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Arborg Play Group marks golden anniversary

Freya and Elliot Weik enjoy lunch during the Arborg Play Group's 50th anniversary celebration on May 30. Families gathered to celebrate five decades of early learning, childcare and community connections in Arborg.

EXPRESS PHOTO BY CORRINE EINARSSON

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Good Times FINANCING

Artists of the Lake pay tribute to WAVE co-founder Helma Rogge Rehders with Body Language exhibition

By Patricia Barrett

Members of the Artists of the Lake group held an exhibition titled *Body Language: The Figure in Art* at the end of May in Gimli that featured a tribute to Winnipeg Beach artist and visionary Helma Rogge Rehders.

Rogge Rehders co-founded the WAVE Studio Tour 25 years ago. Twice a year, WAVE artists in the Interlake invite the public to their studios for a first-hand look at how they create their work.

A special segment of the *Body Language* exhibition called the *Helma Pictures* featured a number of artists — who are part of the Artists of the Lake group, the WAVE Studio Tour group and the Gimli Art Club — and their interpretation of Rogge Rehders based on a single photo of her.

Artist Sharon Cory, who co-organized the exhibition with fellow artist Gayle Halliwell, said she was inspired to make the photo of Rogge Rehders an art project to see how artists would interpret her. They also “all love Helma” and appreciate what she’s done for the arts community.

Cory painted an imposing portrait of Rogge Rehders as Joan of Arc, who is often shown on horseback, with a bow and arrow.

“Helma can be very direct and she

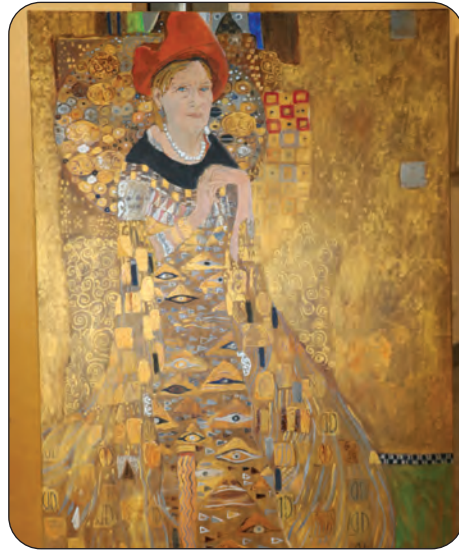


Artist Rosemary Miquez with her Picasso Helma multimedia work that includes sand from Lake Winnipeg.

can take aim especially if she’s talking about art,” Cory told the *Express* a day before the tribute. “Her standards are so high and she assumes everybody else’s are too. Once you know her, you realize she has zero negativity. She just asks you to think about this or have you seen that.”

Artist Rosemary Miquez created a multimedia work of Helma using beach sand to make facial features and hair, pearls for jewelry and pieces of fabric for the hat and dress.

“I used sand from Lake Winnipeg. I strung pearls together to create an earring and a necklace, and I bought



Artist Cathy Neault painted Helma Rogge Rehders in the style of late 19th, early 20th century Austrian painter Gustav Klimt, using his signature mosaic patterns and gold leaf.

a tam and took it apart to create Helma’s tam. Then I laid a scarf over the canvas,” said Miquez. “I titled it Picasso Helma. It was fun.”

WAVE chair and artist Heather Dawson paid her respects to Rogge Rehders during the tribute on Saturday, thanking her for her vision, influence and dedication to the arts, as well as noting that the WAVE Studio Tour is the longest running art tour in



FACEBOOK PHOTO

Artist and WAVE chair Heather Dawson (left) presented Helma Rogge Rehders with a certificate of recognition for her dedication to and promotion of the local art community on Saturday May 30 at the Body Language show.

Manitoba.

The artists presented Rogge Rehders with a certificate of achievement and created an annual bursary in her name.

“In honour of this achievement, the WAVE artists and the Winnipeg Beach Arts and Culture Co-op are proud to create the annual Helma Rogge Rehders Award for Creatively,” said Dawson, “and a scholarship to be pre-

Continued on page 3

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An art lover checks out the Body Language exhibition at the Gimli Lakeview Resort.

> BODY, FROM PG. 2

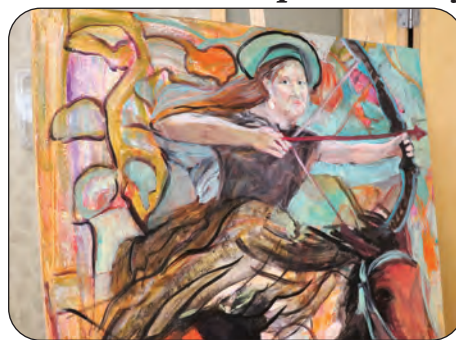


Artist Bob Coulter created a semi-abstract digital work of Rogge Rehders. He used Corel Painter, which gave him a blank canvas, brushes and paint.

sent to a student at Winnipeg Beach School."

After rounds of applause from the dozens of people at the tribute, Rogge Rehders thanked the artists for jumping aboard the WAVE tour idea 25 years ago, taking the time each year to make the event a success and for their artistic renditions of her.

"I thank you from the bottom of my heart. What an honour. I am totally overwhelmed. I'm trying to overcome it right now because my heart is pounding," said Rogge Rehders. "I want to go far back. I never started [this] single-handedly. Everybody



Artist Sharon Cory painted Helma Rogge Rehders as Joan of Arc.



Artist: Jaxon. Grade 7.

jumped on board with me. Everybody pulled on the same string when we started out, and up to this very day, mark my words, there isn't a paid executive director. The whole WAVE artists company is all volunteer work. Every bit of it."

The WAVE holds two studio tours each year: June 13-14 and Sept. 5-6.

Visit watchthewave.ca for more details.



Artist Kirsten Valgardson created this artistic umbrella depicting a dancer.



EXPRESS PHOTOS BY PATRICIA BARRETT
Artist Lesley Tannen created a delightful portrait of a girl with one red boot checking out a sprinkler.

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Half a century of caring: Arborg Play Group celebrates 50 years

By Lana Meier

When the Arborg Play Group first opened its doors in 1975, few could have imagined the lasting impact it would have on generations of children and families.

What began as a small community initiative created by local residents who saw a need for childcare and early learning opportunities has grown into one of the community's most enduring institutions. Fifty years later, the organization is celebrating not only its longevity but also the countless lives it has touched along the way.

The milestone was marked May 30 with a special anniversary celebration that brought together current and former families, staff, volunteers, board members, community supporters and elected officials to reflect on five decades of service.

For executive director Heather Lowe, the anniversary offered an opportunity to look back on a remarkable journey while recognizing the people who made it possible.

"Arborg Play Group began when a dedicated group of community members recognized the need to create a safe, nurturing and welcoming envi-



Former Arborg Play Group attendees Leah Bobbee, Kensey Bjorndalen and Freya Weik look through historical photographs.

ronment where children could learn, grow and thrive," she said.

That vision led to the incorporation of Arborg Play Group in 1975 and laid the foundation for an organization that would become deeply connected to the lives of local families.

Over the past five decades, thousands of children have passed through its doors. Lowe estimates approximately 1,500 children have been



EXPRESS PHOTOS BY CORRINE EINARSSON

Past and present staff members, board members, community supporters and elected officials gather with commemorative plaques during the Arborg Play Group's 50th anniversary celebration on May 30. Back row, from left: Sheena Gill, Jalysia Petkau, Michelle Weik, Lauren Paslawsky, Madison Hogue, Sheila Kristjanson and Peter Dueck. Front row: Tina Martens, Lorraine Collins, Jaquie Sigurdson, MP James Bezan, Heather Lowe, Lindsay Sigurdson, MLA Derek Johnson, Tanya Jonasson, Kendra Mowatt-Jacobson, Donna Zelisko and Kelsey Bjorndalen.

part of the Arborg Play Group story since its founding.

Each child has added another chapter to a history built on learning, friendships and community connections.

While today's facility bears little resemblance to the centre's earliest homes, its purpose remains much the same.

The organization has operated from four different locations throughout its history. It began at the Drop Inn Centre before moving to the former veterinary clinic. It then spent 33 years at the Kinsmen Hall before eventually moving into its current purpose-built childcare centre.

Those moves reflect the growth of both the organization and the community it serves.

"What began in 1975 as a small community initiative has grown into a well-established licensed childcare centre serving families throughout our community," Lowe said.

As childcare needs evolved, so did the services offered by the centre.

Programs expanded to include enhanced childcare options and an infant program designed to support younger children and their families. Changes in early childhood education also influenced programming, allowing staff to introduce new learning opportunities while maintaining a strong commitment to play-based learning.

Today, children at Arborg Play Group participate in activities that encourage social, emotional, physical and cognitive development. Art projects, music, storytelling, science activities, sensory play, outdoor exploration and early literacy experiences all



Heather Lowe, executive director of Arborg Play Group, and her husband, Murray Lowe, a longtime volunteer who has contributed to numerous maintenance and improvement projects at the centre over the years, attend the organization's 50th anniversary celebration on May 30.

form part of the daily routine.

Yet for many families, the centre's greatest strength extends beyond the educational opportunities it provides.

For generations of parents, Arborg Play Group has been a trusted partner during some of the most important years of their children's lives.

The centre has helped families balance work, education and family responsibilities by providing quality childcare in a safe and supportive environment.

For children, it has often been their first experience building friendships, developing independence and learning how to navigate the world around

Continued on page 5

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> 50 YEARS, FROM PG. 4

them. Those experiences have created lasting bonds that continue long after children leave the program.

One of the most meaningful indicators of the centre's impact is the number of families who continue to return generation after generation.

Today, Arborg Play Group proudly serves one fourth-generation family and several third-generation families.

"Those enduring family connections are a powerful reflection of the trust, relationships and sense of belonging that have been built over the past five decades," Lowe said.

The fact that grandparents, parents and now children have all shared experiences through the same organization speaks to the role the centre has played in community life.

Over the years, Arborg Play Group has become more than a childcare centre. It has become a gathering place, a support network and a shared experience that connects families across generations.

That sense of connection was on full display during the anniversary celebration.

Historical photo displays and memory albums allowed guests to revisit the centre's history while reflecting on how it has evolved through the years. Families shared stories, former staff members reunited and longtime supporters had the opportunity to celebrate the organization's accomplishments.

The event was also designed with children in mind. Young attendees enjoyed face painting, cotton candy and art activities while families visited and reminisced.

For many guests, the displays served as a reminder that the story of Arborg



Nova Martin enjoys having her face painted

Play Group is ultimately a story about people.

Behind every milestone are the volunteers who sat on boards, organized fundraisers and advocated for improvements. There are the staff members who dedicated their careers to caring for children and the community supporters who contributed time, resources and expertise.

"The success of Arborg Play Group has always been rooted in community involvement," Lowe said.

"Countless volunteers, board members, staff, fundraising supporters, local businesses, organizations and community champions have contributed their time, talents and resources to help the centre grow and thrive."

Their efforts helped transform a small grassroots initiative into a lasting community institution.

The significance of the anniversary was recognized far beyond Arborg. The centre received congratulatory messages from the Governor General of Canada, the lieutenant-governor of Manitoba, the premier of Manitoba and Manitoba's minister of Education and Early Childhood Learning.

Commemorative plaques were also



Madison Hogue, who attended Arborg Play Group as a child now serves as treasurer on the board of directors.

presented by the area's member of Parliament and member of the Legislative Assembly, recognizing the organization's contributions over the past half-century.

For Lowe, however, the anniversary was less about awards and recognition than about gratitude.

"This anniversary is both a celebration and a reminder of the remarkable legacy that has been built over the past 50 years," she said.

"Looking back at the history of Arborg Play Group and reflecting on the many people who have contributed to its success over the years has reinforced just how many lives have been touched by the centre."

As the organization looks toward the future, its mission remains rooted in the same values that inspired its founders in 1975.

Lowe hopes Arborg Play Group will continue to provide children with opportunities to develop confidence, curiosity, friendships and a lifelong love of learning while supporting fami-



Lisa Reznik and her granddaughter, Nya Hogue, represent three generations of their family's connection to Arborg Play Group.

lies and strengthening the broader community.

"My hope for Arborg Play Group is that it continues to be a place where children feel safe, valued and inspired to learn, and where families feel supported and connected," she said.

Fifty years after a group of community members came together with a vision for local children, Arborg Play Group continues to prove that investing in young families creates benefits that last for generations.

While much has changed since 1975, the organization's purpose remains the same — helping children thrive while building a stronger community, one family at a time.



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

Family connection fuels commitment to Ride for Dad

By E. Antonio

When Tom Goranson, a former Lundar resident, rolled into Gimli on his motorcycle during the Manitoba Ride for Dad, he wasn't just taking part in another charity ride.

The Whitehorse resident had travelled thousands of kilometres alongside family and friends to support prostate cancer awareness — a cause that hits close to home.

Among the riders was his father, Brad Goranson of Winnipeg, a prostate cancer survivor whose experience has helped turn the annual event into a family commitment spanning two provinces and more than 2,500 kilometres.

Brad received his diagnosis in early 2022 after elevated prostate-specific antigen (PSA) levels were detected through a routine blood test. In April 2023, he underwent surgery to remove his prostate and later received radiation treatments in early 2024.

"I have been a lifelong motorcyclist and have supported many motorcycle-driven charity events over the years," Brad said. "It continues to be important to me, as I lost a friend to the disease while I was in treatment and currently have friends who are

facing the battle."

He said funds raised through the Ride for Dad are vital to advancing research.

"Advances are made every day because of the work of all the rides across the country."

For Tom, who has participated in the Ride for Dad for the past 12 years, the event took on even greater meaning following his father's diagnosis. The journey from Whitehorse is only one part of the experience.

In total, he said, the trip from Whitehorse to Winnipeg covers approximately 3,300 kilometres and takes about five days of riding. This year, he shipped his motorcycle to Edmonton and rode from there, reducing the trip to two days. However, he completed the full ride back to Whitehorse.

This was the first time Tom participated in the Manitoba ride and only the second Ride for Dad event he has attended since his father's diagnosis.

"Riding with my parents in the Ride for Dad feels like a continuation of the family rides my sibling, Mandy, and I used to do when we were little kids," he said. "I am very grateful to be able to ride alongside my dad, and this is partially thanks to the advancements



EXPRESS PHOTO BY BRETT MITCHELL

Members of a Yukon-Manitoba family riding team pause in Gimli during the 2026 Ride for Dad. From left are Tess Lawrence of Whitehorse, Yukon; Mike Thorpe of Whitehorse, co-chair of the Yukon Ride for Dad and a national board member; Julie Thorpe of Whitehorse, a Yukon Ride for Dad volunteer and organizer; Brad Goranson of Winnipeg, a prostate cancer survivor; Cindy Goranson of Winnipeg; and Tom Goranson of Whitehorse. The group travelled hundreds — and, in some cases, thousands — of kilometres to support prostate cancer awareness, research and early detection.

in treatment made possible through Ride for Dad fundraising."

His partner, Tess Lawrence, has also participated in and volunteered with the Yukon Ride for Dad for the past several years. Her father was diagnosed with prostate cancer in March 2021 and is currently stable, but Lawrence said the ride has become much more personal.

"The Yukon ride is such a great experience because it brings all sorts of riders — adventure, dirt, cruiser and

touring riders — together who would never otherwise gather," she said. "We all share a love for riding, but also a dedication to the early detection and treatment of prostate cancer. I've met so many great people and learned so much. I also enjoy raising awareness of a cancer that is not talked about very much but that impacts so many people."

While the Yukon event is much

Continued on page 7

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Manitobans can enjoy free park access, fishing this weekend

By Lana Meier

Manitobans will have the opportunity to enjoy provincial parks and recreational fishing free of charge during Family Fishing Weekend from June 12 to 14.

The provincial government announced that vehicle permits will not be required to enter Manitoba's provincial parks during the three-day period, while anglers will be able to fish without purchasing a provincial fishing licence.

Environment and Climate Change Minister Mike Moyes said the initiative is intended to help make outdoor recreation more affordable for families.

"Making life more affordable for families is a priority for our government, and free park entry and licence-free fishing are simple ways we can help Manitobans enjoy time together without added costs," Moyes said in a release. "We want every family to be able to experience the beauty and adventure our parks offer."

While park entry fees are being waived, regular camping fees will still apply at provincial campgrounds.

The province is also encouraging visitors to take advantage of interpretive programming offered through-

out the summer. Activities at select parks include guided hikes, historic site tours, campfire talks, living history demonstrations and kayak outings.

As part of the weekend, Manitoba Parks and Manitoba Fisheries will host free tours at the Whiteshell Fish Hatchery on June 13. Visitors will have the opportunity to learn about fish stocking programs, view more than half a million trout and participate in the release of 250 trout into the Whiteshell River.

Moyes said Manitoba's provincial parks offer opportunities to connect with nature while learning more about the province's history and environment.

"Manitoba's world-class provincial parks offer unique opportunities to experience stunning nature, uncover stories of the land and deepen your understanding of our province's natural and cultural history," he said.

Natural Resources and Indigenous Futures Minister Ian Bushie encouraged residents to take advantage of the licence-free fishing opportunity.

"Recreational fishing is a wonderful way for families and friends to come together and enjoy our great outdoors," Bushie said. "I invite every-

one to enjoy the many benefits that a day of fishing in Manitoba has to offer."

The province noted that all other angling regulations, including size limits and possession limits, remain in effect. Licence-free fishing does not apply in national parks, where a federal fishing licence is still required.

Visitors are also being reminded to help prevent the spread of aquatic invasive species by cleaning, draining and drying watercraft and related equipment. Water users leaving aquatic invasive species control zones are required to decontaminate their equipment.

With wildfire conditions continuing in many parts of the province, Manitoba Wildfire Services is also urging park users to follow fire safety practices. Campfires should only be built in approved fire pits, never left unattended and fully extinguished before leaving. Off-road vehicle users are encouraged to inspect their equipment regularly for debris and potential fire hazards.

The province advises visitors to check current park conditions, fire restrictions and advisories before travelling. Information on provincial



PHOTO SUBMITTED

Paislee Westin proudly displays a fish she caught during a recent outing, one of many young anglers expected to take advantage of Manitoba's Family Fishing Weekend from June 12 to 14.

parks, Family Fishing Weekend and interpretive programming is available through the Manitoba Parks website.

> RIDE, FROM PG. 6

smaller than Manitoba's, Lawrence said it was a special experience to take part alongside the Goranson family. She noted the commitment shown by riders in both Yukon and Manitoba is remarkable.

In addition to participating in the ride, Lawrence has been one of its top fundraisers for the past three years.

"It has brought out a competitive side I didn't even know I had," she said.

In 2023, she raised \$5,270. In 2024, she raised \$5,640.50, and in 2025, she raised \$9,567.92. This year, she said she is not pushing quite as hard as usual.

"I have never liked asking people for donations, but I am happy to do it for Ride for Dad."

Mike Thorpe serves as co-chair of the Yukon Ride for Dad and is a national member of the Ride for Dad board of directors.

He also has a family connection to prostate cancer through his grandfather, Lloyd Phillips. Thorpe became involved with the Whitehorse ride 16 years ago. In its second year, he joined the executive after recognizing the significance of the event and has served as co-chair for the past 14 years.

Travelling to Manitoba, he said, was especially meaningful because the province hosts the largest Ride for Dad event in the country in terms of participants, volunteers and funds raised.

"I made it a priority to come to Manitoba to say thank you to as many of those people as possible on behalf of the board of directors and the national management team," he said. "We had many members of our family, along with lots of friends, join us while we were participating, and it made it a really great time for a great cause."

His wife, Julie — who is also Brad's sister — serves on the Yukon Ride for Dad executive team.

"As a woman and partner, prostate cancer affects everyone," she said. "I believe it is important to support and help the men in our lives navigate their health journeys. I was a supporter and volunteer before my brother Brad's diagnosis and will continue to support, love, volunteer and bring awareness to prostate cancer with as many people as I can in the future."

Brad, along with other prostate cancer patients and survivors, encourages men to speak with their doctors and get tested.

"Do it for yourself and your loved ones," he said. "I can't say the battle is easy, but it does beat the alternative."

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Province invests \$650,000 in Wildlife Haven upgrades

By Haley Cvar

The Manitoba government is investing \$650,000 in capital improvements at the Wildlife Haven Rehabilitation Centre, a move aimed at expanding the facility's ability to care for injured, sick and orphaned wildlife.

Premier Wab Kinew announced the funding, noting the investment will help modernize Manitoba's largest wildlife rehabilitation facility while supporting long-term wildlife stewardship efforts across the province.

"Wildlife Haven rehabilitates injured, sick and orphaned wildlife so they can return to the wild, and we're supporting them in this important work," Kinew said. "These upgrades to the centre will help support long-term sustainability and our shared stewardship of Manitoba's wildlife."

Founded in 1984, Wildlife Haven has

cared for more than 55,000 animals. Annual admissions have grown dramatically over the years, increasing from approximately 200 animals in the 1980s to more than 2,000 each year today.

According to the province, the funding will support a series of capital improvements, including repairs to the centre's main building and raptor enclosures, safety upgrades, modernization of its contact centre, and construction of two new outdoor enclosures for aquatic mammals and waterfowl.

"We're grateful for the opportunity to improve our services and campus thanks to this support," said Zoé Nakata, executive director of the Wildlife Haven Rehabilitation Centre. "We're excited for the first step in working with the Manitoba government to continue protecting the wild animals

of our beautiful province."

The province noted that Indigenous collaboration remains a key component of Wildlife Haven's work. The centre incorporates traditional Indigenous knowledge into wildlife rehabilitation practices, including animal care and release methods, while working with Indigenous communities across Manitoba.

The investment is part of a broader provincial commitment to animal care and rehabilitation infrastructure. The Manitoba government has also committed \$5 million toward a new animal health centre at Assiniboine Park Zoo.

Provincial officials say the investments are intended to strengthen Manitoba's capacity to care for wildlife and support conservation efforts for years to come.

Manitoba government passes bill removing PST from groceries

By Haley Cvar

The Manitoba Legislature wrapped up its spring sitting with the passage of legislation that will remove the provincial sales tax (PST) from groceries beginning July 1.

Government House Leader Nahanni Fontaine said Bill 53, the Budget Implementation and Tax Statutes Amendment Act, is among more than 40 bills passed during the third session of the 43rd legislature.

The legislation also increases the Homeowners Affordability Tax Credit to \$1,700 and the Renters Affordability Tax Credit to \$675.

Other bills passed during the session include consumer protection measures that prohibit retailers from using personal data to adjust prices, legislation aimed at improving

patient safety and health-care accountability, measures to implement nurse-to-patient ratios and reduce mandatory overtime for nurses, and amendments limiting employers from requiring sick notes for absences of up to seven days.

The government also passed legislation restricting the sale of long-bladed weapons and pepper spray, as well as changes requiring drivers with Class 1 to 4 licences to maintain zero blood-alcohol levels.

According to the province, investments in front-line staff have contributed to a record number of physicians practising in Manitoba and the hiring of 48 new provincially funded police officers. The government also cited statistics from the Winnipeg Police Service showing a 48 per cent de-

crease in homicides in 2025.

Fontaine said the government remains focused on lowering costs, improving health care and creating jobs while maintaining what it says is the lowest deficit-to-GDP ratio in Canada.

Correction

By Patricia Barrett

In the story "Armstrong council approves Harbour colony's 140,000 chicken operation" in the June 4, 2026, edition of the *Express Weekly News*, we wrote that an application from Donald and Lyla Mantik for a 612-square foot dwelling was approved by Armstrong council (resolution 2026-A-10). Council, in fact, defeated the resolution. We apologize for the error.

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Prairie Dog Central Eyes Winnipeg Beach Route

By E. Antonio

The beloved Moonlight Express could make its return to Winnipeg Beach in the near future after Winnipeg Beach council approved a letter of support for the proposal.

Chief administrative officer Jodi Mitchell said the town is supporting Prairie Dog Central's efforts to investigate the concept and assess whether it could be viable.

Final approval for the project will depend on available resources and finances, and the town is willing to support preliminary discussions.

"Winnipeg Beach has a long and unique connection to passenger rail, and the return of a heritage rail experience could provide many benefits," Mitchell explained. "It has the potential to attract additional visitors, enhance tourism offerings, support local businesses, and further celebrate the community's history and identity as a destination. A heritage rail attraction could complement existing events and amenities while providing another reason for visitors to experience Winnipeg Beach."

Additionally, she said the rail service could offer alternative transportation options for those who do not want to drive, increasing accessibility throughout the town.



EXPRESS PHOTO SUBMITTED

The Town of Winnipeg Beach and Prairie Dog Central are exploring the return of the Moonlight Express. The project is currently in the imagination phase and would require additional resolutions from council to move forward. Image source: University of Manitoba Archives & Special Collections, Winnipeg Tribune Photo Collection

Jeffrey Bannon, CEO of Prairie Dog Central, said Manitobans deserve the return of the Moonlight Express, noting that adding a top tourist destination

and attraction would bring many exciting benefits.

"This would change the tourist railway as we know it in Canada," he said.

"It would mean another opportunity for the Prairie Dog Central Railway to contribute to be a positive member of the tourism industry in Manitoba — creating experiences, memories and wows through economic growth."

Before receiving final approval, several factors must be assessed, including rail infrastructure, regulatory requirements, operating costs, safety considerations, scheduling and overall feasibility — all areas Prairie Dog Central needs to evaluate and explore.

So far, council has supported only the exploration of the concept. Any future requests involving funding, municipal resources or project approvals will require separate resolutions from council.

"There has been interest in learning more about the concept, particularly given Winnipeg Beach's railway history," Mitchell said. "Winnipeg Beach has a strong historical connection to passenger rail service, so there is certainly historical significance to the concept."

Westshore and Gimli support A-Spire Players upgrades at Gimli Unitarian Church

By Indiana Humniski, A-Spire social media and IT specialist

The A-Spire Players have been lucky to entertain the Interlake region and beyond for over 30 years within our iconic venue, the A-Spire Theatre (Gimli Unitarian Church).

The venue is our home and, like all homes, our theatre requires necessary tune-ups and upgrades to ensure the longevity of our organization.

The board is ecstatic to announce that both the Westshore Foundation and the RM of Gimli have approved our 2026 grant applications, which will empower us to begin our three-phase plan to bring the theatre modern-day equipment while maintaining its classic, heritage quality.

Our hearts are warmed by this community support and we cannot wait to begin these long-overdue renovations. Propelled into action by this incredible aid, we have ordered a new lighting controller and dimmer system, which will be installed before our busy summer production schedule starts in June 2026.

Renovations will not hold us back from a quick-approaching summer where we will be celebrating the performing arts (as always!).

Members of the A-Spire Board (past and present) take pride in the fact that, for years, we remained self-sufficient and take our fiscal responsibilities

seriously by always re-investing in our theatre so that we can continue to do what we love to do: to add to the fabric of Interlake arts and culture, and embroider it with contributions from neighbouring communities as well as local ones.

We could not pursue this mission without the support of our volunteers. Our volunteers and members are united in a joint commitment to upholding the performing arts and give their time, commitment and care without compensation.

Due to this mission, all funds raised from our in-house productions are able to be invested back into our community theatre.

Knowing that our necessary upgrades to our theatre's electrical and lighting systems would be costly, the current board has additionally implemented a donor program to help with these repairs. We look forward to adding a plaque recognizing the community support of the Westshore Foundation and the RM of Gimli alongside the plaque bearing the names of our current individual and family donors.

We would like to also thank our 2026 donors for supporting our organization and adding on to this collective attitude of gratitude. If you would like to become a donor, please visit our website (aspireplayers.com) un-

der the "Get Involved" tab to learn about the benefits of becoming a donor.

Guided by our enthusiasm for improvements soon-to-come, we are entering into the summer season with high spirits and a full schedule.

We are so thankful for the Winnipeg and Manitoba theatre companies and musical artists who have been guided by a mutual love for performance that led them to becoming a part of our summer/fall production program.

A-Spire's lineup for 2026 is as follows:

- *Sketches n' Songs* – June 12–14 (A-Spire Players)
- *A Double Feature* – June 26–28 (An Seanchai & Cactus Theatre Companies)
- *To Kill A Mockingbird* – July 3–5 (The Youth Acting Conservatory)
- *Maid Marian* – July 17–19 (Looking Glass Theatre)
- *The Greek Mythology Olympiaganza* – Aug 14-16 (Dramatic Theatre)
- *Rattled* – Aug 21-23 (RG Productions)
- *From Here on In* – Mark Reeves – Oct. 16 and 17, if first show sells out.

To learn more about becoming a volunteering member, please reach out to aspireplayers@gmail.com.

Community Support Service

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

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

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

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

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

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

Riverton Collegiate celebrating 65 years with school reunion tour, banquet and social

Alumni bursary established with Westshore Community Foundation

By Patricia Barrett

Former students and staff of Riverton Collegiate are invited to take a stroll down memory lane in July when the high school celebrates its 65th anniversary.

Collegiate principal Erin Furgala and teacher Tammy Einarson are organizing a school tour, a dinner and dance into the wee hours and a reunion social.

The 65th anniversary is being held in conjunction with Riverton Reunion Days, in which businesses and service clubs will be offering residents and visitors a weekend party in honour of Riverton and its traditions.

The town is celebrating four milestones in July: the high school's 65th anniversary, Djorfung Ladies Aid's 125th, Riverton's 150th and the Riverton & District Friendship Centre's 45th.

"Originally, we had a dream of just hosting the 65th anniversary of Riverton Collegiate, but as we started talking about it and getting people on board to help us, it got very big, very fast," said Furgala, who's celebrating her 10th anniversary as collegiate principal. "And we thought why not resurrect Riverton Reunion Days at the same time? So we spearheaded the planning and everybody has joined forces."

Alumni are welcome to tour the collegiate on Saturday and enjoy a barbecue.

"Alumni can come and walk the halls, reminisce and check out how it has changed from the time they were here," said Furgala. "That will be held

from 12 to 2 on Saturday. We'll have all the old yearbooks out. People can purchase a yearbook as well. There will be a barbecue, as well as a fundraiser for next year's graduating class."

They've hired a photographer for the gala banquet that starts at 5:30 at the Riverton Hall.

Einarson said they're working with the Djorfung Ladies Aid to organize the event and they're decorating Riverton Hall "to the nines." They hired Abas Catering for the banquet and Crystal Sound with DJ Serena Bjornson to play contemporary and oldies music.

They're about 50 per cent sold as of last week, she said. The hall can accommodate 500 people. They're going to have a "hopping time."

"We're having a short program right after supper with greetings from the Djorfung Ladies Aid because it's their 125th anniversary, the 65th for the school and Riverton's 150th anniversary," said Einarson. "It will include dignitaries from the municipality."

The gala banquet will also have a silent auction and a 50-50 raffle.

People who don't wish to attend the gala banquet have the option of attending the Riverton Collegiate Fundraiser Social the same evening at the Riverton Curling Rink from 8 p.m. to 1 a.m.

Tickets are \$20 and are available at the door. The social includes a 50-50 raffle.

"Anybody can attend the reunion events. You don't have to be a former graduate. If you want to come, come on down," said Einarson. "It's open to the whole community."

Riverton Collegiate opened in 1961 for the then Village of Riverton and its surrounding communities. Its first

IMAGE COURTESY OF RIVERTON COLLEGIATE

principal was Peter Onysko. Prior to the construction of the collegiate, high school classes were held in a 1919 schoolhouse.

All proceeds from the banquet, social and prizes will go towards a bursary that Furgala and Einarson established for a collegiate grad.

"The proceeds are going to a bursary that Tammy and I have created called the Riverton Collegiate Alumni Award through the Westshore Community Foundation," said Furgala. "The alumni award will be worth \$1,000 and go to a deserving RCI graduate."

The bursary will honour a student who embodies the spirit of Riverton.

"This award is not attached to post-secondary pursuit. It recognizes someone from our community who

has demonstrated growth, who gives back to the community, who participated in school community life and is a good person," said Furgala. "It honours the legacy of Riverton and what it means to be part of our community."

In lieu of attending the reunion banquet or social, people are welcome to donate to the Riverton Collegiate Alumni Award by contacting the Westshore Community Foundation. Donations are tax deductible and the foundation will issue a receipt.

The Riverton Collegiate Alumni Reunion takes place on Saturday, July 4.

Tickets are \$100. To purchase tickets, scan the QR code on the poster or call Maddie at the collegiate at 204-378-5135.



Left to right: Erin Furgala, Vickie Johnson, Tammy Einarson and Ruth Ann Furgala, are the core group of volunteers who have spent the past year planning and organizing the Dinner & Dance and Fundraising Social events celebrating Riverton Collegiate Institute's 65th anniversary and the Djorfung Ladies Aid's 125th anniversary. They will be joined by DLA members and RCI volunteers during Riverton Reunion Days to help ensure the events run smoothly.



The Djorfung Ladies Aid recently presented Riverton Collegiate Institute's Class of 2026 with a \$2,500 donation to support the graduating class trip to Churchill this fall. The students represent the 65th graduating class to attend the current RCI building.

Maria Bear chosen as Fjallkona for Icelandic Festival of Manitoba



ICELANDIC FESTIVAL OF MANITOBA
Maria Bear was announced as the new Fjallkona.

By Patricia Barrett

The Icelandic Festival of Manitoba chose its new Fjallkona last month as it prepares for its upcoming 137th annual festival.

Maria Bear was announced as the new Fjallkona at a brunch held on May 24. She'll preside over the upcoming festival that typically sees thousands of people descending on Gimli for the four-day event, which includes an Icelandic traditional program.

Bear was born in Gimli to an Icelandic family and spent much of her life "supporting her community through volunteer work, cultural improvement, leadership and mentorship," according to a news release on the festival's website.

The Fjallkona, or the Maid of the Mountain, is the personification of Iceland. She sits on an elevated throne in a formal Icelandic costume consisting of a white gown, a headdress with a white veil, a green robe and gold belt.

Last year, Icelandic folk costume-makers, Annriki, gifted the festival a

new kyrtil, or tunic, for the Fjallkona, a headpiece and a handmade Viking-themed gold brooch.

The festival's tradition of selecting a Fjallkona began in 1924. A committee chooses a woman from the community who has contributed in a significant way to Icelandic culture and heritage.

Bear served on the Icelandic National League of North America for over two decades.

"Her commitment to Icelandic culture has been especially evident through more than twenty years with the Icelandic National League of North America and the Selkirk Bruin Chapter, where she has served as president," states the release. "She played a leading role in the chapter's annual Sumardagurinn Fyrsti celebration each April and helped sustain our traditions through music, community building, hospitality, cultural events, raffles and, of course, Icelandic baking."

In addition to her involvement with the league, Bear sang with the Selkirk Bruin choir in Icelandic and English and supported the Icelandic

Language Camp for many years. She continued learning the Icelandic language throughout her life.

Bear has a long service of supporting elders in the community. For 17 years she served on the Betel Home Foundation board and the Betel personal care homes in both Gimli and Selkirk.

The Fjallkona's attendants are Kamrym and Khloe Einarson.

Supported by the governments of Manitoba and Canada, the Government of Iceland and the RM of Gimli, as well as sponsors, the Icelandic Festival of Manitoba celebrates Icelandic cultural and heritage.

From July 31 to Aug. 3, visitors can enjoy a Viking village with re-enactments of daily life and cultural artefacts, a parade that features a Viking ship, a Fris-Nok tournament, the Islendingadunk, running races, a sandcastle contest, scavenger hunt, fashion show, art show, games, craft and food vendors, a midway, beverage garden and live music.

Visit icelandicfestival.com for more information about the upcoming festival.

Miss Perogy brings joy to Gimli hospital in custom-made Varenyky gown

By Patricia Barrett

Miss Perogy made an unexpected visit to Gimli hospital last week, strolling the halls, speaking with patients and staff and bringing lots of laughs to the health centre.

Cindy Genik is an Interlake-Eastern Regional Health Authority mascot with a natural knack for instilling positivity into any situation and bringing joy to whomever she meets.

"I went to visit a friend in the hospital and thought it would be funny," said Genik, referring to her custom-made Varenyky gown that could, hands down, beat any avant-garde design that pitches up at the annual Met Gala fundraiser in New York.

Genik's pearly white hooded gown boasted a prominent external selvedge that paid homage to a fork-impressed crimp that perogy-making masters commonly add to jazz up the seam of their tasty dumplings.

She accessorized with chic oversized sunglasses and short-cuff white gloves. She anchored the pioneering look with a white cotton handbag emblazoned with a Ukrainian geometric pattern, sheaves of wheat, a flower, and blue and yellow ribbons symbolizing Ukraine.

Genik's friend, Bev, helped her make

the stand-out gown.

A few days earlier, Genik had brought her friend a hearty perogy meal to help speed along their recovery. After she popped in for another visit last Wednesday as Miss Perogy, Genik made the rounds of the hospital, handing out candy to patients and staff.

"One lady couldn't stop laughing. I just wanted to spread good cheer and make people smile," she said. "And it really worked!"

The nurses really got a kick out of Miss Perogy, she said. The doctor was rendered speechless.

"It stopped the doctor in his tracks," said Genik. "He really didn't know what to say. Maybe he was hungry. I gave him a fist bump and skipped along."

Genik has been a mascot for about 20 years, helping cheer up patients and health-care staff. In the past she has made the rounds as Mrs. Claus, Frost Bite the Snowman and a clown.

"Laughter is the best medicine," she said.

Undoubtedly, her visit left people craving perogies topped with chilled sour cream and sizzling bacon and onions.



EXPRESS PHOTO COURTESY OF CINDY GENIK

Interlake-Eastern Regional Health Authority nurses at the Gimli hospital got a kick out of Miss Perogy last Wednesday as she strolled the halls and brought some cheer to staff and patients.

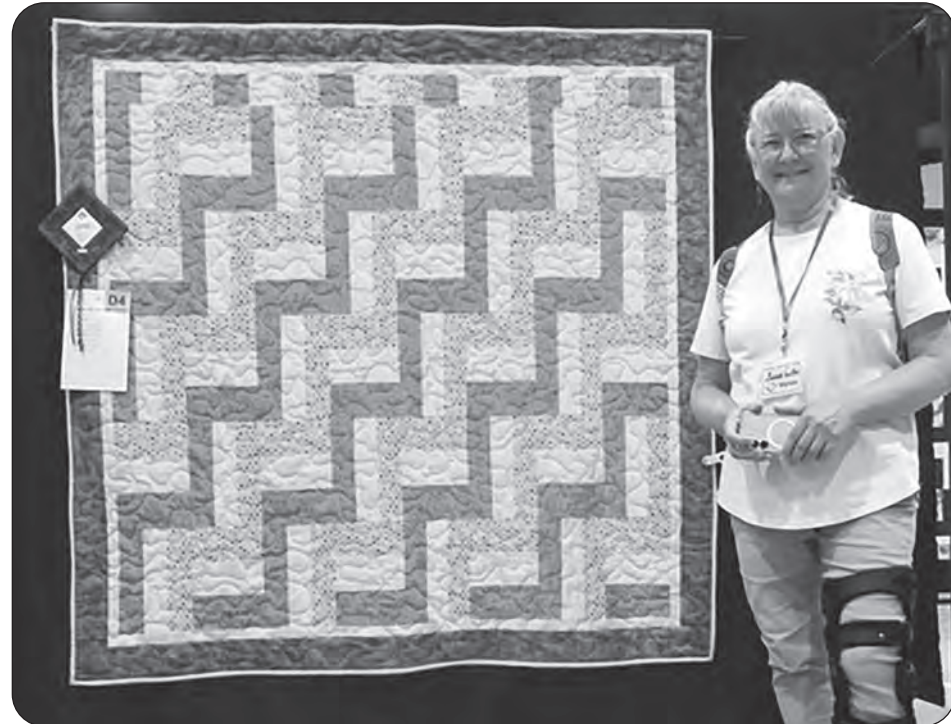
Lakeside Quilters announce People's Choice winners



Britt Muntain's Tool Bag received first place in the Fabric Art category during People's Choice voting at the 2026 Lakeside Quilters Quilt Show.



Left photo: Marion Yamada earned first place in the Challenge Mini Quilt category at the 2026 Lakeside Quilters Quilt Show with her entry, *Stitched in Time*. Right photo: Marion Yamada's *Rail Fence* was selected as the first-place winner in the Donation Quilt category during People's Choice voting at the 2026 Lakeside Quilters Quilt Show.



EXPRESS PHOTOS SUBMITTED

By Lana Meier

Visitors to the 2026 Lakeside Quilters Quilt Show have selected their favourite entries from this year's milestone 10th show.

The People's Choice Awards were determined by votes cast by attendees during the two-day event, which showcased quilts, fabric art and special exhibits at the Gimli Recreation Centre.

In the Show Quilts category, Joanne Burns earned first place for *Summer Solstice*, followed by Janice Epp's *Olivia's Unicorn* and Laurel Taylor's *Conway Album*.

Hazel Woytowich dominated the Youth Quilter category, capturing first place with *Stained Glass Magic Quilt* and second place with *Little Pink Fairy Pillow*. Lucy Enns placed third with *Melody Quilt*.

The Donation Quilt category was led by Marion Yamada's *Rail Fence*. Laurel Taylor claimed both second and third place with self-designed entries.

In the Challenge Mini Quilt category, Marion Yamada took top honours for *Stitched in Time*, while Caroline Woytowich placed second with *Bee Happy*. Third place was shared by Dianne Sandulak for *10th Show, 10 Notions* and Elaine Lezubski for *A Garden for 10 Seasons*.

The Fabric Art category saw Britt Muntain earn first and second place for *Tool Bag* and *Runners*, respectively. Erin Roberts placed third with *Waldorf Style Dolls*.

The 2026 show featured a special retrospective display celebrating the event's first 10 shows and welcomed hundreds of visitors from across Manitoba.



Joanne Burns earned first place in the Show Quilts category at the 2026 Lakeside Quilters Quilt Show with her quilt, *Summer Solstice*. The award was determined through People's Choice voting by visitors to the show.



Hazel Woytowich captured first place in the Youth Quilter category at the 2026 Lakeside Quilters Quilt Show for her entry, *Stained Glass Magic Quilt*.

Winnipeg man dies in ATV crash at Lake St. Martin

By Haley Cvar

A Winnipeg man is dead following a single-vehicle ATV collision in Lake St. Martin First Nation.

Gypsumville RCMP were called to the crash on Obushkudayang Boulevard at approximately 2:20 a.m. on May 30.

When officers arrived, they locat-

ed two men near the ATV suffering from serious injuries.

A 39-year-old Winnipeg man was pronounced dead at the scene.

A 50-year-old Winnipeg man was transported to hospital with non-life-threatening injuries and has since been discharged.

Gypsumville RCMP continue to investigate the circumstances surrounding the collision.

Anyone with information about the crash is asked to contact Gypsumville RCMP at 204-659-2682 or submit an anonymous tip through Crime Stoppers at 1-800-222-8477.

Waabishki Bineshiins offers Indigenous-led support in health system

By Jennifer McFee

June is National Indigenous History Month, a time to honour the culture and contributions of First Nations, Inuit and Métis people — including those right here in the Interlake-Eastern health region.

It's also a time to reflect on the impacts of colonization while taking tangible steps toward reconciliation.

Indigenous cultural perspectives are at the forefront for Waabishki Bineshiins, IERHA's Indigenous-led health team committed to improving cultural safety, health equity and reconciliation within the health system. Waabishki Bineshiins supports patients in their health journey, helping them interpret health information and understand their options.

The team's work is guided by the teaching that spirit must always come first. To honour this teaching, the team offered tobacco to an elder from one of the communities. Through ceremony, the team asked the elder to help find a name that would guide their work in a positive way. They received the name Waabishki Bineshiins, or White Thunderbird. This name reflects not only their spiritual foundation but also accountability to their relatives and communities. Each spring, they hold a ceremony and feast to honour the name.

Robert Maytwayashing, a regional elder and knowledge keeper with Waabishki Bineshiins, outlines the importance of Indigenous representation in health care.

"As a people, we have been systemically marginalized in all sectors of society. It's been a long time coming to start to have Indigenous representation in the health-care system, not only for our region but for all regions across the province. It's nice to see a familiar face when you enter these facilities," he said.

"For the longest time, it was a rare occurrence to see an Indigenous person working in health care. Now there are starting to be more and more Indigenous people involved, and more so with our recent Indigenous Health team. They're there to support our relatives when they enter the health-



PHOTO SUBMITTED

Robert Maytwayashing is a regional elder and knowledge keeper with Waabishki Bineshiins.

Continued on page 16

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New monument business opens in Fisher Branch

By E. Antonio

A new business in Fisher Branch is carving out a unique niche in Manitoba's northern Interlake.

Interlake Monuments, the region's first monument service, officially opened June 15 at 7068 Road 138 NW. The business is owned and operated by Pavel Gula, who said he's excited to bring a much-needed service to the area.

"We are missing a monument service in the Interlake," Gula said. "I bring a special, unique, one-of-a-kind trait to Fisher Branch."

Gula recently completed a four-year degree in monument restoration and stone masonry from the Athos Stone Masonry Academy in the Czech Republic, as well as two years of study at the Tobikam Stone Masonry Academy of Jan Tobiasz in Korfanow, Poland.

"It takes years of work to learn how to work with stone," he said. "It takes special skills to be able to restore old stones or add on to existing ones, but I love this kind of job."

Born in the Czech Republic, Gula immigrated to Canada in 2000. He returned in 2021 to begin his studies, noting that no Canadian institutions offer the degree and that it was easier to study in his first language.

"The Czech Republic has this great history with stone masonry," he said. "It took me a while to figure out what I wanted to do with my life, but my home country helped me develop this business and find what I really like to do. Sometimes it takes a lifetime to find out what you really enjoy."

His program blended apprenticeships with academic courses in architecture and lectures at Tobikam. He learned to work with various stone types and carving techniques, and said the most challenging part was learning to restore aging monuments without causing damage.

"People are trusting you to take care of their monuments, so you have to make sure you leave it in good condition," he said.

Interlake Monuments offers engraving, restoration, design, photo additions, polishing, installation and realignment services for headstones and other monuments. Gula said he also creates monuments for family plots, including larger designs



Interlake Monuments offers monument engraving, restoration and installation services to the northern Interlake. Pavel Gula's wife Barbora Gulova touches up a headstone.

that can accommodate multiple family members. In addition to traditional cemetery monuments, he can create custom memorial stones for beloved pets. He works with a range of styles — from upright and flat markers to companion stones — and offers customization options such as inscriptions, symbols, portraits and a variety of stone materials. While stones arrive pre-carved, the engraving and polishing are completed on-site in Fisher Branch.

Gula uses a combination of laser engraving and hand carving to meet customer requests. He can engrave stones in a variety of fonts and languages and is familiar with different religious practices.

"I will do my best to create something families will love, as I know these monuments are important to them — they're for someone they've lost," he said.

He said beyond the technical work, the role is also about supporting families through a difficult time. Gula aims to provide guidance throughout the process, helping create a meaningful and lasting tribute while ensuring quality craftsmanship and a straightforward, stress-free experience.

Headstones are available in a variety of shapes, colours and stone types. Gula is also experimenting with combining local materials — such as limestone and tremolite — with other rock types to create monuments unique to Manitoba.

Each piece takes approximately two to six weeks to complete,



EXPRESS PHOTOS SUBMITTED

Pavel Gula, owner of Interlake Monuments in Fisher Branch, stands with the new business sign at his shop on Road 138 NW. Gula, a trained stone mason with degrees from academies in the Czech Republic and Poland, offers engraving, restoration and design services for headstones and monuments in the northern Interlake.

depending on the complexity of the design and whether the pre-carved stone is in stock.

"We are willing to work with you to make the perfect design and have a variety of options to satisfy many people's budgets," he said.

Interlake Monuments provides free consultations and requires only a small deposit for larger projects. Payment in full is due once the stone has been carved.

Gula also restores old monuments by realigning shifted stones, cleaning, re-etching faded lettering and adding new inscriptions. In the Czech Republic, he created monuments for churches and municipalities, and he hopes to one day design a public monument for a local organization.

Customers can view samples in the company's outdoor gallery, which is open Monday to Friday from 9 a.m. to 5 p.m., or on weekends by appointment. Gula can be reached by phone or text at 584-888-2877.



Interlake Monuments offers engraving, design, photo additions, polishing, installation and realignment services for headstones.

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RM of Armstrong honours local residents who fought in Second World War

By Patricia Barrett

The RM of Armstrong paid tribute last month to two former residents who sacrificed their lives for Canada during the Second World War.

Harry Louis Chartrand and Peter Trakalo both served in the Canadian infantry and died in action.

Over one million Canadians served during Second World War (1939-1945), sparked by Nazi Germany's invasion of Poland in 1939. The war was one of the deadliest conflicts of the 20th century, with an estimated death toll (civilian and military) of between 50 and 75 million people. D-Day on June 6, 1944, marked the beginning of a campaign to liberate western Europe.

RM of Armstrong councillors Sonny Rohne and David Tyndale presented commemorative plaques in honour of the former Armstrong residents, with their family and friends in attendance for both events.

Rohne presented a plaque on May 15 to Chartrand's family members. It has as a photo of Chartrand, details about his life and his overseas service.

"It is an honour to pay tribute to Mr. Chartrand and to acknowledge the sacrifice he made for us," said Rohne in an Armstrong press release. "The opportunity to meet his family and place this plaque in the community that he grew up in allows us to pay our respects to a former local resident who is a hero to us all."

Harry Louis Chartrand was born on March 12, 1918, in St. Laurent, the eldest son of Gaspard Louis and Josephine Chartrand. He had five siblings — Ernest, Yvonne, Agnes, Emile and Mary.

He was raised on the family farm near Inwood. He played piano, accordion and guitar and enjoyed boxing. After school he worked as a driver at Phillips Dairy and Inwood Creamery.

He enlisted in 1940 and was sent overseas in August 1941. He served



Peter Trakalo plaque.



Harry Louis Chartrand plaque.

with the Royal Canadian Infantry Corps as a corporal attached to the 1st Battalion, Royal Winnipeg Rifles.

He died at the age of 26 on Aug. 19, 1944, after he sustained a gunshot wound to his head. He had been fighting against the German Fifth Panzer Army in France.

Chartrand is commemorated at the Bayeux War Cemetery in France, on the Inward Memorial, in the Second World War Book of Remembrance in Ottawa (page 271), and on the National Métis Veterans Monument in Saskatoon. The Chartrand Rapids in the Wolverine River (northern



PHOTOS COURTESY OF THE RM OF ARMSTRONG Victor, Brian and Roy Chartand.

Manitoba) are named in his honoured.

Chartrand's plaque was placed in the Inwood Memorial Hall.

Coun. Tyndale presented a commemorative plaque on May 30 to honour Peter Trakalo, who was born in Meleb and who served with the Royal Canadian Infantry Corps.

Before about 30 of Trakalo's relatives,

Continued on page 16

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"Estate Sale of Kendall" June 2026

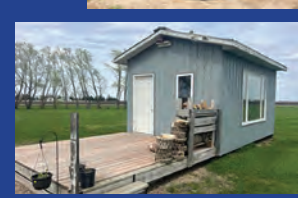
Viewing: TBD. Bidding starts: June 11th, 2026 at 9:00AM. Lots start closing on June 17th, 2026, at 10:00 AM. Pick up days: Thursday, June 18th, Friday, June 19 & Saturday, June 20th from 9 AM to 5 PM

June OFFSITE Consignment Sale 2026

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

June ONSITE Week 2 Consignment Sale 2026

Viewing: June 15th - 18th from 9 AM to 5 PM. Bidding starts: June 18th, 2026 at 9:00 AM. Lots start closing on June 25th, 2026 at 10:00 AM. Pick up days: Friday, June 26th, & Saturday June 27th, from 9 AM to 5 PM



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Peter Trakalo's family.

> SECOND WORLD WAR, FROM PG. 15

cluding his 98-year-old sister-in-law, Jean Trakalo and his nephew Ron Trakalo, Coun. Tyndale oversaw the hanging of the plaque in the Fraserwood Hall.

"Council welcomed the opportunity to honour Mr. Trakalo wholeheartedly. The Fraserwood Hall board of directors provided us with an excellent location for the plaque," said Tyndale. "We appreciate the support of

community members in bringing this project to fruition."

Trakalo was born in Kreuzberg (now Fraserwood) in 1917 to John and Tillie Trakalo. He had five siblings — Paul, Joseph, Michael, May and Olga.

He served as lance corporal with the 1st Battalion, Queen's Own Cameron Highlanders of Canada, Royal Canadian Infantry Corps, after enlisting in 1942, according to his online profile with Veterans Affairs Canada. He was killed in France at the age of 26 on Aug. 16, 1944, after he

was hit by a sniper while delivering rations to his platoon.

Trakalo is commemorated at the Bretteville-sur-Laize Canadian War Cemetery in Calvados France, in the Second World War Book of Remembrance (page 464), on the Scotland National War Memorial, on the Meleb Ukrainian Catholic Church Roll of Honour, on the Inwood Memorial and the Meleb War Memorial.

Trakalo Lake, west of North Knife Lake (in northern Manitoba), was named in his honour.



Ukrainian Farmers Co-operative

ANNUAL MEETING

June 25, 2026

7:00 pm at the Ukrainian Hall in Fisher Branch

Agenda Items to Include:

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

Call for Board of Directors

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

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

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



> HEALTH SYSTEM, FROM PG. 13

care system in one of our facilities — to help them navigate and also to support them."

The Waabishki Bineshiins team is made up of three main roles: elders/traditional knowledge keepers, Indigenous social workers and skaabes.

Elders/traditional knowledge keepers carry Indigenous teachings from their ancestors and are knowledgeable in the ways of healing, spiritual care and ceremony. They may provide guidance for staff and patients, personal consultation, cultural care, and support and mentorship to patients and their families.

Indigenous social workers also play an important role by supporting and advocating for Indigenous families who are receiving care. With their knowledge of Indigenous teachings and health care, these social workers help with navigating the system through a cultural lens and facilitate safe care plans.

Rounding out the team are the Indigenous Health skaabes — an Anishinaabemowin word that refers to a helper who walks alongside elders, knowledge keepers and community members with humility, respect and a deep commitment to service. Skaabes ensure Indigenous patients receive appropriate and safe patient-centred care during their stay in the hospital and throughout the discharge planning process. At the same time, they help build bridges between Western medicine and Indigenous ways of knowing. They listen, guide and connect so patients and families feel supported during their health-care journey.

"We need more Indigenous people involved in all sectors of the health-care system," Elder Maytwayashing added.



Jaycee Seenie, an Indigenous Health skaabe at Selkirk Regional Health Centre, picking medicine.

"We need more doctors, nurses, psychologists, social workers, support staff and senior leadership, the whole gamut."

In his view, events such as National Indigenous People's Day on June 21 also help to dispel myths and misinformation about Indigenous people and culture.

"When we have annual event such as this, it's a friendly reminder that we're still here. We're not going anywhere," he said.

"The sooner we learn to understand, respect and appreciate each other, the better off we're all going to be."

The Waabishki Bineshiins team continues to grow, and they're looking to fill all three roles —elder/knowledge keeper, social worker and skaabe — in Ashern. To learn more, visit ierha.ca/indigenous-health or call 204-482-2144.

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2026 Harbour Stage & Event Listings



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NAME	DATE	TYPE OF MUSIC PLAYED
Free Fitness Saturdays	June - Sept	Weekly Zumba on the Harbour Stage 9 - 10am
WAVE Interlake Artists' Studio Tour	JUNE 13 - 14	Travel from studio to studio at your own pace
Viking Paddle Spring Pickleball Tourney	June 12 - 14	Annual spring tournament at the Rec Centre
Gimli Pride Festival	June 12 - 14	Bringing our 2SLGBTQ+ community and its allies together to celebrate.
Gimli Alzheimer's Walk	June 12 10am	Betel Personal Care Home
Indigenous Peoples Day	June 21 1-5pm	More details soon
Outdoor market	June 27 3pm	Night market 1st Ave
Gimli Yacht Club Open House	June 28	A chance to meet the members and grab a bite.
Save the Lake Fish Fry	June 28	Kiwanis partner with Save the Lake Foundation
Canada Day Celebrations	July 1	Parade, fireworks, and entertainment
4th Annual Gimli Red River Métis Day	July 4	Gimli Park and Pavilion
Rotary Lobster Fest	July 4 6pm	Gimli Rec Centre
Gimli Car Club Car Show	July 12 11am	Downtown Gimli all afternoon
Gimli Glider Day	July 23	Commemorating the emergency landing
Gimli International Film Festival	July 22 - 26	Downtown Gimli & Gimli Beach
Rotary Book Sale	July 24 & 25	Gimli Rec Centre
The Icelandic Festival of Manitoba	Jul 31 - Aug 3	Gimli various locations

visit www.gimli.ca

ALL DATES AND TIMES ARE SUBJECT TO CHANGE

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2026 Harbour Stage & Event Listings



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NAME

DATE

TYPE OF EVENT

Outdoor market and harvest event	Aug 29 3pm	Night market 1st Ave
Family Street Dance	Aug 21 7-10pm	Music, lights, inflatables and games
MS Bike Tour	Aug 21 & 22	Details coming soon
WAVE Interlake Artists' Studio Tour	Sept 5 - 6	Travel from studio to studio at your own pace
Gimli Blues Festival	Sept 11 & 12	All Blues. 2 days, 13 performances.
Fall Curbside Giveaway	Sept 12 & 13	Rehoming useable items and making someone's day
Gimli Pickleball Fall Tourney	Sept 18 - 20	Gimli Rec Centre
Nuit Blanche/Culture Days in Gimli	Sept 25 - 27	More info to follow
Truth & Reconciliation Day	Sept 30	A day of healing Gimli Park Pavilion
Gimli Fire & Rescue Open House	TBD	Gimli Fire Hall
Walk to the Rock	Oct 21 Noon	Commemoration of Icelanders landing
Haunted Pavilion	Oct 24 12-3	Gimli Park Pavilion
Christmas in Gimli	Dec 4 & 5	Tree lighting, markets, parade

visit www.gimli.ca

ALL DATES AND TIMES ARE SUBJECT TO CHANGE

Enjoy these
GREAT 2026
GIMLI EVENTS

Derek Johnson
 MLA for Interlake-Gimli
 InterlakeGimliMLA@gmail.com
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2026 Harbour Live Stage Listings



NAME

DATE

TYPE OF EVENT

The Carabiners	June 13 730pm	Great mix. Part of our annual Gimli Pride Festival
Leddwyn	June 20 730pm	Classic rock plus. Local talent night
Darren Lavallee	June 21 1pm	Classic country and more. Indigenous Peoples Day
The InClines Matinee show	June 27 1pm	Patsy in the park Patsy Cline tribute show
B Side Champs	June 27 730pm	Classic 60s R & B cover band with brass section
The Incredibly Hip	June 30 8pm	Tragically Hip Tribute Show
Two Crows for Comfort	July 1 7pm	Local Folk Roots duo kickstarting the evening
Free Ride Band	July 1 8pm	50s & 60s plus Beatles Tribute
Sean Taylor Band	July 4 730pm	A whole lot of Country and a few surprises
Vinyl Revival	July 11 730pm	All of your favourites from the 50s to today
The Biivvers	July 18 730pm	Rock, Classic rock, Country and more
Damn Straight	Aug 8 730pm	Rock, Classic rock, Country and more
Forever and Always with Heartbreaker	Aug 15 7:30pm	Shania Twain tribute followed by Pat Benetar Tribute.
The Nooners	Aug 22 730pm	All of your favs from the 90s decade
Pop Vegas	Aug 29 730pm	A HIGH ENERGY cover band with great mix
The Goods Band	Sept 5 7:30pm	A HIGH ENERGY cover band with great mix
For Those About to Rock with Rattlesnake Suitcase	Sept 6 730pm	AC/DC Tribute plus a Guns 'n Roses Tribute
Gimli Blues Festival	Sept 11 & 12	2-day music festival @ the Gimli Park pavilion

visit www.gimli.ca ALL DATES AND TIMES ARE SUBJECT TO CHANGE



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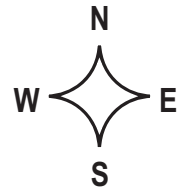
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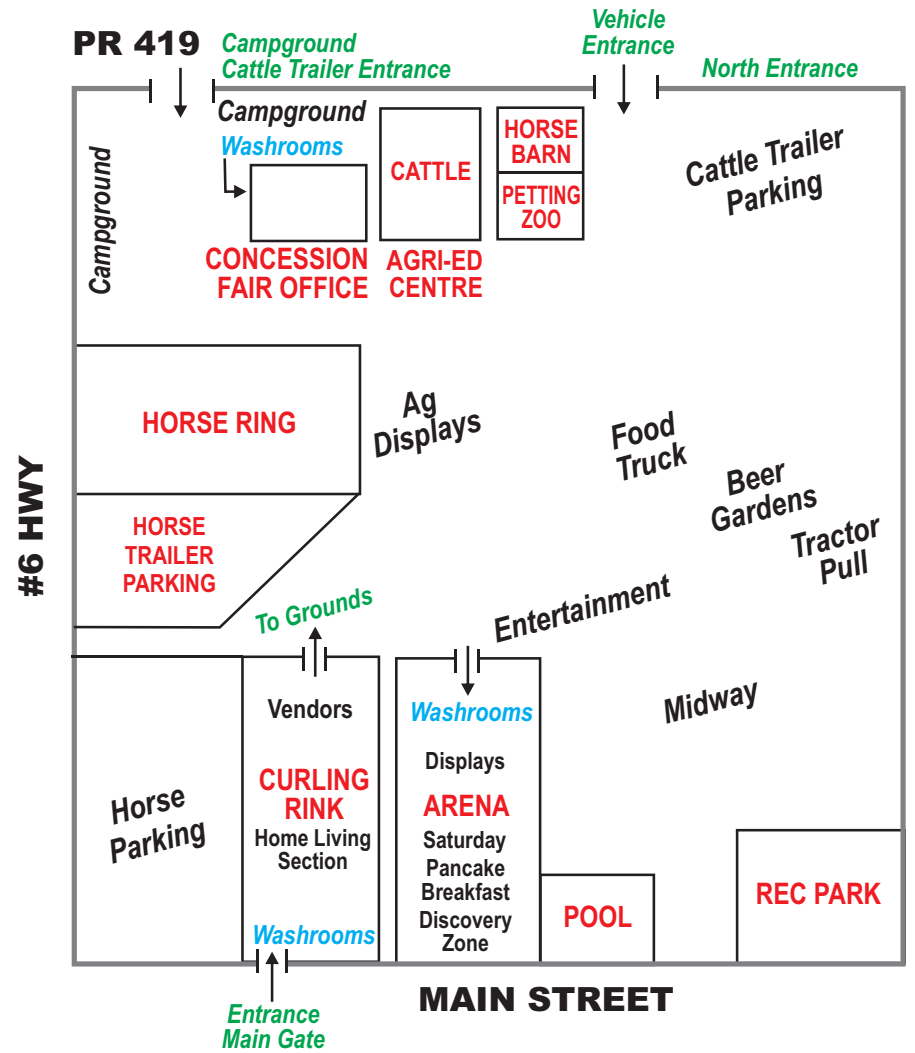
72nd Annual LUNDAR FAIR



FAIR GROUNDS MAP



www.lundaragsociety.com



**Friday, June 12th &
Saturday, June 13th, 2026**

ADMISSION		
ADULTS \$15/day \$20/weekend	YOUTH 7-17 \$5/day \$10/weekend	6 & under FREE (if accompanied by an adult)

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72nd Annual
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FRIDAY JUNE 12th, 2026

- 7-10 am FULL Breakfast Special at Concession
- 9:30 am 4-H Activities (Agri-Ed Centre)
4-H Clubs - Dolly Bay, Lundar 4-H Beef, Trailblazers
4-H Beef Achievement Day
- 1-3 pm Weigh-In & Entry for Tractor Pull (Fair Grounds)
- 3:00 Beer Gardens open (near tractor pull) Closes 1:00 am
Ranch Sorting Competition in the Horse Ring
- 4:30 pm 4-H Steer Sale
Live & Online with dvauction.com
- 5:00 Home Living Exhibits open for viewing (Curling Rink)
Commercial Vendors (Curling Rink)
(Closes 9:30 pm)
- 5:00 Antique Tractor Pull Starts
- 10:45 FIREWORKS!!!
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72nd Annual LUNDAR FAIR

**Friday,
June 12th &
Saturday,
June 34th, 2026**



SATURDAY JUNE 13th, 2026

- 7-9 am FREE Pancake Breakfast (In Arena) with **PAID** gate admission
- 9:00 Horse Show – Halter & Showmanship, English (Horse Ring)
- 9:00 Home Living Exhibits Open (Curling Rink)
Commercial Vendors Open (Curling Rink)
- 9:00 Junior Beef Classes & MB Simmental Summer Show
- 9:15 Baby Show (Arena) Theme: Candy Land
- 11:00 Parade – Starting by school grounds**
- 12pm to Close Select Shows Midway
- 12-4:00 Tiny Treasures Mobile Farm Petting Zoo (horse barn)
- 12-4:00 Discovery Zone in Arena: Applause Events, Magic Show, Lundar Metis Local
- 12:30 Horse Hitch Demo following parade
- 1:00 Free Face Painting (Arena)



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72nd Annual LUNDAR FAIR

**Friday,
June 12th &
Saturday,
June 30th, 2026**



SATURDAY JUNE 13th, 2026

- 1:00 pm O'Canada – Pipes and Drums of Manitoba
Opening Ceremonies (by Arena)
Entertainment – 1-4 pm (by Arena)
- 1:00 Beef Dinner Opens (upstairs Arena concession)
- 1:00 Beer Gardens open (near tractor pull) closes 1am
- 1:00 Registered Beef Classes resume (Agri-Ed Centre)
Followed by \$1000 Jackpot Heifer Show
- 1:15 Horse Show continues – Western, Trail Stakes,
Lead Line, and Speed Event Classes (Horse Ring)
- 2:00 Antique Tractor Pull Starts
- 3:00 Open Beef Pee Wee Showmanship (Agri-Ed Centre)
- 3:30 Home Living Section pick up 3:30-5:00
- 4:30 Commercial Vendors & Displays closed
- 6-12:30 6 Horse Hitch Demo following parade



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organizers, volunteers, and
sponsors who make the event
such a success each year!**

Historical Society launches Destination Winnipeg Beach online directory

By Patricia Barrett

The Winnipeg Beach Historical Society launched an online services directory that will help locals and visitors alike find everything they need to enjoy the beachside town.

Society founder Wendy Peter, who has a background in computers, graphics and filmmaking, launched the directory project as a “gift” to the Town of Winnipeg Beach.

Since she moved to Winnipeg Beach in 2020, she said she’s completed projects including launching the historical society, creating a walking tour around town with maps and opening a museum. The directory to town services such as food, shopping and fun complements what the society has already achieved.

“I gifted [the directory] to the town,” said Peter, who worked for free although the project would have cost around \$15,000. “It took several thousand hours as every single click has multiple landing pages and diagrams.”

She was inspired to create a directory after realizing visitors needed an easy way to find local services.

“I discussed with some local businesses what their frustrations are and they said it was the fact that people don’t know we’re here. I myself live a half a block from the beach and almost daily in the summer someone

will stop me and ask if there’s anywhere to eat around here or how do they get groceries. So I began to make a list and it started to grow,” said Peter. “I was shocked at how much we have here. When you look at the activities directory, I had no idea we have that much to do out here. What a great place.”

The directory is called Destination Winnipeg Beach: Manitoba’s Historic Summer Playground. Its website contains colourful postcard links with a rendition of local buildings to help people quickly hone in on their destination.

The postcards link to places to eat, places to shop (gas, groceries, souvenirs, antiques, clothing and more), fun activities, hotels and accommodations, religious services, police, hospital and pet services, RV and boat repairs, repair people and services, the bandstand’s summer music schedule and the municipal office.

On the Where to Eat postcard, for example, people can click on the name of an eatery and check out its menu, or click on groceries and see what a store sells. A map and pictures of the businesses are included.

The Winnipeg Beach Historical Society was formed by Wendy Peter in 2021 after she was inspired to find a historical photo of her 1910 cottage.

Initially existing as a Facebook



WINNIPEG BEACH HISTORICAL SOCIETY

The Winnipeg Beach Historical Society launched an online directory called Destination Winnipeg Beach that shows visitors where to eat, shop and find other services.



The online directory links people to places to eat, shop, entertainment and other services

group, the WBHS launched its website in 2024 and an historic walking tour was developed among with plans

Continued on page 25

Attention partial denture wearers- we have a better way!

By Brock Vandor

This is the biggest and best innovation in dentures I have ever seen! Brock Vandor - The Denturist here, and I just have to tell you about the new way we do partial dentures. It is so rare to see something new in dentistry. It’s instantly noticeably better than the old way; and not just for me, but my patients notice INSTANTLY as well. As soon as I put in a new 3D printed metal partial, with its nice smooth (no scratching) “click” firmly into place, I still smile and say “amazing” every time.

For decades, partial dentures had been a problem for many people. The metal could scratch on the teeth, the metal could rock a little bit, or just be too uncomfortable to wear. The main reason for that is, it’s very hard to get a partial to fit just right because the metal shrinks after you melt it into shape. Resulting in the partial fitting tight, or loose, or scratching, and only with some careful artwork can we get it to fit well. But now, wow, using new

technology, partial dentures fit like a dream. It is truly hard for me to express how much better they are than the old way, they are just so precise, so satisfying to put in and have it fit so intricately to the patients’ teeth, I’ve never seen anything like it.

I first saw this new technology in 2023 at a dental convention in Germany. My wife and I looked at the machine, thought it was really neat, but didn’t know just how great it was. Then, this past February at the Chicago Dental show where all the newest technologies are on display, a friend told me he had this machine to make 3D printed metal partials and said “just try one, Brock”. I did, and when I put it in the patient’s mouth, it was probably the best fitting partial I have ever seen. But that could have been a fluke, so I did another, same thing! Then another, which put another big smile on my face and said another audible “amazing” when I felt the crisp click into place. Since then, 3D printed

partial dentures are all we do!

So, what exactly is this 3D printing metal? Well, we design the partial on a computer from scans of your mouth (no more gaggy impressions) and a printer uses something called Selective Laser Melting (SLM) to actually use a laser beam to melt very fine metal powder one layer at a time into the shape of the partial. This method is so good because it’s so accurate. We are only melting a tiny little bit of metal at a time, so we only have a tiny little bit of shrinkage, as opposed to the old way of melting ALL the metal at once for it to flow into the denture shape which means lots of shrinkage when it cools.

I know that sounds complicated, but what’s important is our patients are now happier than ever, and we would love to make you the best partial you have ever had as well, just call us for a free consultation! Thanks for reading - Brock Vandor, Denturist.



Recent patient Clint says, “They are absolutely amazing!! Wonderful people to make my new dentures!!”

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Climate preparedness workshop sparks discussion in Gimli

By Gloria Thomas

More than 30 people gathered at Johnson Hall in the Gimli Waterfront Centre on June 5 for a World Environment Day workshop and film screening focused on climate preparedness and community resilience.

Hosted by the Westshore Community Foundation, the event brought together residents, local stakeholders and members of the Gimli High School EcoClub to learn about climate change impacts and how communities can prepare for future environmental challenges.

The interactive workshop was led by Elizabeth Shearer, network coordinator for Climate West, and Alexandra Bourne, manager of climate preparedness with Manitoba Environment and Climate Change.

"It's great to be in Gimli to talk about climate adaptation and climate preparedness. I feel it's really good to spread the awareness and have more people learn about it. This will really help us make some progress and build some truly resilient communities," said Bourne.

Shearer said the session was designed to help residents better understand the risks associated with a changing climate and identify ways to strengthen local resilience.

"The Westshore Community Foundation invited us to engage community members in becoming more involved in building resilience within the community. We are here today to share information about what future climate events could occur here in the prairie region and what the hazards and risks are, as well as how we can best adapt to them in our community," she said.

During the workshop, participants learned that Manitoba's average annual temperature is projected to increase by at least two degrees Celsius between 2021 and 2050. Presenters explained that warming temperatures are expected to contribute to more frequent and severe weather events, including milder and wetter winters, hotter and drier summers, and changes in the timing of spring and fall seasons.

Attendees also discussed the concept of achieving net-zero greenhouse gas emissions, which involves balancing emissions released into the atmosphere with an equivalent amount removed or offset. Presenters noted that reducing emissions is essential to limiting the worsening effects of climate change, including extreme weather events, rising sea levels, biodiversity loss and the spread of disease.

As part of the workshop, participants were asked to identify climate-related challenges their communities have experienced in recent years. Flooding and poor air quality caused by wildfire smoke were among the most frequently cited concerns.

Following the workshop and a dinner provided by Europa, attendees gathered at Lady of the Lake Theatre for a screening of *Youth Unstoppable*, a documentary created over 12 years by Canadian climate activist Slater Jewell-Kemker.

The film follows Jewell-Kemker's journey after she began documenting the global youth climate movement at age 15.

"There are times when conversations about climate change can feel overwhelming. *Youth Unstoppable* offers something that is often



EXPRESS PHOTO BY GLORIA THOMAS

Participants listen to a presentation during the World Environment Day climate preparedness workshop at Johnson Hall in the Gimli Waterfront Centre on June 5.

missing; hope. Screening this film is an opportunity to celebrate youth leadership and to be reminded that the future is being shaped by people who are already doing the work today. I believe in the power of film to help translate these messages to a wider audience," said Gimli Film Festival executive director Teya Zuzek.

Westshore Community Foundation president Teri Nicholson said the event marked the organization's first World Environment Day celebration to include a workshop focused on climate resilience and adaptation.

"It went really well. We had a real-

ly nice range of people from all over the place and all ages with different ideas, and a lot of good conversation. We look forward to compiling all of that information and working towards doing our climate resilience action plan."

Nicholson said the feedback and ideas shared throughout the evening will help guide the development of the foundation's community climate resilience action plan.

Residents interested in learning more about the initiative are encouraged to contact the Westshore Community Foundation.

> ONLINE DIRECTORY, FROM PG. 24

to rehabilitate the town's caboose and raise funds for a future museum.

The town has a rich history as a lakeside retreat in the early to mid-20th century. The Moonlight Express evening trains would whisk people to and from Winnipeg for a dance at the pavilion along the lake, or to stay at the Empress Hotel or ride the rollercoaster. The historical society's self-guided walking tours pay homage to that history with 36 sites of interest.

The historical society received help from people such as Wally Johannson, Heather Ritchie, Russ Amy, Donna Ferguson, Dora Carpenter, Dossie Harrison, plus people who sent in old photos, maps or shared their memories of Winnipeg Beach.

Most of the town's businesses have jumped aboard the new directory, and two — the food bank and the recreation centre restaurant — just asked to be added. Peter said if she missed anyone, they can get in touch with her.

"I've seen more momentum than I've ever seen out here, more construction, high quality investments in the community by people who have opened new businesses and people upgrading their businesses. So it's a pleasure for me to do this project because it honours their efforts," said Peter. "This will bring traffic to the businesses here. If they can't find something, they go to Gimli."

With the directory now up and run-

ning on the historical society's website, the next step is to install signs around town. The signs will include a QR code that people can scan with their phones to link to the online directory.

Peter said she had recently met with the town's CAO and the former mayor to discuss signage but when a councillor resigned and council lost quorum, things got put on hold.

"Initially the town was going to order 10 QR signs and put one at the boardwalk, the bandstand, at the town office and the campground and so forth. I don't know if that will happen now," said Peter. "It is pricy but it needs to be done for the town. I'm a big believer that if you cause where you live to prosper, then you yourself will prosper."

To that end, Peter said the society

launched a lottery to help raise funds for the signs.

"What we decided to do is apply to run a lottery for the historical society and we're launching that this weekend [last weekend] to help fund the museum and these signs. We applied through Manitoba Liquor and Lotteries," said Peter.

Tickets will be sold until Boardwalk Days (mid-July). The draw is scheduled to take place at the Winnipeg Beach Bandstand on the Saturday night of Boardwalk Days.

"In the future, the society may try to apply for grants to maintain the site," said Peter. "It's quite a bit of work in terms of time commitment."

Visit the society's website at winnipegbeachhistory.com to link to the directory, walking tours or buy a lottery ticket for the draw.

Gimli musical artist shines in Aim 4 All production

By Patricia Barrett

The Aim 4 All cast presented Disney's *Dare to Dream Jr.* production last month at the University of Winnipeg's Asper Theatre.

It featured 28 musical theatre artists, including Alec Baldwin from Gimli.

Aim 4 All is an inclusive musical theatre program that offers training to teens and young adults with and with-

out disabilities. Performers work together as equals to showcase their unique talents.

Aim 4 All founders — Brenda Gorlick, Lois Brothers and Laura Kolisnyk — partner with organizations such as the Manitoba Down syndrome Society, Manitoba Possible and the DASCH Foundation to celebrate diversity and inclusiveness.



Alec Baldwin from Gimli (center) performing with the Aim 4 Troupe in the *Dare to Dream Jr.* production in May.

EXPRESS PHOTO BY AIM 4 ALL

Water testing program offers affordable option for private well owners

By E. Antonio

Private well owners across the West Interlake region will have an opportunity to test their drinking water at a reduced cost on June 29 through the West Interlake Watershed District's annual Water Testing Days program.

The initiative is designed to make water testing more accessible for private well owners who may otherwise delay testing because of the cost.

Danya Chartrand, administrative and outreach co-ordinator with the West Interlake Watershed District, said the purpose of the program is to offer subsidized water testing for those who may be holding back due to financial constraints.

Water samples will be collected June 29 at designated drop-off locations in Moosehorn, Ashern, Lundar, St. Laurent and Woodlands. All samples must be dropped off by 10 a.m. to receive results. Application forms must be completed and submitted by June 22, one week before testing day.

The program is open to private well owners within the West Interlake Watershed District. Businesses are not eligible to participate.

Chartrand said the district has already received approximately 190 applications across its two scheduled testing days this year, with registrations continuing to arrive.

Regular testing is important because many contaminants cannot be detected without laboratory analysis.

"Private well owners are responsible for monitoring and maintaining their own water," Chartrand said. "Contaminants like harmful bacteria, toxic trace elements and nitrates are invisible and cannot be detected by taste, smell or sight. Testing is the only reliable way to ensure your water is safe."

The district particularly recommends testing wells that may be vulnerable to contamination, including those with wellhead extensions, properties affected

by overland flooding, locations where livestock are near water sources, or wells that share a water source with livestock.

Residents can access free testing for total coliform and E. coli bacteria, which serve as indicators of the sanitary quality and safety of drinking water.

Additional testing options are available for a reduced fee, including an advanced drinking water quality analysis that screens for a range of minerals, nutrients and trace elements, including arsenic, lead, uranium, nitrates, fluoride and other substances. Hardness testing, which measures the concentration of dissolved minerals, primarily calcium and magnesium, is also available.

Contaminated drinking water can pose significant health risks, Chartrand said, ranging from gastrointestinal illnesses such as diarrhea, nausea and vomiting to more serious concerns involving viruses, parasites and long-term exposure to heavy metals or chemical contaminants.

If testing reveals a problem, she advises residents to stop drinking the water immediately and investigate potential sources of contamination.

This may include inspecting the well cap and casing for damage, checking for surface water pooling near the wellhead, ensuring contaminants such as animal waste or fertilizer are kept away from the well, and having septic systems inspected for leaks. Wells affected by bacterial contamination may also require shock chlorination.

The watershed district offers support programs to help landowners address water quality concerns.

Through its Wellhead Protection Program, property owners may qualify for assistance through an abandoned well-sealing program that provides up to \$1,500 toward eligible costs. Funding is also available through a well chlorination program, offering up to \$250 for partial chlorination and up to \$500 for full chlorination.

PHOTO SUBMITTED

The West Interlake Watershed District is offering subsidized well-water testing for private landowners in Moosehorn, Ashern, Woodlands, St. Laurent and Lundar on June 29. Applications must be received by June 22, and water samples must be dropped off by 10 a.m. on testing day.

Chartrand reminded residents planning to participate to submit their applications by June 22 and ensure payment is made before June 29 if they are requesting hardness or advanced drinking water quality testing.

She emphasized that appearances can be deceiving when it comes to drinking water safety.

"Harmful contaminants are invisible and cannot be detected by taste, smell or sight," she said. "Testing is the only reliable way to ensure your water is safe."

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Unstoppable: Arborg-Bifrost hockey player inaugurated into 80+ Hockey Hall of Fame

By Patricia Barrett

A resident from Arborg and Bifrost-Riverton skated into glory last month after he was inducted into Canada's 80+ Hockey Hall of Fame.

Don Buchko, who's in his early 80s, has played hockey all his life and has skated a number of times in games with NHL alumni.

From out of the blue, he said he got a call from an organizer in Saskatoon — one of the host cities for three hall of fame events this year — saying he'd heard about Buchko's hockey history and was wondering whether he'd consider being inducted.

After filling out the requisite inductee paperwork, Buchko passed muster and was invited to Saskatoon on April 18 where he took part in a hockey game, played guitar and sang at the banquet, and was inducted into the hall of fame.

"I was pretty surprised to be recognized. So many good things have happened to me throughout life and I felt happy and proud to be part of the hall of fame," said Buchko. "I was just as proud to go there and be able to play guitar and sing as I was to get inducted. It seemed that life could not get better than that."

The 80+ Hockey Hall of Fame is a corporation overseen by a board of directors. The hall of fame formally recognizes 80+ active recreational hockey players across Canada.

Eligibility criteria include being a Canadian citizen, being a minimum of 80 years old in the induction year and being an active hockey player the year they turn 80. The hall of fame has recognized players every year since 2011.

Three induction ceremonies are scheduled for 2026: Kitchener-Water-



Buchko entertains fellow inductees at the Canada 80+ Hockey Hall of Fame banquet in Saskatoon on April 18.

loo (March 28), Saskatoon (April 18) and Whitby, Ont. (Oct 24).

Like a true athlete who doesn't want to miss a game despite suffering an injury, Buchko said he played at the inductees' hockey game in Saskatoon even though he was nursing a broken ankle that hadn't fully healed.

"Seven weeks before the hockey game on April 18, I broke my ankle. So I played with a very sore ankle," said Buchko. "But I scored a goal."

When he was growing up on the farm, there was no way he could have gotten into the NHL as his parents were too poor and there was no formal "system" at that time in which young hockey players were nurtured, said Buchko. He played in his backyard for about 17 years and also played a bit of hockey at school in Riverton.

And he doesn't intend to stop playing.

"I've maintained my hockey by skating all the time these past years.



EXPRESS PHOTOS BY JO-ANNE PROCTER AND DON BUCHKO

Don Buchko, who's in his 80s, was honoured for his lifelong enjoyment of hockey at the 80+ Hockey Hall of Fame awards in Saskatoon on April 18. He was given his own personalized hockey cards.

Last year, I played 72 games. This year I played 35 games. I would have played 45 games but I had a broken ankle," said Buchko, who has a pilot's licence and drives a trailer.

"I don't play hockey from the end of March and until Oct. 30. But when I start playing again, I'll get up in the morning and I have nothing that's hurting me. I'm playing with guys who are 25, 30, all the time; I don't play with the old guys. Young guys say to me, 'When you get up in the morning, every bone must be sore.' And I say, 'You wouldn't believe it, but nothing's hurting me.'"

Buchko said he plays hockey mostly at the Arborg arena. He has also played in alumni games with players from the Montreal Canadiens, New York Islanders, Winnipeg Jets and even the Winnipeg Blue Bombers' (football) hockey team — an off-season hockey team formed in the 1980s that raised money for charity.

"I played hockey with guys who were in the NHL for five years and they're not in the [NHL] Hockey Hall of Fame. They played for Montreal for years and won Stanley Cups. Another guy played with the Canadiens and won a few cups. He's not in the NHL hall either, but he's in the 80+ hall," said Buchko. "So I'm pretty happy

I'm in there."

The secret to playing hockey in his 80s is healthy food such as porridge for breakfast, avoiding cured meats, taking vitamins, drinking black coffee, getting eight hours of sleep, not smoking, not lying around on the chesterfield and putting in an honest day's work from an early age.

In addition to staying in the game, he plays guitar and sings. He was invited to entertain the inductees in Saskatoon with Stomping' Tom Connors, Elvis and Johnny Cash songs.

"We were scheduled for the hockey game in Saskatoon on April 18 and I said I'd like to sing 'The Hockey Song' by Stompin' Tom Connors at the banquet. So [the organizers] checked and got back to me and said they'd have all the equipment set up for me," said Buchko. "I'm a guitar player and I love to entertain. So I sang for all the hockey players at the banquet. I played for half an hour."

To further honour the 80+ inductees, each man gets a personalized set of hockey cards with his photo on it.

Buchko will be autographing his card for anyone who asks.

Visit 80plushockeyhalloffame.com for more information about the 80+ Hockey Hall of Fame.



Don Buchko (blue jersey) is inaugurated into the 80+ Hockey Hall of Fame on April 18 in Saskatoon at the Western Development Museum.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Zone 5 champions prepare for provincial track and field championships

By Jo-Anne Procter

The Interlake region's top track and field athletes are preparing to compete against Manitoba's best after strong performances at the Zone 5 Track and Field Championships.

The championship meet was held May 26 and June 1 at Collège Stonewall Collegiate and featured athletes from Stonewall, Warren, Gimli, Teulon, Peguis, Arborg, Riverton, Fisher Branch, Morweena, Lake St. Martin, Fisher River, Lundar and Ashern.

Among the top team performances was Riverton Collegiate's varsity boys squad, which captured the varsity boys banner with 73 points. Collège Stonewall Collegiate and Arborg Collegiate Institute tied for second place with 68 points.

Arborg Collegiate claimed the Zone 5 aggregate championship for A schools and also captured the junior varsity boys banner, while Warren Collegiate earned the aggregate championship for AA/AAA schools.

Points were awarded to athletes who placed in the top five of their events, with team banners presented in the varsity boys, junior varsity boys, varsity girls and junior varsity girls categories.

Athletes who qualified through the zone championships will now advance to the Manitoba High Schools

Athletic Association Dairy Farmers of Manitoba Provincial Track and Field Championships, scheduled for June 12 to 14 at University Stadium on the University of Manitoba campus.

Competitors earned provincial berths by finishing in the top three in their events or by meeting provincial qualifying standards during the Zone 5 championships.

The provincial championships will bring together the province's top high school athletes in a wide range of events, including sprints, distance races, hurdles, relays, jumps and throws.

For many competitors, the provincial meet represents the culmination of months of training and competition and an opportunity to test themselves against Manitoba's top student-athletes.

The three-day championship is expected to showcase some of the province's strongest high school performances as athletes compete for provincial titles and podium finishes in their respective age categories.

With team banners already secured by Riverton, Arborg and Warren, several athletes from across the Interlake region will now look to build on their zone success on the provincial stage.



EXPRESS PHOTO BY DON BODNARUS

Members of the Riverton Collegiate varsity boys track and field team celebrate after capturing the varsity boys banner at the Zone 5 Track and Field Championships held May 26 and June 1 at Collège Stonewall Collegiate. Riverton finished first in the division with 73 points, edging Collège Stonewall Collegiate and Arborg Collegiate, which tied for second with 68 points each.



EXPRESS PHOTO SUBMITTED

Arborg Athletics track and field athletes claimed two banners at the Zone 5 MHSAA championship in Stonewall on May 26 and June 1. Many of the athletes will head to the provincials June 12-14 at the University of Manitoba.

Interlake players named to Baseball Manitoba provincial boys teams

By Kieran Reimer

Baseball Manitoba has announced the players who will sport the black and gold this summer as part of Team Manitoba at the boys 14U, 15U, 16U and 17U national tournaments.

All four rosters were released last week, with Interlake representation on each team.

The boys 14U development team includes Stonewall's Crew Corbett of the 15U AAA Interlake Orioles as the lone Interlake representative. He will

be part of the team training for the 2026 14U Western Selects, scheduled for Sept. 3 to 6 in St. Albert, Alta.

Corbett was also selected to the 15U provincial team as one of the youngest players on the roster.

He will be joined by Stonewall's Jake Fortin and Alex Walker, both of the 15U AAA Interlake Orioles, along with St. Andrews' Jensen Freiter of the 15U AAA North Winnipeg Pirates, giving the 15U provincial team four local players.

The quartet will represent Manitoba at the 2026 Ray Carter Cup, also known as the 15U Nationals, from Aug. 20 to 23 in Summerside, P.E.I.

The boys 16U development team has one local player in Narol's Declan Fisher, who plays summer ball for the 18U AAA Elmwood Giants.

Fisher and the 16U squad will also represent Manitoba at the 2026 16U Western Selects from Sept. 3 to 6 in St. Albert.

Baseball Manitoba also named

Grosse Isle's Ashton Baldwin of the 18U AAA Interlake Orioles and St. Andrews' Koen Nickel of the 18U AAA North Winnipeg Pirates to its 17U youth team.

Joining the team as an assistant coach is Stonewall's Eric Swanson, the current head coach of the 18U AAA Interlake Orioles.

The team will compete at the 2026 17U Canada Cup from Aug. 5 to 9 in Summerside.

Interlake locals named to Baseball Manitoba provincial women's teams

By Kieran Reimer

Baseball Manitoba have officially released their rosters for the women's teams that will represent Manitoba nationally this summer across the 14U, 16U, 19U and Women's Provincial Team levels.

Interlake locals Olivia Hagen and Ella Holm, both of Stonewall, along with Arborg's Jamie Johnson and Clondeboye's Liberty Aime were all named to the Women's Provincial

Team roster that will have home field this summer at the 2026 Women's National Championships.

Optimist Park in Winnipeg was named the host of nationals earlier this year, and will see the four locals, along with the rest of Team Manitoba taking on provincial teams from around Canada in the four-day competition from July 9 to 12.

Due to their age, Aime, Hagen and Holm were also picked for the

19U Women's Provincial Team and will represent Manitoba at 2026 19U Women's National Championships from July 30 to Aug. 2 in Saskatoon.

Hagen was also selected to the 16U Girls Provincial Team that is head coached by Lundar's Blaine Fortin, making it the third provincial team she will play for this summer.

The 16Us will represent Manitoba at the 2026 16U Girls National Championships from Aug. 20 to 23 in

Moncton, N.B.

The 14U Girls Development Team also had local representation named to the team in Lundar's Halle Johnson and Charley Miller, along with Selkirk's Addison Zebinski, while Selkirk's Ty Zebinski joins the staff as an assistant coach.

The team will also have home field this summer at the 2026 14U Girls Western Championships from Aug. 14 to 16 in Ile des Chenes.

Interlake trio inches toward Team Manitoba selection

By Kieran Reimer

Three locals to the Interlake Region have reached the second round of Team Manitoba hockey tryouts.

Hockey Manitoba Program of Excellence camp rolled on last week with the Girls U16 Top-40 camp from June 5-7 at Hockey For All Centre.

Players from the 2011 and 2012 age groups partook in a series of practices, games, and team building events

over the three-day camp which acts as the final set of tryouts for the Girls U16 Team Manitoba POE.

In Winnipeg, Selkirk's Kennedy Simpson and Narol's Kennedy Vokey represented Team Black in game action.

The pair spent this past season with the AAA Winnipeg Avros White, where they paced the team in points.

Simpson led the Avros with 30 goals

and 20 assists in 28 games while Vokey produced 23 goals and 18 assists in her 27 games played as one of the league's youngest players.

At camp, they faced off with West St. Paul forward Mya Rosenbaum, who made up the lone Interlake representation on Team White.

Rosenbaum is also coming off a successful campaign which she spent with Balmoral Hall U18 Prep, scoring

12 goals and 14 assists for 26 points in 30 regular season games.

Hockey Manitoba evaluators will now determine a final roster that will move on to the Girls U16 POE Competition Phase in August.

The Competition Phase is slotted for Aug. 21 to 23 back at Hockey For All Centre.

Interlake's Koenig, Gilbraith eye boys U15 Team Manitoba roster spot

By Kieran Reimer

Two Interlake locals have found themselves in contention for Hockey Manitoba's Boys U15 Program of Excellence Team.

Hockey Manitoba held its Boys U15 POE Top-40 camp from June 5 to 7 at Hockey For All Centre, which acts as the final round of tryouts before an official roster is named.

Among the Top-40 competing in the three-day series of games, practices, and team building events were St. Andrews' Ryan Koenig on Team Black and Selkirk's Owen Gilbraith on Team White.

Koenig is coming off a strong of-

fensive season at forward for the U15 AAA RINK Hockey Academy Winnipeg where he totalled 20 goals and 20 assists in 30 games, Gilbraith meanwhile represented the U15 AAA Winnipeg Thrashers on defence, where he posted three assists in his 30 regular season games played.

With Top-40 camp since concluding, Hockey Manitoba evaluators are now determining their list of players that will move on to the Boys U15 POE Competition Phase in August.

The Competition Phase is slated for Aug. 21 to 23 back at Hockey For All Centre.

Storm jump into third place with win over Landmark FC

By Kieran Reimer

Make it two straight wins for Storm FC as they downed the second-ranked Landmark FC, 2-1, last Thursday at Buhler Recreation Park.

Zach Kornelsen and Dalen Penner did the scoring for the Arborg-based club, while Tegan Jones scored the lone tally for Landmark FC.

The win moves Storm FC up a few spots and into third place in

the Manitoba Major Soccer League Division 5, currently sporting a 3-2 record with a plus-six goals differential.

They now move to a Wednesday matchup with ninth-ranked East Kildonan FC who come in off a 7-4 loss to Fratelli Di Calabria FC last Monday.

Wednesday's match is scheduled for 7:30 p.m. from Buhler Recreation Park.

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OFFICIAL NOTICE TO CONTROL NOXIOUS WEEDS INTERLAKE WEED CONTROL DISTRICT

Rural Municipalities of Armstrong, Bifrost-Riverton, Fisher, and Gimli, the Town of Arborg, and the LUD of Fisher Branch

Notice is hereby given by the Interlake Weed Control Board that, under the terms of the Noxious Weeds Act for Manitoba, it is the responsibility of the property owner, agent, or occupant to destroy or control noxious weeds.

This is the **OFFICIAL NOTICE** for 2026, to destroy or control as specified within Section 3(1), all noxious weeds as often as necessary to prevent the growth, scattering, and ripening of weeds or weed seeds in the Rural Municipalities of Armstrong, Bifrost-Riverton, Fisher, and Gimli, the Town of Arborg, and the LUD of Fisher Branch.

If the weeds are not destroyed or controlled as required, a representative of the Weed Control Board may enter the land and destroy or control the weeds. The cost of weed control as well as an administration fee will be charged to the property owner through the tax rolls.

The Weed Supervisor will make systematic inspections and will enforce weed control. He is available for general advice concerning control methods and herbicide use.

Specific information may be obtained by contacting the Weed Supervisor, Fred Paulson, at the Arborg Provincial Building, phone 204 376 3313.

Gordon Klym, Chairman
Interlake Weed Control Board

The Cooperation of All Citizens is Requested.



BUSINESS DEVELOPMENT OFFICER

Community Futures East Interlake Inc. - Gimli, MB
Full-Time: 37.5 hours per week, In Office

Community Futures East Interlake Inc. is seeking a detail oriented and community minded **Business Development Officer** to support entrepreneurs and small businesses across the East Interlake region. This role focuses on **business advising, financial analysis, and loan portfolio management.**

Salary Range: \$60,000 - \$75,000 per year, commensurate with experience and qualifications.

Benefits: • Comprehensive health, dental & vision coverage • Employer matched RRSP contribution program • Professional development and training opportunities • Mileage reimbursement for approved travel

Key Responsibilities: • Provide one on one business advisory services to entrepreneurs & small businesses. • Review business plans and support clients through the loan application process. • Conduct financial analyses, including cash flow projections and credit assessments. • Prepare loan recommendations and monitor active loan files. • Manage collections, arrears, and loan restructuring when needed • Support delivery of business programs, training, and reporting requirements.

Qualifications: • Diploma or degree in Business, Finance, Commerce, Economics, or related field (or equivalent experience) • Strong financial analysis and communication skills • Experience in lending, financial analysis, or business advisory is an asset • Proficiency with Microsoft Office and database systems • Ability to work independently and manage multiple priorities

Working Conditions: • Full time, in office position in Gimli, Manitoba • Some regional travel required, occasional evenings or weekend • Valid driver's license and reliable vehicle required • Successful candidate must pass criminal record, vulnerable persons, and child abuse registry checks.

Accessibility Community Futures East Interlake Inc. is committed to an inclusive, accessible, and barrier free hiring process. Accommodations are available upon request for all stages of recruitment.

How to Apply Submit your resume and cover letter to: **gm@eastinterlake.com**

Applications accepted until **June 25, 2026** or until the position is filled.

For more details visit: www.eastinterlake.com

get inspired

> MEAL IDEAS



Watermelon Beet Post-Workout Smoothie

1 banana, peeled
 1/2 cup coconut water
 1 cup low-fat, plain kefir
 1/2 lime, peeled
 2 tablespoons honey
 1 teaspoon vanilla extract
 2 tablespoons vanilla protein powder
 In blender, blend beet, watermelon, banana, coconut water, kefir, lime, honey, vanilla extract and protein powder until smooth.

Recipe courtesy of the National Watermelon Promotion Board
 Servings: 2
 1/2 medium cooked and peeled beet, chopped
 1 cup chopped watermelon



Rosy Red Superfood Smoothie

1 cup fresh or frozen raspberries
 1 cup low-fat raspberry kefir
 2 tablespoons orange juice concentrate
 2 tablespoons hemp seeds
 2 tablespoons agave syrup
 ice (optional)
 In blender, blend watermelon, raspberries, kefir, orange juice concentrate, hemp seeds, agave syrup and ice, if desired, until smooth.

Recipe courtesy of the National Watermelon Promotion Board
 Servings: 3
 2 cups watermelon cubes



Watermelon Protein Shake

Recipe courtesy of Chrissy Carroll on behalf of the National Watermelon Promotion Board
 Servings: 1
 1 cup chopped watermelon
 1 cup frozen mango, chopped
 1/4 cup tart cherry juice
 1/2 cup plain, nonfat Greek yogurt
 1/2 scoop vanilla or unflavored protein powder
 1 tablespoon honey or to taste (optional)
 In blender, blend watermelon, mango, cherry juice, Greek yogurt, protein powder and honey about 30 seconds until well combined.

Will or Power of Attorney? Understanding the difference

By Rosemary Hnatiuk, barrister, solicitor & notary public

What's the difference between a will and a power of attorney? Many people are confused about this. In your will you set out what will happen with your property after you pass away. An enduring power of attorney gives authority to a trusted person (a spouse, adult child, sibling or good friend) to look after your affairs while you are alive and become mentally or physically incapacitated.

Once you pass away, the power of attorney is no longer in effect, and the will determines what happens with your property.

Take note! Once you become mentally incompetent, it is too late for a power of attorney. You would have to go to court to get a committee, for someone to take care of your affairs. This costs thousands of dollars instead of a few hundred for a power of attorney. If your family or friends can't afford this then the Public Trustee would likely intervene and take control of your property to finance your care.

About the Author

I travel to people's homes with my laptop and printer to prepare documents.

Reduced rates for couples are available.

I prepare:

- wills
- powers of attorney
- committee applications



Rosemary Hnatiuk is a barrister, solicitor and notary public who provides mobile legal services, helping clients prepare wills, powers of attorney and other legal documents in the comfort of their homes.

- co-habitation agreements
- separation agreements
- documents for estates
- real estate transactions
- uncontested divorces

I am trained in collaborative family law and transformative mediation.

I can provide service in French and German. I understand Ukrainian and Spanish.

Disclaimer

These observations are not intended to be legal advice on any matter discussed. Legal problems are very specific in nature. Legal professionals should be consulted for best results.

RI ROSEMARY
 HNATIUK LLB-BCL

barrister, solicitor & notary public

Toll Free: 1.855.933.5454

Phone: 204.355.9404

Fax: 204.355.9405

Email: rkhnatiuk@rosemaryhnatiuk.ca

Cell: 204.228.7063

Communication in English | French | German



EMPLOYMENT OPPORTUNITY

BAR WASTE AUTHORITY LTD PERMANENT PART-TIME LABOURER

The B.A.R. Waste Authority Ltd. is currently seeking an individual to work on a permanent part-time basis at the landfill site. This permanent part-time position involves operation and maintenance of the facility, some equipment operation and maintenance, and any other duties as may be required. This position requires minimum a Class 5 Driver's License. Resumes with a cover letter and three references will be accepted by the undersigned until a suitable candidate is found.

BAR WASTE AUTHORITY LTD
Attention: Larissa Love, CAO
Box 70 Arborg, MB R0C 0A0 Ph: (204) 376-2391
Fax: (204) 376-2742 Email: cao@bifriv.ca

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- Basic carpentry - *preferred*

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Please send resume to: info@pineviewsheds.ca
or drop it off in person: 139092 Hwy. 326 N, Arborg, MB, R0C 0A0



TOWN OF WINNIPEG BEACH NOTICE OF VOTERS LIST / PERSONAL SECURITY PROTECTION

Notice is hereby given that a copy of the VOTERS LIST may be revised at:
Town of Winnipeg Beach Office at 29 Robinson Avenue, until June 11, 2026
between the hours of 8:30 am. and 4:30 pm. Please call to confirm a time.
At this time the Senior Election Official (SEO) will be available to update the voters list by:

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

VOTER ELIGIBILITY:

A person is eligible to have his or her name added to the Voters List if he or she is:
1) a Canadian citizen and at least 18 years of age on election day; and
2) a resident of the local authority for at least six months prior to election day,
OR a registered owner of land in the municipality for at least six months prior to election day.

REMOVAL FROM VOTER LIST:

A person's name may be removed from the Voters List if:
1) they are deceased and next of kin provides written request; or
2) they have moved out of the municipality/ no longer own property within the municipality.

APPLICATION FOR PERSONAL SECURITY PROTECTION:

A voter may apply in writing to the SEO (at the address / email below) no later than June 11, 2026 to have his/her name and other personal information omitted or obscured from the voters list in order to protect the voter's personal security. The application may be submitted in person, by mail or email and must include your name, address and include proof of identity.

All changes to the voters list must be completed on or before June 11, 2026.

Dated at Town of Winnipeg Beach in the Province of Manitoba, on February 12, 2026.

B. Leah McIsaac Town of Winnipeg Beach
Box 160, Winnipeg Beach, MB R0C 3G0
(204) 782-2146 seo@winnipegbeach.ca

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MUNICIPALITY OF BIFROST-RIVERTON

PUBLIC NOTICE

REGARDING GENERAL BORROWING BY-LAW NO. 4-2026 TO PAY FOR THE PURCHASE OF 3 MOTOR GRADERS

The Council of the Municipality of Bifrost-Riverton at its regular meeting in the Council Chamber, 329 River Road on July 9, 2026 at 8:30 a.m. will consider the following proposal to borrow \$1,448,130.00 (borrowing by-law no. 4-2026) to pay for:

The purchase of three 160 15B AWD MOTOR GRADERS

The total estimated cost of the caterpillar is

\$2,271,129 to be funded as follows:

\$823,000 Less Trade Allowance;

\$1,448,130.00 to be funded by borrowing

The borrowing will be repaid over 7 years at a maximum interest rate of 5% per year

The annual repayment amount will be no more than

\$241,500 to be levied annually

as part of the general municipal levy.

Copies of the proposal to borrow and information about the capital project are available at the municipal office at 329 River Road.

Dated at the Municipality of Bifrost-Riverton this the 4th day of June, 2026, and issued pursuant to Section 174.1(1) of The Municipal Act.

Larissa Love

Chief Administrative Officer

Municipality of Bifrost-Riverton

P.O. Box 70, 329 River Rd, Arborg, MB R0C 0A0
P. 204-376-2391 | F. 204-376-2742

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

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take a break > GAME

SUDOKU

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

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!

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!

Classifieds Announcements



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

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 To register a table please contact Alycia Watson
 Call or Text: 204-312-8717
 Email: alyciawats@gmail.com

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 7service@mts.net

Municipality of Bifrost-Riverton PUBLIC NOTICE

NOTICE OF REGISTRATION OF PROSPECTIVE CANDIDATE FOR GENERAL MUNICIPAL ELECTION

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

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

NOTICE IS HEREBY GIVEN that I will be receiving candidate registrations:

For the office of head of council:
 Between May 1, 2026 and September 22, 2026

For the office of councillor:
 Between June 30, 2026 and September 22, 2026

at the Municipality of Bifrost-Riverton office, at 329 River Road Arborg, MB. during the regular hours of business.

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

Chris Fulsher
 204-376-2391
 seo@bifriv.ca

Dated at: 329 River Road Arborg, Mb. on April 28, 2026

Chris Fulsher Municipality of Bifrost- Riverton Senior Election Official (SEO)

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EMPLOYMENT OPPORTUNITY

UTILITY OPERATOR

The Rural Municipality of Fisher invites applications for the position of Utility Operator. This position demands a high level of accuracy and dependability and reliability.

The normal hours of work are three (3) hours per day, Monday to Friday from 8:00 a.m. to 11:00 a.m. Candidates must be willing and available to be on-call for emergent situations. Potential for other positions within the municipality after shift.

Applicants:

- Willing to obtain certification in Small Systems Water Works Operator Certificate and Small Systems Wastewater Works Operator Certificate (can be done during training period).
- Must be 18 years of age or older, hold a valid driver's licence and have a vehicle, minimum grade 10 education.
- Strong mechanical skills a definite asset, aptitude for accuracy, and customer friendly attitude are desirable
- Willing to work as part of a team and may be called upon to help in other duties within the municipality.
- Friendly, team player, responsible, able to work unattended and a strong work ethic is expected.
- Blue Cross available

The Utility Operator will report to the Chief Administrative Officer and Public Works Supervisor.

Please submit resume, cover letter and 3 references. Position will remain open till filled.

Kelly Marykuca, CMMA
 Rural Municipality of Fisher
 Box 280 Fisher Branch, MB, R0C 0Z0
 fishercao@mymts.net
 Phone: (204) 372-6393

ANNIVERSARY

To Karl and Janet Lange
 Congratulations on their
 69th Wedding Anniversary
 on June 15th

Formerly from Moosehorn, Janet now resides in Selkirk and Karl in the Fisher Branch Personal Care Home.

-Best wishes from family and friends

Registered Simmental Two Year Olds and Yearling **BULLS FOR SALE**

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 SELL 204-476-6262
 WWW.MEYERSAUCTIONS.COM

Sudoku Answer

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

News Tips? call the Express 204-467-5836

OBITUARY



Robert "Marvin" Sveinn Olson
February 8, 1975 - May 29, 2026

It is with heavy hearts that we announce the accidental passing of Marvin on May 29, 2026 at age 51.

Marvin is survived by his mother Gerri, his children Cameron (Shailynn), Brandon, Shelby (Gowan), Tyler, their mother Lezley and his precious grandchildren Clara, Anthony, Klarissa, Kylie, Gage, Garrett and baby due in July.

Also to mourn his passing are his grandmother Emily, sisters Lynne (Joey), Tammy, Tiffany (Corey), nieces Jessica (Quinn), Sarah and nephews Dylan (Morgan), Nolan, Ashton (Alyssa), Mason, Conley, along with great-niece Laila and great-nephews Rhett and Coleson. Marv had a large circle of extended family and friends. His fur babies Blue and Nora will miss his cuddles.

He was predeceased by his father Robert, his grandparents Sveinn, Halli, Kristine, Auntie Joyce and Uncles Thor and Raymond and close friend Craig.

Marvin attended both Riverton and Arborg schools and graduated high school in 1993. He enjoyed playing and watching hockey and attending any of his children's events over the years, but more importantly was the time Marv spent with his family and grandchildren. He will be affectionately remembered as "Funny Silly Afi".

Marvin worked various jobs before his almost 20 year career as a corrections officer at Stony Mountain Penitentiary. He always had time for a beer and a chat with friends and will be missed dearly.

The family wishes his honorary pallbearers to be his classmates of '93.

Marvin wished for a private family service and to be buried alongside his father in Geysir.

The family wishes to thank the First Responders, RCMP and the community support we received during this difficult time.

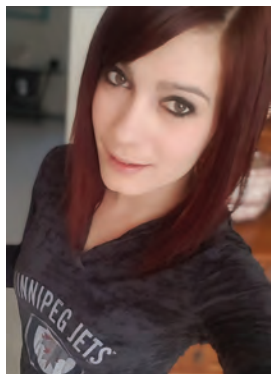
In lieu of flowers, if friends so desire, donations in Marvin's memory can be made to the Geysir Cemetery Box 796 Arborg, MB R0C 0A0, or a charity of your choice.

Until we meet again Marv.



1-800-467-0024
mackenziefh.com

OBITUARY



Ashley Harrison
March 11, 1988 - May 29, 2026

It is with deep sorrow and heavy hearts that we announce the sudden passing of Ashley Harrison, who tragically lost her life in an accident on May 29, 2026, at the age of 38.

Ashley was born on March 11 in Carman, Manitoba. She was known for her kindness, generosity, and bubbly personality, and she touched the lives of everyone who knew her. Through her work as a health care aide, as well as in her personal life, Ashley showed unwavering compassion and dedication to others.

Above all, Ashley was a loving and devoted mother to her two children, Cora (11) and Loki (10), who were the center of her world. Her love for her family and friends was evident in everything she did, and she leaves behind a lasting impression on all who had the privilege of knowing her.

Ashley is lovingly remembered by her parents, Chris and Monique Harrison; her siblings, Steven Harrison and Niki (Clayton) Nichols; her close friend, Brian, and the father of her children Chris Sigurdson. She will be deeply missed and forever cherished.

The family wishes to thank the First Responders, RCMP and the community support we received during this difficult time.

In lieu of flowers, donations may be made through the GoFundMe created to support Ashley's children. <https://gofund.me/03dc60146>

"Forever Young"



1-800-467-0024
mackenziefh.com

OBITUARY



Charles "Chuck" Gosselin
October 3, 1947 - June 6, 2026

With great sadness the family of Charles "Chuck" Gosselin announce his passing.

He leaves to mourn his loving wife of 55 years, Laverne — affectionately known as "Doll" to Chuck — daughters Tracy and Lesley (Corey); granddaughters Rachael and her son Caleb, Angela (Matt) and her sons Dane and Theo. He is also survived by his siblings Bert, Frances, Margaret, and Lorna as well as Laverne's sisters.

Chuck was predeceased by his parents, Joseph (Ed) and Violet; his in-laws Gudjon and Gertrude; son-in-law Mike; sister Dorothy; brothers-in-law Gordie, Lloyd and Gordon and good friend George.

Chuck always had a joke to tell and a smile to share. He enjoyed hunting, fishing, darts, cards and, most of all, spending time with

family. Chuck treasured his role as a grandpa, but becoming a great-grandpa brought him an entirely new kind of pride and happiness.

Chuck began working as a mechanic in 1966 and later fulfilled his dream of owning his own business, which he proudly operated for 25 years before retiring in 2012.

As per his wishes, cremation has taken place. A Memorial Service honoring the life of Chuck will be held at 2:00 p.m. on June 19, 2026 at the Ashern Legion Hall with Dawn Tober officiating. A luncheon will follow.

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

Arrangements by:

ARNASON FUNERAL HOME
Ashern - Lundar
1-204-768-2072 1-866-323-3593

Announcements



OBITUARY



Bill Badiuk

Bill Badiuk, loving husband, brother, brother-in-law, father, uncle, Gido, Great-Gido, and friend, died June 4, 2026, after a brief illness.

Bill loved children. This love led him to a career in teaching and school administration. He began his career in small rural communities in Manitoba. Most of his career was spent with the Winnipeg 1 School Division. After retiring from Winnipeg 1, he fulfilled his dream of finishing his career in northern Manitoba with the Frontier

School Division in the communities of Berens River and Brochet. Bill and Helen formed lasting friendships wherever his career took them.

After retiring from Brochet, Bill and Helen moved to their cottage in Grindstone Provincial Park. Bill vowed to spend time outdoors after retiring, and he kept that vow by mowing the grass, gathering firewood, clearing the driveway, and feeding his birds and deer. He was also the unofficial mayor of Grindstone, going on his daily walks, meeting people, observing the comings and goings, and discussing current events relevant to the park (or not!).

Bill enjoyed community as a member of the Riverton Elks, the local church, the Westshore Singers, and the Back Pew Boys. He loved singing and could often be heard singing as he puttered around the house.

Bill and Helen later moved to the Petersfield area, and Bill continued to play outside, with more grass to cut, a longer driveway to clear, and a John Deere tractor to ride. He also enjoyed the many dogs in his life. He often said, "They are good dogs," regardless of the mischief they got into. He loved them, and they loved him.

Bill had a wonderful sense of humour and wit. He was an avid reader, especially of history and politics. He often came home from the thrift store with "just a few more books."

Bill made a difference in both his career and his life. He was loved by many, and his passing has left many heavy hearts.

The family would like to thank the staff of Emergency and Medicine 1 at Selkirk Regional Hospital and the staff at St. Boniface Hospital for their compassionate care.

Bill chose immediate cremation, and there will be no formal service.

Bill supported many good causes. Donations in his memory can be made to the charity of your choice.

Tributes: www.gilbartfuneralhome.com

Gilbart Funeral Home, Selkirk in care of arrangements.



OBITUARY



Gudlaugur "Laugi" Melsted

Gudlaugur "Laugi" Melsted passed away peacefully at the Gimli Hospital on Monday, June 1, 2026, surrounded by his family.

Laugi was born in Arnes, Manitoba in 1938 to Lina and Gudlaugur Melsted. He was the eldest son in a family of 10 siblings.

Laugi met his loving wife, Betty, while working at BC Packers in Gimli, Manitoba. They married in 1962 and together built a life rooted in family, hard work, and community.

In addition to his wife, Betty, he leaves behind his five children: Eleanor (Walter) Chwartacki, Dennis, Kathy (Dave) Ayotte, Kris (Jo-Anne), and Jeff (Carla). He was also blessed with seven grandchildren and 11 great-grandchildren, all of whom brought him immense pride and joy.

A lifelong resident of Arnes, Laugi dedicated much of his life to farming. He proudly purchased an interest in the family dairy farm alongside his father and worked tirelessly to maintain it. Later, he began a career with Seagram's, where he worked for 30 years while continuing to operate the dairy farm. His strong work ethic, determination, and commitment to providing for his family were evident throughout his life.

Following his retirement in 2000, gardening became Laugi's true passion. He spent countless hours tending to his garden and took great pride in sharing his harvest with friends and family. His generosity reflected the kind of man he was—selfless, hardworking, and compassionate.

Those who knew Laugi will remember his tenacity, his willingness to lend a helping hand, his warm smile, and his quick wit. He will be deeply missed and lovingly remembered by his family, friends, and all who had the privilege of knowing him.

A private celebration of life will be held at a later date.

In lieu of flowers, donations may be made to the Canadian Cancer Society or the Arnes Lutheran Cemetery.

Tributes: www.gilbartfuneralhome.com

Gilbart Funeral Home, Gimli in care of arrangements.



OBITUARY

Edward Wiktor Krupnik

Peacefully, on June 5, 2026, Edward passed at the age of 64 years.

A service will be held on Monday, June 15, 2026, at 1:30 p.m. at the Fraserwood Hall, Fraserwood, MB.

Friends and family are invited to visit Edward's memorial page at www.interlakecremation.ca, where memories and condolences may be held.

Arrangements entrusted to:



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Kraig Wiebe - Territory Manager
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