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## Parade spirit



EXPRESS PHOTO BY KATIE WALLMUTH

The young Noble family showed their Canadian pride and watched the Fraserwood Parade roll by on June 22.

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# Fraserwood picnic and parade brings community together



EXPRESS PHOTOS BY KATIE WALLMUTH

Families gathered for a day of fun, games and community spirit at the annual Fraserwood Parade and Picnic on June 22. Organized by Tanya Mishtak and supported by local sponsors, the event featured a parade, children's activities, a silent auction and live music, with all proceeds supporting the Fraserwood Fire Hall.

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# Arborg's Riverdale Place Workshop pays tribute to long-time manager Alex Janower

By Patricia Barrett

Members of the Arborg and Bifrost-Riverton community held a celebratory retirement party last week for Riverdale Place Workshop's long-time manager, Alex Janower, whose dedicated service to and advocacy for workshop participants spanned 38 years.

About 75 people attended the celebration at the workshop, located just west of Arborg. The event included speeches, gift presentations, musical entertainment and cake and refreshments.

Riverdale Place Workshop is a not-for-profit organization that cares for and provides social and employment opportunities to adults with intellectual challenges through a day program, and also serves the communities of Arborg and Bifrost-Riverton through its curbside recycling program, which keeps thousands of kilograms of recyclable materials out of the local landfill and employs a number of workshop participants.

In addition to caring for Arborg and area's most vulnerable citizens, Janower guided the workshop through some tough times over the course of his career, enhanced workshop participants' experience through the provision of a new vehicle to take them on social outings, and fought for the continuation of government funding in order to ensure participants' inclusion in the community.

Janower said he was hoping to retire "quietly" but the workshop board insisted on giving him a party.

"It was a very touching event and I felt honoured. I really appreciated it," said Janower a day after the June 19 celebration. "I'm sad to go. I didn't realize that retirement would be so difficult. It was a tough decision to make, but there comes a time for everybody."

Pastor Dani Caldeira from the ConneXion Church,



The board of Riverdale Place Workshop presented Janower with a commemorative plaque thanking him for his service to the workshop and communities of Arborg and Bifrost-Riverton.



Arborg Mayor Peter Dueck (left) thanks Alex Janower for 38 years of service and advocacy for people with intellectual challenges.

who attends the workshop once a month to provide music lessons to participants, "secretly" had participants learn Janower's favourite song, Stand By Me, and they performed it for him during the party, he said.

Workshop board member Val Klym helped organize the party with board chair Norma Smolinski and other board members, and also acted as MC for the event.

"Alex has done an awesome job at the workshop and through some difficult times such as COVID and the funding difficulties of the recent past," said Klym a day after the party. "He's

Continued on page 7



EXPRESS PHOTOS SUBMITTED

On behalf of Interlake-Gimli MLA Derek Johnson, Tammy Axelsson presented Alex Janower with a plaque commending him for 38 years of dedicated service to Arborg's Riverdale Place Workshop, which cares for adults with intellectual challenges.

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# Record-breaking crowds and cattle entries at Lundar Fair

By E. Antonio

Sunshine and community spirit brought record-setting crowds and entries to the Lundar Fair June 13 and 14.

Hosted by the Lundar Agricultural Society, this year's fair featured the largest beef show in its history, with 43 entries and 101 head of cattle shown across registered and junior categories. Judges Carmen and Donna Jackson oversaw the competition, which also included the 2025 Manitoba Simmental Summer Show.

"We had to tie some cattle outside as the barn was full," said Cynthia Wirgau of the agricultural society. "This was a good problem for us to deal with."

The \$1,000 Jackpot Heifer Show saw McIntosh Ranch claim first place, followed by Maple Grove Gelbvieh and Big Sig Cattle Co. Other top beef show results included:

Champion Commercial Steer: Keira Duguid

Reserve: Castleton Scott

Champion Simmental Bull: Rainbow River Simmentals

Reserve: Wilcox Simmentals

Junior Champion Simmental Female: Bexley McIntosh

Reserve: Brooke Collins

Champion Simmental Female: McIntosh Ranch

Reserve: Oakview Simmentals

On the 4-H front, Duguid also captured Grand Champion Steer honours, with Lauren Forsyth taking Reserve Champion.

Beyond the show ring, the fairgrounds were bustling with activities for all ages. From the antique tractor pull — featuring 70 tractors across 11 classes — to decorated bike contests and home living displays, the event showcased Lundar's community pride and rural roots.

A highlight of the weekend included the tractor pull's 1926 Caterpillar two-ton Crawler, which pulled 200 feet in a crowd-pleasing performance.

Parade entries honoured long-time contributors, with Ken Windross carrying the Canadian flag and Jamie Christensen and Donal Halldorson Sr. representing the legion.

Parade winners included:

- Local business: Randy's Tire
- Family/new float: BT&T Construction
- Organization: Lundar 4-H Beef
- Classic car: Gary Appleyard
- Classic truck: Bill and Mary Eyolfson
- Antique motorcycle/ATV: Abby Beaman and Mikki Thorkelson
- Horse-drawn one-hitch: Darknell's
- Decorated bike: Amy Miller
- Individual walker: Ken Juzyk
- Single horse rider: Debbie Kinhead
- Comic float: Beach Bar/Tiki Bar bike
- The Discovery Zone proved popular among families, while food sales — especially fries and poutine — saw strong demand.

**Winners in the antique tractor pull included:**

- Under 3,000 lbs: Phil Unrau (Farmall Super A)
- 3,000–4,000 lbs: Wade Hubbard (Oliver Super 66)
- 4,000–5,000 lbs: John Mikula (Super 77)
- 5,000–6,000 lbs: John Mukula (Oliver 88 Row Crop)
- 6,000–7,000 lbs: Corrine Sigurdson-Burdett (Oliver 88)
- 7,000–8,000 lbs: Andrew Mason (John Deere R)
- 8,000–9,000 lbs: Nick Bennett (International 650)
- Over 10,000 lbs: Rick Burdett (Massey 55 Detroit 4-71)
- Modified under 7,000 lbs: Dave Cocklin (Massey 444)
- Modified over 7,000 lbs: Dave Cocklin (Massey 444)

Inside the **Home Living section**, entries ranged from sewing and horticulture to baking and junior categories:

- Sewing: Karen Jack
- Crocheting, knitting, photos: Judy Gleich
- Handicrafts, canning: Vida Lucier
- Baking: Lynda Capner
- Horticulture: Janet Stocki
- Junior: Bexley McIntosh
- 2025 Grand Aggregate: Judy Gleich

Fair organizers said they were thrilled with the turnout.



EXPRESS PHOTOS BY HAYLEE RUSSELL, DEE KING AND SHANIA GOULD



Champion Simmental bull. Rainbow River Simmentals. Pictured Jennilee Stewart and judges Carmen and Donna Jackson.



Champion Simmental female exhibited by McIntosh Ranch.







"We couldn't have asked for better weather or a more supportive community," said Colleen Kostyshyn of the Lundar Agricultural Society. "The fireworks were a highlight, and the overall attendance made for an awesome weekend."

The society extended thanks to its many sponsors, including Leo's Sales & Service, Paterson Grain, Reykdal Ag and Enns Bros., along with local volunteers and supporters.

"We hope to see many of you back again next year as we continue to celebrate the talent and community spirit of Lundar," said vice-president Lanna Mason.





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# get informed

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## State of emergency lifted as wildfire threat eases

By Haley Cvar

The Manitoba government has officially lifted the provincewide state of emergency declared under the Emergency Measures Act, Premier Wab Kinew and Transportation and Infrastructure Minister Lisa Naylor announced Monday.

The decision comes as conditions improve and many evacuees begin returning home.

"The decision to lift the state of emergency reflects the progress made on the ground and the dedication of the firefighting teams," said Kinew.

"As a government, we acted when we needed to and now we're stepping back at the right time. This is still a serious situation, so we will remain vigilant and prepare for any changes, but this marks a positive step for Manitoba."

Initially declared May 28 under sections 10(1) and 10(2) of the Emergency Measures Act, the state of emergency expired at noon on June 23.

Evacuation orders issued by local authorities remain in effect where required and will only be lifted once it is safe to do so.

"I want to extend my deepest gratitude to the front-line responders, the Emergency Management Organization and government departments for their continued efforts during this wildfire crisis," said Naylor. "Their co-ordination, dedication and tireless work has been instrumental in protecting lives, property and communities across Manitoba."

Information on active wildfires, fire restrictions and bans, evacuations, and wildfire prevention is available at [gov.mb.ca/wildfire](http://gov.mb.ca/wildfire).

## Province invests in crane training

### Tower crane facility expected to open this fall with government support

By Haley Cvar

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

Jamie Moses, minister of Business, Mining, Trade and Job Creation, announced the funding Tuesday, calling it a step toward addressing labour shortages while helping workers improve their qualifications.

"We are putting Manitobans to

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

The funds will help build a foundation base and erect a tower crane at the new training site led by the Operating Engineers Training Institute of Manitoba Inc. (OETIM), which could be operational as early as this fall.

Moses said tower and mobile crane operators play a key role in Manitoba's construction and manufacturing sectors, and the province forecasts 46 openings in the field over the next five years.

Jordan James, executive director of OETIM, said the investment ensures

Manitobans have access to high-quality, locally delivered training for in-demand positions.

"As a not-for-profit organization, OETIM relies on partnerships and support from governments and industry alike to enable us to deliver this type of training," James said. "This addition to our training capabilities allows us to safely train Manitobans, in Manitoba, to the highest standards."

Marc Lafond, business manager for Operating Engineers of Manitoba Local 987, also welcomed the province's commitment.

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

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#### OUR EDITORIAL STAFF

Patricia Barrett -  
Reporter/Photographer  
Cell 204-407-6099 [patricia@expressweeklynews.ca](mailto:patricia@expressweeklynews.ca)

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# Dunnottar's Art Hive expands weekly drop-in sessions

Art Hive offers expanded summer schedule and creative support

By E. Antonio

Calling all artists — Art Hive, a free community art program, is back for the summer with more opportunities to get creative.

First launched in 2021 by Age Friendly Dunnottar and the Ponemah Beach Central (PBC) Art Centre, Art Hive offers a weekly space for participants to explore their creativity.

"It is a space for people to bring their creative ideas to life," said Althea Howard of Age Friendly Dunnottar.

The drop-in program runs every Thursday in July and August at the PBC Art Centre, 27 Central Ave. in Dunnottar. All are welcome from 10 a.m. to 1 p.m., and an adults-only session follows from 1 to 4 p.m. Participants can attend one session or all nine, and are free to come and go during each session.

"We want everyone to know that this is an open and non-judgmental space for you to play around with, and we supply everything you need



for free," Howard said.

Funded by the Village of Dunnottar and community donations, the program offers a wide variety of supplies including fabric, driftwood, paint, polymer clay and rocks. Participants are also welcome to bring their own materials. Those wishing to donate supplies can contact Age Friendly Dunnottar through its Facebook page.

Howard said she continues to be amazed by the creativity shown each year.

"I love when people catch an 'art bug,'" she said.



EXPRESS PHOTOS SUBMITTED

Art Hive is a free art program hosted by Age Friendly Dunnottar and the Ponemah Beach Central (PBC) Art Centre. Drop-in sessions run every Thursday in July and August at PBC, 27 Central Ave. in Dunnottar.

New this summer, a student completing practicum studies with the Winnipeg Holistic Expressive Arts Therapy Institute will attend all sessions to assist, offer suggestions or simply chat with participants. Thanks to this added support, Art Hive will run for nine weeks this summer, up

from the usual four.

"It's always thrilling to see people follow their creativity," Howard said. "We supply the space and materials, and you can let your creative ideas take control. I love seeing what people come up with."

## > RETIREMENT, FROM PG. 3

very dedicated and caring, and he's touched a lot of people's lives at the workshop."

Workshop board member Larry Speiss, who paid tribute to Janower at the party and spoke about the history of the workshop, presented a plaque to Janower on behalf of the board, said Klym.

The Happiness Minstrels, with pastor Dani Caldeira, performed three musical sections, and guests and participants enjoyed three different flavours of cake, iced tea and coffee, said Klym.

The retirement party included tributes from local, provincial and federal dignitaries.

Arborg Mayor Peter Dueck said Janower is an inspiration to the community for his devotion to and focus on serving others and promoting the inclusion of those with intellectual challenges.

"Alex spent 38 years serving the clients, managing staff and creating a caring community that celebrates value and ability over limitations," said Dueck. "It seems to me that one thing all community builders have in common is the endless focus on serving others, and Alex lived and modelled this well."

On behalf of Interlake-Gimli MLA Derek Johnson, Tammy Axelsson presented Janower with an honorary

plaque that thanks Janower for his "tireless dedication" to the workshop and "steadfast advocacy" for adults with intellectual disabilities. Janower's efforts have "enriched countless lives and left a lasting legacy of compassion, dignity and inclusion in our community."

Bifrost-Riverton Reeve Brian Johnson also paid tribute to Janower and presented him with a retirement gift on behalf of the municipality.

And on behalf of Selkirk-Interlake-Eastman MP James Bezan, Klym presented Janower with a

certificate commending him for his 38 years of service.

Janower officially steps down at the end of June, and workshop staff member Susie Johnson will be taking over as manager.

Janower said he'll be available as a volunteer to help the workshop transition or to provide advice if needed.

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# A-Spire Players back on the boards with performances, programs

By Patricia Barrett

Gimli's A-Spire Players Theatre is back on the boards this season with a brand new executive, website, summer performances from travelling theatre groups and a theatre program starting this fall that includes acting classes.

The amateur performing troupe, which was founded in 1992 and treads the boards at the Gimli Unitarian Church on Second Avenue, is also throwing open its arms to anyone who wants to learn the tricks of the acting trade or take on a backstage role in lighting, costuming, sound and so forth to support performances.

Scott Cameron, who previously sat on the A-Spire board until 2017, is back as board chair after a new executive of seven members was formed in March. Some former A-Spire members, such as Kim Malchuk, have also returned.

Cameron said the Manitoba amateur dramatics scene is seeing a resurgence after a slump caused by the COVID-19 pandemic and public health restrictions that kept people housebound and later cautious about venturing out. But with that all behind us, people are starting to join community groups and volunteering for various things.

"It's going strong. It's on the rise again post-COVID. We had lots of [theatrical] groups fail because of COVID," said Cameron, who in addition to being A-Spire chair serves as treasurer for the Association of Community Theatres of Manitoba. "People were staying home. Getting them back in to volunteering was difficult. But it's on the rise."

While the previous A-Spire board focused primarily on theatrical performances, the new board will be broadening its scope. It already has musical performances in the works and is currently looking at offering other types of performing arts, which can include disciplines such as dance, opera, stand-up comedy, improv, magic and spoken word.

"Our constitution identifies that A-Spire is not just theatre: we're

performing arts. We used to have musical performances, theatre groups, comedy groups and so forth. Over the past 20 years we had a pile of different things on offer, including theatre classes for youth," said Cameron. "Because we are only one of three community theatre groups in Manitoba that have our own facility, we can open it up for a wider range of performing arts — and we want to expand."

And, of course, an increase in programming would require backstage support. Volunteering to learn production skills at A-Spire could help land people a job with a production company filming in the city or elsewhere or theatrical gigs.

A-Spire's 2025 summer theatre program will be a bit smaller than previous years as the new executive only came aboard in March. But Cameron said he's working on getting things going again and wants locals to get involved. To get people to join you, you have to have "something going on."

While A-Spire Players won't be scheduling its own performance this summer, it has partnered with the Winnipeg-based Dramatic Theatre troupe to stage three performances of *Anne of Green Gables* from July 4 to 6 at the Unitarian Church. That will be followed by the Actor's Studio Adult Conservatory's performance of *Almost, Maine* on July 11-13.

A-Spire's program of local theatre activities is set to start in August and September. In August the troupe is thinking of hosting Thursday night open-house musical performances, inviting anyone who wants to play or sing to get up on stage and give it a go. And in September A-Spire will offer acting workshops and prepare for a possible performance around Christmas or in the new year.

"For our local theatre activities, we're going to focus on starting this fall. We're always open to people joining us as actors or as stage hands to learn how to operate the set behind-the-scenes. We'd like to hear from them now for our fall programing,"



EXPRESS PHOTOS SUBMITTED

A-Spire's performance of *Private Lives* from 2014.



An A-Spire collage of past post-shows.

said Cameron.

A-Spire is also planning to join forces with Gimli's Nuit Blanche/Culture Days celebration later this fall.

For more information about A-Spire's programs, visiting performers and tickets,

visit the troupe on its social media channels or its new website [www.aspireplayers.com](http://www.aspireplayers.com) or call A-Spire at 204-642-8079.



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# National school board congress pivots online to free hotel space for evacuees

Event to be held virtually July 3-4, featuring Suzuki, Fontaine, Hughes, Penner

By E. Antonio

The Canadian School Boards Association (CSBA) Congress and National Trustee Gathering on Indigenous Education will take place virtually this year, freeing up nearly 350 hotel rooms in Winnipeg for wildfire evacuees.

Originally scheduled to be held in person July 2 to 5, the conference will now take place online July 3 and 4. The decision was made in response to ongoing wildfire evacuations, with the Manitoba School Boards Association (MSBA) requesting that rooms at the Delta Hotel and Hampton Inn by Hilton be released for those displaced by fires in northern Manitoba.

"This is a really important event for us, but we are able to pivot and offer some really important learning on our public education system and

Indigenous education virtually," said Alan Campbell, CSBA and MSBA president, in a June 11 radio interview with CBC's Marcy Markusa.

Campbell, a Stonewall resident, noted the conference has been four years in the making and was meant to highlight the province's Indigenous and Franco-Manitoban cultures. Venues across Winnipeg had been lined up to showcase Manitoba's strengths to visiting trustees and educators.

Despite the shift to a virtual format, Campbell said the event remains packed with value. Registration fees have been cut in half, and the online format eliminates travel and accommodation expenses. In turn, registration has increased, and for the first time, the general public is also invited to participate.

"We will offer the same professional development opportunities and keynote speakers without having to incur the costs of hotels and the full congress rate," Campbell told the *Express Weekly News*. "The quality and breadth of the program is second to none."

Speakers this year include environmentalist Dr. David Suzuki,

Indigenous leader Phil Fontaine, Olympian Clara Hughes and children's entertainer Fred Penner. All sessions are aligned with CSBA's strategic priorities: advocacy, Indigenous education, comprehensive school health, and equity, diversity and inclusion.

"We recognize the impact of school boards leading the charge for the Calls to Action," Campbell said. "We work to aggressively strengthen the autonomy of our school boards and we do this with the professional development opportunities we provide — virtual included."

While the shift online means fewer tourism dollars for Manitoba in the short term, Campbell said financial losses for CSBA have been minimal. The association has worked with hotel partners to reschedule future in-person events once conditions improve.

Meanwhile, school divisions across the province have been supporting evacuees in various ways. In the north, school bus drivers have been helping with transportation, while in the south, Winnipeg and Brandon divisions have provided learning mate-



**EXPRESS PHOTO SUBMITTED**  
Alan Campbell was elected President of the CSBA in July, 2022.

rials for displaced students. Divisions like Lord Selkirk have organized local donation drives.

"I am proud of the support and engagement our school boards have provided during these times," Campbell said.

More information about the congress and registration is available at [www.winnipeg2025.ca](http://www.winnipeg2025.ca).

## Gimli boy needs votes to advance in Jr. Ranger contest

Vote by June 19

By E. Antonio

Six-year-old Atlas from Gimli made it to the group finals of the Jr. Ranger Competition. He needs to secure first place in his group to advanced to the competition's quarter-finals where he will face off against other group finalists.

The online contest, open to nature-loving kids aged 4 to 12, offers a grand prize valued at US\$40,000, including US\$20,000, mentorship sessions with

wildlife expert Jeff Corwin, and a feature in RangerRick magazine.

To stay in the running, Atlas must be named the winner of his group by June 26. Anyone with a Facebook account can vote once daily at [www.jr-ranger.org/2025/atlas-1354](http://www.jr-ranger.org/2025/atlas-1354).

Bonus votes can also be cast by making a donation to the National Wildlife Federation through his voting page.



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



Atlas: [www.jr-ranger.org/2025/atlas-1354](http://www.jr-ranger.org/2025/atlas-1354)

## BOOK & PRINT SALE

Books & Prints by Ben Holyk

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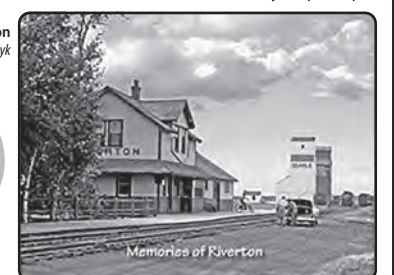
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Memories of Riverton

Display of Archived Photos of Riverton





# Get crackin' – Gimli Lobsterfest returns July 5

By David Connors

While Gimli's fisherfolk reel in Lake Winnipeg's bounty year-round, there's one catch that only arrives once a year: lobster.

The Gimli Rotary Club is once again hosting its popular Lobsterfest, set for Friday, July 5 at the Gimli Rec Centre. Cocktails begin at 5 p.m., followed by dinner at 6 p.m.

Although the origins of Lobsterfest are a little murky, some locals claim they haven't missed one in decades. One of the reasons it draws such a loyal crowd is the quality — and size — of the lobsters.

"We bring in the lobsters from Nova Scotia on the Friday before the event," said longtime organizer Dave LeBlanc. "They are big — 1.5 pounds — and we will be steaming them in our new steamers as you arrive."

The meal also includes baked potato, coleslaw, a bun, dessert, coffee and all the classic lobster-eating gear, including bibs.

"Last year, we had to turn some people away at the door, so be sure to reserve your tickets before June 27," said Rotary Club president Diane Fjeld.

The evening will feature both silent and rainbow auctions, supported by donations from local businesses. One of the most talked-about items in 2024 was a life-sized fused-glass lobster donated by Don Fletcher of Hidden Treasures.

"Our suppliers in Nova Scotia also include a special treat," said LeBlanc. "It's a monster lobster, usually in the 10-pound range. Our local politicians sell arm-length raffle tickets during the dinner and one lucky winner will take it home — provided they have a big enough pot."

For those unable to attend, lobsters can also be purchased to go. To reserve, call LeBlanc at 204-641-4049.

To attend Lobsterfest and enjoy a fresh, steaming lobster without the



EXPRESS FILE PHOTO SUBMITTED

Ken Krebs, centre, won the raffle for last year's monster lobster, with tickets sold by Interlake MLA Derek Johnson, left, and MP James Bezan.

cleanup, contact Dave Connors at 204-290-8238 or visit Johnsons Foot- wear and Fashion or Tergesens in Gimli to secure tickets.

## Community Support Service

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- Pioneer Manor  
(beside the main door entrance  
of Pioneer Manor)  
Contact Jackiem.lwrc@gmail.com

### AA Arborg

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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

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### AA Riverton Group

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

## Oak Hammock Marsh grand re-opening celebration



EXPRESS PHOTOS BY BRETT MITCHELL AND KANDRA FORBES

Oak Hammock Marsh's Harry J. Enns Wetland Discovery Centre has reopened after an 18-month closure for renovations. The updated space features all-new exhibits, a reimagined café, a state-of-the-art theatre and a new conference and event centre. Residents are once again welcome to visit the centre — and can check out upcoming educational events at [www.oakhammockmarsh.ca](http://www.oakhammockmarsh.ca).





# Paddle & Play Outdoor Adventures and Shoreline Restaurant open for business

By Patricia Barrett

Paddle & Play Outdoor Adventure and the Shoreline Restaurant are set to welcome summertime crowds to Steep Rock Beach Park on Lake Manitoba.

The restaurant and rental outfit held a grand opening celebration on June 13 with special guests and local dignitaries.

Business owner Samantha Hampton opened the beachside restaurant and rental business to provide locals and visitors with an option to enjoy the lake and the Steep Rock area, which features, beaches, private coves, limestone cliffs and walking trails.

Steep Rock Beach Park has cabin and beachfront rentals, a general store, café, pavilion, showers, coin-operated laundry, picnic tables, a boat launch and sewage disposal.

The Shoreline Restaurant will offer a number of events including live music and family movie nights throughout the summer season.

Paddle & Play has a variety of outdoor rentals such as kayaks, paddleboards, party islands and other summer essentials to make the lake more accessible.



Gimli Chamber of Commerce vice-president Michelle Thomson cheers Samantha Hampton on the opening.

"I never thought I would own a restaurant," said Hampton. "But here I am. It just goes to show life is wild and anything can happen if you believe in yourself and take a leap of faith."

The interior of the Shoreline restaurant features black and white photos that are personal pieces of Hampton's family history, connecting past to present. The restaurant has a 70-seat patio deck from which to enjoy the view.



EXPRESS PHOTOS BY RAYME THOMSON

Steep Rock's Paddle and Play Outdoor Adventures officially opened with a ribbon-cutting ceremony on June 13. Surrounded by family, friends and supporters, from left, Samantha Hampton, Selkirk-Interlake-Eastman MP James Bezan and Derek Hampton cut the ribbon to mark the launch of a business focused on building community through paddling, play and outdoor exploration.

Its menu is designed to tame beachside cravings. It includes a mushroom mozza burger, firecracker dog, chicken wrap, onion rings, fries, poutine, kids' fare and family packs. The patio fare features a bite board, happy hour box, wings, nachos and chips and salsa. Cold treats include hard ice cream, floats and drinks. And the alcohol menu includes Caesars, wine and beer and shots.

"It's a place built not just to serve food, but to tell stories, bring people together and strengthen community roots," said Hampton.

Steep Rock Beach Park has 285 seasonal sites, 70 overnight campsite and hundreds of visitors.

The newly launched restaurant and rental will help enhance locals and

visitors' experience of the park.

"Manitoba's tourism industry is a \$1.82-billion sector, and I'm honoured to play even a small role in its continued growth," said Hampton.

Special guests included Selkirk-Interlake-Eastman James Bezan, Steve Chychota from the Manitoba Chambers of Commerce, partnership manager Tricia Woikin from Travel Manitoba, RM of Grahamdale council members, staff from Community Futures West Interlake and members of the Steep Rock Beach Park Board. They were treated to black bean pulled pork nachos, deep-fried cheesecake and a golf cart tour of the park.

Visit Paddle & Play Outdoor Adventures on Facebook.



Derek Hampton and Norma Neufeld hold the paddle while Helen Del Rio signs it.



# Gimli's Danielsdóttir-Asmundsson crowned 2025 Fjallkona

Festival marks 150 years of Icelandic settlement in Canada

By Emma McGill

The Icelandic Festival of Manitoba has named Gunnvor Danielsdóttir-Asmundsson as its 2025 Fjallkona — or Maid of the Mountain — a symbolic role that honours women who have worked to preserve and promote Icelandic culture in Manitoba. The announcement was made at a brunch held May 31 at the Waterfront Centre in Gimli, where festival organizers gathered to celebrate the long-standing tradition and introduce this year's honouree.

Danielsdóttir-Asmundsson, who moved to Canada with her husband and daughter 55 years ago, has been a dedicated member of the Icelandic-Canadian community ever since. She and her family settled in Gimli in 1981 and opened a clothing store, Siggy's. In the final 15 years of her working life, she was employed by the Icelandic Consulate in Winnipeg.

"I have come to realize that Canada is the future of my family," she said during the brunch. "Two of my three children were born here and my grandchildren. I am fortunate to have two

citizenships. We all have strong ties to Iceland and visit often, but this is home."

Danielsdóttir-Asmundsson and her family have never missed Islendingadagurinn, whether living in Winnipeg or in Gimli.

"It is a time to meet friends and develop new friendships," she said. "It is always so exciting when groups from Iceland come to Gimli. You start talking and for sure you are either a distant cousin or you know someone they know."

Each year, the Fjallkona is selected by a committee of the Icelandic Festival, with input from community members and organizations. The honour recognizes a woman who has demonstrated a long-standing commitment to Icelandic heritage and community involvement.

Danielsdóttir-Asmundsson has been nominated several times in the past and was selected on three occasions but respectfully declined until this year.

Her contributions to the Icelandic community in Manitoba are extensive. She has served as secretary and treasurer of the Icelandic Canadian Frón, helped organize the Icelandic Language and Cultural Camp for decades and taught Icelandic language classes throughout the province. She is also a contributor to and former board member of Lögberg-Heimskringla and previously served as assistant to three consul generals of Iceland in Canada. She currently teaches Icelandic through the New Iceland Heritage Museum and serves



**EXPRESS PHOTO SUBMITTED**  
Gunnvor Danielsdóttir-Asmundsson has been named the 2025 Fjallkona of the Icelandic Festival of Manitoba, recognized for her decades of service to Icelandic heritage and culture in Manitoba.

Continued on page 21



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**JULY 16** | ST. ANDREWS

**JULY 23** | MORDEN

**JULY 29** | WINKLER

### PANCAKE BREAKFASTS

**JULY 12** | CARMAN

**JULY 12** | GRETNA

**JULY 18** | MORRIS

**JULY 20** | ARBORG

**JULY 26** | ALTONA

**AUG. 9** | WINKLER

### MOVIE IN THE STADIUM

**AUG. 19** | PRINCESS AUTO STADIUM

### MOVIE IN THE PARK

**AUG. 20** | MORDEN

**AUG. 21** | OAKBANK



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# Rainbows rise over Gimli for Pride 2025

By Patricia Barrett

The annual Gimli Pride celebration last Friday and Saturday saw an increase in the number of participants taking part in parade to celebrate diversity and inclusion.

This town has held a Pride event since 2018. This year's event attracted over 150 people to the walk.

Teri Nicholson, who sits on the Gimli Pride board and oversees the walk, said it was a great event with strong support.

"By what I saw, everything was very successful," said Nicholson, who was in the midst of meeting with the board. "We have quite a few new committee members and volunteers, which is always great, along with strong support from sponsors."

The two-day celebration on June 13 and 14 included opening ceremonies with the raising of the Pride flag on Gimli Beach, the lighting of the Viking statue in rainbow colours, a screening of *The Rocky Horror Picture Show*, a Pride coffee house, a women's event at the Ship & Plough pub, a party on Interlake Brewing's rooftop patio and musician Shandra Levreault and the Happy Endings on the Gimli Bandstand.

Nicholson said the municipality blocked off Centre Street this year so that people could have more room for the parade. Every year the number of people taking part in the walk increases.

"This is the first year we have had Centre St. blocked off by the RM so the 150-plus participants could have

more room while following the lead of the always popular FAF Marching Band, who visit from Winnipeg," said Nicholson. "This worked really well."

Board member Tammy Axelsson thanked the RM's mayor and council for their continued support of Pride.

"On behalf of the Pride Gimli Committee I would like to express sincere appreciation for the continued support of our event. The Pride Gimli event as you know, has grown

each year from very humble beginnings and this would not have been possible without full support of our mayor and council and with the assistance from RM staff," she wrote in a letter to council. "The rainbows at the bandstand and Centre, and the raising of the Pride flag to fly for the month of June add so much to the Opening Ceremonies on Friday and it speaks volumes about the inclusive and welcoming community Gimli is and has always been."



EXPRESS PHOTOS BY RAYME THOMSON

Participants take part in the Gimli Pride parade and weekend celebrations, which included music, community events and the lighting of the Viking statue in rainbow colours.



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# Fantasy fans flock to Eriksdale for inaugural magic-filled market and ball

By Annaliese Meier

The Eriksdale Rec Centre shimmered with enchantment as fantasy lovers from across the Interlake stepped into

a world of myth and magic during the first annual Fantasy Market and Ball on June 8.

Organized by Shadows & Starlight Events — co-owners Pam Buxton, Katie Grant and Erica Lindell — in partnership with the ROG-erKimLee Music Festival, the event featured a full day of shopping, entertainment, and immersive experiences steeped in fantasy.

“The creativity and energy were incredible. You could feel the magic in the air,” said Lindell, who helped promote the event. “It brought so many different people together — from authors and artisans to LARP-ers and families. There was something for everyone.”

The daytime Fantasy Market



EXPRESS PHOTOS SUBMITTED

Guests donned elaborate costumes and immersed themselves in a world of fantasy during the first annual Fantasy Market and Ball, held June 8 at the Eriksdale Rec Centre.

was a bustling marketplace filled with handcrafted wares, fantasy artwork, potion bottles, leatherworks and whimsical accessories. Local and visiting authors shared readings on stage, while gifted mediums offered tarot readings and spiritual insights. Live action role-playing (LARP)

performances by Underworld Mithaven drew large crowds as costumed players acted out dramatic sword fights and fantastical scenes. Children also had a chance to try their hand at safe foam swordplay thanks to activities offered by Frontier Events.

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<p><b>JOHN WISHNOWSKI</b> 204-479-1208</p> <p><b>GRANT HJORLEIFSON</b> 204-641-6400</p> <p><b>JASMIN THEOBALD</b> 204-642-8501</p> <p><b>PAM ISFELD</b> 204-641-5408</p> <p><b>SAMANTHA KING</b> 204-229-7560</p>	<p><b>AYLA DROPKO</b> 204-651-1214</p> <p>4br/2bth hme w/sunrm, heated 28x32 gar, 0.49 acr, trees, sheds, garden, C/A, main flr laund &amp; more. Must see!</p>	

*This is a sample of our listings. To view all listings, visit www.interlake.mb.ca.*

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A BRP BRAND





As the sun set, the venue transformed for the evening ball — a spectacle of lights, costumes and revelry. Guests were greeted with mystical “potion” drinks and treated to a high tea buffet, a glitter tattoo station sponsored by the RM of West Interlake and a dazzling LED performance by Miss Sparkles.

A highlight of the night was the crowning of the king and queen, selected from among elaborately dressed guests. Costumes ranged from elves draped in ethereal silks and knights clad in intricate armour to mischievous fae flitting about with iridescent wings and dark sorcerers cloaked in flowing robes.

“It was amazing to see the effort people put into their costumes. You really felt like you were part of another world,” said Lin-

dell.

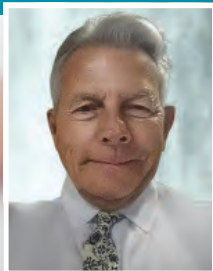
A night market allowed guests to continue shopping into the evening, and a silent auction raised funds for the upcoming 5th Annual ROGer-KimLee Music Festival, set for Aug. 15-17 at the Eriksdale Sports Grounds.

Organizers thanked all the volunteers and participants who helped bring the inaugural event to life.

“This was more than just a market or a ball — it was a celebration of imagination and community,” said Lindell.

“We’re already looking forward to next year.”

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# Winnipeg Beach flips out for pancake breakfast



EXPRESS PHOTOS BY KATIE WALLMUTH

Winnipeg Beach Legion volunteers Betty Gregg, Greg Onofreychuk and Beverley Self served up pancakes and smiles to Tottsie Rigoski during their community breakfast last Saturday. The legion, run entirely by volunteers, relies on dedicated members like president Lorraine Andruscuk, who said, "Without our volunteers, the legion would not be able to run." On the grill were Greg Onofreychuk and Coun. Kisiloski, while Brian Cummer and Andruscuk greeted guests at the ticket table. Among those at the event was Tootsie Rigoski, a two-time cancer survivor who has raised \$1,000 for CancerCare Manitoba. Rigoski, recently featured on the cover of the CancerCare Manitoba Foundation's spring 2025 newsletter, is holding ticket sales at upcoming events, including a Comedy Hypnosis night on July 18 and a final raffle draw at the Winnipeg Beach Hotel on July 26. Beth Berd also was selling her upcycled denim products.



## PrideGimli 2025 Sponsors

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## Happy Canada Day!

**Derek Johnson**  
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# SEE YOU IN GIMLI FOR CANADA DAY JUNE 28 - JULY 01



JUNE  
**28**

Rockin' Gimli Harbour  
Stage:  
7:30pm - The Nooners

JUNE  
**29**

Gimli Yacht Club  
11:00am - 3:00pm Fish  
Fry Fundraiser for  
Westshore Foundation

Rockin' Gimli Harbour  
Stage:  
1:00pm - The Adam T  
Elvis Show  
7:30pm - The Biivvers

JUNE  
**30**

Rockin' Gimli Harbour  
Stage:  
7:30pm - Damn  
Straight

JULY  
**1**

9:00am - 11:00am - Kiwanis Pancake Breakfast - Gimli Park Pavilion  
9:00am - 10:00am - Free Zumba with Jan - Gimli Park Stage  
11:00am - Parade - From Center Street to 1st Avenue to Betel to Goldfield Street  
1:00pm - 4:00pm - Free face painting & inflatable jumpers - Gimli Park  
1:00pm - 4:00pm - Fused glass necklace making - Gimli Park Pavilion  
2:00pm - Gimli Barvinok Ukrainian Dancers Alumni  
7:00pm - Canada Day Ceremony - Rockin' Gimli Harbour Stage  
7:10pm - 8:00pm - Mitchell Klyne and Paul Balcain - Rockin' Gimli Harbour Stage  
8:00pm - 11:00pm - Free Ride Band - Rockin' Gimli Harbour Stage  
11:00pm - Fireworks (pending fire ban) - Off the Harbour Breakwater



[WWW.GIMLI.CA](http://WWW.GIMLI.CA)





# Gimli urges caution after illegal burn piles found

By E. Antonio

The RM of Gimli is reminding residents that a full burn ban remains in effect, restricting all types of fires.

The reminder comes after an *Express Weekly News* reader contacted the paper this week about a fire that was started along Road 16N, just outside Gimli. According to the report, two separate burn piles — one to the north and one to the south — were discovered over the weekend. One of the piles included garbage such as cupboards, wood and paper, and was left smouldering near brush. The RM of Gimli was notified.

“All fires — including those in approved firepits and containers, coal- or wood-burning barbecues, fireworks and candle-lit lanterns — are prohibited,” said Christine Payne, the RM’s manager of community engagement. “All fire permits are suspended, and any existing permits are void.”

Off-road motorized travel is also currently prohibited. This includes ATVs, side-by-sides, dirt bikes, gas-powered golf carts (both on- and



EXPRESS PHOTOS SUBMITTED

A pile of burnt household debris, including wood and cupboards, was discovered along Road 16N just outside of Gimli last week, despite a strict fire ban in effect across the municipality.

off-road use) and any motorized vehicles operating off established roads or trails. Gravel road travel is also restricted, and residents are encouraged to contact the RM with any questions about what is permitted.

“The fire restrictions will be either

eased or removed once conditions — Mother Nature — allow,” Payne said.

Only propane and electric barbecues and smokers, as well as propane tabletop fireplaces, may be used during the burn ban.

According to the Province of

Continued on page 21



Sol James

Teulon Day Celebrations

# 2025 in the Park CONCERT

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**50/50 & Silent Auctions**


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**\$15 PORK OR BEEF-ON-A-BUN DINNER**

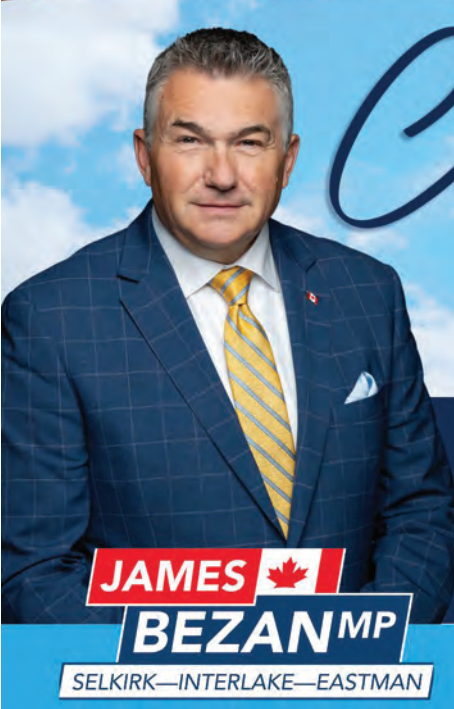
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**TEULON GREEN ACRES PARK - OUTDOOR STAGE**

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# HAPPY Canada Day



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> FJALLKONA, FROM PG. 12

as president of the Gimli Icelandic Canadian Society.

As Fjallkona, she will preside over festival events throughout the year, representing Iceland as a free and independent nation. Traditionally, the Fjallkona wears a symbolic costume consisting of a white dress to signify purity and integrity, a white headdress representing Iceland's snowy mountains and a green cape that reflects the country's lush landscape. Gold accents and other

historical details are also included in the attire.

This year, to mark the 150th anniversary of Icelandic settlement in Canada, the Fjallkona will receive a new dress and headdress donated by Annriki, an Icelandic company specializing in traditional national costumes. The new outfit will be unveiled during the Icelandic fashion show on the Saturday of the festival, which will also be attended by the president of Iceland, Halla

Tómasdóttir.

Danielsdóttir-Asmundsson will be accompanied by her grandchildren, Sonja and Kristofer, as her attendants. A luncheon, the Fjallkona Mott, will be held prior to the festival to welcome her into the group of past Fjallkonur.

Festival president Sigrun Asmundsson, currently in Iceland to accept the gift of the new costume, praised the ongoing importance of the tradition. "I am honoured to support the

festival in continuing to celebrate our Icelandic culture as well as welcoming families from all cultures to Gimli to celebrate with us," she said.

This year's Icelandic Festival of Manitoba will take place Aug. 1 to 4 in Gimli and will feature Viking battles, live music, volleyball tournaments, sandcastle contests, art shows, traditional food and the annual parade.

For a full schedule and more details, visit [icelandicfestival.com](http://icelandicfestival.com).

> FIRE, FROM PG. 20

Manitoba, the fire danger level remains extremely high, and the risk of wildfires — whether human-caused or natural — continues. Gimli Fire Chief Mike Chudd is monitoring daily conditions and will lift the restrictions once conditions significantly improve.

Updates to the RM's burn ban will be shared via the RM website at [www.gimli.ca](http://www.gimli.ca), the RM's digital newsletter, Facebook and Instagram pages, the Gimli Fire and Rescue Facebook page, and through Connect Gimli — a platform that delivers email or text alerts for municipal news, weather and emergencies. Payne encouraged all residents to register for Connect Gimli via the RM's website.

At this time, limb and branch disposal at the Arnes Landfill is also suspended, as the site has reached capacity and cannot safely burn accumulated materials. Burning garbage remains prohibited at all times under RM bylaws.

"The destruction we've already seen — and the risk of more to come — makes it critical that we all do our part," reads the RM's May 30 fire ban notice. "Every time someone ignores these rules, it puts lives, property and our fire crews at risk. It also diverts valuable resources that could be needed elsewhere. We will get through this — but only if we stay vigilant, be fire smart and follow all current restrictions. It's for the safety of everyone."

# TEULON CANADA DAY 1st



**LIONS CANTEEN**  
12-4  
Burgers, Hot Dogs, Fries, Snacks & Drinks

**TEULON & DISTRICT MUSEUM**  
Open 11-3  
Free Admission

**TEULON & DISTRICT HANDI VAN**  
FREE rides in Teulon  
Call to book ride  
204-886-3566

**TEULON SUNSET RIDERS**  
11:30, 1 & 3  
Meet the riders & horses between performances

**HOT ONE TRANSPORT 12-4**  
Giving rides to kids around town

**FIRE TRUCKS 12-2**  
On display

**FREE PARKING 12-4**  
Shuttle service available

**SILENT AUCTION & 50/50 DRAW**



IN CASE OF INCLEMENT WEATHER, ENTERTAINMENT & CANTEEN WILL BE AT THE HALL AND FAMILY ACTIVITIES AT THE ARENA

Check out our Canada Day website - [teuloncanaday.ca](http://teuloncanaday.ca)

THANK YOU TO ALL OF OUR 2025 SPONSORS





# Riverton Co-op marks 100 years as community cornerstone

What began as a modest creamery is now a bustling store at the heart of Riverton life

By Emma McGill

One hundred years after opening its doors, the Riverton Co-op continues to serve as a hub for the community that built it.

Founded in 1925 as the Riverton Co-operative Creamery Association, the organization has evolved from a small dairy operation into a full-service store offering groceries, hardware and more. Today, it operates as the Riverton Co-operative Association, with over 2,400 members — more than half of whom are active.

"This Co-op was founded 100 years ago to better the community and support its members, and we are still here for these reasons," said Liz Bjornson, president of the Riverton Co-op board. "We are determined to change, evolve and grow Riverton Co-op to sustain service to our members and continue what our founders started a century ago."

The original founders — local farmers and residents — came together with a vision for a community-owned creamery. Despite financial hurdles and logistical setbacks, their determination led to the official registration of the co-operative on July 15, 1925.

The Riverton Co-op expanded steadily over the decades: a general store was added in 1936, followed by a meat department in 1964 and a lumber yard in subsequent years.



Rich Einarson retired for the first time in 2008 after working as general manager for many years, then went back again as a part-time worker in 2009. He will be retiring again at the end of the month but going back to work casually.

Although the creamery eventually closed, the Co-op has remained a pillar of the community.

"We are known to be the hub of the community and a gathering place to chit-chat," said Darelene Yaremus, retail manager. "We are proud to support several community organizations through donations, discounts and volunteering."

The biggest event in Riverton Co-op's history was when the store burned down in 1987, shared Rich Einarson, who has been working at the store since 1971.

"The board of directors at the time made the correct decision to rebuild the store in a new location uptown," Einarson said. "The new store was



EXPRESS PHOTOS SUBMITTED

The first Co-op store was added in 1936 and eventually included both a meat department and a lumber yard. Being one of the few stores in Riverton, the Co-op has continuously served for 100 years as not only a place that provides food and essential items to its customers but also as a place for the community to come together.

much larger and modernized, and is the store that serves Riverton to this day. We are a one-stop store that serves the community and surrounding area. While the new store was under construction, the Co-op set up temporarily at the Riverton Curling Club as it was off season for curling. We were able to provide fresh meat, produce and a reduced grocery section."

While the store has always been a place for people to come home to, for Einarson, in many ways, it really has been home. His Opa worked as manager, and both his father and daughter have worked there for many years as well. While his father, Bud Einarson worked as a butter maker, Riverton Co-op Creamery received five annual awards for the best butter produced in Manitoba. He and his family have seen the Co-op grow from a success-

ful local creamery to a place that provides countless services for its community.

"I still work part-time at the store and it gives me the opportunity to work with a great staff, as well as meet and interact with old and new customers. We share lots of good stories," said Einarson. "I've met people in the store that I haven't seen for 40 years. After a nice chat, they may leave with some Winnipeg Old Country bologna or a rulla pylsa and Arborg Icelandic Brown Bread — or sometimes both. I hope the next 100 years will be as good as the first 100 for the Riverton Co-op."

To celebrate its centennial, the Co-op is planning a special barbecue on July 15 — the official anniversary of its founding. Other events include

Continued on page 23



Throughout its 100 years, Riverton Co-op has been through many additions and even a fire to get to where it is today. Pictured is the original creamery in 1950.



After 100 years, Riverton's Co-op is still just as community focused and always looking to improve. For example, they have started making changes to their hardware department and are looking into expanding their grocery department.



# Capt. Bob Pearson to accompany Gimli Glider airliner's cockpit to Gimli

## Gimli Glider Exhibit purchases cockpit, which may appear in Canada Day parade

By Patricia Barrett

The cockpit of the Gimli Glider will be coming home near the end of June, along with the plane's pilot who glided the powerless Air Canada jet onto a decommissioned runway at Gimli Airport and saved all 69 people on board.

Capt. Robert Pearson used his gliding pilot skills to land the commercial jet on July 23, 1983, along with the help of first officer Maurice Quintal. The Boeing 767 had run out of fuel en route from Montreal to Edmonton at 41,000 feet over Red Lake, Ont., owing to a fuelling miscalculation.

Barb Gluck, president of the Gimli Glider Exhibit, a museum she and other volunteers established to honour Pearson and Quintal's skilful and miraculous emergency landing, said she's excited to have acquired the flight deck, which is such a significant piece of the plane.

The exhibit plans to have the cockpit and Capt. Pearson take part in town's Canada Day parade.

"The cockpit will be returning to Canada at some time near the end of the month and Capt. Pearson will be here to greet it as it crosses the border," said Gluck. "He will remain in Gimli for the July 1 Canada Day parade. The plan is to have the cockpit in the parade but it will be tarped because it needs restoration."

The cockpit is being transported by road from California. Weather conditions between California and Canada could possibly delay its arrival in Gimli, said Gluck, and there's no guarantee it will ride in the parade.

The airliner flew again after the miraculous Gimli landing and was retired in 2008. It has sat in a

storage facility in the Mojave Desert in California. Parts of the plane have been sold off over the years. The Gimli Glider Exhibit has managed to purchase the tail, a window panel and other artifacts from the plane.

"People ask why not the whole plane but it wasn't realistic [price-wise] for us to get the plane back. And it's in pieces. People have been selling it off for souvenirs. And there's no hanger here big enough for it. It made sense to go after the cockpit where the handling of the plane took place with the pilots," said Gluck. "We have the top of the tail with the 604 on it. We now have the front of the plane."

After the parade, the cockpit will be whisked away for restoration then installed at a commemorative park recently established close to the runway where it landed almost 42 years ago. The decommissioned runway is used for motorsports events.

Gluck said the cockpit's size — about 10 feet tall and "higher than the roof of the Gimli Glider Exhibit" and about 14 feet long — wouldn't allow them to get it through the museum's doors. And people want to see the runway where Pearson and Quintal landed the jet.

"We're installing it at the commemorative park because visitors we've had from around the world ask us, 'Can we go stand where it landed?'" said Gluck. "They want that experience, knowing the plane's history and where it landed on the racetrack."

If it's feasible, the plan is to elevate the cockpit on a pedestal.

"We have to get engineers to figure out the safest — and the best — way to elevate the cockpit in the sky. There's a whole process that needs to begin once we get it back here," said Gluck, who along with exhibit vice-president Peter Holfeuer of the Gimli Ice Festival and Capt. Pearson, earned a King Charles III Coronation Medal earlier this year. "We'll be mounting it about 20 feet in the air at the park. And we're going to try to position it on the angle it came in on, but the engineers will determine if we can put it on that angle."



FILE PHOTO BY PATRICIA BARRETT

Gimli Glider Exhibit president Barb Gluck with Capt. Bob Pearson at the 40th anniversary celebration of the landing of the commercial airliner in Gimli.

The exhibit typically holds its annual fundraising dinner on the anniversary of the famous landing, but this year the team decided to move it forward to Sept. 6 as there will be a sailing event and lots of other events happening in Gimli in July.

The RM of Gimli is allowing the museum to hold the dinner in the recreation centre's lounge.

The Gimli Glider Exhibit is located in the Lakeview Resort hotel on First Avenue. The museum is open Friday, Saturday, Sunday and Monday. For more information or to purchase tickets for the dinner, call 204-642-5577.

### > 100TH, FROM PG. 22

the Annual Auto Show on June 28, which will feature a cotton candy kiosk sponsored by Access Credit Union, a kids' bouncer hosted by Camco Fuel, and a fundraising barbecue run by the Riverton Day Care. The Co-op will once again sponsor the Canada Day kids' bike decorating contest and parade.

"In my eyes, we are celebrating Riverton Co-op's 100 years because of the 100 years of customer support. We would not be here today to continue to provide this service if the customers never shopped locally and believed in the Riverton Coop," shared Yaremus. "We are here because of dedicated staff and board members that ensured the best interest of the Riverton Coop shoppers."

Through the continued support

of the community, even after a century, the Co-op has plans to update their location, though they're keeping the specifics a surprise until things are more set in stone.

The Riverton Co-op will also hold its annual general meeting on Sept. 17 at the Riverton Curling Club, with prizes and refreshments for those in attendance. Throughout June, July and August, shoppers can take part in weekly surprise draws for Co-op gift cards, with a total of \$1,200 to be given away.

As the Co-op reflects on a century of service, its focus remains the same — building community, supporting local initiatives and adapting to meet the needs of the people of Riverton.

## What's *Your* story?

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A young entrepreneur starting out?

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Stonewall Teulon  
**Tribune**



# Stonewall resident set to paddle Nahanni River in support of military mental health

By Lana Meier

A Stonewall-based military police officer is preparing for the adventure of a lifetime — one that's as much about personal healing as it is about paddling through one of Canada's most remote wilderness areas.

Warrant Officer Katherine Vick, who serves as the police operations warrant officer with 17 Military Police Flight at 17 Wing Winnipeg, has been selected to take part in the 2025 True Patriot Love Women's Expedition to the Nahanni River. The two-week journey from Aug. 25 to Sept. 7 will see an all-female team paddle 240 kilometres through the rugged terrain of the Northwest Territories — part of a national campaign to raise \$1 million for programs that support Canadian Armed Forces members, veterans and their families.

"This expedition is more than just an adventure," Vick said. "It's part of my own journey of healing and reconnection — not only with nature and others, but with myself."

The journey comes after a challenging chapter in Vick's 17-year military career. In late 2023, shortly before a family posting to Winnipeg, a fellow member under her command died by suicide — a loss that deeply affected her.

"I was advised to begin trauma therapy immediately," she said. "I was devastated to leave Ontario just as I was about to start. It took months to get into care in Winnipeg, and with two young kids at home, I felt like we were starting over — without our support system."

The move to Stonewall, however, proved to be a turning point. Despite the stress of relocation and limited time to house-hunt, the family quickly embraced the warmth of small-town life.

"Stonewall has been a blessing," Vick said. "Our daughter joined the U9 Stonewall Blues, and the hockey community became a lifeline. People like Brett and Kellie Maxwell, Kim and Lance Marohn — they may not even realize how much their kindness helped me feel less alone."

Vick credits her close friend and fellow MP member Nicole Laidlaw, who participated in a previous expedition, for encouraging her to apply.

"She described it as 'life-changing,' and she was right," Vick said. "This trip is helping me reconnect with the person I used to be — before everything fell apart two years ago. It's become an outlet for healing, strength and rediscovery."

For Vick, mental wellness has become a deeply personal mission. She speaks openly about the toll of service



Warrant Officer Katherine Vick joins fellow expedition members during a training camp ahead of their 240-kilometre paddle through the Nahanni River this summer. The all-women team will embark on the True Patriot Love expedition in August to raise funds and awareness for mental health support in the military community.

and the ripple effects on her family.

"I started reacting with anger to things that didn't deserve it. I was exhausted, irritable and sad — and my kids were starting to notice," she said. "That's when I knew I had to get help. They deserve a happy, present mom — and I deserve that too."

Her upcoming adventure isn't her first experience with healing on the water. In 2022, she completed a smaller canoe trip through Warrior Adventures Canada.

"It reminded me how strong I am — mentally and physically. Somewhere along the way, I lost that part of myself," she said. "This expedition has reignited that spark. I finally feel like I have a purpose again."

Vick and her teammates — a mix of military members, veterans, civilians and guides — recently gathered for a five-day training camp in Ontario. The experience underscored the common ground among women, military or not.

"We were all juggling work, motherhood and life. It made me feel less alone," she said. "In my detachment, there are only two women — including me. This trip will be a chance to connect with others and learn from them."

She admits paddling in a straight line might be the biggest physical challenge, but emotionally she's prepared.

"I'm ready. I need this," she said. "My hope is that we build strong bonds as a group and support each other through the tough moments."

Vick also hopes the trip will be a springboard to greater awareness around mental health in the Canadian Armed Forces.

"We need to drop the stigma," she said. "Reaching out isn't weakness — it's strength. I want others to



EXPRESS PHOTOS SUBMITTED



know that it's OK to ask for help, that they're not alone and that healing is possible."

She also sees the expedition as a chance to highlight the unique challenges faced by women in uniform — and to represent those whose stories often go untold.

"I've had a pretty rough career. I took on a lot of stuff I probably shouldn't have, and I didn't always speak up — mostly out of fear that I wouldn't be seen as part of the team," she said. "It's not easy being a woman in the CAF. You're constantly trying to prove yourself, keep up with your male counterparts and still juggle everything at home — being a full-time mom, wife, all of it. It's a lot. And I think it's important we start talking about that more."

As part of her commitment to give back, Vick is fundraising for True Patriot Love, which is covering all expedition costs for participants.

"I've already surpassed my initial goal of \$1,000 in just two weeks," she said. "The support is incredible, and I want to do more. I haven't even start-

ed asking around locally yet — I'm hopeful this article helps spread the word."

Vick says her husband — though skeptical about calling a 240-kilometre paddle "fun" — has been fully supportive. Her daughters, too, are proud of her. She's even considering sharing her story with local schools or veteran groups after the expedition.

"I want to be a voice for those suffering in silence," she said. "And I want to build bridges between military and civilian women. That's how we start making change."

For now, Vick is focused on her training and making space for her own recovery.

"Sometimes I feel like a loaf of bread, with everyone taking the best pieces and only the heel left for me," she said with a laugh. "I need to start putting myself first."

To support Vick's campaign, visit <https://truepatriotlove.akaraisin.com/ui/nahanniriver25/p/katherinevick>



# sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

## Lundar hosts Mervin Farmer Memorial Regional Baseball Championships

By Jo-Anne Procter

Twenty-three teams competed in the Mervin Farmer Memorial Regional Baseball Championships held June 20-22 in Lundar, with titles awarded in the 11U, 13U and 15U divisions.

Woodlands edged Lundar 2 in a 14-13 thriller to win the 11U championship. In 13U action, Warren downed Lundar 23-7. The 15U final saw Lundar 1 defeat Grosse Isle 22-21 in a high-scoring nail-biter.

Woodlands will represent the region at the Tier 2 provincials in Reston, while Lundar 11U will head to Tier 3 provincials in Hamiota, July 4-6. Warren's 13U team advances to Tier 2 provincials in Lac du Bonnet and Lundar 2 to Tier 3 provincials in Rivers, July 11-13.

In 15U, Lundar 1 will play Tier 2 provincials in Niverville, while Grosse Isle competes in Tier 3 provincials in Roblin, also July 11-13.



Warren 13U champs, pictured back row, from left: Grayson Smith, Brian Briscoe (coach), Payton Malfait, Eli Grassinger, Ryan Gingera, Corey Gingera (coach), Braden Briscoe, Owen Fleury, Copper Langrell and Darryl Langrell (coach); front row: Jase Sawatzky, Owen Balan, Lucas Gingera, Landon Emms and Erik Kollman; catcher Evan Hutchinson.



Lundar-1 won the 15U banner. Pictured back row, from left: Ryan Einarson (coach), Alexander Choken, Jayden Chartrand, Erik Lloyd, Keiran Edwards, Donny Malcolm (coach); front row: Kyler Ducharme, Drake Coutu, Liam Einarson, Axel Malcolm and Sherise Howardson. Missing from the photo is Abraham Monkman.

## Offensive outbursts result in wins for Storm FC

By Kieran Reimer

Four was once again the lucky number for Storm FC this week.

The Arborg-based club defeated Mecs FC 4-1 on Tuesday evening at Buhler Recreation Park, marking their second consecutive win by that scoreline.

Four different players — Zach Barkman, Carlos Barkman, Joseph Barkman and Brian Penner — found the back of the net to help secure the win.

Storm FC improves to 2-1 on the

season as they climb the Manitoba Major Soccer League Division 4 standings after opening the year with a loss.

Next up for Storm FC is a match against the St. James Spurs on Monday at 7:30 p.m. at Buhler Recreation Park. Due to press deadlines, the result was unavailable at press time.

They're scheduled to return to action the following week on Thursday, July 3 against Azzurri at 7:30 p.m. at Buhler.



EXPRESS PHOTOS SUBMITTED

The Woodlands 11U team won a nail-biter to win the banner. Pictured back row, from left: coaches Matt Good, Milton Good, Ryan Hueging and Tara-Lee Koss; middle row: Ryder Nast, Payton Magus, Jase Spicer, Eli Tully, Aidan Murdock, Myers Hueging, Manny Pimentel; front row: Austin Delipper, Kaleb Koss, Madden Hueging, Jack Elskamp, Zac Good and Travis Boehm.



## Johnson to bring physicality to newly rebranded Monarchs

By Kieran Reimer

With the U18 AAA Interlake Lightning season now in the rear-view mirror, graduating players are beginning to weigh their next steps in hockey.

Last week, one of the Lightning's top defencemen announced where he's headed next, officially signing a letter of intent with the Winnipeg Monarchs of the Manitoba Junior Hockey League.

That player is six-foot, 201-pound Riverton product Tytan Johnson.

"They're getting a tough, physical player," said Johnson on Friday morning. "Add a little bit of offence here and there and, yeah, just a grinder — someone who's going to work hard every shift. I'm just going to work on a little bit of everything to bring out the best in me and hope it

all goes well."

The 18-year-old blueliner recorded seven goals and 12 assists, along with 79 penalty minutes, in 45 regular-season games with the Interlake Lightning in 2024-25.

Originally drafted in the seventh round of the 2023 MJHL Draft by the Waywayseecappo Wolverines, Johnson went on to play 96 regular and postseason games during his U18 AAA career.

Now, he'll look to help the Monarchs usher in a new era under a fresh identity.

Formerly known as the Winnipeg Freeze, the team rebranded to the Monarchs this offseason and revamped its coaching staff, including the addition of new head coach Zach Franko.

Under the Freeze banner, the club never made the playoffs and consistently finished near the bottom of the standings. But with a new look and additions like Johnson, the organization is hoping for a turnaround.

"There's not too many guys coming back from last year, I believe," said Johnson. "I know a couple of them, though. I talked to the coach a bit and he said he's coming back to win games — he doesn't really care what happened in the past. He wants to win, and he's going to bring out the best in players to do just that."

The Monarchs open the 2025-26 MJHL regular season on Sept. 19 against the Selkirk Steelers at 7:30 p.m. at the Selkirk Recreation Complex.



EXPRESS PHOTO SUBMITTED

Tytan Johnson of Riverton signs his letter of intent with the MJHL's Winnipeg Monarchs. The 18-year-old defenceman spent the past two seasons with the U18 AAA Interlake Lightning.

## Gimli Children's Centre asks council for speed reduction, other measures on Goldfield

### Drivers "blowing the stop sign" at Goldfield and Third

By Patricia Barrett

The Gimli Children's Centre is advocating for a reduced speed limit of 30 kilometres on Goldfield Drive to ensure the safety of daycare kids and children at the nearby middle school.

The daycare's executive director Heather Reichert wrote to RM of Gimli council after witnessing vehicles booting it past the daycare — which operates year-round — and at times blowing the stop sign at the corner of Third Avenue.

"We have observed on many occasions cars not stopping at the [four]-way stop on the corner of Third and Goldfield travelling east toward the lake. Cars will come very fast down Goldfield, often off First Avenue, and are at high speeds before the stop sign at [Third] and Goldfield," wrote Reichert in her letter to council. "This makes pick-up and drop-off very dangerous for the children/families. Children have run into the road at times, and we want to make sure that vehicles are slowing down to give time to stop for an emergency."

The licensed daycare was established in 1974 to offer care for infants, pre-school, nursery and school-aged children. It has received complaints from parents about the danger they and their kids can experience during pick-up and drop-off times, and that they've witnessed cars speeding by even though kids run out on to the road.

The daycare is proposing that the maximum 30-kilometre speed on Goldfield be in effect from Monday to Friday, year-round, between the hours of 7:30 a.m. and 5:30 p.m.

Speaking with the *Express* after her letter was considered at council's June 11 meeting, Reichert said in addition to the daycare/parents' request to have a maximum speed reduction, she had also suggested installing an electric crosswalk as an additional



EXPRESS FILE PHOTO BY PATRICIA BARRETT

The Gimli Children's Centre fronts Goldfield Drive, a busy west-east road that runs between Highway 9 and the lake. It has only one four-way sign at Third Avenue.

layer of safety for parents walking their kids to schools and for the George Johnson Middle School kids close by.

"I suggested that council add a crosswalk for the school, too. But we're waiting to see what [council] comes back with on reducing the speed limit," she said. "It's been like this forever. I've been here for 15 years and I see people blow that stop sign all the time. We want this for added safety for the kids here and for the safety of the kids at the middle school."

Reichert also suggested that council consider putting up signage to alert drivers to the presence of children on Goldfield Drive and encourage them to slow down, and consider adding stop signs down

Goldfield to calm traffic.

As the town's main west-east thoroughfare, Centre Street, now has four-way stop signs at every intersection between the highway and the lake, drivers may be heading over to Goldfield for a mostly unimpeded and quicker west-east commute. Goldfield has only one four-way stop at the intersection of Third where the daycare building is located.

Reichert said the RM sent her recommendations to its operations/public works department.

"It will go to public works or [operations] so that they can come up with a plan," she said. "There's no timeline yet."

The *Express* reached out to the RM, mayor and councillors for comment. There was no response.



# get inspired

> MEAL IDEAS



## Chai Oatmeal Energy Bites

not simmering. Take off heat and place two chai tea bags in milk. Steep tea in milk until cool, about 30 minutes, then discard tea bags.

Preheat oven to 350 F. Spray mini muffin pan with nonstick cooking spray. In large bowl, stir cooled chai milk, oats, salt, baking powder, flaxseed, vanilla and maple syrup.

Open third chai tea bag and measure 2 teaspoons tea. If tea is coarse, blitz in spice grinder or use mortar and pestle to grind more finely. Stir tea into batter and let mixture sit 10 minutes so oats can soak up milk.

Give batter another stir then fill each mini muffin cavity about 3/4 with batter, about 1 tablespoon in each. Sprinkle chopped pecans on top. Bake bites 12-13 minutes, or until toothpick inserted in center of bite comes out clean. Let cool 5 minutes.

Prep time: 10 minutes  
Cook time: 55 minutes  
Yield: 2 dozen  
1 cup DairyPure Milk50 Vanilla  
3 chai tea bags, divided  
nonstick cooking spray  
2 cups old-fashioned oats  
1/2 teaspoon salt  
2 teaspoons baking powder  
2 tablespoons flaxseed  
1 teaspoon vanilla  
1/3 cup maple syrup  
1/2 cup chopped pecans  
In small pot, heat milk until hot but



## Vanilla Coffee Protein Shake

1/4 cup, plus 2 tablespoons, cold brew concentrate  
1/2 teaspoon vanilla extract  
1-2 scoops protein powder of choice  
2 teaspoons simple syrup (or to taste)  
Make ice cubes by pouring milk into ice cube tray and freezing until solid, about 8 hours.

To make shake: In high-speed blender, blend frozen banana slices, cold brew, vanilla, protein powder, simple syrup and 5-6 milk cubes until creamy. Serve in glass.

Prep time: 5 minutes  
Cook time: 8 hours  
Servings: 1  
5-6 ounces DairyPure Milk50 Vanilla  
1/2 banana, sliced and frozen

## Orange Juice Citrus Chicken Kebabs



Recipe courtesy of Aaron Himrod on behalf of the Florida Department of Citrus

Servings: 8 (2 kebabs per serving)  
1 large Florida Orange, zest only  
1 lime, zest only  
1/2 teaspoon ground thyme  
2 tablespoons vegetable oil  
1/4 teaspoon granulated garlic  
1 teaspoon salt  
white pepper, to taste  
1 cup Florida Orange Juice  
1 cup lemon-lime soda  
2 pounds chicken tenders  
8 wooden skewers  
To make marinade: In medium mix-

## Expert patient here to help!



Susie Schwartz

### Do as I say, not as I did

This week, I've got some "do as I say, not as I do" advice for you.

On a recent trip with Canadian family to Wales, Belfast and Dublin, I expected to struggle with dodgy, painful legs thanks to ME/CFS. So, I took precautions—using a mobility scooter or having Don push me in a wheelchair whenever it made sense. I took my own advice and paced myself. (Pat on the back.)

Even still, I developed unexplained pain in my foot during the last week. Then, at the Titanic Museum in Belfast, I missed two steps and landed hard on the floor—on the dodgy foot. A sore ankle joined the party.

What should I have done? Rested, elevated, iced.

What did I do? None of that.

On the last day before heading home, I had Dublin to myself while the family did some aggressive touring. I found myself on a street lined with clothing shops, coffee shops and buskers. Can we say heaven?

But I was hurting bad.

My job was to take it easy, then cab it to the restaurant where we'd all meet for dinner. I did get into a cab, but the driver said that to cross the river he'd have to take a really long route—and that "it isn't that far to walk." So I got out and limped my way to the bridge.

Moving so slowly I was practically going backwards, I pushed on. Almost in tears, I finally made it to the restaurant, barely able to move my legs, foot, ankle—or hip. I was a mess.

Fast forward two days, and I'm in the exam room at my local ER. My leg was swollen like a boa constrictor that had just swallowed a real-life Bugs Bunny. And it hurt. A lot.

Turns out I'd sprained it. Oops. My bad. (Did I mention I've had type 1 diabetes for 42 years and that foot care is especially important?)

So yeah—once again, I pushed through pain to my detriment. I don't recommend it. I'm a little ashamed of myself, especially with a column called Expert Patient. (Feel free to reprimand me the next time you see me on the streets of a small Manitoba town. Or email me. Go ahead.)

Hopefully, the "here to help" part of the title still stands—even if it only means you're learning from my mistakes.

I recommend listening to your body. Pushing beyond your limits is silly. (And painful!)

Less health stress, yes?

A published author and musician, Susie currently lives in the UK. Find her on Instagram @authorsusieschwartz, and at [www.lesshealthstress.com](http://www.lesshealthstress.com). (Email: [info@lesshealthstress.com](mailto:info@lesshealthstress.com)) If you like her writing, find more on her Substack page: [The Quest For Less Health Stress](https://www.substack.com/p/the-quest-for-less-health-stress)

ing bowl, combine orange zest; lime zest; thyme; oil; garlic; salt; white pepper, to taste; orange juice; and soda.

Add chicken and completely coat with marinade. Cover bowl and place in refrigerator at least 1 hour.

Soak wooden skewers in water 20-30 minutes.

To make kebabs: Remove chicken from fridge and lace through each skewer using weaving motion. Repeat for all chicken tenders and set aside.

When skewers are prepared, drizzle extra marinade over chicken.

Heat grill to medium. Place chicken on grill. Cover and cook 3 minutes per side, or until center of meat reaches internal temperature of 170 F.

Remove from grill and serve immediately, or cover with foil and serve later.

Tips: Cover kebabs with foil for at least 20 minutes after cooking to trap in flavor and juices.

Add vegetables to kebabs, if desired, to increase flavor.

## On-the-Go Orange Juice Sports Drink

Recipe courtesy of the Florida Department of Citrus

Servings: 1  
8 ounces Florida Orange Juice  
8 ounces water  
1 pinch salt  
Mix orange juice and water.  
Add pinch of salt.  
Pour into small bottle or reusable pouch.



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Please submit resume to [shaunne@charisons.ca](mailto:shaunne@charisons.ca) or call 204-886-2922 for further information.



## MUNICIPALITY OF BIFROST-RIVERTON PUBLIC NOTICE

### 2025 Financial Plan

**Public Notice** is hereby given pursuant to Section 162(3) of *The Municipal Act* that the Council of the Municipality of Bifrost-Riverton shall hold a Public Hearing to amend the Financial Plan for the fiscal year 2025 and add a special service levy; Riverton Garbage Collection:

**Thursday, July 10, 2025 at 9:15 A.M.**

**Municipality of Bifrost-Riverton Municipal Office  
329 River Road, Arborg, MB**

The purpose of the Public Hearing is to allow any interested person to make representation, ask questions or register an objection in respect to the Municipality of Bifrost-Riverton's 2025 Financial Plan.

Dated this 11th day of June, 2025.

Larissa Love  
Chief Administrative Officer  
Municipality of Bifrost-Riverton



## TOWN OF ARBORG INVITATION TO BID

### SURPLUS EQUIPMENT

Sealed bids will be received for the sale of the following surplus equipment:

#### 2007 CAT 924G WHEEL LOADER

This item is to be sold without warranty, on an as-is-where-is basis.

A full copy of the Invitation to Bid including specifications can be found on the Town of Arborg website at: [www.townofarb.org](http://www.townofarb.org) or can be picked up in person at the Town of Arborg Office at 337 River Road, Arborg, MB.

Tenders must be marked "Surplus Equipment" and received by the Town Office, 337 River Road, by **4:30 p.m., Monday, July 21st, 2025**. Highest or any bid not necessarily accepted.

For further information, call Operations Manager, Justin Hoplock at (204) 376-2647.

Town of Arborg  
PO Box 159, 337 River Road  
Arborg, MB R0C 0A0

**Story Idea? News Tips?**  
Call the Express 204-467-5836

### SCRAP METAL

BUYING SCRAP METAL, CARS, TRACTORS, COMBINES, FARM SCRAP, ANY METAL MATERIAL, ANY FARM MACHINERY. PH LONNIE AT 204-886-3407 LVE. MESSAGE OR CELL AT 204-861-2031.

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

### CAMPERS/ TRAILERS

LIKE NEW 25' Keystone Trailer. 2022 - used 1 season \$33,500 obo. In Autumnwood Resort. Can be moved. Wooden screened room and deck included. Transferable warranty valid until 2029. Contact 647-403-1553.

### FARM MACHINERY

For sale - Model #800 Flex-coli cultivator, 33' 9" spacing, 350 lb. trip, 7" sweeps with tine harrows, \$1900; Leon earth scraper 8.5 yard triple hyd. \$18,750; Model #1610 Flex-coli air tank dual wheels front, \$1900. All equipment in good condition, field ready. IHC #810 header 20' Hart-Carter reel floating cutter bar, \$1900. Ph or text (preferred) 1-204-981-7618 or email [orsulaktc@gmail.com](mailto:orsulaktc@gmail.com)

For sale - very lightly used 5010 MacDon swinger haybine mower conditioner, 16 ft., B16 tires, excellent condition, asking \$9500 obo. Teulon, MB. Ph 204-918-0765.

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204-467-1858 or 204-886-7027



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**From the Ashern Auction Mart**

The contractor of the successful tender will be responsible for the removal of manure, hauling and piling or spreading of manure at a location of our choosing approx. 3 miles from the auction mart.

Also need a tender done on location of the 2025 manure.

Manure will be spread with spreaders on the winning tenders' location.

Highest tender not necessarily accepted.

**Tenders to be received by  
June 30, 2025 (4 p.m.)**

**Removal of manure to be done by  
August 15, 2025**

For more info call Kirk at 204-768-0019  
Interlake Cattlemen's Coop Assoc Ltd.  
Box 599 Ashern, MB. R0C 0E0  
Fax: 204-768-3690  
Email: [icca@mymts.net](mailto:icca@mymts.net)  
License # 1128

### PROPERTY FOR SALE

For sale - 17.14 acres with treed yardsite with 24x40 fully wired shop with heated floor and washroom; also, 36x44 truck shop with 3 doors, fully wired with 200 AMP service; approx. 15 acres is pasture with heated drinker; property has hydro service, 4 year old well & septic field. Ready for mobile home, RTM or build on site. Located 9 miles NW of Riverton. Call or text 204-642-2249.

Nice 20-acre retirement or subdividing opportunity 4 miles west of Brandon on paved road. 1,572 sq. ft. home including appliances, wheelchair accessible, 1-level, attached garage. Also, additional adjoining subdivided 5-acre lot. Immediate possession, private sale. \$750,000. Call 1-204-723-0083 for appointment to view, anytime.

### HELP WANTED

Farview Place in Teulon is looking for an individual for a cleaning contract. Pay would be \$240 bi-weekly upon completion of a weekly checklist of duties. Please contact Andrea at 204-886-2760 or [farviewplace1989@gmail.com](mailto:farviewplace1989@gmail.com) for details.

### WANTED

Firearms wanted. Looking for all unwanted firearms. Fully licensed for both non-restricted and restricted. Anywhere from individual items to estates. Cash buyer, paying top dollar. Please call or text Adam at 204-795-2850.

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## EMPLOYMENT OPPORTUNITY Hydrovac Swamper

Gimli Septic Service Ltd. has immediate openings for Hydrovac Swamper. Operations are located in Sandy Hook, Manitoba. We are offering multiple full-time and/or seasonal swamper positions.

**Starting wage \$20/hr**

**We offer benefits after 3 months for full time staff.**

**Qualifying Applicants must:**

- Have reliable transportation.
- Have the ability to lift 65lbs.
- Be motivated and bring a positive attitude.
- Be willing to work some weekends and overtime.
- We expect our employees to deliver excellent service to our customers while representing our company in a courteous and professional manner.
- Experience is an asset, but willing to train compelling candidates on site.
- Other duties as assigned

**For all inquiries, please reply by email to: [gimliseptic@gmail.com](mailto:gimliseptic@gmail.com)**

**Classified booking deadline is Monday at NOON prior to  
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**Todd**  
204-904-9705

## take a break > GAMES

### SUDOKU

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

Fun By The Numbers

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

Level: Intermediate

#### Here's How It Works:

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

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

Sudoku Answer

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

Crossword Answer



## CROSSWORD

### CLUES ACROSS

- Computer manufacturer
  - Noted space station
  - Kurt Russell film "Captain"
  - Automaton
  - Everyone has one
  - Incline from the vertical
  - Fights
  - Dunn & Bradstreet (abbr.)
  - Finishes off
  - Places to store things
  - Dutch painter Gerard
  - Smaller quantity
  - There's a North, South and Central of these
  - In an early way
  - More spacious
  - Short-term memory
  - One who possesses
  - Sesame
  - Forbid
  - A way to explain
  - Not around
  - Evoke or suggest
  - Ancient kingdom near Dead Sea
  - Dekameter
  - Fencing sword
  - "Luther" actor Idris
  - Affirmative (slang)
  - Afflicted
  - One point north of northeast
  - Born of
  - Arabic name
  - Hong Kong food stall: \_\_ pai dong
  - Not the start
  - Post
- ### CLUES DOWN
- Creative expression
  - Fiber from the outer husk of a coconut
  - City in ancient Syria

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

- College army
- More disturbed
- Pays no attention to
- Restored
- Competitions
- Lytic poems
- Famed American lawman
- Expression of disappointment
- Scars
- Satisfy
- Central European river
- Brass instrument
- One who gets paid to perform
- Propel with oars
- Long period of time
- Woman (French)
- Type of plane

- Pitching stat
- Pointed end of a pen
- Pro sports league
- Body part
- Inoffensive
- Yellowish cotton cloth
- Feline
- Does not tell the truth
- Set out to attract
- Spiritual leader of a Jewish congregation
- Abba \_\_, Israeli politician
- Repair
- Genus of flowering plants
- Tributary of the High Rhine
- Prejudice
- C. European river
- Restrain
- Father



# Classifieds Announcements

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## CARD OF THANKS

Stephie Hykawy: The family would like to express our sincere gratitude for the support and sympathy shown during the recent loss of our Mom. Thank you to everyone who attended the funeral, sent flowers, cards, and offered donations to the Sacred Heart Church Memorial Fund. Your kindness has been a great source of comfort to us. A special thanks to the Sacred Heart Church Ladies Auxiliary and Gilbert's Funeral Home.

## CARD OF THANKS

The family of Lorne Floyd would like to express our heartfelt thanks to all who offered support during our recent loss.

We are deeply grateful for the many expressions of sympathy, including flowers, cards, messages, gifts, meals and donations made in Lorne's memory. We would also like to thank those who shared readings, obituary and eulogies for Lorne; they were all beautifully done. A special thank you to Pastor Jennifer Marlor Ammeter, Neil Bardal Funeral Home, and those responsible for singing, music and sound, setting up, for your care and guidance during the service. Also, thank you to the Legion Ladies Auxiliary who made and put out lunch after the service.

Everyone's kindness and compassion has been a great comfort to us during this difficult time.

-With sincere appreciation,  
Lorna, Stewart, Charla  
Braeden, Kylie, Kalan

## ANNIVERSARY



**Dan and Martha Reimer**

The children of Dan and Martha Reimer wish to congratulate our parents on their 60th Wedding Anniversary with gratitude for their faithfulness to God, each other, their family and their community.

Dan and Martha raised their family on a farm in Fisher Branch before retiring to Arborg. As children, we learned firsthand the value of stewarding God's blessings by watching our parents.

As the family has grown to include our spouses, children and grandchildren, our parents have continued to show a godly example in living lives of purpose, integrity, generosity and kindness. Their legacy of love and service has impacted many lives and we are grateful to have the opportunity to celebrate this amazing milestone with them.

-With love,  
Rod, Russ, Karen and Kim  
and our families

## IN MEMORIAM

**Jonas Einarson**  
January 27, 1930 – June 26, 2005  
A special person.

-So loved, remembered and sadly missed  
by wife Ollie,  
and all the family

## IN MEMORIAM



**In Loving Memory of  
our Mom and Dad, Baba and Gido  
Great Baba and Gido, Great Great Baba and  
Gido**

**Helen Horodecki**  
who passed away June 24, 2024  
**Bill Horodecki**

who passed away August 7, 2014  
Forever together.  
Loved and missed by all.

-Len (Leda), Danny (Susan),  
Robbie (Irene)  
and families

## OBITUARY

**V. Gerald Bennett**  
August 5, 1933 - June 13, 2025  
**Alvina M. Bennett**  
December 1, 1944 - June 15, 2025

Gerald and Alvina Bennett passed away on Father's Day weekend at the ages of 91 and 80 respectively.

They were married for 57 years and lived most of that time in Gimli where Mom was a Kindergarten teacher at Gimli Elementary School for 23 years. They built a cottage at Matheson Island in 1977 where Dad had been born and raised and worked until the age of 79 as a commercial fisherman on Lake Winnipeg. Mom was born in Weyburn, Saskatchewan, raised in Rivers, Manitoba and came to Matheson Island as a young, first year teacher in 1965 where she met and later married her sweetheart.

Dad enlisted in the Princess Patricia Light Infantry when he was 18 and served in the Korean War before coming home to work and raise a family.

The two of them felt so fortunate to raise their family in Gimli and were thrilled to be blessed with two beautiful little great-granddaughters, Anna (22 months) and Emma (4 months) whom they were able to hold in their arms.

Mom and Dad lived quiet, humble lives but enjoyed numerous fun times and vacations with family and friends--two of the highlights being Hawaii and Alaska in 2019.

Thank you to all who cared for Mom and Dad during their last days and to all who have expressed sympathy, condolences and love to us during this difficult time.

A private family interment will take place at a later date.  
Condolences may be left at [neilbardalinc.com](http://neilbardalinc.com)



204-949-2200  
Gimli 204-642-7124  
[neilbardalinc.com](http://neilbardalinc.com)

## OBITUARY

**Mary Pauline Morfoot (Wenzoski)**  
November 22, 1924 to June 12, 2025

Mary died peacefully on June 12 at the age of 100 years.

Thank you to all the loving and caring staff at Fisher Branch Care Home who took such good care of her.

Cremation has taken place. A Celebration of Life will take place at a later date.



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*a sweet little baby*  
**GIRL**  
IS ON HER WAY  
PLEASE JOIN US FOR A BABY SHOWER HONORING  
*Chantal Bourque & Jordan Johannesson*  
**Sunday | July 6 | 1-4 pm**  
409 Recreation Centre, Arborg MB  
One small request that we hope isn't hard,  
please bring a book in place of a card.  
Registered at:  
Babies R US, Amazon, WestCoast Kids,  
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Gift cards are also appreciated.

## EMPLOYMENT OPPORTUNITY SPRUCE WOOD LOGGERS

Following positions available immediately

**Mechanic**

**Pellet Plant Operator**

**Must be reliable and follow directions well.**

**Must be a team player.**

*Spruce Wood Loggers* is looking for an energetic person who is physically able, punctual, promotable, trainable and can work alone or as a team. Must be at least 18 years of age have a class 5 drivers license and dependable transportation.

We are located approx. 18 miles north of Arborg.

Email resume to: [swl@sprucewoodloggers.ca](mailto:swl@sprucewoodloggers.ca)  
or call 204-378-2997 References required.



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