

200' x 200' Lot
Fantastic location to build your
new home in a desirable area!
Lake access right down the
road! Only a few minutes
drive from Gimli



Peaceful location 15 min drive to Gimli!

0 Wasylowski Dr - 202' x 165' lot - \$35,900

3 Wasylowski Dr - 101 'x 165' lot - \$19,000

4 Wasylowski Dr - 101' x 165' lot - \$19,000

9 Wasylowski Dr - 100' x 145' lot - \$19,000

0 1st Avenue - 202' x 165' lot - \$35,900



Colette Banks Realtor®

204.229.5878

colette@rightchoicerealty.ca

THE SUPPLIES S

SHOP LOCAL -BUY CANADIAN

www.expressweeklynews.ca
VOLUME 12 EDITION 9 THURSDAY, MARCH 6, 2025

WEEKLY NEWS

LOCALLY OWNED HISTORY BOOK FOR THE COMMUNITY





204-376-5233



EXPRESS PHOTO SUBMITTED

Arborg's Snoopy snow sculpture is bringing lots of smiles to the residents of Arborg. Jerry Maryniuk, who is a self-taught snow sculptor, said he has made snowmen in the past, but this is the first time in a few years.

SERVING LUNDAR, ASHERN, ERIKSDALE, MOOSEHORN, FISHER BRANCH, RIVERTON, ARBORG, GIMLI, WINNIPEG BEACH, ARNES, MELEB, FRASERWOOD



Arborg artist brings joy to people with Snoopy ice sculpture, celebration of hockey

By Patricia Barrett

An Arborg-based artist who's best known for his cartoons and thunder gourd art turned his artistic talents to snow last week, bringing a smile and a laugh to people across the region and beyond.

After an intense cold snap, temperatures took a turn for the better and Jerry Maryniuk set to work on making a Snoopy sculpture in his front yard.

Maryniuk, who re-joined the Interlake Wave Artists Tour after a short hiatus, said there's nothing he won't try. He and wife were enjoying the snow and Maryniuk thought he'd throw a snowball at her — before realizing he knew better! She suggested he put his energy towards building a snowman.

Because there really wasn't enough snow for a "good-sized" sculpture — and he didn't want to haul in snow — he opted for a relatively small creation. And feeling inspired, he wanted to do something more than a snowman.

"With all the events going on south of the border and across the world, I wanted a sculpture that would be fun. The only art I do now has to put a smile on my face or somebody else's face," said Maryniuk. "I thought Snoopy would be a good subject."



Jerry Maryniuk's cartoon celebrating Canada's win over the U.S.A. at the 4 Nations Face-off hockey tournament last month.

Snoopy is the pet beagle of Charlie Brown in the comic strip Peanuts, which was created by American cartoonist Charles M. Schulz and debuted in a number of newspapers in 1950. Snoopy loved to read, write, create art, collect art and embark on imagi-

native adventures such as pretending his doghouse was a First World War fighter aircraft and he was a fly-

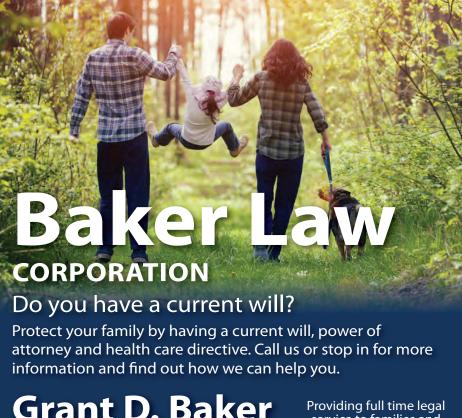


Arborg artist Jerry Maryniuk raised a smile with his snowy rendition of Snoopy, the famous beagle from the comic strip Peanuts.

ing ace up against the Red Baron.

Maryniuk has past experience with ice/snow sculpting. When he was in the Air Force in the 1970s and stationed in Quebec, he went really big, so to speak, bringing in first prize for a life-sized dinosaur sculpture he and other Air Force members made at the Ouebec Winter Carnival.

"Ice sculpting is not something I'm an expert at," said Maryniuk. "I'm a much better cartoonist and Continued on page 5



Grant D. Baker
Barrister, Solicitor and Notary

Providing full time legal service to families and small businesses in Gimli and the Interlake.

GIMLI LOCATION
72 Centre Street, Gimli, MB
Our office is open 8:30 am - 5:30 pm Mon to Thurs
204-642-8681 or 1-866-487-5688

RIVERTON LOCATION 33 Main St. Riverton MB Open Mon & Wed 9:30-4:30 204-378-5427



A night to remember: Second annual free spaghetti dinner



By Lana Meier

The Matlock Recreation Club's second annual free spaghetti dinner was a success, thanks to support from the Westshore Community Foundation.

The event, hosted by the club's board of directors and volunteers, brought community members together for a meal, conversation and dancing.

Organizers said the dinner was an opportunity to reconnect and strengthen community ties, particularly in the wake of the COVID-19 pandemic.

"The joy, laughter and sense of togetherness filled the room, reminding us why these gatherings are so important," said Crystal Thordarson, recreation co-ordinator.

"As long as funding allows, we are committed to hosting more free com-



munity dinners in the future.

The club is seeking sponsors and funding opportunities to continue events like this. Those interested in supporting the initiative are encouraged to reach out.



EXPRESS PHOTOS SUBMITTED

It was a full house for the second annual free spaghetti dinner.



Let the Professionals Handle Your Taxes - You've Got Enough on Your Plate!

It's that time of year again! The season of tax forms, and that overwhelming feeling of "Did I do this right?" You could spend hours wrestling with complicated deductions, or you could do yourself a favour and let a tax professional handle it. After all, you're a pro at your job, so why not let the experts be pros at tax filing?

Tax laws change constantly, and while your tax software might offer guidance, it won't be able to explain the intricacies of your unique situation. Did you get a side gig this year? Maybe you've got an investment portfolio that's grown more complicated than your love life? Whatever the case, a tax professional will find the deductions and credits that could save you money and sanity.

Let's be real: Tax season is stressful. But you don't have to face it alone. Hiring a local professional means you get someone who knows the ins and outs of the system and will fight for you. Plus, we all know that the last thing you want is for the CRA to come knocking on your door with questions.

So, put down the calculator and step away from the coffee-fueled tax marathon. Trust a tax expert to get the job done right. Your taxes are important, but your peace of mind is priceless. Let us handle the heavy lifting so you can focus on what really matters: getting back to your life (and maybe a little bit of Netflix)!

Call today to schedule an appointment!

Maximize Your Tax Refund Call Us Today



From personal to business tax returns, including farm, we are proud to offer you a premium service.



March & April 2025 **Extended hours**

Monday to Thursday: 9 am - 7 pm Friday: 9 am - 5 pm Saturday: 10 am - 4 pm

Closed Sunday Closed daily 12:30 - 1:30pm for lunch

Please note that for Easter weekend, we will be closed on April 18th and 19th.

7, 1st Ave South, Ashern, MB ROC 0E0

(204) 768-2346 ashern@talbotcpa.ca

talbotcpa.ca

Google ****



CHARTERED PROFESSIONAL ACCOUNTANTS

Merit Motion Pictures inviting public to be part of documentary on democracy

The Great Democracy Test coming to Gimli Farmers Hall, March 15

By Patricia Barrett

A Winnipeg-based film production company is embarking on a documentary about the history of democracy and is inviting the public to have their voices heard.

Merit Motion Pictures (MMP) will be filming a segment of *Power to the People: The Origins of Democracy* at the Farmers Hall in Gimli and is looking for about 200 people — from Gimli and communities beyond — to take part in interactive activities that will put democracy to the test.

The documentary is a France-Canada co-production between Merit Motion Pictures and Yuzu [production company], and has been commissioned by the CBC, France TV and NOVA.

Anthony Morgan from the CBC's *The Nature of Things* will be hosting the three-hour segment — called The Great Democracy Test — in Gimli.

Merit Jensen-Carr, executive producer and president of Merit Motion Pictures, said the documentary will examine a number of forces chipping away at democratic practice.

"There are many things to be learned from looking at this history. Greed, polarization, self-interest over public good, corruption, apathy ... and disease all played a role in the fall of democracy. Does that sound familiar?" said Jensen-Carr when asked about the new world order we seem to be hurtling towards courtesy of the current U.S. president.

Merit Motion Pictures has produced awardwinning environmental, history, arts, nature and science documentaries and series over the course



MERIT MOTION PICTURES

About 200 members of the public are welcome to take part in a documentary on democracy that Merit Motion Pictures will be filming in Gimli on March 15.

of 35 years. Its films include *Kingdom of the Polar Bears, Great Lakes Untamed* and 40 *Years of One Night Stands: The Story of the Royal Winnipeg Ballet.* The

production company is passionate about "the chaos of the human experience and how we can learn to better understand ourselves and others."

Jensen-Carr's idea for Power to the People had

its genesis about 10 years ago and was originally intended to examine the ancient Athenians, the first known people to practise democracy. Democracy is an idea that gives people a voice and a system that allows a country's citizens to play an active role in the government of their country either directly or through elected representatives.

"I started developing this film 10 years ago with the CBC, and it was intended to look at who the Athenians were, how they lived and how that compared to the way we live today. Democracy was part but not all of the story," said Jensen-Carr. "It took a while to raise all the financing. And as things progressed, focusing on the original democracy and how it evolved became the focus."

Kym Dopheide, who does research for Merit Motion Pictures, said the company was looking for a "typical rural community that's known to host events and be engaged in community service." Gimli was among a number of communities — along with Selkirk and Stonewall — that Manitoba Film and Sound recommended MMP scope out as possible locations for the Great Democracy Test.

All the communities were "so excited" about the prospect of hosting the event because people "really want to talk about democracy right now," said Dopheide. "It was a hard decision to make."

Samantha Hampton, president of the Gimli Chamber of Commerce, took MMP staff around to look at different locations where they could film and the chamber is helping facilitate the event.

"I would encourage community members to step outside their comfort zone and step into a project that has the ability to challenge perspectives and spark meaningful conversations. By hosting this unique social experiment, we're not only fostering conversations about governance but also strengthening the bonds that make our community resilient, inclusive and forward-thinking," said Hampton.

"This project is a hands-on lesson in civic engagement, leadership and decision-making. By putting

Continued on page 5



The Westshore Community Foundation is accepting applications for grants from

eligible registered charities in Gimli, Riverton,
Fraserwood, Winnipeg Beach & Dunnottar.

Apply online or

download & print an application form at www.westshorefoundation.ca
Mail printed applications to
Box 395, Gimli, MB R0C 1B0

Or email to admin@wcf-foundation.ca

APPLICATIONS ACCEPTED from February 15th to March 15th

For more information email admin@wcf-foundation.ca

"Building a Lasting Legacy"



Access Credit Union introduces new \$250,000 Focused Funding Grant

By Annaliese Meier

Access Credit Union is excited to announce the launch of its new Focused Funding Grant, with a special emphasis in 2025 on supporting school nutrition and wellness programs across Manitoba. This initiative highlights Access Credit Union's commitment to fostering healthy communities and ensuring that students have the resources they need to thrive.

In 2025, the Focused Funding Grant will provide a total of \$250,000 in financial support to K-12 public schools throughout Manitoba. Ten schools will be selected to receive \$25,000 each, with the aim of enhancing nutrition and wellness programming. This year's grant will prioritize proj-

ects that improve kitchen facilities, ensuring there is adequate space and equipment for food storage, preparation, and serving. By addressing these needs, Access Credit Union seeks to improve access to nutritious meals, which are vital for students' academic and personal development.

Key details of the 2025 Focused Funding Grant:

- Eligibility: Open to all K-12 public schools in Manitoba.
- Application Period: Applications open on March 1, 2025, and close June 1, 2025
- Project Focus: Priority will be given to kitchen enhancement projects that support meal and snack pro-

Support: Projects must be pre-approved by the respective school division and include a letter of support from the school principal or vice-principal.

"Access is excited to provide this new grant opportunity to our communities. For the inaugural year, we are looking forward to seeing the impact this grant has on our local schools. These students are our future, and we believe that investing in our schools is an investment in our future," said Curt Letkeman, board chair of Access Credit Union. "By supporting nutrition and wellness programs, we are helping to create a healthier, more vibrant community."

Schools interested in applying for the Focused Funding Grant can find more information and submit their applications on the Access Credit Union website at https://www.accesscu.ca/en/about/community/ focused-funding-grant. The grant applications open March 1, 2025, and close June 1, 2025. Successful schools will be contacted in the fall, followed by a public announcement.

The Focused Funding Grant will have a different focus each year, allowing us to address specific areas of need. By rotating the focus annually, Access Credit Union can respond dynamically to the evolving priorities of our communities.

> SNOOPY, FROM PG. 2

sculptor of clay than snow."

Snoopy sure resonated with people on social media, said Maryniuk. He posted photos on a local social media site and got about 1,155 responses plus over 100 more comments and shares. He got around 120 responses and over 50 comments on his own Facebook page.

"We couldn't believe our eyes with the number of comments we got. We had people from Alberta and Saskatchewan commenting. We had neighbours driving by," he said. "To me it was refreshing. People said it put a smile on their face. More than ever, with all the doom and gloom, I think people need something to laugh and smile about. I accomplished my goal to put a smile on people's faces."

Feeling inspired after Canada beat America in the 4 Nations Face-off hockey tournament last month, Maryniuk grabbed his pencils and drew a cartoon, featuring a young boy with a battered hockey stick telling his mom "We won."

"We won the tournament, but it was a battle," said Maryniuk. "During my childhood growing up in rural Manitoba, we played hockey with passion. My first jersey was a Gordie Howe jersev."

Having moved to Arborg last year from a rural property about five miles



west of town, Maryniuk has set up his art studio in his garage and will be taking part in the summertime Wave Artists Studio Tour, which allows people to visit artists' studios across the Interlake.

In the meantime, he's busy taking part in a Winnipeg Police Service Retired PTSD Peer Support Group that he and other retired police officers organized. And he'll be offering sculpting classes in May in conjunction with Arborg's Creative Cocoon (dates to be announced).

Because Snoopy was such a hit, Maryniuk said the pressure's on to create more sculptures next winter. And he also had people reach out to him with job offers.

"I did get a couple of sculpting offers and I'll think about it because I certainly like my community in the Interlake," he said.

MERIT MOTION PICTURES, FROM PG. 4

two different forms of democracy to the test, we provide a valuable opportunity for participants of all ages to reflect on how leadership shapes their community. The Gimli Chamber of Commerce believes that an informed and engaged population is essential for a prosperous future, making this initiative a perfect fit for our mission."

The Great Democracy Test will be engaging and fun, said Dopheide. It will compare Athenian democracy, in which audience members at the Farmers Hall could be randomly chosen to serve in government, to today's version of democracy in which elected officials make decisions on behalf of the populace.

"Democracy in Greece was basically picking a name of the hat. One day the wine merchant would have power, and the next day it could be the stone mason," she said. "That didn't last long because the rich decided they didn't want to give away their power. Now we have our present-day democracy where we vote in candidates."

For the Athenian part of the democracy test, Dopheide said they'll be picking names out of a hat and the candidates can go off to a private room and come up with a platform — something to improve their community which they'll then present to the audience. The audience will get to vote on what they think is the best idea for the community and the winner will get money to put towards their idea.

MPP is also lining up five or six community members ahead of time to run as candidates for a mock, current-day election. They'll present a platform on which the audience can vote.

"After the two types of democracy are presented, the audience will be asked to discuss what form worked best and if they were surprised or disappointed by it. It'll be an open, fun discussion," said Dopheide.

The documentary is expected to be released in either late 2025 or some time in 2026.

The Great Democracy Test takes place on Saturday, March 15 from 2 to 5 p.m. at the Gimli Farmers Hall on PR 231 and Road 17 East. The hall is near the Gimli Airport. Access to hall's parking lot is from

There are two ways to register for the free event: scan the QR code on the poster or call Kym Dopheide at (204) 330-6203.







EXPR€SS WEEKLY.DEWS



PUBLISHER Lana Meier



SALES Brett Mitchell



REPORTER/PHOTOGRAPHER Kieran Reime



REPORTER/PHOTOGRAPHER



ADMINISTRATION Corrie Sargent



REPORTER/PHOTOGRAPHER





DISTRIBUTION





Nicole Kapusta



ADMINISTRATION Jo-Anne Procter



ADMINISTRATION Allana Sawatzky



PRINT

OUR SISTER PUBLICATIONS Tribune Selkink Legord

STANDARD Voice

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

Allied health workers represented by MAHCP could strike March 7

By Patricia Barrett

Citing a bargaining impasse with the province for a new collective agreement, the Manitoba Association of Health Care Professionals said last week that its members could go on strike this Friday, March 7.

The strike notice follows a 96 per cent strike mandate approved in January by MAHCP members, who've been without a contract for 11 months. Contract negotiations had started in April 2024.

"A strike is the last resort for our members, but their workloads are still growing and more than 1,000 allied health positions are vacant," said MAHCP president Jason Linklater in a Feb. 28 statement posted on the union's website. "Allied health needs a strong and competitive contract to keep specialized professionals in Manitoba and recruit more."

MAHCP represents paramedics and laboratory staff who work in the Interlake-Eastern Regional Health Authority but who are employed by Shared Health.

In the event of a strike, essential

service agreements will be implemented to reduce the full impact of health-care disruptions. Shared Health employees working in the IERHA are part of those agreements. Other regions of the province Winnipeg, Churchill and Northern Health will also see essential services maintained should MAHCP go on strike.

MAHCP said it anticipates strike action would cause significant delays and



EXPRESS FILE PHOTO BY PATRICIA BARRETT

An ambulance in Selkirk is shown in 2018.

service disruptions across the province for a wide range of services including the following: non-emergent surgical procedures, non-emergent

lab and diagnostic testing, including MRI, CT, Ultrasound, PET, ECHO and EEG, radiation treatments at Cancertherapeutic/rehabilitation services in hospital and community (e.g., physiotherapy, occupational therapy and speech language pathology), patient discharge from emergency departments and medical units, home-care services, non-emergent patient transports, midwifery appointments with the exception of

late-term or immediate post-natal, as-

Canada

sessment and treatment for children with disabilities, and non-crisis mental health and addictions services.

In a member survey MAHCP carried out in December 2024, almost half of respondents reported a loss of staff in 2024, as well as members saying workloads had increased and morale had declined. Allied health staffing shortages are linking to rising wait times for diagnostic services

"The Manitoba government promised to fix health care and reset the relationship with the frontline," said Linklater. "An allied health strike would mean this government has failed on both fronts, and it would set Manitoba back for years to come. We still hope that a strike can be avoided and we remain ready to bargain."

Visit www.mahcp.ca for more information.

ADVERTISING OR PRINT CONTACT INFORMATION

Lana Meier 204-292-2128 ads@expressweeklynews.ca

PHONE 204-467-5836 FAX 204-467-2679

OUR EDITORIAL STAFF Patricia Barrett -Reporter/Photographer

"THE MANITOBA

PROMISED TO FIX

HEALTH CARE AND

RESET THE RELA-

TIONSHIP WITH

THE FRONTLINE."

GOVERNMENT

Cell 204-407-6099 patricia@expressweeklynews.ca

PAPER DELIVERY OR FLYER CONCERNS Christy Brown, Distribution Mgr.: 204-467-5836





This newspaper is supported 100% by advertising dollars. If you enjoy the paper and would like to see the newspaper grow and prosper visit any of the advertisers and businesses in our rural communities. - Keep reader - we connect people through stories to build stronger comm

> EMAIL US

Letters to the Editor: news@expressweeklynews.ca Classifieds: ads@expressweeklynews.ca News: news@expressweeklynews.ca Print: igraphic@mymts.net

ADDRESS

74 Patterson Drive, Stonewall Industrial Park Box 39, Stonewall, MB ROC 2Z0

Advertising Deadline: Monday 4:00 pm prior to Thursday Publication

View the Express Weekly News online at www.expressweeklynews.ca

Gimli RCMP seize drugs, guns from Sixth Avenue residence, three people facing charges

By Patricia Barrett

Gimli RCMP officers seized drugs and firearms from a residence on Sixth Avenue in Gimli in mid-February and charged three people with numerous weapons and trafficking offences.

One of the three individuals arrested, a woman, has now been released from custody and is facing a court date in mid-March.

The RCMP had executed a search warrant at the Sixth Avenue residence on Feb. 19 as part of an on-going investigation.

They found three firearms, all loaded, drugs that included oxycodone and cocaine, a scale, various drug paraphernalia and numerous cartons of illegal cigarettes.

Officers had arrested four occupants of the residence without incident, and one of the individuals was later released without charge.

"Kyle Harvey, 32, from RM Gimli has been charged with carrying concealed weapon and disobeying order of court x3. Charline Mulholland, 39, and Anthony Rodericks, 56, both from Gimli have been charged with numerous weapons and trafficking offences," states an RCMP Feb. 26 news release. "All three remain in custody. Another 33-year-old male that was arrested on scene was later

released without charge."

An RCMP spokesperson told the Express last week that the arrest was not gang-related and there's no danger to residents in the area.

"There is no danger to residents in the area where arrests were made, or to the community," said the spokesperson. "As always, we encourage residents to report anything suspicious in their community to the RCMP as we take all tips very seriously."

When asked if the firearms were registered to any of the individuals arrested at the scene, the spokesperson said two of the individuals charged face numerous weapons offences.

"Charline Mulholland is facing 12 offences, including unauthorized possession of prohibited weapon, possess firearm obtained by the commission of an offence. She was released on conditions with a court date of March 17, 2025," said the spokesperson. "Anthony Rodericks is facing 17 offences, including possession of weapon obtained by crime, and possession of a firearm when knowing possession unauthorized x3. He remains in custody in Winnipeg."

When asked about the origin of the firearms, the spokesperson said that's still under investigation.



EXPRESS PHOTO BY RCMP

Three guns, including a handgun, a variety of drugs including oxycodone and cocaine, illegal cigarettes and other items were seized by Gimli RCMP officers from a residence on Sixth Avenue in Gimli.

Clocks spring forward this Sunday for daylight savings

Daylight Saving Time goes into effect on Sunday, March 9, when clocks will "spring forward" by one hour beginning at 2 a.m. The shift will essentially make it darker in the early morning hours, while leaving one extra hour of light in the evening.

It also means that March 9 will only be 23 hours long, and you'll lose sleep if you have fixed times for waking up on the weekend. Regardless, you'll probably feel a bit discombobulated over the following days as you adjust to a different sunlight schedule.

Clocks are pushed ahead one hour in spring to what's commonly called "daylight saving time," an idea first used in Germany during the First World War with the goal of saving energy. It aims to take advantage of daylight hours in the spring so that people don't sleep through the first few hours of sunshine.

When the daylight period gets short-

er in the fall, the clocks are readjusted to the proper "local standard time."

Community Information Session

E. M. Crowe Memorial Hospital's **Emergency Room Renovation**

Come and speak with project leads to inform the renovation of E. M. Crowe Memorial Hospital's emergency room.

Thursday, March 6 1 p.m. to 7 p.m. **Eriksdale Recreation Centre,** #2-1st Ave.

Everyone welcome. Please contact info@ierha.ca with questions, concerns or accessibility needs.





Get a \$100 rebate on each qualifying window and door you install in your home.



Windows and doors must be:

- ENERGY STAR® certified
- At least triple pane glass (where applicable)





Visit efficiencyMB.ca/ windowsanddoors to learn more.

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.

Fraserwood celebrates 40 years of firefighters



EXPRESS PHOTO BY JENESSA KOHLER

The Fraserwood Fire Department celebrated 40 years of service on Feb. 8. The department would like to extend a huge thank you to our community, neighbouring communities, supporters, donors and attendees that made their Fireman's Ball a huge success! Thank you to the past and present members, as well their families that have put in tremendous effort to make the Fireman's Ball run smoothly since 1984.



EVERGREEN SCHOOL DIVISION'S KINDERGARTEN REGISTRATION for the 2025 – 2026 school year

Schools:

Arborg Early Middle School Riverton Early Middle School Sigurbjorg Stefansson School (Gimli) Winnipeg Beach School

Dates: March 10 - March 14, 2025 Times: 9:00am - 12:00pm and 1:00 - 3:00pm

Children born in 2020 are eligible for KINDERGARTEN

(Mondays to Fridays; full days)



Grilled Zucchini Nachos

get inspired



Prep time: 10 minutes Cook time: 20 minutes Servings: 2

1 clove garlic, minced

1 teaspoon lemon juice

2 teaspoons chopped, fresh rosemary

1/2 teaspoon honey

1/4 teaspoon salt

3 tablespoons panko breadcrumbs

3 tablespoons finely chopped walnuts

1 teaspoon olive oil

2 salmon fillets

Italian Crusted Salmon with Creamy Truffle Caesar Salad

nonstick cooking spray

1 bag (9.3 ounces) Fresh Express Twisted Caesar Creamy Truffle Caesar Chopped Kit Salad

2 lemon wedges (optional)

Heat oven to 425 F. Line sheet pan with parchment paper.

In small bowl, combine garlic, lemon juice, rosemary, honey and salt. In another small bowl, combine breadcrumbs, walnuts and olive oil.

Place salmon on prepared sheet pan. Spread mustard mixture over fish; sprinkle with panko mixture, pressing to adhere. Lightly coat with nonstick cooking spray.

Bake 12-15 minutes, or until fish flakes easily with fork.

Place greens from salad kit in large bowl. Drizzle with dressing; mix well.

Evenly divide salad among two plates. Top with salmon. Serve each with lemon wedge, if desired.

Prep time: 10 minutes Cook time: 8 minutes Servings: 4

4 medium zucchini, sliced into 1/4-inch thick rounds

1 tablespoon extra-virgin olive oil salt, to taste

pepper, to taste

1 cup cheddar cheese, shredded

1 bag (5 ounces) Fresh Express Sweet & Crunchy Salad Blend

1 cup canned corn, cooked and drained

1 cup canned black beans, rinsed and drained

1 cup tomato, diced

1/4 cup green onions

1/4 cup red onions



1 jalapeno, finely diced (optional) 1 avocado, diced

1 / 1 area silanten

1/4 cup cilantro, chopped

1 tablespoon sour cream

Heat grill to medium heat.

In large bowl, toss zucchini and olive oil to coat. Season with salt and pepper, to taste.

Place zucchini on grill pan; grill 4-5 minutes until just tender. Top zucchini with cheese and cook until cheese melts, 1-2 minutes.

Remove from grill and place on plate or large platter. Top cheesy grilled zucchini with salad blend; corn; black beans; tomato; green and red onions; jalapeno, if desired; avocado; cilantro; and sour cream.

Riverton Classic Ice Fishing Derby a reel success





EXPRESS PHOTOS SUBMITTED

The Riverton Classic Ice Fishing Derby, held on Feb. 17, raised \$16,000 to be split between the Riverton Transportation & Heritage Centre (RTHC) and Riverton Minor Hockey (RMH). Wayne Furgala, a derby committee member, presented a cheque for \$8,000 to Linda Wonton, a member of the RTHC. The funds will be directed toward maintenance and repairs. In the right photo, RMH president Ross Cooper accepts the \$8,000 donation from Furgala. These funds will be allocated for the athletes' registration fees, equipment and jerseys.



Follow our facebook page @Poplarfield Community Events **Lottery License #1224**

Everything you need to promote your business







Contact HR Team for more details. cv_mb@berger.ca

431 513-0060 x3803



Honouring Métis heritage across Evergreen School Division

By E Antonio

Throughout February, students in Evergreen School Division had multiple opportunities to celebrate Louis Riel and Métis culture in various ways. Kelly Milne, Indigenous education consultant for the division, explained that classrooms dedicated many hours to learning about who Louis Riel was, his contributions and how he played a crucial role in making Manitoba a province.

Students also had some fun when they got to learn steps to the Red River Jig and did Métis-inspired artwork.

Students in grades 5-8 from Winni-



were taught about significance of the Red River Métis sash, which was brought in by Kelly



EXPRESS PHOTOS SUBMITTED

Riverton Early Middle School students learned jigging steps to the tune of the Red River Jig.

peg Beach School also got to spend Feb. 20, where they enjoyed food, muthe day at Festival du Voyageur on

sic and exploration.



Arborg Early Middle School's land-based class learned a water song originally composed by Red River Métis artist Andrea Menard.





What's You'v story?

We want to hear from you.

The Express Weekly News connects people through stories to build stronger communities.

Do you know someone who has a unique hobby? Will be recognized by a local organization for volunteer service? A teacher that goes above and beyond? A hometown hero? A sports star? A business celebrating a milestone or expansion? A senior celebrating their 100th birthday? A young entrepreneur starting out?

Please share your story ideas at news@expressweeklynews.ca or Phone 204-467-5836





A Celebration of Community, Culture & Heritage

14th Edition March 7-9







GIMLI Ce festival

















LIVE ENTERTAINMENT BY PRAIRIE SOUL 8:00PM - 10:00PM SATURDAY, MARCH 8 A VIKING'S CHALLENGE - 6TH EDITION 8:30AM - 1:00PM KIWANIS PANCAKE BREAKFAST 9:00AM - 11:00AM AT GIMLI REC CENTRE \$2 WITH FESTIVAL PASS (\$7 WITHOUT PASS) **NEW ICELAND 150 PHOTO & CAMERA EXHIBITION** 10:00AM - 4:00PM FIRE ON ICE CAR RACING 10:00AM - 3:00PM PRACTICE FROM 10AM - 11AM RACING 12PM - 3PM ON THE LAKE **GIMLI METIS & EIWD - ARTISAN / VENDOR MARKET** 10:00AM - 4:00PM PAINT A COOLEY OR SNOWFLAKE CLAY CREATION 10:00AM - 4:00PM **FACE PAINTING & FESTIVAL MURAL CREATION** 11:00AM - 2:00PM WINTER SCREENING SERIES GIMLI INTERNATIONAL FILM FEST 11:00AM - 3:00PM HANDS OF LUGH VIKING AGE LIVING HISTORY REENA 11:00AM - 3:00PM BANNOCK & TEA / MAPLE SYRUP TAFFY ON A STICK 11:00AM - 3:00PM HARNESS DOG - WINTER SPORT DEMO 12:00PM - 1:30PM HORSE DRAWN WAGON RIDES 12:00PM - 3:00PM

FRIDAY, MARCH 7

NJOY TH

LIVE ENTERTAINMENT BY JERRY SEREDA

HOCKEY SKILLS COMPETITION

FROZEN FISH TOSS

AT GIMLI HARBOUR AFTER IJAM FIREWORKS!



1:00PM - 4:00PM

VARIABLE TIMES

6:30PM

7:00PM



ENTRE ST. - GET RIDE TICKETS AT VISITOR CENTRE

SALES & SERVICE LTD. 204-376-5233

Arborg, Manitoba Family Owned Servicing the Interlake for 58 Years!



EVENT SCHEDULE



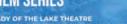




HARNESS DOG WINTER SPORT DEMONSTRATION



WINTER SCREENING







LEVERYONE!



CTORS













Dr. Chris Donald Dr. Kristin Cuthbert Dr. Lauren McCombe Dr. Dave Mabon

General Dentistry Implant Dentistry Denture Stabilization Orthodontics



Tel: 204.642.8393 www.lakeviewdentalgimli.com





Jim Muir REALTOR® 100% Personal Service Guaranteed!

Selling homes and cottages since 1983.

204-389-2384 Cell/Text: 204-981-6713











That's enough: stand back from the bully wanting to steal the king's realm in Canada

By Patricia Barrett

U.S. resident Donald Trump has been called all manner of things lately, from a "maniac" who's displaying "crazy, bonkers behaviour" (N.L. premier Andrew Furey), a man who's living in a "disinformation bubble" (Ukraine's president Volodymyr Zelenskyy) and a man who's "shock and awful" (American talk-show host Stephen Colbert).

Trump bullies everybody — countries, cities, states, the media and domestic and foreign leaders. And just when everybody thought Trump ran out of tricks to pull from his "shock and awful" close-up bag, they were compelled to watch a few more blood-curdling skits last week after Trump met with U.K. prime minister Keir Starmer and Zelenskyy.

After he gushed about Starmer's accent and acknowledged an invitation to tea with King Charles III, Trump told Starmer — during a live broadcast in the Oval Office — to, essentially, shut up about Canada, which Trump has repeatedly said he wants to make his 51st state.

Not that Starmer was defending Canada's sovereignty. Quite the contrary. It was generally agreed by pundits that Starmer threw Canada "under the bus" in order to appease the self-proclaimed king in the Oval Office rather than his own king, who also happens to be Canada's king. Starmer could have made a general statement about recognizing the sovereignty of other countries, but he instead reached into Trump's magic bag and turned a reporter into a toad.

REPORTER: "And for the prime minister [Starmer], did you discuss with president Trump his repeated statements of desire to annex Canada, and has the king [Charles III] expressed any concern over the president's apparent desire to remove one of his realms from his control?"

STARMER: "Look, we had a really good discussion, a productive discussion, a good discussion as a result of which our teams are going to be working together on an economic deal, our team is going to be working together on security in Ukraine. You mentioned Canada. I think you're trying to find a divide between us [Britain and U.S.A.] that doesn't exist. We're the closest of nations and we had very good discussions today but we didn't.'

TRUMP: "That's enough. Thank you."

STARMER: "-discuss Canada."

Then came more shock and awful last Friday with Ukraine's president who did not disrespect Trump and U.S. vice-president JD Vance when he rejected a U.S. cease fire agreement.



FILE PHOTO BY PATRICIA BARRETT

Pride in being Canadian was on display during a Canada Day parade in Gimli in 2018. Sherry-Benson Podolchuk and a friend carry the Maple Leaf through town.

Zelenskyy did something far worse: feel about Trump's threats to make he spoke truth to power.

That inflamed the Americans and their index fingers began to chop air. They belittled Zelenskyy, repeatedly interrupted and spoke over him, and demanded "respect" and a show of obsequiousness as though Zelenskyy were vassal to Trump's feudal lord.

Commentators in Canada, Europe and America said this unrelenting attack on a leader of another nation was "unprecedented" in American history, something they've never witnessed before from an American president. Russia expert Keir Giles of Chatham House told the CBC that what Trump and Vance subjected Zelenskyy to was "ritualized humiliation" and the "language of gangsters."

American congressman Moulton (Democrat, Mass.) was among those who condemned Trump, telling a Canadian media outlet that Trump doesn't represent American values, many in Congress are appalled by his behaviour, and Trump vis-à-vis the Russian invasion of Ukraine — is selling out to a communist dictator [Vladimir Putin].

Canadian and European leaders trod more delicately, making statements supporting Ukraine but failing to take Trump to task for his bullying behaviour.

And refraining from telling a bully he or she is a bully is a "normal" way of dealing with it, according to Gimli residents Sherry Benson-Podolchuk and David Podolchuk.

They're keeping a close eye on the action down south and globally and the way Canadian politicians are responding to Trump. They're also attuned to the way many people in the community and across the country Canada his own.

"Trump is an anomaly. Politicians - other than Putin and dictators don't behave this way," said Benson-Podolchuk last Thursday, with specific reference to Trump's silencing Starmer. "Oftentimes when you're dealing with a bully, you'll find people are afraid to say something because they don't want to rock the boat ... they don't want to make it worse for themselves. It's better to be swimming with the sharks than with the minnows. You can see this in Canada, with our politicians going down to the States to make nicey-nicey with Trump."

Benson-Podolchuk has lots of experience with bullies. She's a retired RCMP officer who dealt with 20 years of bullying, violence, threats and sexual harassment from her own police colleagues. She said she has finely tuned "bully meter" and Trump is off the charts.

She characterizes Trump as "insecure," as most bullies are. He's jealous of Canada's prime minister Justin Trudeau, a "good-looking guy," smart, a gentleman, can speak French, made Trump's wife and daughter go 'goo-goo" over him and "is everything Trump is not."

She thinks Trump muzzled Starmer because the topic of Canada is "very touchy" right now as Trump's losing faith in his ability to bully Canadians.

"He truly thought we'd roll over and say, 'Welcome to Canada. We'd be so happy to be American," she said. "This is best thing he's done for us. The majority of Canadians across religions, across cultures and across political affiliations — are united against him."

That's borne out by recent polls

showing a majority of everyday Canadians disliking Trump, and sadly given a century of close partnership with the U.S. — a good percentage are starting to view the U.S. as an enemy country.

A Leger poll conducted from Feb. 21 to 25 of senior Canadian business leaders showed 84 per cent of respondents worried about Trump's tariff threats against Canada, 79 per cent fearing that inflation could rise "significantly" here over the next six months and 51 per cent intending to decrease their investments in the U.S.

Benson-Podolchuk said bullying in the workplace gives rise to a culture of fear, where everyone shuts up and shuts down when they see someone else being bullied. That psychology is at work in the U.S. administration with all the "yes people" Trump has installed, and on the world stage where politicians feel it's too risky to tell Trump his bullying won't be toler-

"If you see something, say something. But workplace culture in the U.S. government is led by someone who's a bully and has toxic views. And nobody wants to say anything because they want to keep their jobs. Then there are the career politicians who'll do whatever they need to do to keep their jobs. I understand that," she said. "But there comes a point when you have to decide, 'What's the moral and ethical thing to do for my country?' To say nothing is to allow Trump to ruin democracy in America and harm the most vulnerable people. And it allows him to say things such as it's Ukraine's fault for the Russian invasion - I almost blew a gasket at that."

Bullies also typically overwhelm people to the point where they stop thinking clearly because they're "under all this pressure and fear," she said. Bullies want to destabilize, confuse and paralyse people. In Trump's case, he "moves so quicky that you're almost punch-drunk" and can't figure out "what the hell's happening." Trump has done this through a flurry of executive orders, his saying one thing then reversing course, demonizing people and countries, and through unpredictable, toxic com-

And like some ancient Roman emperors (Caligula springs to mind) there's also Trump's state of mind to

"I think the president might have a mental-health disorder and could be losing his mind. When he has a hate on for somebody, he has a hate on. He doesn't forgive and forget and

Continued on page 15

> TRUMP, FROM PG. 14

move on. He said before he became president that he would go after those who don't like him," said Benson-Po-

Many Canadians are feeling anxious living next to a country that has a powerful military and a hostile president, who they think could become vexed to the point of having American tanks mow down custom's agents at the Canada-U.S. border on their way north.

When did America last invade Canada? If we're talking physically, it was 1812, and on a smaller scale in 1866 with the first of the Fenian raids. It we're talking non-physically, well, the Americans are already here via Amazon, Facebook, McDonald's and a steady stream of movies steeped in values like guns, extreme violence, eye-for-an-eye righteousness and lack-of-accountability narratives. That Trump is so far out of touch with how to be a leader of a democratic country, and appears to be living in a Hollywood movie, is evident by an AI-generated video called "Trump

Gaza" that Trump co-opted and shared on social media.

It features a giant golden statue of Trump, belly-dancers, money falling from the heavens and Trump and Israeli prime minister Benjamin Netanyahu sipping cocktails and lounging shirtless on a beach in Gaza — a place Trump said he wants to "clean out" of its 2 million residents and turn in to a seaside resort. The video was a satire, its L.A.-based creators told media outlets, and they didn't want it to be used as fodder for Trump's "propaganda machine."

Benson-Podolchuk said it's "normal to panic" given the mayhem that's playing out daily down south and in the geopolitical sphere.

"Frightened is a good way to describe how many Canadians are feeling; 'Oh my gosh, we're only 40 million here and there's almost 400 million in the U.S. What could happen? Could Trump order the military to invade us?"" said Benson-Podolchuk. "He can say he can invade us, but they're not going to stream across the border and take us over. But we, nevertheless, have to stand up and show Trump we're not interested in joining America. We've never been interested, just like Denmark isn't interested in having Trump take over Greenland. And it's good to understand that the person who's talking about taking over countries is likely a

David Podolchuk said that because Canada is a NATO member (as is the U.S.A.), NATO countries would be obliged to come to Canada's defence should America invade us. That would happen through the triggering of NATO's Article 5, which states that an attack on one member is an attack on all.

NATO invoked Article 5 only once in its history, he said, after the Sept. 11, 2001, terrorist attack on the U.S. that saw hijacked airliners hitting the Pentagon in Washington, D.C., and the World Trade Center's twin towers in New York.

"People should pay attention to Trump's actions rather than his words. He never said he would militarily invade Canada; he said he'd try to economically annex us. One of his campaign platforms was to get America out of foreign wars and I don't think he'll start one," said Podolchuk. "It looks like he's given up on Greenland. Gaza said it doesn't want to be America's 51st state. What does he have left? Puerto Rico? It's already an American territory and I don't know if he and the Republicans even want it."

Benson-Podolchuk has some sound advice for people feeling unnerved about living next-door to an unstable neighbour.

"The idea is to stand back, take a deep breath and focus on a few things at time and analyze those. Then stand back again, analyze a few more things and wait for the dust to settle. He's going to keep saying stupid things every day," she said. "What you can do instead is take part in non-violent protests, send letters and emails [to Canada's political leaders] and support local and non-U.S. businesses by buying Canadian and European products. And speak up when you see bullying."

There are 1,419 days left (as of March 2) of Trump 2.0 and it looks as though we'll be speaking up on a daily basis.

Sponsored Content

Discover the Work in Manitoba job portal: **Connecting employers** and job seekers

Navigating the crowded job search landscape poses a similar challenge for job seekers and employers —finding the right match.

Enter Work in Manitoba.

This innovative platform, an initiative by the Manitoba government, offers a no-cost solution that connects employers with job seekers to fill vacancies and provide meaningful employment to Manitobans.

Over 114,000 job seekers from Manitoba and around the world have joined, with more than 1,800 Manitoba companies actively posting opportunities.

Efficient recruitment solutions for employers

Big Freight, a leading name in Manitoba's transportation sector based in Steinbach, uses Work in Manitoba to fulfill its hiring needs.



Economic Development Winnipeg's Talent and Workforce Development Coordinator, Alex Kirbyson, engaging with iob seekers at a career fair.

"Work in Manitoba has transformed our talent search," said Priscila Voloshyn, Big Freight's Senior Corporate Recruiter. "It's a game-changer for meeting our skilled labour needs efficiently. The portal's matching technology helped align the right candidates with our needs."

Work in Manitoba is administered by Economic Development Winnipeg (EDW). Ashley Dunlop, EDW's Director of Talent and Workforce Development stated, "Our goal is to be in the communities—working with our partners, talking to them about how we can use Work in Manitoba to address some serious hiring needs that we have across the province. We're traveling as far north as Thompson. We're traveling to Brandon. We're traveling around southern Manitoba, really engaging and working with both employers and job seekers to make the match."

Optimized job hunting for job seekers

The portal promotes skills-based hiring where candidates capture their skills, experience, education and career preferences. The system will match them with job postings that meet the required skills they have. So, rather than constantly checking new job postings, Work in Manitoba will tap them on the shoulder and encourage them to apply for a job.





Looking to hire or find your next job? Create your free profile today!

workinmanitoba.ca/hire





Gimli to participate in international event March 7

Submitted by Ingrid Roed

Kia Orana! That is the warm greeting to us in Gimli from the women of the Cook Islands who have prepared the material for the World Day of Prayer, 2025 under the theme "I Made You Wonderful."

On the first Friday of March every year, the Gimli World Day of Prayer joins women worldwide for this international tradition that has been flourishing for nearly 100 years. Last year over 1.5 million Christians speaking 90 different languages in 150 countries came together in spirit, uniting to learn about relevant issues affecting women and children.

This year, women of the Cook Islands have written the material for the service. The Cook Islands are a group of 15 islands in Polynesia in the South Pacific Ocean. This will be an amazing opportunity to learn more about life and customs of this distant

The World Day of Prayer is about far more than learning about life in another part of the world. Offerings collected at Canadian events are used to support critical projects across Canada and around the world.

A small example includes such projects as:

A \$3,500 World Day

of Prayer grant to provide backpacks The celebration begins at 2 p.m. and filled with new clothing and personal items for survivors of human trafficking and commercial sexual exploita-

A \$2,000 World Day of Prayer grant to help fund a program that empowered and supported 19 women seeking sobriety.

A \$5,000 World Day of Prayer grant to empower 30 immigrant women from Ukraine to become successful employment candidates in Canada.

The tradition continues in 2025. On March 7, Gimli Lutheran Church will host this year's World Day of Prayer. will be followed by a time of coffee and fellowship.

Leaders from St. Michael's, St. Benedict's, Sacred Heart, Bayview and Gimli Lutheran churches are all involved in organizing the event and everyone is welcome.

Links to World Day of Prayer videos, including the full service on You-Tube, can be found at wdpcanada.ca/ world-day-of-prayer-2025-videos/.

More information on projects supported by World Day of Prayer and stories of grant recipients can be found at wdpcanada.ca/grant-programs/grant-stories/.

SDOPTS&re

Manitoba teams will feature strong at this week's Montana's Brier

The 2025 Montana's Brier, Canada's national men's curling championship, is being held from Feb. 28 to March 9 at Prospera Place in Kelowna, British Columbia.

A total of 18 teams qualified for the 2025 Brier. The 14 Canadian curling member associations held play downs to determine who would represent their province or territory. Team Canada is then represented by Team Brad Gushue, who won the 2024 Montana's Brier. Then, the three prequalified wildcard spots were given to teams Brad Jacobs, Mike McEwen and Matt Dunstone.

The province of Manitoba will be well represented, as Granite's Reid Carruthers (B.J. Neufeld, Catlin Schneider, Connor Njegovan) and Fort Rouge's Matt Dunstone (Colton Lott of Winnipeg Beach, E.J. Harnden, Ryan Harnden) will be competing.

There is also an influx of import Manitobans who have parachuted into different provinces to compete at the Brier: Ryan Wiebe (Ontario), Ian McMillan (Northern Ontario), Dilello (Newfoundland and

Labrador), Sheldon Wettig (Nunavut) and Mike McEwen (Saskatchewan).

The 18 teams will play off in two pools of nine teams each. It is a full round-robin, and each team is guaranteed eight games. From there, the top three teams from each pool will advance to the playoff round, and eventually, it will get to a fourteam page playoff that wraps up with the championship final on Sunday evening.

Pool A features Kevin Koe (Alberta), Cameron De Jong (British Columbia), Brad Gushue (Canada), Reid Carruthers (Manitoba), Matt Dunstone (Manitoba), James Grattan (New Brunswick), Ty Dilello (Newfoundland and Labrador), John Epping (Northern Ontario), Shane Latimer (Nunavut).

Pool B features Brad Jacobs (Alberta), Aaron Bartling (Northwest Territories), Owen Purcell (Nova Scotia), Sam Mooibroek (Ontario), Tyler Smith (Prince Edward Island), Felix Asselin (Quebec), Rylan Kleiter (Saskatchewan), Mike McEwen (Saskatchewan), Thomas Scoffin (Yukon).

The winning team from this week's



EXPRESS PHOTO SUBMITTED BY TEAM DUNSTONE

Manitoba is well represented at the 2025 Montana's Brier this week in Kelowna, B.C.,, with a pair of teams. Pictured is Team Matt Dunstone of Manitoba. From left to right: Matt Dunstone, Colton Lott, E.J. Harnden and Ryan Harnden.

Brier will go on to represent Team Canada at the 2025 World Men's Curling Championship at Mosaic

Place in Moose Jaw, Sask., which will be held from March 29 to April 6.

Ice Dawgs ousted in close Game 3

By Kieran Reimer

The Arborg Ice Dawgs playoffs ended Tuesday after a hard-fought game three against the Lundar Falcons.

The Ice Dawgs outshot the Falcons 15-14 through 20 minutes, yet both sides remained scoreless after the opening frame.

The Falcons got on the board first in the second, but Arborg's Dainen Jacobson responded with a shorthanded goal later in the period.

Things remained deadlocked at one heading into the third. It remained a tie game until just under ten minutes into the third, the Falcons got one to

They then added another one with just over three minutes left to get some insurance in the form of a 3-1

The Ice Dawgs brought it within one with 20 seconds left on a goal from Brandon Burak but could not tie it in

the dying seconds as the Falcons took it 3-2.

Ice Dawgs Paxton Moore made 41 saves on 44 shots in the game.

With the loss, the Ice Dawgs season ends after the Falcons defeated them in three games.

The Falcons will move on to the Capital Region Junior Hockey League semi-finals.

Frozen family fun: The Jakabeks race into winter sports tradition on Manitoba's ice tracks

By Jeremiah Knight

Some families go camping or hiking. Others ski or snowshoe.

The Jakabeks race their cars on ice. Jessica Jakabek was nine when her father, Peter, joined the Winnipeg Sports Car Club's ice racing circuit in 2014. She was 13 when her mom, Marlene, started.

The Clandeboye family's weekends during the winter are spent with other thrill-seeking Manitobans who race around man-made tracks on icedover lakes across the province.

Up to 15 vehicles will cruise around a one-kilometre track for 10 minutes. Each class — studded, street safe and drift — will race four times in a day.

This season, the circuit has stopped in Beausejour, Winnipeg, St. Adolphe and Winnipeg Beach every other weekend since January. Racers have accumulated points toward the championship race in Gimli, which goes March 8-9.

The Jakabeks have always made it a special outing.

"It was a family event," Marlene said of the days when Peter raced alone. "At the time, we had a big RV, and I was bringing hot food, like slow cooker food. There was always about 20 of us at the race track; our friends and family would come and watch. So the kids would go, and we'd tag along, we'd be there for the whole

"And then when Peter and I raced... it was even more fun, like we had fun doing it and everybody had fun watching it."

Jessica's time behind the wheel was inevitable. Now 19, she's taken her dad's car for the season to join Marlene, who has made a return to the series for the first time in three years.

"I grew up around the track as a kid, and I always wanted to be in the race car. It was always my dream, I always thought about it, and then this year when we actually got the chance, I knew that I was doing it," said Jessica, who is the youngest driver to race this season.

"And I know there's not a lot of (female) ice race drivers, at least in this area it's just me an my mom, so I think that's pretty cool."

Jessica, one of four rookies, has raced against her mom twice so far, and they will do so again in Gimli. Jessica is not as competitive as Marlene — she's more focused on earning experience right now — but she doesn't want to finish last.

"It's been really good racing with my mom. I guess it's pretty cool to see her in the rear-view mirror when you're driving on the track, but, yeah, it's a really good feeling," she said.

Marlene has also enjoyed the shared



Jessica Jakabek, who has watched her parents race for since 2014, is in her first season and the youngest driver on the ice racing circuit.

experience with her daughter, but can't help her motherly instinct kicking in at times. She said the most nerving part is the start of each race, when cars haven't separated yet and there's more opportunity for Jessica to take a few bumps.

"It's been a lot of fun, although I'm nervous to have my kid on the ice. It is dangerous because you're going as fast as you can go, and you're going around those corners, and somebody can bump you, and you can be flying off the banks there and roll your car. I mean, we have cages and all that, we're secure in there, but it's been fun," Marlene said.

"I was a little nervous about Jessica racing... but you know what, she seems to be a natural at it."

Crashes are relatively rare in competition, though it's common to see a few spinouts into snowbanks. Tracks are 60 feet wide on straightaways and up to 80 feet wide in the corners.

There is also some training involved. A Class 5 licence is required, then prospective competitors must complete a separate course tailored to race etiquette. There are also veteran drivers at each event available to mentor

In the most competitive class, studded, drivers race on studded tires designed for traction on ice and can reach speeds up to 120 km/hr. The drift class is the most recreational level and where many novice drivers start, as they can race with their street

Tim Gordienko, one of the most experienced drivers at 66 years old, has competed in every class but currently races in the street safe class, reaching speeds up to 80 km/hr. Gordienko has raced in the local series since 1982 and, along with his wife, Gloria, has



EXPRESS PHOTOS SUBMITTED

Tim Gordienko has raced with the Winnipeg Sports Car Club for over 40 years, while his wife, Gloria, has volunteered for just as long.

become an important volunteer and an advocate for the niche sport.

"It's very affordable racing," said Gordienko, a Stonewall resident who has raced at the Lac La Biche Winter Festival of Speed in Alberta.

"It's a very easy sport to get into. We'll mentor you in. We have a number of veteran drivers that come back every year, and if you want to get involved, you call Winnipeg Sports Car Club and you come out to the event."

Gordienko said the participation numbers have ebbed and flowed for years, but they always manage to put a few cars on the track. Frigid temperatures can also impact numbers.

The harsh weather days haven't deterred Ryan Lysak of Woodlands, who is in his third season in the studded class and fourth season overall. A heavy diesel mechanic by trade, Lysak was hooked on the sport after helping his friend fix up a car on a race day.

"It's just a different kind of racing when you're on the ice. It's not your typical racing line, you end up going sideways around the corners, you hit really high speeds. Pretty much when you're racing out there, you're redlining every gear and you go into the corners with some really good force," Lysak said.

"The whole thing's really good, and there's some really good competitors out there that we have fun racing with. Good, tight racing, as well. So that's always fun when you get to play around and chase someone

Lysak's hobby usually draws a few questions when he tells others about

"A lot of it is, 'Are you a little crazy?' And I usually respond, 'Yes,' but there's a lot of safety involved in it



Ryan Lysak (No. 05) has raced in the studded class for three seasons.

and since I've started racing, I've gotten a lot of friends to come out and watch, and they always have a very good time," he said.

"It's high-speed entertainment at its finest, and there's always a chance that someone's going to go into the snowbank."

Marlene has chased down plenty of cars, winning a race in 2019 and medalling at two others, while Jessica hopes to catch a few more before her inaugural season ends.

Perhaps there's even a day when Peter will rejoin the circuit. It would make for yet another special day of ice racing for the Jakabeks.

"It's been really good," Jessica said. "Obviously, I'm not getting a lot of points or anything, but just the feeling of being behind the wheel, of being on the track with all of those guys, is a really good feeling, and I know this I something that I'm going to want to continue for a very long time."

Sportste > OUTSIDE > UPSIDE DOWN

Lightning Report: U18s set for rematch with Winnipeg Wild

By Kieran Reimer

The Interlake Lightning are set to face a familiar opponent in the Manitoba Hockey League playoffs. After securing seventh place in the regular season, the Lightning will go up against the second-place Winnipeg Wild in a rematch of last year's first-round series.

The best-of-five series began on Saturday night, with the Wild coming off an impressive regular season, taking Game 1, 7-0 at the Hockey For All Centre.

The Lightning will aim to respond in game two on home ice at Teulon-Rockwood Arena on Tuesday, March 4.

Lightning head coach Aaron Kaatz spoke ahead of the series about the need to shutdown the Wild's offence that led the league with 236 goals in the regular season.

"We know they are a quick strike team," said Kaatz on Saturday morning. "If you give them odd man numbers advantages in situations they will capitalize so we have to avoid giving them those odd man situations such as two on one's and three on two's."

Despite Game 1 not going as planned, the Lightning have demonstrated resilience throughout the season. They qualified for the postseason by winning five of their last six regular-season games, finishing with a 7-3 victory over the Yellowhead Chiefs on Sunday, Feb. 23, after overcoming a 2-0 deficit in the first period.

Kaatz also reflected on that final regular season game, stating, "They were able to explode offensively in the later half of the periods, which was nice to be able to see that they can bounce back. Even if they do get down they are willing to work and even if a team scores we'll go out there the next shift and try to get it back, which they were able to do."

UPCOMING PLAYOFF GAMES:

Game 2: Tuesday, March 4, 7:30 p.m. at Teulon-Rockwood Arena

Game 3: Wednesday, March 5, 7:15 p.m. at Hockey For All Centre

Game 4: Friday, March 7, 7:30 p.m. at Teulon-Rockwood Arena (if necessary)

Game 5: Sunday, March 9, 2:30 p.m. at Hockey For All Centre (if necessary)

The **U13 AA Female Interlake Lightning** defeated Brandon 3-2 on Tuesday, lost 5-1 to the Rangers on Wednesday, defeated Pembina Valley 3-1 on Saturday and defeated the Predators 2-0 on Sunday. They currently sit second in the Pool B Playoffs with a 3-1 record.

Upcoming Playoff Games: Schedule TBA

The **U13 AA Male Interlake Lightning** lost 2-1 to the Winnipeg Bruins Brown on Saturday and lost 3-2 to the Winnipeg Bruins Black on Sunday, both in playoff action. They currently sit fourth in the B Pool Playoffs with an 0-2 record.

Upcoming Playoff Games: Thursday, March 6 vs Kenora Thistles, 6 p.m. at St. Vital Centennial Arena; Saturday, March 8 vs Winnipeg Wild Green, 3:50 p.m. at Dakota Community Centre

The **U15 AA Male Interlake Lightning** defeated the Winnipeg Wild Red 6-3 in their first playoff game on Saturday. They currently sit tied for first in the U15 B Side Playoffs with a 1-0 record.

Upcoming Playoff Games: Wednesday, March 5 vs Winnipeg Bruins Brown, 6:45 p.m. at East End Arena; Saturday, March 8 vs Winnipeg Bruins Gold, 3 p.m. at East End Arena;



EXPRESS PHOTO BY LANA MEIER

Interlake's Kane Manningway has 14 points in regular season play and a goal and an assist in playoffs with the U15 AAA Lightning team.

Sunday, March 9 vs Winnipeg Thrashers Blue, 4:30 p.m. at East End Arena; Monday, March 10 vs Winnipeg Bruins White, 8:15 p.m. at East End Arena

The **U15 AAA Female Interlake Lightning** lost 6-1 to the Eastman Selects in Game 1 of their round one best of three series on Saturday night. The Selects lead the series 1-0.

Upcoming Playoff Games: Game 2: Friday, March 7 vs Eastman Selects, 7:15 p.m. at Veterans Memorial Sports Complex; Game 3: Sunday, March 9 at Eastman Selects, 7 p.m. at Ste. Agathe Arena

The U15 AAA Male Interlake Lightning defeated the Central Plains Capitals 3-2 on Wednesday night, lost 4-3 to the Winnipeg Thrashers Blue on Friday night and lost 7-3 to the Winnipeg Thrashers White on Sunday night, all in playoff action. They currently sit tied for third in the U15 B

Side Playoffs with a 1-2 record.

Upcoming Playoff Games: Tuesday, March 4 at Parkland Rangers, 7 p.m. at McCreary Centennial Arena; Thursday, March 6 vs Yellowhead Chiefs, 7 p.m. at Arborg & District Arena; Sunday, March 9 vs Norman North Stars, 10:45 a.m. at Access Credit Union Arena

The **U17 AAA Male Interlake Lightning** were eliminated from the playoffs after losing their quarterfinal series 3-0 to the Brandon Wheat Kings. The Lightning lost game three by a score of 3-1 on Sunday in Stonewall.

The **U18 AAA Female Interlake Lightning** were eliminated from the playoffs after losing their quarterfinal series 3-0 to the Eastman Selects. The Lightning lost Game 3 by a score of 4-0 on Tuesday night in Niverville.

Falcons to compete for spot in CRJHL finals

By Kieran Reimei

The Lundar Falcons are advancing to the semi-finals of the Capital Region Junior Hockey League after defeating the Arborg Ice Dawgs in three games during the quarterfinals.

The Falcons won the first two games decisively, with scores of 6-0 and 5-1, before finishing the series with a tightly contested 3-2 victory in Game

3.

In Tuesday night's decisive game, Riley Zdan scored to give the Falcons a 3-1 lead with just over three minutes left in the third period. The Ice Dawgs managed to pull one back in the dying seconds, narrowing the score to 3-2, but the Falcons held on for the win.

Ryan Benson and Dylan Vitelli

scored the Falcons' other two goals, while goaltender Kennedy Kerr made 34 saves to secure the victory.

The Falcons will now prepare for a best-of-seven semi-final series against the Beausejour Comets, with a spot in the CRJHL finals on the line. In the other semi-final matchup, the St. Malo Warriors will face the Selkirk Fishermen.

UPCOMING GAMES:

- Game 1: Friday, March 7, 8 p.m. at Sun Gro Centre
- Game 2: Sunday, March 9, 7:30 p.m. at Lundar Arena
- Game 3: Monday, March 10, 8 p.m. at Sun Gro Centre

Classifieds



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

SCRAP METAL

Buyer for all farmyard machinery and autos. No item too large! Best prices paid, cash in hand. Phone Alf at 204-461-1649.

SCRAP BUYING METAL. CARS. TRACTORS, COMBINES, FARM SCRAP, ANY METAL MATERIAL, ANY FARM MACHINERY. LONNIE AT 204-886-3407 LVE. MESSAGE OR CELL AT 204-861-

AUTOS

2007 Nissan Frontier crew cab. 300+ K, 4x4, excellent tires, new battery, some rust. Engine needs work. For parts or repair, As is. \$2000, negotiable. Bob 204-642-Call 2787.

APARTMENT FOR RENT

Tollak Place has 1 & 2 bedroom suites, located at 40 Eveline Street. **Spacious** with F/S. suites, A/C. storage areas and large balconies: utilities are included. parking is extra. Tollak 2 is a 55 plus bldg., river view apts, with central air, F/S, DW & microwave; large storage area off the kitchen and a balcony; utilities and parking extra. Call the onsite 204-482-2751 for AVAILABILITY.

HAY FOR SALE

Round hardcore bales, 1st & 2nd cut, alfalfa & brome grass. Call 204-461-0722.

MANITOBA'S **LARGEST RECORD** & MUSIC SALE SUN, Mar 16th 2025 10 AM - 4 PM

Over 90 tables of records tapes, CDs, posters, books & memorabilia.

Admission \$5,00

12 and under FREE

Caboto Centre 1055 Wilkes Ave., Winnipeg

Early (8AM) admission \$30.00

For info: 204-990-3463 or 431-374-6925

HELP WANTED

Two Grooms for 2024 season at Assiniboia Downs. Horse experience helpful. Call Carl 431-335-3049.

time Full cashier needed at Teulon Esso. Apply within or email resume to: 7service@mvmts.net attn: Dave or Ann or call 204-886-3777.

WANTED

Firearms wanted. Looking for all unwanted firearms. Fully licensed for both non-restricted and restricted. Anywhere from individual items to estates. Cash buyer, paying top dollar. Please call or text Adam at 204-795-

FINANCIAL SERVICES

Private mortgage lender. All real estate types considered. No credit checks done. Deal direct with lender and get quick approval. Toll free 1-866-405-1228 www.firstand secondmortgages.ca

NOTICES

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

CAUGHT YOU LOOKING! NEED DRIVERS? CLASS 1 SEASONAL SELLING HIRING? SOMETHING? Jump on our great advertising prices and start getting responses! Book your blanket classified ads. seen in the 31 Member Newspapers which are seen in over 368,000+ homes in Manitoba. Please call 204-467-5836 or MCNA at 204-947-1691 or to more details book ads. MCNA Manitoba Community Newspapers -Association. www mcna.com

FARMLAND FOR SALE

IN LEDWYN AREA SW-34-23-3E

160 Open Acres **Underseeded to Timothy Contract Available**

Call Al 204-364-2383 or 204-642-2084



204-376-2386 We're Hiring!

Come join our team!

HVAC/GAS FITTER/REFRIGERATION **TECHNICIAN**

Job Description:

- Possess a valid Class 5 Drivers Licence
- Good Public Relations
- Perform service calls (commercial & residential)
- Troubleshoot and repair HVAC systems including boilers, commercial coolers, Electric/Gas/ **Geothermal Furnaces**

Please email your resume to: ventrix@mymts.net

HEALTH

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

€XPR€SS 204-467-5836

WANTED

COIN COLLECTIONS CASH FOR COIN COLLECTIONS & ACCUMULATIONS OF COINS! ROYAL CANADIAN MINT COINS, OLD COINS, OLD PAPER MONEY, SILVER COINS, GOLD COINS, RARE COINS ETC. stimulate Also buying all Silver, cell

Gold, Nuggets, Scrap, Coins, Old Jewelry, Bullion, Ingots, Sterling Silver, Old Quality Watches working or not, Rolex, Omega ++

> Todd 204-904-9705

Please support our advertisers



Fisher Branch Care-A-Lot **For Tots** is Hiring

Are you looking for a great job and career opportunity?

We are looking for a new team member to assist our ECE's and CCA's implementing an amazing program for our children Job details include: Playing, fun, dancing, learning plus much much more! Must be 18 yrs. of age, energetic, reliable and willing to learn Competitive wages, employee benefits and pension plan.

Closing Date: Friday March 21, 2025 Please send resume to carealot@mymts.net or contact Mandy @ 204-333-1416

Interlake

FARMERS AND **RANCHERS**

Plan to attend the Bred Cow and Heifer Sale

Saturday, March 15, 2025 at the **Ashern Auction Mart** Starting at 1 PM

Complete Dispersal Sale for LARRY RUSSELL

Horned Herefords bred to Horned Hereford bulls Full Health program

Please contact Kirk Kiesman at 204-768-0019 for more information This sale is open to all consignors Call Larry Kornelsen at 204-494-0455, Tyler Slawinski at 204-672-0450 To book your cattle

Updates will be posted on facebook and on our website: ashernauctionmart.com For further information contact: Ashern Auction Mart - 204-768-2360

License #1128

Other medical conditions causing TROUBLE WALKING or DRESSING?

Credit allows for \$2,500 yearly tax credit and refund.

HIP/KNEE Replacement?

The Disability Tax \$20,000 Lump sum

refund Nationwide!

Expert Help: 204-453-5372

*Marine *RV & more Shipping/Delivery avail.

Apply NOW; quickest

BATTERIES FOR EVERYTHING! 50,000 BATTERIES IN STOCK

*Auto *Farm *Truck *Construction *ATV *Motorcycle *Golf Carts *Rechargeables *Tools *Computers *Medical *All phones *Chargers

THE BATTERY MAN 1390 St. James St.

Winnipeg TF 1-877-775-8271 www.batteryman.ca

Online McSherry Auctions

Estate & Moving

March 12th @ 7:00PM Featuring Coins & Paper Money

Estate & Moving

March 19th @ 7:00PM

McSherryAuction.com 204-467-1858 or 204-886-7027 mcsherryltd@gmail.com

Providing full time

legal service to

families and small

businesses in

Gimli and the

Baker Law

CORPORATION

Baker Law Corporation is hiring a Legal Assistant

for an interesting and challenging position in our busy law practice.

Please submit your resumé to hiring@bakerlawcorp.ca

Grant D. Baker

Barrister, Solicitor and Notary

72 Centre Street, Gimli, MB

Interlake. Our office is open 8:30 am - 5:30 pm Mon to Thurs

204-642-8681 or 1-866-487-5688

RURAL MUNICIPALITY OF GRAHAMDALE UNDER THE AUTHORITY OF THE PLANNING ACT NOTICE OF PUBLIC HEARING

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

THE RURAL MUNICIPALITY OF GRAHAMDALE BY-LAW NO 1091-2025 Being a BYLAW TO AMENDMENT TO THE RURAL MUNICIPALITY OF GRAHAMDALE DEVELOPMENT PLAN BY-LAW NO 1055/2022, and AMENDMENTS THERETO:

HEARING LOCATION:

The RM of Grahamdale Council Chambers, 23 Government Road, Moosehorn, Mb

DATE & TIME:

March 27th, 2025 at 2:00 p.m.

GENERAL INTENT: To re-designate Part of the SE 1/4 11-29-10W in the Rural Municipality of Grahamdale as shown outlined in a heavy dashed line on the map below, from "Parks, Recreation and Open Space Area" to "Lake Residential Area" to accommodate approximately a 47 lot subdivision

AREA AFFECTED: SE 1/4 11-29-10W, Steep Rock, Manitoba in the RM of Grahamdale

FOR INFORMATION CONTACT:

Cherie Millar, Office Administrator, Western Interlake Planning District Box 269. St. Laurent, MB R0C 2S0,

(204) 646-2615, Fax: (204) 646-4150, Email: wipd@mymts.net



News Tips? call the Express 204-467-5836



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



NOTICE OF REGISTRATION OF PROSPECTIVE CANDIDATE FOR A MUNICIPAL BY-ELECTION **R.M. OF WEST INTERLAKE**

Please be advised that a municipal by-election will be held on Friday May 2nd, 2025 for the office of

COUNCILLOR WARD 1

To obtain a registration form contact the Senior Election Official at:

Myrna Little, SEO Cell 1-204-941-0156 Office: 204-739-2666 Email: seo@rmofwestinterlake.com

Dated at Eriksdale, MB this 20th day of February 2025

Myrna Little Senior Election Official RM of West Interlake



EMPLOYMENT OPPORTUNITY

Instructor, Electrical Program **Location: Peguis First Nation Part-time Term**

Requisition #: 00379 Closing Date: March 11, 2025

To view this and other employment opportunities, visit rrc.ca/employment.

We thank all applicants for their interest, but only those selected for an interview will be contacted.



204-376-2386 We're Hiring!

Come join our team!

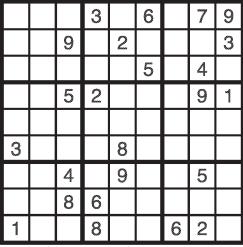
CERTIFIED PLUMBER

Job Description:

Troubleshooting, Repairs & Service to Plumbing Systems, Deep Well Pumps, Jet Pumps, Hot Water Tanks-Electric & Gas Electric & Gas Boilers

Please email your resume to: ventrix@mymts.net

take a break > GAMES

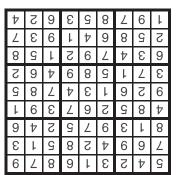


Fun By The Numbers

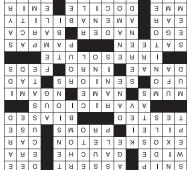
Like puzzles? Then you'll love sudoku. This mind-bending puzzle will have you hooked from the moment you square off, so sharpen your pencil and put vour sudoku savvy to the test!

Here's How It Works:

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







Crossword Answer

CROSSWOR

CLUES ACROSS

- 1. Cut a little bit off
- 5. State with confidence
- 11. River in NE Scotland
- 14. Not narrow
- 15. Lacking social polish
- 16. Amount of time
- 17. Frame
- 19. Automobile
- 20. Toadstools
- 21. High school dances
- 22. Utilize
- 23. Challenged
- 25. One-sided
- 27. Showing extreme greed
- 31. Potted plants
- 34. Everyone has one
- 35. Lake in Botswana
- 38. E.T. rode in one
- 39. Juniors' parents
- 41. Small amount
- 42. Mother of Perseus 44. Ornamental box
- 45. Gov't investigators
- 46. Uncertain
- 49. A cotton fabric with a satiny finish
- 51. The vast grassy plains in S. America
- 55. Your consciousness of your own identity
- 56. Noted consumer advocate
- 60. Spanish sports club
- 61. Body part
- 62. Tractability
- 64. Woman (French)
- 65. Ready and willing to be taught

CLUES DOWN

- 1. Brushed aside
- 2. Water sprite
- 3. Ones to look up to
- 4. Monetary units

- 19 20 23 42 62 64 65
 - 5. A number everyone has
 - 6. Marine invertebrate
 - 7. One who takes you to court
 - 8. Indicates outer
 - 9. Parallelograms
 - 10. Strains
 - 11. Cross
 - 12. A way to remove
 - 13. Some pages are dog-__
 - 18. Ukraine city
 - 24. A citizen of Denmark
 - 26. Summer month (abbr.)
 - 28. Hindu queens
 - 29. Jewelry brand
 - 30. Fictional rider of Rohan
 - 31. Wet dirt
 - 32. Russian city
 - 33. Observed
 - 36. Furious
 - 37. Drivers' licenses

- 39. Musical composition
- 40. Auction
- 43. They _
- 45. Women 47. Inspire with love
- 48. Japanese ankle sock
- 49. Appears
- 50. Old World lizard
- 52. The leading performer
- 53. Type of protein
- 54. Pennsylvania town
- 57. Art __: around 1920
- 58. __ Blyton, children's author
- 59. Abnormal breathing
- 63. A place to sleep
- 66. Muslim ruler title
- 67. Depressed
- 68. Gradually gave way
- 69. Clear-thinking

Classifieds



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

Registered Purebred Polled 2 Year Old and Yearling

CHAROLAIS BULLS FOR SALE

We have a good selection of quality bulls. Will be semen tested. Delivery & EPD's available.

For more information call Ken at (204) 376-2418 (land line) or Text to (204) 641-3788 KLCC Charolais, Arborg

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

NOTICE TO CREDITORS

IN THE MATTER OF: The Estate of EUNICE EVELYN DYCK, late of Gunton, in Manitoba, Deceased.

All claims against the above noted estate duly verified by Statutory Declaration, must be filed with the undersigned at their offices, 2200-201 Portage Avenue, Winnipeg, Manitoba, R3B 3L3 (Attention: DAVID C. KING), on or before the 7th day of April, 2025.

DATED this 6th day of March, 2025.

TAYLOR McCAFFREY LLP

Solicitor for the Executrices of the Estate

EMPLOYMENT

- CHEF OR EXPERIENCED COOK
 CASHIER BARTENDER
 MANAGER
- KARAOKE DJ WANTED (equipment supplied)
 Full-time Seasonal Positions Living Quarters
 -Above Average Wages



Contact Irv for more details.
Email: office@narrowssunsetlodge.com
Phone 204-981-2831
or 204-467-8507





March, 2025.

Response Builder Advertising WORKS!

mcna

- GET SEEN by over 360,000 Manitoba Homes!
- Create instant top of mind awareness
- Showcase your info, business, product, job, announcements or event
- We format it, to make it look great!
- Starting at \$239.00 (includes 35 lines of space)
- The ads blanket the province and run in MCNA's 31 Manitoba community newspapers
- Very cost effective means of getting your message out to the widest possible audience

Contact this newspaper NOW or MCNA at 204.947.1691 or email classified@mcna.com

www.mcna.com

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

Career Opportunity



INTERLAKE CONSUMERS CO-OP NOW HIRING BULK FUEL DRIVER

Truck will be based out of Arborg, MB Full-time/Part-time available

Will be responsible for the deliveries and the day-to-day operations of the Interlake Co-op bulk fuel trucks as part of the fuel delivery team:

Successful Candidate must have:

- Class 3 License with Air
- Align actions & behaviours with the Interlake Co-ops values, vision, mission statements
- Product processing/development, pricing & packaging
- Sound education/driving background
- Good communication, interpersonal and organizational skills
- Demonstrate the ability to work independently and as part of a team
- Must be physically fit and capable of lifting 50 lbs
- Assist with office clerk duties as required
- May work longer than 8-hour days depending on seasonal demand, including weekends

We Offer:

- Competitive Salaries
- Staff purchase incentive program
- Excellent pension plan
- Extensive Employee In-house Training Programs
- Excellent Work Environment
- Flexible hours work environment
- Referral incentive program

Please forward cover letter, resume, questions to:

Anthony Masiak

Bulk Fuel Manager Interlake Consumers Co-op Or fuel@interlake.crs, 204-376-5201 office, 204-642-2343 cell

We thank everyone for applying, but only those selected for an interview will be contacted.

Join Our Team!

CLANDEBOYE AVE in Selkirk EXECUTIVE Mall OFFICE SPACE FOR LEASE Property Features

Total square Footage 1700, includes eight offices of various sizes, a board room and a front reception area. Current tenants include the local newspaper, an accountant, two massage therapists, a women's gym and the local Chamber of Commerce. The building was recently upgraded. Both the reception and board room are shared. Currently one office is available for lease.

For information please contact: BIG Real Estate 204-485-0010 email bigandcolourful@mts.net

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

Classifieds Announcements Expression



CARD OF THANKS



family of Vernon Dueck would like to sincerely thank the staff at the Arborg Personal Care Home for the loving care and support they provided Vernon during his time there. The kindness, compassion and patience they have for their residents is truly appreciated.

IN MEMORIAM

Ed Sielski

December 7, 1918 - March 8, 1996 Wonderful memories woven in gold, This is a picture we tenderly hold; Deep in our hearts, memories are kept, To love, to cherish, to never forget.

-With love, Olive and family

BRIDAL SHOWER

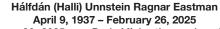


Bridal Shower in Honour of Ciara Stanowski March 8th, 2025 at 1 p.m. **Arborg Bifrost Community Center** Registered at Arborg Home Hardware and myregistry.com Costco and Home Depot Gift Cards encouraged Social Evening to follow - Hope to see you there!

Everything you need to promote your business



Graphics Call Today! 467-5836



On February 26, 2025, our Dad, Afí, brother and uncle, Hálfdán (Halli) Eastman, passed away peacefully in Arborg at the age of 87 with family by his side. As Dad has always done, he decided when it was time to go and once he made up his mind about something, he was anxious to get it done. We will miss Dad deeply, but knowing he is laughing with Mom again brings us peace.

Halli is lovingly remembered by his daughter Audra (Andy Szczepanik), son Jason, grandsons Alerik and Aulden Szczepanik, and brother Robert Eastman.

Halli was predeceased by his beloved wife Judy, parents Hálfdán and Una Eastman, and his siblings Guðlaug (Kris Johnson), Dóri (Doreen), Anna (Victor Eastman), Gísli (Deanna), Carol (Billy Bell), Herb, and Olive (Roy Code). Halli is survived and remembered

fondly by his large extended family.

Halli was born on the family farm near Hecla and spoke only Icelandic until he went to school. In later years, he would speak Icelandic to us out of the blue and it always led to a lesson in

Dad was fascinated with machinery from the time he was a toddler. Before the Hecla causeway was built, the farm served as a stopping place for travellers crossing the lake. Dad was a curious child and as a young boy, he got into trouble for taking apart the motor of a visitor's small airplane while they'd stopped to rest. Dad always loved to tinker.

Dad completed Grade 7 at the one room Woodglen School House. In his teens, he hauled winter freight on Lake Winnipeg and worked at the sawmill near Loon Straits. Dad came from a musical family, and while he was often quiet, a highlight for us was hearing him sing harmony with his siblings for their Mom on her birthday. Dad would often break into song when he thought no one was listening. It always made us smile.

Dad met Mom at a hockey game in Riverton and it was a life changing event. They married in 1966 and spent 48 years together until Mom's passing in 2014. Our favourite memories are of the two of them laughing to the point of tears while Dad shared some story. Dad's love of big machines led him to work in heavy construction throughout Manitoba and Saskatchewan; for Erickson, Panteluk, Brodsky, and Munro Construction. Dad was 70 when we learned he was also a pretty good carpenter, and whenever we are at our family cottage, we remember Mom and Dad with love. Dad was happiest when driving and spent his later years on the lawn tractor whenever he could.

We extend our sincere gratitude to all the health care workers at both the Gimli and Arborg District Hospitals, Arborg Homecare, and the Arborg Personal Care Home for their gentle care of our Dad. We also want to say a special thank you to Dad's many good neighbours. Your friendship and kindness towards Dad will always be remembered.

As per Dad's wishes, there will be no formal funeral. We love you Dad, thank you for everything. Rest easy Elskan.

Góða Nótt Pabbi minn

OBITUARY

Hallie Fastman

It is with great sadness we are left to mourn Halli Eastman. Sadly we weren't given a lot of time with you, but the little bit we were able to see you, we will cherish always.

-Love your son Gator, daughter-in-law Gail, your grandchildren Tawny (Thor) and Riley, and your great-grandsons Santiago and Riley

Your memory will live forever Engraved within our hearts



See Us for Everything you need to promote your business

- Flyers
- Brochures
- Business cards
- Stickers
- Window decals
- Social tickets
- Door hangers
- Letterhead
- Envelopes
- Invoices

- Estimate sheets
- Posters
- Memo pads
- Post cards
- Presentation Folders



Call 204-785-1618

OBITUARY

Robert Lloyd Millar May 25, 1943 - February 18, 2025

With great sadness the family announces the sudden passing of Robert Lloyd Millar, our beloved dad, brother, gramps and greatgrandpa on February 18, 2025 at the age of 81.

Bob was predeceased by his cherished wife Marlene, muchloved son Russ, his parents, Jim and Agnes Millar, and siblings: Ollie, Arla, Arnold, Angus, Ray and Alice.

Bob was raised in Harperville, Manitoba and married the love of his life Marlene Mason on September 23, 1961. Dad will be deeply missed by his children, grandchildren, and great-grandchildren son: Mitch and Julie, Marri and Leif, Jenna and Braden (Arlo, Mickey), Lannea and Devan; son: Bobe and Joanne, Richard, Dennis and Katie (Macie), Derek and Jenna, Chad and Alex; daughter: Theresa and Stuart, Jackie and Rocky (Malory, Leonidas,

Carly, Vanessa, Maximus), Shawn (Leighton, Brittin, Everly), Curtis and Sharmanda (Annaleigh), Jason and Erinn, Austin and Mackenzie, Tyson, Avery; son: Tim and Sandra, Heidi. Also mourning his loss are his sisters Grace and Bernice (Louis), brother-in-law Ken (Sylvia), numerous nieces and nephews, as well as many long-time friends.

Mum and Dad had a wonderful marriage, and their strong bond of love was felt by each family member. They were always together, often surrounded by family and friends around the kitchen table. They had mutual interests which included their passion for horses and travelled often to the World Horse Show in Oklahoma. Their strong work ethic was evident on the farm and while running the Oak Point Chalet. In recent years, Dad enjoyed weekend car shows throughout the province and tinkering in his garage with a particular interest in his 1930 Ford Model A. He occasionally strummed on his guitar; it was a real treat when he did this with his brother Ray. Dad appreciated the time spent with his family over a meal or a joyful celebration. He was a respected Oak Point community member, attending various community events and supporting folks who needed his help. He loved his grandchildren, and they enjoyed discussing and laughing about his many 'grampa-isms' with each other.

Dad lost a little bit of himself when Mum died. As part of his will, on a piece of paper, in his beautiful penmanship, he made a very special request. Dad stated that it was important to have his ashes and Mum's ashes placed in the same urn so that they would be together forever.

A Celebration of Life will be held on Saturday, April 5th at 2:00 p.m. at the Oak Point Hall in Oak Point, Manitoba.

If desired, donations may be made to the Heart and Stroke Foundation

KEN LOEHMER 204-886-0404

Classifieds Announcements



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

Ask the money lady

Dear Money Lady Readers: I was speaking at a Toronto event a few months ago to about 600+ seniors and was chatting with a lovely lady after the event that was telling me how much she had lost in the stock market during COVID. I wanted to caution all my readers. Now that we're on the cusp of another recession - please do not pull out your investments when the market falls.

Suffice it to say that you need to create a portfolio that you can live with during up-markets and downturns. You should never live or die by your portfolio, and if you are in that situation, you need to get into something less risky. Let's take a little risk test together.

Say you have \$10,000 in cash and we are sitting at a table together. Your \$10,000, in all its hundred dollar bill glory is put in a nice big pile in the middle of the table. Okay, now let's play the market. I have a quarter: heads you get to keep your money; tails you lose it. Now I know this is an extreme example, but some-

BNSexcavating@hotmail.com

times that's how it feels when you're watching your investments, right?

Let's try this again, if you lost 20 percent of your investment portfolio, would you be okay with that? Yes?

What if your portfolio was \$1,000,000. A 20 percent loss is \$200,000. Are you still comfortable with this possibility?

Most people say they can handle the ups and downs of the market, but research shows that we tend to hold on to losing positions far too long in the hope of avoiding errors or suffering a loss. We like to think that we are rational in our decisions, but most evidence suggest that investors act irrationally and have frequent errors in judgement. Some of us will even take a hands-off approach to stock picks and hold on to securities that are familiar or ones to which we have an emotional attachment.

If you think you can predict the outcome of a stock, wake up. The reality is that you cannot. Becoming overconfident creates unwarranted faith in your stock picks and becoming

too nervous makes you sell-out when you clearly should ride out the trend.

Not everyone acts the same with risk, especially seniors that no longer have an "earning run-way" to make up for losses. It is best to have your investments managed by a portfolio manager or licensed investment advisor with a firm that you can trust. Make sure you understand the products you are choosing with your advisor and always invest to the point that you can sleep at night. It is so important for you to create your own competitive advantage and to choose investment products that match your future goals and risk tolerance. Don't worry so much about the gossiping and bad news stories on the TV. You cannot be a profit-chasing gambler in the stock market, and if it sounds too good to be true, you know it probably

Good Luck and Best Wishes, Money Lady

Written by Christine Ibbotson, Author, Finance Writer, Syndicated National Radio Host, and now on BNN Bloomberg News and CTV News every day in every province. Send your money questions, (answered free) to info@askthemoneylady.ca



STARTING A NEW **BUSINESS?**

Call us - We have everything you need to promote your business Call 204-467-5836

204-642-2551

henry.reimer@newvalleyroofing.com

newvalleyroofing.com

Henry Reimer

BP & IKO Certified Roofer



Services

Call 204-461-4443

(204)461-2856



SHACHTAY
SALES & SERVICE LTD.
www.shachtay.com

204-376-5233

Servicing the Interlake for 58 Years!

Arborg, Manitoba Family Owned