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Here's How.

Manitobans continue to have long waits for MRIs, CAMRT has solutions

By Patricia Barrett

Manitobans are experiencing long wait times for an MRI scan because of a shortage of MRI technologists, staff burnout and a lack of full-time permanent positions among other factors, says the Canadian Association of Medical Radiation Technologists (CAMRT).

Patients booked for an MRI scan at a Winnipeg hospital can face inordinately long wait times (e.g., 40 weeks at Health Sciences Centre). And those wait times also likely impact Interlake patients, who may need to have the procedure done at a Winnipeg hospital rather than at the Selkirk Regional Health Centre, the only centre providing an MRI scan in the Interlake, said Dayna McTaggart, CAMRT's provincial manager for Manitoba.

"The most recent wait times published, up to the end of January, show Selkirk having a 10-week wait, which is much less than the wait time for a Winnipeg hospital, but it's important to note that not all MRI scanners are the same. There are certain exams that wouldn't be suitable for an MRI in Selkirk and the patient would need to be referred to one of the larger centres in Winnipeg," said McTaggart. "Overall, I would say the Interlake region and the residents there are in a better position regarding MRI wait

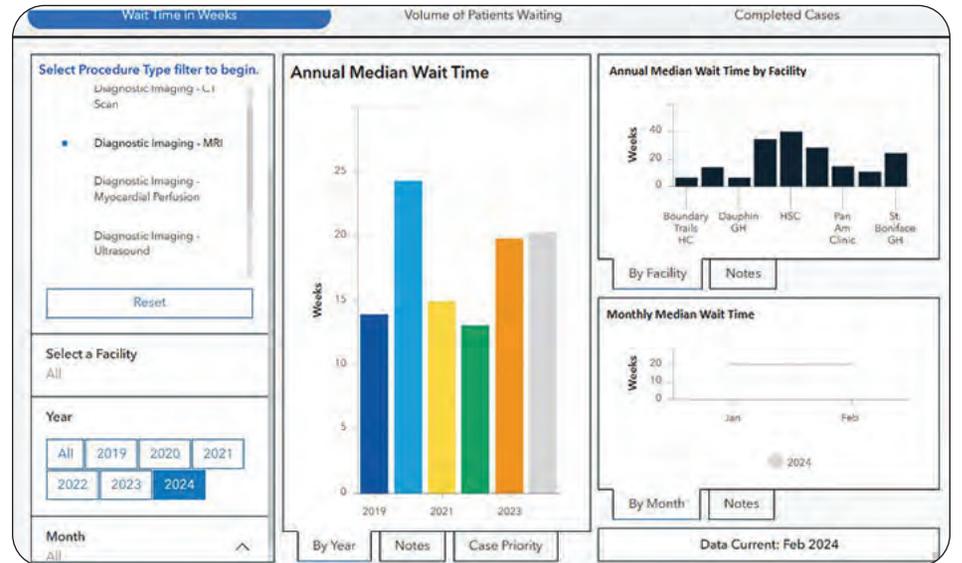


CAMRT

Dayna McTaggart is the provincial manager (Manitoba) for the Canadian Association of Medical Radiation Technologists.

times because they have the Selkirk hospital. But there certainly are some people that have been referred to Winnipeg and are affected by the long wait times."

MRI magnets in a scanner can have different strengths and require different scanning protocols, she said. For example, there is a protocol for patients who have implanted devices and a concomitant level of staff expertise required for such a patient. Those different protocols and different machines could "dictate the facility" to



PROVINCE OF MANITOBA

Manitoba's wait times in February for an MRI scan by institution: Brandon 14 weeks; Dauphin 6 weeks; Grace Hospital 34 weeks; Health Sciences Centres 40 weeks; Children's Hospital 28 weeks; Pan Am Clinic 15 weeks; Selkirk Regional Health Centre 10 weeks; and St. Boniface Hospital 24 weeks. Note: Shared Health said in a statement last week the wait time for an MRI at Selkirk is 14 weeks.

which patients get referred.

It's uncertain whether the number of Interlake patients being referred to city hospitals for an MRI is being tracked, or how well it's being tracked, but McTaggart said she knows that physicians' requests for an MRI are forwarded to a "central intake" where factors such as patient location, current wait times and eligibility for a particular scanner are assessed. The urgency of the required scan is also taken into account. All of those factors — in addition to an MRI technologist shortage — can contribute to waiting times.

CAMRT is the national certifying body for radiological, nuclear medicine and magnetic resonance imaging technologists and radiation therapists.

It also advocates for the profession on a range of issues including mental health and wellness, radiation safety and artificial intelligence in medical imaging and radiation therapy.

There are 71.25 full-time MRI positions in Manitoba, according to the province's Shared Health organization, said McTaggart. CAMRT membership data shows 107 certified MRI technologists in the province, but McTaggart said based on the way the association collects its data, it's difficult to tell how many of them are currently practising as MRI technologists. Some may have MRI certification but aren't "currently working in that capacity." That may have to do with few or no

Continued on page 5

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Gimli High School Alumni Mentor Series takes the fear out of the future

By Patricia Barrett

Alumni of Gimli High School paid a visit last month to share with Grade 11 students stories about their diverse career journeys and provide some practical advice to help inspire them when their real-world journeys begin.

Cassidy Dankochik, who graduated in 2010 and is now a sports reporter, Katie Jantz, who graduated in 2011 and is now a pharmacist and researcher, and Marshal Marks, who graduated in 2014 and is now a registered personal trainer and business owner, told students about their personal struggles and successes during and after high school and how they eventually found their own path into careers they love.

Guidance counsellor Shalyn Noble developed and organized the school's first-time Alumni Mentor Series to help students prepare for the world beyond high school and to show them that a career path doesn't always go to plan.

"I wanted to help our students better prepare for life by bringing a connection to the real world from people who are more relatable than a teacher would be. It's one thing to hear us teachers talking about hard work and perseverance and another to hear it from someone closer to their age," said Noble. "I was looking at a way to engage and motivate the students and show them that it's normal for a post-secondary journey to take a non-linear path sometimes."

The guest speakers told students that they had originally thought they were on the right course in terms of choosing a career but found themselves either leaving university, choosing



Grade 11 students chatted with alumni Marshal Marks after their presentation.

another career path after eight years of post-secondary education or discovering their interest in a particular field by being active in the community, said Noble. That gave students a wider perspective on the journey they'll be facing after graduation.

"They all had different journeys, and it was nice for the kids to hear that a career is not a linear progression, that as soon as you graduate from high school you do this and that for the rest of your life," she said. "I think we'll be looking at holding another mentorship event next year."

Alumni spoke for about 20 minutes, telling students about who they were in high school, their experiences and what they learned, what they wished they had done differently, what their career journey looked like and enduring life lessons. They stressed the importance of work ethic and skills development in high school and having



EXPRESS PHOTOS COURTESY OF SHALYN NOBLE

From left: Cassidy Dankochik, Marshal Marks and Katie Jantz.

life skills such as resiliency and self-motivation to help buffer the challenges of carving out a career path after high school.

Continued on page 8

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Construction going strong on Arborg's 30-suite Blue Crescent Hotel

By Patricia Barrett

Work has begun on the interior of Arborg's newest hotel in the Arborg Business Park, and the developers are anticipating they'll be able to take advance bookings by the summer.

Steel Creek Developers, a family-owned hotel development company, is building a 30-suite facility called the Blue Crescent Hotel along Highway 68. The hotel will have an indoor pool, water slide, fitness room and guest laundry room among other features.

Trevor Rempel, the company's vice-president of sales and marketing, said construction is moving along and the building envelope has been completed with the thermal wrap and the windows installed.

"Some of the siding materials are already on site and they'll start working on the exterior as soon as things warm up and dry up around the building," said Rempel. "They've been going strong inside. The framing inside is close to completion and they've started drywalling on the third floor and taping and mudding on the second floor."

The company's hotels in other parts of the province, such as the Blue Crescent Hotel in Carman, have a unique split-room configuration that allows privacy for families or groups. That design, in which a bathroom is placed in the middle of a suite, creating two separate sleeping/socializing areas with their own TVs, will be incorpo-

rated into the Arborg Blue Crescent.

There will be a variety of suites to choose from including singles, doubles, family rooms with two sets of the bunkbeds, king/queen executive and a two-bedroom kitchenette.

"We've got family rooms, which is a split-room design with two sets of bunkbeds that can sleep four kids. On the other side of the bathroom, we've got a queen bed. This is one of the most popular rooms in our other hotels," said Rempel. "Another popular room is our kitchenette suite that's like a two-bedroom apartment. It has dual vanities, a big living room area with a queen pull-out sofa so you can put more people in there, a kitchen sink and a full-sized fridge. This suite is ideal for hockey tournaments or a bridal party preparing in the morning."

Other hotel features include a fitness room, meeting room that can be booked by the general public for birthday parties or other events, a continental breakfast and breakfast room, paved parking, pet-friendly policy and a coin-operated laundry room for guests.

In addition to hotels, Steel Creek also builds restaurants (Tim Hortons in Altona) and mixed-use buildings featuring rental apartments and hotel suites (Melita, Souris and Grenfell, Sask.).

Curiosity has been growing about the Arborg hotel, with people asking the company on Facebook whether



EXPRESS PHOTOS COURTESY OF TREVOR REMPEL

The exterior of the hotel is shown wrapped with thermal plastic wrap from the Arborg Home Hardware Building Centre. Once the area around the hotel dries up, siding will be added.



A split double room has bedrooms with TVs separated by a bathroom. The unique design gives guests a measure of privacy.

there will be a pool.

"The hotel will definitely have a pool and a water slide. The pool portion of the building has not been built yet. Once the ground thaws, we can build the foundation for the pool area on the northwest side of the hotel and start building the pool and water-slide wing," said Rempel. "There will be lots of big windows and it will be lit up at night. You won't be able to

drive by and miss that there's a pool and water slide in the Arborg Blue Crescent."

Rempel said the company is anticipating having the hotel open before Christmas and that by summer they'll be able to accept advance bookings.

Visit www.steelcreekdevelopers.ca for more information about Steel Creek Developers and its projects.

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 - **2nd essay:** 500 words on either an innovation, safety measure, or community service or activity that you feel would benefit the Interlake and how you would propose making that happen.

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full-time MRI positions available to them.

"That number [107] is up from 103 back in 2022 when Shared Health issued a statement saying in order to decrease wait times at that point to the recommended 8.5 weeks, they would need an additional 11 to 12 full-time positions, which translated to about 15 or 16 MRI technologists, and expecting that not all of them would be employed in a full-time capacity," said McTaggart. "We can see by our membership numbers that the number of MRI technologists has increased by about only three or four over that two-year timespan, nowhere near the 15 or 16 that we needed back in 2022."

CAMRT's best practice guidelines recommend a minimum of two MRI technologists or one technologist and MRI personnel with safety training to operate a scanner, she added. Not having enough MRI staff could compromise safety.

"MRI technologists' number 1 priority is safety because the MRI room is probably the most dangerous room in the entire hospital," said McTaggart, referring to the power of the machine's magnet to turn objects into dangerous projectiles. "Any instances of death or serious injury from a projectile usually involves somebody who doesn't have that training, who inadvertently brings ferromagnetic material into the room, which causes a projectile incident."

Growing wait times for MRI scans indicate a need to fund more full-time MRI technologist positions as people working in casual or part-time positions are working full-time hours and are getting burned out, she added.

In terms of whether patient conditions worsen over the duration of their wait for an MRI scan, McTaggart said the medical triage system does ensure that a patient deemed in urgent need of a scan is fast-tracked and not placed at the back of the queue. But patients whose conditions are considered less urgent have to wait.

"A lot of them might be dealing with chronic pain or pain associated with their conditions, and they're experiencing a delay in treatment for their condition because the MRI scan will determine what kind of treatment they should receive," she said. "There are people living in pain and in distress just waiting to know what their diagnosis is."

Evidence regarding deaths related to lengthy wait times for an MRI is either unavailable or may not be submitted by health organizations to a research body such as the Canadian Institute of Health Information (CIHI), she added. But it can be logically assumed that "some conditions" could potentially worsen over time because of a delay in getting an MRI and a subsequent intervention that may have been suitable at that time.

In addition to patients negatively affected by wait times, McTaggart said MRI technologists themselves are feeling distressed and exhausted.

"We want to do our part and help patients get the scans they need in a timely manner, and this is contributing to MRI technologists volunteering for overtime, which in turn increases their burnout. They're not getting days off," she said. "And we also have a large pool of casual employees. The stories I'm hearing from them is that they're picking up hours equivalent to full-time employment. We're seeing a huge reliance on part-time and casual staff to fill the [staffing] void, and that overtime work also results in exhaustion and burnout."

Burnout leads to increased leaves of absence and sick time and, ultimately, people opting to leave the profession or the province. Even though a technologist in a casual position might be working full-time hours, they're denied the range of benefits that come with full-time positions.

Based on discussions CAMRT has had with MRI technologists, there have been delays in filling vacant MRI positions or some vacancies aren't being posted, said McTaggart. A job search she said she conducted for MRI posi-

tions in Shared Health resulted in one posting for a casual position.

CAMRT has a number of solutions to improve the health system to make it more attractive for retaining and recruiting MRI technologists. McTaggart said CAMRT met with provincial health minister Uzoma Asagwara in February to discuss the major issues facing MRI technologists and medical radiation technologists (MRTs).

The association asked the government to consider offering MRI training in rural communities with return-of-service agreements and to consider implementing employer-supported training for MRTs to become MRI technologists — the MRI specialty requires an additional 8.5 months of training at Red River College Polytech — along with a job to step into upon graduation. Currently, MRTs who want to take MRI training have to either opt for an unpaid leave of absence or resign from their job.

Training institutions in some Canadian jurisdictions don't require MRI students to have prior certification as an MRT, and that could entice those wishing to go straight into MRI training to leave Manitoba altogether.

A lack of permanent MRI positions in Manitoba only makes the province less attractive to people who want to become MRI technologists, and McTaggart said they're seeing decreased interest in the program as a result of unavailable positions.

"Shared Health has been quite vocal in saying that Manitoba's number of MRI technologists per million population is higher than the national average. But we know we don't have enough ... because the demand for MRIs is ever-increasing year after year. We have patients who previously wouldn't have been suitable for an MRI that are now qualifying due to advancement in the scanner itself or medication to ease anxiety," she said. "We're not seeing a temporary surge in MRI demand due to the closures during COVID. This is a permanent fixture in our health-care environment where physicians are relying on MRIs for diagnoses. We can't look at temporary staffing solutions; we need to look at permanent staffing solutions."

The recent provincial budget specifically noted that the government will invest in MRI services for northern communities. A \$1-million investment will be made in 2024-2025 for a mobile MRI and the installation of a "second permanent" MRI at Thompson General Hospital.

That announcement, said McTaggart, has given her hope that wait times for MRIs will start to fall.

"There certainly is hope that with additional machines available to patients, they'll be able to decrease wait times. There was also some mention in the budget about investments in recruitment and retention and of allied health as a whole," she said. "They didn't necessarily indicate MRI technologists and MRTs individually as they did for some other professions, but my hope is when the government is making investments into equipment, it has considered the fact that the equipment needs to be run by professionals, and that we need to invest in those people, as well, which hasn't always been the case."

A spokesperson for Shared Health said wait times for outpatient MRIs at the Selkirk Regional Health Centre were approximately 14 weeks at the end of February. That represents the maximum length of time 90 per cent

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of patients waited for an MRI. Wait times for outpatient CT scans were 21 weeks.

He declined to say whether wait times at Winnipeg hospitals affect Interlake patients but said urgent and emergency scans are "always prioritized" and people experience "very little to no wait."

"Patients referred for a less urgent, elective scan can expect to wait longer and are placed on a wait list for their needed service," he said. "Those who are willing to travel to another site may be able to receive their test sooner as wait times and wait lists do vary by location and patient volume."

There were 8,724 MRI scans and 18,573 CT scans completed in Selkirk in 2023, he said, and those volumes "exceed" volumes from previous years.

"Work is underway to further expand capacity for these scans across the province in order to address wait times," said the spokesperson.

He declined to say how many certified MRI technologists there are in the Interlake-Eastern Regional Health Authority, whether more are needed and whether wait times for MRIs are leading to the worsening of patients' conditions or death.

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NDP government unveils its first budget

By Lorne Stelmach

The new Manitoba NDP government touted its first budget last week as fulfilling its commitments to rebuild health care and increase affordability for families.

"Today's budget is really about investing in health care and lowering costs for the average Manitoban," Premier Wab Kinew said in a news conference with rural media April 2. "This budget theme is all about more help for you and more help for those who need it most, and we think there's a lot of good news here for rural Manitoba and for the entire province."

Kinew also touched on their belief that more services need to be delivered closer to home, especially for rural Manitobans.

"We just think that there was too much centralization inside the perimeter in health care, in the ag industry, in so many different sectors ... transportation and infrastructure being another," he said. "We think it's now time to decentralize and return not just the services but also the service centres and hubs to the regions."

As well, Kinew touted their plans for investments in a number of key areas.

"We're investing in the infrastructure ... the roads, bridges, water infrastructure projects necessary to grow the economy," he said.

"The theme of this budget, in addition to unity, is about delivering more help for you and more help for those who need it most," added Kinew. "Over the past few years ... there have been so many reasons for Manitobans to be divided, and our team takes very seriously the message that we've heard that it's time to find reasons to



EXPRESS SCREENSHOT

Manitoba Premier Wab Kinew and Finance Minister Adrien Sala at last week's budget announcement.

bring people together."

The key points of the budget included the vow to hire 1,000 new frontline health-care workers and offering up to \$5,000 in tax breaks to families in addition to an extension of the fuel tax holiday.

It mirrored the party's promises from last year's election to focus on efforts to support the health-care system and ease the cost-of-living crisis, although it is being done while running a deficit of nearly \$800 million.

Kinew suggested they are making record investments in health care with a plan to hire 100 doctors, 210 nurses, 90 paramedics and 600 health-care aides over the next year, along with investments to retain and train even more.

It aims to add hospital and ICU beds and open new minor injury and ill-

ness clinics and primary care clinics so more Manitobans can see a doctor when they need one.

The premier noted it is a budget that helps take better care of seniors, invests in better health care for rural and northern communities and takes action to improve cancer care in Manitoba. The financial plan more than doubles capital funding in health care.

For families, the province is extending the gas tax holiday, providing renters and seniors with increased tax credits, expanding \$10-a-day child-care, providing free birth control, increasing funding for fertility treatment, and providing rebates for electric vehicle owners.

The budget will also make com-

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Spring flood risk remains low across the province



EXPRESS PHOTO BY EDWARD PENNER

Eleven-year-old Jayron Penner enjoyed a spring evening on a raft that he constructed. The temperature was 9 degrees on April 5 in Okno. Help the Express record the weather of the week and send in your photos of friends or family enjoying the outdoors. Email: news@expressweeklynews.ca.

Staff

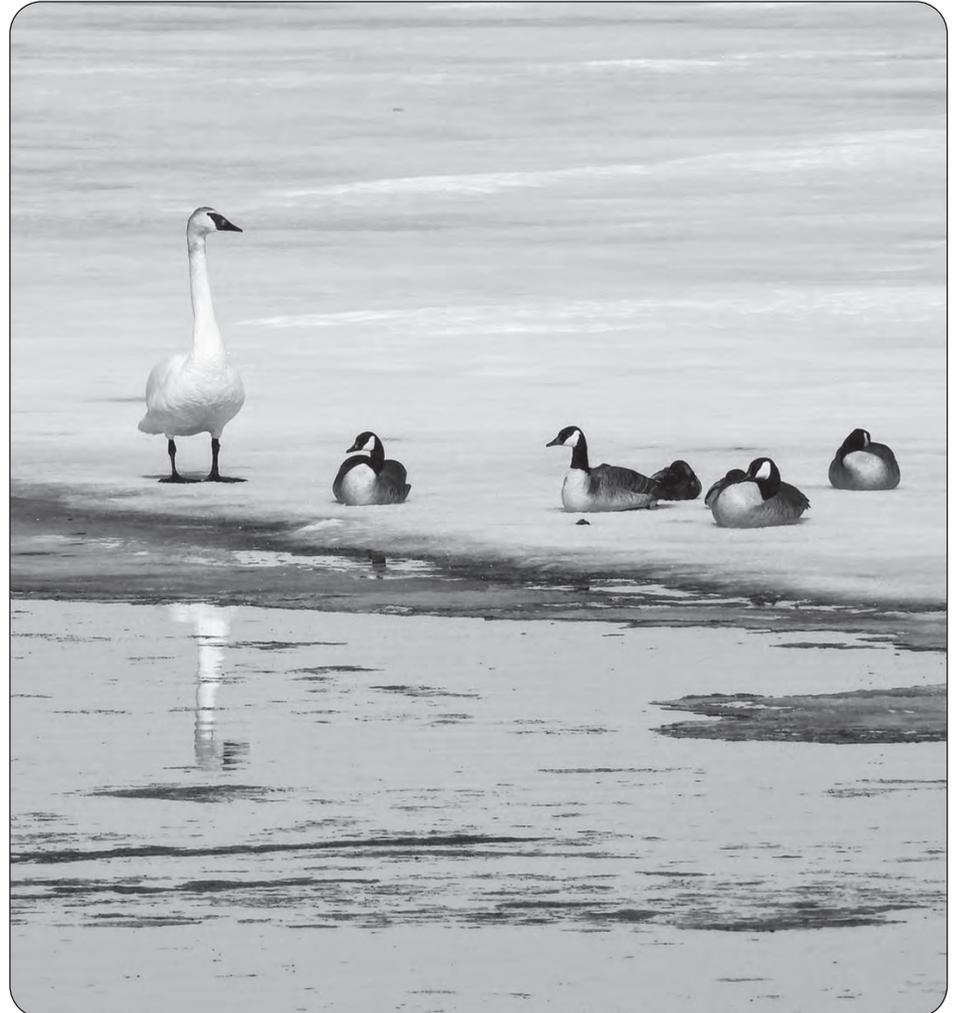
The province is seeing some rise in water levels on the Red River, but it is still predicting low to moderate risk of spring flooding overall, with no expectation that it will have to operate the floodway.

The latest flood forecast outlook released last week sees the flooding risk as low for the Red River and its tributaries, low to moderate for the Assiniboine River and its tributaries and the Interlake region, and generally low for the Souris, Qu'Appelle, Rat, Roseau, Pembina, Saskatchewan

and Churchill river basins and the Whiteshell Lakes region.

The positive forecast is largely due to the normal to below normal soil moisture at freeze-up and well below normal to normal winter precipitation for most Manitoba basins.

Water levels are expected to remain below dikes and community or individual flood protection levels. However, the risk of flooding could change depending on future weather conditions, including rate of snow melt and the timing and amount of snow and rain received between now and the



EXPRESS PHOTO BY BEN HEWSON

The ice on Lake Winnipeg was quickly melting last week, with unseasonably warm temperatures soaring into double digits. A trumpeter swan and a gaggle of geese were spotted on April 3 near the causeway bridge heading to Hecla Island. Trumpeter swans are known to winter in British Columbia, with breeding pairs returning to Manitoba early in the spring to claim territory and build their nest, often on an old beaver or muskrat lodge. They lay five to seven eggs, and the young swans, called cygnets, will hatch after 33 to 37 days of incubation. Cygnets have a light grey plumage with pinkish bills and feed primarily on aquatic insects and crustaceans during their first weeks. Trumpeter swans may live up to 25 years. They are very large, weighing 20 to 30 pounds and measuring four to five feet long.

spring runoff.

As in most years, there is a risk of ice jam-related flooding on areas historically susceptible to ice jamming. Most Manitoba lake levels are normal to below normal.

The Red River floodway is not expected to be operated during this spring flood season based on forecasted conditions. Minimal operation of the Portage diversion may be necessary under unfavourable weather conditions to control water levels on the lower Assiniboine River, the province says. The Shellmouth Reservoir

is being operated to reduce the risk of flooding downstream on the Assiniboine River while also providing sufficient storage for water supply and recreation.

Gradual run-off has started in some southern Manitoba basins including the Red River Valley. Levels are starting to rise along the main stem of the Red River, and residents are cautioned about the impact of rising water levels as well as weak ice on the river.

letter to the editor

Letters to the Editor:
news@expressweeklynews.ca

Stop complaining and look for ways to use less carbon

Reading John Bereza's letter in the April 4 edition of the *Express Weekly News*, "carbon tax hike felt across every Manitoba industry and household."

Of course, the headline is correct. No one likes a tax, or an increase in tax. But a one-sided look at the situation is far too simple. And, of course, Mr. Bereza does not suggest an alternative because he probably does not have one.

However, he is fear-mongering, as

he suggests a 23 per cent increase in carbon tax equates to a 23 per cent increase in prices of everything. ... Can customers of Manitoba pork stomach a 23 per cent increase in prices? Clearly, the carbon tax is a very small part of total costs of production, not a direct correlation of carbon tax to sales prices. It is easy to say "axe the tax"; it is much harder to fix the climate problems. Look at the profit growth of oil companies after pandemic — more than the cost of carbon tax increase.

Why not ask them to axe the excess?

I do not like the carbon tax. I do not know anyone who does. But we have gone centuries without paying a penny for the environmental dam-

age we have been doing by burning coal and oil and gas. And the result is visible to all of us — climate extremes not seen in memory, with droughts, wild fires, floods, sometimes combinations of them.

The carbon tax is horrible. But it is making people think about how can they use less carbon to pay less tax. And most economists all over the world agree this is the best way to change behaviour.

Will this be an impact on farmers? Sure. And most businesses. Short-term pain. And it will make them think about how to minimize those costs, which is exactly what the tax is for. Will they have to insulate hog barns better to save on heating costs?

Absolutely, just as we all did with our homes. Not to over-simplify, it will be difficult. And for all of us, with increased cost for heating, food, everything moved by carbon-fuel vehicles.

But what is the alternative? Do nothing? What is that giving to our children and grandchildren? Have we not learned from our Indigenous neighbours that we need to think of impact seven generations from now?

As soon any political party or scientist comes up with an idea that will work better than carbon tax, then sign me up. I will be glad to not pay it. Until then, stop complaining and look for ways to use less carbon.

- George McBurney
Riverton

> BUDGET, FROM PG. 6

munities healthier and safer, noted Finance Minister Adrien Sala, with a \$116-million investment in building and maintaining social and affordable housing and investments in pools and community centres across the province.

He further suggested it will grow Manitoba's economy with more jobs for Manitobans and a plan to ensure Manitoba's agriculture can thrive, feeding Manitoba and the world.

"The previous government left us with a huge mess to clean up — a historic deficit, a health-care system that's been badly hurt by seven years of cuts and a failure to strengthen our economy or support families who were struggling with years of rising costs," said Sala. "We're different. We're making smart, targeted investments. We can take steps to fix health care and lower costs, and we can do it while being responsible with public money and charting a path back to

balance. That's what Manitobans can expect from our first budget."

The government highlighted a variety of commitments for rural Manitoba.

It plans to give young farmers a fighting chance by lowering their up-front costs, freezing Crown lands and re-opening service centres.

The budget also gives rural families health care closer to home by restoring the rural doctor recruitment fund, hiring more paramedics and putting more ambulances on the road and supporting expanded services at regional hubs like the Boundary Trails Health Centre.

The government also noted it is keeping its commitment to lift the seven-year municipal funding freeze with sustainable annual funding increases and key investments in water and wastewater treatment.

> FEAR OUT OF THE FUTURE, FROM PG. 3

"You might think you have a plan in high school," said Dankochik, "but don't be afraid to change it up."

Jantz told students that it's normal for them to feel unsure about the future right now but to pay attention to the way things make them feel and pursue their interests.

"Embrace your inner nerd, whatever that may be," said Jantz. "Different people will think you're cool, and maybe the right kind of people."

Marks advised the students that if they have a dream, chase it "even if people try to tear you down."

Noble said the speakers' stories really resonated with the students and they wanted to hear more from them after their presentations.

"I think we chose a pretty diverse group of mentors and a lot of the kids saw a piece of themselves in each of them and their future self. I think it really resonated with them," said Noble. "There were groups of kids coming up to them afterwards and asking them questions."

Some of the Grade 11 students shared their feedback to the mentorship event, saying how much they appreciated hearing about others' life and career experiences.

Ava Michaluk said she felt reassured that a post-secondary educational path is not necessarily set in stone and that a person can pivot and find something else.

"Planning for and choosing your

path for the future can feel really daunting. I think there is so much value in hearing people talk about how they felt, just like we do now. It makes the 'not knowing' feel less scary," said Michaluk. "Something I found most impactful was how each person emphasized that you can always change your mind, that where you start now is not where you have to end."

Olivia Harapiak said Jantz's presentation in which she spoke about changing career paths really resonated with her.

"A big takeaway for me was that there is always time to go back and find a degree/job that is more emotionally and mentally fulfilling," said Harapiak. "This is going to be something that I am going to make a mental note of for post-secondary."

And Traydon Courtland said the speakers really inspired him and other students, and he appreciated being able to speak one-on-one with Marks about his presentation.

"It was really great just to have a short conversation and see what it was like to have such a different high school experience from the one I have had," said Courtland. "Most importantly, as a whole group of alumni, they made it a point to never settle as a person until it feels right, and I think that is very valuable."

"PLANNING FOR AND CHOOSING YOUR PATH FOR THE FUTURE CAN FEEL REALLY DAUNTING."



Fundraising
Pancake Breakfast
Saturday, April 20th
9:00 am - 11:30 am
Clandeboye Hall
\$10 regular plate / \$6 small plate
Tickets at the door

Proceeds to fund Stonewall, Clandeboye and Fisher Branch Pathfinders and Rangers to travel to Churchill Guiding Camp.

Growing connections: Gimli resident launching gardening exchange

By Patricia Barrett

Gimli residents who don't know a thing about growing vegetables or flowers may be able to tap into the expertise of those with green thumbs after a cultivation exchange gets off the ground.

Brittany Isfeld said she wants to harness the food and flower-growing knowledge held by the community's older generations who might be willing to share it with the younger generation, and she's received lots of positive feedback from the community after posting her idea on Facebook last week.

Isfeld used to work in tourism and economic development for the municipality and is known for her seamless ability to generate ideas, which have included a winter festival (which has now blossomed into the Gimli Ice Festival) and bringing in a circus to perform on Gimli Beach.

"I love my town and I like to share ideas with people," said Isfeld. "I believe that by uniting generations through the language of gardening, we can cultivate not just plants but also bonds that will stand the test of time."

She said the basic idea is to promote social cohesion between older people who know how to grow food and younger people who don't but who might have another skill they can share in exchange for gardening knowledge. That can include things youth are good at such as computer skills.

"Gardening is something that's really magical for a lot of people because it keeps their minds occupied. This partnership could keep this tradition alive. We have a community with lots of retirees, some of them living in condo complexes with no green space. We also have a generation of people who grew up on farms and know how to grow food," said Isfeld. "Maybe someone with gardening expertise would be willing to come over to my place and tell me where and how to plant vegetables. In exchange, I can show them how to use Facebook — something I'm good at — so they can find their grandkid's photos."

In addition to facilitating a knowledge exchange between people from different generations, Isfeld said she wants to promote food security through gardening as the continuing high cost of nutritious food such as fruits and vegetables in grocery stores is putting immense pressure on families and single moms like her.

"As a single mom, I know it's much cheaper and easier to feed my kid all that crap [i.e., ultra processed food] on the shelves than it is to buy something nutritious and is really expensive. It's depressing, really. Some of the retired gen-

eration could also be living on a budget and could benefit from not only helping someone grow food but also sharing it if they can come to an agreement on that," she said. "This initiative could even become a trading post where one person grows, say, corn and someone else grows carrots then we can exchange that food amongst ourselves. Or we could even donate vegetables to our local food bank."

She's had hundreds of "likes" and comments on her post, with some people sharing their personal stories about how a garden would benefit them, she said. A person who identified as an amputee, for instance, said she wants a flower bed beside her window but can't do the work. A single mom said she'd love to have someone show her how to grow vegetables.

After receiving positive feedback, Isfeld said she's going to reach out to the local garden club and to people who responded to her Facebook post so that she can cobble together ideas as to how to get the initiative off the ground and start "matching" those with gardening expertise with those who need a little mentorship.

"I think other people's input can help direct this idea to grow community and foster connections. I need other organizations to be a part of this. We could all benefit from having our garden club members sharing their expertise. They work so hard year after year beautifying our community [planting flowers around town]. Maybe we could get some younger people interested in being an extra pair of hands during the club's annual planting and that's how they can learn to grow flowers," said Isfeld. "Once I hammer out who wants to be involved, I can get this exchange organized. I think there are enough people in our community with an interest in being a part of this. With the amount of comments I've seen — and I know comments don't always translate into boots on the ground — I think this could turn out to be a really positive thing for our community."

For more information on the gardening exchange, email Isfeld at socialbutterflyzmarketing@gmail.com or contact her through her Facebook page where she is known as Brittany Jade.

"I LOVE MY TOWN AND I LIKE TO SHARE IDEAS WITH PEOPLE."



EXPRESS PHOTO SUBMITTED
Gimli resident Brittany Isfeld is launching a community cultivation exchange that will link food and flower-growers with people who want to learn about gardening.

Community Support Service

AA Meetings in Ashern

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

AA Eriksdale

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

AA Winnipeg Beach

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

Gimli Group AA

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

Al-Anon Gimli and Winnipeg Beach

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

AA Riverton Group

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

Gimli Association for Community Living

ANNUAL GENERAL MEETING

April 25, 2024 • 7:00 PM
St. Michael's Church Basement
113-7th Ave., Gimli
(wheelchair accessible)

Commercial Kitchen Rental

Gateway Foundation has a commercial kitchen available for rental at
Isfeld Villa, 34 Church Bay Lane, Winnipeg Beach, MB
Rental fee:

1. \$ 75 / day (includes use of walk-in freezer, walk-in cooler, commercial dish washer, refrigerator, stove, prep. area)
2. A reduced fee for longer rental periods is available. Please inquire as to applicable rental fee for longer term rentals. Renters of the commercial kitchen are required to have commercial liability insurance.

For further information please contact: Mr. Larry Moore, Chairman
Gateway Foundation Inc.
Phone: 204 389-3086 (land line), 204 642-2936 (cell)
Email: moorelarry22@gmail.com

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Down Beautiful River Rd, south of Lockport, MB

May 11, 2024
8:30am

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To register go to:

mraweb.ca/event/huntington-heroes-walk-to-cure-hd

GAAC Summer Funtastics looking for campers

By Emily Antonio

Green Acres Art Centre (GAAC) hosted an action-packed spring break camp for 10 youth in Teulon from March 25 to 28.

Students did arts and crafts, played games and explored the outdoors. The camp gave campers a sneak peek at the upcoming Access Credit Union Summer Funtastics camps, which will take place over six weeks in July and August.

GAAC president Lana Knor was excited to offer the four-day camp for the first time. The children from the community met up daily at the Teulon United Church.

GAAC partnered with the church, and Knor said they were fortunate to offer most of the programming in the newly renovated basement.

"It is an incredible space. It is so cool seeing the kids be excited when they enter the room," said Knor.

She explained that the basement is a big open space. Students can run, watch movies on the projector or play on the Xbox. There are new carpets, comfy chairs, freshly painted walls and bright lights. This makes the basement an ideal location to host GAAC programming. The centre also has 5,000 Lego pieces for students to play with.

"Kids love all that stuff," Knor added. She explained that the students are always excited to return.

Over the week, the children were kept entertained. They walked to Teulon-Rockwood Green Acres Park and visited the elementary school's playground. They had opportunities to work hands-on with crafts and Lego building and had time to relax and watch movies.

Knor's goal is to get kids off the couch and use their imaginations to play. Activities at the camp are struc-

tured around what the kids want to do. Knor encouraged natural play techniques such as playing with items found outdoors instead of toys inside.

"The world is too structured," explained Knor. She wants youth to explore and play freely without needing exact instructions.

Knor is excited for the summer and is busy getting ready for an action-packed journey.

Registration is open now for students at the Access Credit Union Summer Funtastics camp. This is the earliest registration has opened, allowing families to make summer plans.

Children six to 12 years old have a choice of 10 unique camp themes. Each week offers an Aspiring Artist camp or an Education and Exploration topic. Green Acres has a theme to suit everyone's interests. For dancers, there are two separate weeks of Discover Your Inner Dancer camp with Miss Elena Modrzejewski and Miss Alycia Campbell. For scientists, there is a Super Science camp.

The different themes allow for exploration. Knor added that the unique topics let families sample the year-long programming that GAAC offers.

All camp dates and themes can be found on the website. Camps will run out of Teulon Collegiate Institute, Teulon United Church and the Green Acres Art Centre. Many campers will also go on field trips. Sports Fans: Indoor Edition will take a trip to the Arborg Water Park. Participants in the Outdoor Adventures camp will visit the Assiniboine Park Zoo.

Field trip dates and locations are in the camp theme descriptions online.

Certain weeks will also feature special guests. Engineering for Kids STEM Winnipeg will join campers during S.T.E.A.M. Camp week.

Knor is excited for S.T.E.A.M. Camp.



Campers exploring the trails at Green Acres Park.



Julia Chartrand sharing the cupcake she made at Kids in the Kitchen Camp.



EXPRESS PHOTOS SUBMITTED

Interlake Community Foundation presented a total of \$6,600 in grants to Green Acres Arts Centre to purchase audio-video recording equipment as well as a computer for the music, theatre and dance programs. The allocations came from ICF's unrestricted fund, as well as from the RM of Rockwood fund, the Town of Teulon fund, the Community Builder Club Teulon and the Herb and Helen Kletke Fund. Pictured left to right: Billy Trach, Gareth McNichol-Briggs, ICF's Michael Hepples, ICF's Linda Lamoureux, Lori Benn and Callia Benn.

"It provides kids with the opportunity to put art into the science," said Knor. She explained that S.T.E.A.M. allows students to focus on the design aspect of the science, technology and mathematics fields.

"This camp will be very different from the science camp and acts as a great introduction into S.T.E.A.M."

Knor thanks Access Credit Union for its continued funding of the summer camps.

"Access has been very supportive of Green Acres' initiatives," she said.

GAAC won a contest a few years ago through Access (formerly Sunova) Credit Union, granting them \$20,000. The funds were used to purchase supplies for their program-

ming, including musical instruments and craft items. Access has continued to provide grants each year to help support the centre's costs.

The Manitoba Métis Federation also supports GAAC and its Métis participants with different grants and funding. Knor encourages Métis families to apply for camp funding through the Manitoba Métis Federation. The federation provides up to \$350 per child.

Funding through Canadian Tire's Jumpstart is also available.

Applications for funding support is found online at each organization's website.

Camps run Monday through Friday, 9 a.m. to 4 p.m. Dropoff begins at 8:30 a.m., and pickup is by 4:30 p.m.

Transportation will be available for campers coming from Stonewall, Gunton and/or Balmoral for \$50 per child per week. Transportation must be arranged in advance.

Knor wants Access Credit Union Summer Funtastics camps to be accessible to all. Registration is open until June. Knor encourages families to register as soon as possible to reserve their spot.

Limited single-day camp spots will be released after week-long registrations are finalized.

All camp fees must be paid by the end of June, and payment plans are available to families.

For more information, visit greencresartcentre.ca/camp.



Campers doing a science experiment at Super Science camp.

April Fool's gas hike was no joke

By Jo-Anne Procter

At midnight on April 1, the new carbon tax hike kicked in, which meant the price at the pumps jumped overnight.

Some experts predict that we will see

a major spike in the coming weeks. The carbon tax added another 3.3 cents per litre, which means a 50-litre fill will cost an extra \$1.65. Home-owners will see natural gas bills rise to 15.3 cents per cubic metre, 2.9 cents

bump.

According to a CityNews, a gas price watchdog reports that as gasoline production switches over to the summer blend, markets are signalling a 13-cent-per-litre increase sometime between April 15 and 18. He also warns, "Get used to it as it will be the new normal." The high prices in 2024 are here to stay; they are not going to go down. With the federal government adding this tax, on Jan. 1, the second carbon tax will make 2024 and 2025 very expensive years.

Carbon tax rebates will continue to come from the federal government to help offset the new tax hike. In Manitoba, a single person can expect \$600 back a year; a couple, \$900; and a family of four, \$1,200.

The plus for Manitobans is that the provincial government is extending the fuel tax holiday.

Manitoba Premier Wab Kinew made the announcement on *CTV Morning Live* on April 2 ahead of the unveiling of the provincial budget.

The current tax break, which is in

place from Jan. 1 to the end of June, removes the 14-cent provincial tax on gas. Now, the province has extended the tax break for another three months.

Kinew said the province made this decision as Manitobans are dealing with inflation and the high cost of living.



EXPRESS PHOTO BY LORNE ROSS

Gas prices jumped April 1 due to the federal government carbon tax increase. Posted prices across the Interlake varied from \$1.42 in Stonewall and climbed up as high as \$149.9 in Riverton. The posted prices on April 1 were as follows: Arborg \$144.9, Fisher Branch \$142.9, Ashern \$143.9, and Lundar \$142.9.

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NOW AVAILABLE

Ashern welcomes another new health-care recruit from the Philippines

By Jennifer McFee

Another new health-care recruit from the Philippines is now calling Ashern home.

Melgie Soria arrived on Feb. 14 as a participant in the Philippines recruitment initiative. So far, she said everything is going really well.

"The community in Ashern are all welcoming and good. I have all the support that I needed," she said.

"Training was really good. My colleagues are all nice. I'm at home with them. Plus the Filipino community in Ashern gave me all the support."

In the Philippines, Soria worked as a nurse vaccinator. Now that she's in Manitoba, she's working as a health-care aide at Ashern Personal Care Home.

"It is always my dream to work in Canada. Why Manitoba? Because of the job opportunity and the future it has to offer to my family," she said.

"What I like about working in the health-care setting is the service you can give to people."

Julene Sawatzky, Interlake-Eastern Regional Health Authority's human resources lead, expressed appreciation for how the local community has rallied to welcome and accommodate newcomers working in health care.

"We have incredible appreciation for the work of staff at the RM of West Interlake who have welcomed each new recruit to the area," Sawatzky said.

"Julie Bergner and her team at Fieldstone Ventures have also fostered community support. They collected furnishings from residents in the area to provide new arrivals from the Philippines with comfortable and welcoming accommodations. They have put the heart in these homes as instrumental community partners."

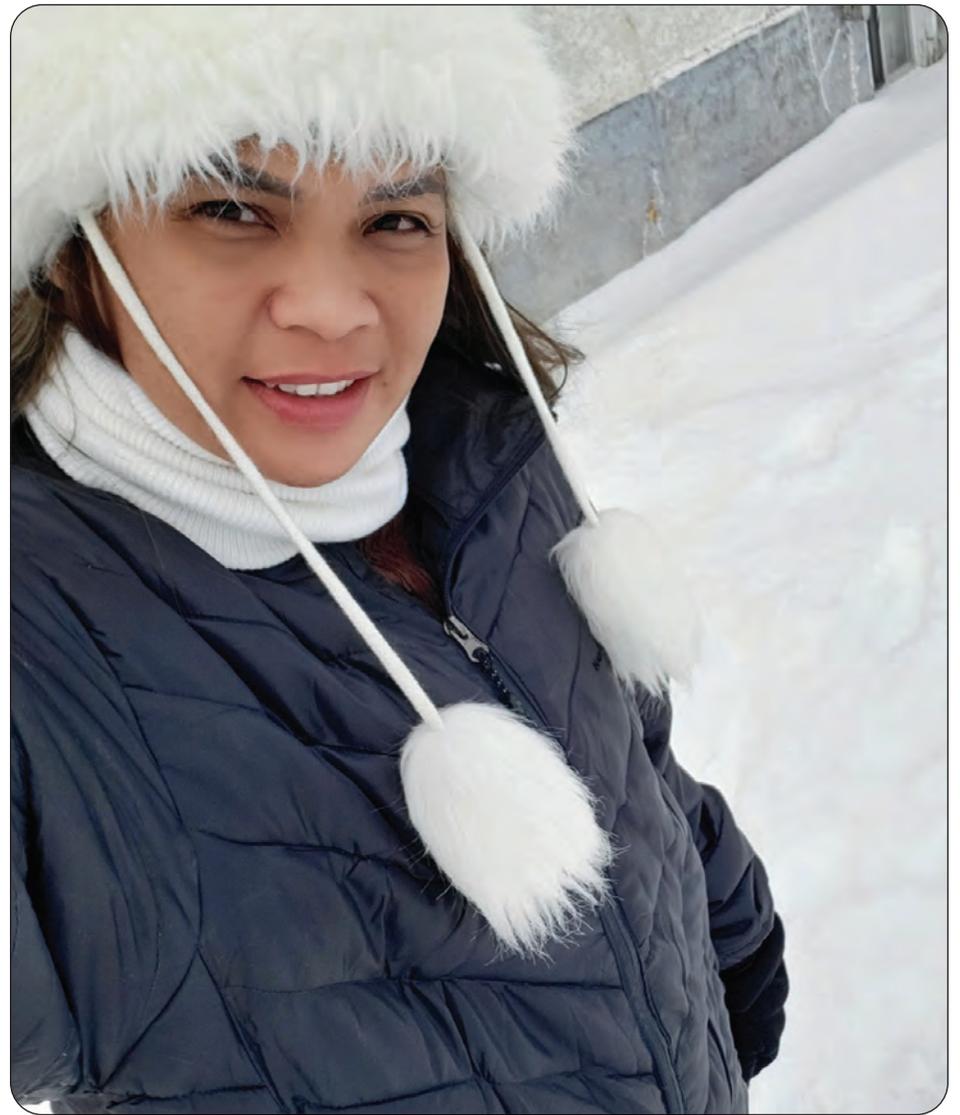
Now that she's settling into her new environment, Soria is looking forward to growing her career — yet she also knows she'll miss the warm weather of the Philippines.

"It's pretty cold here," she said about Manitoba's winter weather.

But the warm welcome she received from her new community and co-workers helped her see past the chilly temperatures she experienced when she first arrived.

"They have helped me a lot — from the transportation to food to the basic needs, it was all provided," she said.

"I never imagined Manitobans are that hospitable. They treat you like their own family — and I'll say I'm blessed to be here."



EXPRESS PHOTO SUBMITTED

Melgie Soria recently moved from the Philippines to Ashern, where she's working as a health-care aide at Ashern Personal Care Home.

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A core value at Vidir is that Education Elevates Excellence. We also believe in Raising Others Up, especially our employees and their families. We want to see the future generation continue to learn and elevate both the Interlake and the world. Vidir is now offering two \$1,000 scholarships to children of Vidir employees.

Application deadline is April 30th, 2024 and decision will be released on May 10th, 2024.

To apply, you must meet these criteria:

1. Your parent must have worked at Vidir for 5 years or more and must be in good standing with the company.
2. You are graduating grade 12 this year in any high school.
3. Must have maintained an 80% or higher GPA throughout high school.

When applying:

1. Fill out the scholarship application.
2. Submit most recent transcript.
3. Submit a recommendation letter from a non family member regarding what you want to study and why you will do well in it.
4. Submit 2 essays:
 - **1st essay:** 600 words on a Vidir value, why you think you exemplify it, and how you hope to use your studies and that value to make a difference in the future.
 - **2nd essay:** 500 words on a time where you saw a need in your community and an innovative solution you came up with to meet that need.

INTERESTED STUDENTS SHOULD EMAIL CARISSA.REMPEL@VIDIR.COM FOR A COPY OF THE SCHOLARSHIP APPLICATION

Icelandic Festival opens submissions for Poetry and Short Story Contest

By Becca Myskiw

Submissions are open for the Icelandic Festival's annual poetry and short story contest.

Every year, the iconic Gimli festival holds several contests; the writing one is a staple. Angela Collins, Icelandic Festival secretary, runs the poetry and short story contest with Kaela Jacobson, a festival member. Collins said writing is a rich part of Icelandic heritage and culture, and the poetry and short story contest is a way for people to honour that.

Poems and short stories submitted can be about almost anything, but those about Icelandic culture or history or on the festival's theme will be given preference. This year's theme is "Celebrating a Century of the Fjallkona."

People don't have to be of Icelandic descent to enter the contest. One person can enter three poems and one short story, but they're ineligible if they've won in that category within the last three years. Poems can be of any style and length; short stories must be under 1,200 words.

There's no entry fee for the Icelandic Festival poetry and short story contest, but there are cash prizes for winners in each age group of each category. For both poetry and short stories, the junior winner (12 years old and under) will receive \$50. The intermediate winner (13 to 18 years old) will win \$75, and the open winner (over 18 years old) will win \$125. All winning entries will also be published in the festival program and in the *Logberg-Heimskringla*, an Icelandic publication in Manitoba. Winners who can make it will also be invited to recite their entries at music and poetry in the park on the Sunday of the festival, which runs from Aug. 2 to 5 this year.

All submissions are due to writingcontest@icelandicfestival.com by June 7. Each entry will then be blinded, meaning the names on them will be removed, and go to Elin Thordarson, who will judge them and choose the winners.

The contest brings in around 60 entries each year, but only a small percentage of those are junior writers. Collins is hoping this year, they receive more entries from children 12 and under.

Other contests for this year's festival include:

- The art show.
- The Fris-Nok tournament.
- The lawn parade and parade.
- Running races.
- The sandcastle contest.

Family scavenger hunt.
Golf tournament.
For full festival information, go to www.icelandicfestival.com.



EXPRESS PHOTO SUBMITTED

IceFest: The Icelandic Festival has opened submissions for their poetry and short story contest.

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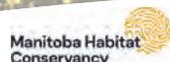
- Exclusion fencing
- Alternative watering systems
- Erosion control
- Tree and grass establishment



Grasslands/ Uplands

- Perennial grass/ forage on marginal land
- Pollinator strips
- Buffer strips
- Prairie establishments

CONTACT US IF YOU ARE INTERESTED



Stonewall artist crowned Great Canadian Pottery champion

By Jennifer McFee

A Stonewall artist brought home the crown — quite literally — after winning the title of Canada's top potter.

Jen Sonnenberg competed in an eight-week friendly competition series called *The Great Canadian Pottery Throw Down*, which aired Thursdays on CBC. Hosted by Jen Robertson, the show started off with 10 talented potters from across the country vying in a main weekly pottery task plus a skill-testing challenge. Each week, one potter was eliminated until only three remained for the final episode, which aired on April 4.

Sonnenberg continued to soar throughout the series, and that upward momentum continued in the finale when she faced off against Kiefer Floreal of Winnipeg and Elsa Valinas of New Brunswick.

"Well, this week's episode was like none other. Right from the beginning, there was a feeling of finality to it, like this is it. There are no more weeks after this," Sonnenberg said.

"The main make for the finale was a tea set with a tea pot, four mugs and saucers, a creamer, sugar pot and a cake stand. That was a lot of pieces to make."

Sonnenberg gleaned inspiration for her design from her children and her love of hockey.

"I wanted to pay tribute to the sport that my kids love so much but without it screaming hockey. So I designed two hockey stick stamps that I would impress into the wet clay. Creating so many pots that needed to be thrown on the wheel, stamped, trimmed and handles added was definitely the next level for us potters," said Sonnenberg, who is a hockey coach.

"All of those things need to be done at a certain time — and doing it all in a time crunch really added to the pressure. I needed to balance pieces being dry enough to stamp with the hockey stick stamps but not too dry that they couldn't be stamped. It certainly felt chaotic in the pottery."

While their tea sets were drying and waiting to be fired, the potters participated in their final spot test.

"This week, trimming three bowls in a set time was the challenge," she said.

"Trimming is not my favourite thing to do, but I managed to pull off my fifth second-challenge win of the competition. I was pretty excited."

Sonnenberg was grateful for that win before proceeding with the finishing touches on her tea set.

"Going into the glazing, I felt I had at least accomplished one win, and I needed that mentally as my cake stand had a crack in it. I thought about drying the piece upside down when I was making it, but in the frantic chaos of the make, I forgot to flip it," she said.

"While drying, the cake stand slumped around the base, leaving a crack in the top. I powered through, decorating the set with a blue-green colour scheme and adding glaze to the cake stand crack in an effort to fix it. I glaze fired the cake stand upside down to keep the piece from slumping even more in the heat of the glaze firing."



Guest judge Seth Rogen handed Jen Sonnenberg a handmade ceramic crown after she was named the winner of The Great Canadian Pottery Throw Down.

For the final reveal, it was a family affair with loved ones of all three competitors gathered at the Granville Island pottery.

"I was in Vancouver when my husband Ryan and kids John and Tom arrived. Going to the airport to meet them was such a sweet reunion. I missed those boys so incredibly much, so seeing their little faces was the best moment," she said.

"I was thrilled to have them be a part of the finale. For me, it was the best part. It was such a special moment, and for the kids to be able to see that moment was priceless for me."

Guest judge Seth Rogen returned to provide feedback alongside judges Brendan Tang and Natalie Waddell. All the original competitors also returned for the announcement of the winner.

"During the reveal, the crack did not go away, and both Elsa and Kiefer's sets were so well done. I was happy with my set and how the judges reacted to it," she said.

"Seth Rogen seemed so impressed with how the mugs fit with their plates, with how the tea pot capacity filled the mugs and especially with the locking lid that I made for the tea pot."

While the judges provided comments to all three competitors, the suspense continued to build.

"Finally, the three of us finalists were standing at the front, with the rest of the competitors and our families behind us, waiting to see who would win the first season of *The Great Canadian Pottery Throw Down*. I knew I was happy with what I had made throughout the competition and how I had competed in the second challenges, so I was happy no matter what happened. But when they called me as the winner, I was completely surprised. The fact that my boys could be there to be a part of it was incredible," she said.

"I really had no idea and thought for sure it would be one of the other potters, but to hear them say my name was just crazy. I was blown away, and even though the finale was filmed months ago, I think it's really just sinking in now. My boys were so excited that it was me who won, as well as my husband. I think they were pretty proud. As the episode aired, my

Continued on page 13

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The judges provided positive feedback about Jen Sonnenberg's hockey-themed tea set.

> CHAMPION, FROM PG. 14

entire family was just so excited. It's really been amazing."

Echoing those ideas, her husband Ryan expressed pride in her accomplishments.

"It was great to see Jen challenge herself and push the limits," he said. "This competition has given her so much confidence and energy to follow her passion. Her family is extremely excited for her and proud of her accomplishments."

Likewise, the boys expressed excitement about their mom's big win.

"She did amazing," said John, age nine. "She deserved to win and I'm really proud of her."

Six-year-old Tom shared similar sentiments.

"She did so good," he said. "She made amazing pots — and she did it all for us."

After the judges revealed that Sonnenberg was the winner, Seth Rogen presented her with a handmade ceramic crown.

"Seth Rogen and his wife made the crown, and it's so neat. I love the untypical colour scheme, and the glob glaze is something that Seth uses on his own pottery," she said. "It's personal and unique, which makes it such a neat prize."

Since the series was filmed in advance of when it aired, Sonnenberg had to keep the exciting secret to herself.

"Having the series end, heading back home and back to school, hockey practices and games and regular life made it feel like the whole thing hadn't happened, especially because I couldn't say anything about it. It's been a ton of fun to watch along with family and friends each week. I'm not going to know what to do with my Thursdays," she said.

"The best part of this experience has been getting to know and work with the other potters along the way. These were some of the most talented clay

artists as well as being incredible people. I've definitely been inspired to create more sculptural work and play more with glazes and colour. And I think I've gained some confidence in using the electric kiln to glaze work, so that's something I will probably do more often."

Looking ahead, Sonnenberg plans to keep in touch with the other potters she met through the competition.

"The group is so great — and we've been through this crazy experience that not many others have, so it definitely brought us together," she said. "And with the judges and Jen Robertson, Instagram has been such a great tool to keep us connected."

At the same time, she also expressed gratitude for all the kind words she received from near and far.

"I've just been so overwhelmed in the best way by all the love, support and messages that I've received from friends, family and complete strangers. It has been so truly amazing to hear the congratulations and the stories of how people have loved the show and watched it diligently



EXPRESS PHOTOS BY LANA MEIER

Family and friends gathered at the Red Barn last Thursday to watch the final episode of The Great Canadian Pottery Throw Down and hear who would be named winner.



Jen Sonnenberg, pictured with her sons John and Tom and hockey teammates, celebrate the win at the Red Barn.

and how they've been cheering me on," she said. "I just want to say how grateful I am for all of these messages and support from so many people. It's truly touching."

The first season of *The Great Canadian Pottery Throw Down* is available to stream on CBC Gem. For behind-the-scenes content and updates, follow @CanadianPotteryShow on Instagram and Facebook.

To see more of Sonnenberg's art-

work, visit her online store at www.woodfiredpottery.ca or follow her on Instagram @jensonnenbergwoodfiredpottery. Through the website, you can also sign up for the mailing list to receive updates about classes at her studio, new items for sale and upcoming events. For those who'd like to see Sonnenberg's artwork in person, she will be at the Third + Bird spring market at the Red River Exhibition grounds later this month.

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Comedy and Music fundraiser

By Lana Meier

The Arborg & District Multicultural Heritage Village is back with a bang.

After a four-year hiatus, the Arborg & District Multicultural Heritage Village is excited to reveal the revival of its Annual Spring Fundraiser on Saturday, April 27.

Although the appearance of the evening may vary, its purpose remains unchanged: to raise funds for future

projects at the Village in 2024 and beyond.

The event promises an evening of food, laughs and great music. Comedian Big Daddy Tazz will host the evening, which will be catered by Abas Catering with a mouth-watering prime rib dinner. Dance the night away to the tunes of The Goods and don't miss out on the excitement of the rainbow auction and grand prize

Tips from a CPA to Prepare for Your Taxes

1. Communicate

Make Canada Revenue Agency (CRA) and your accountant aware of any life changes that have occurred since last year such as changes to your marital status, legal name, mailing address, or a new dependent. ELM Chartered Professional Accountant Inc. (ELM CPA) uses a tax questionnaire to obtain up-to-date information from clients for preparing their tax returns. This also includes information about the sale of a principal residence, which may not be taxable, but must still be reported to CRA.

2. Compare

Review last year's tax return and Notice of Assessment from CRA to the slips and information you are providing to your accountant this year. Do you have all the slips and information for the income, deductions, and credits you are reporting? If you are using a new accountant this year, it is helpful to provide them with a copy of your last year's tax return so they can continue with any deductions or credits that have carried forward from the prior year.

3. Compile

Many people do not look forward to tax season because it can be a lot of work to gather their documents, especially when self-employed.

Consider setting up a filing system for your tax related documents that you can use throughout the year. It can be as simple as using an accordion folder to compile your tax documents you get throughout the year (e.g. children's fitness receipts, or gas receipts if you are claiming vehicle expenses). For self-employed individuals, consider doing bookkeeping for your business throughout the year instead of just at the end of the year, especially if the task of bookkeeping feels overwhelming to you.

4. Check

It is important to check over your return before filing it with CRA. While you may use an accountant to prepare your return, it is still your responsibility as the taxpayer to ensure that the return is complete and accurate. Erica Minarik, CPA, CGA, of ELM CPA, reviews client's tax returns with them in detail, answering your questions to help you understand your tax return.

Finally, review your Notice of Assessment with your tax return that was filed to see if there were any changes made by CRA. Notify your accountant if there were any changes so they can determine if any steps need to be taken with CRA.

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The Heritage Village has been for-

Continued on page 18

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Leaving their mark and out-manoeuving larger competitors

Vidir Solutions recognized in 'Canada's Top Small & Medium Employers' competition

By Lana Meier

After earning recognition as one of Manitoba's best workplaces, Vidir Solutions Inc. is making a name on the national stage, earning a place on a list of Canada's best employers.

The family-owned company with locations north of Arborg and in Teulon earned the title thanks to its progressive business environment and forward-thinking human resource programs.

That's the message from this year's Canada's Top Small & Medium Employers, announced last week by Mediacorp Canada Inc., organizers of the annual Canada's Top 100 Employers project.

Limited to smaller enterprises with under 500 employees, Canada's Top Small & Medium Employers focuses on businesses that are often resource-constrained, both in terms of finances and organizational capacity.

However, they are nimble and have more dexterity: they adopt initiatives faster than large employers, in many cases based on employee feedback and proximity to front-line operations.

Additionally, small and medium enterprises are often more willing to try bold human resource initiatives that are untested elsewhere.

"What's remarkable about the employers on this year's list is how quickly and effectively they've worked to create rewards and other programs developed from employee input," said Kristina Leung, managing editor of the Canada's Top 100 Employers project.

"They have enviable levels of customization, flexibility and speed-of-implementation that are difficult for larger employers to match."

Now in its 11th year, Canada's Top Small & Medium Employers is an editorial competition that recognizes the small and medium enterprises that offer the nation's best workplaces and forward-thinking human resources policies.

"There's an interesting relationship we see between small and medium enterprises and larger employers," said Richard Yerema, executive editor at the Canada's Top 100 Employers project.

"They are often the trendsetters, taking risks on initiatives like enhanced paid time-off, flexible hours and hybrid work options long before these

types of improvements are considered by larger employers. As employers of all sizes compete to attract and retain staff, the best small and medium enterprises take notice of what larger employers are offering employees, such as parental leave top-up, mental health programs and even retirement assistance."

Editors at Mediacorp review employers on eight criteria, which have remained consistent since the project's inception: workplace; work and social atmosphere; health, financial and family benefits; vacation and time off; employee communications; performance management; training and skills development; and community involvement.

Here are some of the reasons why Vidir Solutions, Inc. was selected as one of Canada's Top Small & Medium Employers (2024):

- Vidir Solutions supports a number of charitable initiatives each year and incorporates employee feedback when determining which organizations to support — additionally, the organization matches employee donations dollar-for-dollar, with no set maximum.

- Vidir Solutions encourages employees to adopt good habits by offering healthy snacks (including free fruit and granola bars) and, in partnership with local recreation centres, shares information about the facilities and fitness programs available to them — employees can also choose to gift swim passes to their children.

The competition is open to any enterprise in Canada that has fewer than 500 employees worldwide (including staff at affiliated companies) and is a commercial, for-profit business.

The full list of Canada's Top Small & Medium Employers (2024) was announced April 2 in a special magazine published by Mediacorp.

Vidir Solutions 'raises up' employees to succeed

In 2022, Jasmine Nault was hired to a newly created, and critical, role at Manitoba-based Vidir Solutions. As program manager, learning and leadership development, her job is to help the manufacturing company roll out initiatives to improve the skills and



EXPRESS PHOTOS SUBMITTED

Vidir Solutions management team Maynard Dueck, director of customer care; Jordan Tokar, chief financial officer; Kirk Regular, director of safe operations; Cristina Vieira, director of human resources; Dimitri Caldeira, director of engineering; and Ernest Rempel, chief executive officer.



Vidir Solutions employees celebrating together.

career opportunities of all employees while also training the next generation of company leaders.

"One of the core values at Vidir is about 'raising others up' by helping them do what they do best," says Nault. "All of our efforts in skills upgrading, career advancement and leadership development are very much rooted in that value statement."

Founded in 1986, Vidir is a family-owned manufacturer of automated

material-handling solutions based mainly in two small Manitoba communities, Arborg and Teulon. The company sells products and solutions in over 40 countries and has performed over 40,000 installations, many for Fortune 500 companies.

Vidir is also on a significant growth curve: the number of full-time employees has more than doubled in the

> COMEDY AND MUSIC FUNDRAISER, FROM PG. 16

fortunate to have received strong community support in the past and they are hopeful that this backing will continue as they expand their range of attractions. The Village has developed into a popular tourist destination over time.

A portable outdoor stage was recently added to the Village's assets and is fully operational for this year. The stage is available for community

groups to rent, with the hope it can assist organizations with their fundraising efforts.

This year, 2024, will be a busy year for Arborg Heritage Village, and they welcome the opportunity to offer an evening of fun to community supporters.

Tickets are \$100 each or an entire table can be reserved for \$800. A \$50 tax receipt for each ticket purchased

upon request will be issued.

Cocktails are planned for 5 p.m., dinner at 6 p.m., entertainment at 7:30 p.m. and the dance at 8:30 p.m.

If you are interested in tickets to the event, please get in touch with Jan Larkin at 204-641-0329 or contact 204-376-5001. Tickets are also available for purchase at Arborg Pharmacy or by emailing admhv4007@gmail.com.

All tickets will be entered into a raf-

file for an e-bike worth \$6,700, which will be awarded during the event.

The volunteer board of the Arborg & District Multicultural Heritage Village thanks everyone in advance for their support looks forward to celebrating together.

Dreams are what build a community, teamwork is what expedites the job, and commitment is what gets the job done.

> EMPLOYEES SUCCEED, FROM PG. 17

last three years as global demand for the company's products and services steadily increased.

Because of that growth, recruiting and retaining talent, as well as raising up leaders from within, are key priorities.

This is done on multiple fronts. Vidor has a robust student intern program and makes a special effort to recruit locally through targeted scholarships.

Once onboard, employees can take advantage of a wide range of learning, skills upgrading and professional development programs. This includes everything from a popular apprenticeship program for welders to sponsoring employees who are pursuing their chartered professional accountant certification.

Because Vidor regularly recruits from

non-English-speaking countries, the company also offers on-site English-as-a-second language (ESL) classes.

Recently Vidor has put a strong focus on succession planning and leadership development. Within that, there's been a special emphasis on fostering a respectful workplace and recognizing the importance of mental well-being.

In 2023, the company expanded its traditional safety operations training program for leaders beyond issues of physical safety to encompass psychological safety, emotional well-being and respectful work practices.

"Our respectful workplace training looks at the differences between a positive and a poisonous workplace," says Nault. "We talk about the impact of incivility in the workplace and is-

sues ranging from bullying to sexual harassment. We want to give leaders the tools to better identify disrespectful or unsafe situations and know how to respond to them."

In 2024, Vidor will launch another new leadership development program that addresses issues such as communications skills, emotional intelligence and workplace mental health training.

"There is no health without mental health," says Nault. "So that's a big focus for us."

Cristina Vieira, director of human resources, says the learning and leadership development initiatives all have something in common: they give team members the ability to grow and advance within the company, while also making Vidor a stronger and more effective employer of choice.

"If people are able to show up as the best versions of themselves, that leads

to greater engagement, improved morale and superior performance," she says. "It's also good for the company's bottom line because we have less turnover and we are not having to spend as much money on recruitment and retention."

Coaching and mentoring the next generation of leaders is particularly important, she adds.

"The stronger leaders we have, the more competitive we become. We are in the business of manufacturing the software and automation of tomorrow. There's a lot of opportunity for us, but we need the right mix of talent to fully realize it."

This article appeared in the magazine announcing this year's Canada's Top Small & Medium Employers winners, published April 2, 2024, in The Globe and Mail. This article was prepared with the financial support of the employer, which reviewed but did not write its contents.

A new technology is making partial dentures way better

By Brock Vandor
DENTURIST

There is something new and very exciting when it comes to partial dentures! I am so excited about it because it is one of those things that is undoubtedly superior to the way we used to do it. They are fitting better than I have ever seen, and of course, patients are having more comfort than they have ever had in the past.

Since the beginning of metal working time, to make things like partials, we had to first make a mould of a certain shape (like a partial denture), then pour liquid metal into the mould and let it cool and harden. This method works great, but there is always a problem...when the metal cools, it shrinks! This means that no matter how perfect we make the mould of your denture, when we pour the

metal in, it will change shape and never have a perfect fit; requiring very careful adjustments to the denture. But now, I am very excited to say, we can totally get rid of that process where the metal distorts and partials don't fit as good as they should!

Today, we can design your partial denture on a computer, then use a computer controlled milling machine to actually make the exact shape of your partial out of hardened Titanium metal. This means no more distortion, and wow, the results are truly amazing! My brother, who is also a Denturist out in Medicine Hat, is also doing Titanium partials too and every time we get on the phone, we can't help but talk about how this new technology is just the best thing that has ever happened to partial dentures. We can

finally get the fit that we always wanted, and patients are absolutely loving them for 3 main reasons:

1. Titanium partials fit beautifully around the teeth, which results in much less food underneath.
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3. Titanium can clip more gently around the teeth than the usual metal and it just feels more "normal".

If you have had problems with your partials before, then there is a good chance that this is the answer. The process of making them is by far superior to the old way. Give us a call today to reserve your free consultation and we would be happy to see how we can help.

Thanks for reading! Brock Vandor, the Denturist.



- supplied photo -

Recent patient Gary says, "Brock is awesome. My new teeth have a great fit, excellent work and the staff are very professional."

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LSD submits 'good news' budget for 2024-25 school year

By Becca Myskiw

The Lakeshore School Division (LSD) has submitted its 2024-2025 budget to the province for the next school year.

On March 5, the LSD board held its budget consultation meeting, during which it presented the budget to the public and taxpayers. Each year, the budget process begins in November with staff and community input, followed by an education funding announcement in January or February and a community consultation in February before the budget is submitted to Manitoba Education by the end of March.

The LSD 2024-2025 budget is what superintendent of HR Donald Nickel calls a "good news budget." He said the board feels it will benefit students in several ways.

"This budget is the first one in nearly 10 years where we have not had to decrease staffing and programming for students in the division," he said. "We are pleased to be able to focus on what it means to increase the career/future readiness and well-being of students, and we anticipate a shift towards putting more resources into these areas."

This year, the Manitoba government announced an increase in public school funding, with most schools receiving an average increase of 3.4 per cent. LSD received a 4.6 per cent increase in operating funds from the province for 2024-2025, which has allowed them to "meet student needs and move forward with their strategic plan."

That strategic plan was voted on last winter. In addition to the division's literacy and numeracy goals, the division plans to focus on ensuring their students are career- and future-ready and ensure the well-being of all students and staff after the pandemic.



With the increase in the operating budget, LSD has \$592,482 more this year than they did last. Of that, \$110,866 will go towards base support, \$98,214 will go towards categorical support, \$83,000 will go to enrolment growth, \$114,262 will go to equalization support, and \$82,000 will go to additional operating support. The last \$104,000 is for a nutrition program, supported by the provincial government.

"By providing additional support for nutrition in schools, the province's funds will help ensure that students are heading into class with their basic needs met," said Nickel. "We all know that it is almost impossible to focus on a task when we have skipped a meal, but we can help students be ready to learn by ensuring that they have access to nutritional meals."

Nickel said after years of freezes, this year the province is also allowing school divisions to adjust education property tax amounts without penalties. The board decided on a moderate tax increase of three per cent to keep in line with projected inflation rates. For the 2025-2026 school year, the Manitoba government has promised to revamp the edu-

cation funding formula, which relies heavily on property taxes in its current state.

In total, the government's additional funding this year equates to \$104 million. Of that, \$3 million is also going towards funding 30 new teachers in the province to help reduce class sizes in early grades.

Some notable increases included in LSD's 2024-2025 budget are:

- \$7,000 for asbestos testing
- \$7,000 for Treaty education training
- 3.5 per cent increase to maintenance budget
- Additional \$20,000 for support and casual staff

The division also proposes spending almost \$1 million more on salaries in 2024-2025 than this year and an extra \$40,000 on benefits. This school year is seeing a surplus of more than \$312,000, and next year LSD is projecting a surplus of more than \$370,000.

Another notable change in the budget is bus costs. The price for buses has risen from \$130,000 to \$180,000 in recent years, and to keep up with the rising cost, LSD has put in \$200,000 for replacement costs, while looking at increasing it to \$300,000.

When making the budget, Nickel said the division always starts with the end in mind.

"What are the learning priorities?" he said. "Where do we want things to be in four years and how are we going to get there? How do we add as much value as possible for each dollar of revenue that we have?"

LSD covers the communities of Ashern, Eriksdale, Fisher Branch, Inwood, Lundar, Moosehorn, Broad Valley Colony and Marble Ridge Colony. In 2023, there are 975 students enrolled in the division.

Lakeshore Hospital Guild planning spring tea for April 26

By Becca Myskiw

The Lakeshore Hospital Guild is hosting their annual garden party on April 26.

Coming off their best year yet for funds raised at the event, the guild hopes to see another successful fundraiser. President Shelley Bjornson said this is the group's biggest fundraiser of the year, and it's been happening for almost as long as the guild has been around.

When it started, the spring tea saw Lakeshore Hospital Guild volunteers bringing laundry baskets full of homemade goodies to sell. Bjornson said she remembers thinking she was a "real guild member" when she first took in a laundry basket full of baking to sell. Bjornson recently became

guild president, stepping into the role after her mother took it on for more than 30 years.

Today, the annual fundraiser is more of a lunch than a sale, though it operates as both. For the last three years, the Lakeshore Hospital Guild has invited community members to a sit-down meal at the Ashern Legion Hall, complete with homemade soup, chili, buns and pie. Last year, the food line was to the door, and the guild sold out of everything it had to offer.

Funds from the spring tea don't just come in from food sales, though. There's also a big cash raffle, a bake table, a huge silent auction and more. This year's raffle has a \$300 gift card to Co-op, a \$200 gift card to Home Hardware,

and a \$100 Petro Canada gift card. Together, that all brought in more than \$10,000 in 2023 — the most the fundraiser event has ever seen. Bjornson said they usually bring in around \$5,000 with the event, so last year was an extremely pleasant surprise.

"After COVID, it took us a few years to bring people back," she said. "People were hesitant to sit around with other people, so I think we're getting back to a bit of normal now."

The event also features entertainment, and this year, that will come from songwriter Neil Thornham.

Money raised at the annual fundraiser stays in the community and goes into Lakeshore Hospital.

"There's so many things they

need and that can help the patients' stay and the work environment for the staff that are not provided or they can't get with their day-to-day budget," said Bjornson.

With the \$10,000 raised last year, the guild bought an \$8,000 Isotour air mattress for the hospital, along with darkening blinds for the acute wing in the hospital. They've also bought heart monitors, a compression machine and other big items the hospital can't fit into their budget.

The Lakeshore Hospital Guild has 40 volunteers committed to raising funds for the hospital, personal care home, medical clinic, dialysis unit and ambulance services. To stay up to date with the group, go to www.lakeshorehg.com.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Drews' rink places fourth at U.S. club curling nationals

By Brian Bowman

Nick Drews led his curling rink to a fourth-place finish at the 2024 U.S. Curling Nationals in Fargo.

Drews' squad was really good. But guess what? So were a lot of teams. Everyone had a chance to advance right to the end.

"I thought we would be one of the favourites going into it and I thought the teams we played in Minnesota would be better than nationals and I think that was true but some of the teams there were very, very good," Drews said on his way to Chicago for business.

Drews' rink went an impressive 4-1 in pool and lost to the eventual champions after giving up an early lead in the playoffs.

"We did what we could to come back," Drews said, adding he made an epic shot for an extra-end win to qualify for the playoffs in the "craziest comeback ever."

These dudes didn't have a chance — but they pulled it out.

"They were pretty solid and we knew they were probably going to make the playoffs and they won our pool. But in pool play, we beat the teams we were supposed to beat."

The event was a major one, with it being live streamed, and Drews' family (including Tyler, who was the team's coach) in attendance.

Drews wanted to thank everyone for their support and kind words over the course of the event. He really appreciated it.



EXPRESS PHOTO SUBMITTED

Nick Drews' rink placed fourth at the U.S. 2024 club curling nationals in Fargo.

Interlake Lightning U13 Female hockey awards



EXPRESS PHOTOS SUBMITTED

The Interlake Lightning Female U13 AA handed out their 2023-24 season hockey awards this weekend. Maya Pattie was named the Most Improved; Piper Tataryn, Most Sportsmanlike; Emma Cassils, Most Valuable Player; Paige Bernier, Top Scorer; Kaylah James, Top Forward; Brynn Williams, Top Defenceman; Kahlie Minnie, Rookie of the Year; Lilly Skinner, Most Dedicated.

Local female athletes compete at elite hockey tournament

By Jo-Anne Procter

Hockey Manitoba released the team rosters for the 2024 Female Under-16 Program of Excellence (POE) Spring Evaluation Tournament on April 3. The tournament was held April 5 to 7 at the Hockey For All Centre in Winnipeg.

The camp is the first phase of the Female U16 POE, a program for emerging high performance Female U16 athletes focusing on preparing them to enter into high performance U18 hockey.

The Female U16 Spring Evaluation

Tournament had 186 athletes participate, including the following from the Interlake Lightning: Makayla Sydenham, Karen Caumartin, Kiera Pattie, Blake Darragh, Maria Riddell, Joslyn Tetlock, Kashlynn Kiesman, Samantha Dallas, Daisy Ducharme, Emily McMurtry and Ellis Pearson. Eleanor Sugimoto, Brooklyn Waldbauer and Annika Reesink represented the Stonewall Blues.

Among the coaches leading the 2024 POE program is Sam Stassburger from Grosse Isle, assistant coach of the 2023-2024 female U18 Interlake Light-

ning team. Goalie coach Rachel Dyck from Winnipeg Beach helped out with the Interlake team and joined Strassburger along with Autumn Garnham, Kelsey McHolm, Tori Murphy and Riley Sveistrup. These coaches will lead the U16 athletes through the Spring Evaluation Tournament and summer camps in June and August.

The Female U16 Program of Excellence has been redesigned as a development-focused program for Female Under-16 athletes in Manitoba. The program aims to teach up-and-coming female athletes the skills, concepts

and tactics specific to the Female U18 Program of Excellence, ensuring that these athletes are given the proper development time to move to the U18 level and beyond.

The POE is a high-performance program that offers developing athletes on track to be elite with the opportunity to represent their province while providing a solid development path to the national and international stages.

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HELP WANTED

Yard staff needed for Winnipeg Livestock. P/T leading to F/T. Includes weekdays, evenings & weekends. Cattle experience an asset but not necessary. Willing to train. Ph Melissa at 204-299-7509.

TUTORING AND INSTRUCTION

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UPCOMING EVENTS

Dauphin Gun & Hobby Show April 13th, 10 a.m. - 5 p.m. & April 14th, 10 a.m. - 3 p.m. 8th Avenue Hall. For info. call Victor 204-444-4690.

FLIGHT ACADEMY

Want to learn how to fly? LS Airways Flight Academy is the most affordable in Canada. Recreational, private and commercial certificates. We offer flight training and ground school (air law, navigation, meteorology, aeronautics general knowledge). Call 204-651-1402.

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ANNOUNCEMENTS

Join Keyes Loyal Orange Lodge #1755, Newdale L.O.L #1533, Winnipeg Golden West L.O.L #2311. Info: newdale1533@gmail.com. Since 1795. God Save The King!

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

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Lake Manitoba and Lake St. Martin Outlet Channels Project Comments Invited

What is happening?

April 8, 2024 — The Impact Assessment Agency of Canada (the Agency) is conducting a federal environmental assessment of the proposed Lake Manitoba and Lake St. Martin Outlet Channels Project, a new permanent flood control management system located in the Interlake region of Manitoba.

The Agency invites Indigenous groups and the public to comment on the draft Environmental Assessment Report that includes the Agency's conclusions and recommendations regarding the potential environmental effects of the project and their significance, and the proposed key mitigation measures and follow-up programs.

The Agency also invites comments on the draft potential conditions for the project. Final conditions would become legally-binding on the proponent if the Minister of Environment and Climate Change issues a decision statement indicating the project may proceed.

Visit the project homepage on the Canadian Impact Assessment Registry (reference number 80148) to:

- Learn more about the project.
- Submit your comments online by **11:59 p.m. on May 8, 2024**. All comments will be published to the Registry.
- Learn more about the environmental assessment process.



Scan the QR-Code to visit the project Registry page.

Have a question?

Write to us at LakeManitoba-LakeSt.Martin@iaac-aeic.gc.ca or visit the Agency's website at canada.ca/iaac.

For media inquiries, contact the Agency's media relations team by writing to media@iaac-aeic.gc.ca, or by calling 343-549-3870.

CAREER OPPORTUNITY

Ukrainian Farmers Co-operative Ltd.



PART-TIME MEAT/DELI CLERK

Ukrainian Farmers Co-op provides our staff with a competitive starting wage and a wide range of available courses and training opportunities. We offer a comprehensive benefits package including dental, vision, extended health, and a pension plan to all qualifying employees.

The successful candidate will be an energetic, self-motivated, hardworking individual who is a team player and enjoys working with the public.

If you would like to join our Meat/Deli team, please fill out an application or submit a resume to Kirk Abrahamson at our Meat Department. **Closing date for all applications is April 18, 2024.**

Ukrainian Farmers Co-operative Ltd, Box 160, Fisher Branch, Mb, R0C-0Z0



Career Opportunity in Arborg Parts, Salesperson

When you join Enns Brothers you are in good company! We're looking for a dynamic partsperson to add to our team, who has high personal standards for quality and takes pride in delivering exceptional customer service to our customers.

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Enns Brothers is a full service John Deere dealer and has grown to 9 locations in Manitoba. Proudly supporting our local communities for over 60 years.





**RURAL MUNICIPALITY OF GIMLI
INVITATION TO TENDER**

PORTABLE TOILET RENTAL

CLOSING DATE: Wednesday, May 1, 2024 at Noon

The Rural Municipality of Gimli is accepting quotations for the rental and servicing of portable toilets on a monthly and daily basis throughout the municipality, for a minimum 1-year term, with an option to renew for an additional 1 to 2 years at Council's discretion.

Detailed tender packages complete with specifications are available to interested bidders on the RM of Gimli website, www.gimli.ca or at the Municipal Office, 62 - 2nd Avenue, between the hours of 9:00 am to 5:00 pm, Monday to Friday.

Sealed submissions clearly marked "RFT 2024-09 Portable Toilet Rental, submitted by ____" will be received by the undersigned at the address below until **Noon, May 1, 2024**. Late submissions will not be accepted.

Completed tenders must be submitted by Noon on May 1, 2024 to:
Rural Municipality of Gimli
PO Box 1246, 62 2nd Avenue
Gimli, MB R0C 1B0
Attention: Ron Hahlweg, Director of Operations

Questions or concerns in respect to the tender can be directed to:
Karl Bergman
Public Works Foreman
Phone: (204) 642-6688
Email: publicworks@rmgimli.com

The RM of Gimli reserves the right to reject any or all bids, to waive irregularities and informalities therein, and to award the tender in the best interest of the RM of Gimli in its sole discretion. Lowest bid may not be accepted. Contractors must comply with Municipal requirements for liability insurance, WCB coverage and business licensing to be eligible to be awarded the contract.

**THE RURAL MUNICIPALITY OF ARMSTRONG
EMPLOYMENT OPPORTUNITY**

Public Works Coordinator (Term Position)

The Rural Municipality of Armstrong invites applications for the position of Public Works Coordinator (Term Position)

Under the direction of the Chief Administrative Officer, the Public Works Foreman is responsible for the direction, coordination, efficient operation, construction, repair, and general maintenance of all municipal infrastructure.

Qualifications - Public Works Coordinator

- *Minimum of five years related experience, three of which were in a foreman or supervisory capacity.
- *Experience in construction and maintenance of various municipal infrastructure.
- *The ability to operate and maintain various types of heavy equipment. (tractor/mower, compact track loader, grader, loader, tandem)
- *Valid Manitoba Drivers Class 3 License, air brake license or an air brake endorsement.
- *Above average organizational skills.
- *Ability to multi-task and supervise numerous staff and projects simultaneously.
- *Above average skills to manage and direct staff.
- *The ability to perform physical labour.
- *The ability to work outside in all weather conditions

The Rural Municipality of Armstrong offers a competitive salary and benefits package including health/dental and pension.

Applications must contain a resume, covering letter and three references. Application deadline is 4:30 PM on Friday April 19, 2024. Only those candidates chosen for an interview will be contacted.

Please forward applications marked "Application for Public Works Coordinator (Term Position)" Chief Administrative Officer at:

RM of Armstrong
Box 69, Inwood, Manitoba R0C 1P0
Fax: (204)278-3437
e-mail: cao@rmofarmstrong.com

To view a full job description please visit www.rmofarmstrong.com or call the Municipal Officer at (204) 278-3377.

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CAREER OPPORTUNITY

**Ukrainian Farmers
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**PART - TIME
HARDWARE CLERK/ CASHIER**

Ukrainian Farmers Co-op provides our staff with a competitive starting wage and a wide range of available courses and training opportunities. We offer a comprehensive benefits package including dental, vision, extended health, and a pension plan to all qualifying employees.

The successful candidate will be an energetic, self-motivated, hardworking individual who is a team player and enjoys working with the public.

If you would like to join our Hardware team, please fill out an application or submit resume to Dana Cook, Hardware Manager.

Closing date for all applications is April 25, 2024.

Ukrainian Farmers Co-operative Ltd,
Box 160, Fisher Branch, Mb, R0C-0Z0



**Town of Winnipeg Beach
2021 AUDITED FINANCIAL REPORT**

PUBLIC NOTICE is hereby given, pursuant to Section 194 of The Municipal Act, that the auditor's financial report for the 2021 fiscal year has been deposited in the office of the Chief Administrative Officer of the Town of Winnipeg Beach located at 29 Robinson Ave, Winnipeg Beach, Manitoba.

Persons wishing to view the report and the municipality's financial statements may view the documents:

- on our website at www.winnipegbeach.ca,
- request a copy by email to info@winnipegbeach.ca
- calling our office at 204-389-2698 to make arrangements.

Dated in Winnipeg Beach, Manitoba this 4th day of April, 2024.

Sharon Desiatnyk, *cmma*
Chief Administrative Officer
Town of Winnipeg Beach



**TOWN OF ARBORG
PUBLIC NOTICE
2024 FINANCIAL
PLAN**

PUBLIC NOTICE is hereby given pursuant to Section 162(2) of *The Municipal Act* that the Council of the Town of Arborg shall hold a Public Hearing to present the Financial Plan for the fiscal year 2024 on:

Wednesday, April 24th, 2024 at 10:00 A.M.

**Town of Arborg Municipal Office
337 River Road Arborg, MB**

The purpose of the Public Hearing is to allow any interested person to make representation, ask questions or register an objection in respect to the Town of Arborg's 2024 Financial Plan.

The 2024 Financial Plan includes the following general borrowing proposals

- Borrowing of \$300,000 at 6% over 10-years for the Secondary Well Mechanization Project.

Copies of the 2024 Financial Plan will be available for review on April 12th, 2024 and may be examined by any person on the Town of Arborg's website at www.townofarborg.com.

Dated this 21st day of March, 2024

Cindy Stansell, *CMMA*, *CMML*
Chief Administrative Officer
Town of Arborg

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NOTICE TO CREDITORS

IN THE MATTER OF: The Estate of CHARLES GARY McFARLANE, late of Gimli, 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 **13th day of May, 2024**.
DATED this 11th day of April, 2024.

TAYLOR McCAFFREY LLP
Solicitor for the Executors of the Estate

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or email valnosaty22@gmail.com
Deadline: April 26, 2024



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carmanmennonite.ca

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Ukrainian Farmers Co-operative Ltd.



2010 Ford F150 XLT Super Crew, red, 4x4, Automatic transmission, Gasoline, KM 162720, safetied. Vehicle is available for viewing Monday-Friday 8AM-6PM. Tender must be in a sealed envelope marked "Tender for sale of Vehicle" and delivered to Sandra Lappage, General Manager, no later than **6PM April 24th, 2024**.
Highest or any tender not necessarily accepted.

EMPLOYMENT OPPORTUNITY

In cooperation with the Interlake-Eastern Regional Health Authority and the Manitoba Métis Federation, the following Full-Time summer student positions are available:

- Student Activity Assistants: Various Locations in the IERHA**
- Must be Metis, Non-Status or Inuit.
 - Must be students between the ages of 16-29
 - Possess good verbal communication skills and desire to work with the elderly

Please see: <https://selfservice.ierha.ca/> and search under: "Direct Support" and scroll to find: **Student Activity Assistant** for the complete job postings. (Competition number: MMF LTC 638/24)

Please apply on-line at <https://selfservice.ierha.ca/> under the competition you are interested in with resume attached. Deadline for submissions is Thursday April 18, 2024 at 11:59 pm.



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McSherryauction.com
204-467-1858 & McsherryLtd@gmail.com

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FARM MACHINERY AND EQUIPMENT: 2022 Brandt 1345 ALP auger, self-contained transport, hydraulic steering; Bourgault 3710-60 air seeder; two sets 2012 Degelman SM7000 harrows, Valmar 3255 air seeders; Kello-Bilt 225TSW tandem disc, notched front/rear, 1/4"x24" discs; Salford 4100 HS disc; Ezee-On 4600 tandem disc, notched front, smooth rear; 2012 Rogater RG900, 100' high clearance sprayer, 2731 hrs; Degelman 7200, front mount blade, 6-way, all attachment parts, etc; 2013 Bourgault 3320 air drill, good cond; Bourgault 6700 ST air cart; Case Intl generator/compressor w/Honda GX 390 gas engine, air hose and reel, no starting battery.

BID NOW AT WWW.GARTONSAUCTION.COM

LINKS AT THE LAKE GOLF COURSE

PESTICIDE APPLICATION PROGRAMS PUBLIC NOTICE

Lakeland Golf Management intends to conduct the following pesticide control programs from April to November. All applications are part of a comprehensive Integrated Pest Management (IPM) strategy and depending on pest threshold levels, may or may not include:

Projected dates of application are from May 1st to November 15th, 2024

1. Weed control in turf grass areas within the property. Herbicides used may include: - glyphosate, dicamba, 2,4-D, mecoprop, acetic acid, iron, carfentrazone-ethyl, bipyrifac (Na).
2. Fungus control in turfgrass and treed areas within the property. Fungicides used may include: chlorothalonil, floxonil, propiconazole, tudioxonil, myclobutanil, azoxystrobin, fosetyl AL, pyraclostrobin, triticonazole, thiophanate-methyl, metalaxyl-M, tritloxystrobin, boscalid, mineral oil, etridiazole, hydroden peroxide, tebuconazole, fludronil, mefentrifluconazole, metalaxy - M&S isomer, fluopyram, fluazinam, pydiflumetofen, metaconazole, penthiopyrad, benzovindiflupyr, polyoxin D zinc salt.
3. Insect control in turfgrass and treed areas within the property. Insecticides used may include: - imidacloprid, chlorpyrifos, chlothianidin, chloranthraniliprole, carbarol, lambdacyhalothrin, permethrin, Bacillus thuringiensis, malathion.
4. Growth regulators of turfgrass areas within the property. Growth regulators may include: - polymeric polyoxyalkylene, trinexapac - ethyl.

The public may send written submissions or objections to SPECIFIC pest control program(s) within 15 days of publication to the department noted below:

Environment & Climate
Environmental Approvals Branch
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THE RURAL MUNICIPALITY OF ARMSTRONG

EMPLOYMENT OPPORTUNITY

CHIEF ADMINISTRATIVE OFFICER

The Rural Municipality of Armstrong is accepting applications for the position of Chief Administrative Officer.

Found in the heart of the Interlake region of Manitoba, northwest of Teulon on Hwy #17, the RM of Armstrong is home to a number of small hamlets offering a mix of urban and quiet country lifestyles.

Under the direction of Council, the CAO is responsible for the overall management of the operations of the municipality including: administration, supervision of staff, policies and planning and financial management.

Key responsibilities of the position include:

- Recommends new initiatives, programs, policies, and plans for Council to consider.
- Advising Council as to current and future policies, programs and budgets.
- Acting as the coordinator and team leader of the administration in areas of staff, personnel, policies, plans and programs.
- Develops and implements a process for preparation of annual capital and operating budgets.
- Assisting Council in determining the future vision of the Municipality.
- Working closely with all levels of government

Skills & Qualifications

- Ability to communicate effectively with the public, employees and external stakeholders.
- Ability to develop, interpret and administer agreements, statutes and by-laws.
- A graduate of the University of Manitoba Continuing Education Division Certificate Program for Municipal Administrators (CMMA), or equivalent education.
- A background in Accounting is considered an asset.
- Ability to read and understand Municipal Financial Statements and manage a budget.
- A minimum of three years direct experience in municipal administration.
- Computer experience with a municipal software program, preferably Asyst, and demonstrated abilities with Windows, Microsoft Office 365: including Work, Excel, Power Point.

Salary is commensurate with experience and qualifications. The RM of Armstrong provides an excellent group benefits and pension program. A detailed job description is available upon request.

Please submit your resume and three reference to:

RM of Armstrong
Box 69, Inwood, MB R0C 1P0
Fax (204) 278-3437
Email: cao@rmofarmstrong.com

Deadline to apply for the position is Friday, April 19, 2024 at 4:30 P.M. If a candidate is not found by the deadline date the position will remain open until filled. We thank all that apply and advise that only those selected for further consideration will be contacted.

4 SEASON HOME/COTTAGE Lake Manitoba Narrows

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EMPLOYMENT OPPORTUNITY

Recycling Assistant Supervisor

Riverdale Place Workshop Inc. requires a recycling assistant supervisor to assist with sorting and to help with supervising the participants.

Also will be required to be a spare recycling driver. Job position: Monday to Friday 8:30a.m to 4:30p.m. Benefits and pension plan provided. A Criminal record check and Adult Abuse check required. Job Description available at the workshop.

Please send or drop off resume to:
Alex Janower Manager
Riverdale Place Workshop Inc.
Box 609 Arborg Mb. R0C OAO
Tele-204-376-5584
Email riverdaleplace111@gmail.com

RURAL MUNICIPALITY OF GIMLI

INVITATION TO TENDER

GRASS CUTTING

CLOSING DATE: Wednesday, May 1, 2024 at Noon

The Rural Municipality of Gimli is accepting tenders for grass cutting in various public reserves and parks and playgrounds throughout the municipality for a minimum 3 year term, with an option to renew for additional 1 year term at Council's discretion.

The contracts will require the provision of suitable equipment, operator, fuel, etc. for the cutting and trimming of grass beginning approximately the week of May 13th. The Contracts will be awarded on an area-by-area basis. Bid prices are based on a per cut basis, and include trimming and removal of grass. Areas that include playgrounds containing pea gravel around play structures must be roto-tilled before each long weekend to control weeds. The Contractor should expect 12 to 14 cuts per year. Contractor's experience and past performance will be a consideration of this tender. Lowest or any tender not necessarily accepted.

Detailed tender packages complete with specifications are available to interested bidders on the RM of Gimli website, www.gimli.ca, or at the Municipal Office, 62 2nd Avenue, between the hours of 9:00 am to 5:00 pm, Monday to Friday.

Sealed submissions clearly marked "RFT 2024-10 Grass Cutting, submitted by ____" will be received by the undersigned at the address below until **12:00 p.m. (noon) on Wednesday, May 1, 2024**. Late submissions will not be accepted.

Submit Sealed Tenders to:
Rural Municipality of Gimli
PO Box 1246, 62 2nd Avenue
Gimli, MB R0C 1B0
Attention: Ron Hahlweg, Director of Operations

Questions or concerns in respect to the tender can be directed to:
Karl Bergman
Phone: (204) 642-6688
Email: publicworks@rmgimli.com

The RM of Gimli reserves the right to reject any or all bids, to waive irregularities and informalities therein, and to award the tender in the best interest of the RM of Gimli in its sole discretion. Lowest bid may not be accepted. Contractors must comply with Municipal requirements for liability insurance, WCB coverage and business licensing to be eligible to be awarded the contract.

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RM OF COLDWELL REQUEST FOR QUOTES

GRAVEL HAULING TENDER

The Municipality of Coldwell invites tenders for Hauling and depositing of traffic gravel per hour to various roads marked for the annual gravel program. Must provide:

- list of equipment to be used
- letter of Good Standing with WCB
- evidence of liability coverage

Gravel program is subject to change at any time at the discretion of the Municipality

ROADSIDE MOWING TENDER

The Municipality of Coldwell requires Quotes for Roadside mowing to be cut on both sides approx. 15 ft wide when permitted, for approx. 280 possible miles. Quote per double sided mile required, for part or whole municipality. Minimum 9 ft sickle mower and or Rotary Mower required. Safety lights and Roll bar required on tractor.

PRIVATE EQUIPMENT RATES

The RM of Coldwell is seeking proposals from qualified bidders for hourly rates on various types of privately-owned equipment for the purpose of establishing pay rates of private equipment for the 2024 works season. Contractors who do not submit pricing may not be considered for Municipal Projects. All contractors who submit pricing must have appropriate insurance. Submission documents available at the Municipal office and can be returned, sealed and marked "Privately equipment rates"

Each tender should be individually marked "Gravel Hauling Tenders", "Roadside Mowing", "Private Equipment Rates". Sealed and clearly marked submissions will be accepted by the undersigned at the Municipality of Coldwell office, located at 35 Main Street, Lundar until 4p.m on April 18, 2024. **The lowest or any hourly rate bid is not necessarily accepted.**

take a break > GAMES

SUDOKU

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

Fun By The Numbers

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

Level: Intermediate

Here's How It Works:

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

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or phone 204-981-2831

LOCATION: ARBORG, MB

EXCITING CAREER OPPORTUNITIES

CROSSWORD

CLUES ACROSS

1. Island nation
7. Platforms
13. Project plan
14. French fishing port
16. South Dakota
17. Oakland's baseball team
19. Military policeman
20. Ornamental stone
22. Garland
23. Process that produces ammonia
25. Mousses
26. Music notation "dal _"
28. Fail to win
29. Peyton's little brother
30. Not near
31. Some cars still need it
33. Lizard genus
34. An idiot (Brit.)
36. Postponed
38. African country
40. Gazes unpleasantly
41. In a way, traveled
43. Ukraine's capital
44. Appropriate
45. Dash
47. Twitch
48. Swiss river
51. Data file with computer animations
53. City in S. Korea
55. Particular region
56. They have eyes and noses
58. Tear
59. Large Madagascan lemur
60. Not out
61. Ornamental saddle covering
64. A driver's license is one
65. Latin term for charity
67. Rechristens
69. Objects from an earlier time
70. Hindu male religious teachers

CLUES DOWN

1. Used as a weapon

	1	2	3	4	5	6		7	8	9	10	11	12	
13									14					15
16			17					18						19
20		21				22				23		24		
25					26				27		28			
29				30				31		32		33		
		34	35						36		37			
38	39									40				
41					42				43					
44				45		46			47			48	49	50
51			52		53		54				55			
56				57		58				59				
60			61		62				63				64	
65		66						67				68		
	69								70					

2. Yukon Territory
3. Makes a map of
4. An established ceremony prescribed by a religion
5. Unnilhexium
6. Merchant
7. Playing the field
8. Folk singer DiFranco
9. Something to scratch
10. Mexican agave
11. Equal to one quintillion bytes
12. Session
13. North American people
15. Ranches
18. Electroencephalograph
21. A type of compound
24. Avenue
26. High schoolers' test
27. A type of meal
30. Gradually disappeared
32. Ancient Frankish law code
35. Popular pickup truck
37. Buzzing insect
38. Deal illegally
39. Lying in the same plane
42. Obstruct
43. Related
46. Challenge aggressively
47. Nocturnal hoofed animals
49. Bird's nests
50. Forays
52. ___ B. de Mille, filmmaker
54. Title of respect
55. One-time name of Vietnam
57. Self-immolation by fire ritual
59. Private school in New York
62. Political action committee
63. A way to fashion
66. Email reply
68. "The Great Lake State"

SEASONAL OFFICE ADMINISTRATOR - CROP INPUT

We are currently seeking a self motivated and hardworking individual to fill the role of Seasonal Office Administrator at our Arborg, Mb location. Role would be for the period of April thru November on an annual basis. This position is well suited for an individual with a positive attitude, strong communication & computer skills and is highly neat and organized.

Duties include: Bookkeeping, Reception, Safety + Training, Policy + Procedure, Inventory Control, Payroll Submission and General Administrative Duties.

To apply or for more info on the above opportunity: email tkozera@patersongrain.com

THE RURAL MUNICIPALITY OF ARMSTRONG

EMPLOYMENT OPPORTUNITY

Meleb Waste Disposal Ground Operator

The Rural Municipality of Armstrong invites applications for the position of a permanent, part-time operator for the Meleb Waste Disposal Grounds.

Under the supervision of the Public Works Coordinator, the Disposal Grounds Operator operates the site in compliance with the Waste Disposal Ground Operating Permit, Municipal By-laws and policies, and applicable federal and provincial regulations.

MELEB WASTE DISPOSAL GROUNDS

	Summer Hours March 1 to October 31	Winter Hours November 1 to February 28
Tuesdays	9:00 AM to 1:00 PM	9:00 AM to 1:00 PM
Thursdays	4:00 PM to 8:00 PM	2:00 PM to 6:00 PM
Saturdays	10:00 AM to 6:00 PM	9:00 AM to 5:00 PM

The operator will be required to take the Manitoba Landfill Operator Certification Program and be responsible for various recycling programs.

Deadline to submit applications will be Friday, April 19, 2024. Posting will remain open until a suitable candidate is found. We appreciate your interest in the position, however, only those applicants chosen for an interview will be contacted. This position commences as soon as possible.

Interested candidates should submit a resume with three references to:

RM of Armstrong Office
1094 Highway 17 Inwood
P.O. Box 69, Inwood, MB ROC 1P0
Fax: 204-278-3437
Email: cao@rmofarmstrong.com

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BIRTHDAY IN HEAVEN



Joanne Thomas April 16th
We Love and Miss You
-Lorne Thomas and family

IN MEMORIAM



Oskie Vidalin
April 14, 2023
In loving memory of our dear Mom/Amma

One year has passed since that sad day,
When one we loved was called away.
Deep in our hearts your memory is kept,
To love, to cherish, to never forget.
Today, tomorrow, our whole lives through,
We'll always love and remember you.
-Forever loved, all your family

BIRTHDAY IN HEAVEN

Barb Sawa
April 11, 1960 was a beauty day
Barbra Annette Arnason made her way
To both of us not knowing
Within our hearts love did start growing
Many years did slide
Our silent love there could no longer hide
Together we do shine
Forever we will wine and dine
Hugs and kisses from me
Two hearts one love will always be
To my Birthday Girl,
Love Gordon

IN MEMORIAM



Anna Chuba
In loving memory of our Baba
May 17, 1907 - April 14, 1998
It seems like only yesterday
We sat and chatted
We miss your smile
That twinkle in your eye,
But most of all we miss your hugs.
Forever in our hearts.
-Love Cathy, Roger, Kristi and Scott

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

OBITUARY



Wallace (Wally) Helgason
It is with great sadness that we announce the passing of Wallace (Wally) Helgason on April 3, 2024, in Betel Home Selkirk, MB, surrounded by family.
Predeceased by his parents Leifi and Tota Helgason, his brother Victor (Myrtle), his daughter Sharon and grandsons infant Chad Boris and Patrick Fallu.
Wally was a beloved husband, Dad, Afi, Langafi and leaves behind his wife of 72 years Betty and daughters Gayle (Pat) and Wanda (Michael); grandchildren Shona, Trevor (Tristan), Ryan (Bree), Shawn, Melanie (Rob), Dana (Karen), Jody (Miranda), Elisa (Wes), Jordan (Aimee), Mikkela (Brett) and great-grandchildren Jonathon, James, Madison, Kylie, Mackenzie, Carley, Edwin, Kayla, Michael, Mason, Easton, Corbyn, Magnus, Callum, Sophie, Brynlee, Brielle, Scarlett, Rebekah, Maksim and Armin; brother Wilfred (Dora); and numerous nieces and nephews.

Wally was born and raised in Arnes, Manitoba where he met Betty, married and started their family. Wally first worked as a commercial fisherman on Lake Winnipeg. The pictures and stories of the lake captivate his children and grandchildren. Wally built his home in Arnes on the Helgason homestead which they later moved to Selkirk in 1961. He worked for a short time with Patterson Elevators, then Western Builders but found his calling when he began his 30 year career as a serviceman for Willmar Windows. This took Wally driving to remote locations in Saskatchewan, Northern Manitoba and Northern Ontario. He loved to drive and the quality of his work was meticulous.

Wally and Betty loved to dance. Going to Old Time Dances was a highlight from the beginning of their relationship until late into their retirement.

Wally and Betty spent most weekends in Arnes at the cottage where Wally cut wood, snowmobiled and enjoyed everything country living offered. It was his peaceful place where he puttered from dawn to dusk at anything and everything that needed doing. Wally could fix most things, repair most things and constructing most anything with doors and windows was his speciality.

Wally's legacy will live on in the cherished memories and stories we all share. In lieu of flowers donations can be made to The Evangelical Lutheran Church of Selkirk or The Betel Home Foundation.

A memorial service will be held on Tuesday, April 9, 2024 in the The Evangelical Lutheran Church of Selkirk at 2:00 p.m.

Tributes: www.gilbartfuneralhome.com

Gilbart Funeral Home, Selkirk in care of arrangements.



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

Sudoku Answer

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

Crossword Answer

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CRF125 125 C.C.
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