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Steps for Asher

EXPRESS PHOTO COURTESY OF LISA MICHALUK

Asher Johnson, centre, and his family are joined by walk organizers from Sigurbjorg Stefansson Early School during the 5th Annual Dimes for Diabetes Walk on May 28 in Gimli. The event raised over \$1,300 for Breakthrough T1D in support of research and care for people living with Type 1 diabetes.

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Interlake boys aim to win \$20,000 for love of nature

Vote by June 12 to help Interlake boys advance in Jr. Ranger Contest

By E. Antonio

Three Interlake boys are hoping to win US\$20,000, learn from wildlife expert Jeff Corwin and be featured in Ranger Rick magazine.

Carver, an energetic and adventurous seven-year-old from Fraserwood; Gus, an eight-year-old wildlife lover from Gimli; and Atlas, a six-year-old nature enthusiast also from Gimli, are competing in the Jr. Ranger Competition — an online contest for children ages 4 to 12 who love nature. Contestants advance through eight rounds by collecting public votes, vying for a grand prize package valued at US\$40,000.

The winner will receive a US\$20,000 honorarium, virtual mentorship sessions with Corwin, and a photo shoot in an American city for a feature in Ranger Rick.

Their moms each discovered the competition online and quickly registered their nature-loving sons for a chance to win.

Carver's mom, Tammy Skogan, said her son thrives outdoors.

"When he is interacting with nature, he becomes a leader and is very in touch and calm with his environment. This has been a great way to engage with nature and generate community awareness about the importance of preservation and spending time outdoors."

Carver said he loves every chance he gets to be outside. He lives at Nature's Neverland — a park his mom owns — filled with meadows, forests, trails and farm space for learning and growth. He enjoys helping in the garden, running the trails, looking for flowers and hatching butterflies.

"I also like chasing the frogs so I can save them from the lawn mower," he added.

If he wins, Skogan said she would use the money to buy Carver a bike to ride the trails and develop a children's forest in their meadow.

Gus, meanwhile, loves to fish.

"He comes from a family of fishermen and he's always on the hunt for worms and frogs," said his mom, Brit-tany Isfeld. She said he is constantly exploring.

"He loves making adventures out of every situation, and any day he gets to play outside is a great day," Gus said.

"Winning this competition would



Carver: www.jr-ranger.org/2025/carver-fdcf

mean everything to him," Isfeld added. "It's showing him how important the environment really is and the impact our choices have on the planet."

If he wins, Gus said he hopes to buy a quad or dirt bike and donate part of the money to charity.

"Gus is the sweetest and kindest guy out there. I love knowing that he is growing up to be a person who cares for others," Isfeld said.

Atlas shares a similar passion for exploration.

"He seems to notice every single moving thing in the forest — swaying plants, bugs and animals galore," said



PHOTO SUBMITTED

Carver, 7, of Fraserwood is competing in the Jr. Ranger Competition for a chance to win US\$20,000 and a feature in Ranger Rick magazine.

his mom, Melain Hofer.

Atlas lives with his family on an 80-acre property and, as a homeschooled student, has plenty of time to engage with nature. If he wins, Hofer said the prize money will go toward his education, and Atlas will enjoy the trip with his dad.

"This competition has been great for the parents, too," Hofer said. "It's not

Continued on page 5



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Gus: www.jr-ranger.org/2025/gus-0a13



Gus, 8, of Gimli hopes his love of the outdoors and wildlife will help him earn votes in the Jr. Ranger Competition.



Atlas: www.jr-ranger.org/2025/atlas-1354



Atlas, 6, of Gimli is one of three Interlake boys advancing through rounds of the Jr. Ranger Competition.

Town of Arborg adds accessible parking

Arborg council news from May 28 in brief

By E. Antonio

Arborg will soon have a new accessible parking space on River Road, along the south side of the Co-op grocery store, with installation expected by June 13.

Council passed a resolution to designate the spot at its May 28 meeting after receiving multiple requests for more accessible parking options in town. Chief administrative officer Cindy Stansell noted that private businesses have already begun designating accessible lots, including the Arborg Royal Canadian Legion, Access Credit Union and CIBC.

"The town would like to acknowledge their designation for those accessing their businesses," she added.

Arborg currently has two additional town-owned accessible spots — near the library and at the Co-op — and is reviewing potential accessibility improvements on Main Street.

"The town recognizes that individuals of all abilities deserve access to facilities and the ability to participate fully in society," Stansell said.

IN OTHER ARBORG COUNCIL NEWS:

- Council approved a \$2,250 quote from Oasis Plumbing to repair a floor drain trap in the town office washroom.
- Arborg Home Hardware requested an extension of the Main Street sidewalk further north to accommodate increased foot traffic.

Continued on page 6



EXPRESS PHOTO BY CORINNE EINARSSON

A newly designated accessible parking space next to CIBC in Arborg, part of a broader effort by local businesses and the town to improve accessibility throughout the community.

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An Interlake role model for past, present and future generations

By E. Antonio

Gibby Finnbogason loves watching his kids, grandkid, dog and Interlake community learn, grow and cherish the world. As a mentor to his own children and a father-like figure to many colleagues, he says he wouldn't have life any other way.

"(Fatherhood) totally reprioritized my thinking and taught me how I can make a huge impact by my actions," said Finnbogason.

He is a dad to two adult children, Braeden and Lenni, a grandpa to two-year-old Sawyer, and a "paw-rent" to Murray the dog. Together, they enjoy spending time outdoors and celebrating everything from small achievements to big milestones.

Finnbogason says the best part of being a dad is "seeing them grow and turn into great humans." This Father's Day, he plans to spend well-deserved time with his family and go fishing. He said he enjoys any out-



Finnbogason enjoying fishing with grandson Sawyer.

door activity that creates memories

Continued on page 9



EXPRESS PHOTOS SUBMITTED
Gibby Finnbogason with his grandson Sawyer, son Braeden and daughter Lenni.



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Sigurbjorg Stefansson Early School's Team Asher raises over \$1,300 for diabetes research

5th Annual Dimes for Diabetes fundraiser

By Patricia Barrett

Sigurbjorg Stefansson Early School in Gimli raised over \$1,300 a few weeks ago during its 5th Annual Dimes for Diabetes Walk.

SSES student Asher Johnson is the school's "superhero" and the impetus behind the effort to raise money to find a cure for Type 1 diabetes, said teacher Lisa Michaluk. Asher was diagnosed with Type 1 around his first birthday. At the end of Grade 3, he got a new insulin pump and now monitors his glucose levels using an app via a continuous glucose monitor.

SSES students, who call themselves Team Asher, raised \$1,316.70 this year during their walk on May 28. They got plenty of support from middle years and high school students, families and the wider community.

"We are so incredibly grateful for the support throughout the five years and can't wait to be involved in future Team Asher walks as he moves to the Dr. George Johnson Middle School this fall," said Michaluk. "This year, the Grade 5s and 6s joined in the sea of blue — Team Asher's colour — for the walk. Students from GHS [Gimli High School] met us with high fives and cheers as we finished the final part of our 3.5-kilometre walk. Pop-sicles and watermelon provided by our PAC [parent advisory committee] were a welcome treat on a warm spring morning."

SSES families alone have raised more than \$8,000 over the past five years of the fundraiser, whose proceeds go to national organization Breakthrough T1D [Type 1 diabetes], which was formerly called the Juvenile Diabetes Research Foundation. The money helps support research and clinical trials, policy changes and improvement to the lives and care of people living with Type 1 diabetes.

Michaluk said Asher and his friends planned and organized the school's



Asher Johnson spearheaded the SSES Dimes for Diabetes fundraiser five years ago.



Middle school kids greeting SSES students on their walk through Gimli.

kick-off assembly, along with her and two of his other teachers, Leanne Mager and Tara Sveinson.

"His friends have been part of the planning process right from the very first walk. We are so incredibly proud of them and grateful that Asher is surrounded by caring and supportive friends," said Michaluk. "Along with his family, Asher and his friends led the walk behind the Evergreen School Division's mini bus driven by Pat Murphy and organized by Mark Patrick."



EXPRESS PHOTOS COURTESY OF LISA MICHALUK

Asher Johnson and his friends led the 5th Annual Dimes for Diabetes fundraising walk. The Evergreen School Division's mini bus, driven by Pat Murphy and organized by Mark Patrick, escorted students on their 3.5-kilometre walk through Gimli.



Family with walk organizers.



Some of the SSES kick-off assembly and walk organizers are shown.

> LOVE OF NATURE, FROM PG. 2

only educating the kids about preservation, conservation and land stewardship — it's encouraging adults to get involved as well. It's challenged us to slow down and get up close with nature. It's inspired us to push boundaries and try something new. It's so much more than an online competition to win a prize."

The boys have advanced to the third round of the competition. To continue, they must remain in the

top 10 of their respective groups by June 12.

Anyone with a Facebook account can vote once daily at their voting pages, which is attached under the QR code.

Bonus votes can be cast through donations to the National Wildlife Federation via their voting pages. Donations are in U.S. dollars and must be made through the boys' individual pages to count.

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Scouts Canada calls on kids to create the next Canadian superhero

By Lana Meier

Scouts Canada is on a mission to find the next great Canadian superhero — and they're turning to kids to lead the charge.

The national youth organization launched a contest Tuesday encouraging children aged 5 to 15 to dream up a homegrown superhero, complete with a hand-drawn image, a name, superpowers and a backstory.

The top three entries will be turned into 3D action figures and featured on the Scouts Canada website.

"Canada is currently having a proud 'national moment,' and every Canadian is looking for a way to celebrate our country in their own way ... so far, kids haven't had a tangible way to join in," said Liam Burns, CEO of Scouts Canada. "We wanted to let kids communicate the values and pride they feel being Canadians while tapping into the incredible creativity of our kids on a national scale."

While Canada boasts real-life heroes like Terry Fox, Rick Hansen and Roberta Bondar — and even a few fictional ones such as Captain Canuck and Wolverine — the country is underrepresented in the comic-book world.

To help spark inspiration, Scouts Canada also surveyed 1,000 Canadians to find out what powers a new Canadian superhero might need. The list includes everything from "Aurora Paralysis" — the power to stun foes with the Northern Lights — to "Timbit Teleportation," which allows instant travel between Tim Hortons locations.

Other Canadian-themed powers include:

Eh+: Making any event more fun (and polite)

Maple Manipulation: Shooting syrup to trap criminals

Moose Meld: Mind-melding with moose for secret missions

Zamboni Zapper: Commanding Zambonis to (slowly) chase down villains

Scouts also asked Canadians what a team of local heroes should be called. Suggestions ranged from The Eh' Team and The Flannel Force to The Sorry Not Sorry Squad and The Timbit Task Force.

Nearly three-quarters of respondents felt Canadian superheroes aren't well represented, and just as many believed they don't get the same respect as their American coun-



PHOTO SUBMITTED

Scouts Canada launches national contest for kids to create the next great Canadian superhero.

terparts.

Submissions are open until June 27. Winning entries will be announced June 30, and the custom action figures are expected to be delivered by early August.

Drawings must be original and hand-drawn — no AI images allowed. Entries can be submitted through the Scouts Canada website.

> ACCESSIBLE PARKING, FROM PG. 3

Council has already identified its 2025 project and will consider the proposal next year.

- Council passed a resolution to request financial and technical support from the Manitoba Water Services Board for the installation of a North Lift Station to support northern Arborg's growth.

- Municipal and Northern Re-

lations Minister Glen Simard presented to council on the extension of the Homeowners Affordability Tax Credit (HTAC) of up to \$1,500 on the education portion of property taxes for principal residences in 2025. Property owners who previously received rebates are already marked to receive the credit. Eligible residents, including those who have recently pur-

chased a principal residence in Arborg, must self-declare with the town office.

- Council reviewed quotes from a local manufacturing plant to replace the town's Christmas lights on Main Street. The matter will be discussed at a future meeting.

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Ship & Plough gastropub stands up for human rights, Gimli Pride

By Patricia Barrett

Gimli's much-loved gastropub the Ship & Plough is showing its support for Pride month and upcoming Pride events in Gimli despite experiencing backlash in recent years.

Ship & Plough owner Scott Carman said he's resolute in his support for Pride and its underlying message of love and the defence of human rights. He issued a post on Facebook last week that quickly chalked up about 150,000 views and had thousands of likes.

"We did a Facebook post a couple of days ago [last week] wishing everyone Happy Pride month and put up our Pride flag on the pub," said Carman, who opened his Centre Street pub in 2013. "I also listed all the things we've gone through in the past. People have called us the fag bar. The rainbow flag has been torn down. Our planters have been knocked over. The Pride sticker on the front door has been ripped off numerous times. But as long as we're here, we're going to keep standing up for what's right."

Ship & Plough offers food including locally caught pickerel, Manitoba craft beers, live local and international musical entertainers, karaoke nights, stand-up comedy and British-style pub quizzes. Carman let a production company film use the pub for a segment of its television series *Ice Vikings*, which tells the stories of Lake Winnipeg commercial fishers.

June is Pride Month, which celebrates diversity and defends human rights. Pride events are held in cities

and communities during June. With a changing political climate in America and other countries with populist governments and far-right political elements, LGBTQ+ people are seeing a resurgence of discriminatory practices and being subjected to hateful messages.

In the lead up to Pride events in Gimli last year, people opposed to diversity tore off the rainbow decorations around the trees at Gimli harbour and ran over with their vehicles the rainbow painted on the street by the harbour bandstand.

"It's great to say Happy Pride and plan celebratory events, but as I told [other media outlets] this week, it's not all rainbows and unicorns," said Carman. "There's a sad reality that things like this still happen, especially in recent years with the political climate. People are feeling more emboldened to spread hatred and lies and commit vandalism and acts of hatred. It's hard times for the LGBTQ+ community."

As of last week, Carman said there's been no vandalism of the Ship & Plough. And as volunteers are just in the process of decorating the town, there have been no incidents as yet. There have been no reports of other businesses that support Pride having experienced any pushback.

By far, the Gimli community — whether LGBTQ+ or not — has embraced diversity and supports the annual Pride celebration.

"The town, overall, is very welcoming and very accepting. I think Gimli



IMAGES COURTESY OF SHIP & PLOUGH

The Ship & Plough posted a message on Facebook saying it will continue to advocate for Pride and offer a safe space for the marginalized.

is a progressive community, with a fairly progressive council and mayor and a great artistic community with lots of artists and musicians. All of them have been very supportive in having Pride activities and have helped fund them," said Carman. "I don't think [vandalism, hateful messages] should negatively reflect on Gimli as a community because every town has its bad apples. Gimli is no different. But this is something we have to acknowledge and deal with."

Gimli's Pride event continues to see growth year after year, particularly in the numbers of people who are taking part in the Pride Walk, he added. And people should be aware of a po-

tential for protest in various forms — such as tearing down decorations and flags and "burnouts" on the rainbows painted on the streets.

"At the end of the day, [protest] is a reminder of why we need to have Pride and why we need to bring awareness, education and support to the people who need it," he said. "And, hopefully, love will conquer hate."

Canada's Governor General, Mary Simon, issued a statement June 1, recognizing the country's Pride celebrations and saying members of the 2SLGBTQI+ community have "helped us all build a more inclusive, more connected and more understanding" Canada. However, discrimination and hatred directed at the community continues, especially online harassment and abuse.

As part of the Pride celebrations, the Ship & Plough is hosting an event called "A Women's Event" on June 14 that will include a DJ and dancing. Other Pride activities taking place in partnership with the municipality and local businesses include an opening ceremony and flag raising, lighting of the Viking statue in rainbow colours, movies, music and a rooftop party at Interlake Brewing. The celebration attracts numerous sponsors from the business community.

Gimli's Pride celebration takes place on June 13 and 14. For a full list of events, visit Pride Gimli: pridegimli.com

Stonewall's Touch A Truck set for Saturday, June 14

By Jennifer McFee

Everyone is getting revved up for the eighth annual Touch A Truck fundraising event, which is coming up this weekend.

The much-anticipated event will take place on Saturday, June 14 from 10 a.m. to 3 p.m. at the Ag Society's Red Barn, located three kilometres south of Stonewall on Highway 236 at Road 75N.

The rain-or-shine event serves as a fundraiser for Stonewall Children's Centre. Admission is \$5 per person (cash only), and parking is free.

"This year, we are expecting close to 70 vehicles to attend with some of the favourites such as fire trucks, combines, loaders and train ride. Some exciting new things are a crane and a helicopter," said Pam Kozokowsky, assistant director of the Stonewall Children's Centre.

"There will be a craft and vendor market, games, bouncy castles, face painting and ice cream."

The Stonewall Children's Centre plans to upgrade some of its inside toys. In addition, outdoor upgrades will include a new area for a

mud kitchen, added sand and more natural elements for their backyard.

Learn more on the Facebook page called "Touch A Truck Stonewall 2025 June 14th."

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ATV'S and Side by Sides can ride from Stonewall to Fisher Branch through the R.M.'s of Rockwood, Woodlands, Armstrong and Fisher. Through farmland to the Boreal Forest, past the Narcisse Snake Dens, Inwood, Chatfield, Broad Valley and Fisher Branch.

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The Creative Cocoon brings weekly music sessions to Arborg

By E. Antonio

Get ready to sing, strum and drum in the Creative Cocoon's new Vibrations Music Room.

The Creative Cocoon — a non-profit organization committed to supporting art and wellness initiatives — is launching two new four-week programs for music enthusiasts in its newly renovated space in the basement of the Arborg Community Centre.

Garage Band Kids, for artists aged 12 to 19, and the Adult Rock Jam Session, for those 18 and older, will provide a space to collaborate, learn and perform.

"We have opened a fully functioning place to play and are ready for a diverse group of people," said Ron Rogowsky, music program coordinator.

The Vibrations Music Room was made possible through an \$8,000 grant from the province's From the Ground Up – Safe Healthy Communities for ALL program. The funds were used to purchase electric drums, an electric keyboard, an acoustic-electric guitar, soundboard, speakers, microphones and cords.

Rogowsky, a percussionist, said he looks forward to meeting other aspiring musicians.

"Music is a big part of my life, and for many, many years Arborg needed a space for others to develop their music passion. There are a lot of people out there who love music, and now they can come together to express it."

The programs are "plug and play" sessions where musicians bring their



Ron Rogowsky, music program coordinator for the Creative Cocoon, stands in the new Vibrations Music Room.

own instruments to connect to the provided speakers. All instruments are welcome.

Garage Band Kids runs Thursdays from 6:30 to 8 p.m. starting June 19, while the adult jam sessions take place Sundays from 1 to 3 p.m. starting June 22. Advanced registration is required at www.thecreativecocoon.ca or through the Creative Cocoon Facebook page (@creativecocoonarborg).

Rogowsky said keeping the sessions affordable and accessible is a top priority. A one-time fee of \$40 covers all four weeks. Each program requires a minimum of four musicians to run.

"When I was in Grade 7, I came together with a band of my own in my parents' basement, and I want to give youth the same experience I had growing up," he said.

Trial adult jam sessions in May drew an average of five musicians and six spectators each week. Rogowsky



EXPRESS PHOTO SUBMITTED

The Creative Cocoon opened their Vibrations Music Room in the basement of the Arborg Community Centre. They will offer two four-week music programs starting June 19, with more sessions coming this fall. Pictured left to right, Joey Stanowski, Terry Stanowski, Isabeh Sousa and Gabby Warlet.

hopes to exceed those numbers with the summer lineup.

"Even though our programs have been short, we'll be ready to fire it back in full force in September," he said.

The Creative Cocoon also plans to expand its offerings by adding music lessons in addition to the jam sessions. Rogowsky hopes to apply for another grant to purchase small instruments like tambourines and maracas for audience members to play along.

"They're just something else to let

others join the fun," he said.

In other Creative Cocoon news, a group of young actors is preparing to take the stage Sept. 20 with their production of *Into the Woods Jr.* Details on the performance will be shared on Facebook and Instagram closer to the date.

The organization is also seeking new board members and volunteers. Anyone interested in shaping the future of creativity in Arborg can email info@thecreativecocoon.ca.

Interlake Mental Health advocate honoured with King Charles III Coronation Medal

By Lana Meier

A lifelong advocate for mental health and community well-being in Manitoba was honoured with one of the country's most distinguished recognitions.

Bill Martin, former executive director of the Canadian Mental Health Association (CMHA), received the King Charles III Coronation Medal during CMHA's annual general meeting on June 5 in Winnipeg. The award recognizes Martin's decades of service, leadership and visionary advocacy that helped reshape the landscape of mental health care in Manitoba.

Martin, who has lived in Gimli for the past 19 years, spent more than 20 years with CMHA, where he led the Winnipeg Region before guiding its expansion into rural communities including the Interlake, Brandon,

Thompson, Steinbach and Portage la Prairie.

"When I first started, people didn't really talk about mental health," said Martin. "There was a lot of stigma, and services were few and far between — especially outside the city. We believed that support needed to be close to home, rooted in community."

Martin was instrumental in launching the Farm and Rural Stress Line, a 24-hour telephone support service that offered help to rural Manitobans grappling with financial stress, isolation and mental health challenges. He also worked to bring voices of lived experience to the forefront through participant advisory committees and public campaigns during Mental Health Week.

"Our framework was simple but

powerful," he said. "Everyone needs housing, health care, respect, justice and connection. And those with mental illness need those things even more."

Originally from Cadillac, Sask., Martin began his career in education after graduating from the University of Saskatchewan and completing post-graduate studies in adult education. His early experience with rural youth through 4-H — eventually becoming

EXPRESS PHOTO SUBMITTED

Gimli's Bill Martin received the King Charles III Coronation Medal on June 5 in Winnipeg for his decades of leadership with the Canadian Mental Health Association and his lasting contributions to community mental health services across Manitoba.



Continued on page 13

> FUTURE GENERATIONS, FROM PG. 4

with his loved ones and community.

His passion for the community — with support from his parents and spouse — extends into his work in the education system and his volunteer roles with local fundraisers, events and organizations.

“I wanted to work with young people who need strong role models and mentors, as I needed that growing up,” he said.

Finnbogason has worked in various roles in the education sector for 30 years and has spent the past six years as buildings supervisor for the Evergreen School Division. A high-

light of his career, he said, is the personal connections he’s made with students and staff — contributions he feels help create the best possible learning environment.

“The real-life interactions with the people that make up our community, and seeing firsthand the positive benefits that can be had by putting in the sweat to improve the wellness of those around you,” he said, explaining what motivates him.

He’s even had the chance to work alongside his children as an educational assistant and believes every parent should have the opportunity

to see their child in a school setting.

“You learn so much more about their character,” he said.

“Any time you see a colleague or student reach a goal—whether it’s a good mark on an exam, a graduation or retiring from a successful career—it’s significant for me.”

Finnbogason added that he takes pride in working in a rural community, where he feels a responsibility to care for both the land he calls paradise and for himself.

“I take every day as it comes, knowing I make a difference,” he said. “I want to continue doing what I love and stay healthy, promoting my well-being.”



Finnbogason with his dog Murray.

Riverton Elks hosting provincial conference, contributing to community well-being

By Patricia Barrett

The Riverton Elks Lodge #530 will be hosting the 98th Annual Manitoba Elks Association conference this Saturday that includes hockey legend Reggie Leach as guest speaker and a community-supported silent auction.

“The Riverton lodge volunteered to host the annual conference,” said Riverton Elks secretary Doug Anderson. “We haven’t hosted the conference for about 10 years, so we figured it was time for us to do it again.”

Riverton Elks Lodge #530 is a grassroots, non-profit organization that helps those in need in the local and area community, contributes funding to community projects, schools and sports teams, and boosts the overall well-being of the community. It’s part of the Elks of Canada, which was founded in 1912 and now has over 200 lodges and more than 7,000 members across the country.

In addition to Riverton, Manitoba has Elks lodges in Altona, Brandon, Elkhorn, Emerson, Gladstone, Hartney, Lundar, Morden, Neepawa, Snow Lake, Souris, Swan River, The Pas and Winnipegosis, according to the provincial website.

Anderson said there will be about 40 delegates coming to Riverton from the various Manitoba Lodges and a representative from the national organization.

Some of the activities that take place during the conference include a review of budgets, the introduction of new initiatives and resolutions, a review of grants, and possible changes in the way the Elks do businesses.

“We have a separate entity called the Elks Foundation that provides funds that are raised through the sales of calendars throughout the province, and we decide every year how those monies are going to be spent,” said Anderson. “At 11 a.m., we’ll have a remembrance ceremony to pay tribute to Elks members who’ve passed on. Then we’ll have an initiation of new Elks members and new officers for the executive.”

The event will include a silent auction, with donations from Elks members and Riverton and area businesses, said Anderson.

“We would like to thank our community for donating prizes to our silent auction for our na-

tional charity, the Fund for Children. All prize proceeds will go to this charity, which supports speech and hearing programs for children and a wide variety of personal assistance to youth,” he said.

In the evening, the lodge will hold a banquet and provide entertainment. The guest speaker is hockey legend Reggie Leach, who was born and raised in Riverton.

Leach, known as the Riverton Rifle, went on to play in the National Hockey League for teams such as the Boston Bruins and the Philadelphia Flyers and is a member of the Manitoba Hockey Hall of Fame and the Manitoba Sports Hall of Fame. Leach became the first First Nations player to reach NHL star status. Leach holds an annual Reggie Leach Golf Classic tournament to raise money for various causes in his hometown of Riverton.

In 2024 the Elks donated a total of \$53,879 to community and area causes. The Elks receive donations from Riverton and from those in neighbouring communities during its annual fundraising projects such as the Harley Megadraw, Grey Cup tickets and community calendars.

In 2024, the Elks provided the following organizations with funding: Repair Accessibility Lift \$700; Riverton Minor Hockey U9 \$250; Riverton Minor Hockey U11 \$250; Riverton Minor Hockey U7 \$750; Personal Assistance \$1,200; Riverton Transportation and Heritage Centre Fishing Derby \$5,000; Arborg’s Phillip Bauernhuber Accessibility Fund \$500; Riverton Men’s Bonspiel \$240; STARS Air Ambulance \$500; Riverton Collegiate Extracurriculars \$900; Djorfung Ladies Aid Pergola \$15,000; Beaver Creek Bible Camp AED \$1,000; Reggie Leach Classic Golf Tournament \$400.

Riverton Day Care Air Conditioning \$8,200; Riverton July 1st Fireworks \$1,500; Riverton July 1st parade candy \$250; Hi Ho Hot Dog Cancer Fundraiser \$500; Riverton Curling Rink Air Conditioning \$4,200; Riverton Curling Rink electrical \$1,189; Fund for Children \$1,500; Evergreen Festival of the Arts \$1,000; Riverton Collegiate Scholarships \$2,400; Interlake Lightning \$350; Riverton Minor Hockey new jerseys \$1,200; Christmas Hampers \$1,800; Christmas

Concert Candy \$200; and the Riverton Food Bank \$3,000.

The provincial conference takes place on Saturday, June 14 at the Riverton Elks Lodge at 175 Reggie Leach Dr., inside the Riverton Community Hall. For more information about the lodge and its activities, visit its Facebook page or reach out to any lodge member.

People can also get in touch with the Riverton Elks and make suggestions to help people in the Riverton area by post: Riverton Elks, Box 660, Riverton, MB, R0C 2R0.

PUBLIC NOTICE

PESTICIDE CONTROL PROGRAM

Public notice is hereby given that Manitoba Housing intends to conduct the following pesticide-control programs in and around their housing units in Manitoba during 2025/2026.

1. To control rodents from July 1, 2025 through June 30, 2026 using the following pesticides:

- Brodifacoum
- Chlorophacinone
- Difethialone
- Diphacinone
- Sulfur
- Zinc Phosphide

2. To control insects from July 1, 2025 through June 30, 2026 using the following pesticides:

- Abamectin
- Beauveria Bassiana
- Strain GHA
- Beta-Cyfluthrin
- Boracic Acid
- Clothianidin
- Cyfluthrin
- Dichlorvos
- Dinotefuran
- D-Phenothrin
- D-Trans Allethrin
- Hydramethylnon
- Imidacloprid
- Lambda Cyhalothrin
- Methoprene
- N-Octyl Bicycloheptene Dicarboximide
- Permethrin
- Piperonyl Butoxide
- Propetamphos
- Pyrethrins
- Silica Aerogel
- Silicon Dioxide
- Tetramethrin

The public may send written submissions or objections (within 15 days of the publication of the notice) to the department below:

Manitoba Environment and Climate Change
Environmental Approvals Branch
Box 35, 14 Fultz Boulevard, Winnipeg MB R3Y 0L6



Fire departments unite for grain rescue training in Arborg

By Lana Meier

Firefighters from across the Interlake gathered in Arborg on Saturday, May 31, for a day of specialized grain rescue training aimed at improving emergency preparedness for a high-risk but uncommon farm hazard.

The course, hosted by the Arborg-Bifrost Fire Department, drew 24 participants from five departments within the Mutual Aid district — Arborg/Bifrost, Riverton/Bifrost, Fraserwood, Fisher and Gimli — who came together to train on how to safely extract individuals trapped in grain.

"This was great learning and knowledge that will be very relevant in our areas," said Arborg-Bifrost Fire Chief Jeff Pearce. "With the heavy amount of grain industry in our area, as well as storage in bins and other forms, it is very important to have trained personnel and proper equipment to sustain emergency needs."

The training included an online theory module followed by hands-on simulations of real-life entrapment scenarios. Using a specialized grain rescue tube and pencil auger, participants practised enclosing a victim to stabilize them and then safely removing grain from around their body. Harnesses were used to protect both the rescuers and the simulated victim throughout the delicate extraction process.

Pearce said the training emphasized how complex grain rescues can be — and how dangerous.

"It's not as simple as just pulling someone up and out. If that approach was used, there would be catastrophic damage to the victim involved," he said. "The training shows us the proper and safest ways to retrieve someone while minimizing harm."

Grain rescue training was last held in the district six years ago. While that course laid a foundation, Pearce said this session was mostly for new personnel. "We haven't had to perform a grain rescue yet,



The Canadian Agricultural Safety Association grain rescue training trailer provided hands-on instruction to firefighters.

and thankfully, with education and better farming practices, we're seeing fewer accidents," he said. "But if a situation arises, I think the team in the Interlake is fairly well prepared."

The course also served as a reminder of the hazards rescuers face during such operations — from the risk of becoming trapped themselves to working in confined spaces around potentially active equipment.

Pearce thanked Meaghan Trachsel and the Canadian Agricultural Safety Association (CASA) for coordinating the session and Lorne Johnson of Johnson Seeds for providing the grain and equipment. He noted that the training trailer travels nationwide and is open to all departments, with a \$2,000 fee for equipment and instruction.

"The most valuable part of the training was the knowledge gained — understanding best practices and what needs to be done when a rescue situation occurs," said Pearce. He added that the Arborg/



EXPRESS PHOTOS SUBMITTED

Firefighters from across the Interlake took part in a specialized grain rescue training session hosted by the Arborg-Bifrost Fire Department on May 31, focusing on safe extraction techniques for grain entrapment emergencies.

Bifrost department has most of the required equipment and is working toward establishing a dedicated grain rescue trailer to serve the region.

"We've responded to many farm-related emergencies in the past, and each one is unique," said Pearce. "This training helps ensure we're ready for even the most challenging scenarios."

Eriksdale's Queen of Hearts fundraiser pot rises to \$19,851

By E. Antonio

One lucky winner could walk away with \$19,851 if they find the queen of hearts at Eriksdale's Capture the Queen of Hearts fundraiser.

A group of local organizations launched the community-wide fundraiser last October to support their shared goals and reduce competition for donations.

"A group of individuals saw the need, as we were all competing for the same dollars," said Donna Pool of the Eriksdale Curling Club. "We wanted to create an event that would bring people together for socialization."

The eight participating groups — the Eriksdale Active Living Centre, Legion, Community Club, Curling Club, Métis Association, Firefighters Association, New Horizons and RogerKimLee Music Festival — will share the proceeds equally once the queen of hearts card is found. A 50/50 draw is also held each week.

The draw takes place every Thursday at 8:15 p.m. in the Eriksdale Rec Centre Curling Lounge. Ticket sales open at 6:30 p.m. and close at 8 p.m. Tickets are \$2 each or three for \$5, and must be purchased in person. The ticket holder must also be present to participate.

If your ticket is drawn, you'll have the chance to choose one of the remaining face-down cards. You place a miniature queen figurine on your chosen card — if it's the queen of hearts, you take home the full prize pot. If not, you receive 15 per cent of the evening's ticket sales, and the rest is added to the pot.

Pool said interest in the event has grown each week alongside the jackpot. With only 22 cards remaining from the original deck of 54, the odds of selecting the queen are improving.

To date, the fundraiser has raised more than \$21,000 through Capture the Queen of Hearts and 50/50 ticket sales. Each week, one of the participating groups also hosts a meat draw, with those proceeds going directly to the host organization. The Eriksdale Métis Association additionally sells cribbage boards and playing cards to raise funds.

If the queen is found in the coming weeks, the fundraiser may pause for the summer and return in the fall, Pool said.

This fall, organizers also plan to introduce floor curling nights in conjunction with the fundraiser. Updates will be posted on the Eriksdale Capture the Queen of Hearts Facebook page.

ERIKSDALE CAPTURE THE QUEEN OF HEARTS

Date: May 29, 2025

Draw #31

Name: WANDIS DAY

Card Drawn: 4 of Spades

Amount Won: \$ 292.80

New Accumulator

Jackpot: \$18,798

NUMBER OF CARDS LEFT: 23

50/50 Winner \$662.50

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Midges, maggots and front-end loaders add to the fun in Lake Manitoba communities

Oak Point a midge-magnet this year

By Patricia Barrett

It's usually massive floods, cottage-lifting projects and outhouse-burnings that keep residents and cottagers in Lake Manitoba communities along the south basin occupied. But this year, it's midges.

And it was like a scene out of the Bible — but without the wrath and destruction behind it — when millions of non-biting midges made some communities their temporary stomping ground over the past few weeks.

Non-biting midges are the doppel-gangers of mosquitoes, but they don't have elongated piercing proboscis. Lucky for us.

The mighty midge spectacle occurs every few years or so on Lake Manitoba, and can easily outdo the show that fish flies (or burrowing mayflies) put on for residents on Lake Winnipeg.

This year's midge phenomenon had some Oak Point residents firing up a small front-end loader to clear ankle-high piles of sludgy midges from the road.

"I've lived at the beach for 31 years and I do not ever recall them this bad. We have had some doozies, but not like this," said Derek Johnson, who's accustomed to dealing with some pretty big messes in his job as Interlake-Gimli MLA. "They've piled up under the street light to the point where I've had to spread them around to prevent the maggots from setting in."

The terns, the swallows, the red-winged blackbirds and countless other lakeside aviators love the midges. The frogs love them. The fish love them. But maggots? Apparently so.

Johnson shared a do-not-eat-while-you-watch-this video of pearly white squirming maggots or "regular fly larvae" gorging themselves on midges past their best before date. You could see the maggots turning over themselves as they mouth-hooked their way through foot-deep heaps of midges. If you don't want to think about what happens to bodies committed to the earth, un-know the preceding sentence.

Reports from up and down the lake indicated that Oak Point was a midge-magnet this year. Johnson said Silver Bay (near Moosehorn) was reporting a minimal number of midges. Ditto for Lundar Bay. And a person he spoke with in Laurentia Beach, south of Oak Point, said they recall the midges being worse in 2018.

Nevertheless, there were lots of



Ankle-deep piles of midges.

midges.

"Last week, people had to pull over [on Highway 6] to clean their windshields when they hit a swarm that smeared the glass and blurred their view," said Johnson.

There are over 1,300 species of midges in Canada. Some bite. Of that 1,300, there are about 800 species of midges that don't bite, according to the Canadian Encyclopedia. The non-biting midge larvae are primarily aquatic and burrow into the mud of lakes and other waterbodies. They emerge in late spring and early summer.

Life is awfully short for adult midges — roughly a few days to a week. They emerge from the lake bottom and swim through the murk towards the light. To the casual observer, they seem to be giddy with the newness of the airy world above the water and all the stuff on which they can cling such as rocks, trees, roads, homes, cottages, vehicles and people. After a full day buzzing around and soaking up the sun — and perhaps intuitively sensing the accelerated brevity of their time on earth — they act like unsupervised teenagers at sundown, slipping away from their parents' cottage with a two-four to meet up with their friends in the bush.

Midge meet-ups in the evenings — great airborne assemblies that resemble twisters — are for the sole purpose of mating, says the encyclopedia.

"My wife and I were driving back from Stonewall, and we were looking across the fields towards the marsh and could see funnels clouds of the little beggars," said Jack King, who lives in Twin Lakes Beach, about 22 kilometres south of Oak Point.

The Kings forgot to turn off their exterior motion-detector lights one evening last week and paid for it the following morning.

"It's unbelievable. There were piles of them. We forgot to turn off the lights and we've had to shovel them out twice now," he said. "I haven't seen them this bad."

With a little rain, piles of mushy dead midges could pose a slipping hazard, he said. But at worst, the



EXPRESS PHOTOS BY DEREK JOHNSON

It took a front-end loader to clear away millions of midges in Oak Point.



A still from a video Johnson took shows clouds of midges over a backroad.

flies are only a nuisance to humans. They're a great food source for the other creatures that inhabit the shoreline of Lake Manitoba.

"The fish love them. It's usually towards dusk that you see big carp rolling over in the water, grasping at them," said King. "And during the day, you see the smaller fish and the pickerel and the perch jumping for them."

New residents who just moved to Twin expressed their concern about the "bugs" on a community Facebook page, he said. They were wondering if anyone else had them in their yard.

"We reassured them that like kidney stones, this too shall pass," said King.

Community Support Service

A.A Meeting in Ashern

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

AA Arborg

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

AA Eriksdale

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

AA Winnipeg Beach

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

Gimli Group AA

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

Al-Anon Gimli and Winnipeg Beach

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

AA Riverton Group

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

Arborg shares love and kindness with Flin Flon fire evacuees

By E. Antonio

Arborg became a home away from home for a group of Flin Flon fire evacuees.

Nine participants, four staff and three cats from Norman Community Services — a Flin Flon Community Living disABILITY Services (CLDS) branch — arrived at the Arborg Blue Crescent Hotel at 6:30 a.m. on Thursday, May 29 after being evacuated from their homes.

“The town has totally overwhelmed us with kindness. What they are doing for us has taken so much pressure off of us, considering we have been in survivor mode,” said Allison Mote-Dallas, director of Norman Community Services.

She said when they received the evacuation order Wednesday afternoon, she had no idea where they were going to stay. CLDS had arranged for participants to be split between different hotels in the Interlake. But Norman Community Services staff took matters into their own hands, calling hotels directly to see if they could find



EXPRESS PHOTOS SUBMITTED

Participants and staff from Norman Community Services arrive in Arborg after being evacuated from Flin Flon due to nearby wildfires. The group found temporary shelter at the Blue Crescent Hotel with help from the local community.

a space for the entire group. When they called the Blue Crescent Hotel, they were accepted with open arms.

“Out of such a terrible situation, we have found so much comfort and love here in Arborg,” Mote-Dallas said. She added she hadn’t even heard of Arborg before arriving. When they showed up with just one suitcase per person — minus the two they forgot — the town stepped up, donating clothing, food and entertainment. The entire community made sure they felt welcome.

Mote-Dallas noted that no structures in Flin Flon have been destroyed, but staff homes and other facilities in surrounding communities have been lost.

Because of the situation, many participants believe they are simply on vacation, as staff have worked to keep them calm, she said. Their time in Arborg has felt more like a party, filled with new experiences and getting to know the community.

“Being in survivor mode is one of the worst feelings I have ever felt in my life, but being here at the Blue Crescent Hotel has made it such a surreal experience. I cannot commend them and give them enough kudos.”

John Pearen, hotel general manager, said Norman Community Services has fit right in and praised both his staff and the community for stepping up.

They allowed pets, permitted an early check-in, provided meals and even had other hotel guests cancel or reduce their room bookings to ensure enough space for the evacuees.

“Everyone coming together to make this work just gives

you that warm and fuzzy feeling inside,” Pearen added. He noted it was the first time the Blue Crescent had hosted evacuees, though he has managed similar situations while working in Brandon.

While in Arborg, Norman Community Services participants toured local attractions aboard the Arborg Handi-Van, visiting stops like the curling rock and heritage village. A volunteer driver also took them to Selkirk for a Walmart shopping trip.

They also enjoyed two live performances by a local trio — Ron Rogowsky, Isabeh Sousa and Dani Caldeira — with clients and staff singing and dancing to favourite hits.

“It was unreal the emotions we felt. It is so hard to explain how heartwarming it was to perform for this generous, courageous and resilient group of people,” Rogowsky said.

The group’s stay in Arborg came to an end on June 9, as the Blue Crescent Hotel could no longer accommodate them. They relocated to the Selkirk Inn and Conference Centre, where they hope to remain until evacuation orders are lifted.

Those looking to donate — especially home-cooked meals, which Mote-Dallas says are nutritionally beneficial — are asked to call the hotel at 204-482-7722 before arriving to confirm what is needed.

“The way everyone has come together for us, I cannot say thank you enough. We know we are safe, loved and welcome. Thank you for the outpouring of everything,” Mote-Dallas added.

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<p>PAM ISFELD 204-641-5408</p> <p>3 BR cottage in Sandy Hook, everything's included! Large screened in porch, workshop</p> <p>3 BR Condo in Aspen Park, gorgeous updated kitchen, 3 season SR, 10 Ft ceilings.</p>	<p>MIKE JUBA 204-588-7967</p> <p>Large Selkirk home 1450 sf attached garage 63ft wide yard AAA area \$375,000</p>	<p>AYLA DROPKO 204-651-1214</p> <p>17 Gooseberry Pl, Grindstone Prov. Pk. YEAR RD GRINDSTONE COTTAGE! 893 sf 3 bd, 1 bth & cent. air! Built 2019.</p> <p>105080 PTH 8, Gimli RM: Large 4 bd, 2 bth home on 5 acres. Zoned Res. & Comm. Dbl att, dbl det & large workshop!</p> <p>Lot 13, Maple Lne, Arborg Starter or investment opportunity! 3 bd, 1 bth mobile home on leased lot in Arborg.</p>
<p>JOHN WISHNOWSKI 204-479-1208</p> <p>GRANT HJORLEIFSON 204-641-6400</p>	<p>JASMIN THEOBALD 204-642-8501</p>	

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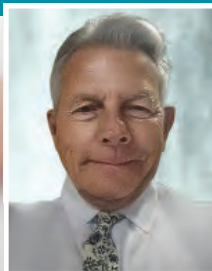


Arborg residents rally to support fire evacuees from Flin Flon, offering clothing, food and comfort to staff and participants with Norman Community Services during their stay at the Blue Crescent Hotel..



> EVACUEES,
FROM
PG. 12

TOM KOSTER DENTURE CLINIC



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- We accept the Canadian Dental Care Plan and all other dental plans
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> MEDAL, FROM PG. 8

Chief of the 4-H program in Manitoba — sparked a lifelong interest in community development and grassroots organizing.

A turning point came during his work in adult education, when a conversation about community services steered him toward advocacy and mental health. He joined CMHA in the early 1980s and remained a leading voice in the field until his retirement.

Martin's expertise was also called upon by government. In the late 1990s, he was seconded to serve as special adviser on mental health to then-health minister Dave Chomiak, where he helped shape provincial policy and promote systemic improvements.

Even in retirement, Martin has stayed active. Now 82, he remains involved with Gimli's Rotary Club.

He also participates in Seniors Reaching Out, a new grassroots organization forming to foster intergenerational dialogue through building connections between youth, families and seniors.

"We want to build hope and strengthen our community by coming together," said Martin. "That's the real work — bringing people together across generations and backgrounds."

Martin said the medal was a surprise and described himself as "delighted and humbled" to receive the honour. It's a full-circle moment, he added, recalling how he received a Queen Elizabeth II coronation certificate as a schoolboy in 1953.

"I still remember it clearly — we all got them in school back in Cadillac,"

he said. "Now, 72 years later, I'm receiving a coronation medal myself. It's deeply meaningful."

For Martin, the recognition is not just personal. He credits volunteers, staff, board members and especially CMHA participants for building the foundation of progress over the years.

"I believe the people with the most severe mental illnesses are the biggest heroes in the world," he said. "They carry on despite tremendous difficulty. This honour is for them too."

Martin often describes his life's work as "soul work," a phrase he shares with his grandchildren to remind them of the deeper connections that bind people together.

"We are a soul, and we have a body," he said. "Mental health work is about helping people reconnect to who they really are. And the truth is, none of us can do it alone."

Martin plans to attend the medal ceremony with his wife, Sharon, and close friends — marking not just a personal milestone, but a tribute to a lifetime of service, solidarity and quiet, determined leadership.



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DETAILS AT SOUTHBEACHCASINO.CA

Countryside marks 33 years with community celebration

By Lana Meier

Countryside Home Building Centre celebrated its 33rd anniversary with a two-day sale June 6 and 7, treating visitors to coffee, donuts and lunch specials while offering product showcases and deals. A bouncy castle kept younger guests entertained, while guests enjoyed a hot dog lunch on Friday and a pork on a bun on Saturday catered by Marble Ridge Colony.

Representatives from brands including Husqvarna, IKO, Bissett, Gillfor Distribution, Shercom and Milwaukee were on site to connect with customers and demonstrate products.

A Pit Boss 550 barbecue was also given away to one lucky attendee. Sarah Bryce of Winnipeg Beach took home the prize.

Congratulations to Grace Rindall, Brent Spence and Solomon McMurray for winning the door prizes.



EXPRESS PHOTOS BY CORINNE EINARSSON



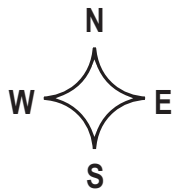
71st Annual LUNDAR FAIR



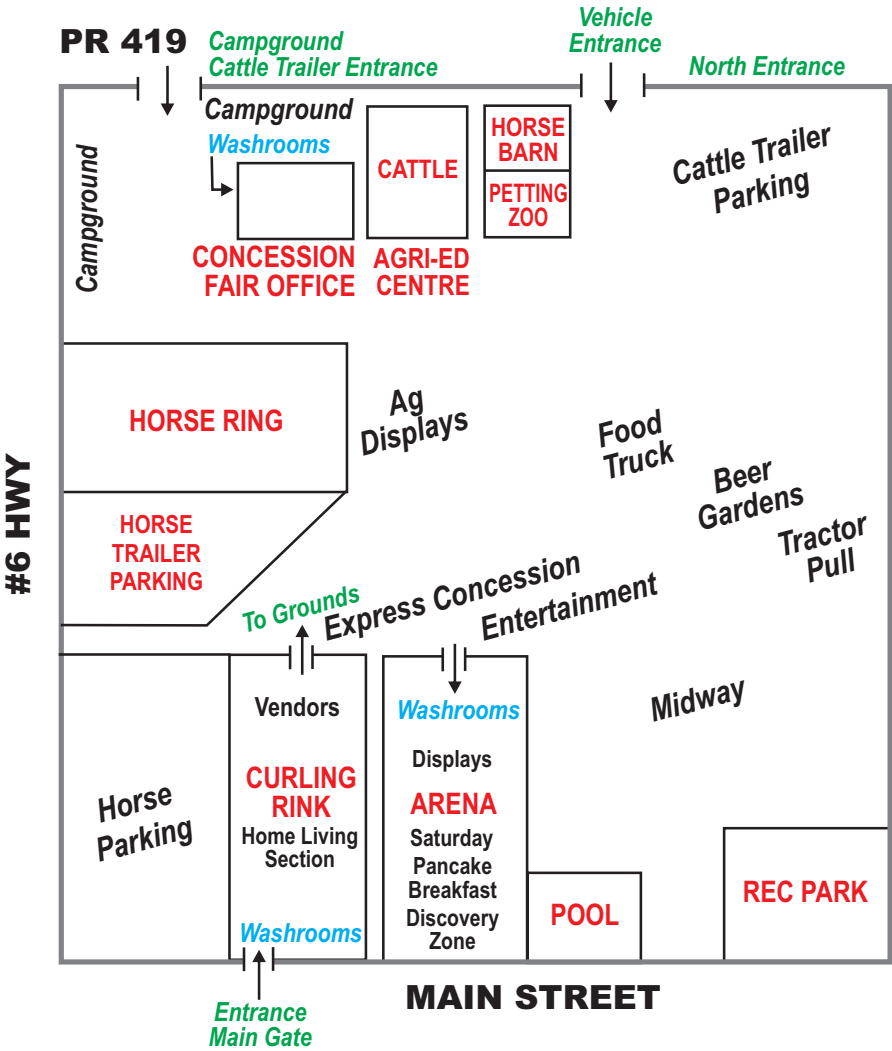
Friday, June 13th & Saturday, June 14th, 2025

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

FAIR GROUNDS MAP



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71st Annual LUNDAR FAIR

**Friday,
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Lundar Fair returns for 71st year June 13 and 14

By E. Antonio

The countdown to summer fun is on as the Lundar Fair returns June 13 and 14 for its 71st year.

Hosted by the Lundar Agricultural Society, the two-day event will feature livestock shows, tractor pulls, a midway, fireworks and dozens of family-friendly activities — with a few new additions joining the roster of time-honoured favourites.

"We have a jam-packed weekend of fun for all ages," said treasurer Colleen Kostyshyn. "We're hoping for good weather and a great turnout to make it another memorable agricul-

tural fair."

NEW EVENTS AND RETURNING FAVOURITES

This year, the fair debuts a Ranch Sorting Competition at 5 p.m. Friday, where teams of two will race the clock to sort cattle into pens in numerical order — a fast-paced show of teamwork and horsemanship.

Kostyshyn added they are always looking for different things to bring to the fair each year — giving their attendees something new to look forward to in addition to their classic



events.

Meanwhile, the ever-popular tractor pull returns for its 16th year with weigh-ins beginning Friday afternoon. The pull features 11 classes, including a junior division for drivers under 18. Pulls take place Friday at 5 p.m. and Saturday at 2 p.m.

The old-time favourites start Friday at 7 a.m. with a full breakfast offering a delicious eggs, bacon, hashbrowns, toast, beans and a beverage at the concession. Following breakfast, the concession will continue to sell a variety of hot foods and cold snack offerings, with proceeds supporting the Lundar Agricultural Society. New to

the concession this year are French fries and poutine.

"We expect this to be a hit — because who doesn't love the delicious Canadian treasure?" Kostyshyn said.

On Saturday, the concession will open in two locations. Hot food will continue to be served in the concession building and an express concession serving cold items like slushies, drinks and snacks will be served in the Discovery Zone in the arena.

4-H Achievement Day activities begin at 9:30 a.m. in the Agri-Ed Centre where young cattle farmers with the Dolly Bay, Lundar 4-H and Trailblaz-

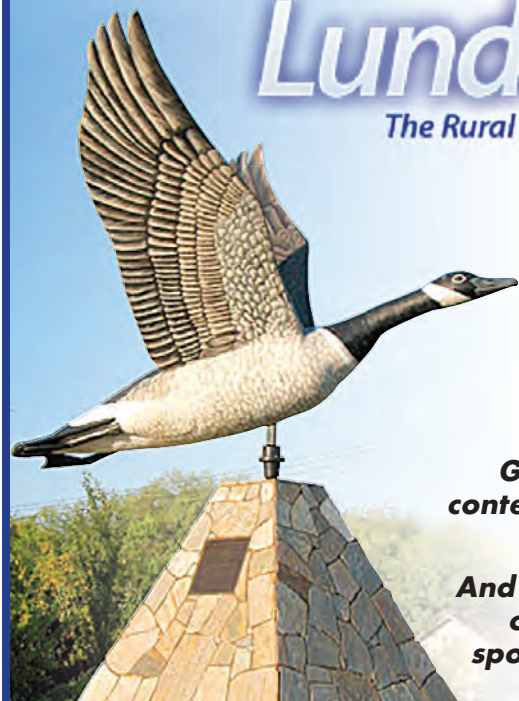
Continued on page 17



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Reeve, Council and staff welcomes you to come out and experience the Lundar Fair and extends best wishes to fair goers.

Good luck to all of the contestants, participants, and exhibitors.

And special thanks to all of the organizers, volunteers, and sponsors who make the event such a success each year!

Have fun at the Fair!



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71st Annual LUNDAR FAIR

**Friday,
June 13th &
Saturday,
June 14th, 2025**



Continued from page 16

ers show off their hard work before their popular 4-H beef sale. A live auctioneer will start the bidding at 4:30 p.m., and the online auction site will open on dvauction.com.

"We are really happy to be able to host this for the children. Our facility provides them with a great place to showcase their animals and display their passion for raising livestock," added Kostyshyn. "It is going to be a jam-packed barn this year for both the 4-H clubs on Friday and Manitoba Simmental Summer Show and Junior Beef Classes on Saturday. ... You are not going to want to miss this."

As part of the fan-favourite beef show, more than 90 cattle are registered, surpassing their average of 70 registrants.

This year's Cattle Classes include the multiple registered beef and junior divisions. Plus, the Lundar Fair is hosting the 2025 Manitoba Simmental Summer Show. See cattle exhibitors

from across Manitoba showcase more than 60 bulls and females as they are evaluated by a judge to be crowned with champion and reserve titles. Public viewing takes place 9 a.m. and will last until judging is complete.

The tractor pull is back for its 16th year. Weigh-Ins and registration open Friday from 1 to 3 p.m. on the east side of the fair grounds. Tractors manufactured before 1960 are welcome to participate. Nick Bennett, tractor pull organizer said each year they aim to improve the competition and bring a fresh spin to the integral event. "This year — with the help of our sponsors — we have upgraded our scoring system, our shack will get a new coat of paint and the winners will receive cash prizes," he said.

There are 11 classes this year, with pulls taking place 5 p.m. Friday and 2 p.m. Saturday. A special junior class will be available for any drivers less than 18 years old. Junior drivers must have parental consent and must be able to reach the pedals while seated.



The tractor also requires a kill switch that is controlled by an adult as a safety measure.

The Home Living Section exhibits will open at 5 p.m. Friday and 9 a.m. Saturday. The Home Living Section is an opportunity for everyone to shine in sewing, crocheting, knitting, photography, handicraft, canning, horticulture, school and junior divisions

for those under 17.

"We are particularly excited to announce a new addition this year: the junior bannock class, sponsored by the Lundar Métis local. Additionally, we are bringing back an old favourite — Kleinurs and Icelandic recipe in the baking class," added Lanna Mason,

Continued on page 18



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71st Annual LUNDAR FAIR

**Friday,
June 13th &
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Continued from page 17

organizer. The commercial vendors tables will also open with both events taking place in the curling rink.

Friday's thrills end off with a nighttime spectacular — a fireworks show sponsored by Sigfusson Northern. The show is tentatively scheduled to set off at 10:45 p.m. by the air strip and is dependent on weather and burn ban conditions.

Saturday's events open with a free pancake breakfast in the arena, inviting everyone to fill their bellies before stepping into the second day of activities.

At 9 a.m. the horse show begins with the halter classes, showmanship, English equitation and English pleasures leading up to the 11 a.m. parade.

A variety of floats will make their way down Main Street — from vintage vehicles to decorated bicycles and colourful clowns to the cutest

babies, there is a float for everyone to watch out for.

The horse show continues at 12:30 p.m. with a horse hitch demonstration — a competition for riders to manoeuvre their six-horse hitch through a variety of obstacles while attached to a wagon. The show will conclude with Western, Trail Stakes, Lead Line and Speed Event Classes.

Another well-attended event is the Baby Show, starting at 9:15 a.m. Saturday in the arena. Parents are welcome to enter their babies aged six to 18 months for a chance to win a trophy or a ribbon.

Entries can be emailed to Abigayle-howardson23@gmail.com and must be received by June 13. All babies and their parents who enter are welcome aboard the Baby Show float in the parade, with the winners being announced along the parade route.

At 1 p.m. the opening ceremonies begin featuring *O Canada* played by



the Pipes and Drums of Manitoba, speeches by local community members and entertainment from local singers and musicians.

Upstairs in the arena lounge, join the Lundar Rec Park for their fundraising roast beef dinner. Each plate costs \$20 and includes a generous serving of roast beef, a bun, potato salad, coleslaw, baked beans, a drink and des-

sert. The Lundar Rec Park is fundraising for a new play structure to be built near the skate park and pool, park president Laurie Gudmundson said. The area is wheelchair accessible with plenty of seating options.

Downstairs, the Discovery Zone has gotten an exciting expansion. Filled with multiple free family-friendly activities, Kostyshyn said each year they are hoping to bring new additions to the area. Manitoba Dairy Producers, Manitoba Chicken Producers, Manitoba Sheep Association and Bounce-A-Mania bouncy castles will all have displays set up to explore. Prairie Exotic and Tiny Treasures Mobile Farm petting zoo are also returning after their debut last year, in addition to the many agricultural activities, face painting and local Métis crafts.

Over the weekend, Select Shows Midway and the Beer Gardens will be ready to entertain visitors, with most event and attraction schedules subject to delays or cancellations if inclement weather approaches.

The Lundar Agricultural Society board thanks everyone who helps make the Lundar Fair possible.

"We want to highlight the strong support we get from the community — our sponsors and dedicated volunteers — that make it such a successful event each year," said Tara Brandson, president.

Admission fees will be in effect at the fair, and additional costs may apply for select events.



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FINE FOODS

71st Annual LUNDAR FAIR



FRIDAY JUNE 13th, 2025

- 7-10 am FULL Breakfast Special at Concession
- 9:30 am 4-H Activities (Agri-Ed Centre)
 - 4-H Clubs - Dolly Bay, Lundar 4-H Beef, Trailblazers
 - 4-H Beef Achievement Day
- 1-3 pm Weigh-In & Entry for Tractor Pull (Fair Grounds)
- 2:00 Beer Gardens open (near tractor pull) Closes 1:00 am
"The Urgez" band in the evening
- 4:30 pm 4-H Steer Sale
Live & Online with dvauction.com
- 5:00 Home Living Exhibits open for viewing (Curling Rink)
Commercial Vendors (Curling Rink)
(Closes 9:30 pm)
- 5:00 Ranch Sorting Competition in the Horse Ring
- 5:00 Antique Tractor Pull Starts
- 10:45 FIREWORKS!!!
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SATURDAY JUNE 14th, 2025

- 7-9 am FREE Pancake Breakfast (In Arena)
- 9:00 Horse Show – Halter & Showmanship, English (Horse Ring)
- 9:00 Home Living Exhibits Open (Curling Rink)
Commercial Vendors Open (Curling Rink)
- 9:00 Junior Beef Classes & MB Simmental Summer Show
- 9:15 Baby Show (Arena)
- 10:00 Pen of Three Heifers – Public Judging (10am - 4pm)
- 11:00 Parade – Starting by school grounds**
- 12pm to Close Select Shows Midway
- 12-4:00 Tiny Treasures Mobile Farm Petting Zoo (horse barn)
- 12-4:00 Discovery Zone (Arena)
- 12:30 Horse Hitch Demo following parade
- 1:00 Free Face Painting (Arena)
- 1:00 pm O'Canada – Pipes and Drums of Manitoba
Opening Ceremonies (by Arena)
Entertainment – 1-4 pm (by Arena)
- 1:00 Beef Dinner Opens (upstairs Arena concession)
- 1:00 Beer Gardens open (near tractor pull) closes 1am
- 1:00 Registered Beef Classes resume (Agri-Ed Centre)
Followed by \$1000 Jackpot Heifer Show
- 1:15 Horse Show continues – Western, Trail Stakes,
Lead Line, and Speed Event Classes (Horse Ring)
- 1:30/2:30/3:30 Prairie Exotics - Interactive presentations in Arena
- 2:00 Antique Tractor Pull Starts
- 3:00 Open Beef Pee Wee Showmanship (Agri-Ed Centre)
- 3:30 Home Living Section pick up 3:30-5:00
- 4:30 Commercial Vendors & Displays closed

**SATURDAY
Starting at 12pm
Midway
WRISTBAND
SPECIAL**

ADMISSION

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

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Community group expo held in Dunnottar



EXPRESS PHOTOS BY E. ANTONIO

Ten community groups from the Village of Dunnottar came together for the first Community Group Expo, hosted by the Dunnottar Sustainability Committee and Age Friendly Dunnottar. The groups set up information tables at the Matlock Recreation Centre for the June 7 event, bringing awareness to their unique offerings. Althea Howard with Age Friendly Dunnottar said she was excited to showcase the different local organizations residents can get involved with. "It is an opportunity for our community members — both new and old — to meet the wide variety of groups we offer," she said, "especially for the groups that aren't the easiest to stumble upon randomly." Visitors came and went, enjoying live music from Ken and Dave, free crafts and giveaways, and food from Julia's Place, Whytefold Emporium and the Matlock Recreation Centre canteen. "It was a great day for people to find something that complements their interests," Howard added.

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JUNE 19 ONSITE DAY 1 BIDDING STARTS: JUNE 19TH AT 9AM LOTS START CLOSING ON JUN 25, 2025 AT 10:00AM
JUNE 19 OFFSITE DAY 2 BIDDING STARTS: JUNE 19TH AT 9AM LOTS START CLOSING ON JUN 26, 2025 AT 10:00AM
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RM of Gimli offers provincial government assistance with housing evacuees

By Patricia Barrett

The RM of Gimli stepped up last week to offer the provincial government assistance with housing wildfire evacuees from northern Manitoba as the fires continue to burn massive swathes of land across the province.

At a special meeting on June 4, Gimli council discussed how the municipality could provide relief in the humanitarian crisis, and Mayor Kevin Chudd proactively reached out to provincial representatives to express Gimli's willingness to help, said the RM's community engagement manager Christine Payne.

The mayor said the RM is ready to provide services to evacuees if the province asks it for help. The RM has not yet been formally asked to serve as a host community, but it has laid the groundwork to respond quickly and effectively.

"We are ready to support when called upon," said Chudd. "Our emergency measures officer has confirmed that if Gimli is selected, the Red Cross will mobilize the necessary resources. We are committed to doing our part."

That assistance is laid out in an internal RM plan that hasn't yet been shared with the public. It will only be activated if Gimli is officially designated as a evacuee centre and with notification to the public to become part of the effort, said Payne. The RM's plan would complement provincial and Red Cross efforts.

The plan includes a welcome and information centre for evacuees, a community call for donations, free recreational activities such as the beach and the outdoor pool, reaching out to local organizations to see if they could provide free access to the museum, movie nights and cultural events, reaching out to local restaurants and shops to see if they could provide evacuees discounts, creative and cultural programming such as art classes, yoga and beach games, mental health and wellness services, pet support through local volunteers assisting with pets flown in by the Manitoba Animal Alliance, and free Wi-Fi and tech support at the recreation centre and the library.

To further prepare for the possibility of evacuees coming to Gimli, the RM's interim CAO met with the municipality's emergency management coordinator to ensure the RM is "aligned with provincial emergency management processes," said Payne.

The provincial and federal governments announced June 4 they will each be offering matching funding to the Red Cross, which launched a wildfire fundraiser to provide both the evacuees and the communities sheltering them with funding support.

Gimli council has endorsed the Red Cross Wildfire Fundraiser, said Payne, and the RM is encouraging residents to donate and participate

in local fundraising efforts.

"Mayor Chudd and council are aware of the potential benefits to both evacuees and host communities. Council has endorsed the Red Cross Wildfire Fundraiser and is actively sharing it with the community to build engagement and support," she said. "While Gimli has not yet been designated as a host community, the

Continued on page 22



IMAGE COURTESY OF RM OF GIMLI

The RM of Gimli's mayor and council are encouraging residents to support the Red Cross's fundraiser for wildfire evacuees.

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JUNE 23, 2025

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Agenda Items to Include:

- Minutes from the 2024 Annual Meeting
- Audit/Financial Report
- Director Terms
- General Managers Report
- Board Report
- Appointment of Auditors for 2025

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Community mourns loss of bright, compassionate teen

By Jennifer McFee

In his 18 short years, a much-loved Stonewall teen made his mark in a multitude of ways and had set his sights on a bright future.

On May 21, Nicholas Palmer's life was cut short in a collision at the intersection of highways 8 and 67 in the RM of St. Andrews. A semi-trailer collided with his vehicle as it crossed the intersection.

Now his family, friends and the entire community is grieving the loss of a young man poised to make a positive difference in the world.

His mom, Shirley, shared how Nicholas embarked on many adventures and infused his life with meaning.

"When I think of Nicholas, my heart is bursting with pride at the exceptional person he was and always will be to me, my family and all who had the pleasure to connect with him," she said.

"Nicholas was a person who had a fire burning so deep inside of him to be someone who had to be the voice of those who needed it."

For Shirley, one word comes to mind above all others to describe her son — selfless.

"I have never known a human being who cared so strongly for all others. Nicholas was compassionate, caring, empathetic, loving, kind, gentle, an advocate for human rights, an animal lover, brave and a fiercely loyal friend to so many," she said.

"He was a deep thinker who had a strong moral compass. If anyone needed his help, he would be there giving 110 per cent of himself."

Nicholas treasured time with his family, friends and pets. He was also keen to learn, explore and try new things.



Nicholas is pictured during one of his many travels. The Stonewall teen had a passion for exploring the world, embracing new cultures and experiences with curiosity and joy.

"He loved to travel and had already been on some amazing trips like our yearly summer trips to the mountains, the school trip to Ecuador, a summer away to Moncton for the French Explore program and my most treasured memory of our mother-son trip to Quebec City last summer," Shirley said.

"Nicholas was a foodie who was always willing to try any new food or restaurant — the more obscure and different, the better. He was a lover of history from a very young age — so very young he used to read adult history books for fun. He still did and has left behind quite an extensive library of history books."

A deep thinker, Nicholas engaged in thought-provoking discussions that really mattered.

"I will always love how so many of



EXPRESS PHOTOS SUBMITTED

Nicholas Palmer is pictured during his dream job at Lower Fort Garry. The Stonewall teen, who had a deep passion for history, had worked just 10 days at the national historic site before his life was tragically cut short in a collision on May 21.

our last conversations were on topics that were so deep and meaningful," Shirley said. "He loved to discuss so many things with so many people."

Throughout his life, Nicholas shared a close sibling bond with his sisters.

"He loved his sisters and they loved him. I don't have a memory of them ever really fighting. They were very close and truly enjoyed spending time together. We were and still are a family who did so much together. We are close and that bond means so much to us all," Shirley said.

"He made profound connections with most people who crossed his path. He has inspired so many, myself included, and will continue to inspire those people whose hearts he holds. When I think of Nicholas, I think of someone who lived more in his 18 years of life than most will ever live. He was happy and enjoyed every moment he lived."

Last June, Nicholas graduated from the French Immersion program at Collège Stonewall Collegiate, achieving an above 90 average and earning numerous awards and scholarships. He had just finished his first year in the faculty of arts at the University of Manitoba, where he achieved straight A's and made the dean's list.

"His last year of life, I really felt he was coming into his element, his time. He loved university. He loved learning about his passions, anthropology and history. He had found 'his people' there. He was passionately involved with the SJP, Students for Justice in Palestine, a cause most important to him," Shirley said.

"He also had just started his dream job. He had always dreamed of working at Lower Fort Garry for the summer. He only worked 10 days before he was taken. Those 10 days he was extremely happy to be surrounded by

like-minded people and talking about history all day long."

A lifelong Stonewall resident, Nicholas created connections in his community and beyond.

"He was going places. I was excited to see where his life would lead him," said his mom.

"He has left a huge hole in our hearts. He has left not only us but so many to mourn his loss."

The community continues to rally around the family, and Shirley is grateful for the support.

"I want to give the most heartfelt thank you to all in the community who have reached out to us, whether it's been to make us home-cooked meals, get groceries for us, give us hugs, cut our grass, send us messages of stories about Nicholas, the support from our girls' schools as they navigate all of this, or just to listen," she said.

"The support of everyone in this community has made so much difference to us. It has held us up when we so desperately need it. Thank you, Stonewall. We are broken beyond anything we will ever know, but everyone's support means so much."

The family has decided to create an annual scholarship at Collège Stonewall Collegiate in his honour, which will be called the Nicholas Palmer Memorial History Scholarship. Anyone who would like to make a donation can go to the CIBC Stonewall branch and let the teller know that they would like to donate to the Nicholas Palmer Memorial scholarship fund. Alternatively, e-transfers can be sent to Shirley Palmer at Swoodsworth@hotmail.com.

"He truly is an inspiration to me, to all of us," Shirley said. "Nicholas, you are missed every second and will forever be. I love you."

> HOUSING, FROM PG. 21

RM remains committed to helping when asked and is open to participating in provincial and federal support programs that benefit evacuees and local communities alike."

Mayor Chudd said the RM's internal plan is designed to assist external agencies involved with Manitoba's wildfire situation.

"We applaud the agencies and individuals already helping evacuees," said the mayor. "[The RM's] plan is about being ready to extend that support in a coordinated way, should the province call on us."

The RM owns a dormitory building which currently houses newcomers to the municipality and cadets who train on Lake Winnipeg. The building "may be considered as part of the

response" pending coordination with provincial authorities, said Payne.

The RM's call for community donations is listed on its website under notices.

A spokesperson for the provincial department of transportation and infrastructure confirmed that Gimli did contact the province with an offer to support evacuees if needed.

The town of Snow Lake was put under mandatory evacuation last Friday as winds pushed nearby wildfires towards the town and turned the sky orange, and thousands of people were evacuated the week before from Flin Flon, about 120 kilometres away, part of an area where the largest fire in the province burns.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Maulers' Kudusov returns to podium at Boxing Canada Nationals

By Kieran Reimer

It's back-to-back bronze at the Boxing Canada National Championships for Selkirk's Damir Kudusov.

The 17-year-old boxing prodigy out of Maulers Boxing — by way of Ukraine — competed in just his second-ever nationals in the Youth Male 65kg welterweight division from May 28 to June 1 at Université Laval.

Kudusov opened with wins in his first two bouts, defeating Quebec's Fedy Sakher and Ontario's Quentin Snowden, sending him back to the semi-finals for the second consecutive year.

His run ended there, as he was defeated by Quebec's Nolan Blais — the eventual gold medallist.

"He's obviously a little disappointed. Everybody wants to win gold," said Maulers boxing coach Devin Tomko. "The medals are more for him. There's a bigger picture here, and this is just experience under the belt for the pro career. He's obviously a little disappointed with the turnout, but we're proud of him. He did good work — especially with only two years of boxing under his belt. He's competing with the highest level in Canada, so we're happy for him."

Most of Kudusov's opponents have over 80 bouts of experience. He currently sits at just 17, but his skill and commitment have already elevated him to the ranks of Canada's best.

Tomko has focused all season on



Maulers' Damir Kudusov earned his second consecutive bronze medal at the 2025 Boxing Canada National Championships, held at Université Laval from May 28 to June 1. The 17-year-old won his first two bouts before falling to the eventual gold medallist in the semifinal

getting Kudusov into more events to build his experience, as he will move up to the U19 age group for next year's nationals.

"If I'm completely honest, he should have no business at any of these tournaments," said Tomko. "He should be losing all the fights, so the fact that he's in there with decisive wins and great performances just shows what



EXPRESS PHOTOS SUBMITTED

Maulers' Damir Kudusov throws a jab at the 2025 Boxing Canada National Championships in Laval, Que. Kudusov, 17, earned a bronze medal in the Youth Male 65kg welterweight division.

he's really capable of. This is just the beginning of a beautiful pro career."

Kudusov will continue training throughout the summer, but he will not compete at Saturday's Fight Night III presented by Maulers Boxing and Eastman Boxing in Beausejour.

Instead, Maulers and Eastman box-

ers will host a Canada vs. United States card featuring American opponents at the CPTC Race Barn.

The event will include 10 bouts starting at 2 p.m. General admission is \$25, with kids under five admitted free.

Orioles report: 15Us capture first regular season victory

By Kieran Reimer

The 13U AAA Interlake Orioles were in action for both league and tournament play this past week.

On Tuesday, they played their lone league game against the Winnipeg South Wolves, falling 13-2 at Charleswood Place. The loss dropped them to 1-3 on the regular season, tying them for fourth in Zone 2.

Over the weekend, the Orioles competed in the Winnipeg West Tournament at Optimist Park, playing four games from Friday to Sunday.

They opened with a 4-3 win over the North Winnipeg Pirates, then followed up with a 13-8 victory against the West Winnipeg A's. In their final

round-robin game, the Orioles were shut out 12-0 by Brandon, finishing pool play with a 2-1 record.

That earned them a spot in the 2-vs-2 playoff game against Pembina Hills, where they were narrowly edged 5-4 after a late comeback fell just short.

The Orioles return to league play this Sunday with a doubleheader against Pembina Hills at Stonewall's Quarry Park. First pitch is scheduled for 1 p.m., with Game 2 set for 4 p.m.

The 15U AAA Interlake Orioles picked up their first win of the regular season this week.

On Wednesday in West St. Paul, the Orioles rallied for a 9-7 win over

the North Winnipeg Pirates. The result improved their record to 1-9 and moved them into sole possession of sixth place in Zone 2.

They'll look to build off the win with three games this week. On Wednesday, they'll visit Charleswood Place for a 6:30 p.m. matchup with the Winnipeg South Wolves. Then on Saturday, they return to Atree Field in Stonewall for a doubleheader against Pembina Hills at 1 and 4 p.m.

The 18U AAA Interlake Orioles were limited to two games last week after Sunday's road game against the Winnipeg South Wolves was cancelled.

On Tuesday, the Orioles hosted the North Winnipeg Pirates at Atree Field and fell 14-4. They travelled to Steinbach on Thursday, where they were shut out 6-0 by the Carillon Sultans at A.D. Penner Park.

The Orioles now sit in 10th place with a 1-6 record. They are scheduled to return to action Tuesday night with a 7 p.m. start against the Bonivital Black Sox at Whittier Park.

They'll then play three games on the weekend — Saturday at 4 p.m. against the Winnipeg South Wolves at Charleswood Place, followed by a Sunday doubleheader in Brandon against the Marlins at 1 and 4 p.m. from Andrews Field.

Gimli mom, coach and athlete heading to Spain for World Triathlon Championships

By Annaliese Meier

A Gimli-based business owner and mother of three will represent Canada at the 2025 World Triathlon Championships in Pontevedra, Spain — and she's doing it with a humble heart and a community behind her.

Sheena Kilpatrick has been selected to compete in the long-distance triathlon at the international event this June. The race includes a 3-kilometre swim, a 121-kilometre bike ride and a 30.2-kilometre run — a gruelling test of endurance she's trained years to conquer.

"I am completely honoured to have been selected," Kilpatrick said in an interview with *Express Weekly News*. "It is a massive privilege to get the opportunity to compete for your country on the world stage and I'm just unbelievably excited."

Kilpatrick has worked in the health and fitness industry for more than 20 years, coaching everyone from firefighters and cardiac rehab patients to professional athletes and new moms. Since relocating from Toronto to Gimli in 2020, she's continued that work through her business, Harmony Tree Studio, while also building her own elite-level training plan.

"I think having this experience and the knowledge I've been able to gain through my education has helped me to build and adjust my training program — for my body and my mind — to give me the best chance of success," she said.

Though she's competed in many races over the years, Kilpatrick said her passion for triathlon began more than a decade ago while working at a school in Toronto.

"I was a fitness coach and part of the teachers' running club," she said. "Someone there got me into it — I was already a pretty strong swimmer and runner — and the more I did, the more I got into it."

Her success hasn't come without challenges. As a mother of three and a full-time business owner, Kilpatrick said time management is her toughest competitor.

"Balancing family time, my business and personal things you want to do — it's tough for everyone," she said. "What I've learned is it just has to be fluid, and you can't beat yourself up if you have a few setbacks or misses."

To stay on track, she keeps a detailed training diary and plans her weeks in advance, adjusting as needed.

"Mostly it's based on a few longer distances and then cumulative kilometres. So if I have to cut short on one day, I make it up the next. Also, my family is extremely supportive of my training. If I need to pull out the bike and cycle while we watch a movie on



Sheena Kilpatrick powers through a weightlifting session as part of her training.

a Saturday, it's no problem."

Heading into race season, Kilpatrick was logging roughly 200 kilometres a week between swimming, biking and running. She recently returned from a Team Canada training camp in Victoria, B.C., where she trained alongside Olympic athletes such as Simon Whitfield.

"The camp was amazing," she said. "I was able to get training and race advice, and test out new technology and nutrition that could help me be more efficient during the race."

Gimli has played a big role in her growth as an athlete. After a crash in Toronto involving a streetcar track, Kilpatrick said she's grateful to have the space and scenery to train more safely and peacefully.

"Being in Gimli has been great for giving me a more peaceful place to train and get out in nature more," she said. "Here I can just enjoy the scenery and get in some good long distances without too much concern."

Kilpatrick said the community has been incredibly supportive.

"Everyone who knows I'm competing has been really encouraging and interested," she said. "The positive energy from my family, clients and friends really makes me want to put everything out there and do the best I can."

Though her travel and participation are self-funded, Kilpatrick said she and her family have been saving and finding creative ways to make it work.

"We've been collecting hotel points and saving since I found out I qualified," she said. "I'm really not great at asking for money or sponsorship. As a parent and business owner I empathize with how much we are all asked for between sports and events and everything else."

Looking ahead to Pontevedra, she's proud just to be racing — but she also



EXPRESS PHOTOS SUBMITTED

Kilpatrick stands with her three sons in front of the iconic Gimli Viking statue, bike in hand, as she prepares to represent Canada at the 2025 World Triathlon Championships in Spain.

has her sights set on something more.

"Obviously I'm happy just to be able to qualify and represent Gimli and Canada, but I would be lying if I didn't have it somewhere deep down that I want to win after all this training," she said.

Kilpatrick is no stranger to standing on the podium. She recalled the significance of her first Subaru Championship Series win.

"I was competing against people who were part of huge teams and had really expensive equipment, and I was training alone on an average bike," she said. "Winning that series because of pure hard work was pretty special."

More recently, she earned another major milestone — qualifying to represent Canada again in 2026 at the next World Triathlon Championships, set for Abu Dhabi.

As for what keeps her going during hard training days?

"The biggest thing that keeps me go-

ing is just discipline," she said. "I try to set my schedule and prioritize getting the kilometres in."

To those watching from the sidelines — whether they're young athletes or parents with big dreams — Kilpatrick has a message:

"Honestly, we all doubt ourselves more often than we should. We are all pretty amazing and can achieve unbelievable things," she said. "My husband tells his team that the best way to eat an elephant is one bite at a time — which is weird because we're vegetarian — but that's really how to achieve big goals. Just keep doing a little bit over time. It's all possible."

Anyone interested in supporting Sheena Kilpatrick's journey to the World Triathlon Championships — whether through sponsorship, donations or words of encouragement — can reach her directly by email at Sheena@harmonytreestudio.com or Instagram at [@harmonytreestudio](https://www.instagram.com/harmonytreestudio).

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Zone 5 athletes recognized after MHSAA track provincials cancelled

By Lana Meier

What was meant to be a season-ending celebration of high school track and field turned into disappointment for student-athletes across Manitoba after the 2025 MHSAA provincial championships were cancelled due to poor air quality.

The meet, scheduled for June 6 to 8 at University Stadium in Winnipeg, would have brought together the province's top performers after months of training and competition. With smoke from wildfires blanketing much of southern Manitoba, the Manitoba High Schools Athletic Association called off the event in the interest of student safety.

For many, particularly graduating Grade 12 students, the cancellation marked a lost opportunity to compete on the provincial stage one final time.

Despite the setback, Zone 5 athletes had plenty to be proud of heading into the meet. Several were ranked among the top five in their respective events, highlighting a strong season across both indoor and outdoor competition.

Jencie Henry of Gimli was ranked first in both varsity girls shot put and discus. Hudson Charrier of Riverton entered provincials ranked first in junior varsity boys shot put, while Ethan Corbett of Warren held the top

spot in the varsity boys 3,000 metres and was ranked fourth in the 1,500.

OTHER NOTABLE ZONE 5 RANKINGS INCLUDED:

Ranked second:

- Danielle Barnych (Stonewall), junior varsity girls discus
- Mackenzie Boonstra (Warren), junior varsity girls pentathlon

Ranked third:

- Mya Beaman (Gimli), varsity girls high jump, just two centimetres behind first
- Colby Darragh (Warren), varsity girls pentathlon
- Shannon Bodnarus (Stonewall), varsity girls pentathlon

Ranked fourth:

- Ethan Corbett (Warren), varsity boys 1,500 metres
- Kris Asmundson (Riverton), junior varsity boys shot put

Ranked fifth:

- Dylan Fox (Stonewall), junior varsity boys 400 metres
- Patrick Yuzwa (Fisher Branch), varsity boys shot put



Jencie Henry of Gimli broke a 45-year-old Zone 5 record in varsity girls discus with a throw of 39.07 metres, surpassing the previous mark of 35.86. Henry was ranked first in both shot put and discus heading into the 2025 MHSAA provincial championships, which were cancelled due to poor air quality.

While the results won't appear in the official records, the dedication shown throughout the 2024–25 season deserves recognition by these athletes and their coaches

Storm FC feeling the sting of cancellations

By Kieran Reimer

Storm FC were among the Manitoba Major Soccer League clubs that had games cancelled this past week due

to poor air quality in Winnipeg.

For the Arborg-based team, it marked the second cancellation of the season. Storm FC have played just

one game so far in Division 4 — the fewest of any club in the MMSL.

The club sits at 0-1 after a 1-0 loss to Crescentwood on May 30. Storm FC

will look to notch their first win of the season when they're expected to return to the pitch Thursday for a 7:30 p.m. kickoff against Akal FC.

To see more photos
of your favourite
Interlake Athletes

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> MEAL IDEAS



Ooey Gooney Lemon Cake

Recipe courtesy of "Cookin' Savvy"

1 stick butter, melted
1 box lemon cake mix
2 eggs
Topping:
1 package (8 ounces) cream cheese, softened
2 eggs
3 1/2 cups powdered sugar
Raspberry Drizzle:
2 tablespoons cornstarch
1/2 cup sugar
1/2 cup water
1/4 cup orange juice
1 cup fresh raspberries
Heat oven to 350 F.
To make cake: In bowl, mix butter,

cake mix and eggs until blended well but thick. Spread into buttered 9-by-13-inch pan.

To make topping: In another bowl, using mixer, mix softened cream cheese, eggs and powdered sugar until blended well. Pour over cake mixture but do not mix. Bake 30-35 minutes until edges of cake are golden brown but center is not. Wait until completely cooled to cut, 1-2 hours.

To make drizzle: In saucepan over medium heat, add cornstarch and sugar. Mix in water and orange juice. Stir in raspberries and bring to boil. Remove from heat when it starts to thicken.

Drizzle raspberry drizzle over each piece.



Bundle Skewer Street Tacos

Recipe courtesy of chef Trimell Hawkins on behalf of Current

5 cloves garlic, minced
1 onion, diced

1 tablespoon cumin
1 tablespoon onion powder
1 tablespoon garlic powder
2 tablespoons salt
1 tablespoon pepper
1 teaspoon coriander
1/4 cup lime juice
1/4 cup vegetable oil
10 pounds chicken or beef shoulder steak, sliced thin

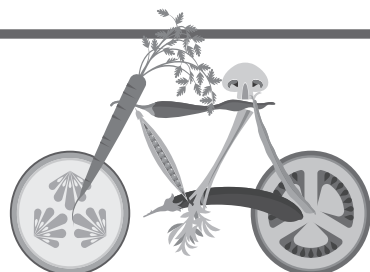
taco shells or tortillas
salsa (optional)
shredded lettuce (optional)
diced tomatoes (optional)

Combine garlic, onion, cumin, onion powder, garlic powder, salt, pepper, coriander, lime juice and vegetable oil. Coat meat thoroughly. Cover and refrigerate at least 1 hour, or up to 24 hours.

Preheat grill to 400 F. Thread small bundles (about 3 ounces each) onto skewers. Aim for three per skewer to streamline portioning.

Grill chicken until it reaches internal temperature of 165 F. For steak, grill to desired doneness.

Transfer bundles to small taco shells and serve with salsa, lettuce and tomatoes, as desired.



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Bust excuses in 3 simple steps

By Fitness Expert Julie Germaine Coram

Can you relate? You've planned your workout schedule for the week, including a session before dinner tonight. Fantastic! But... rush-hour traffic on the way home kills your vibe, your kid complains about the leftovers you had planned, and you remember a new episode of your favourite series just dropped. Yeah... it's looking more and more like a rest day — maybe even a diet "cheat" day if you end up ordering pizza to appease the family.

Excuses are always available when it comes to why you didn't reach your activity goals. Some are really convincing — no one would fault you (well... maybe me, if I were coaching you!). Here are a few:

- You're tired, hungry, down or overwhelmed.
- The weather's bad — too hot, rainy or smoky.
- Stressful situations at work or home.
- Some part of your body is aching or sore.

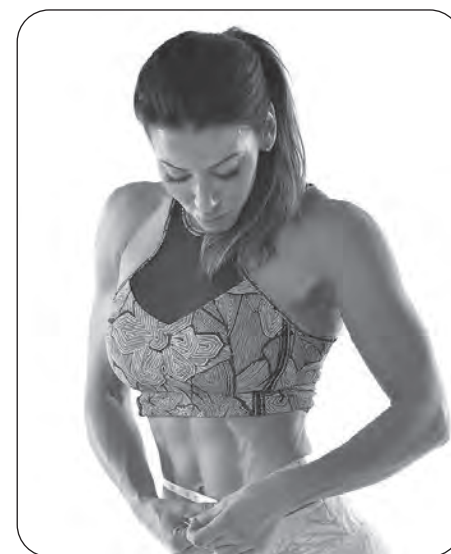
Reasonable? Sure. But how will you feel later tonight or tomorrow when you didn't meet the goals you set?

Exercise gives you energy. Moving your body has been proven to ease sadness. And there are countless ways to stay active and burn calories.

HERE'S HOW TO BUST THOSE EXCUSES:

1. Reframe your mindset.

Connect with your inner voice and replace excuses with encouragement. You control your thoughts and actions — do the hard things now to get the results you want later.



Fitness Expert Julie Germaine Coram

2. Get honest about your excuses.

Ask yourself: Are you really too tired, or would you have the energy to go out dancing or enjoy intimacy with your spouse? Sometimes, we hide behind excuses because we don't fully believe we can succeed.

3. Find support.

Surround yourself with people who'll keep you accountable. Join a fitness group, find a workout buddy, or hire a coach.

I'm not here to shame anyone — and I'm certainly no slavedriver — but I know that 99 per cent of the time, you can push through the excuses and feel proud of your effort.

Want to talk about your individual fitness goals, health concerns or nutrition struggles? Book a free online consultation at: www.calendly.com/juliegermaine

Julie Germaine Coram is a registered personal trainer, certified nutrition expert and fitness specialist. She is an active mom, two-time pro fitness champion, and has helped thousands of people worldwide improve their health since 2005.

Cucumber Sandwiches



Recipe courtesy of "Cookin' Savvy"

Yield: 4 sandwiches

Garlic toast

4 ounces cream cheese, softened
1/2 cup mayo
2 teaspoons dried dill
2 teaspoons thyme
1 tablespoon onion powder
1 tablespoon garlic powder
2 cucumbers
salt, to taste

pepper, to taste

Cut crust off bread and set aside.

In bowl, mix softened cream cheese, mayo, dill, thyme, onion powder and garlic powder. Peel cucumbers then coarsely chop and add to cream cheese mixture. Add salt and pepper, to taste.

Spread mixture over bread and cut into triangles.

Tip: Recipe can be doubled, if needed.

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Town of Winnipeg Beach PUBLIC HEARING NOTICE

2025 FINANCIAL PLAN

PUBLIC NOTICE is hereby given that pursuant to sub-section 162(2) of *The Municipal Act*, the Council of the Town of Winnipeg Beach intends to present its financial plan for the fiscal year 2025 at a Public Hearing to be held at the Winnipeg Beach Community Centre, 32 Hamilton Avenue, Winnipeg Beach, MB on **THURSDAY, June 19, 2025** at 6:00 p.m.

The purpose of this hearing is to allow any interested person to make representation, ask questions or register an objection to the Financial Plan.

Interested parties may also submit questions by email to the CAO at cao@winnipegbeach.ca.

The 2025 Financial Plan is available for review at winnipegbeach.ca.

Jodi Mitchell, cmma
Chief Administrative Officer
Town of Winnipeg Beach

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DATED at Stonewall, Manitoba this 9th day of June, 2025.
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Start Wage: \$17.50 per. hr. to provide one to one care and assistance and daily activities with a person with intellectual disabilities. A Criminal Record Check and Adult Abuse check required. Additional details and information about the job position is available at the workshop.
Please send resume or drop of at the workshop to
Alex Janower Manager
Riverdale Place Workshop Inc.
Box 609 Arborg Mb. R0C OAO
Phone : 204-376-5584
Email: riverdaleplace111@gmail.com

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RURAL MUNICIPALITY OF GIMLI

UNDER THE AUTHORITY OF THE PLANNING ACT

NOTICE OF PUBLIC HEARING

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

THE RURAL MUNICIPALITY OF GIMLI BY-LAW NO. 25-0003
Being an amendment to the Gimli Zoning By-law No. 11-0013, as amended.

HEARING LOCATION: RM of Gimli Council Chambers
62 - 2nd Avenue
Gimli, Manitoba

DATE & TIME: June 25, 2025
11:00 am

APPLICATION: RMG-25-03R

AFFECTED AREA: Pt. NE 1/4 17-19-4 EPM,
Being Lot 23, Plan 16603
#8 - 7th Avenue
Roll No. 147000

GENERAL INTENT: To rezone an area in the RM of Gimli from "RS" Residential Single-Family Zone to "CH" Commercial Highway Zone, for the expansion of commercial development.

FOR INFORMATION CONTACT: Nancy Thom, CAO/Development Officer, Eastern Interlake Planning District
62 2nd Ave, Box 1758 Gimli MB R0C 1B0 - Ph: 204-642-5478 Fax: 204-642-4061
Email: eipd@mymts.net website: www.interlakeplanning.com



A copy of the circulation package may be provided/inspected at the location noted above during normal office hours, Monday to Friday; alternatively, a copy may be emailed upon request. Please note, if you have received this notice in the mail, it includes the circulation package.

E.I.P.D. recommends that property owner's notify lessee/renter if applicable.



Rural Municipality of FISHER

Box 280, Fisher Branch, MB R0C 0Z0
Tel: 204-372-6393, Fax: 204-372-8470

CALL FOR PROPOSALS

Supplying, Crushing, Loading & Hauling Traffic Material

The Rural Municipality of Fisher invites proposals for the supplying, crushing, loading or stockpiling, hauling and depositing of traffic material onto municipal roads during the period ending August 31, 2025.

Proposal forms may be obtained at the Rural Municipality of Fisher Office, June 13, 2025 at 3.00 p.m., 30 Tache Street, Fisher Branch, Manitoba.

Proposals must be received by **9:00 a.m. June 24, 2025** at which time they will be considered by Council at a Special Meeting.

Envelope must be sealed and marked "Gravel Proposal".

The RM of Fisher reserves the right to reject any or all proposals, to waive irregularities and informalities therein, and to award the proposal in the best interest of the RM of Fisher in its sole discretion.

Kelly Marykuca, CMAA
Chief Administrative Officer
Rural Municipality of Fisher
Box 280
Fisher Branch, Manitoba R0C 0Z0
Phone: (204) 372-6393 Ext 4

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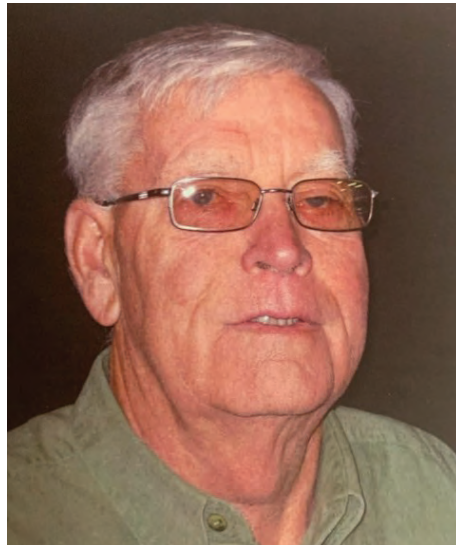
Sandra and David Lobban thank everyone who has supported us through this difficult time. We appreciate the advice and support of Reverend Robin Mather and our church family of St. Bartholomew. The support of the Quilting fraternity, our Aspen Park friends and other friends and family. Also, a special thank you to Rick Kotaska and the staff of Interlake Cremation Services.



Don't forget to send your special wishes to your friends and family.

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who passed away June 11, 2024
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Join us as we celebrate the **Retirement**

in honor of

Alex Janower

on Thursday, June 19, 2025
Noon - 2 p.m.

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Join us for coffee & cake
All are Welcome



MUNICIPALITY OF BIFROST-RIVERTON
FIRE BURN BAN

NOTICE OF FULL FIRE BURN BAN CONTINUES

Due to current temperature, wind, humidity, and drought/fire danger conditions, a total burn ban continues to be in effect for the Municipality of Bifrost-Riverton, in alignment with provincial and neighbouring municipal restrictions.

This ban includes and prohibits:

- Campfires, burning barrels, sky lanterns, fireworks, and all open fires
- Motorized off-road travel (ATVs, dirt bikes) in trails, wooded or grass areas

Consequently:

- All active burn permits are suspended until further notice.
- Failure to comply will lead to municipal and/or provincial penalties.

We appreciate your cooperation in helping to prevent wildfires. Municipal staff continue to monitor conditions and will issue updates as necessary.

For more information:

The Municipality of Bifrost-Riverton
Attention Larissa Love, CAO
Box 70, 329 River Road
Arborg, MB, ROC 0A0

Email: cao@bifriv.ca
FAX: 204 376-2742

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GRAVESIDE SERVICE

Samuel (Junior) A. Thordarson

Unexpectedly on Thursday, May 8, 2025 at the Gimli Community Health Centre, Samuel (Junior) Thordarson, aged 45 years passed away. Many thanks to their caring staff.

He is survived by his sister Teresa (Don); father Samuel Sr.; niece Samantha; nephews Logan and Dylan; as well as numerous relatives and friends.

A private ceremony will be held on June 14th at 11:30 a.m. at the Pioneer Cemetery in Rembrandt.

Tributes: www.gilbartfuneralhome.com

CELEBRATION OF LIFE

Memorial for Klaus Kelm (1945-2024)

Celebrate the life of Klaus with us, Saturday, June 28th from 1-4 p.m. at the Moosehorn Community Hall. There will be an open mic for anyone who has a story to share around 2 p.m.

OBITUARY

Daryl Gregory Miller

Peacefully on May 31, 2025.

He is survived by his children Selina, Juston, Anika (Colin) and Morgan; great-grandchildren Chasity, Barry Jr. and Serenity; Mother Jean; brother Kevin; sister Bonnie (Kenny); nephew Bryson (Amanda).

A private celebration of life will take place at a later date.

In lieu of flowers donations can be made to CancerCare Manitoba.



204-886-0404

OBITUARY

Jean Reykdal

It is with great sadness that the family of Jean Reykdal announces her peaceful passing on June 6th, 2025.

She will be dearly missed by her children Bev (John), Calvin (Bev), Clayton (Laurie), Crystal (Lyndon), and Terina (Ken); grandchildren Krista (Dave), Karlie (Rod), Nathan (Rayne), Stephanie (Clayton), Christopher (Kimmie), Jordon (Mandy), Seth (Kate), Taylor (Colin), Meg (Kyle), Brooke (Dylan), and numerous great-grandchildren. She is also survived by her brother Marlin Tarapaski; sister Wendy Gulewich and numerous nieces and nephews.

Mom was predeceased by her husband of 62 years Christopher Reykdal; daughter Sharon Noordman; son-in-law Jan Noordman; her parents Peter and Katherine Tarapaski; brother Lawrence Tarapaski, and sister Agnes Moore.

Mom spent most of her life in Winnipeg Beach raising her six children and operating the motel "The Dew Drop Inn" which they built after relocating from Dryden, Ontario where they also owned and operated a clothing store.

Mom enjoyed sewing, cooking, baking, traveling, gardening, and with the big heart that she had, rescuing injured critters and looking after her family.

Mom will be deeply missed and her memory treasured.

We would like to extend our thanks to Gimli Betel for their love and care over the years.

Funeral service will be held on Saturday, June 14, 2025 at 1:00 p.m. in the Gimli Gilbart Funeral Chapel in Gimli, MB.

Tributes: www.gilbartfuneralhome.com



Gilbart Funeral Home, Gimli in care of arrangements.



OBITUARY

Malcom E. Shmelinski (Carroll)

July 4, 1975 - January 2, 2025

It is with great sadness that we announce the unexpected passing of our brother, uncle, and father at the age of 49 in Vancouver, BC due to complications from diabetes.

Malcom is survived by his two sons Sabastian (15) and Alexzander (12) and their mother Cindy. He will also be missed by his brothers John (Melissa), Danny (Gayle), Arne and sisters Ruth Zurba and Janice (Donnie) Hryshchuk, niece Sara and nephews Mark and Tim.

He was predeceased by his parents, and adoptive parents.

Malcom joined our family in 1977 and attended Komarno Elementary and Teulon Collegiate. His work took him to various cities in Canada and USA, but he finally settled in Vancouver where his boys were born.

He will be missed by his sons, family, and friends.

Cremation has taken place and a Celebration of Life will be held on July 5, 2025 at 11:00 a.m. in the Komarno Hall, Komarno, MB.

Private interment to be held at a later date.

Psalms 23:6 . . . "and I will dwell in the house of the Lord for ever".



OBITUARY

Alice Linda Dyck (nee Skuba)

February 24, 1950 - May 27, 2025

On May 27, 2025, Alice Linda Dyck, 75 years old of Moosehorn, MB passed away with family by her side.

Daughter to Mike and Jean Skuba, Alice was born February 24, 1950 in Winnipeg, MB. Alice was raised in Broad Valley, MB before meeting the love of her life Tony. Alice and Tony were married in 1972 and began farming in Moosehorn where they raised their family. Once the kids were of school age Alice began working at the Alf Cuthbert School in Moosehorn as a librarian until her retirement in 2011.

Alice was a dedicated wife and mother. Alice loved to garden and tend to the many flower beds and vegetable gardens on the farmyard. She loved to walk her dog on the back roads, spend time at Steep Rock at their seasonal site, travel, reading, and was

a passionate fan of the monarchy, namely Princess Diana. Alice had other passions such as her love for the Winnipeg Blue Bombers and would always watch the games on TV or listen to them on the radio...or both! She also loved the Winnipeg Jets, The Beatles, and Coronation Street. As a librarian Alice loved books and reading, so much that she collected them as she came across books she liked at book fairs, or while buying books for the school. To this day, the family still find brand new books at the farmhouse that have never been opened or read. In the later years it was a heavier focus on children's books, anticipating grandchildren. Once becoming a grandmother, Alice met her calling and enjoyed spending many wonderful moments with them and making memories for them for years to come.

Alice was beautiful and graceful and made everyone around her feel special and cared for. She had a great sense of humor, and her laugh and smile were so contagious! In her later years, and shortly after retirement Alice was diagnosed with Dementia, which changed retirement plans for both her and Tony. Fortunately, their strong marriage, love and commitment to one another saw them continue to enjoy each other throughout those years.

Alice was predeceased by her husband, Antony (Tony) Dyck, parents Mike and Jean Skuba, and brother John Skuba. She leaves to mourn her children Michael (Jacqueline), Anthony (Camille), her five grandchildren, Julia, Brycen, Savannah, Willow and Capri. She also leaves to mourn her sisters-in-law Bonnie Skuba and Lydia Shipley (John), brothers-in-law Donald and David Sinclair, and numerous nieces and nephews.

In keeping with Alice's wishes cremation has taken place. A graveside memorial service and celebration of Alice's life will take place at 1:00 pm on Friday, September 19, 2025 in the LGD of Grahamdale Cemetery in Moosehorn, MB with Dawn Tober officiating. A luncheon will follow in the Moosehorn Community Hall.

The family would like to recognize and thank the Ashern Personal Care home for their commitment and gentle care for mom over the years.

In lieu of flowers donations can be made in Alice's memory to the Ashern Personal Care Home, Recreational Use, c/o Darlene Hargot, PO Box 110, Ashern, MB R0C 0E0 or the Alzheimer's Society of Manitoba, 10 - 120 Donald St., Winnipeg, MB R3C 4G2.

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