Adalynn Tupper and Liubov Smyrnova, with their voice and piano teacher Romanna Klymkiw, will be guest performers at the Westshore Singers upcoming choral performances on June 9 and 10.

earned a scholarship to attend the International Music Camp, a summer camp for young people at the Peace Garden along the Manitoba-North Dakota border.

Klymkiw in conjunction with Arborg-Riverton band teacher Stephanie Marks will be offering a nine-day musical theatre summer camp that will run from July 8 to 12 and 15 to 18 at the Gimli Park Pavilion.

“Last summer we did a one-week

musical theatre day camp and we had 19 enrolments, which was probably the biggest summer camp through the Gimli Recreation Centre,” said Klymkiw. “It was really successful and all the kids want to come back.”

For more information about music lessons or to register for the musical theatre summer camp, message Romanna Klymkiw Music Studio on Facebook.

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# Derek Johnson

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# EVENTS SCHEDULE

NAME	DATE	TYPE OF MUSIC PLAYED
Indigenous Peoples Day	June 21 7pm	TBA Gimli pavilion
Gimli Yacht Club fish fry	June 30	Fundraiser for Lake Winnipeg
Canada Day celebrations fireworks, and entertainment	July 1	Parade,
2nd Annual Gimli Red River Métis Day	July 6	TBA Gimli pavilion
Rotary Lobster Fest	July 6 6pm	Gimli Rec Centre
Indoor craft & vendor market	July 13 10 - 3	Gimli Rec Centre
Gimli Car Club car show all afternoon	July 14	Downtown Gimli
Gimli International Film Festival	July 24 - 28	
Downtown Gimli & Gimli Beach		
Rotary book sale	July 27 & 28	Gimli Rec Centre
The Icelandic Festival of Manitoba	Aug 2 - 5	
Downtown Gimli		
Outdoor street market and harvest event	Aug 24 3pm	
Night market 1st Ave		
MS Bike Tour	Aug 24 & 25	
Details coming soon		
Indoor craft & vendor market	Sept 21 10 - 3	
Gimli Rec Centre		
Gimli Pickleball fall tourney	Sept 27 - 29	
Gimli Rec Centre		
Truth & Reconciliation Day		
Sept 30 A day of healing		
Walk to the Rock	Oct 21 Noon	
Commemoration of Icelanders landing		
Christmas in Gimli	Dec 6 & 7	
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# Connect your soul to the universe with local author

By E Antonio

Calling all aspiring psychics and superhumans.

Join Gimli author and visionary Erika Goodman for a live reading of her book *The Energy Song* at the Evergreen Regional Library on June 8 at 11 a.m..

*The Energy Song* is a book for all ages. It guides readers on how to feel universal energy.

The book features lively illustrations for the whole family to enjoy.

"Universal energy is a powerful matrix that holds us in our places," said Goodman.

She described that you can use universal energy to grow internally and externally by connecting yourself to the earth.

"*The Energy Song* shows people how to feel their own energy and how to feel others," Goodman explained.

She mentioned that participants will learn to identify how the universal

energy may feel different between other beings.

Goodman will instruct participants on how to feel the energy through their bodies with hand actions.

"People use universal energy to speak to past loved ones or to inter and extraterrestrial beings," added Goodman.

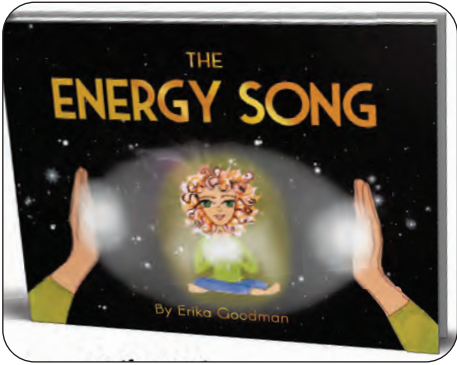
If you are interested in psychic abilities or self-mediation, join Goodman and find your inner powers.

Discover what energy connects you to the universe when reading and listening to *The Energy Song*.

*The Energy Song* is available to purchase at bookstores worldwide.

Evergreen Regional Library has a copy of the book to loan to patrons.


For more information about Goodman and *The Energy Song*, visit [erika-goodman.ca](http://erika-goodman.ca).



### EXPRESS PHOTOS SUBMITTED

Gimli author and visionary Erika Goodman will hold a live reading of her book *The Energy Song* on June 8 at the Evergreen Regional Library. Goodman will also instruct participants on how to connect themselves to the world with universal energy.






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## Provincial recognition



### EXPRESS PHOTO SUBMITTED

Interlake-Gimli MLA Derek Johnson honoured Kadriana and Colton Lott in his private member's statement at the Legislative Assembly of Manitoba last week. Gimli's husband and wife duo, who curl out of Winnipeg Beach, were recognized for their 2024 mixed curling achievements, provincially, nationally and internationally. Colton and Kadriana Lott were the 2024 Manitoba and Canadian Mixed Doubles Champions, and travelled to Ostersund, Sweden, to compete in the World Mixed Doubles Curling Championships. The Lott-Lott team lost to Estonia 6-5 in a qualifier.



# Cast a line, make a splash and hook some good times at Family Fishing Day

## Teulon Game and Fish's annual Family Fishing Day is June 8

By Emma McGill

Get ready to reel in some fun and create lasting memories with your family at Teulon Game and Fish's annual Family Fishing Day.

For two decades, Teulon Game and Fish has been the heart of Family Fishing Day, a beloved tradition uniting families in the Interlake community amidst the serene beauty of Norris Lake. What began with a modest turnout at Lake St. George has blossomed into an event that draws adults and children seeking outdoor adventures.

Debbie Coverdale, chair of the committee alongside her husband, Doug, is highly enthusiastic about the day.

"We have this little gem here at our backdoor. It's a beautiful little lake," said Debbie.

Committee members recently participated in a cleanup drive around the lake, instilling values of environmental stewardship in young participants who eagerly joined in tidying up their natural playground. The goal is to nurture fishing skills and a deep-seated love for nature among attendees.

Teulon Game and Fish is all about promoting hunting, fishing and outdoor activities for the community, while preserving Norris Lake's ecosystem. Helping get youth outside is important.

The Coverdales really want to see the day grow for families. In the past, it was mostly adults, and about 10 to 20 people came. When the location changed, Teulon Game and Fish aimed to get more kids out for the day and bring people in from the Teulon area.

Over the last three years, they have almost doubled the number of children that have attended each year. Last year, there were 26 kids.

Coverdale and the rest of the committee works hard to manage the well-being of the environment surrounding Norris Lake and the lake itself. They keep a lake aeration system, which ensures that the lake does not freeze to the bottom in winter, protecting the fish. They also bring in new sand for the beach, trying to beautify it. They recently applied for a government grant that would make it possible to put new docks in around the lake, perfect for loading a small boat or sitting at the end of and casting off into the lake.



EXPRESS PHOTO SUBMITTED

Teulon Game and Fish's annual Family Fishing Day is being held Saturday, June 8 at Norris Lake.

Coverdale is also currently in correspondence with the government to see if they will provide more picnic tables and fire pits for people to enjoy while visiting the lake.

The committee puts the same kind of care into this fishing day, working to foster a genuine love for fishing and the nature in which it takes place. Last year, over 100 fish were caught and every one of them was released back into the lake.

"The intention is to get these guys out there. We catch and release, teaching them proper fishing. And it's a fun day," said Coverdale. "It's just so great. It's means so much to see the smiles on some of these little kids' faces."



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They come in at the end of the day and they tell me stories."

Coverdale shared a story from last year's event, when they had bought 30 fishing rods and were giving one away to every child who registered to participate that day: a little girl took her rod, had a ton of fun fishing and learning, then tried to return it, thanking Coverdale. The young girl was elated when Coverdale told her that it was hers to keep. "She was just so impressed."

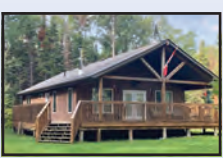
This year's Family Fishing Day will be held on Saturday, June 8 at Norris Lake Beach. Registration will begin at 10 in the morning and last until 11. The derby will start at 10 and last until 3 in the afternoon. The cost is \$10 for members, \$20 for non-members and \$5 for youth. Memberships will be available to anyone interested in purchasing one. Hot dogs will be given away to the kids, and every child that registered will get to pick out a piece of prize equipment: "We've got tackle boxes and different hooks, floatation devices and things. There will also be some fishing rods left over from the ones we gave away last year."



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# Sigurbjorg Stefansson Early School walks for a cure diabetes

By Becca Myskiw

Last week, students and staff from Sigurbjorg Stefansson Early School (SSES) took to the streets to both raise funds and spread awareness for Type 1 diabetes.

At the tender age of only one, Asher Johnson received a diagnosis of Type 1 diabetes. Upon experiencing symptoms of vomiting and lethargy throughout the night, his mother, Melanie Johnson, promptly took him to see their family doctor who then referred them to the Children's Hospital in Winnipeg.

"Not realizing what it was, I went into his room to get him in the morning, and it smelled like nail polish remover," she said, now knowing that meant his head had high levels of ketones in his blood.

Asher remained in intensive care for the initial night, followed by four additional days at the hospital. The Johnsons, who were alone with him for the first time since his diagnosis, stayed at the Ronald McDonald House. It was during this first night that Asher had his first low. Because he wasn't even one, he had never had juice or many sugary things, so Melanie said they ended up giving him maple syr-

up with a syringe — that was Asher's "low" treatment for years.

Melanie recalled the first night in the hospital when everything changed, describing it as a terrifying experience. She shared that Asher remains optimistic about the possibility of finding a cure during his lifetime.

The now almost nine-year-old, Asher has become a strong advocate for individuals with Type 1 diabetes, including himself. His Dexcom G7 CGM keeps his parents informed through their phones. This allows Asher to lead a regular lifestyle, and once every 12 months, he and his schoolmates, instructors and friends gather in Gimli to raise awareness and funds for the cause.

Dimes for Diabetes is a campaign that raises funds for juvenile diabetes research. The school has participated in the walk four times, beginning in 2021 to commemorate the 100th anniversary of insulin's invention.

"The first event was right after COVID and everybody was totally on board because there hadn't been any events for a while," said Melanie. "The kids are excited every year."

Each year, SSES classes make posters for Type 1 diabetes awareness and



EXPRESS PHOTO SUBMITTED

This year marked the fourth annual Dimes for Diabetes walk at SSES. Nine-year-old Asher Johnson, right, has Type 1 diabetes.

put them around the school. They raise money for the cause too and the school educates students on symptoms of the disease and how to recognize someone experiencing a high or low. Each year, Asher kicks off the walk with a small speech, and his classmates each say something too, so he isn't the only one up in front of the school.

The five-kilometre walk is a popular event for SSES staff and students. The route leads down Centre Street to the boardwalk, then loops back up past the daycare and middle school.

Along the way, participating students eagerly await donations of dimes. The majority of the school joins in on the walk, with only a handful of staff remaining behind due to their duties at the school.

Last year, the SSES walk generated \$2,600. Final numbers aren't in for this year yet, but the school almost doubled their goal with online donations reaching \$1,800.

Asher and his family will join the 2024 Winnipeg Walk for the Cause on June 15, which has raised nearly \$29,000 in donations towards its \$100,000 goal.



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# Over 200 volunteers, including Winnipeg students, clean up Gimli

By Patricia Barrett

Gimli residents and volunteers from away armed with trash bags, gloves and trash pickers came out in droves to tidy up the town last Wednesday during the Gimli Chamber of Commerce's 2nd Annual Beautification Day.

The Gimli Chamber of Commerce's Destination Brand Committee chair Cheryl Buhler, who helped organize the event, said they saw over 200 people, including students, pitching in to make the town sparkle.

"This was such a great effort by everyone. We were able to get all the streets covered," said Buhler. "Kim [Giesbrecht of Right Choice Realty and the Beautification Day mastermind] had a giant map of the town and assigned people streets to clean. When the volunteers finished their area, they marked off what they had cleaned. It was satisfying to watch that six-foot map get coloured in."

Access Credit Union, which had lots of staff volunteering to pick up garbage, turned its parking lot into a clean-up headquarters for organizers, and it also provided hot dogs and chips to volunteers.

Grades 7 and 8 students at Gimli's Dr. George Johnson Middle School, four classes consisting of about 100 students and four teachers, took to the streets to provide some cleaning power, said Buhler.

And Gimli High School students in the Kiwanis-led Key Club were planning on taking part but faced a downpour after a tour of the Namao research vessel in Gimli Harbour. They did the next best thing: they wrote letters to different levels of government, registering their concerns about the state of Lake Winnipeg [pollution].



Students from Miles Macdonell Collegiate and Vincent Massey Collegiate, who were also touring the Namao, helped clean up the shoreline.

Buhler said the RM of Gimli supplied garbage bags and gloves to the volunteers. And organizers also received a monetary donation from a community member (who doesn't wish to be identified) who wanted to show appreciation for the effort. The money was used to purchase giant Freezies for the participants.

Gimli Pharmasave posted on social media that it was a "wonderful afternoon with community members participating" in the annual event. The pharmacy thanked the Gimli Chamber of Commerce for organizing the event.



EXPRESS PHOTOS BY CHERYL BUHLER

The Gimli Boxing Club fought garbage in the street and won.



Access Credit Union provided hot dogs and chips for participants.



Gimli families were part of the beautification effort, removing trash from different parts of town.



Westshore Community Foundation members pitched in to remove garbage from the streets of Gimli.



# sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

## Ready, set, go: Gimli set for track and field provincials

By Kieran Reimer

Track and field athletes at Gimli High School made their mark at the Manitoba High School Athletic Association Zone V championships held in Arborg this past week.

Of the 30 students representing the Lakers, 19 were on the podium to punch their tickets to the 2024 MH-SAA provincials.

"The kids did really well; I'm proud of them," said Lakers throws and hurdles coach Will Shortt.

Among the 19 who podiumed, four of them took first place in their events.

Jencie Henry won both junior varsity girls shotput and discuss, Mya Beaman won varsity girls high jump, Ivy Alexander won varsity girls shotput and discuss, and Luke Robinson won the varsity boys 100m and 200m.

"Jencie's been working hard; she even works outside the track season," said Shortt. "She's very passionate about it. Mya has been working hard at lunchtime. This is her first year doing high jump and she has both the work ethic and the natural ability. It's been a lot of fun to watch her and it's looking good ahead of provincials for her. Ivy finished second at provincials last year, so things are looking good ahead of it. She's throwing further than she did last year already. Luke ran really well. He ran a 24.76 in the 200m on a concrete track so he's going to be even better when we hit rubber

with spikes."

Shortt also spoke on the rest of the team's accomplishments over the season.

This season, the athletes have gotten creative with their practice. The high school doesn't have a track, so instead of travelling to the nearest one, they have used their bus loop for trial runs and one of their walkways for throwing practice.

Shortt said the athletes have embraced the non-traditional training facility.

"It's actually kind of fun," said Shortt. "We find ways to make do like for blocks this year we put pegs into the grass so they would have somewhere to stick and do block practice that way. The bus loop kind of simulates a track, it's something like 180 meters so almost indoor track size. We make do with what we got, and the kids are into it to. There's never any negativity. It's kind of like a game."

Short said working together to make things run has helped the team bond closely this season. In practices athletes can be seen helping each other mark distances and time each other's runs.

At track meets, the students gather alongside the track to cheer on their teammates up close.

Shortt said he's been honoured to coach such a tight group.

"It's a lot of fun. They are great



EXPRESS PHOTO SUBMITTED

Jencie Henry took first in junior varsity girls shotput and discuss. Henry is one of 19 athletes representing Gimli High School at provincials from June 6 to 8 at University of Manitoba Stadium in Winnipeg.

kids," said Shortt. "I could shout out the whole team. They work hard with no negativity. Track is an individual sport when you are competing, but it really feels like a team for these kids. I have nothing negative to say."

The 19 athletes moving on to provin-

cials will continue training this week before the opening day of provincials on Thursday.

The events will go all day from June 6-8 from the University of Manitoba Stadium in Winnipeg.

## Jr. Jays snap losing skid

By Kieran Reimer

The Interlake Jr. Blue Jays got back in the win column with two wins this week.

After dropping three straight ball games, the Jays took two out of three against the Altona Bisons and St. Boniface Legionnaires.

Friday night in Altona was their best of the three as the Jays beatdown the Bisons by a 17-2 score to snap the losing skid.

They then dropped the first of two Sunday games against the Legionnaires in a 2-1 pitching battle from Whittier Park.

In the evening game the Jays batters were able to break through for five runs which proved to be enough as

the Jays defeated the Legionnaires 5-2 to move back above the .500 mark.

Coach Dave Meyers highlighted their pitching as their strongpoint over the weekend.

"We played all right," said Meyers. "We played good Friday with good hitting and pitching. Sunday, we pitched good but didn't hit. All in all, not a bad weekend."

The Jays now sit fourth in the Manitoba Junior Baseball League with a 5-4 record.

Their next game will go Friday night at St. James Optimist Field when they take on the St. James A's.

The A's (6-2) sit two games ahead of the Jays for third place in the MJBL.

First pitch will go at 7 p.m.



EXPRESS PHOTO BY EDWARD VINCENT

Connor Smith attempts a slide into third base against the Altona Bisons. Smith and the Jays went on to win the ball game 17-2 and snapped their three-game losing skid.



# Gimli Youth Bowlers celebrate successful season, medal haul

By Patricia Barrett

Gimli's youth bowling program picked up the pins after another successful season that gave youth aged 4 to 18 a safe space for recreational pursuit and opportunities to earn medals during provincial and national competitions.

The 2023-2024 season for the Gimli Youth Bowlers started last September and ended in April. And judging by the eagerness of the kids to take part in competitions, the program is a popular and satisfying activity.

Dianna Auer, co-director of the bowling program, said they attracted 33 registered bowlers last season. And after only two months of practice, 19 bowlers registered for the provincial singles bowling tournament Nov. 18-19 at Polo Park Lanes in Winnipeg where nine kids brought home the hardware.

"Bantam Boy, Ryder Zaik came in first place overall and went on to represent Manitoba at the National Fivepin Bowling Competition in Ottawa where he pulled off a fourth-place win. Drew Nemeth won first place in pins over average (POA)," said Auer. "Our and our bantam girls Lucy Kilpatrick, Nya Falk and Tilley Kilpatrick brought home first-, second- and third-place wins in POA. Our junior girl, Demi Nemeth, fought hard and pulled in a second-place win in POA while junior boys Liam Stellar and Hunter Masiak placed in the Top 3 in POA. Our senior Nick Waite rocked, placing first in POA."

Gimli entered three teams in the provincial high low doubles tournament on Jan. 28 that was held at Rossmere Lanes in Winnipeg. William Ripak and Ben Cranton (bantams) came in fourth place. Demi Nemeth and Chyanne Birchwood (juniors) also brought in a fourth-place win. And Kenadi Sherred and Emily Kilpatrick (seniors) brought home silver with a second-place win.

A few months later, Gimli entered six teams in the provincial doubles tournament March 2-3 at St. James Lanes in Winnipeg, with several kids showing their pin-hitting prowess. Nya Falk and Tilley Kilpatrick (bantam girls) won second-place overall and William Ripak and Owen Cranton (bantam boys) pulled off a second-place win in POA. Eva Nemeth and Lucy Kilpatrick (junior girls) came in first in POA and Nick Waite and Riley Kilpatrick (senior boys) came in first-place in POA.

The provincial finals on March 24 at Rossmere Lanes saw combination teams from Gimli earn gold and bronze medals. Kenadi Sherred, Aiden Falk and Soren Sigurdson (team 1) earned the gold in a first-place win. And Emily Kilpatrick, Liam Stellar and Arthur Buller (team 2) brought home the bronze medal.

"Every Saturday morning, these young bowlers come together, showing great sportsmanship, courtesy, positivity and support," said Auer. "They build strong bonds with their teammates and show respect on the lanes with peers and coaches."



Drew Nemeth won first place in pins over average (POA).



Eva Nemeth and Lucy Kilpatrick (junior girls) came in first in POA.



Junior boys Liam Stellar and Hunter Masiak placed in the Top 3 in POA.



Nick Waite and Riley Kilpatrick (senior boys) came in first place in the provincial doubles tournament March 2-3 at St. James Lanes in Winnipeg.

The Gimli bowling program would not be as successful as it is without certified volunteer coaches Stewart Campbell, Josef Auer, Geoff Kilpatrick, Rick Sherred and Dan Ripak, who show up every week to volunteer their time and support, said Auer. And she herself and Val Sherred share co-director duties to ensure that everything "runs smoothly."

Youth bowling through Youth Bowl Canada was first organized in 1963 for young bowlers in Ontario before expanding across the Prairie provinces, Quebec, the Atlantic provinces and Yukon Territory, said Auer. Youth Bowl Canada aims to instil in kids a love of bowling as a sport, social recreation and



EXPRESS PHOTOS COURTESY OF DIANNA AUER  
Bantam Boy, Ryder Zaik, middle, came in first place overall and went on to represent Manitoba at the National Fivepin Bowling Competition in Ottawa where he pulled off a fourth-place win. Pictured with his coaches Rick and Stewart.



Kenadi Sherred, Aiden Falk and Soren Sigurdson (team 1) earned the gold in a first-place win at the provincial finals on March 24 at Rossmere Lane.

a shared family activity. Within organized leagues, kids can learn about sportsmanship and fair play, as well as hone physical literacy skills such as agility, balance and coordination.

The Gimli youth bowling program is scheduled to start on Sept. 7. For more information about leagues and how to register, call Bowlers Lane at 204-642-6837.



# Storm FC collects first win of season

By Kieran Reimer

Arborg's Storm FC picked up their first win of the season on Thursday.

The club downed Los Guerreros FC 3-1 at Buhler Recreation Park to improve to 1-1-1 on the season.

Rogan Dueck, Tristan Penner and Dalen Penner did the scoring for Storm FC as the club hit the three-goal mark for the second straight game.

Tristan Penner's goal comes in his first game with Storm FC this season as he missed the first two games of the season. The club is happy to have his offensive abilities injected into their lineup for upcoming games.

Dalen Penner's goal brings him to three on the season which ties him for the league lead.

Storm FC's defenders had their best performance of the season, only allowing the one goal after giving up a combined five goals in the opening two games.

The win now sits Storm FC at fourth place in the Manitoba Major Soccer League's Division 5.

They will look to make another jump in the standings when they take on Hanover United (1-1) on Thursday from Steinbach Credit Union Field at 7:30 p.m.

## Sr. Jays thump Phillies, improve to 2-0

By Kieran Reimer

The Stonewall Blue Jays continued their winning ways on Tuesday with a 19-3 thumping over the Pembina Phillies.

Both teams entered the ball game with 1-0 records in the Winnipeg Senior Baseball League after winning their season openers last week.

Though the Jays dominated the majority of the game, it was the Phillies who got out to the early lead.

They took a 1-0 lead into the bottom of the second inning before the Jays bats were able to break the game open, collecting six runs off of Pembina's Sarah Moir.

Jays' Zach Campbell continued his impressive night on the mound, giving up only four hits by the fifth inning while striking out two batters in the process.

The Jays batters the put the game away in the fifth

with an 11-run inning which forced the end of the ball game.

Multiple Jays had big nights as Evan Ducharme, Noah Ducharme, Derek Millar and James Stolar all rounded the bases three times.

Scott Harris also was impressive, getting on base on all five of his plate appearances while adding a run.

With the win the Jays improved to 2-0 on the season and sit second in the WSBL behind the North Winnipeg Pirates (3-0).

The Jays schedule now turns to a rematch with the West Winnipeg A's on Tuesday night.

Last week the Jays walked off the defending champion A's, winning 8-7 in the season opener.

The A's have won two straight since then and sit half a game back of the Jays for second place.

First pitch will go at 7:30 p.m. from Fines Field in Stonewall.



EXPRESS PHOTO BY ALANA HOFER

Shayne Kornelson makes his way downfield. Kornelson was one of Storm FC's goal scorers in last week's 3-3 draw with Mecs FC.

## Phillies Weekend Report: U13s and U15s have perfect weekend

By Kieran Reimer

The U13 Interlake Phillies were back on the field this weekend for the first time since winning gold at the Orioles Opener two weeks ago.

The Phillies played four ball games over the weekend, coming away with wins in all four games.

On Saturday the Phillies picked up right where they left off, driving in 17 runs to defeat the U13 Smitty's Terminators 17-4 from Quarry Park.

They then followed it up with another dominant win over U13 Central Energy, winning the game 13-3.

Emma Cassils was named Phantastic Phillie of the day as she made significant contributions in her first two games back after injury.

On Sunday the Phillies headed out to Optimist Park for their second doubleheader of the weekend.

They began the day with a 7-0 victory over the U13 Manitoba Angels.

In the second game they played the U13 Westman Magic who entered the game with the second-best record in

the Manitoba Premier Softball League U13, however the Phillies quickly put them in their place as they went on to win 15-1.

Kahlie Minnie was named Phantastic Phillie of Sunday after making contributions to all areas of the game.

Brooklyn Chetyrbok, Paige Bernier and Kardyn Reimer drove a majority of the offence on the weekend as they each picked up six hits.

Reimer, who is quickly emerging as one of the league's top pitchers had another outstanding weekend on the mound as she had 27 strikeouts, no walks, and no earned runs through 11 innings.

The red-hot Phillies now hold a 7-0 record which sits them 2.5 games ahead of any other team for first place in the MPSL U13.

Their next MPSL games will go Saturday, June 22 when they take on the Smitty's Terminators again at 1 and 3 p.m. from Moffat Field in Winnipeg.

### U15 Phillies

The U15 Interlake Phillies also returned to the field after not playing since May 12.

The Phillies took on the U15 Manitoba Angels in both games of their Sunday doubleheader from Headingley Community Centre and were able to head home with two wins.

In the opening game, the Phillies trailed through five innings down 2-0 until a couple singles from Jersey MacMillan and Abi Minnie were able to tie the game.

In the sixth, it was Peyton Rinn coming in clutch for the Phillies with a hit that put them on top as they won 4-2.

Olivia Hagen also played a huge role in the game, locking down the Angels batters late in the game and striking out 14 batters throughout.

The afternoon game was a much different story as the Phillies bats broke loose after three innings.

In the fourth they pieced together 6 runs which the Angels were unable to recover from as the Phillies went on to

win the game 13-6.

Their two wins this weekend bring them back up to .500 on the season with a 2-2 record.

They now sit in fourth place in the MPSL U15 and are a game back of U15 Central Energy for third.

The Phillies will look to get above the .500 mark on Wednesday evening when they take on the U15 Smitty's Terminators at 7 p.m. from Varsity View.

### U19 Phillies

The U19 Manitoba Phillies enjoyed another week off in the MPSL U19.

The club hasn't played in two weeks since dropping two close ones to the U19 Westman Magic.

They currently sit third in the MPSL U19 with a 1-5 record.

The Phillies will make their long-awaited return to the field on Saturday when they take on the U19 Smitty's Terminators in a doubleheader at noon and 2 p.m. from Moffat Field.



# get inspired

> MEAL IDEAS



## Cellentani Caprese Pasta Salad

4 tablespoons lemon juice  
8 basil leaves, julienned  
2 cups small mozzarella cheese balls, halved  
salt, to taste  
black pepper, to taste  
Bring large pot of water to boil. Cook pasta according to package directions and drain. Drizzle pasta with 1 tablespoon olive oil and place on sheet tray to cool. Set aside.

In large bowl, combine tomatoes, lemon juice, basil, remaining olive oil and cheese. Season with salt and pepper, to taste. Add pasta and stir.

Prep time: 10 minutes  
Cook time: 15 minutes  
Servings: 7  
1 box Barilla Protein+ Cellentani pasta  
4 tablespoons extra-virgin olive oil, divided  
2 pints grape tomatoes, mixed color, halved



## Linguine with Zucchini Carbonara

1 box Barilla Linguine  
1 tablespoon fresh mint, chopped  
black pepper, to taste

Bring large pot of water to boil. In bowl, mix egg yolks, 1/3 cup Pecorino Romano cheese and milk. Season with salt, to taste. Set aside.

In large skillet, heat olive oil and cook zucchini.

Cook pasta according to package directions. Reserve 1/2 cup cooking water.

Mix pasta in pan with zucchini. Add egg yolk mixture and 2 tablespoons cooking water. Combine well.

Add remaining cheese and mint; mix. Season with salt and pepper, to taste.

Prep time: 5 minutes  
Cook time: 10 minutes  
Servings: 8  
5 egg yolks  
1 cup Pecorino Romano cheese, grated, divided  
1/2 cup milk  
salt, to taste  
1 tablespoon extra-virgin olive oil  
1 medium zucchini, julienned



## Heart-Healthy Pita Pizzas

cooked  
2 tablespoons grated Parmesan cheese  
1 tablespoon fresh basil, rinsed, dried and chopped (or 1 teaspoon dried)

Preheat oven or toaster oven to 450 F.

On each pita, spread 1/4 cup tomato sauce and top with 1/4 cup chicken, 1/4 cup broccoli, 1/2 tablespoon Parmesan cheese and 1/4 tablespoon chopped basil.

Place pitas on nonstick baking sheet and bake 5-8 minutes until pitas are golden brown and chicken is heated through.

Prep time: 10 minutes  
Cook time: 8 minutes  
Servings: 4  
4 whole-wheat pitas (6 1/2 inches each)  
1 cup chunky tomato sauce  
1 cup grilled boneless, skinless chicken breast, diced (about 2 small breasts)  
1 cup broccoli, rinsed, chopped and

# Ask the money lady

Dear Money Lady Readers,

Today's column came from a conversation with one of my ATML Partners, Ana Cruz in Burlington, Ontario. Ana is a mortgage agent in Halton and shared a story about a good friend of hers who was able to reduce her mortgage and shed years off her amortization. Something we should all consider doing, especially due to the higher lending rates.

Here's what Ana said: "In 2019, I reworked a mortgage for a friend who was buying out her partner with a new mortgage of \$380,000. Let's call this friend, Karen (not her real name and she did give me permission to share this story). In order to qualify, Karen would have to take a 30-year mortgage with monthly payments at \$1,597. For the first year of Karen's five-year mortgage term, she didn't do very much other than move to accelerate biweekly payments. Now, you may think accelerated biweekly payments are a small change, but let me explain, this small move from \$1,597 monthly to \$798 biweekly means Karen could shave off 3 years of her mortgage and saved close to \$9,000. The next year Karen increased her payments by 15%, (\$120 bi-weekly) and made lumps sum payments of \$3,000 every quarter towards her mortgage. After 5 years, upon her mortgage renewal, Karen's mortgage balance was \$312,575 with an amortization of 11.8 years. If she had only made her monthly payments on her original 30-year mortgage, she would have had a renewal balance of \$337,668, and her amortization would be 25 years. Instead, by making a few simple changes and extra lump sum payments she had saved thousands of dollars in interest and reduced her overall amortization by 13 years."

This is a great success story and one we can all do so simply. Often times we stick with the payment structure our banker or broker give us when we sign a new mortgage. We fit this payment into our lifestyle and don't think about it anymore. Of course, this is to the benefit of the lender, not the borrower. Canadian mortgages are calculated "semi-annually, not in advance," which means they are broken into two interest calculations with all banks working on a calendar year. So as of January 1, your interest



Christine Ibbotson

is calculated based on the payment selection you chose, and interest is laid down over the first 6 months. On July 1, the mortgage balance is reviewed again, and interest is calculated on the remaining balance, based on your payment selection, until December 31. This is a basic analogy but demonstrates how Canadian banks calculate interest semi-annually. Obviously, the best payment selection to reduce the amount of overall mortgage interest would be accelerated weekly, and the best time to do your lump sum payments would be in November-December or May-June. Most banks provide online mortgage calculators for you to work out different payment options. At the very least, try to line up your amortization on your mortgage with the year you plan to retire since you want to make sure you are debt-free at retirement. For example, if you are 45 years old and want to retire at 60, then your mortgage amortization should be no more than 15 years. If you are able to manage the payments with an amortization to match your retirement, then push it a little more and go with accelerated weekly payments. After a while this payment should fit into your new monthly budget but be careful not to stretch your cashflow too much. Paying off debt, especially a big mortgage, is a tremendous accomplishment, one that we should all strive for sooner rather than later.

Written by Christine Ibbotson, Author, Finance Writer, National Radio Host, and now on CTV Morning Live, and CTV News @6 syndicated across Canada. Send your questions through her website at askthemoneylady.ca

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**Qualifications:** Must have grade 12, be 18 yrs. of age, first aid & CPR training preferred, must enjoy working with children, possess initiative/motivation, flexibility and be enthusiastic, child abuse registry check and criminal record check required upon employment.

Please submit your resume by June 19, 2024 to: Heather Lowe hloweapg@mymts.net

## ONLINE ONLY FARM AUCTION SALE

For Deborah and the late Herb Robinson, Arborg, MB

Sale starts online: Monday, June 10, 2024 at 9:00 a.m.

Closes: Soft close starting at

10:00 a.m., Wednesday, June 26, 2024

To register: go to: www.apro.bid (Bidding site)

Over 300 lot items for sale - J.D. 7210 w/J.D. 710 Snow bucket, power quad, right hand reverse, 7891 hrs showing; Ford 7840 MFWA Tractor w/Allied 795 loader, bucket & bale fork J.D. Turbo 7720 Combine, hydrostatic, Dicky John 1055 grain monitor, airflow sieve, variable spd pickup, 3161 hrs showing; D7F Caterpillar, running; HN 1475 Haybine 16ft, 2300 series; J.D. 4020 w/J.D. 148 Loader; J.D. 4010, series 3720.

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## THE RURAL MUNICIPALITY OF ARMSTRONG PUBLIC HEARING

### REGARDING THE 2024 FINANCIAL PLAN

In accordance with Section 162(2) of The Municipal Act the Rural Municipality of Armstrong shall hold a PUBLIC HEARING to present the 2024 Financial Plan for the Municipality on:

**Thursday, July 11th at 7:00 P.M.**  
**FRASERWOOD HALL**  
**10140 PR 231 Fraserwood, MB**

The Rural Municipality of Armstrong 2024 Financial Plan consists of:

- 1) The 2024 Operating Budget,
- 2) The 2024 Capital Budget,
- 3) An estimate of the Operating Revenue and Expenditures for the following fiscal year (2025), and
- 4) A five (5) year Capital Expenditure Program (2025-2029)

The purpose of the PUBLIC HEARING is to allow any interested person to make representation, ask questions, or register an objection in respect of the Rural Municipality of Armstrong 2024 Financial Plan.

Copies of the Financial Plan will be available for review and may be examined by any person on the RM of Armstrong website at [www.rmofarmstrong.com](http://www.rmofarmstrong.com) or at the Municipal Office at Lot 55 Highway 17, Inwood, Manitoba during regular office hours.

Dated this 5th day of June, 2024

Nancy Howell  
Interim Chief Administrative Officer  
Rural Municipality of Armstrong

## THE RURAL MUNICIPALITY OF ARMSTRONG PUBLIC NOTICE

### Additions to the Voters List and/or Personal Security Protection Requests

In accordance with Section 36 of *The Municipal Councils and School Boards Election Act* (MCSBEA), the R.M. of Armstrong Voters List is open for changes or revisions.

- Any person who is eligible to vote in municipal elections in the Local Authority of the R.M. of Armstrong can have his or her name added to the Voters List or have any information about the voter on the Voters List corrected.
- Any person can request to have his or her name and address obscured from the Voters List.

A person whose name has been obscured will receive a Personal Security Certificate and identification number. In a civic election, that person may only vote by Sealed Envelope Ballot and cannot vote in person at the regular or advance voting places.

To implement the above, a written request must be submitted to the Senior Election Official, in person, by e-mail, or mail no later than June 25, 2024.

Rural Municipality of Armstrong  
Box 69  
Inwood, MB R0C 1P0  
Telephone number: (204) 278-3377  
Email: [clerk@rmofarmstrong.com](mailto:clerk@rmofarmstrong.com)

The next Municipal By-Election takes place on July 31st, 2024.

Ernie Epp  
Senior Election Official



## RURAL MUNICIPALITY OF GIMLI

## PUBLIC NOTICE

### NOTICE TO PROPERTY OWNERS in the Gimli town site, South Beach, & Loni Beach

TAKE NOTICE THAT starting June 17, 2024 all elm trees in these areas on both public and private property will be treated by basal spraying to assist in the prevention of the spread of Dutch Elm Disease.

Any residents not requiring treatment of their trees are to advise the Municipality before June 14, 2023 at 9:00am (204)642-6688.

Dated at Gimli this May 31, 2024.

Ron Hahlweg  
Director of Operations  
Rural Municipality of Gimli

## THE RURAL MUNICIPALITY OF ARMSTRONG

## NOTICE OF REGISTRATION AND NOMINATION

### NOTICE OF REGISTRATION OF PROSPECTIVE CANDIDATES FOR MUNICIPAL BY-ELECTION

Prospective municipal 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 candidate registrations will be received:

For the office of reeve or councillor up to and including June 25th, 2024 at the Rural Municipality of Armstrong office, 55 MB-17, Inwood, MB, during the regular hours of business.

To obtain a registration form contact the municipal office at (204) 278-3377.

### NOTICE OF NOMINATION

NOTICE IS HEREBY GIVEN that on the following days: June 19th, 20th, 21st, 24th and 25th, 2024

between the hours of 8:30 a.m. and 4:30 p.m. (note the office is closed between noon and 1:00 pm for lunch hour) at the Rural Municipality of Armstrong office, 55 MB-17, Inwood, Manitoba, nominations will be received for the office of:

Reeve and five Councillors of the aforesaid Local Authority.

**The nomination deadline is June 25th, 2024 at 4:30 p.m.**  
Nominations cannot be accepted after this day.

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

Nominations may be filed in person or by an agent at the above location, on the date and hours specified. To obtain a nomination paper, and/or candidate's declaration of qualification, contact the Local Authority at the telephone number listed below.

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

Local Authority telephone number - (204) 278-3377

Dated at Inwood, Manitoba on May 23, 2024

Ernie Epp  
Senior Election Official (S.E.O.)  
Rural Municipality of Armstrong

### NOTICE TO CREDITORS

IN THE MATTER OF THE ESTATE OF: WILLIAM KOSTYSHYN, late of the Town of Lundar, in Manitoba, Deceased.

ALL claims against the above estate, duly verified by Statutory Declaration, must be filed with the undersigned at their offices, 72A Centre Street, P.O. Box 6500, Gimli, Manitoba, R0C 1B0, on or before the 3rd day of July, 2024.

DATED at Gimli, Manitoba, this 6th day of June, 2024.

BAKER LAW CORPORATION  
SOLICITORS FOR THE EXECUTORS  
Attention: Grant D. Baker

### Online McSherry Auctions

Estate & Moving  
June 12th @ 7:00 PM

Farm Equip. Consignment  
Auction

Ft. 2015 Kubota M9960  
MFWA Cab 1960 Hrs  
June 20th @ 7:00 PM

Estate & Moving  
Ft. Coins & 100 Plus  
Lots of Gold Jewelry  
June 19th @ 7:00 PM

12 Patterson Dr.  
Stonewall, MB  
204-467-1858 or 204-886-7027  
[McSherryAuction.com](http://McSherryAuction.com)

### NOTICES

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

HIRING SUMMER STAFF? NEED CLASS 1 DRIVERS? Have your blanket classified ads seen in the 31 Member Newspapers which are seen in over 368,000+ homes in Manitoba. Now booking Winter and Spring advertising for 2024. Please Call 204-467-5836 or MCNA at 204-947-1691 for more details or to book ads. MCNA - Manitoba Community Newspapers Association. [www.mcna.com](http://www.mcna.com)

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35 Hours per week

MMF Citizenship number required  
The program runs from July 2, 2024 until August 30, 2024 and is open to Full Time High School and University Students who are returning to school in the fall.

Send your resume to Karen Bowman at [office@evergreenbasicneeds.com](mailto:office@evergreenbasicneeds.com) or drop off at 71 4th Ave in Gimli. Please indicate the position you are applying for.

**Deadline for applications: June 15, 2024**

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



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**Todd**  
306-774-2420

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THE EXPRESS  
WEEKLY NEWS

## take a break

> GAMES

### SUDOKU

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

Level: intermediate

**Fun By The Numbers**

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

**Here's How It Works:**

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

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

Sudoku Answer

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

Crossword Answer

## CROSSWORD

**CLUES ACROSS**

1. Breezed through
5. Supervises interstate commerce
8. Unruly group
11. Backs away from
13. Expression of understanding
14. Have concern for
15. Monetary units
16. Congressman (abbr.)
17. Iranian city
18. Eating houses
20. 2,000 lbs.
21. Grandmother
22. They include North, South and Central
25. In an early way
30. Foes
31. Shuttered British entertainment magazine
32. One who unloads cages
33. Another term for sesame
38. Formally forbid
41. Make clear
43. Inaccessible
45. Get through
47. Ancient kingdom near Dead Sea
49. Decameter
50. Type of sword
55. Actor Idris
56. Affirmative (slang)
57. Afflicted
59. One point north of northeast
60. Born of
61. Arabic name
62. Traditional Hong Kong street food: \_\_ pai dong
63. Termination point
64. Email function

**CLUES DOWN**

1. Sign language
2. In style
3. Helsinki neighborhood

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

4. Unable to hear
5. More rapid
6. An idea accepted as a demonstrable truth
7. In a cagy way
8. Kate and Rooney are two
9. Algerian port
10. Community in Ladakh
12. Midway between south and southeast
14. Town in Galilee
19. Satisfy
23. Italian impressionist painter
24. Brass instrument
25. Chest muscle (slang)
26. Transmits genetic information from DNA to the cytoplasm
27. Records electric currents generated by the brain
28. Woman (French)

29. Aircraft designed to carry lots of passengers
34. Baseball stat
35. Pointed end of a pen
36. Popular sports league
37. Body part
39. Unlikely to provoke dissent
40. Yellowish cotton cloth
41. Domesticated house pet
42. Untruths
44. Set out to attract
45. Spiritual leader
46. Abba \_\_, Israeli politician
47. Repair
48. Genus of flowering plants
51. Swiss river
52. Prejudice
53. River in central Europe
54. Harness
58. Father



# Classifieds Announcements



Book Your Classified Ad Today - Call 467-5836 or Email [ads@expressweeklynews.ca](mailto:ads@expressweeklynews.ca)

## BIRTHDAY



Happy Birthday  
George McKenzie  
90 Years Young on June 9th  
A strong, hardworking man  
who farmed all his life and  
who still enjoys working outside  
on his tractors and mowing the grass...  
if you see him, honk as you go by!  
-Cheers on your big day  
from your friends and family

## GRADUATION



Congratulations to  
Emily Pemkowski  
for receiving her Bachelor of Education  
degree  
from the University of Manitoba.  
You've worked very hard  
to achieve your dream.  
Best of luck for an exciting future.  
We couldn't be more proud.  
-Love Mom, Dad and Ryan

## IN MEMORIAM



Audrey Lenore Greenham (King)  
June 3, 2023

Mom, we cannot believe that a year has passed since you left us. We miss you so much! We will always remember you with love and gratitude - everyday. We hold you in our hearts and know that you are in God's hands. As you were in life, may you now rest eternally, at peace.

Mom was so supportive, kind, strong and gentle - a woman of faith who loved...and lived, life fully. Mom's smile consistently lit up the room, now her light still shines upon us ... she is our sunshine.

"Her absence is like the sky, spread over everything". C.S. Lewis

-As always, with love...  
from your family

## 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  
Fur Baby- Zoey

## GRADUATION



Kaitlin Nichol  
Congratulations on graduating  
with your Degree in Law  
from the U of M.  
We are all so proud of you and  
wish you all the best in your future  
endeavors!  
-Love from your family

## PESTICIDE NOTICE

Public Notice is hereby given that the Lundar Co-Op Golf & Country Club intends to conduct the following Pesticide Control Programs during 2024.

1. To control noxious weeds & turf grass diseases. The projected dates of application will be from May 1, 2024 to November 1, 2024. The herbicides & fungicides to be used include:
  - Instarata
  - Banner Maxx
  - Vantage Plus Max II
  - Heritage
  - Par III
  - Eagle Wsp

The public may send written submissions or objections within 15 days of the publication of the notice to the department below.  
Environmental & Climate Change  
Environmental Approvals Branch  
14 Fultz Boulevard (Box 35)  
Winnipeg, Manitoba, R3Y 0L6



## ATTENTION FARMERS AND RANCHERS

INTERLAKE CATTLEMENS  
CO-OPERATIVE ASSOCIATION LTD.  
(ASHERN AUCTION MART)  
**ANNUAL GENERAL  
MEETING**

**Monday, June 17, 2024  
AT 8:00 PM**

Auditors Financial Report  
Election of Directors

204-768-2360  
[icca@mymts.net](mailto:icca@mymts.net)  
[www.ashernauctionmart.com](http://www.ashernauctionmart.com)  
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The contractor of the successful tender will be responsible for the removal of manure, hauling and piling or spreading of manure either at a location of our choosing approx. 2 1/2 miles from the auction mart or to an alternate location if written permission is obtained from landowner.

Tenders to be received by  
June 18, 2024 (4 p.m.)

Removal of manure to be done by  
August 16, 2024

For more info call Kirk at 204-768-0019  
Interlake Cattlemen's Coop Assoc Ltd.  
Box 599 Ashern, MB. R0C 0E0  
Fax: 204-768-3690  
Email: [icca@mymts.net](mailto:icca@mymts.net)  
License # 1128



Call Today! 204-467-5836

## CELEBRATION OF LIFE

Celebration of Life for  
Margaret Anne (Firman) Stewart  
October 6, 1932 - January 15, 2024  
to be held on

Saturday, June 8, 2024  
1 p.m.

at Matlock Recreation Centre  
77 Matlock Rd., Matlock, MB.  
Refreshments and light lunch to follow.

## EVERGREEN BASIC NEEDS IS HIRING FOR THE SUMMER!

**Store Clerk**  
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Send your resume to  
Karen Bowman at  
[office@evergreenbasicneeds.com](mailto:office@evergreenbasicneeds.com)  
or drop off at  
71 4th Ave in Gimli.  
Please indicate the position  
you are applying for.  
**Deadline for applications:  
June 15, 2024**

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# Announcements

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## OBITUARY



**Donna Lee Bishop**  
August 24, 1959 – April 30, 2024

With heavy hearts we announce the sudden passing of Donna at her home in Thunder Bay, Ontario.

Donna was born in Red Deer, Alberta the second youngest of five. Born to Chuck Bishop and Betty Miller. With a father in the Military for the first 10 years of her life, it must have given her the wandering spirit she possessed. Headstrong and stubborn to the core, Donna never hesitated to depend on her adventurous soul to pick up and head to a new place and start again. That adventurous soul took her to all the western provinces from BC to Ontario.

Mom finished her Grade 12 at Chilliwack Senior Secondary and later in life became a Registered Care

Aide and worked in BC and Manitoba. A more perfect person for the job would be hard to find. She enjoyed working with shut ins and seniors and always brought a smile to their faces.

She carried that with her to her Thunder Bay community as well. Volunteering in the Paterson Court complex from calling Bingo to helping clean residents' apartments was also something she enjoyed. She had a heart of gold and would give you the shirt off her back even if it meant she had to go buy a new one.

Mom loved art and crafts and was quite a great artist. Her favourite past times were shopping and scouring second hand stores. Her children and grandchildren brought the biggest joy to her life. She was so proud of them all.

Donna was predeceased by her father and stepmother Chuck and Anne Bishop and her mother and stepfather Betty and Guy Purcell.

Left behind to mourn are her children: son Philip Maton (April), daughter Kyrene Alleyn; grandchildren: Haylee, Braxdyn, Cali, Chase and Xavier; sisters - Diane (Gord) Kupczyk, Carol (Peter) Bulcock; brothers Bill (Deborah), KC (Donna); step brothers and sister - Rhonda, Ken, Mark, Edward and Arthur Kolba; numerous nieces and nephews with a special spot for Andrea.

A very special thank you to cousins Coreen Heney, Robert Miller and Jer Emy and the residents of the Paterson Court for always being there for Donna.

There will be a Celebration of Life at a later date.

## OBITUARY

**Allan Larry Johnson**  
January 18, 1952 – May 26, 2024

Brother to: Kathy, Judy, Arlene, Marilyn; ex to: Chris; Dad to: Inga, Lilja; Afi to: Valerie, Eve, Sloan; went to the Lord's loving arms to a place of no pain or sorrow.

No service per his request. Private family burial.

## EMPLOYMENT OPPORTUNITY

### TDM Sports is looking to hire a **FULL TIME SALES ASSOCIATE**

Responsibilities include retail sales of sporting goods and Bell MTS services. Duties include scheduling, daily cashouts, inventories, ordering and paperwork for Bell MTS Services. Must be energetic, self-motivated, an effective problem solver & have good communication skills.

Send resume to:  
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Email to: [tdmsports@hotmail.com](mailto:tdmsports@hotmail.com)  
or Apply in person at  
279 Main St., Arborg



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[www.sunsetmemorialsgimli.ca](http://www.sunsetmemorialsgimli.ca)

## OBITUARY

**Mary Anne Bergman**  
August 2, 1949 - May 25, 2024

It is with great sadness that the family of Mary Anne Bergman announce her passing. She passed peacefully in her family home as she intended.

She was a loving wife of 52 years to her husband David M Bergman; Mom to her four sons and families David (Mandi), Karl (Tammy), Chris (Kim) and Joe (Laura); and Granny to her grandchildren Dylan, Sadie, Haley, Kole, Destiny, Tristan, Johannes, Kyler, Krewyn, Ethan, Jace and Ellie; step grandchild Austin and Great Granny to Lawrence, Jackson, A.J. She will be missed by her brother Rich (Betty), sisters-in-law Carol, Jane, her sister Sylvia (Luke) and brother-in-law Lynne; and many nieces, nephews, relatives and friends.

Mary Anne was predeceased by her husband David; parents Rudolph and Leona Keller; brothers Martin, Ken, Albert and sister Bernice; David's parents Joe and Sella Bergman; brother-in-law Ray.

Mary Anne and David married on April 18, 1970. They began their family life on the Keller family farm, and lived there the rest of their lives. Together they raised their four sons. Mary Anne had a special relationship with each of her 12 grandchildren, and three great-grandchildren. Granny always made time for each of them and enjoyed having them around.

Mary Anne and David were always very active in their children and grandchildren's lives. Going to as many dancing competitions, soccer/basketball games, and hockey tournaments that they could fit into their schedule. She loved watching her children and grandchildren doing what they loved. She would drop everything for her grandchildren and great-grandchildren, always having buckets of ice cream, and jugs of chocolate milk on hand should anyone drop in. It was never very long before parents were being asked if there was any way that they could stay for a minute, an hour or overnight please?

Mary Anne loved the farming lifestyle allowing her to live on her own terms. Doing things to her standards and setting her own pace usually leaves the kids wondering how she could do that, so fast. She enjoyed the challenges of caring for the animals. If it was feeding, fencing, building a shelter or bringing in a newborn, she was there with a smile. Even when there were challenges like getting the tractor stuck, she would present alternatives with a soft voice and kind heart. Then watch on as the boys in a quest for learning would often exacerbate the challenge.

She loved working on the family house which her grandfather built. Renovating entire rooms because her sons were at hockey camp or hunting for a week and that was more than enough time. Often we would return to "Did you even notice?".. She loved keeping it a surprise, which meant she would rarely ask for help. Simply, "Pick away at it." one board at a time. No matter what the project she would put anything aside to make time for family, was easy to talk to and could always provide comfort. No matter how big the problem was she could make it look small.

IN OUR HEARTS FOREVER

You did your best to stay with us for as long as you could. We will always love you.

REST IN PEACE

Private interment to take place at Camp Morton Cemetery at 11:00 a.m. on June 12, 2024, family and relatives are welcome. There will be coffee and lunch to follow at Gimli Waterfront Centre at 12:00, open to everyone who wants to come and pay their respects and fellowship.

Tributes: [www.gilbartfuneralhome.com](http://www.gilbartfuneralhome.com)

Gilbart Funeral Home, Gimli in care of arrangements.



## OBITUARY

**Patricia Anne Juniper (nee Chambers)**  
August 29, 1935 – May 30, 2024

Peacefully on May 30, 2024, Patricia Juniper, aged 88 years, passed away at the Eriksdale Personal Care Home.

Cremation has taken place and a private family interment will be held in the Mulvihill Cemetery. A luncheon will be held for family and friends at 12:00 pm on Thursday, August 29, 2024 in the upstairs hall of the Eriksdale Recreation Centre.

In lieu of flowers, donations may be made to the Eriksdale Personal Care Home, c/o Sharon Thorgilsson, PO Box 130, Eriksdale, MB R0C 0W0.

Arrangements by:

ARNASON FUNERAL HOME

Ashern - Lundar

1-204-768-2072

1-866-323-3593

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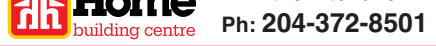
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