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Off-road smoke show

EXPRESS PHOTO BY LANA MEIER

Smokey the Bear and Sparky the Fire Dog brought the heat — and the laughs — riding in an off-road vehicle following the Eriksdale Creamery Days parade July 6. The fire safety duo proved to be a fan favourite as they cruised through the museum grounds.

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Good Times
FINANCING

Rockin' Gimli Harbour concerts spearheading drive for non-perishable food for EBN

By Patricia Barrett

The RM of Gimli tourism department's musical concerts at the harbour bandstand deliver free weekend entertainment to scores of locals and tourists alike, and the department is encouraging music lovers to bring along a non-perishable food item to the shows in order to help support Gimli's Evergreen Basic Needs' food bank.

EBN executive director Karen Bowman said the municipality's tourism coordinator, Allan Sulyma, thought it would be a good idea to add a tin-for-the-bin component to the free concert series after seeing the recent fundraising success for EBN by former Great Big Sea co-founder Sean McCann, who performed in Gimli on a cross-Canada tour.

"It would offer great exposure for Evergreen Basic Needs and what we do in the community, and give that same community an opportunity to help out," said Bowman.

There will be collection bins set up at the bandstand during the concerts.

Canada's Food Price Report says overall food prices are expected to increase by 2.8 per cent this year. The researchers who release the study each year predicted an overall increase of 2.5 to 4.5 per cent in 2024, and the actual price change fell either within or below that anticipated increase.



Concertgoers are encouraged to bring non-perishable food donations to the Rockin' Gimli Harbour Concert Series to support the local food bank. Collection bins will be set up at the bandstand throughout the free summer shows.

This year's forecast shows price increases for baked goods, dairy, fruit, meat, vegetables, seafood and other comestibles, resulting in a family of four having to pay about \$801 more for food than they did in 2024.

That puts more pressure on food banks to keep up with demand as Canadians continue to struggle with the high cost of food, housing, household bills and economic uncertainty over U.S.-imposed tariffs and job losses.

In its HungerCount 2024 report, Food Banks Canada said there was record-breaking food bank use across Canada. In March 2024 alone, there were over two million food bank vis-



EXPRESS PHOTO COURTESY OF RM OF GIMLI TOURISM

its — the "highest number in history" — and signs that the food-bank system is reaching its limit.

Bowman said donations to EBN tend to decline during the summer despite the continuing need for food assistance continuing.

"Food donations to the EBN Food Bank typically drop off during the summer season. However, the need does not. Hunger doesn't take a holiday," she said. "Our numbers show a 22 per cent increase in food bank usage from 2024 to 2025 in the same time frame, so if we can increase the volume of donations we receive, we won't have to purchase as much food to meet the needs of our clients."

EBN is in the process of transitioning to a "choice model" for food bank clients in which they can choose what food items they need instead of receiving a ready-made hamper with items they may already have in stock. The new model aims to reduce duplication.

"We anticipate putting in a large order with our local grocery stores

so we can get the shelves stocked at the onset. Any donations we receive ahead of that will reduce the cost of what we have to order," said Bowman. "We would also like to invite any local farmers, market gardeners or backyard enthusiasts who have excess fresh produce to think of the EBN Food Bank. Fresh produce is such a wonderful addition to the diet of our clients, and quite often out of reach for them to purchase."

The food bank's Top 10 non-perishable food item wish list includes canned meat (chicken, tuna, ham and turkey) canned fruit, canned beans, canned vegetables, pasta sauce, one-litre juices, canned stew and cereal.

"These items allow us to provide balanced diet options for our clients and help make food security a goal for everyone," said Bowman. "We also have clients who have special dietary requirements — gluten free, diabetic — so items that fit restricted diets are welcome as well."

Continued on page 3



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Student's bench design brings sacred teachings to life at AEMS

By E. Antonio

Students at Arborg Early Middle School (AEMS) will have a new bench to admire when they return to class in September — one that showcases creativity, cultural teachings and community spirit.

The bench was designed by upcoming Grade 7 student Bethany Shore, with the help of Selkirk-based master woodcarver Robert Unik of R Unik Artistree.

Shore's design — featuring the seven sacred teachings and her school's name within a medicine wheel — was selected from more than 50 student entries. She and four other finalists went head-to-head in a school-wide vote, with Shore's artwork receiving 80 votes — nearly 30 more than the second-place entry.

"I was extremely excited when I found out I had won," said Shore, who was absent when the announcement was made. "My friend phoned me during lunch and I just screamed when I figured it out."

It was her first time entering an art contest, but she thought it would be fun to participate.

Educational assistant Jenna Pearce organized the contest after Unik suggested incorporating student artwork into the project. Every AEMS student had the chance to submit a design. Some worked in groups or pairs, while others created their artwork independently. The only guidelines were that the design must include the school name, the seven sacred teachings and no copyrighted characters.

Pearce said she's proud of the work Shore created, adding that the bench has already drawn a lot of attention.

"When the bench was dropped off outside the gym, the kindergarten grad was taking place, so there were a lot of people there to witness it," she said.

The bench will be moved to the front of the school in time for the new

school year.

Shore said she knew early on that she wanted to draw the animals that represent each of the seven teachings, rather than just write them out.

"I thought it would be a good idea to incorporate their pictures," she said. "I used some internet images for inspiration, but most of it came from my own creativity."

She added that she enjoys how art allows her to express herself without needing words.

"Sometimes it's hard to use words, so using colours and pictures makes it easier," she said.

Unik said he had to adjust the original design to fit the dimensions of the bench. Shore had drawn her artwork in a square format, while the bench was a rectangle.

This is the second school bench Unik has created — the first was for a Winnipeg school — but he has made dozens of benches for customers across Manitoba, Saskatchewan, Ontario and even Texas.

A retired industrial arts teacher and lifelong woodcarver, Unik said his bench-making business has boomed since the start of the COVID-19 pandemic.

"Once COVID hit, things just exploded because people couldn't travel, so they started spending their money on benches," he said. "Now people want to support Canadian-made products."

He builds each bench from start to finish in his Selkirk workshop, using two-by-six spruce planks purchased from Home Hardware. His work includes cutting, assembling, carving, painting and finishing the five- to six-foot benches, which start at \$1,400.

"Each bench of mine is absolutely unique," he said. "No one will ever get an exact copy of yours."

While he carves a wide range of imagery, he does not sell copyrighted designs. Each bench takes four to six



EXPRESS PHOTO SUBMITTED

Arborg Early Years Middle School Grade 7 student Bethany Shore won an art contest at her school and had her design carved into a new bench made by Robert Unik.

weeks to complete, depending on the complexity of the design. For every eight benches he sells, Unik donates one to a community organization.

He promotes his work by posting photos on community Facebook pages — a process he said takes about two hours.

"I don't pay a penny for advertising," he added. "I do my own work to share my benches."

Unik's goal for R Unik Artistree — a play on "our unique artistry" — is to keep carving as long as he can. Anyone interested in ordering a bench can call or text 204-981-6355 to inquire about custom designs.

As for Shore, she's already dreaming big.

"I think it would be very fun to have a piece of art to remember me as famous," she said with a smile.

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> CONCERTS, FROM PG. 2

In addition to a food collection bin at the bandstand, Gimli Sobey's and Gimli Red River Co-op also have collection bins.

The Rockin' Gimli Harbour Concert Series showcases some of Manitoba's best musical talents. Most concerts are held at the harbour bandstand with one at the Gimli Park Pavilion.

The line-up is as follows: Led-dwyn, July 11 at 7:30 p.m.; Main Street Exiles & Ramble Tamble, July 12 at 7:30 p.m.; Art Galdu & Deputy Band, July 19 at 7:30 p.m.;

Pop Vegas, Aug. 9 at 7:30 p.m.; The InClines Patsy in the Park, Aug. 16 at noon at Gimli Park Pavilion Stage; The Pugs, Aug. 16 at 7:30 p.m.; Mother Groove & Dreams & Rumours, Aug. 23 at 7:30 p.m.; For Those About to Rock with Rattlesnake Suitcase, Aug. 30 at 7:30 p.m.; and The Goods, Aug. 31 at 7:30 p.m.

There will be no rockin' performances on July 26 and Aug. 2 during the Gimli International Film Festival and the Icelandic Festival of Manitoba, respectively.

Moosehorn's Wayside Park to celebrate grand opening

Grand opening set for July 26 with lunch, kids' activities, vendors and town-wide garage sale

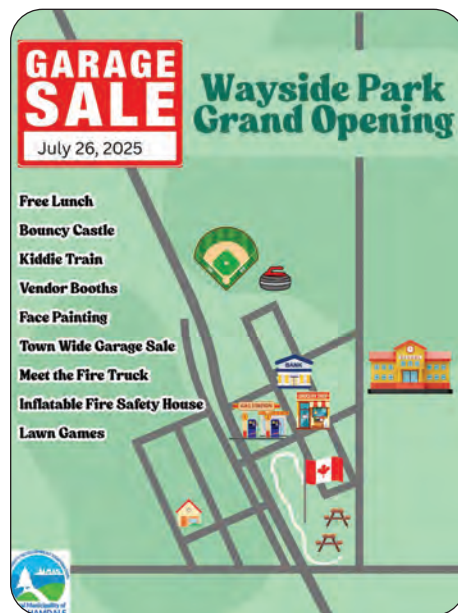
By E. Antonio

After three years of construction, Moosehorn's Wayside Park will officially open with a grand celebration on July 26.

From 10 a.m. to 3 p.m., visitors are invited to the new park — located next to Highway 6 between 1 Street North and Main Street — for a day of free family-friendly activities, vendor booths and a complimentary lunch.

"This park was built in the spirit of creating beautiful public spaces for our residents to enjoy," said Devan McCoubrey, assistant chief administrative officer for the RM of Grahamdale. "There is no better sign of a thriving community than a local government investing in outdoor spaces for families."

The \$516,000 park has been in development since 2019, with HTFC Planning and Design leading the process. The site now includes a walking trail, six camping sites, a new electrical system, canteen, public washrooms and



showers, playground, benches and a pavilion with picnic tables.

McCoubrey said the park has already proven to be a popular community space and is helping bring visitors into Moosehorn.

"Every little bit helps," she said. "Parks like this give people another reason to stop in Moosehorn."

Wayside Park was made possible in part by the Province of Manitoba's Building Sustainable Communities Program, which provided \$165,000 in funding. Additional support came from a \$5,000 grant from Community Futures West Interlake. The municipality's share was funded through the federal gas tax reserve and the development reserve.

"We want community members to know this is something we want everyone to be able to see, celebrate and know is available to use," said Jacqueline Kiesman, economic development officer for the RM of Grahamdale.

Some features are already in regular use,



EXPRESS PHOTO SUBMITTED

Moosehorn's Wayside Park is celebrating its grand opening on July 26. A variety of family-friendly activities, a free lunch and a community-wide garage sale are planned to mark the occasion.

such as the playground and campground, which opened last year.

"It is just one more place families can feel safe to let their little ones run around," Kiesman added.

The canteen — complete with running water, electricity, a fridge, barbecue, microwave, cupboards, stove and oven — has also become a popular venue for food sales during events. It's available to rent through the municipal booking website or by calling the RM office. The rental fee is waived for Grahamdale taxpayers and non-profit groups.

During the grand opening, visitors can enjoy a free hot dog or hamburger lunch, complete with a drink and a bag of chips, to showcase what the canteen can offer.

A variety of vendors will also be set up at the park with information tables and items for sale, alongside a community-wide garage sale involving multiple families and businesses.

One participant is the Moosehorn Heritage Museum, which will host its annual book and media sale at 15 Railway Ave. The fundraiser includes new and gently used books, CDs, puzzles, board games and movies

donated by residents. Proceeds go toward museum operations and maintenance.

"Access Credit Union will be enticing museum visitors by providing treats," said museum representative Dianne Bitner.

Donations for the museum sale are being accepted until July 18. To donate, contact volunteer Ryan Metner at 204-768-0015 or moosehornheritagemuseum@gmail.com.

A map of participating garage sale locations will be posted closer to the event on Facebook and on flyers around town. Anyone interested in hosting a sale or having a vendor table is asked to call the RM office at 204-768-2858 or email edo@grahamdale.ca by July 18.

Additional activities planned for the day include free face painting, lawn games, bouncy castles and miniature train rides for kids. The Moosehorn Fire Department will also be on site with a firetruck and its interactive fire safety house.

"We are looking forward to the community coming together to celebrate the long-awaited opening of Wayside Park," Kiesman said. "We can't wait to see you there."

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Gimli council proposes new parking rules, 7-day street parking, 3 metres from driveways

By Patricia Barrett

Gimli council introduced a new parking bylaw last month that intends to standardize parking rules in the municipality, improve accessibility and safety, and provide enforcement consistency.

Parking Bylaw No. 25-0004 was given first reading at council's June 25 regular meeting, and council is inviting people to weigh in on the new rules via a brief online survey.

Council's spokesperson Christine Payne said the new bylaw wasn't prompted by specific issues. It was, rather, a "proactive step to ensure that parking regulations are clearly defined and enforceable as the community continues to grow."

Parking rules were once part of the RM's Traffic Bylaw (No. 18-0022), and

all provisions under that bylaw remain in force unless repealed.

The new parking bylaw, which requires two additional readings by council and a majority vote to bring it into effect, addresses a number of prohibited parking scenarios, time-limited parking, seasonal parking, commercial vehicle parking, idling, permit parking, prohibited street parking, and enforcement and towing.

Under the prohibited parking clause, drivers can't park in front of or within 3 metres (9.8 feet) of a driveway; within 3 metres of a fire hydrant, on a boulevard, sidewalk, curb, median or traffic island; within an intersection; within 9 metres (29.6 feet) of an intersection corner or nearest crosswalk; in a loading zone un-



EXPRESS PHOTO BY PATRICIA BARRETT

Gimli council is in the process of implementing new parking rules in the municipality.

less actively loading/unloading; in an accessible stall without a valid permit; in a designated or no parking or

Continued on page 8

Betel Home launches fundraiser for tub room upgrades

By Annaliese Meier

The Betel Home Foundation has launched a new fundraising campaign to support major upgrades at its personal care homes in Selkirk and Gimli, starting with a full refurbishment of bathing rooms at both locations.

The initiative is being kickstarted with an online 50/50 raffle, with proceeds going toward the estimated \$200,000 renovation project. Tickets are available now through FundingChange.ca/betel, with the draw taking place on Aug. 15.

Betel Home Foundation CEO Angela Eyjolfson said the board recently formed a fundraising committee to identify priority projects in consultation with staff across departments. Upgrading the bathing rooms was chosen as the first focus due to both the cost and the potential impact on resident well-being.

Planned improvements include the purchase and installation of new tubs, as well as renovations to create a more home-like, less institutional bathing environment. This includes changes to lighting, finishes and accessibility.

Eyjolfson said research has shown

that a more calming and comfortable space can reduce anxiety and reactive behaviours in residents, while

providing a more dignified and private experience overall.

In addition to purchasing raffle tickets, community members can support the initiative by donating directly to the foundation. Cheques can be mailed to Betel Home Foundation, Box 10, Gimli, MB, R0C 1B0 with "Tub Room Donation" noted. Online donations can be made at CanadaHelps.org, with the same note in the message box. Tax receipts are available for donations over \$25.

Eyjolfson said the foundation plans to tackle one major project at a time, and while the tub room renovations represent a significant undertaking, the goal is to improve comfort and quality of life for all residents.

"Our vision is to provide quality of life through excellence in care," she said. "Creating a welcoming, dignified space for residents is part of en-



surging they feel at home."

The Betel Home Foundation operates personal care homes in both

Selkirk and Gimli. For more information or to support the campaign, visit FundingChange.ca/betel.

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Province invests in crane training to bolster skilled trades workforce

By Haley Cvar

The Manitoba government is investing \$215,000 to support a new tower crane training facility aimed at preparing more Manitobans for careers in the skilled trades.

Business, Mining, Trade and Job Creation Minister Jamie Moses announced the funding, calling it a step toward meeting workforce demands and creating more opportunities for Manitobans to upgrade their skills.

"We are putting Manitobans to work building One Manitoba with good-paying jobs in the skilled trades," Moses said. "This investment will create more opportunities for workers to level up their skills and for businesses to find the highly skilled workers they need to grow."

The funding will go toward constructing a foundation base and erecting a tower crane at the new training site being developed by the Operating Engineers Training Institute of Manitoba Inc. (OETIM). The facility is expected to be operational as early as this fall.

Tower and mobile crane operators are critical to Manitoba's construction and manufacturing industries, Moses added. The province forecasts 46 job openings in the sector over the next five years.

Jordan James, executive director of OETIM, said the support is vital to helping Manitobans receive high-quality, local training for in-demand jobs.

"As a not-for-profit organization,

OETIM relies on partnerships and support from governments and industry alike to enable us to deliver this type of training," James said. "This addition to our training capabilities allows us to safely train Manitobans, in Manitoba, to the highest standards."

Marc Lafond, business manager for Operating Engineers of Manitoba Local 987, also welcomed the investment.

"A thriving economy always is synonymous to having cranes on the horizon and having safe and qualified people at their controls is paramount," Lafond said.

Province launches affordable home energy program

By Lana Meier

The Manitoba government has launched a new program aimed at helping homeowners lower their energy bills by upgrading to energy-efficient heat pumps, Environment and Climate Change Minister Mike Moyes announced last month.

The Affordable Home Energy Program, delivered through Efficiency Manitoba, is a central part of the province's Affordable Energy Plan. It supports families in making energy-saving home upgrades, reduces greenhouse gas emissions and creates jobs in the clean energy sector, said Moyes.

"This is a big step toward a greener, more sustainable province that is building a low-carbon future by harnessing renewable energy while making life more affordable for Manitoba

families," he said.

Eligible homeowners who heat their homes with electricity could see their energy bills drop by up to 30 per cent — approximately \$1,000 in the first year — by switching to a ground-source heat pump.

Efficiency Manitoba CEO Colleen Kuruluk said the program offers a comprehensive, efficiency-first approach, guiding homeowners through energy evaluations, insulation upgrades and installation of the right heat pump system.

"We're proud to be part of this important initiative to help Manitobans make smart energy efficiency upgrades that deliver lasting savings and comfort," said Kuruluk.

The program includes flexible participation options, including a no-up-front-cost model that allows families

to begin saving immediately. It also supports retrofits in both single-family homes and multi-unit residential buildings.

Clarence Jonker, president of the Manitoba Geothermal Energy Alliance, said collaboration with industry partners will help ensure the province can meet growing demand with a skilled local workforce.

"Bringing together industry partners to support the Affordable Home Energy Program will help ensure Manitoba is prepared to meet growing demand with a skilled clean-energy workforce to support reliable and affordable geothermal energy," Jonker said.

More information on eligibility and available incentives is available at efficiencymb.ca/affordable-home-energy.

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'Astonishing and unacceptable': Interlake-Gimli MLA presses for public inquiry on failed 911 calls

By Patricia Barrett

After asking for a public inquiry a few months ago on failed 911 calls that may have contributed to the death of an RM of Fisher resident, Interlake-Gimli MLA Derek Johnson is pressing the government to take action.

Johnson introduced a resolution in the legislature on May 22, calling on the government to investigate 911 network failures and to strengthen the EMS system after RM of Fisher resident Dean Switzer died as his family and friends made over 20 calls to 911 but failed to connect.

Johnson said the tragic case of the Switzer family is one of multiple reports of failed 911 calls from neighbouring municipalities.

According to Telus and the Canadian Radio-television and Telecommunications Commission, which regulates and oversees communication systems, there had been 177 unsuccessful 911 calls from 59 Manitobans during a 40-hour outage that affected Telus cellphone users. That outage occurred between March 22 and March 24, the *Winnipeg Free Press* reported late last month.

"Frankly, it's astonishing and unacceptable," said Johnson last week. "Every dropped, blocked or misdirected 911 call could mean the difference between life and death — 177 failures is a crisis, not a glitch."

He has no information on how many of those 177 calls were specifically from municipalities in his riding, he said, and that lack of detailed information may hinder attempts to resolve possible future 911 failures.

"I have not been provided with a breakdown of the dropped or blocked calls by region," said Johnson. "That lack of transparency is part of the

problem; we need to know who specifically is being affected and a public inquiry would shed light on these questions."

Telus uses Bell MTS's infrastructure to provide cellphone service, and Telus blamed Bell for the 911 outage that occurred during the Switzer tragedy, according to the Canadian Press. However, Telus disciplined an employee for not "escalating" a response to the outage when alerted a few minutes after it went down.

The Manitoba government has "not shown any willingness" to move forward with an independent inquiry, said Johnson, and that's disappointing for Manitobans, who want answers and accountability, not more deflection.

"We are already seeing Telus and Bell MTS start the liability blame game, which could take years to resolve through the CRTC and potentially the courts," said Johnson. "The government has the opportunity right now to get answers for Manitobans independently of that process. They need to call an inquiry into this matter and it needs to happen now. Manitobans deserve answers."

Johnson said that during question period he questioned innovation and technology minister Mike Moroz about 911 failures, but the minister didn't provide answers for Manitobans.

Johnson continues to hear from his riding constituents and mayors/reeves on 911 service and the ongoing hospital ER closures and paramedic shortages.

The Interlake-Eastern Regional Health Authority posts online two-week schedules showing hospital ER status. Arborg hospital's ER has been

closed for over a year or more. Teulon hospital's ER has been closed for several years. Selkirk hospital's ER is the only facility in the Interlake region with 24-7 service.

According to the July ER schedules, Eriksdale hospital's ER is available only a few days a month. Ashern's ER closes to provide physician service to Eriksdale. Gimli and Stonewall hospitals' respective ERs can experience partial closures (i.e. half-day closures). Stonewall's ER is unavailable on certain days.

The ongoing cycle of partial closures comes down to not having enough physicians and/or other health-care professionals to keep an ER functioning safely.

That has rural residents unnerved about health-care reliability.

"I hear a deep sense of worry and frustration from people across the riding. They're scared that when they call 911, help might not come or that their local ER will be closed when they need it most. Mayors and reeves have been outstanding advocates for their communities, but they're not getting the support or clear answers they deserve," said Johnson. "At the heart of this crisis is a staffing shortage. We simply don't have enough paramedics, doctors, nurses or allied health professionals to keep services running. I understand the desire to invest in infrastructure, but the truth is, it's not about buildings — it's about people. Without skilled professionals in place, no amount of renovation will fix the problem."

With the summer tourism season ramping up in the Interlake, Johnson said he's worried that residents' and visitors' lives could be put at risk without robust 911 services and local

health-care services.

"Summer brings thousands more people into the region, which increases demand on an already stretched emergency system," he said. "My concern is that without urgent action to fix 911 and restore local health services, we're risking lives of residents and visitors alike."

The *Express* reached out to the province for comment on a 911 public inquiry.

"Our No. 1 priority is the safety of all Manitobans and we will continue to work with the CRTC and the federal government to ensure that rural Manitobans have access to 911 services when they need it most," he said.

Interlakers and visitors to the region are advised to check the IERHA's online ER schedules or call toll free 1-866-267-5818 to listen to an audio recording of emergency department status.

Community Support Service

A.A Meeting in Ashern

Location: #11 2nd Ave North
- Pioneer Manor
(beside the main door entrance
of Pioneer Manor)
Contact Jackiem.lwrc@gmail.com

AA Arborg

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

AA Eriksdale

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

AA Winnipeg Beach

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

Gimli Group AA

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

Al-Anon Gimli and Winnipeg Beach

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

AA Riverton Group

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

letter to the editor

Letters to the Editor:
news@expressweeklynews.ca

Support for strong local arts coverage and ASPIRE Theatre revival

Dear Editor,

The June 26, 2025, edition of the *Express Weekly News* once again highlights your excellent local reporting — thank you. I especially commend your focus on the arts in our region, the Manitoba Interlake. From the arts to sports, the *Express* continues to serve our communities well. Thank you.

Congratulations to the new ASPIRE Theatre board of directors and their commitment to restoring ASPIRE's programming. This is a commendable undertaking, and I wish them the very best. I certainly look forward to supporting their efforts — and putting my proverbial bum in a theatre seat.

Thank you again for another splendid edition of the *Express Weekly News*.

- Helma Rogge Rehders, artist
Winnipeg Beach



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Beautiful brand new never lived 3 bdrm. 2 bath home in a quiet lake community directly across from the lake. 1272 sq. ft. on a large lot with a beautiful lake view. Newly completed and move in ready!
Spacious open floor plan with soaring cathedral ceilings with rakehead windows, high quality wood cabinets, vinyl plank flooring throughout, vinyl siding and aluminum soffits/fascia dual low E argon windows and patio door, central air conditioning a 24x12 front deck and a 10x5 rear deck. 2 full bathrooms including a 3 pce. master bdrm ensuite. Situated on a large lot close to walking paths along the lake. Located within a 20-minute drive from three neighboring communities, that provide all amenities as any city offers. See www.21pebblebeach.ca for more details and 3D virtual tour.

Jordan Katz Cell 204-292-2016



MPI files rate hike application for 2026-27 insurance year

By Haley Cvar

Manitoba Public Insurance is seeking a 2.07 per cent increase to basic auto insurance rates for the 2026-27 insurance year, according to a general rate application filed Tuesday with the Public Utilities Board.

If approved, the increase would add about \$21 to the average annual premium for a private passenger vehicle,

or roughly \$1.75 per month. The new rates would take effect April 1, 2026.

MPI says rising claim costs — driven by increasingly complex and expensive vehicle technology — are impacting auto insurers across North America.

“While the market remains volatile and the cost of claims continues to rise, this rate request truly empha-

sizes MPI’s commitment to keep auto insurance affordable for all Manitobans,” said Satvir Jatana, MPI’s president and CEO.

The proposal also includes a change to the Basic deductible, increasing it from \$750 to \$1,000. MPI plans to introduce a new \$750 deductible option under its Extension line of business, which also offers \$200, \$300 and \$500

deductibles.

A two per cent increase to Extension product pricing — covering items like rental vehicle insurance and added third-party liability — is also proposed.

Jatana said the changes give customers more flexibility to manage costs while maintaining access to lower-deductible options if they choose.

> NEW PARKING RULES, FROM PG. 5

temporary suspension zone; and in a manner that obstructs traffic, snow-clearing and emergency access.

Under the time-limited parking clause, drivers can’t beat the system by moving their vehicle to a different spot on the same block when their time is up.

“Where parking time limits are posted, a vehicle may not be re-parked within the same block to avoid a time restriction,” states the bylaw.

Other restrictions include parking a trailer or motorhome on any roadway or shoulder for more than 24 consecutive hours, parking a vehicle in a direction facing oncoming traffic, parking a vehicle on any street for a

continuous period longer than seven days. Commercial vehicles exceeding 5,000 kg cannot park in a residential area unless “actively engaged” in delivery or service.

When asked if the RM will be appointing a bylaw officer or designated officer to enforce the pending new parking bylaw, Payne said the RM’s current bylaw officer will be taking on parking enforcement duties.

Under the new bylaw, council can “designate specific parking rules, permits or suspensions” for major events such as the Icelandic Festival of Manitoba’s celebration. When asked if new parking rules will be suspended for the festival, Payne said:

“The RM works closely with the Icelandic Festival to support its parking plan. As this is a new bylaw, there will be a period of public education and awareness before full enforcement begins.”

Council is expected to give second and third readings to the parking bylaw at its July 9 meeting.

Council is also asking for public feedback to the new parking bylaw via a survey that’s available from the municipality’s website. Some of the questions include whether people support the new parking bylaw, whether they’re aware of specific parking restrictions included in the bylaw (e.g., distance from driveways, RV/trailer rules, time limits), and whether they have concerns about how the bylaw will be enforced.

“The RM is currently upgrading its infrastructure to support more robust digital services, including the potential for livestreaming in the future. The 2025 capital budget includes funding for fibre-network improvements to municipal buildings, which is a critical step toward enabling consistent and high-quality digital access,” said Payne.

Council will keep residents informed through its monthly digital newsletter that’s available to registered users of Connect Gimli and via social media updates, she added. The public is invited to attend council meetings in person.

- Council requested amendments to the provincial Environment Act and regulations to allow for early and meaningful consultation with neighbouring municipalities on environmental issues.

“On behalf of the Rural Municipality of Gimli, I am writing to express our concern regarding a recent development that has highlighted a critical gap in Manitoba’s environmental review and consultation framework — specifically, the absence of a defined requirement for early and meaningful consultation with bordering municipalities,” wrote Mayor Kevin Chudd in a draft letter (posted under council’s agenda) to provincial environment and climate minister Mike Moyes.

Payne said the letter was sent to the minister and they’re in the process of “requesting that the province amend the Environment Act and its regulations to require early and meaningful consultation with bordering municipalities on developments that may impact them.”

When asked what types of developments in bordering municipalities are impacting the RM of Gimli, Payne said all developments.

“All developments have the potential to impact the RM of Gimli, particularly those related to land use, environmental effects and infrastructure demands,” she said.

OTHER COUNCIL NEWS:

- Council has yet to provide livestreaming of council meetings but is working on it.

In a June 19 update, [council] said several key actions must be taken such as staff training, equipment adjustments, infrastructure upgrades and the development of policies.

Quotes for new desks have been received and their installation is expected to be completed by the end of July. Existing cameras have to be repositioned or new ones installed. Council has to be provided with “professional development on effective communication and presentation techniques,” and staff have to be familiarized with procedures for handling technical difficulties during livestreaming.

“By addressing these areas, the council can ensure a professional and effective live streaming setup that enhances transparency and public engagement,” states the update. “Proper planning and execution will contribute to a seamless and reliable streaming experience for all stakeholders.”

Council has made budget meetings available, but Payne said those were not livestreamed; they were recorded then posted online afterwards.

ARBORG Agricultural Society

Arborg Agricultural Fair

Saturday, July 19th & Sunday, July 20th

Heartland Rodeo

Turn’n Burn Gymkhana

Kids Zone

Antique Tractor Pull • Mud Bog

Food Trucks • Merchant Mall

Saturday Evening social (\$5.00 cover charge)

Mechanical bull Saturday evening

Details at arborgagsociety.ca

\$15.00 per person/day pass

\$25.00 per person/weekend pass

\$40.00 for family of 4/ day pass

\$70.00 for family of 4/ weekend pass

Extra children \$5.00 each

6 years and under are free



Winnipeg Beach School students raise \$1,000 for charity through bake sales

By Lana Meier

What started as a plan to fund a field trip turned into a meaningful lesson in giving back for a Grade 6/7 class at Winnipeg Beach School — raising \$1,000 for charity through two student-led bake sales in June.

The class raised funds for CancerCare Manitoba Foundation and the True North Youth Foundation after deciding, with the encouragement of school staff, to shift their efforts from personal benefit to community impact.

The first bake sale, held June 3–4, was organized by students Stevee and Emily and raised funds for CancerCare Manitoba.

“In my life, I’ve known people who have died of cancer,” Emily said. “And cancer affects millions of people around the world. Everybody wants to find a cure.”

The second sale, held June 10–12 by Rilee, Jordan, Emma, Quinn and Stella, brought in \$700 for the True North Youth Foundation.

“We heard about the True North Foundation and what it stood for and decided we wanted to help,” said

Jordan. “We worked really hard and were able to fundraise \$700 to donate. We hope it helps the organization and the people who need it.”

Teacher Matthew Enns said the initiative began when students were exploring ways to fund a class field trip. After a conversation with principal Ms. Macdonald, the class saw an opportunity to do something more meaningful by supporting a cause beyond themselves.

“All students researched several charities and then wrote opinion essays explaining which one they believed was most deserving,” Enns said. “The two groups that went ahead with fundraisers took the initiative themselves to make the bake sales happen.”

Students promoted their sales through homemade posters, morning announcements, and messages to the school community. Popular items included cookies, brownies, cake pops, cotton candy and floats. Parents also chipped in by donating ingredients and sale items.

“These students are extremely proud to have made a difference,” said Enns.



EXPRESS PHOTOS SUBMITTED

Grade 6/7 students Rilee, Jordan, Emma, Quinn and Stella ran a bake sale at Winnipeg Beach School from June 10–12, raising \$700 for the True North Youth Foundation.



Winnipeg Beach School students Stevee and Emily hosted a bake sale on June 3–4, raising funds for CancerCare Manitoba Foundation as part of their class's student-led charity project.



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Eriksdale Creamery Days serves up family fun, music and rodeo action



EXPRESS PHOTOS BY LANA MEIER AND CHERYLLAW

Crowds gathered for a full day of family-friendly activities at Eriksdale Creamery Days on Saturday, including a pancake breakfast, parade, market garden, museum exhibits and rodeo events. Entertainment included a performance by Manitoba country group Prairieline with special guest Michael Lauze, followed by live music from Bluestem after the Heartland Rodeo.



Westshore Community Foundation continuing to build a lasting legacy, 2024 highlights

By Patricia Barrett

The Westshore Community Foundation released its annual report for 2024 highlighting its philanthropic successes, paying tribute to its generous donors and celebrating 25 years of caring for the welfare of the communities it serves.

In 2024, the foundation provided \$77,588 in grants for community projects and awarded \$40,309 to students through its scholarship program.

Westshore president David Douglas said the foundation's focus remains on continuing to connect with its communities. In 2024 the foundation held through town meetings with community service organizations in Winnipeg Beach, Gimli and Riverton to brief them on its granting cycle and application process.

As a result of those meetings, the foundation was able to award \$77,588 in grants to fund innovative projects in areas such as the environment, heritage and culture, sport and recreation, community services and health and education. The projects included both youth and age-friendly groups.

"Our donors have always been very important to us. Through the work of our fund development committee, we continued to support our present, past and future donors with the development of gift acceptance and donor recognition and stewardship policies," said Douglas in the preface of the report.

Westshore's catchment area runs along the west shore of Lake Winnipeg and includes communities such as Dunnottar, Winnipeg Beach, Gimli, Fraserwood and Riverton.

The foundation raised \$17,680 through the generosity of sponsors and donors to the foundation's 20th annual gold tournament held in conjunction with the Gimli Lakeview Resort. Sponsors included Access Credit Union, Lakeview Dental, Gimli Pharmasave, Oakley Vision Centre, the RM of Gimli, Right Choice Realty, Garriock Insurance, the Gimli Glider Exhibit, Miracle Sanitation and Romanna Klymkiw Music Studio. And it raised \$22,808 through the 2024 Endow Manitoba Giving Challenge.

Community grant recipients of 2024 included the Betel Heritage Foun-



EXPRESS PHOTO BY PATRICIA BARRETT

Tim and Del Arnason are shown at the 2025 Gimli Chamber of Commerce's business awards gala.

dation, Djorfung Ladies Aid, Riverton Memorial Arena, Camp Veselka (Ukrainian Orthodox summer camp), Gimli Red River Métis, the Gimli Children's Centre, the Riverton & District Friendship Centre, Matlock Recreation Club and Rotary Towers Residents' Association.

The foundation established a number of new funds in 2024.

The Matthew Thordarson Memorial Scholarship Fund was established to commemorate the life of Matthew Thordarson (1975-2021) and celebrate his "commitment to elevating the voices and stories of Indigenous people and his unparalleled passion for community activism and

social justice."

The Ruth Ann & Wayne Furgala Family fund was established to "assist a worthy applicant who resides and/or works in Riverton and who is enrolled in the second or subsequent year/term of a post-secondary educational program."

The MPC Steciuk Endowment Fund was set up in 2024 by

Continued on page 16

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<p>LAURENCE HUMNISKI 204-642-3589</p> <p>Shorepointe Village Townhouse Cust 3 bd/2bath townhse on outskirts of Gimli. Open concept main area w/HWF</p>	<p>CRYSTAL LINE 204-232-6200</p> <p>Bifrost - 1926 sqft. 5 bed 1+1 bath dbl det. 14 acres \$414,900</p> <p>Traverse Bay - 2 bed 1 bath year round cottage 945 sq.ft \$229,000</p> <p>Little Deer LAKEFRONT 1753 sqft 3 bed 2 bath dbl att + SHOP \$549,900</p> <p>Grindstone - turnkey fully furnished cottage - 3 bed 1 bath \$139,000</p>	<p>AYLA DROPKO 204-651-1214</p> <p>Arborg - 1,584 SF 4 bed, 2 bath home on 0.49 acres ft. A/C, 28x32 garage & more - \$379,900</p> <p>Arborg Trailer Park - 3 bed, 1 bath mobile home - \$34,900</p> <p>Grindstone - 896 SF 3 bed, 1 bath year-round cottage built in 2019 ft. A/C - \$184,900</p>
<p>JOHN WISHNOWSKI 204-479-1208</p>	<p>JASMIN THEOBALD 204-642-8501</p>	<p>GRANT HJORLEIFSON 204-641-6400</p>

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JULY 19

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Gimli celebrates Canada's 158th with parade, music and fun



EXPRESS PHOTOS BY RAYME THOMSON

Canada Day celebrations in Gimli on July 1 featured a lively parade, family-friendly entertainment, and a rocking performance by Free Ride. The night ended with a spectacular fireworks display off the breakwater, lighting up the sky and capping off a full day of festivities.



Langelaar set to become sixth Manitoban to compete in Canada's Strongest Man

By Kieran Reimer

Andrew Langelaar of Iron Image Barbell Club recently competed at the 2025 Western Canada's Strongest Man competition, finishing second in the two-day event after missing the podium last year.

The top-three finish earns him a trip to his first-ever Canada's Strongest Man competition, where he'll become just the sixth Manitoban to compete in the event.

What's made his season even more memorable is how quickly he's transformed into one of Canada's top competitors — after picking up the sport just over a year ago.

The 28-year-old, who was born in Winnipeg, was a powerlifter for more than 10 years before transitioning to strongman last year.

Since then, Langelaar's world has been flipped upside down.

"I've kind of made my whole life evolve around it," said Langelaar. "I'm lucky enough to have a job that doesn't take too much out of me during the day, and then pretty much the rest of my life is just living and breathing [training]. I'm lucky enough that the guys behind me are very supportive of it — they've done an amazing job to equip me with the tools and the equipment that I need to make sure I can do that. My lovely girlfriend helps out making all the meals and stuff."

"Pretty much everything I do is either related to fatigue management, recovery or actively training and practising, so it was a big lifestyle shift. It's definitely paying off."

Leading up to Westerns, Langelaar attended the Arnold Amateur Pro/Am before beginning the grueling training process for the regional championship.



Andrew Langelaar of Iron Image Barbell Club in Selkirk placed second at the 2025 Western Canada's Strongest Man competition, held June 7-8 in Devon, Alta.

He had less than the typical 12-week training window ahead of Westerns but made do with what he had.

At Westerns in Devon, Alta., he was one of the most mobile competitors — helping him secure first-place finishes in multiple events over the two days.

Langelaar reached the podium decisively with 109.5 total points, behind only Colten Sloan, who finished with 118.5.

Samuel Rissling rounded out the top three with 107 points to earn the final Western Canada spot for the 2025 Canada's Strongest Man.

"It's pretty cool to go. It's been a goal of mine, but I didn't think that I would get there for maybe another year or two — so to go as a pro in my rookie year is pretty cool," said Langelaar.

Langelaar also maintained his perfect record in the Atlas Stones event at Westerns, keeping him undefeated in the event over his entire strongman career.

He'll look to keep the streak alive this summer.

"It'll come to an end eventually, but for right now, it's a fun little stat that



EXPRESS PHOTOS SUBMITTED

Iron Image Barbell Club will host Strongmania on July 12 at the Selkirk waterfront during the Triple S Fair & Rodeo. One of the gym's own, Andrew Langelaar, is now ranked among the top strongman competitors in Canada.

I'd like to keep going."

Before heading to Canada's Strongest Man, Langelaar also competed in Manitoba's Strongest Man & Woman

competition on June 29 in Vita, Man. Details and dates for the 2025 Canada's Strongest Man competition are still to be announced.

2025 Riverton Collegiate Scholarships, Awards and Bursaries

Recipient	Scholarship/Bursary
Damien Rayner	Municipality of Bifrost-Riverton Bursary
Sonja Asmundsson	Arborg Riverton Band & Choral Bursary Stefan V. and Runa Sigurdson Scholarship Margrèt Bjarnason Memorial Scholarship Riverton Co-op Bursary Margaret Johnson Memorial Bursary Municipality of Bifrost-Riverton Bursary ESD Sophomore University Scholarship C.U.P.E. 3164 Scholarship Riverton Elks #530 Bursary Riverton & District Friendship Centre Hnaua Harbour Authority Bursary Uof M Chown Centennial Entrance Scholarship Uof M Queen Elizabeth II Entrance Scholarship
Carrie Anne Spring	Derek Johnson Citizenship Scholarship Riverton & District Friendship Centre Bloodvein River First Nation Awards
Jenna Johannesson	Elements CTS Bursary ECB Verdylol Bursary
Alex Ostertag	Berger Peat Moss Bursary
Averi Kornelsen	Sophie Hurdal Memorial Bursary Evergreen Teachers' Association Scholarship Riverton Elks #530 Bursary Westshore Community Foundation Scholarship Evergreen School Division Award University of Alberta Gold Standard Entrance Scholarship
Nora Mitchell	Elements CTS Bursary Bloodvein River First Nation Awards
Skylar Farrington	Jared Gislason Award for Sustainable Community Development Evergreen School Division Award
Jenadaya Berens	Berens River First Nation Awards
Angel Berens	Berens River First Nation Awards
Averi Kornelsen	Governor General's Academic Medal

In the July 3 The Express Weekly News Graduation section the incorrect awards list ran. The Express Weekly News sincerely apologizes for the error.

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Community gathers in Gimli for National Indigenous Peoples Day



Community members gathered at the Gimli Park Pavilion on Saturday, June 21 to mark National Indigenous Peoples Day with music, culture and reflection. Hosted by the RM of Gimli in partnership with the Riverton and District Friendship Centre and the Gimli Red River Métis Local, the event welcomed approximately 100 attendees. Mayor Kevin Chudd and Selkirk-Interlake-Eastman MP James Bezan offered opening remarks, acknowledging the importance of honouring Indigenous history and heritage. The celebration featured performances by Sagkeeng First Nation drummers, Métis country artist Jerry Sereda, and 10-year-old fiddle player Dean Riley of Matlock. Gloria

Thomas, vice-chair of the Gimli Red River Métis Local, shared a teaching on the history of Indigenous peoples in Canada and their lasting contributions. National Indigenous Peoples Day was proclaimed by Canada's governor general in 1996 to bring Canadians together to learn about, honour and celebrate the contributions of Indigenous communities. The day is typically celebrated on the summer solstice, June 21, which is the longest day of the year. The solstice is a symbol of renewal, and many First Nations, Métis and Inuit cultures celebrated their languages and traditions on solstice, according to the federal government's website.

EXPRESS PHOTOS BY RAYME THOMSON



Cruisin' Gimli Beach Car Show rolls into town July 13

By Haley Cvar

Chrome will shine and engines will roar as car lovers gather for the annual Cruisin' Gimli Beach Car Show on Saturday, July 13.

Hosted by the Gimli Car Club, the popular Show & Shine event will run from 11 a.m. to 4 p.m. at the Sobeys parking lot in Gimli. Registration is \$10 per vehicle, and participants are encouraged to bring a non-perishable

food item or make a cash donation in support of Evergreen Basic Needs.

Dash plaques will be handed out to the first 400 registered cars, and a walking poker run will add a fun twist to the day's festivities.

Now in conjunction with the national Collector Car Appreciation Day, the show also marks the 15th annual celebration of the day in Canada, rec-

ognizing the cultural and historical significance of classic cars and the people who preserve them.

Organizers say the event draws hundreds of vehicles from across the region, with everything from vintage rides to muscle cars lining the streets near the waterfront.

For more information, visit the Gimli Car Club Facebook page.



Sigfusson Northern joined wildfire relief efforts in Cross Lake and Lynn Lake

By E. Antonio

Wildfires across Manitoba continue to displace communities and threaten infrastructure, prompting relief efforts from local businesses — including Lundar's Sigfusson Northern.

The construction company, which has offices in Lundar and Winnipeg, has mobilized teams to support evacuees and firefighting operations in the north. Through its joint ventures — JNR Construction with Norway House Cree Nation and 311Sig with Mathias Colomb Cree Nation — Sigfusson Northern is providing shelters, supplies and firebreaks to help contain the blazes.

JNR Construction, which has long been active in Norway House, maintains a 62-bed camp for its staff. When Cross Lake residents were evacuated on May 28 due to a road closure on Provincial Road 373, they were redirected to Norway House. Originally expecting about 1,000 evacuees at the multiplex, the community saw more than 3,000 register that evening. In response, JNR opened its camp to assist.

"When we learned about the evacuation, our team immediately stepped in to provide food, shelter and basic necessities," said Andrew Burdett, operations manager with Sigfusson Northern.

Led by Sigfusson project manager Jaden McGonigal, the JNR team brought in cooks, cleaners and support staff, assisting more than 100 evacuees each night.

"Everyone was happy to help and stepped up to make sure all the displaced individuals felt comfortable and safe," he said.

Sigfusson Northern also flew in 2,000 pounds of groceries to the camp while it remained operational. Evacuees were later transported by the Canadian Armed Forces to Winnipeg or Thompson.

Burdett said the Province of Manitoba has since asked whether Sigfusson Northern can provide similar camps at other locations. While no final decisions have been made, he said the team is ready to help when called upon.

"WHEN WE LEARNED ABOUT THE EVACUATION, OUR TEAM IMMEDIATELY STEPPED IN TO PROVIDE FOOD, SHELTER AND BASIC NECESSITIES."

In Lynn Lake, Sigfusson Northern's joint venture 311Sig has taken a more tactical role. The company is helping to cut firebreaks and protect critical infrastructure, with five employees still on the ground while others were evacuated alongside local residents.

"Working closely with provincial emergency response, 311Sig has

rapidly deployed a fleet of heavy equipment and experienced personnel to help contain the wildfire and protect critical infrastructure," said Burdett.

Using D6 dozers, water trucks and other support vehicles, crews have been stripping land of trees and vegetation to block the fire from advancing toward homes, the hospital and the



local school. Firefighters are working 12- to 18-hour shifts daily.

"Our guys enjoy the challenge. It can be exciting but daunting as well," Burdett said. "It's not every day they work under these conditions — relying on direction from fire officials."

Much of that direction comes from the Province of Manitoba's Natural Resources and Northern Development-Wildfire Service Division. However, smoke conditions have occasionally grounded helicopters,

making it harder for crews to assess and act.

Despite the challenges, Burdett said 311Sig will continue supporting relief efforts as long as needed.

"311Sig will continue to coordinate closely with the Province of Manitoba and all response partners, contributing all available personnel, equipment and resources in a united effort to protect the community and support its long-term recovery," he said.



EXPRESS PHOTOS SUBMITTED

Sigfusson Northern construction teams, along with JNR Construction and 311Sig, are supporting wildfire relief efforts in Cross Lake and Lynn Lake by providing shelter for evacuees and firefighters, and using heavy equipment to create firebreaks.

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Oak Point Music Festival to celebrate Red River fiddle tradition July 12

By Lana Meier

The Oak Point Music Festival will strike a heartfelt chord this summer as it honours the region's rich fiddling tradition and the educators who helped it thrive.

Taking place Saturday, July 12 from 11:30 a.m. to 6 p.m. at the Oak Point

Sports Grounds, this year's festival will include A Tribute to the Fiddle, Red River Style — a special nod to the St. Laurent School music program and the legacy of its founder, Hugh Sigurdson, and longtime instructor Mark Morriseau.

The program began in 1999 after



PHOTO SUBMITTED

Get ready to dance — the Oak Point Music Festival returns Saturday, July 12 with live music, local performers and a special tribute to the Red River fiddle tradition.

Cameron Dyck, a teacher with the Frontier School Division, contacted Sigurdson, then principal of St. Laurent School, to propose launching a fiddle program. Sigurdson secured funding to get it off the ground, with Dyck teaching its first year.

The following year, with support from parents and local musicians, Morriseau stepped in to lead the program. Over the next 24 years, he taught more than 200 students and helped nurture a vibrant local tradition. Morriseau retired in June 2024,

and the program is now led by one of his former students, Jason Appleyard.

Several graduates of the program — including Appleyard, the Gaudry Boys, Cameron Ducharme, and Donald and Emma Futros — are featured in the festival's music lineup.

Hosted beneath the towering oak trees of the Oak Point Sports Grounds, where events have been held since 1935, the festival invites guests to tap their feet and take a spin on the outdoor dance floor as the sounds of the fiddle fill the summer air.

> LASTING LEGACY, FROM PG. 11

Michael and Brenda Steciuk in honour of Peter & Carol Steciuk and all the funding families who created and maintained MPC Reunion Park in Meleb. The fund will contribute to efforts to improve and maintain the park so that it can be enjoyed by generations to come.

The Shelley & Cliff Narfason Family Fund will assist the Gimli cancer care program at the hospital by providing equipment, goods services and/or facilities to enhance the comfort of cancer patients treated there.

And the Devlin Family Legacy Fund was created last year in memory of Emily Devlin to support the activities and/or programs of Gimli Betel's recreation services department.

The annual report also paid tribute to Tim and Delphine Arnason, longtime generous supporters of the foundation who donate annu-

ally. The Arnasons established a scholarship fund in 2018 and volunteer their time year after year. Tim Arnason served on the volunteer board of directors for 11 years, and Del Arnason helped with numerous fundraisers and community engagement events.

The foundation's total assets are close to \$6.5 million and Douglas said that will allow the foundation to "offer even greater support to the ongoing needs of our communities" along Lake Winnipeg.

Available granting for 2025 is as follows: \$99,700 for community fund granting, \$53,879 for scholarship granting, and \$164,622 in other granting to the communities it serves.

For more information about Westshore Community Foundation, email admin@wcf-foundation.ca or call its office at 204-642-9796.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Markusson wins second Manitoba Mid-Master title

By Haley Cvar

Curtis Markusson of Gimli is heading to Vancouver next month after winning the Manitoba Mid-Master Championship earlier this week.

Markusson carded rounds of 72, 72 and 73 at St. Charles Country Club to finish at 217 and secure the provincial title.

With the win, Markusson earned a place on Team Manitoba and will compete at the Canadian Mid-Master Championship this August at Seymour Golf and Country Club in North Vancouver.

"It feels great to come out on top in a competitive field," Markusson said. "I've been working hard on my game, and I'm proud to represent Manitoba at nationals."

Markusson, who won the national Mid-Master title in 2022, says he's not heading to Vancouver just to participate.

"My goals heading into nationals — no, I don't just go there to compete. I play to win every day," he said. "I'm going back to get that trophy back and try to beat my best finish in the mid category, which was 12th place in 2022."

When asked about his mindset going into the final round of the provincial championship, knowing the title was within reach, Markusson said he stayed focused on consistency.

"My mindset was the same as every day I play — I just try to beat myself and get the job done."

Over the course of the three-day tournament, he said staying steady and avoiding major mistakes helped him build momentum and stay in contention.

"There were lots of key moments over the three days — just basically



EXPRESS PHOTO SUBMITTED

Curtis Markusson of Gimli is off to nationals after winning the Manitoba Mid-Master Championship at St. Charles Country Club.

Continued on page 17

sports&recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Sweeping changes to World Curling broom standards

By Siobhan Maas

Effective June 20, World Curling (WC) has adjusted its compliance regulations for curling brooms in WC competitions — which includes the Olympics — based on sweep testing that took place at the Morris Cargill Curling Training Centre (CCTC) in May.

For three days, the CCTC was centre ice for broom manufacturers from around the world and world-class curling ice makers Greg Ewasko of Beausejour, current chief ice technician for Curling Canada, and former Olympic chief ice technician Hans Wuthrich of Gimli, as well as several athletes from across the country, including Brett Gallant and Kates Lawes, who acted as test sweepers.

"The world was in Morris to test existing brooms already on market in use by various companies," explained Level 4 NCCP Olympic coach and host Lorne Hamblin. Together with wife Chris, the Hamblins hosted the event organized by WC director Jill Officer and designed by former WC vice-president Graham Prouse. "Broom performance was compared against each other, with the manufacturers watching."

Many curling brooms currently on the market are made using multiple components, including sleeves or

covers over moulded foam, bringing into question the accuracy of the different foams used.

"There is science to the testing," said Hamblin. "With the CTCC's Canadian rock thrower, we have achieved accuracy of 99.9 per cent on every throw."

Throw consistency eliminates variability from the throw itself, allowing the broom's impact to be the primary focus. Only two curling rocks were used in the testing — one control rock and one sweeping rock — to contain and control the results.

"After each throw, we weren't allowed to push the rock down the ice," Hamblin explained. "Instead, we dragged the rock back on a plastic board because even slight wear between throws can affect performance."

To maintain a high level of consistency, "we threw over 2,000 rocks," Hamblin noted.

The outcome of the testing has prompted changes to World Curling standards. Several broom models are now disqualified from competitions, including BalancePlus RS with Firm 2.0 foam, Goldline Impact with Evader foam, Hardline Ice Pad with Competitive foam, and SmartBroom by Curling Tools with its current foam.

The updated regulations require



PHOTO SUBMITTED

The results of sweep testing at the Morris Cargill Curling Training Centre this spring has led the World Curling organization to make changes to what brooms are allowed in its competitions, which includes the Olympics.

component-style brooms to use softer, less-firm foams, ensuring greater minimum compression and promoting fairer play.

While this was an interim step to move the sport of curling forward from processes established in 2016, the game continues to modernize alongside elite performance. Longer-

term testing processes will continue.

"Fast forward to 2025, any new product needs to be sent for testing," said Hamblin. "This testing is about what athletes want to try and is unique because it brings everyone together in a cooperative atmosphere."

Full details of the regulation changes can be found at worldcurling.org.

Late push not enough as Storm FC drops tight match

By Kieran Reimer

Storm FC was looking to return to the win column Thursday night against Azzurri.

Playing at Buhler Recreation Park, the two clubs battled for position in the Manitoba Major Soccer League Division 4 standings.

Azzurri ultimately came out on top, winning 4-3 to leapfrog Storm FC in the standings after the Arbog-based club couldn't find a game-tying goal late in the match.

Dalen Penner, Benny Wiens and Joseph Barkman scored for Storm FC.

Despite the offensive output, the

team was unable to secure a point, dropping to seventh place in the division with a 2-3 record.

Storm FC now gets set for its first road game of the season, set for this Thursday at Ralph Cantafio Soccer Complex against Purple Cobras FC.

The Cobras lead the division in goals

and will provide a test for Storm FC's defenders.

Storm FC, however, has shown this season it can both find the back of the net and defend well.

Kick-off is set for 8 p.m.

> MARKUSSON, FROM PG. 16

trying to be steady and not make a big mistake, and just keep myself in the tournament."

He credits his edge in the sport not necessarily to one part of his game, but rather to his discipline and work ethic.

"It's more my dedication and discipline in regards to my game that may give me an advantage,"

he said. "In this particular tournament, it was at my home course, so I had home-field advantage, as they would say."

Markusson also praised the quality of the field this year.

"The competition is quite something in the overall category — there's a lot of great golfers, a lot of past champions and a lot of guys

that can go low any day," he said. "I believe half the field for the Mid-Master was over 40, and there were a couple of over-40 guys competing to win it all."

This is Markusson's second time making Team Manitoba for the Willingdon Cup, a national team event.

"I practice to make that team, and I hope we can go back and bring back the Willingdon Cup for Mani-

toba," he said. "Golf Manitoba, St. Charles, as well as sponsors, make it such a great event, and the competition make it such a tough challenge. It's always an honour just to be part of it."

Markusson said he appreciates being able to represent small-town Gimli on the national stage.

"That's where I grew up, and that's where my heart lies."

get inspired

> MEAL IDEAS



Sorghum BLT Salad

1-inch pieces
 1 cup cherry tomatoes, halved
 1/4 cup fresh parsley, coarsely chopped
 4 green onions, thinly sliced
 salt, to taste
 pepper, to taste
 Parmesan or goat cheese (optional)
 To make dressing: Blend mayonnaise, milk, garlic powder and pepper until smooth and creamy. Season with salt, to taste. Refrigerate until ready to use.
 To make salad: In large, deep skillet over medium-high heat, fry bacon. Turn frequently until evenly browned. Drain on paper towel and crumble.
 In large bowl, combine sorghum, lettuce, mixed greens, tomatoes, parsley, green onions and bacon. Season with salt and pepper, to taste, and toss with dressing. Top with Parmesan or goat cheese, if desired, and serve.

Recipe courtesy of United Sorghum Checkoff Program
 Prep time: 20 minutes
 Cook time: 20 minutes
 Servings: 4-6
 Dressing:
 2/3 cup mayonnaise
 1/4 cup milk
 1 teaspoon garlic powder
 1/4 teaspoon freshly cracked pepper
 salt, to taste

Salad:
 1 pound bacon
 3 cups cooked whole-grain sorghum
 1 head romaine lettuce, rinsed, dried and shredded
 1-2 cups mixed greens, torn into



Chicken Skewers

rice, for serving (optional)
 In saucepan over medium heat, cook brown sugar, tomato paste, apple cider vinegar, mustard, onion powder, garlic powder, paprika, barbecue seasoning, honey and teriyaki sauce until well combined.
 Cube chicken and place in large bowl. Pour sauce over chicken, saving some for basting. Marinate at least 1 hour.
 Heat grill to medium heat.
 Place marinated chicken cubes on skewers and arrange on baking sheet. Grill until chicken reaches 165 F internal temperature, 20-30 minutes. Baste with remaining sauce as needed. Serve over rice or use for chicken tacos.
 Substitution: Use hot honey instead of regular honey to spice it up.

Recipe courtesy of "Cookin' Savvy"
 Servings: 4-6
 1 cup brown sugar
 1 can (6 ounces) tomato paste
 1/2 cup apple cider vinegar
 1 tablespoon mustard
 2 teaspoons onion powder
 1 teaspoon garlic powder
 2 teaspoons smoked paprika
 2 teaspoons barbecue seasoning
 1/2 cup honey
 1/4 cup teriyaki sauce (optional)
 2 pounds boneless chicken



Popped Sorghum

Recipe courtesy of United Sorghum Checkoff Program
 Prep time: 1-2 minutes
 Cook time: 4-6 minutes
 Servings: 2
 2 teaspoons oil of choice (optional)

1/2 cup whole-grain sorghum
 salt or seasoning of choice
 Heat stainless steel pot with tight-fitting lid over medium heat.
 Add oil, if desired. When hot, add whole-grain sorghum and cover with lid.
 Shake pot often to prevent burning.
 When there are more than 10 seconds between pops, remove from heat.
 Sprinkle lightly with salt or seasonings of choice.

Four summer health tips

By Fitness Expert Julie Germaine Coram

We're well into a beautiful summer here in Manitoba, and that usually means people are more active and burning calories outdoors — yay! But is your diet on point?

Remember, what you choose to put into your body has a major impact on how you feel, influencing everything from your sleep patterns to your energy levels. Eating well also helps maximize the results of your exercise routine and reduces health risks associated with poor nutrition, including cancer.

Here are some tips to help you round out the summer with your health top of mind:

1. Choose seasonal fruits and vegetables

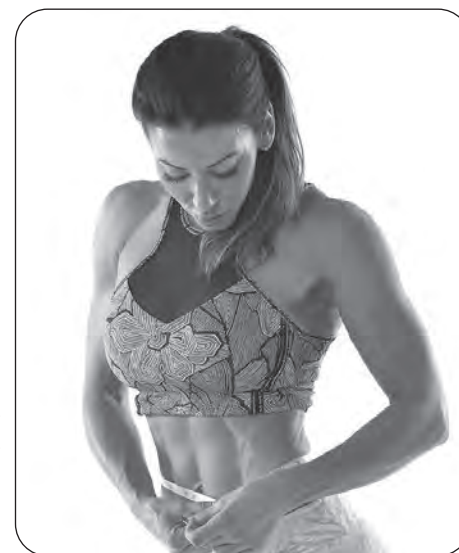
Support the environment and reduce emissions caused by long-haul transportation by shopping at local farmers' markets. Buying nutrient-rich, in-season produce is a win for your body and the planet.

2. Add greens and protein to your snacks

The good news? You can still indulge in chips and sweets — many new products at specialty stores are more nutritionally favourable, offering options that are lower in fat or higher in protein. One of my new favourites for satisfying a sweet tooth is Probites, an ice cream-like snack that delivers 18 grams of protein per serving with only six grams of sugar. While it's still a little high in saturated fat at 19 per cent of the recommended daily value, it's a much better alternative to a traditional sundae, which offers no protein and far more sugar.

3. BBQ the right way

Skip processed meats like hot



Fitness Expert Julie Germaine Coram

dogs and instead marinate healthier choices like chicken, fish, vegetables, and, occasionally, lean cuts of pork or beef. Try to trim excess fat and avoid charring meat — blackened edges have been linked to increased cancer risk.

4. Hydrate all day

Water is essential for your body's vital functions, especially when it's hot and sunny. Sore knees? You might need more water to cushion your joints. Getting sick often? Staying hydrated keeps your mucous membranes thick and effective, which helps prevent illness. You shouldn't feel thirsty during the day — that's a sign you're already dehydrated.

Have questions? Email me if you'd like to explore healthier alternatives to your go-to treats, or if you want to talk about your personal nutrition, health goals, or fitness struggles. You can also schedule a free online consultation at: www.calendly.com/juliegermaine

Coach Julie Germaine Coram is dedicated to long-life health! She is an active mom, Registered Personal Trainer, a 2x Pro Fitness Champion, Certified Nutrition Expert & Fitness Specialist. She has helped many thousands of people worldwide improve their health since 2005.



Shrimp Spaghetti

1 teaspoon onion powder
 1 cup frozen or fresh spinach
 bread, for serving
 Cook spaghetti noodles according to package instructions.
 In skillet over medium heat, add butter, avocado oil and shrimp. Mix in 1 tablespoon garlic powder and paprika. Remove shrimp after they begin to turn pink; set aside.
 Add chicken broth, Parmesan, heavy cream, remaining garlic powder, onion powder and spinach to skillet and mix well. Add shrimp back to skillet to finish cooking. Mix in noodles and serve with bread.

Recipe courtesy of "Cookin' Savvy"
 Servings: 4-6
 1 pound spaghetti noodles
 2 tablespoons butter
 1/4 cup avocado oil
 1 package (12 ounces) raw shrimp
 2 tablespoons garlic powder, divided
 1 teaspoon smoked paprika
 1 cup chicken broth
 1/2 cup grated Parmesan cheese
 1/4 cup heavy cream

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R.M. of ARMSTRONG UNDER THE PLANNING ACT NOTICE OF PUBLIC HEARING

The Council of the R.M. of Armstrong under the authority of the Planning Act will hold a PUBLIC HEARING at the date, time and location listed below:

**Tuesday July 22, 2025
1:00pm.
Armstrong Municipal Office
Civic # 1094 Lot 55 PTH 17, Inwood MB R0C 1P0**

Property owners are being notified in order to give them the opportunity to speak in support of or objection to the proposed conditional use and/or variation order.

CONDITIONAL USE: # 3/2025

ROLL NO: 0075400.000

OWNER: CHASSI-LEA ENGBAEK

APPLICANT: CHASSI-LEA ENGBAEK

AREA AFFECTED: Legal Description: 7-16246
Civic Address: 10109 PR 231 RD 111
FRASERWOOD, MANITOBA

ZONE: General Development Zoning District

SUBJECT: R.M. of Armstrong Zoning By-Law No. 6/04
Part 9.3.57 Modular Home Dwelling

Modular Home Dwelling: means a building assembly or system of building sup-assemblies manufactured in its entirety, or in substantial part, off-site and transported to the point of use for installation on-site, with or without other specified components, as finished building or as part of a finished building in accordance with CSA building regulations. Modular homes need not have electrical, plumbing heating, ventilation, insulation or other service systems, but when such systems are installed at the off-site manufacture or assembly point, they shall be deemed a part of such building or system of building assemblies. Modular homes do not include open frame construction which can be completely inspected on-site

CONDITIONAL USE REQUESTED: To allow for a 76'x 16' modular home as a permanent residence.

WE REQUIRE ANYONE ATTENDING THE PUBLIC HEARING TO PRE-REGISTER BY NO LATER THAN 4:30 pm THURSDAY July 17, 2025, by calling or emailing the below email and/or number.

For further information, please contact:

Colleen Mayer -CAO Phone: 1 (204) 278-3377
Rural Municipality of Armstrong Fax: 1 (204) 278-3437
Box 69, Inwood, MB R0C 1P0 e-mail: cao@rmofarmstrong.com

Documents related to the matter to be considered at the hearing may be inspected or copied at the RM of Armstrong Office during normal office hours, Monday to Friday.

EMPLOYMENT OPPORTUNITY



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R.M. of ARMSTRONG UNDER THE PLANNING ACT NOTICE OF PUBLIC HEARING

The Council of the R.M. of Armstrong under the authority of the Planning Act will hold a PUBLIC HEARING at the date, time and location listed below:

**Tuesday July 22, 2025
1:15 pm.
Armstrong Municipal Office
Civic # 1094 Lot 55 PTH 17, Inwood MB R0C 1P0**

Property owners are being notified in order to give them the opportunity to speak in support of or objection to the proposed conditional use and/or variation order.

CONDITIONAL USE: # 4/2025

ROLL NO: 0120530.000

OWNER: SIMON LEIHKAUF & BRYNN SHORE

APPLICANT: SIMON LEIHKAUF & BRYNN SHORE

AREA AFFECTED: Legal Description: 2-39245
Civic Address: 11031 RD 117NE
MELEB, MANITOBA

ZONE: General Development Zoning District

SUBJECTS: ~R.M. of Armstrong Zoning By-Law No. 6/04
Part 9.3.57 Modular Home Dwelling

~R.M. of Armstrong Zoning By-Law No. 6/04
Part 3 46.0 Temporary Additional
Dwellings/ Mobile Homes

CONDITIONAL USE REQUESTED: To allow for a 70'x 16' modular home as a temporary residence for parents as an additional dwelling on the property.

WE REQUIRE ANYONE ATTENDING THE PUBLIC HEARING TO PRE-REGISTER BY NO LATER THAN 4:30 pm THURSDAY July 17, 2025, by calling or emailing the below email and/or number.

For further information, please contact:

Colleen Mayer -CAO Phone: 1 (204) 278-3377
Rural Municipality of Armstrong Fax: 1 (204) 278-3437
Box 69, Inwood, MB R0C 1P0 e-mail: cao@rmofarmstrong.com

Documents related to the matter to be considered at the hearing may be inspected or copied at the RM of Armstrong Office during normal office hours, Monday to Friday.

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EMPLOYMENT

GRAVEL CHECKER

The Rural Municipality of Fisher invites applications for the position of Part-Time Gravel Checker for the 2025 Graveling Program. Duration of program will be approximately two months.

Applications will be received by the undersigned until 4:00 p.m., July 17, 2025.

Applicants must be 18 years of age and hold a valid driver's license. Access to a vehicle is mandatory.

For further information regarding this position, please contact the Municipal Office at (204) 372-6393.

Kelly Marykuca
Chief Administrative Officer
Rural Municipality of Fisher
PO Box 280
Fisher Branch, Manitoba R0C0Z0
Email: fishercao@mymts.net



Rural Municipality of
GRAHAMDALE
www.Grahamdale.ca

PUBLIC NOTICE

Municipal Auditor Report

Public Notice is hereby given, pursuant to Section 194 of The Municipal Act, that the Report of the Municipal Auditor and related Financial Statements for the year 2024 have been deposited in the office of the Rural Municipality of Grahamdale at 23 Government Road, Moosehorn, Manitoba and are available for inspection by any person or his/her agent during regular business hours.

Any person or their agent may, at their own expense, make a copy thereof or extracts therefrom.

Dated at Moosehorn, Manitoba this 2nd of July, 2025.

Shelly Schwitek, CMAA
Chief Administrative Officer
204-768-2858
rm606@grahamdale.ca

News Tips? call the Express 204-467-5836

Selkirk & District Community Foundation
Is accepting applications for the fulltime
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Qualifications:

Essential:

- A minimum of five years' experience within a community-based, not-for-profit sector.
- Demonstrates excellent leadership skills with the ability to support a Board, staff, volunteers, funding partners and donors.
- Proven ability to develop and implement strategic plans.
- Possess sound judgment, analytical skills, strong decision-making abilities, to understand complex issues and challenges, with the ability to multi-task.
- Demonstrates excellent communication skills; interpersonal and public relations, along with exceptional computer skills.
- A self-disciplined, self-starter who is highly organized, undertaking work without supervision, while leading a staff team.
- Excellent organizational and time management skills in order to meet deadlines.

Desired:

- Knowledge of and working experience within SDCF's catchment.
- Post-secondary education connected to charitable/non-profit sector community-development sector.
- Displayed strong leadership experience and a proven record of job advancement.

Conditions of Employment:

- Must be legally entitled to work in Canada.
- Satisfactory Criminal Record Check with Vulnerable Sector Search.
- Satisfactory Adult Abuse Registry Check.
- Able to work within a public office setting and off-site work environment.

To apply please submit resume to: exdirector@sdcf.ca no later than July 22, 2025

For the complete job description visit www.sdcf.ca

SDCF thanks all applicants for their interest, however only those selected for an interview will be contacted.

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MUNICIPALITY OF BIFROST-RIVERTON EMPLOYMENT OPPORTUNITY

Office Clerk

Applications are invited to fill the position of Office Clerk. This is a full-time position based at the Municipal Office of Bifrost-Riverton located at 329 River Road in Arborg, eligible for municipal benefits after 6 months.

Ideal Start Date: ASAP.

Job Summary:

The Office Clerk is responsible for providing clerical and administrative support in order to ensure that municipal services are provided in an efficient and effective manner and ratepayers concerns are addressed in an accurate and timely manner.

The Office Clerk reports to the CAO and is responsible for providing reception services in the municipal office. As the first point of contact, the Office Clerk will provide an inviting and pleasant atmosphere to ratepayers/visitors and will direct inquiries to the appropriate personnel. The Office Clerk will issue receipts and permits, and collect payments at the reception desk utilizing the specialized municipal software in place. The Office Clerk will provide administrative support including correspondence, data entry, etc. as directed by administrative personnel. The Office Clerk will at all times maintain the confidentiality of the municipal office.

Working hours are 8:30 am-12 pm, 1 pm-4:30 pm,
Monday to Friday.

Rate of pay is based on experience.

A detailed job description is available upon request.

Applications will be received until a suitable candidate is found.

Please submit your resume and cover letter in person or email to:

Ms. Larissa Love
Chief Administrative Officer
Email: cao@bifriv.ca



Ashern Auction Mart SUMMER TENDERS

Tenders are now being accepted for
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Lowest or any tender not necessarily accepted.

High moisture bales rejected.

Deadline for tender: July 21, 2025

For more info call:

Kirk @ 204-768-0019 (cell)

or send quote to: Interlake Cattleman's

Co-op Assoc. Ltd. (Hay Tender)

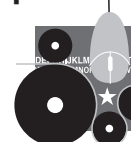
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Fax: 204-768-3690

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



Welder/Heavy Truck & Trailer Mechanic

We are looking for skilled and dependable individuals to join our team as Heavy Truck & Trailer Mechanics, with a strong focus on welding and fabrication.

Key Responsibilities:

- Perform welding and structural repairs on heavy trucks and trailers
 - Carry out mechanical repairs as needed
 - Work independently and as part of a team
- Maintain clean workspaces and complete service records

Qualifications:

- **Welding experience is required** (certification not mandatory, but an asset)
- Familiarity with heavy-duty truck/trailer components and systems
 - Strong attention to detail and problem-solving ability
 - Willingness to train in other areas of mechanical repair

We Offer:

- Competitive wages
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Send your resume to: Sue@jbrandtent.com
Call for more information: 204-364-2775



Interlake Co-op

You're at home here.



Now Hiring: Full-time & Part-time Bakery/Deli Clerk

Duties/Responsibilities:

- **Approach to Work:** To come to work with a positive, professional approach and attitude.
- **Opening/Closing:** To complete all opening and closing procedures as per schedules.
- **Guest Service:** To help ensure outstanding courteous Guest service is provided at all times.
- **Policy & Procedures:** To help ensure all Policies & Procedures are adhered to in accordance with Interlake Co-op Policy & Procedures manual.
- **Attendance:** To be dependable for all scheduled shifts
- **Merchandising:** To prepare, wrap, price and stock product as required and assigned.
- **Maintenance:** To engage in the proper & safe use of equipment and report any breakdowns to the Bakery/Deli Manager
- **Inventory:** to replenishment inventory as required in accordance with production sheets, to remove all merchandise not fit for sale and to keep proper mark-down reports
- **Administrative:** To be responsible for knowing the operation and administrative requirements of the department.
- **Housekeeping:** To be responsible for maintaining housekeeping standards for the department at all times.
- Other duties as required

Competencies/Qualifications:

Organizational savvy, desire to work in a team setting, strong computer skills, excellent communication and interpersonal skills, commitment to making a positive difference in our members' lives, and strong dependability with effective time management

We offer career advancement opportunities, competitive compensation, benefits package, company contributed pension plan and learning/development opportunities.

Submit questions/applications to:

Interlake Co-op
Nancy Arias (B&D Manager)
204-376-5245 ext. 04
bakery@interlake.crs

Now Hiring: Full-time & Part-time Grocery Clerk/Cashier

Duties/Responsibilities:

- **Approach to Work:** To come to work with a positive, professional approach and attitude.
- **Check out Procedures:** To demonstrate proficient operation of the cash register
- **Guest Service:** To help ensure outstanding courteous Guest service is provided at all times.
- **Policy & Procedures:** To help ensure all Policies & Procedures are adhered to in accordance with Interlake Co-op Policy & Procedures manual.
- **Attendance:** To be dependable for all scheduled shifts
- **Merchandising:** To ensure the department is properly stocked with merchandise and faced at all times
- **Administrative:** To be responsible for knowing the operation and administrative requirements of the department.
- **Housekeeping:** To provide a neat and clean store at all times
- Other duties as required

Competencies/Qualifications:

Organizational savvy, desire to work in a team setting, strong computer skills, excellent communication and interpersonal skills, commitment to making a positive difference in our members' lives, and strong dependability with effective time management

We offer career advancement opportunities, competitive compensation, benefits package, company contributed pension plan and learning/development opportunities.

Submit questions/applications to:

Interlake Co-op
Jessica Mccutcheon (Grocery Manager)
204-376-5245 ext.
grocery@interlake.crs
Interlake Co-op



The West Interlake Watershed District is Hiring!

The West Interlake Watershed District (WIWD) is currently seeking qualified applicants for the following positions:

1. Financial Operations Administrator (Part-Time: 1-2 days/week)

We are seeking a highly experienced accounting professional to manage the District's financial framework. **Compensation:** Based on experience and qualifications

2. Administrative & Outreach Coordinator (Full-Time: 40 hours/week)

Duties include reception, communication, event planning, and assisting with WIWD's Community Programs. **Compensation:** Minimum \$20.00/hour

Location: WIWD Office - Lundar, MB **Start Date:** When position is filled

To view full job descriptions visit www.wiwd.ca

To apply, email your resume to Manager@wiwd.ca

Help make a difference in your local watershed!

Classifieds Announcements



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IN MEMORIAM



Crystal Layne Kohler
February 21, 1986 – July 8, 2006

In loving memory of our
dear daughter and sister

Our family circle has been broken,
A link gone from our chain;
But though we're parted for a while,
We know we'll meet again.
To hear your voice and see your smile,
That meant so much to us.
You left behind our aching hearts,
But loves remembrance outlasts all.

-Lovingly remembered and
forever in our hearts,
Your family XO...

CONDOLENCES



Lori Penner

It is with great sadness that the Manitoba Community Newspaper Association (MCNA) offers our deepest condolences to the family, friends and co-workers of Lori Penner upon her sudden and unexpected passing. Lori was kind and well loved in her community. She was also a dedicated and award-winning journalist to a few of our MCNA newspapers. We extend our deepest sympathy to all those who knew her in the community and who will miss her dearly, as well as to all of those who had the honour of working with her. Rest in Peace.

OBITUARY

In Loving Memory of Nicholas Rodney St. Martin
July 3, 1996 – June 30, 2025

It is with profound sadness that we announce the passing of Nicholas Rodney St. Martin on June 30, 2025—just three days shy of his 29th birthday.

Nicholas was deeply loved and will be forever cherished by his parents, Kevin and Cheryl St. Martin; his sister and best friend, Christine St. Martin (Ricky Miltenburg and best friend); his Winnipeg mom, Veronica; his grandmother, Lorraine Cloutier; and many aunts, uncles, cousins, and close friends.

Born in High Prairie, Alberta on July 3, 1996, Nicholas moved to Gimli, Manitoba at the age of two, where he grew up surrounded by family, community, and nature. An active and curious child, he participated in soccer, cadets, Ukrainian dancing, jazz band, and the environment club. He loved quadding in the

back 40 and had a creative spirit that flourished through art and music—especially playing the tuba, and more recently, learning the banjo.

During high school, he worked at Gimli Super A Foods alongside his parents, and after a year at the University of Manitoba, he returned to Gimli to work with them once again. In 2019, Nicholas moved back to Winnipeg and shared a home with Christine, Ricky, Veronica, and their many beloved animals. He found meaningful work at Costco, where he began as a meat clerk and proudly became a meat cutter. He was known for his strong work ethic and pride in his craft.

Nicholas, affectionately known as “Mojo,” was a helpful, happy, and kind-hearted soul with an impish smile and twinkle in his eyes that could light up any room. In his younger years, he was known for his storytelling—so much so that he'd stand on a chair to make sure he had everyone's attention (a habit his kindergarten teacher gently helped him outgrow).

He was a lover of Magic cards and games with friends, enjoyed fishing, experimenting in the kitchen, and discovering new restaurants. Always in shorts, no matter the weather, Nicholas had a warmth and openness that made people feel seen and welcomed.

Our family is so grateful for the outpouring of love and support we have received during this heartbreaking time.

A private family interment will be held at a later date. Condolences may be shared at www.neilbardalinc.com.

In lieu of flowers, donations in Nicholas's memory may be made to the Winnipeg Humane Society or your local animal shelter.



204-949-2200
Gimli 204-642-7124
neilbardalinc.com



Mazergroup Arborg is currently hiring for a

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www.mazergroup.ca

and click on “Careers” for more information

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Email resume to: swl@sprucewoodloggers.ca

or call 204-378-2997 References required.



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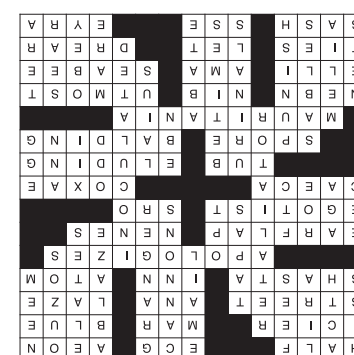


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Thank You

*Fraserwood Hall would like to extend a huge thank
you to our members, volunteers, parade participants,
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*Thank you for making it a success.
We are extremely grateful for your support.*



Crossword Answer

take a break

> GAME

X CROSSWORD

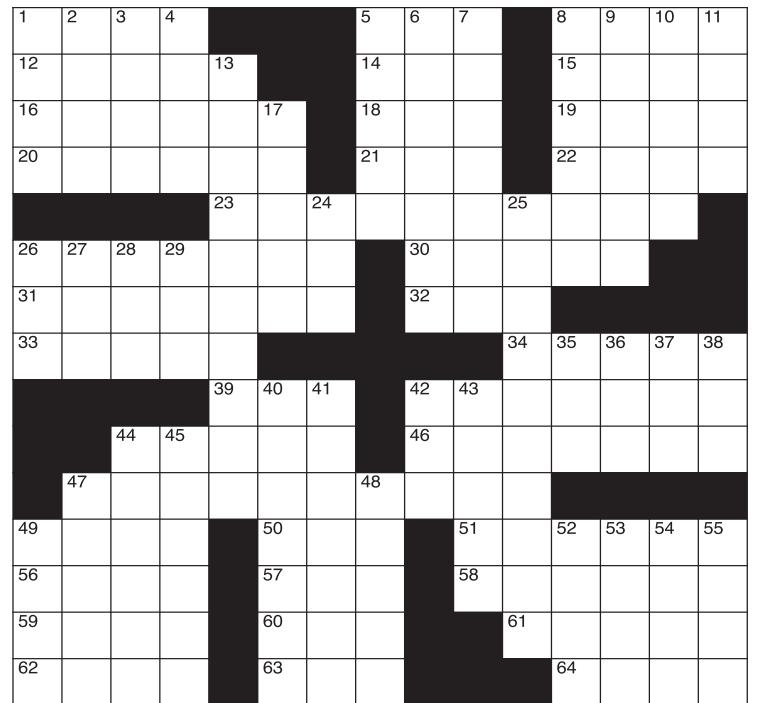
CLUES ACROSS

1. 50 percent
5. Records electric currents
8. Charlize Theron flick "___ Flux"
12. More frosty
14. Disfigure
15. Sky color
16. A thoroughfare in a town or city
18. Actress de Armas
19. Spend time in a relaxed way
20. California peak
21. Lodging option
22. Small amount of a thing
23. Expresses sorrow
26. Keeps an ear warm
30. Babies (Spanish)
31. A conceited and self-centered person
32. No seats available
33. Pouches
34. Hip joints
39. A place to bathe
42. Evading
44. Minute, one-celled unit
46. Losing one's hair

CLUES DOWN

1. Snakes do it
2. Hormone
3. The standard monetary unit of Turkey
4. Fixed charges
5. Electronic communication
6. Artilleries
7. "Strangers on a Train" actor Farley
47. A country in W Africa
49. One point north of northeast
50. Pointed end of a pen
51. Extreme
56. Norse personification of old age
57. Doctors' group
58. Member of U.S. Navy
59. Mens' fashion accessories
60. A way to allow
61. Gloomy
62. Grads wear one
63. Between south and southeast
64. Jaguarundi cat

8. Burning
9. Makes ecstatically happy
10. Greek liqueurs
11. Tropical Old World tree
13. Someone who takes vengeance
17. Style of cuisine
24. Select
25. Immunized against disease
26. Old world, new
27. Honorable title (Turkish)
28. Court case: ___ v. Wade
29. Supervises interstate commerce
35. Not divisible by two
36. Twelve
37. Commentator Coulter
38. Encourage
40. Plumbing fixtures
41. Early
42. One point north of due east
43. King of Thebes
44. Short-tailed martens
45. Impose a penalty on
47. Consort of Poseidon
48. A way to lessen



49. Brooklyn hoops team
52. Female of a horse
53. Do as one is told

54. A way to prepare meat
55. Unit of measurement

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