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Recipient Nelson Gerrard, right, with Lt.-Gov. Anita R. Neville and Dr. Gordon Goldsborough of the Manitoba Historical Society. Gerrard was recognized for his work in preserving the province's history and heritage.

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Interlakers honoured with lieutenant-governor's preservation award

By Emma McGill

On May 18, Nelson Gerrard of Arborg and Mackenzie Stewart of Clan-deboye were guests at Government House where they were honoured and awarded for their outstanding commitment to preserving and protecting Manitoba's history and heritage.

The Lieutenant Governor's Historical Preservation and Promotion Award is presented to five individuals annually. The Manitoba Historical Society (MHS) receives award nominations from the public and recommends up to five people to receive awards each year, two of which will be reserved for emerging historians (mid-30s and younger). Nominations are welcome at any time.

This award was established in 2011 by Philip Siu Lun Lee, the 24th lieutenant-governor of Manitoba. Lee migrated from Hong Kong to Canada and graduated with a bachelor of science degree from the University of Manitoba in 1966. In 2002, he was awarded the Queen's Golden Jubilee Medal.

Nelson Gerrard is the vice-president of the non-profit Icelandic River Heritage Sites Inc., working as a historian and genealogist, aiming to protect the

history of Icelandic Canada. He has been involved in many protection projects including the Nes Cemetery Historic Site, where many Icelandic pioneers are buried. Gerrard has also published two related books, *The Icelandic Heritage* and *Icelandic River Saga: History of Riverton, Manitoba and District*.

Mackenzie Stewart is currently finishing up her bachelor's degree in history at the University of Winnipeg while working as a culture and heritage instructor at the Louis Riel Institute in Winnipeg. In the past, she has taught workshops and worked as an interpreter as well as a collections assistant. At 23 years old, her time of being involved in the history community is just beginning, but she has worked hard to do what she loves. Having gotten into history at a very young age, Stewart grew up watching documentaries, with her focus switching from ancient Egypt to medieval France and landing on fur trade in Canada. She is very grateful to have received the award and for all the appreciation she's received from peers and people she's looked up to in the past.

"It's extremely validating; a lot of



EXPRESS PHOTO SUBMITTED

Left to right are: Nelson Gerrard (recipient), Dan Furlan (president of MHS), Mackenzie Stewart (recipient), Lt.-Gov. Anita R. Neville, Doug Evans (recipient), Dick Remus, (recipient) and Dr. Gordon Goldsborough (MHS).

the people who've won the award in the past are people who've been in the history community for years," shares Stewart.

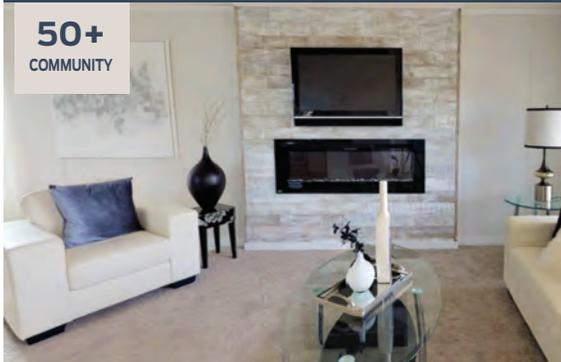
Manitoba's 26th lieutenant-governor, Anita R. Neville, and Dr. Gordon Goldsborough, associate professor in the University of Manitoba's department of biological sciences, presented the award to two other members of

the history community: Doug Evans of Winnipeg and Dick Remus of Emerson.

Further details about the award program, along with a nomination form, are available on the MHS website at www.mhs.mb.ca and can additionally be accessed through the lieutenant-governor's website at www.manitoba-galg.ca.

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Let There Be Music! Westshore Singers back in the choir loft

By Patricia Barrett

After a three-year hiatus because of COVID, the Westshore Singers have re-grouped and are ready to put a song in your heart.

The Gimli-based choir will be performing two concerts at the Gimli Lutheran Church this Sunday and Monday.

"Let There Be Music is our theme after all these years of not being able to sing together," said music director and conductor Karen Lamb. "And we've got a great variety of songs, including spirituals."

The program includes Four Strong Winds, a tribute to Canadian folk singer-songwriter Ian Tyson who passed away recently, an arrangement of the Irish blessing May the Road Rise Up to Meet You, a piece called the Distant Shore based on The Water is Wide (a folk song of Scottish origin), Oh Sinner Man, and Any Dream Will Do from *Joseph and the Amazing Technicolour Dreamcoat*.

For over 20 years, the Westshore Singers have entertained audiences,

raised money for charity and enabled guest singers to hone their craft. Their accompanist, Ginny Parent, is a founding member of the choir.

Because of COVID, Lamb said the last Westshore Singers' concert was held in December 2019. When they re-grouped in April of this year, they had some members who decided to step away.

"We are looking for new singers. We could use about 30 new members. All ages are welcome. We have a teenager and several people in their eighties," said Lamb.

Some of the benefits of joining the choir include learning music, learning about the history of songs, working together as a team, developing performance skills and having fun.

"You learn a lot about life through singing in a choir," said Lamb. "Singing is such a positive force."

Although they have fewer voices, Lamb said choir members are excited to perform.

"It's going to be a really good concert. My choir members have worked



EXPRESS FILE PHOTO BY PATRICIA BARRETT

Members of the Westshore Singers performing at the Gimli Lutheran Church in 2017.

so hard. It's really lovely when people want extra rehearsals and they work really hard," said Lamb, who was a junior high school band and choir teacher.

The Westshore Singers perform two concerts a year, typically in the spring and in December. The choir doesn't rehearse over the summer; rehearsals begin in September after Labour Day.

Anyone wishing to join the choir can fill out a registration form on

Westshore Singers' Facebook page or its website: westshoresingers.ca. No auditions are required to join.

The concerts will be held on Sunday, June 11 at 2 p.m. and on Monday, June 12 at 7 p.m. Admission is \$10 at the door. Tickets can also be purchased from a choir member.

The Gimli Lutheran Church is located at 50 Third Ave., across from the Dr. George Johnson Middle Years School.

Arborg launches on line recreation registration

By Patricia Barrett

The Arborg-Bifrost Parks and Recreation Commission is making it easier for residents to register and pay for upcoming programs and rent facilities for events.

The commission will be launching a convenient online registration portal on June 12 through the Town of Arborg's website. The portal will allow people to register and pay for an array of programs from swimming to summer camp.

Instead of having to register during recreation commission hours, people can go online whenever they want, choose a program or rent a facility and pay for it in a few easy steps.

"This change will provide individuals and families the ability to register at any time, as an individual or as a family, for any program or activity that's offered by the recreation centre and provide multiple ways to pay the registration fees," said recreation director Tom Chwaliboga.

The commission will have an online calendar showing the availability of all facilities that can be rented for events such as birthdays, business gatherings, conferences and so forth.

"This will provide better customer service, clarity and communication between the recreation centre and our

community," said Chwaliboga.

Starting June 1, people can set up an online profile that they'll use to register for programs and book facilities.

"We are hoping this new system will work for everyone; however, we understand there may be some problems we did not anticipate. Your patience during this transition is greatly appreciated," said Chwaliboga. "The Arborg Bifrost Parks & Recreation Commission is committed to providing our community with the most efficient way to access programming, activities and facility reservations. We continue to work on ways to provide you with the best service possible."

The online registration portal is available on the Town of Arborg's website.

Visit www.townofarbrog.com and go to Recreation/Programs & Activities/Registration. Alternatively, enter in your browser the following address: <http://ca.apm.activecommunities.com/ArborgBifrostRec/>

Those who don't have the internet can still register for programs and rent facilities in person or by phone.

For more information about the online registration system, call the Arborg-Bifrost Parks and Recreation Commission at 204-376-5576.

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Gimli's Bluesfest lineup has something for everyone

Join in the fun June 16 and 17

By Annaliese Meier

Get ready to groove at the first annual Gimli Bluesfest, taking place on June 16 and 17 at the Gimli Park Pavilion.

This two-day event is a celebration of all things blues, with an incredible lineup of performers that will have your toes tapping in no time. Not only will you be treated to some amazing music, but there are also beer gardens 18+ featuring both Diageo Canada and Interlake Brewing Company options, along with \$5 Crown Royal testers — perfect for those who want to sip on something refreshing while enjoying the tunes.

Admission is completely free; however, it is encouraged to bring a tin of non-perishable food for the donation bin. There will be limited seating only in the beer gardens area, so pack your lawn chairs. The pavilion will provide limited sun and rain coverage and the canteen will have snacks, food and drinks available for purchase.

Bluesfest features a multitude of tal-

ented artists who are sure to get you up and dancing. Almost all the performers are local Manitobans.

On Friday night, the lineup kicks off with the Gimli High School Jazz Band from 6 to 7 p.m. Following them is Hilbilly Burlesque. Next up is Blue Noise from 7:30 to 9:15 p.m. followed by A&V Blues Duo from 9:15 till 10 p.m. And last but certainly not least is South Thunderbird Band from 10 till 11:15 p.m.

Saturday's lineup starts off strong at 1 to 2:45 p.m. with Chris Ghidion Band, whose soulful sound will surely have you swaying along. Tracy K Duo takes over from 2:45 to 3:15 p.m. before DB & The Deadbugs kick things into high gear until 5 p.m. Ms. Gwendolyn follows up from there until The Perpetrators take over at 5:30 p.m. and keep playing until 7 p.m. Debra Lyn Neufeld takes centre stage next for her performance lasting until 7:45 p.m., paving the way for Billy Joe Green to carry through to Women in Blues from 9:30 to 10:30 p.m. Finally,



EXPRESS PHOTO SUBMITTED

The Gimli High School Jazz Band performed at the harbour front last Friday and if anyone missed them, you still have a chance to hear them. The band will kick off Bluesfest Friday, June 16 from 6 to 7 p.m. at Gimli Park Pavilion.

Tim Butler closes out this incredible event starting at 10:30 p.m. till 12:15 a.m. Make sure you don't miss out on any of these amazing performances.

The Bluesfest is just the beginning of

a summer full of music. Gimli's upcoming calendar has something for everyone, including a tribute performance of Elvis, Patsy Cline, the Rolling Stones and many more.

Gimli's outdoor night market this Saturday

Saturday, June 10 from 3 to 8:30 p.m.

Get ready to experience the vibrant atmosphere of The Gimli Night Market. This outdoor market takes place on Saturday, June 10 from 3 p.m. till 8:30 p.m. and will be located on 1st Avenue west side between Centre and Goldfield St.

There are currently 60 vendors registered with a little bit of everything for sale: Fyre & Ice Mfg, Flapjack Kids/Sunset Gourmet, Marla's Puzzle Pantry, Epicure, Hello Happy Candle Co., Loveable, Tupperware, Tara Chartrand Psychic Medium, Shan's Studio, Artik Crystal, LW Beads/Scentsy

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Ella Platschick - Twigz & Twine... Inspired by Nature, Little Laketown



EXPRESS FILE PHOTO

Sixty vendors will have their wares on sale this Saturday from 3 p.m. to 8:30 p.m. The market will be located 1st Avenue west side between Center and goldfield Streets.

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Cultivating your mental health bears fruit in later life

Submitted by Nick Ubels, Canadian Coalition for Seniors' Mental Health

Your mental health is like a garden. Sometimes conditions are nearly perfect for steady growth and flowering. And other times conditions can be challenging, with little water, too much shade or scorching heat. But there's always something you can do to tend to your mental health and help your garden grow in all seasons of life.

That's the message the Canadian Coalition for Seniors' Mental Health (CCSMH) is sharing this Seniors' Week from June 5 to 11.

"This week is a wonderful opportunity to celebrate the resilience of older adults and also shed light on ways we can better support their mental well-being," said Brenda Martinussen, CCSMH director of projects and public policy. "We're sharing practical tools for older adults, their families and

health-care providers to dig into."

CCSMH is a national interdisciplinary organization dedicated to promoting better mental health outcomes for older adults. They've received major grants from several public and private funders, including a recent and substantive federal grant, to do just that.

"The COVID-19 pandemic was really difficult for older Canadians, especially those living in long-term care," said CCSMH executive director Claire Checkland. "It shone a spotlight on some underlying challenges that we are eager to address. And there's great reason for hope."

Recent findings from Mental Health Research Canada suggest that 80 per cent of older adults across Canada feel hopeful about the future.

"Mental illness is not a natural part of aging; we have the right to men-

tal wellness no matter our age," said Checkland. "Our organization is committed to ensuring that older adults can get help if they need it so that they can flourish in all seasons of life."

CCSMH has recently released a new pamphlet helping older adults make sense of depression, drawing on the best available evidence reviewed by a committee of experts.

Since 2002, the organization has brought together health professionals including physicians, nurses and social workers as well as older adults to create clinical and public-facing resources on topics like depression, delirium and substance use. CCSMH is currently working on new clinical guidelines for anxiety, social isolation and loneliness, and the behavioural and psychological symptoms of dementia.

"CCSMH is truly a pan-Canadian ef-

fort," according to founding co-chair Dr. David Conn. "We have a remarkably dedicated team coming together with renewed energy to lead with evidence and empathy in support of the mental health of older adults right across the country."

How can you support an older adult you know to flourish?

To learn more, access CCSMH mental health resources or lend your voice to their efforts, visit their website at ccsmh.ca or follow them on Twitter, Facebook and LinkedIn. If you need emergency help, please call 911 or visit your local emergency department. To reach a local crisis line, call 1-833-456-4566, toll-free anywhere in Canada.

The views expressed herein do not necessarily represent the views of the Public Health Agency of Canada.

Nominations open for 2023 Seniors of the Year awards

Submitted by Manitoba government

Nominations are now open for Manitoba's Seniors of the Year Awards, which celebrate senior Manitobans who have made a significant contribution to their families, communities and the province, Seniors and Long-term Care Minister Scott Johnston announced last Thursday.

"Older Manitobans laid the foundation of our strong, prosperous province, and their contributions continue to play a pivotal role in fostering a healthy, productive society," said Johnston. "These awards will recognize the hard work and dedication of Manitoba seniors whose outstanding voluntary contributions enrich their communities."

Awards will be presented in two categories, noted the minister. The senior of the year award recognizes Manitoba seniors for enriching the social, cultural or civic life of communities. The active and healthy living award recognizes role models for their work creating active, healthy communities.

Nominations for the awards are open until 4 p.m. on June 23.

The minister also invited Manitoba residents who are 100 or older to sign up for Manitoba's Centenarian Club, which celebrates their experiences, wisdom and contributions.

"Along with recognizing the immeasurable contributions of Manitoba seniors, our government continues investing in key initiatives that will build a stronger founda-

tion for improved seniors care," said Johnston. "During the comprehensive public engagement process that informed our seniors strategy, we heard that it can be challenging to access and navigate services and supports, which is why we are launching two new resources specifically designed to address these challenges."

The new Manitoba Seniors Guide provides important information about seniors serving organizations throughout the province and includes hundreds of listings of services supporting adults including home care, social services and community groups.

The fully accessible, bilingual guide was developed in partnership with 211 Manitoba and United Way Winnipeg and can be downloaded and printed for quick reference, noted Johnston. In addition to a general guide for all of Manitoba, there are five regional versions including Winnipeg, Southern, Interlake-Eastern, Northern and Westman/Parkland, making it easier to locate services and supports close to home, the minister added.

The minister noted the Department

Continued on page 6

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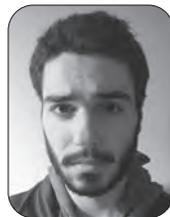
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Tax cuts need to be focus of provincial election

By Gage Haubrich is the prairie director for the Canadian Taxpayers Federation

Manitobans need more tax relief. A family of four in Winnipeg making \$75,000 a year is paying more provincial taxes in Manitoba than they would be in Saskatchewan, Alberta or British Columbia.

Since the last election in 2019, inflation in Manitoba has gone up 12 per cent. Groceries now cost 18 per cent more and the price of gas is up by more than half.

The upcoming election is a perfect time for all parties to commit to making life more affordable by putting more money back in Manitobans' pockets.

What can you expect from four more years of Premier Heather Stefanson? Or four years of newcomer New Democratic Party leader Wab Kinew?

Let's compare the tax-cutting record of both parties.

In 2019, the Progressive Conservative government cut the provincial sales tax by one point, lowering it from eight to seven per cent. And in 2020, the government started phasing out education property taxes, which will save the average homeowner \$581 this year.

Stefanson's latest budget increased

the tax-free portion of Manitobans' income from \$10,145 to \$15,000. This will save taxpayers up to \$524 per year. It will also remove 47,400 low-income taxpayers from having to pay any income tax at all.

The Stefanson government committed to further cut taxes after the election in 2024 by changing the income tax brackets. Under this change, the first \$47,000 of your income will be taxed at the lowest rate, compared to the current \$36,842. Income between \$47,000 and \$100,000 will be taxed at the second highest rate compared to \$79,625 before. This means that more of taxpayers' income will be taxed at lower rates.

Combined with the change this year, an individual taxpayer will save up to \$1,399 in 2024. That's a substantial tax cut. It's enough money to pay for a month of rent or a couple months of groceries.

Greg Selinger, the last NDP premier, was more well-known for raising taxes. In 2012, his government raised the gas tax. While campaigning in 2011, Selinger promised Manitobans he would not raise the provincial sales tax, but, in 2013, he hiked the PST from seven to eight per cent.

The past shows that the PCs have the edge when it comes to a tax-cut track record. Cutting taxes three times in the last seven years is an accomplishment. But an election is just as much

about what a party will do as much as it is about what they have done.

Stefanson and the PCs need to follow through on their announced tax cuts. And if the PCs are really serious about affordability, they will cut the gas tax to offset Prime Minister Justin Trudeau's carbon tax hike.

"Manitobans will feel even more of a pinch when they are filling up the tank, buying groceries and heating their homes," Stefanson said on the latest carbon tax hike. The federal carbon tax increases the price you pay at the pump by 14 cents per litre. The Manitoba government also charges a 14 cents per litre gas tax.

Kinew also needs to make bold commitments if he wants the attention of taxpayers. After the budget, Kinew refused to say if an NDP government would keep Stefanson's latest tax cuts. Kinew needs to come clean on what Manitobans can expect if he gets elected.

To the west, the Saskatchewan NDP is calling on the provincial government to cut parts of the PST. Promising a provincial sales or gas tax cut would show Manitobans that Kinew and his party have learned from the mistakes of the past.

Taxpayers are struggling. Politicians are supposed to work for the people. Manitoba politicians need to prove to taxpayers that they can make it a little easier to make ends meet.

> SENIORS, FROM PG. 5

of Seniors and Long-term Care's newly refreshed, fully accessible website is now live at <https://www.manitoba.ca/seniors/>. The website includes comprehensive information on healthy aging resources including:

- housing options and care planning;
- community and caregiver sup-

ports;

- safety and security;
- financial and legal matters;
- health and well-being; and transportation.

The website also includes a section dedicated to combatting ageism, the minister noted.

"We want to support all Manitobans in their aging journeys," said John-

ston. "Our government remains committed to making Manitoba an ideal place to age."

To nominate someone for a Senior of the Year award or to sign up for Manitoba's Centenarian Club, visit <https://manitoba.ca/seniors/seniors-of-the-year-awards.html>

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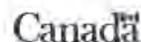
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Funded by the Government of Canada



Free provincial park access, free family fishing this weekend

Embrace the great outdoors during extended family fishing weekend

Submitted by the Manitoba government

Manitoba families have an extra day to cast a line into their favourite lakes for free during this year's Family Fishing Weekend, June 9 through June 11, Natural Resources and Northern Development Minister Greg Nesbitt announced Tuesday.

"Summer is almost here and we know Manitobans treasure these warm, late spring weekends. Throughout this weekend, residents and visitors will be able to fish for free while also enjoying free access to our beautiful provincial parks," said Nesbitt. "This extra day creates another opportunity for more Manitobans to get hooked on fishing."

This weekend, anglers can reel in their catch of the day across the province without the need for a licence, except in national parks where a federal licence is still required. All other rules and regulations, including size limits, still apply as outlined in the 2023 Manitoba Anglers' Guide, available at www.manitobafisheries.com.

Vehicle permits will not be required to visit provincial parks from June 9 through June 11. However, regular camping fees will still apply at provincial campgrounds.

Park visitors are encouraged to check provincial park conditions as there may be temporary closures or advisories. Before setting up camp,

visitors should check for the latest fire restrictions and remember only make fires in approved fire pits.

For more information on Manitoba's provincial parks, visit www.manitobaparks.com.



EXPRESS PHOTO SUBMITTED

Manitoba governments announces Free Family Fishing weekend from June 9-11 to encourage families to embrace the great outdoors. Keevin Erickson was fishing for his dinner on Lake Manitoba last week. Help the Express record the weather of the week and send in your photos of friends or family enjoying the outdoors. Email: weather@expressweeklynews.ca.

Letter to the editor

Letters to the Editor: letters@expressweeklynews.ca

Breathing through your nose can save your life

By Patricia Witzke

Why is it important to breathe through your nose? Remember that the nose was designed for breathing with. The mouth was used for eating. The benefits of nose breathing far outweigh those for mouth breathing.

There are many reasons why nose breathing is beneficial. It filters, warms and humidifies air before it is drawn into the lungs. It reduces the heart rate and provides better oxygen delivery throughout the body. Another benefit is it brings nitric oxide into the lungs to open airways and blood vessels. Finally, it reduces lactic acid so more oxygen is delivered to working muscles.

Carbon dioxide performs a number of important functions in the human body. Humans produce it in tissue cells during the process of converting food and oxygen into energy. Maintaining a correct breathing volume through nose inhalation ensures that the ideal amount of carbon dioxide remains in the lungs, blood, tissues and cells. It offloads oxygen from the blood to be used by the cells. It di-

lates the smooth muscle in the walls of the airways and blood vessels. Regulating of blood pH is also an important function. Therefore, the correct breathing volume is crucial.

George Catlin, a 19th century artist, noticed that the Indigenous mothers would gently press their baby's lips together to ensure continual nasal breathing. He noted that the rate of sickness, illness among the native people was very low. European settlers' babies slept with their mouths open, gasping for breath and suffered from more illnesses. In 1882, he wrote a book entitled *Shut Your Mouth and Save Your Life*.

In conclusion, nose breathing is essential for good health. It warms and humidifies incoming air. It allows it to be 37 degrees C, when it reaches the lungs. Removing a significant amount of germs and bacteria from the air is a benefit of nose breathing. Finally, the nose has a reservoir for nitric oxide, an essential gas for the maintenance of good health.

Therefore, starting to nose breathe will improve your health. Try doing it regularly. Your body will benefit from it. It may even increase the length of your life.

Source: *The Oxygen Advantage*, written by Patrick McKeown. It was first published in the United States in 2015 by William Morrow. The publishers' name was Harper Collins Publishers.

'Smoke alarm for every family' program renewed

Submitted by the Manitoba government

The Manitoba government, through the Office of the Fire Commissioner, is once again offering the Smoke Alarm for Every Family (S.A.F.E. Family) program, in partnership with the Manitoba Firefighters' Burn Fund, Municipal Relations Minister Andrew Smith announced Monday.

"The risk of dying in a reported home fire is reduced 50 per cent in homes with working smoke alarms," said Smith. "Smoke alarms save lives—but they need to be properly installed, equipped with functioning batteries, and within their 10-year service life."

The goal of the S.A.F.E. Family program is to save lives by protecting every home with a working smoke alarm and encouraging residents to make and practise a home fire escape plan.

Any homeowner without a working smoke alarm can apply to receive one. Only owner-occupied homes qualify for the S.A.F.E. Family program, since landlords are legally responsible for installing and maintaining smoke alarms in rental

units.

Fire departments will focus on identifying homes with at-risk residents including older adults, newcomers to Canada, young children, people with disabilities, and low-income families.

"The recent rash of fires in both vacant and occupied residences points out the seriousness of the issue for the public and firefighters, along with the number of adults and children who are admitted each year with serious and life-threatening burn injuries" said Martin Johnson, chair, Firefighters' Burn Fund of Manitoba. "The Firefighters' Burn Fund is pleased to be in partnership with the Office of the Fire Commissioner and Manitoba's fire departments in the delivery of this vital program."

Since the program started in 2015, fire departments across the province have installed more than 7,500 smoke alarms in eligible homes, the minister noted.

For more information on the S.A.F.E. Family program, contact a local fire department or visit www.manitoba.ca/safefamily.

Gimli Garden Club undertakes some serious sowing around town

Plant sale on Saturday

By Patricia Barrett

Gimli Garden Club members were out in force on Tuesday adding a splash of colour to the town's boulevards and sidewalks, banishing weeds and sprucing things up nicely for residents and visitors.

Every year around this time, club members grab their spades, form planting groups and hit the streets. They plant flowers and shrubs on Centre Street, First Avenue, at Gimli Park, the municipal office, the Second Avenue parking lot and at Bill's Hill near the harbour to help beautify the town.

"It didn't take us very long because there were a lot of us," said club president Rose Marie Hess.

The Rural Municipality of Gimli provides the garden club with a grant for the flowers and plants, which the club pre-orders the previous fall and are ready for pick-up in the spring.

The Gimli Garden Club welcomes people of all ages to join the club. Members share planting tips and tricks and bring in educational guest speakers with money the club raises from holding plant sales (plants the club members grow at home or at their

headquarters at the multi-purpose building). The club also arranges tours to see other gardens.

"The main purpose of our club is to share planting and gardening knowledge amongst ourselves. We also share plants," said Hess. "When some people first joined, they hadn't planted a garden before and learned how to do it. Now, it's coming to the time where people are going to have to plant gardens because of food prices."

To help other folks in Gimli beautify their yards and homes, the club is holding its annual plant sale this Saturday on a lot next to the liquor store on Centre Street.

"We'll have all sorts of plants at our sale. We have 25 club members and we all bring in plants we started growing at home or at the multi-purpose building at the end of March. We'll have perennials, annuals, house plants, ferns and small trees," said Hess.

Those who like to snack while they shop for plants can pick up some baked goods.

"There will be a bake sale at the same time, same place," said Hess.

The sale gets underway on Saturday, June 10 from 10 a.m. to 2 p.m.



EXPRESS FILE PHOTO BY PATRICIA BARRETT
Every year, the Gimli Garden Club plants flowers and decorative plants in flower boxes around Gimli.

For more information about the Gimli Garden Club and how to get in touch, visit its webpage on the RM of Gimli's website.

Vegan handmade market comes to Inwood

By Jennifer McFee

If you're looking for a fun family-friendly event this weekend in the Inwood area, you might want to check out the Ledwich Family Farm Vegan Handmade Market.

The fundraising event is set for Saturday, June 10 from noon to 4 p.m. at the Ledwich Family Farm, located at 103151 Road 4 W in the RM of Armstrong. Entry is available with a \$5 donation, and children aged 12 and under are free.

Torrence Ledwich is founder and president of Ledwich Farms, which is a registered non-profit organization that aims to rescue and provide lifelong care to animals in need. The farm animal sanctuary is home to cats, dogs, rabbits, chickens, ducks, turkeys, guinea fowl, goats, pigs, ponies, horses and cows.

She said all proceeds of the fundraiser will go directly to supporting the animals.



EXPRESS PHOTO SUBMITTED

The Ledwich Family Farm Vegan Handmade Market on June 10 will raise funds to support animals.

"This summer, we are fundraising for our new chicken coop and run, auto-waterers to better animal care, our winter hay costs and general feeding costs," Ledwich said.

"Without community support on the ground or by donations, we struggle with the ability to help more animals and make improvements for the current rescues."

The Vegan Handmade Market will feature handmade children's clothing, handmade soap, Kaye's Muesli Mix, Min and Moon Artwork, Onyx Art prints, The Kitchen Fling baked goods, Misfits Incantra Incense and more. All products at the market are free from animal-derived ingredients.

"We also have our Youth Market Program, which is free for children. Youth make all kinds of treasures and sell them at the market as well," Ledwich added. "Applications are always open for our markets."

The event will also feature a workshop entitled "Butterflies and Helping the Monarchs." For kids, they'll be entertained with hula-hoops and a bouncy castle.

Continued on page 10

LAKESIDE QUILTERS
QUILT SHOW 2023
Friday, June 9
10 am - 8 pm
Saturday, June 10
10 am - 4 pm
At the Gimli Rec Centre
45 Centennial Road in Gimli

★
See beautiful quilts, quilted articles and fabric art by local makers, and vote for your favourites.

★
Shop for fabric, sewing notions & more offered by vendors from across the province.

★
Stop for a snack, lunch or beverage at the Fat Quarter Café.

★
Raffles, Selfie Station & more
Admission: \$8/day (under 12 yrs free)
For all the details, visit:
www.lakesidequilters.ca
#lakesidequilters2023
@lakesidequilters2023

RIVERTON CO-OPERATIVE ASSOCIATION LTD.
CO-OP ANNUAL MEETING

When: Tuesday, June 27, 2023 - 7:00 PM
Location: Riverton Curling Club
(175 Reggie Leach Drive, Riverton MB)

Agenda items to include:
Minutes from the 2022 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

Camp Arnes to teach youth self-sufficiency in food production



Camp Arnes is growing microgreens for its campers to harvest and use for their meals.

By Patricia Barrett

With food prices having skyrocketed and climate change affecting agricultural production around the world, Camp Arnes is embarking on a new program to teach kids how to grow their own food and other practical skills that will make them more self-sufficient.

This is the first year the interdenominational Christian camp north of Gimli is offering what it calls homesteading skills to kids enrolled in summer camp, which runs from July to August.

"We call it homesteading because it's bigger than just growing a garden. It's all about living on the land," said the camp's operational director Jim Croy. "When kids come to camp, homesteading will be one of the activities they can sign up for."

When the camp was planning its programs last year, it chose a theme for this year called "In the Garden," he said. Because this is the first year of the program, the focus will be on planting and maintaining a garden, but it will include conversations about preserving food and how to live year-round on what is produced in the growing season.

"We've started our garden early so that there will be something for kids to eat during the first week of camp, and kids that come later in the summer will continue on with planting," he said. "The kids will be caring for the garden and some of the micro-greens we have growing. The idea is to have kids harvesting some of the greens and using them for their meals."

The camp is planting quick-growing vegetables as well as plants they'll have to wait to harvest later in the season.

"We're eating micro-greens now at camp in most our meals, including sprouts. The sprout seeds come up really quickly," he said. "We also have a lot of lettuce growing in small boxes that are hanging on the fence."

Along with planting and harvesting, the kids will be learning how to control weeds that compete with food plants for water and nutrients.

"They'll learn how to help a garden and what they can put down between the rows that will stop the growth of weeds. We will never use chemicals here. They'll have to learn how to use other plants to choke out the weeds or woodchip mulch," said Croy. "There are lots of tricks we



EXPRESS PHOTOS BY HEIDI KHALIL

Kids learn how to grow and care for a garden and greenhouse, and how to preserve food and tend to animals.

can teach the kids."

Although the camp would like to teach the kids about compost, Croy said they have "so many deer" in the area that love to eat things that go into compost, not to mention what's planted in the garden.

The camp is re-purposing some of the space that was once used as corrals for its horse program in order to accommodate a garden, said Croy. And other groups such as schools that rent the camp may be interested in learning about homesteading.

"This will go beyond summer camp season," said Croy. "Other groups that rent the camp will be exposed to homesteading as well and can learn about it if they like."

The camp brought in a teacher who has lots of experience growing food and managing a farm.

Heidi Khalil, the camp's ecosystem leader, will not only be teaching kids how to grow and care for a garden and greenhouse but also how to preserve food and tend to animals.

"There's a generational gap where kids don't know how to raise their own food and preserve it," said Khalil, who moved to Manitoba from the U.S. where she managed a family farm for many years. "It's a really important life skill to have, especially in these times."

She said she'll be covering food preservation through a small canning project such as pickling or open kettle canning (a type of canning that involves heating food to boiling and pouring it into jars).

"I want the kids to have hands-on preserving experience with something simple," she said.

As part of homesteading skills, Khalil will be introducing the kids to animal husbandry. The camp has some chickens, turkey chicks, a rex rabbit (plush fur), bucket calves and two miniature horses.

She's currently looking for someone who can donate or lend the camp a "healthy mother goat in milk" so that she can bring in lambs or goats and teach the kids about milking.

"THERE ARE LOTS OF TRICKS WE CAN TEACH THE KIDS."

"We would like to get a nice healthy mother goat in milk. We haven't been able to find one yet. If we get a mother goat, we can get some lambs or some baby goats. But we need that milk," she said. "If someone can donate or lend us a goat for the summer, that would be so awesome."

For more information about the camp's homesteading skills or to donate/lend the camp a goat, call Camp Arnes at 204-642-7618 and select the camp office.

ARBORG 204-376-3400 **GIMLI** 204-642-8501 **SELKIRK** 204-482-5806

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First operating room assistants join perioperative program at Selkirk Regional Health Centre

Submitted by IERHA

Former health-care aides Kerri Donald and Kamila Skorupski are the first graduates of Operating Room Assistant (ORA) Program in Interlake-Eastern RHA.

They will use their new training as members of the surgical team at Selkirk Regional Health Centre to provide additional support. This is one part of Manitoba Health's strategy to improve access to diagnostic and surgical interventions in the province.

Donald and Skorupski recently completed a 12-week micro-credentialing training program to become operating room assistants. Surgical and procedural teams across the province are supporting the delivery of care for thousands of Manitobans.

"The ORAs are extremely happy to be graduating from the program. They learned about the position through postings on the IERHA website and reaching out to perioperative management for clarification and questions. They found the course intense and extensive over a short 12-week period, however, beneficial overall," says Nicole Shead, IERHA surgical services educator.

"The extensive perioperative knowledge and skills that they have gained within the course has helped them anticipate the needs of the surgical team. We welcome them to our surgical teams."

The ORA role supports the surgical care team and increases overall capacity across the province. They

play an important role in operating rooms, freeing up time for nurses to focus more on performing the tasks that require their specialized skills. ORAs are not trained to carry out the same responsibilities as nurses. They are members of the surgical team providing additional support. Responsibilities include decontaminating rooms and disinfecting equipment, transferring and preparing patients safely for surgery, readying equipment and cleaning post-procedure.

The IERHA perioperative program provides surgical and diagnostic services to the residents of the Interlake-Eastern health region and surrounding communities. Surgical specialties performed at Selkirk Regional Health Centre include general surgery, urology and gynecology, including Cesarean sections.

In 2022, 5,185 endoscopic procedures and 2,676 surgical procedures were completed in the region. IERHA has recently expanded its surgical and endoscopy program in efforts to reduce provincial waitlists.

This training is provided at no cost. Participants are paid a full salary while completing the course. The course takes place virtually with weekly visits to Selkirk Regional Health Centre for observation and labs over two weekends to prove their competence and knowledge.

Applicants to the course must have recognized



EXPRESS PHOTO SUBMITTED
Operating room assistants Kerri Donald, left, and Kamila Skorupski, right.

health-care aide training and at least three years of experience working in an acute care setting.

For more information, please visit Educational Opportunities - Interlake-Eastern RHA (ierha.ca).

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
Womens Mtgs Thurs at 10:30 am

Al-Anon Gimli and Winnipeg Beach

Please join us at 17B North Colonization 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.

> INWOOD, FROM PG. 8

Ledwich Family Farm has taken the Vegan Sanctuary Pledge, which aims to highlight vegan sanctuaries that ascribe to ethical veganism, as well as non-human animal rights and protection.

"There's many benefits that come from a plant-based diet, and initially we started it for health reasons," said Ledwich, who follows a vegan diet along with her husband Chris and

their children Hudson and Thatcher.

"There are also environmental benefits and compassionate benefits for animals."

Looking ahead, Ledwich Family Farm will host a fundraising social on July 15 at Sturgeon Heights Community Centre in Winnipeg.

After that, they'll host an annual electronic music festival called Bring Your Love Festival of Arts from Aug. 17 to 21.

For Ledwich, the little wins are the best part of running the animal sanc-

tuary.

"Getting to see progress over time with the animals is amazing. Sometimes it's hard because you need to look at the bigger picture and not in the moment," she said.

"Building relationships takes time, just as it does with people, but it is just as rewarding creating those bonds with animals."

To learn more about Ledwich Family Farms and its events, visit www.ledwichfamilyfarm.ca.



JOIN US FOR THE JUNE CONSIGNMENT SALE 2023

ITEMS AVAILABLE TO VIEW: JUNE 12TH - 15TH FROM 9AM TO 5PM
BIDDING STARTS: JUNE 15TH AT 9AM AND LOTS START CLOSING JUNE 22ND AT 10AM

Pickup Days: June 23rd and 24th from 9am to 5pm.
Arrangements can be made otherwise. CLOSED SUNDAYS



SALE WILL CONSIST OF FARM EQUIPMENT, GENERAL MERCHANDISE, OVERSTOCK AND SURPLUS ITEMS, PLUS MUCH MORE! THIS IS AN ONLINE BIDDING AUCTION ONLY! IF YOU REQUIRE HELP OR DO NOT HAVE INTERNET ACCESS CALL THE OFFICE (204) 434-6519 CALL TODAY IF YOU WOULD LIKE YOUR ITEMS CONSIGNED!

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Gimli to celebrate love and acceptance this weekend



EXPRESS FILE PHOTO

FAF Marching Band will lead the Pride Walk Rally starting at Gimli Harbour Stage and heading up Centre Street to 4th Avenue.

By Annaliese Meier

Get ready for a fabulous weekend full of love and inclusivity. Pride Weekend is coming to Gimli, and the town is gearing up for an unforgettable celebration.

From comedy nights to drag shows, there's something for everyone at this year's event. So put on your rainbow colours and join in the festivities to spread love and acceptance throughout the community.

On Friday, June 9 at 6 p.m., make your way over to the Lady of the Lake Theatre in the New Iceland Heritage Museum for "This is Your Queer Life" featuring Ashley Smith from the Rainbow Resource Centre. Later that night, head over to Ship and Plough for Neurohilarity Comedy Night followed by a stunning display of rainbow colours on the Viking Statue in Viking Park at 10 p.m.

The fun continues on Saturday with opening

ceremonies at 1 p.m. when the Pride flag will be raised at Gimli Harbour Stage. Then the FAF Marching Band will lead the group on a Pride Walk Rally up Centre Street to 4th Avenue at 2 p.m. to celebrate equality and diversity. There will be no road closures so everyone can enjoy their walk without any disruptions.

Afterwards, there will be a Pride coffeehouse, featuring several different artists including Deborah Romeyn and host Dylan Acorn. These musicians will perform live music throughout the afternoon hours in Pier Lounge located inside the Lakeview Gimli Resort.

The Pride festivities will continue into the night at Ship & Plough, culminating in an epic drag show and

party starting at 9 p.m.

Everything is free except for the shows at the Ship & Plough. The comedy night is \$10 and the drag show and Pride party are both \$20 (with all ticket sales going directly to the artists).

Lundar gearing up for annual Agricultural Fair

By Annaliese Meier

Are you ready for a fun-filled weekend celebrating agriculture, rural life and fun? The Lundar Agricultural Fair is in its 69th year and has something for everyone. So mark your calendars for Friday, June 16 and Saturday, June 17 and get ready to experience the best Lundar offers.

The Lundar Agricultural Fair has plenty of entertainment, from livestock competitions to antique tractor pulls and commercial vendors to home living exhibitions. And let's not forget about the parade and fireworks show!

Whether you're a local resident or visiting from out of town, you won't want to miss this exciting weekend filled with family-friendly activities. With affordable admission prices at \$10 per day for adults and \$5 per day for teens (children under 12 are free), it's a great way to spend quality time together while experiencing country living.

The Lundar Agricultural Fair Parade is one of the highlight events on Saturday morning and can be viewed on Main Street. The parade draws various entries from decorated floats to cars and trucks, horses, decorated bikes and tractors. There will also be the antique tractor pull; this competition brings tractor enthusiasts from several communities to test their driving skills and tractors' pulling capabilities. The competition takes place both Friday and Saturday afternoons.

The commercial vendors section is a great marketplace for local businesses, crafters, and sales representa-

tives to showcase their products and services. The market is always bustling with activity during the two-day event. The fair showcases a spectacular firework show on Friday evening at dusk. At 10:45 p.m., fair-goers are encouraged to head over to the airstrip just west of town on PR 419 and enjoy a mesmerizing display of colours and patterns that light up the night sky. Bring your blankets, chairs, snacks and drinks with you to fully enjoy watching this dazzling performance while relaxing outside.

This year, Sigfusson Northern will sponsor the whole show, said Colleen Kostyshyn.

For the cattle classes, public judging takes place on Saturday from 10 a.m. to 4 p.m. by the Agri-Ed Centre. There are five 4-H clubs this year: Lundar 4-H Beef, Fisher Branch, Lundar Happy Hands, Trailblazers and Dolly Bay.

The 4-H steer sale will take place on Friday, June 16 at 4:30 p.m. both live and online, with dvauction.com. This cattle show provides visitors with an insight into farming practices and knowledge about different cattle breeds.

The Tiny Treasures Mobile Farm will be our Petting Zoo partner and bring the farm to you. They provide an interactive and educational experience with a variety of farm animals.

The annual event of the Home Living Exhibition will feature an impressive array of crafts, baked goods and other homemade items. Visitors to the curling rink will be treated to displays from various classes such as sewing, crocheting, knitting, photography,



EXPRESS FILE PHOTO

The 4-H steer sale will take place on Friday, June 16 at 4:30 p.m., both live and online.

crafts, home baking, canning, horticulture and a junior division. Viewing is Friday evening and all day Saturday.

The baby show is taking place Saturday morning at 9:15 a.m. in the curling rink, parents are able to enter their babies aged six to twenty-four months in the baby show; the winner will be invited to ride on the float in the parade.

The Lundar Agricultural Society takes great pride in being one of the founders of the North Interlake Show Circuit (NISC). Starting at 8:30 a.m. on Saturday, June 17, this year's light horse show will feature various classes, including western pleasure, Eng-

lish equitation, trail class and more. The competition showcases the beauty and skill of these majestic animals as they perform their best in front of judges.

"New this year will be a 6 Heavy Horse Hitch team in the parade, and they will do a demonstration following the parade in the horse ring," says Kostyshyn.

The midway will be taking place all weekend as well with new partners Select Shows. There will be a beer garden with live music Friday and Saturday nights for adults to enjoy.

With so many events scheduled throughout the two-day fair, there is something for everyone to enjoy.

Sadie Grimm Celebration & Ride on June 11

Submitted by Mary Johnson

The Coalition of Manitoba Motorcycle Groups is once again hosting the Sadie Grimm Celebration & Ride raising funds to complete construction of the Sadie Grimm Commemorative Picnic Shelter in Winnipeg Beach Provincial Park.

Teenager Sadie Grimm won a gold medal in 1914 for being the first motorcyclist to complete a motorcycle enduro ride from Winnipeg to the prestigious Empress Hotel in Winnipeg Beach.

This year's events include a planned ride through the Interlake with stops in Inwood, Poplarfield and Fraserwood, ending with the celebration at the bandstand on Main Street in Winnipeg Beach.

At 3 p.m., Rob Barg and Headingley

ReUnion will once again share their music along with their special Sadie Grimm song as well as debuting a newly written tribute song to Denis L'Heureux. The program between 4:30 and 5 p.m. includes an update on the Sadie Grimm project as well as an announcement by Minister of Municipal Relations Andrew Smith. The celebration at Winnipeg Beach is open to anyone to attend.

Pre-register for motorcyclists and supporters at <https://www.eventbrite.ca/o/manitoba-women-riders-committee-mb-wrc-of-cmmg-13078685397>. For more information, contact project co-ordinator Doug Houghton at 204-268-5406 or Sadie Grimm committee chair Mary Johnson at 204-981-5183.



PHOTO SUBMITTED

Rob Barg and Headingley Reunion will share music along with their special Sadie Grimm song at the Winnipeg Beach Bandstand on Saturday, June 11 at 3 p.m.

Gimli High School Pottery Club all fired up by tile mosaic

By Patricia Barrett

Members of the Gimli High School Pottery Club are all fired up after learning how to make functional pottery pieces and creating a striking tile mosaic that will be put on display at several locations around town over the course of the summer.

Students in grades 9 to 12 completed an after-school course in pottery that was facilitated and organized by the Gimli Art Club and funded by the Manitoba Arts Council. The course, which was held at the high school, drew about 20 participants, including two teachers and an educational assistant who wanted to get their hands dirty.

The course instructor, Erika Hanneson, who's a ceramic artist and painter, said she taught 10 classes in basic pottery and hand-building techniques that entailed more than "just squishing the clay around." Once the participants got the hang of manipulating clay, they really "took off," letting their imaginations inspire them.

"Some people approach art very hesitantly. They get nervous and don't want to mess up. But this group didn't care. They wanted to have fun and they wanted to experiment," said Hanneson, who works for the Winnipeg Art Gallery and is president of the Gimli Art Club. "They were a spectacular group."

Hanneson said the high school's art teacher, Allyson Giardino, wanted to bring in arts-related after-school activities such as pottery — the high school has its own kiln — and reached out to the Gimli Art Club. The art club then facilitated the pottery course by applying for a grant and putting out a call for artists to teach it. Hanneson sent in her CV (an external selection committee reviewed all applicants) and was chosen for the job.

Gimli Art Club member Joan Mayhew, who works with clay and chalk pastels, said she applied (on behalf of the art club) to the Manitoba Arts Council and the club was approved for an Artists in Communities grant.

"The Artists in Communities program supports arts-related activities by individuals, arts groups and organizations that face barriers to accessing artistic opportunities and/or serve a community that faces barriers to accessing artistic opportunities," said Mayhew. "As Gimli is in a rural area, and there are few arts activities offered after school hours, we were approved to offer a creative outlet for youth that don't have the opportunity for artistic-related activities."

Hanneson taught participants techniques of working with clay that included manipulating it, rolling it into coils, rolling it flat, making designs on it, firing it (twice) and applying glazes and colour.

"It sounds easy but because clay goes into a kiln after the piece is formed, it goes through a lot of stress. It can crack. And you have to really pay attention to how you join pieces of clay because the pieces can pop off. You can get little explosions," said Hanneson.

After the first firing, called bisque (hardening the clay into ceramic), the piece is ready to be glazed, which consists of a coat of liquid clay with glass in it, said Hanneson. Colour can also be added then the piece is fired a final time.

During the first half of the course, participants learned how to make functional items such as platters, pots, cups and bowls. One student even built a flower pot with a dragon around it.

"They were all so creative," said Hanneson. "Once they learned how to work with the clay and attach pieces, they took off."

They then moved on to tile-making for a collaborative mosaic.

Hanneson said they grabbed a lump of clay, learned how to roll it out properly and cut it into different shapes as a way to experiment and practise. They also learned how to attach pieces to the tiles and carve images into them.

For the mosaic, they decided to make four-by-four-inch tiles. Some students made one image per tile while others made several tiles with a single image extended across them. After the tiles were fired, they used adhesive to attach them to a piece of plywood.

Art teacher Allyson Giardino said there are a number of skills students took away from taking part in the pottery club. They include self-expression, creativity, persistence and resilience, appreciation for craftsmanship and problem-solving.

"Throughout the pottery and tile-making process, students encounter challenges such as clay drying too quickly or tiles not fitting perfectly," said Giardino. "They develop problem-solving skills by finding solutions to these issues and adapting their techniques."

Composed of about 90 individual pieces of tile, the mosaic has geometric motifs and images based on mythical themes.

The tiles were also inspired by the



EXPRESS PHOTO BY JOAN MAYHEW

Gimli High School students unveiled a ceramic tile collage this week. The mural was created during a pottery course that was facilitated by the Gimli Art Club and funded by the Manitoba Arts Council. Titled *Mosaic Tales: Weaving Myth, Folklore and Imagination*, the collage will be displayed at various locations around Gimli over the course of the summer.

students' own heritage, said Giardino. Viewers will find images such as "a musical raven strumming tales of prophecy and insight, a dancing mushroom spirit representing supernatural folklore, pickerel as a symbol of community prosperity and fishers' stories, a sprawling tree of knowledge with each branch connecting stories and tales to each other, and a dragonfly symbolizing change and transformation one gains from storytelling."

Their artist statement says, "Mosaic art has long been revered for its ability to bring stories to life through a tapestry of colours and patterns. From ancient civilizations to contemporary interpretations, mosaic tiles have served as windows into mythical realms bridging the gap between imagination and reality."

One of the students said the pottery club gave free rein to her creativity and allowed her to spend time with some of her favourite people.

"I had a lot of fun creating ceramics and bringing creations to life," said Veronica. "Spending time with my little brother and favourite teacher was a bonus of pottery club."

Lilly, another student participant, said she "enjoyed the pottery club; it was a fun after-school activity."

The teachers who took part in the classes also appreciated the opportunity to muck in and try something new.

"I've always wanted to try pottery but didn't know where to learn," said Ms. Arnbjornsson. "Joining GHS pottery club was an excellent opportunity to learn

a new hobby and create new bonds with students I don't get to teach."

And Ms. Fridfinnson said she "enjoyed seeing the tile mosaic progress from start to finish. As a hard-core math lover, I have to admit that pottery is much cooler."

The pottery club unveiled the mosaic on Tuesday at the high school and held a little celebratory party with teachers and parents.

The mosaic will be displayed at the following locations around Gimli:

Gimli High School from June 6 to 24; New Iceland Heritage Museum from June 25 to July 1; Lake Winnipeg Visitors Centre from July 2 to 8; Lakeview Resort Lobby from July 9 to 22; Access Credit Union from July 24 to Aug. 4; and the RM of Gimli administration building from Aug. 8 to 18.

Hanneson said it's exciting that the community is offering space to showcase the students' mosaic.

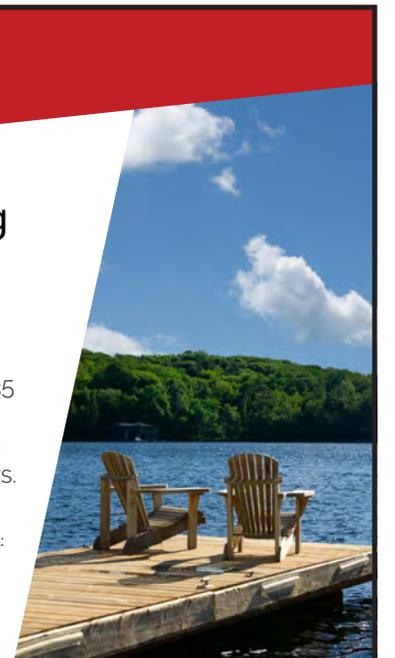
"The whole idea is to engage the community and we also want the students to be proud of what they did and have people see their work," she said. "It's wonderful that it will move around the community, like a little travelling art show."

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sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Einarson, Dinos win Canadian College Baseball Conference championship

By Brian Bowman

For the first time in program history, the University of Calgary Dinos are Canadian College Baseball Conference champions.

On May 22, the Dinos defeated the Victoria Collegiate Golden Tide 8-7 in the CCBC championship game, capping off an undefeated weekend at Spitz Field in Lethbridge.

Gimli's Kalli Einarson is an outfielder on the team.

"It feels super surreal. I said with a bunch of our seniors that we had on our team that we still can't believe it," said Einarson while back home last Sunday. "It happened out of nowhere, one win led to another. (Winning Calgary's first baseball championship) means the world to me. I knew I was going to stay in Calgary the entire time from Year 1 to Year 5. Something that I always took pride in was building this team to where it is now and see where it can go from here."

Calgary started strong in the game, jumping out to a commanding 7-1 lead after four innings of play.

"It's a big weight off your shoulders as soon as you take the lead in a championship game like that," Einarson said. "I think everyone took a big, deep breath after that after going up big. We made it closer towards the end but I think a lot of guys had a lot more confidence after getting the lead."

Einarson has now completed his



Kalli Einarson with the CCBC World Series trophy.

fifth and final year of eligibility. The championship victory was a fantastic way to end a stellar university career.

"Overall, it was a phenomenal experience. We had great coaching, tons of really good memories, and one of the closest, tight-knit groups that I have had was this last year," Einarson said. "The University of Calgary has a school-first mentality and we did a good job of balancing that. We had a lot of smart individuals that also took pride in baseball and that's really good to see."

Following a solid regular season that



EXPRESS PHOTOS SUBMITTED

Kalli Einarson and the University of Calgary Dinos won the CCBC championship after an 8-7 victory over the Victoria Collegiate Golden Tide.

saw the Dinos post a 16-16 record, Calgary peaked at just the right time, catching fire in the CCBC postseason tournament.

"After finishing the regular season 16-16, there was a little part of me that figured we still had something in us," Einarson said. "All year, all we talked about was once we get going we're going to be good. We were just missing a few pieces here and there. The bullpen was a little inconsistent once in a while and our hitting didn't show up once in a while. During the championship, everything clicked and that's the beauty of the double-elimination tournament, you can get

hot and just ride with it."

In their opening game of the CCBC World Series, the Dinos battled back from a 4-1 deficit after five innings against the Thompson Rivers University Wolfpack to pull out a 14-9 win.

The Dinos then downed the top-ranked host Prairie Baseball Academy Dawgs (University of Lethbridge), who won 21 games during the regular season, by a lopsided 8-2 score.

"That was the big switch that flipped," Einarson said. "PBA is our big rivalry. Calgary versus Lethbridge. All year-round it's always the

Continued on page 15

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sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Phillies busy on the ball diamond

Staff

The U13 Interlake Phillies split a pair of doubleheaders last weekend.

Interlake was defeated 11-4 and 10-5 by the Westman Magic on Sunday.

On Saturday, the Phillies zapped the Winnipeg Lightning 11-1 and 17-10.

Interlake is now 7-7 on the season.

The U15 Interlake Phillies were beaten 2-1 and 5-4 by the Manitoba Angels on Sunday to drop their record to 7-3.

In U17 action, Interlake lost 6-4 and 15-3 to the Winnipeg Lightning on Sunday.

The Lightning are now 3-12 in league play.

The U19 Eastman Phillies were swept in a doubleheader by the Smitty's Terminators on Saturday. Smitty's won by scores of 6-3 and 21-11.



EXPRESS PHOTOS LANA MEIER

The Interlake Phillies' Kardyn Reimer delivers a pitch against the Winnipeg Lightning while Katie Braid attempts to catch the ball during U13 action. Reimer pitched three innings with six strikeouts while Braid led the team with 3 RBI. Interlake swept the doubleheader, winning by scores of 12-1 and 17-10.

Stonewall Blue Jays earn first WSBL win of the season

Staff

The Stonewall Blue Jays won their first Winnipeg Senior Baseball League game of the season last Wednesday with an 8-4 road victory over the Springfield Sr. Braves.

Stonewall scored three runs in the top of the first inning and then added three more in the third to take an early 6-1 lead.

After the Braves came back with three runs in the fourth, the Blue jays added a pair of insurance runs in the seventh.

Stonewall outhit Springfield 10-4.

With the win, Stonewall improved its record to 1-4. The Blue Jays played the Elmwood Giants this past Tuesday and then will host the West Winnipeg A's this Thursday (7:30 p.m.) at Fines Field.

In Manitoba Junior Baseball League action, the Interlake Blue Jays split a doubleheader with the St. James A's last Sunday. Interlake was doubled 6-3 but won 2-1.

On Friday, the Blue Jays hammered the St. Boniface Legionaires 21-10 at Whittier Park in Winnipeg.

Last Wednesday, Interlake was de-

feated 12-6 by St. Boniface at Quarry Park.

The Blue Jays will be busy this week with four games. Interlake, now 6-4, will battle the Elmwood Giants on Wednesday (7 p.m.) at Koskie Field and the Winnipeg South Wolves Friday (7 p.m.) at Charleswood Place.

On Sunday, Interlake will host the Pembina Valley Orioles in a doubleheader. Games are slated to start at 1 p.m. and 4 p.m.

The Interlake Orioles U18 AAA team, meanwhile, dropped a doubleheader to Midwest on Sunday, losing

8-5 and 13-6.

On May 30, Interlake was defeated 12-5 by the Winnipeg South Wolves.

The Orioles (1-13) played the Elmwood Giants this past Tuesday but no score was available. The Orioles' next game isn't until June 15 when they host the Wolves at Atree Field. Game time is 6:30 p.m.

> WIN, FROM PG. 14

most intense game that we play. After that game, we were 'Like, wow, we're only two games away and we beat the best team in the league so no one can really stop us now.'

Calgary then defeated Victoria Collegiate 7-6 to earn a spot in the championship.

The Golden Tide, meanwhile, hung on for a wild 11-10 win over PBA to set up a rematch with Calgary.

Since the Dinos did not lose any games during their championship run, Victoria would have needed to defeat the Dinos twice to claim victory.

To see more photos of your favourite Interlake Athletes

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Oughton selected No. 1 in MJHL draft

Staff

There were a lot of fantastic players eligible for this year's Manitoba Junior Hockey League draft.

But the most prized pick was an Interlake Lightning.

Noah Oughton, a forward from St. Laurent, was selected No.1 overall by the Winnipeg Freeze in last Sunday's draft in Winnipeg.

"It's an honour. There's a lot of really good players. It's exciting, I'm really looking forward to what's ahead," Oughton said. Oughton, who is 16 years old, admitted it was a stressful time leading up to the draft.

"Taking phone calls and getting outside of my comfort zone before it actually happened," he said. "There was lots of work put in. It was definitely a surprise (going No. 1 overall) but it was definitely exciting."

Oughton scored 10 goals and collected 24 points in 44 regular-season games this past season.

"It's a big step to make that league as a first-year (player)," Oughton said. "Me and my buddies, I thought we had a pretty successful year ... but obviously you always feel that there's more that you can do."

The Freeze are delighted to add Oughton to their organization. Oughton said he will be signing with the club.

"In Noah's case, the person absolutely makes the player. He is an outstanding young man, mature beyond his years, ambitious, focused and determined to be a hockey player," said Freeze head coach and general manager Jay Pylypiuk. "Noah is a big body who uses his size very well. He also possesses a great skillset, hockey IQ and grit that gives him the ability to make plays in tight spaces and under pressure. Something happens every time he touches the puck. He will be a great addition to the Freeze and be a big piece moving forward as we build the program."

It was a great day at the MJHL draft for Lightning players as seven were



Noah Oughton



EXPRESS PHOTO MJHL

Interlake Lightning forward Noah Oughton was selected first overall by the Winnipeg Freeze in last Sunday's Manitoba Junior Hockey League draft.



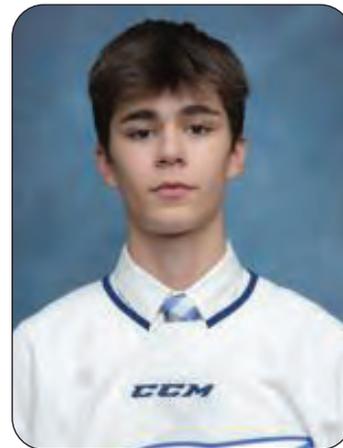
Gavin Holod



Blake Farthing



Talon Hogg



Beckham Garchinski

picked by various teams.

Interlake's other U18 AAA players picked included Gavin Holod, selected fifth overall by the Niverville Nighthawks. The talented forward scored nine goals and had 27 points last season.

"Our scouting staff has been watching Gavin all season and looked at him really closely, so when he was there for us when it was our turn to pick, we were ecstatic," said Nighthawks' head coach and general manager Kelvin Cech.

Blake Farthing, a forward, was selected in the second round, 17th overall by the Steinbach Pistons. Farthing

notched 11 goals and 28 points in 40 games.

Talon Hogg, a defenceman, was selected in the third round, third overall by the Swan Valley Stampeders. Hogg tallied three goals and registered 12 points in 2022-23.

Beckham Garchinski was snapped up by the Virden Oil Capitals in the sixth round, 78th overall. The blueliner had a goal and five assists this past season.

Lightning U17 AAA players included Cole Swanson, who was picked in the sixth round, 74th overall, by the Neepawa Titans.

Swanson had a great season, scoring

20 goals and finishing with 33 points. He also played three games as an AP with the U18 Lightning.

Tytan Johnson was picked in the seventh round, 90th overall by the Waywayseecappo Wolverines. He scored five goals and collected 14 points this past season. Johnson also played one game with the U18 Lightning.

Oughton said it was great to see so many Lightning players drafted.

"I think it was pretty awesome because most of the Interlake kids are under the radar so to see that happen, it's a happy day for everyone," he said.

Interlake Thunder edged by St. Vital Mustangs

Staff

The Interlake Thunder varsity girls' football team is getting closer and closer to earning a victory.

Interlake was edged 25-24 by the St. Vital Mustangs in a game that was called due to darkness last Thursday in Stonewall.

"Our goal was to maintain our compete throughout the game and we

absolutely accomplished that," said Thunder head coach Joel McDonald in an email. "Our girls got after it from the opening kickoff right down to the last play when the game was called due to officials believing it was too dark."

The Thunder continue to improve on the football field.

"As far as our play, we still have lots to learn and mistakes to clean up but because the girls kept their heads in the game and battled so hard, we were able to have some success on both sides of the ball with lots of first downs and timely scores for our offence and our defence consistently holding them to three and outs and

had some big stops," McDonald said.

"We still have a long way to go but with how hard working and focused the girls and coaches are I am confident we will continue to improve with every week."

Interlake will host the Falcons Football Club this Thursday (7 p.m.) at Stonewall Collegiate.

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HERBERT OFFENLOCH, late of the City of Winnipeg, in Manitoba, deceased.

ALL CLAIMS against the above Estate, duly verified by Statutory Declaration, must be sent to the undersigned at 204-131 Provencher Blvd, Winnipeg, Manitoba R2H 0G2, within thirty (30) days of the date of this publication, after which date the Estate will be distributed having regard only to claims of which the Executor then has notice.

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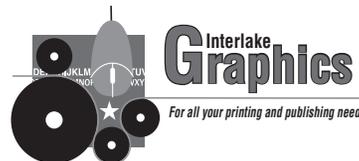
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Including any electrical required. Building is approximately 1500 sq. ft. Ducting is existing.

Quotes will be weighted on price, warranty, experience, and ability to provide prompt service (Installation and future service requirements).

Submit quotes by June 22, 2023

To: RM of Coldwell Box 90, Lunda, MB R0C 1Y0 or coldwell@mymts.net

Reporter/Photographer Wanted

Are you a natural born storyteller with an eye for photography and a passion for community news? Carman-Dufferin Standard is currently seeking a full-time reporter and photographer to join its multi award-winning weekly community newspaper.

We are looking for someone who is both motivated and passionate about being the best outlet of interesting and breaking news stories and event coverage in the Carman-Dufferin area and surrounding area communities.

Qualifications:

- A post-secondary degree/diploma in journalism or equivalent experience in a related field
- Strong photography and writing skills with an interest in social media
- Self-starter with the ability to exercise solid news judgement
- Ability to establish professional relationships to consistently source and write a wide range of stories and cover events in a fair, balanced and accurate manner
- Able to work both independently and as a team on a flexible work schedule including both evenings and weekends to meet our weekly editorial deadline
- Experience covering council and school board meetings
- Knowledge of CP Style and about the Interlake and its surrounding communities would be an asset

Please forward your resumé along with three writing and photography samples to:

Lana Meier
Email: news@stonewallteulontribune.ca



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Potential options for housing/subsidized site

McSherry Auction Service Ltd

Farm Equipment Online Timed Out Auction For Grace Sigfusson Late Russell Johannson

Closes Thursday June 22nd 2023 @ 7:00pm
Lunda MB Contact 204-762-5782

10 Tractors: JD 2750 Cab MFWA FEL, JD 6310 MFWA FEL, JD 2140 3PH, JD 3020 FEL, JD 2130 3PH, 2x JD 4020, INT 1086, CASE 1175, WHITE 2-60 FEL **Equip:** PREMIER 2920 SELF PROPELLED DSL 16' MOWER CONDITIONER, CASE IH RBX 561 RD BALER, BUHLER/INLAND 6060 RD BALER, JD 566 RD BALER, NH 166 RD INVERTER, HAYLINER AUTO BALE WAGON, CASE IH 8380 MOWER CONDITIONER, ROWSE TANDEM 9' X 2' SICKLE MOWER, VICON 1050 9 WHEEL RAKE, 22' HYD DUMP RAKE, HIGHLINE 6084 ROCK PICKER, HUTCH MASTER 10' OFFSET DISC, 16' LAND PACKER/ROLLER, NEW IDEA TANDEM MANURE SPREADER **Trailers:** 2015 FEATHERLITE ALUM. GOOSENECK 20' STOCK TRAILER, 2014 PJ GOOSENECK 30' FLAT DECK TANDEM DUALY TRAILER METAL CORRAL PANELS, SELF STANDING PANELS 10' UP TO 30' ALONG WITH DIESEL TRUCK, STORAGE TRAILERS, OLDER SMALLER HAY AND GRAIN EQUIPMENT FARM MISC., LIVESTOCK HANDLING EQUIPMENT

Detailed Listing with Pictures, Directions, Viewing Dates, Online Bidding Go To - McSherryAuction.com
204-467-1858 + mcscherry@mymts.net

UNDER THE AUTHORITY OF THE PLANNING ACT NOTICE OF PUBLIC HEARING

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

THE RURAL MUNICIPALITY OF ST. LAURENT BY-LAW NO 6/23
Being an AMENDMENT TO THE RURAL MUNICIPALITY OF ST. LAURENT BY-LAW NO 5/05, and AMENDMENTS THERETO:

HEARING LOCATION: RM of St. Laurent Council Chambers, Recreation Centre #16 Veterans Memorial Rd, St. Laurent, MB

DATE & TIME: June 21st, 2023 at 10:30 a.m.

GENERAL INTENT: To amend bylaw 6/23 to add the following changes:

- To add provisions to allow Travel trailer/RV to be used during construction of the main building in the Commercial Highway zone
- To limit the maximum number of Travel trailers/RV on a site with a main dwelling building to two (2) in all zones except for the "AG" & "AR" zones
- To limit the number of Travel trailer/RV on a vacant site to two (2) in all zones
- To remove ".3 In all other zones, Council will determine how many Travel trailers will be allowed to be occupied prior to the construction and occupation of the main dwelling building in accordance with section 3.32.4 below."
- To restrict Travel trailer/RV to be used as a storage building

AREA AFFECTED: All zones in the Rural Municipality of St. Laurent

FOR INFORMATION CONTACT: Cherie Millar, Office Administrator, Western Interlake Planning District, Box 269, St. Laurent, MB R0C 2S0, (204) 646-2615, Fax: (204) 646-4150, Email: wipd@mymts.net

A copy of the proposal and supporting material may be inspected at the location noted above during normal office hours, Monday to Friday. Copies may be made and extracts taken there from upon request.

Note: Property owners are responsible for notifying lessee.

Classifieds



Used Hotel Furniture For Sale

(Renovation - Four Points By Sheraton Wpg.)

Entire Guest Room Contents/ Furniture Packages \$1000.
Curved Reception desk \$750.
Curved Privacy Wall \$850.
Restaurant/Lounge: Booths x 4 - Red and grey \$1,150.00.
Back Bar display \$1500, All woodwork Espresso. Faux Leather Brown arm chairs \$40
For more info call Tom at 204-275-0055 or email: tmanos@shawcable.com
See photos on: www.facebook.com/fourpointswinnipegssouth



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Town of Winnipeg Beach

NOTICE

The Public Utilities Board has approved a water and wastewater increase for the Town of Winnipeg Beach Utility System, effective April 1, 2023.

The approved rates are as follows:

	Current Rates	April 1, 2023	January 1, 2024
Quarterly Service Charge	\$10.80	\$16.75	\$17.26
Water (per 1,000 gallons)	\$7.59	\$14.85	\$19.32
Wastewater (per 1,000 gallons)	\$2.90	\$5.56	\$7.23
Minimum Quarterly Charge*	\$42.27	\$77.98	\$96.91
Annual Service Charge - Wastewater Only Customers	\$10.80	\$16.75	17.26
Unmetered Wastewater Only Customers (per REU)**	\$84.02	\$163.81	\$213.02
Total Annual Unmetered Wastewater Only	\$94.82	\$180.56	\$230.28
Bulk Water (per 1,000 gallons)	\$18.00	\$18.00	\$18.00

*Based on 3,000 gallons

**Based on one Residential Equivalency Unit (REU).

Note - There is no minimum charge for metered wastewater only customers. The quarterly charge is based on metered wastewater volume at the approved wastewater rate plus the quarterly service charge

Quarterly billed users will see the rate increase on the next utility bill (2nd Quarter). All other users will see the rate increase on their 2024 tax bill.

To view the full PUB Order No. 58/23 visit winnipegbeach.ca

Sharon Desiatnyk, CMMA
Chief Administrative Officer

FARM LAND FOR SALE BY TENDER IN THE MUNICIPALITY OF WEST INTERLAKE

Sealed tenders in writing for the purchase of the property described below will be received by McRoberts Law Office LLP as follows:

McRoberts Law Office LLP
200-1630 Ness Avenue
Winnipeg, MB R3J 3X1

PROPERTY FOR SALE

Approximately 160 total acres (120 acres natural hay, 40 acres bush)
SW 1/4 26-21-7 WPM
SUBJECT TO THE RESERVATIONS, PROVISIOES AND CONDITIONS RESPECTING MINES AND MINERALS, MINERAL OILS, AND OTHER MATTERS AS THE SAME ARE MORE FULLY SET FORTH IN TRANSFER NO. 51340 WLTO (PP DIV)

CONDITIONS OF TENDER

1. Interested parties must rely on their own inspection and knowledge of the property.
2. Property is currently rented and renter would remain for 2023 pasture/hay harvest season. Rent is paid at the end of each year and would be pro-rated as of July 9, 2023.
3. Tenders must be received on or before 3:00 p.m. on June 9, 2023.
4. A deposit cheque in the amount of \$10,000.00 payable to McRoberts Law Office LLP, must accompany each Tender. Deposit cheques accompanying unaccepted bids will be returned.
5. Highest or any tender not necessarily accepted.

TERMS AND CONDITIONS OF SALE

1. The bidder whose tender is accepted will be required to complete an agreement covering terms and conditions of sale.
2. In addition to the deposit, the balance of the accepted tender must be paid on or before the date of closing which shall be July 14, 2023, or evidence provided that the purchase funds will be available under conditions acceptable to the Vendor. If the balance of the accepted tender is not paid within the set time limit the deposit may be forfeited as liquidated damages and not as a penalty.
3. Possession is not authorized until acceptable arrangements for full payment are made following acceptance of tender.
4. Successful bidder will be responsible for real property taxes commencing January 1, 2023.
5. The purchaser shall be responsible for payment of GST or shall self-assess for GST.
6. The land is not subject to a first right of refusal.

For further information, contact Andrea Rous
Phone: 204-944-7976
Fax: 204-772-1684
Email: alr@mlo-llp.com

Please Label Envelopes: "RM of West Interlake Tender"

McSherry Auctions
12 Patterson Dr., Stonewall, MB
Online Timed Auctions @ iCollector.com

Alex Yanchuk Construction
Featuring: Dsl.Truck, Skidster, Carpenter Tools
Closes June 15 @ 6:30PM

Farm Auction for Grace Sigfusson
Featuring: 10 Tractors, Haying + Grain + Livestock Equipment
Closes June 22 @ 7:00PM

Auction for Muriel Taplin
House & Building to be Moved
Closes June 27 @ 7:00PM

Booking On Site Spring Auctions
McSherryAuction.com
204-467-1858
Consignors Welcome!

McSherry Auctions
12 Patterson Dr., Stonewall, MB
Online Timed Auctions @ iCollector.com

Estate & Moving
Featuring Tractors & Acreage Equipment
Closes June 14 @ 7:00PM

Estate & Moving
Closes June 21 @ 7:00PM

Estate & Moving
Featuring Guns & Ammo
Closes June 28 @ 7:00PM
Booking On Site Spring Auctions

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EMPLOYMENT OPPORTUNITY

Charisons Turkey Hatchery is currently hiring for GENERAL LABOURER positions.

- Full time and part-time positions available with a competitive compensation and benefits package, including health and dental coverage.
- Training will be provided for the ideal candidate.

Please submit resume to shaunne@charisons.ca or call 204-886-2922 for further information.



EMPLOYMENT OPPORTUNITY

Municipal Building Inspector - Minimum 6-Month Term Position

The R.M. of Grahamdale is accepting applications for a Certified Building Inspector for a minimum 6 month term position with a possibility of extension.

The Building Inspector is responsible for buildings under Part 9 of the National Building Code (2015). This position consists of flexible hours that may require more time in the busy construction season and less during the winter months when there is a lull in development. This position also requires a sound knowledge of the National Building Code (2015), National Plumbing Code and Municipal Zoning By-Laws. The incumbent will be required to complete building permit applications, perform all plan examinations to ensure conformance with the applicable Codes, carry out site inspections to ensure compliance, be required to document and record all findings associated with the responsibilities of the position, during all the mandatory building and plumbing inspections. A thorough knowledge of general carpentry, HVAC, plumbing and general building construction principals would be an asset. Excellent interpersonal, oral, written, and organizational skills are a prerequisite.

A minimum of 3 years related experience and having completed the required building standard courses as offered through Red River College and be certified or eligible for certification by The Manitoba Building Association Inc. would be considered an asset.

Applicants must possess a valid Manitoba driver's license and must have their own reliable vehicle for routine site inspections.

This is a part time position - 3 days one week (approximately 24 hours) and 2 days the following week (approximately 16 hours).

Please apply in writing to Building Inspector Position, R.M. of Grahamdale, PO Box 160, 23 Government Road, Moosehorn, MB R0C 2E0 or email to rm606@grahamdale.ca giving full particulars as to education, experience and contract expectations and must include two references. Applications must be received by **June 16, 2023.**

We thank all applicants for their interest but only those considered for interviews will be contacted.

Eddie's Gravel Supply Ltd. is Hiring

CLASS 1 & 3 DRIVERS

Must have a valid license

Competitive Wages, Benefits
info@eddiesgravel.com
204-389-2023
102086 Hwy 9, Wpg Beach, MB

PUBLIC NOTICE

Sandy Hook Golf Course intends to spray the following pesticides from the period of June 1, 2023 to Nov. 1, 2023: Daconil 2787, Daconil Ultrex, Banner Maxx, Par 111, Mecoprop, Banvel VM, Spreader Sticker, Tournay, Pyrate, Roundup, Civitas and Instrata.

Direct enquiries to:

Environmental Approval Branch Manitoba Environment, Climate and Parks
1007 Century St.
Winnipeg, Mb. R3H 0W4

Classifieds Announcements



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BIRTHDAY THANK YOU

I would like to extend my sincere thanks to my friends and relatives for attending my 93rd birthday celebration. I am truly touched by the number of birthday wishes, massive amount of beautiful cards, as well as lovely flowers and gifts. Thank you all for making my day so special - creating a day of wonderful memories and blessings....I'm so blessed to have so many wonderful friends and relatives.

-Love,
 Lucy Marks

THANK YOU

Smith (nee Palson) - The families of Dora Smith would like to send our sincere appreciation for all of the calls, messages, cards, flowers, visits, food and kind words that we received. Your thoughtfulness touched our hearts.

-Love, Dora's Family

BIRTHDAY THANK YOU

We would like to thank family, friends, co-workers, neighbors, community members and members of surrounding communities for the overwhelming support during our tragic loss. We appreciated all the kind thoughts, words, hugs and prayers. Thanks to the people who donated food, dainties, meat and fruit trays, flowers, things for the kids, donations toward funeral expenses and help at the graveyard.

Also thanks to those who took the time to come to sit at the sacred fire, and to those who brought the firewood.

Finally thanks to everyone who shared special stories and events about Adrian, and the songs that helped in our grieving.

Words can never express the gratitude of how each and every one of you have helped us. We will never forget!

-The Family of Adrian LaFreniere
 Aime, Sherry, Kristen, and Owen

Shannon, Dominic, Sommer, Forrest, Adrianna, Kieran and Victoria

The Express Weekly News Classified booking deadline is Monday at 4 p.m. prior to Thursday's publication Please Call 204-467-5836

take a break > GAMES

SUDOKU

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

Fun By The Numbers

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

Level: Intermediate

Here's How It Works:

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

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

Sudoku Answer

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

Crossword Answer

CROSSWORD

CLUES ACROSS

- Flat tableland with steep edges
- Where there's __, there's fire
- Talked incessantly
- Skill
- Without shame
- Where teens spend their days (abbr.)
- Boxing's GOAT
- Used to anoint
- Cluster cups
- Footballer Newton
- They make up a forest
- Split pulses
- Self
- Post-office box
- Test for high schoolers
- Large, flightless bird
- Expectorated
- Falsehood
- Prickly, scrambling shrub
- French river
- Told on
- Hillside
- Peyton's little brother
- Soviet Socialist Republic
- Cathedral city in Cambridgeshire
- Witness
- Brews
- Yellowish-brown
- Arctic explorers, abbr.
- Mexican agave
- A type of "cast"
- Encourage
- Atomic #52
- Relating to position north of south of equator
- Gadget whose name you forget
- Another recording
- Small blisters
- Dark brown or black

CLUES DOWN

- Licensed for Wall Street

			1	2	3	4		5	6	7	8	9				
	10	11							12					13		
								15						16	17	
18							19				20		21			
22						23				24		25				
26					27				28		29		30			
		31	32							33		34				
35	36										37					
38						39				40						
41					42		43			44				45	46	47
48				49			50		51					52		
53					54			55						56		
57					58		59				60	61	62			
	63	64								65						
										67						

- "__ and flow"
- A very large body of water
- Accumulate on the surface of
- Central cores of the stem
- Angry
- Ceramic jar
- Scraped a car
- __ route
- Soviet labor camp system
- Strong hostilities
- Vitamin of the B complex
- Go quickly
- Toast
- A team's best pitcher
- A Philly culinary specialty
- Small child
- Unhappy
- Trims away
- Characterized by crying eyes
- Soft touch
- American spy organization

- A person's chest
- Came from behind to win
- Fall back
- Nellie __, journalist
- Great places to kayak
- Suffer patiently
- Majestic bird
- Electroencephalograph
- Organic compound used as an antiseptic
- Objects connected to the web (abbr.)
- Ship as cargo
- The bill in a restaurant
- Upper-class young woman (abbr.)
- Judge in OJ Simpson trial
- One's grandmother
- Siberian river

Classifieds Announcements



GRADUATION



Warmest congratulations to my daughter **Kiara Shergold**. She has graduated with her Bachelor of Science degree with a major in Psychology, from the University of Manitoba. Wishing her even more success in the future as she plans to continue her education. We're all so very proud of you

BRIDAL SHOWER



Bridal Shower
Honouring
Samantha Porteous
Bride elect of **Darren Sewell**
Sunday June 25, 2023
1:00 pm – 4:00 pm
Arnes Community Hall
20005 Arnes Rd., Arnes, MB
Registered at myregistry.com

OBITUARY



Alice Jean Merle McLaren (Nee Thornton)
March 12, 1933 – March 7, 2023

It is with great sadness that we announce the passing of Alice Jean Merle McLaren (nee Thornton) on March 7, 2023. Alice passed peacefully in Lethbridge surrounded by her children.

Born March 12, 1933 in Winnipeg, to Allan James Thornton and Ragnheidur Thornton (nee Bjarnson), Alice spent her childhood and high school years growing up in Gimli, Manitoba. After graduating from high school, she moved to Vancouver and it was there that she met Al. They were married in Gimli on June 11, 1953 and were inseparable for 50 years until Al's passing in July, 2003.

Alice was proud of her Icelandic heritage and her Vinarterta and Ponnukokur were always much anticipated treats. She loved her church, the outdoors, walking, travelling and the little house in Comox where so many happy memories were made. Most of all, she loved her family, and nothing made her happier than having the house filled with children, grandchildren and eventually great-grandchildren.

Her laughter was spontaneous, infectious, uninhibited, and reflected her joy and happiness in the moment.

Alice was predeceased in 2003 by her husband of 50 years, Al McLaren, and grandson Marshall in 2013.

She is survived by her children Sandy (Jerry), Bob (Louise) and Terri (Ross); grandchildren Matt (Carolyn), Alison (Mike), Graham (Amy), Caitlin (Ean), Claire (Shawn), Keltie (Todd), Zackery (Diane), Stephanie (Geordie) and Rebekka (Josh); and her great-grandchildren William, Charlotte, Benjamin, Hargrave, Axel, Thora, Rowan, Molly, Harris, Levi, Blake, McKinley and Ella. She also leaves behind her sister Betty Stevens, nieces Lori and Joan and her cousins in England.

She will be deeply missed by all whose lives she touched.

A celebration of Alice's life will be held at the Comox Valley Funeral Home

Should friends wish, donations in Alice's memory to the Alzheimer Society of Canada (www.alzheimer.ca) would be appreciated.

OBITUARY



Phyllis Margret Sigridur (Dahlman) Thorkelson

It is with heavy hearts that we announce the passing of our mother, Phyllis Thorkelson, aged 84 years of Arnes, Manitoba. Phyllis passed away peacefully on Wednesday, May 17, 2023, at the Gimli Community Health Centre. Left to mourn are her beloved husband of almost 58 years, Harold, children Jade (James), Kris (Maryanne), Cecile (Jon-Paul), Sigrid (Erik) and grandchildren Julianne (Joey), Laura, Kurt, Thor, Elly(Jess), Johanna, Lily, Katrina, William

(Shaelyn), Victoria (Brian), Bjorn, and Soren along with many friends and relatives. She was predeceased by her parents Cecil and Helga and her brother Thor.

Phyllis was born in Riverton, Manitoba on May 13, 1939. She was a very active child who enjoyed playing outside with many friends and family members. After high school Phyllis completed hairdressing school and had fun experimenting with new styles and colours. Phyllis and Harold were married on June 5, 1965. She moved in with the Thorkelson family and had her first child a year later. Family was the most important thing for Phyllis, she always had a smile and welcome arms often hosting nieces and nephews in her home. In the early 1980's Phyllis received her Health Care Aide Certificate and worked at Betel allowing her to support her children through university. Throughout the years she proudly raised four children and was blessed with a daughter and sons-in-law. Being an Amma was the cherry on top for Phyllis. She had 12 grandchildren whom she loved immensely and who became her world as she traveled across the province to ensure she attended every special occasion.

Phyllis had an incredible green thumb and loved every kind of flower and plant. She was a very creative person, always happy to try a new hobby. Shopping was a love! She truly appreciated dressing beautifully and helping others do the same. During her retirement, Phyllis enjoyed traveling to many beautiful places around the world. She always loved to see new places and experience new cultures. Visiting Iceland three times was incredibly meaningful for Phyllis.

In keeping with her wishes, cremation has taken place and a celebration of her life will be held at the Arnes Community Hall in Arnes, Manitoba on June 17, 2023, at 2:00 p.m. with coffee to follow in the hall. We invite everyone to dress up to honour Phyllis' love of dressing to the nines. The family would like to extend a heartfelt thank you to the wonderful hospital staff who supported Phyllis during her last days. In lieu of flowers, the family requests donations be made to the Arnes Cemetery Association Inc. Box 300 Arnes, M.B., R0C 0C0.

Góða nótt Amma

Condolences may be left on her tribute wall at www.gilbartfuneralhome.com

Gilbart Funeral Home, Gimli in care of arrangements.



Your memory will live forever Engraved within our hearts

BIRTHDAY



Happy 99th Birthday
Jean Grabowski
- Love from your family and friends

1110 ACRE RANCH FOR SALE



7 adjoining quarters of good quality land and recently renovated bungalow near Arborg and Fisher Branch. Many outbuildings, calving facilities and heated waterers. 3 wire high tensile and cross fencing.



CONTACT LISTING AGENTS
Sheldon Froese at 204.371.5131 or
Stacey Hiebert at 204.371.5930

CELEBRATION OF LIFE

Vera Irene Wylychenko
June 16, 1927 – January 10, 2023

A Celebration of Life will be held at 1:00 pm on Friday, June 16, 2023 in the Ashern Legion Hall with Dawn Tober officiating. A luncheon will follow.

Arrangements by:
ARNASON FUNERAL HOME
Ashern - Lundar
1.204.768.2072
1.866.323.3593

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OBITUARY



James (Jim) Romy Leduchowski
January 22, 1944 - May 27, 2023

It is with great sadness that our family announces the peaceful passing of our husband, father, and Gigi, James (Jim), at his home on May 27th, 2023, at the age of 79.

He leaves to mourn his wife of 57 years, Vivian, and his children, David (Tanice), Cathy (Carl), and Donna (Miles). Gigi will also be remembered by his precious grandchildren, Deneika (Jamie), Ashton (Geneil), Alyssa, and Ethan. Uncle Jimmy will be remembered with love by his

special niece, Claudia (Chris). He was predeceased by his parents, Peter and Catherine; sisters Mary, Annie, and Victoria; and brother Bill.

The youngest of five children, Jim was born in Winnipeg on January 22, 1944, and grew up in Stonewall, MB. Jim married Vivian Kostjuk on June 19, 1965 and the couple raised their three children in Arborg, MB. Jim worked for the Manitoba Telephone System for 37 years as a Central Officeman, retiring in 1999.

Jim served on the Ardal-Geysir Lutheran Church council and volunteered on the Arborg and District Ambulance, Fire Department, and Arborg Hospital boards. One of Jim's passions was serving on the Interlake Ducks Unlimited board for many years. Jim enjoyed hunting and his prize possession, a 1967 Dodge Charger, owned from new.

The family would like to thank his homecare workers with a special thanks to homecare nurse, Cynthia. Cynthia, your help that day will never be forgotten.

A celebration of life will be held at 1 PM, Saturday June 10, 2023, at the Ardal-Geysir Lutheran Church, 301 River Road in Arborg, MB. A private burial will happen following the service with a lunch reception to follow at the Ardal-Geysir Lutheran Church. In lieu of flowers, memorial donations can be made to Ardal-Geysir Lutheran Church.



204-886-0404

OBITUARY

Douglas Clifford Hill
October 20, 1937 - April 8, 2023

The family of Doug would like to invite you to attend a memorial service being held in his honour on Saturday, June 17 at 11:00 a.m. in the Gimli Rec Centre curling lounge from 11:00 a.m. - 2:00 p.m.

Condolences can be left on his tribute wall at www.gilbartfuneralhome.com

Gilbart Funeral Home, Selkirk in care of arrangements.



OBITUARY

Nicholas Michael Huth
March 4, 1972 - March 8, 2023

It is with sadness that the family of Nicholas Michael Huth of Edmonton, Alberta passed away suddenly on Mar 8, 2023 at the age of 51.

He was born in Winnipeg, Manitoba but lived most his life in Alberta.

He leaves behind his mother Ila (Boss) Tindall his stepfather Ernie Tindall of Gibbons, Alberta. His father Carl Huth and his sister Carla (Gary) and his friend and former brother-in-law Kelly Lawson all of Edmonton. Also his niece and nephew Karli and Ty Lawson of British Columbia, many Aunts, uncles and cousins and friends from Manitoba and Alberta.

He was predeceased by his beloved grandparents Nick (1980) and Elsie Boss (2014); his cousin Jason Boss (2009); his Opa and

Oma Huth of Woodbridge, Manitoba and his Aunty Lynn Boss (2016) of Eriksdale.

An informal celebration of Nick's life will be held at 1pm on June 24, 2023 in the Eriksdale United Church. His ashes will be laid to rest in the Eriksdale cemetery.



OBITUARY

Haraldur Roy Gudmundson
1933-2023

It is with deepest sadness that we announce the passing of Haraldur "Roy" Gudmundson in the early morning of Tuesday, May 30, 2023 at the Gimli Hospital at the age of 89. It was as if he left to go out on the lake to set his nets one more time. He was born in Riverton July 20, 1933 to Gudjon and Stina Gudmundson

Roy is survived by his wife, Carol, his sons, Michael (Lynne) and sons Cole and Matthew Myrowich; John, his son Zachary Myrowich; Mark (Julie) daughters Amanda, and Alaina Myrowich and their mother Dana. He is also survived by his brothers Gene and Ken (Theresa) Gudmundson, his in-laws, Jack Russell, Verna and Toby Gudmundson, and his special angel Maureen, and many wonderful nieces and nephews and their families.

He is predeceased by his parents, his brothers, Ernest, Earl,



Lloyd and sister Joanne.

Roy was the oldest born in the family and always made it a priority to take care of his siblings. He started commercial fishing at age 15 with his uncle Gestur at Great Slave Lake then continued on Lake Winnipeg with his brother Earl for 64 years. At the same time, the brothers worked a cattle farm together. In later years, he raised goats and a few sheep to keep himself busy. He was an avid gardener and tree planter, who took great pride in having a well-groomed yard.

Roy married Carol Myrowich in 1978 (who he met when he was singing in the church choir) and took on her three young sons as his own, and never faltered in his love and devotion to them.

During his whole life, his passion was playing guitar and singing country music first with his brothers Lloyd, and later, with the Hootenanny gang in Riverton, and was the lead singer of the Fine Country Folk band and got to travel all over Manitoba, playing festivals, weddings, dances and concerts. A lot of their music was recorded in their own studio in Riverton. He played and sang with many of the younger generation, being the perfect mentor. When he was performing, there was never a better dressed man on stage than Roy. In his later years he and his dear friend, Dick Johnson continued, singing and recording as a duo. In 1999 a trip to the Grand Ole Opry in Nashville, and to Graceland in Memphis, with Dick was an absolutely wonderful experience for the "Singing Cowboys"

He was a very generous and extraordinary man who would give anyone the shirt off his back no matter the cost to him. He loved people and could chat up a storm with the young, or the old about world affairs, especially politics. It gave him great joy to joke, tell stories, give advice to all the kids who came to our house for piano lessons and made lasting friends with many. He was a prankster and lots of those kids were targets of his fun. His storytelling was legendary and as he would say they were 99% true. His sense of humour was incredible and unique, he was happiest when he could make anyone roll over with a good "belly laugh".

The family would like to thank the Gimli hospital staff for their wonderful care given to Roy in his last week. Funeral services will be Wednesday, June 14 at 2:00 p.m. at the Riverton Recreational Hall with Rev. Terry Gudmundson officiating.

In lieu of flowers, donations may be made in Roy's memory to the Riverton Cemetery Endowment Fund, Box 505 Riverton, MB, R0C2R0.

What a jamboree there will be in heaven when all the Riverton music musicians welcome Roy
Condolences may be left on his tribute wall at www.gilbartfuneralhome.com

Gilbart Funeral Home, Gimli in care of arrangements.



OBITUARY

CARLOS ENRIQUE INSAURRALDE
June 19, 1992 - May 21, 2023

Peacefully on May 21, 2023, Carlos Enrique Insaurrealde, aged 30 years of Eriksdale, MB, passed away at the Mazankowski Alberta Heart Institute in Edmonton, AB.

A Celebration of Carlos' life will be held at 1:00 pm on Tuesday, June 13, 2023 in the Eriksdale Recreation Centre with Cindy Thorkelson officiating. A luncheon to follow.

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OBITUARY

Audrey Greenham
1927 - 2023

Peacefully on Saturday June 3, 2023 Audrey Greenham of Clarkleigh, Manitoba let go of the hand of her family, and reached out for God's Hand, and her eternal heavenly home.

Cremation has taken place and a funeral service will be planned for a later date.

Arrangements by:

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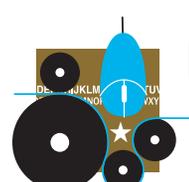
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