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EXPRESS PHOTO BY CORRINE EINARSSON
 Quebec cowboy Jeremy Maisonneuve hangs on for eight and takes top honours as the night's bull-riding champion at the Boneyard General Repair Boyz & Bullz in Eriksdale on Oct. 3. The win adds valuable points ahead of the PBR Canada National Finals, set for Nov. 14-15 at Rogers Place in Edmonton.

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Freya's flowers raise \$2,200 for Children's Hospital

Eriksdale family opens sunflower field to give back to Children's Hospital Foundation

By E. Antonio

When 12-year-old Freya Darknell of Eriksdale was airlifted to Winnipeg Children's Hospital last winter, her family could only hope she'd pull through. Months later, the now-13-year-old stood among a sea of golden sunflowers, welcoming visitors to her family's farm — and giving back to the hospital that helped save her life.

In February, Freya's seemingly ordinary cold took a turn for the worse, resulting in a two-week stay at the Children's Hospital. She developed influenza A, which later caused pneumonia. When her mom, Arlene Darknell, brought her to the Ashern hospital emergency room, staff quickly realized she was in critical condition and Freya was flown by STARS air ambulance to Winnipeg.

"No one quite knew what was happening, but we are incredibly thank-

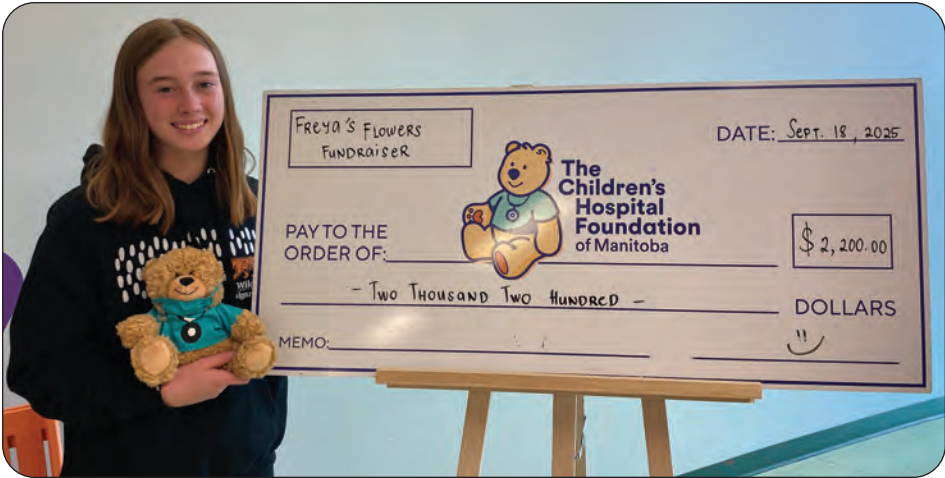
ful for the action everyone took to take care of Freya," Darknell said.

Freya spent seven days in the pediatric intensive care unit in an induced coma and on a ventilator. She spent another week on the regular ward as she continued to receive around-the-clock care. Through it all, her parents stayed nearby in the Ronald McDonald Family Room and Ronald McDonald House.

"We had never had to use any of the Children's Hospital services before, so it was a huge shock to our family," said Darknell. "But the support she received was wonderful, and we immediately knew we needed to find a way to say thank you for all they gave to Freya and our family. This was very important to us."

Freya has since made a full recovery

Continued on page 7



EXPRESS PHOTOS BY HAYLEE JADE PHOTOGRAPHY
Freya Darknell, 13, and her family raised \$2,200 for the Children's Hospital Foundation by hosting a U-pick sunflower fundraiser in August.



The Darknell family — Arlene, Skuli, David, Odinn and Freya — at their sunflower field near Eriksdale.



Ever Wonder Who School Trustees Are — and Why They Matter?

Trustee Spotlight: Dianna Auer – Ward 2

Trustee Dianna Auer has been proudly serving Ward 2 for the past 15 years. Her journey began as a parent raising two young sons in a rural community — and a desire to ensure they received the same educational opportunities as students in larger urban centers.

"In 2009, I had two children in Evergreen and realized there were no trustees on the board at the time with school-aged kids. I believed my voice as a parent could add value, and I've been proud to serve ever since."

Dianna has been a consistent advocate for local decision-making and equitable access to high-quality education. Her proudest moments reflect that unwavering commitment:

The Band Room Movement: Dianna stood alongside students who took their message to the Legislature — demanding a proper space for music education. That advocacy led to the construction of the new Gimli High School band room and universal band access for students across Evergreen.


The Fight for Literacy: A champion of Evergreen's leadership in structured literacy, Dianna has helped position the division as a provincial and national leader — working to ensure every child has the right to read.

Local Voices, Local Choices: During the campaign against Bill 64, Dianna helped lead the board's response, defending the right of Evergreen communities to make decisions through a locally elected board of trustees.

"It's heartwarming to see our teachers and students excited about learning again. The future looks bright in Evergreen."

Dianna's leadership is grounded in lived experience and a deep connection to her community. Her sons, now 26 and 22, were educated in Evergreen schools — and for the past 15 years, she's also served as Director of the Gimli Youth Bowling Program, mentoring and supporting young people in yet another role.

Whether she's flipping burgers at a school BBQ, advocating at a board table, or cheering on students at a band performance, Dianna leads with heart and purpose.







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Broad Valley family wins photo contest, directs \$5,000 to Children's Hospital

By Lana Meier

A Broad Valley farm family is giving back to a cause close to their hearts after being named Manitoba's winner in a national photo contest.

Samuel Wipf of Broad Valley Farms has been awarded the 2025 Lallemand Hometown Roots Contest, directing a \$5,000 donation to the Children's Hospital Foundation of Manitoba.

For Wipf, the decision was deeply personal. His son was born with a cleft lip and underwent three surgeries at the Children's Hospital.

"He had three surgeries, and you can hardly notice it now," Wipf said. "It feels good to support a project that helps children in need, and I'm thankful to Lallemand for running a contest that gives back to rural communities across Canada."

Wipf, who farms nearly 12,000 acres of canola, wheat, barley, corn and soybeans with his family, submitted a photo of pea planting in the Arborg area. The entry was chosen as Manitoba's winner in the annual contest, which celebrates the spirit of agricul-

ture and rural community life across Canada and the United States.

Since its launch in 2021, the Hometown Roots contest has awarded \$5,000 donations to 29 rural organizations. Each provincial winner selects a local charity or organization to receive the prize.

Anne Favre, strategic marketing director for Lallemand Plant Care in Canada and the U.S., said the contest reflects the company's commitment to rural communities. "The Hometown Roots contest celebrates people and programs that make rural life strong and vibrant, and we're

proud to have a winner who chose to support a foundation that truly makes a difference," Favre said.

Three winners are named in Canada each year — one each in Alberta, Manitoba and Saskatchewan.

For Wipf, the recognition is a chance to highlight both the resilience of farm families and the importance of children's health care.



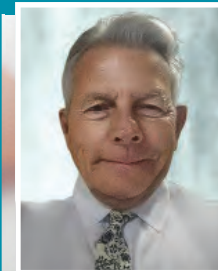
EXPRESS PHOTO SUBMITTED

Samuel Wipf of Broad Valley Farms captured this photo of pea planting in the Arborg area, which earned him the title of Manitoba's 2025 Lallemand Hometown Roots Contest winner. His win directed a \$5,000 donation to the Children's Hospital Foundation of Manitoba.



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Manitoba Housing residents in Inwood raise concerns with MLA over vacancies, maintenance

By Patricia Barrett

Residents living in the Inwood Seniors Lodge, a Manitoba Housing rental building, have turned to their MLA for assistance in addressing their concerns about maintenance and a rising vacancy rate that they fear could lead to the closure of their building, mirroring the fate of the Manitoba Housing building in Komarno about 18 kilometres away.

Interlake-Gimli MLA Derek Johnson said he and his staff had submitted a freedom of information request (FIPPA) to the provincial government earlier this year to see how many vacancies there were at the Inwood Seniors Lodge (he obtained results at the end of March), and in late September he met with a group of building residents and older residents from the general area who are interested in eventually moving to the lodge. He



also toured the 22-suite facility to understand the residents' maintenance and other building concerns.

Johnson said the number of empty suites in the lodge is climbing. The vacancy rate with 10 empty suites is 45 per cent. And at a time when Manito-



EXPRESS PHOTOS BY DEREK JOHNSON INSTAGRAM

Inwood, shown in 2016, is a small community in the RM of Armstrong.

bans are struggling to find affordable housing, an effort should be made to fill vacant suites in government-owned subsidized housing.

"There were no repairs required at the lodge at the time we did our FIPPA request, so the vacancies weren't due to maintenance issues at that time. The FIPPA showed there are 22 units in total and nine were vacant at that time," said Johnson by phone last week. "Now there are 10 [suites] vacant and soon to be 11, as of my visit a few weeks ago, because a resident said they're moving to Teulon."

Manitoba Housing offers a rent-geared-to-income program in which tenants typically

pay about 30 per cent of their monthly income towards rent. That's below market rent, which in some cases can entail people spending half or more than half of their monthly income on rent.

Johnson said lodge residents told him they're afraid the provincial government will close their building should the vacancy rate continue to climb.

"Manitoba taxpayers are still heating this building whether there are tenants in it or not and generating revenue for Manitoba Housing. So a vacant suite represents a loss of revenue but with the same number of costs," said Johnson. "The residents are worried their building will become unfeasible and then it will be closed down."

The Express was told by a longtime area resident, who didn't wish to go on record, that the Manitoba Housing rental facility in Komarno saw a rise in vacancies and was eventually closed.

The Inwood Lodge used to be overseen by a local not-for-profit board, but Manitoba Housing assumed responsibility for daily operations in

Continued on page 23

Graymont invites applications for the 2025 community-focused Carbon Reduction Fund

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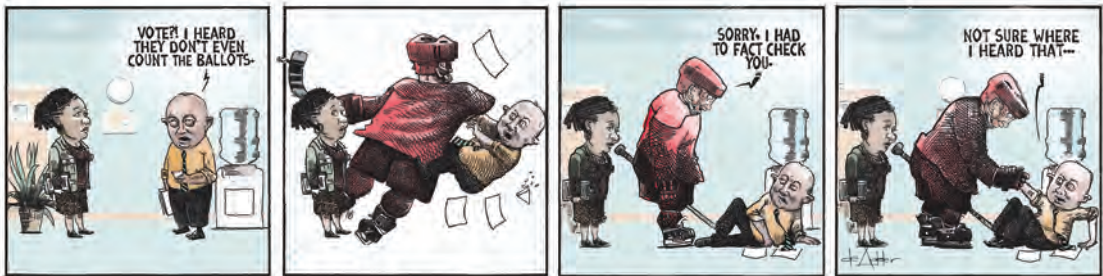
If you have a project idea that relates to any of these topics, the GCRF is looking for you!

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Council's approval of Little Maui residential development in Arnes to take a step back

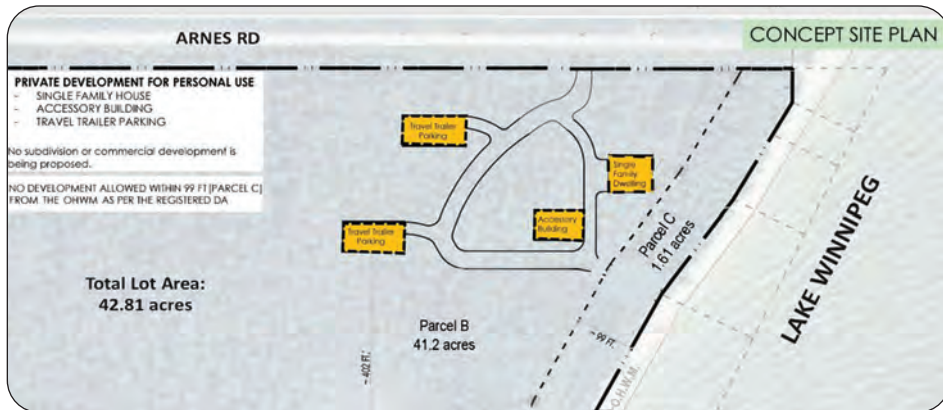


IMAGE BY EAST INTERLAKE PLANNING DISTRICT

The Little Maui Inc. residential development in Arnes, north of Gimli.

By Patricia Barrett

RM of Gimli council plans to rescind its approval of third (final reading) of a bylaw that rezoned land in Arnes and cleared the way for the construction of a single-family dwelling along Lake Winnipeg.

Council realized it had accidentally overlooked a procedure that was to come between second and third reading of Bylaw No. 25-0006.

Bylaws require three readings with majority votes to pass.

At its Sept. 11 meeting, council heard a presentation from Santan Singh on behalf of the property's owner, Little Maui Inc., after which deputy mayor Kurt Reichert and councillors Andy Damm, Richard Petrowski and Thora Palson (Mayor Kevin Chudd was absent with leave) passed second and third readings, voting in favour of a zoning change from open space to residential resort. Open space zones prohibit residential development.

Coun. Palson introduced a motion at a subsequent meeting to wind back third reading as the property owner must first enter into a development agreement with the municipality before council approves third reading of the zoning change.

"This is a procedural matter to bring the process back a step. The [Municipal] Act states that a council can reverse a decision at the same meeting if some new piece of information or other consideration comes up. If it's not at the same meeting, a councillor has to present a notice of motion — which is what I did — to rescind the resolution pertaining to third reading. At the next meeting, we can vote on it," said Palson by phone. "We missed that procedural step, that the zoning is subject to a development agreement. What we should have

done is second reading then got the development agreement going. Once that's signed, we can do third reading for Little Maui."

Council gave first reading to the zoning change bylaw on Aug. 13. Little Maui's application did not request a subdivision or a large-scale development, only a single-family home, and there were no public objections to it.

The Arnes property is bound by Marvelous Meadows Golf Course to the west, Arnes Road to the north and a sewage lagoon and Camp Arnes to the south. There's a 100-foot buffer (public reserve) along Lake Winnipeg that's not to be developed.

In the development agreement, Little Maui Inc. will be required to address flood protection levels and construction requirements as specified by Manitoba Transportation and Infrastructure, Water Management, Planning and Standards' comments.

A vote on rescinding third reading is expected to occur at council's Oct. 8 meeting.

OTHER COUNCIL UPDATES:

- Council authorized the Gimli Fire Department to make new equipment

Continued on page 7

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Cowboys bring the heat at Boneyard Boyz & Bullz showdown



EXPRESS PHOTOS BY CORRINE EINARSSON

Fearless cowboys faced off against rank bulls at the Boneyard General Repair Boyz & Bullz event Oct. 3 at the Eriksdale Arena — the final stop of the Crossfire Bullriding season. The night also featured a rib dinner by Tortuga's Smokehouse and a lively post-show Cowboy Social.



> STEP BACK, FROM PG. 5

purchases. The department will be purchasing a video monitoring system and a keyless door-lock system from BIL Security for \$34,108.47 plus applicable taxes and two Bullard QXT thermal imaging cameras from M&L Supply at a cost of \$26,636.69 plus applicable taxes. Funding for the purchases will be drawn from the Gimli Fire Department Reserve Fund.

• Council authorized the purchase of three vehicles — a recreation ve-

> FLOWERS, FROM PG. 2



and was ready to give back this summer. On Aug. 23 and 24, her family opened their two-acre sunflower field for a U-pick fundraiser in support of the Children's Hospital Foundation of Manitoba. About 120 people visited the farm to pick bouquets, raising more than \$2,000.

"We wanted to make this a unique experience for people, and it turned out better than we ever expected," Darknell said. "It was really nice to see everybody having a good time, and we are very fortunate for everyone who came by over the weekend."

Local photographer Haylee Jade Photography also took advantage of the picturesque scene, offering mini family photo sessions to those picking sunflowers and donating half of her proceeds to Freya's fundraiser.

It was the first time the Darknells had grown sunflowers, and when they began seeding in June, they weren't sure what would come of it. By mid-August, the plants still hadn't bloomed due to a seasonal drought. But after returning from a nearly two-week vacation, they came home to a sea of yellow flowers — and decided to open the field that weekend.

They officially dropped off their donation at the hospital on Sept. 18 following one of Freya's follow-up appointments. Darknell said the hospital staff were extremely grateful for the gift and that the funds would go toward purchasing a new piece of equipment.

"We are very thankful to have that type of hospital here in Manitoba," she said. "We're glad to be able to give back in some way."

hicle, a utility vehicle and a van using its 2025 capital budget.

• The RM will be purchasing two vehicles from Chudds PowerSports — a 2024 Mahindra 1120 HST 4CHTLM for \$25,584 plus applicable taxes and a 2024 Argo Magnum XF 500 LE 4x4 for \$10,384 plus applicable taxes — as well as a 2021 Ford Transit Connect Van XLT from Dunn Family Auto Centre for \$25,950 plus applicable taxes.

• Concrete corrosion in the Gimli Wastewater Treatment Plant's headworks building was found after the RM's director of operations requested a concrete condition report. The RM hired ENG-TECH Consulting Ltd. to carry out an engineering inspection. The company submitted a final report in July 2025.

Council then authorized RM administration to prepare a request for proposal to hire an engineering consulting company to address the corrosion. The work will include repairs to the walls, replacing and relocating a pump lift station and installing cathodic protection at the treatment plant's headworks building.

• Council reviewed seven bids to replace the flooring on the second storey of the Gimli Recreation Centre. It awarded the job to King's Flooring & Furniture Gallery. It will cost \$52,734 plus applicable taxes. The RM will provide \$26,367 from its building reserve fund and the provincial gov-

ernment will provide 26,367 from the arts, culture and sport in community fund.

• Council approved an application to the Local Leadership for Climate Adaptation Fund — a joint initiative of the federal government and the Federation of Canadian Municipalities with \$530 million in funding available — to complete a climate adaptation plan, and they also approved a contribution of \$15,000 as a portion of the costs must be covered by a municipality.

An adaptation plan is expected to enable municipal governments to build long-term resiliency to the climate crisis, according to the FCM's website.

• Council had approved retaining the services of HTFC to complete a trails master plan for the RM. At its Sept. 11 meeting, it authorized RM administration to "accept the trails master plan project extension from HTFC." Council is interested in obtaining "additional traffic studies."

• The RM posted the Gimli Community Development Corporation's statement of revenue and expenditures for August 2025 under its Sept. 24 agenda, showing a surplus of \$27,597 (year to date).

The CDC oversees the dormitory in the industrial park. It houses newcomers. The dormitory brought in \$171,306 in revenue (year to date) while expenditures were \$101,416



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Relationships matter

By Cam Dahl, General Manager, Manitoba Pork Council

On Sept. 17, the Office of the United States Trade Representative (USTR) began a 45-day public comment period on the effectiveness and impact of the Canada-United States-Mexico Agreement (CUSMA). Public hearings on CUSMA will be held in the U.S. this November. The process to review Canada's most important trade agreement has begun.

Our relationships with partners, customers and suppliers in the U.S. matter now more than ever. Recently, Manitoba Pork joined Manitoba Agriculture Minister Ron Kostyshyn on a mission to Iowa. It was an opportunity to speak with farm leaders and politicians about the value of our integrated market and cross-border trade. We could not have received a warmer welcome. There is strong recognition south of the border of the importance of this trading relationship.

The USTR and U.S. Congress are unlikely to give much weight to comments from the Canadian pork sector, Canadian agriculture in general or even our federal and provincial governments. But they will listen to the governor of Iowa and the elected representatives of that state's agriculture sector.

While it might look good on social media or television for a Canadian politician, in a fit of pique, to pour out Manitoba-distilled whisky over a disagreement with a multinational company or threaten to turn off the lights in American states, this is not how strong relationships are built. They are built by showing up at state fairs as friends and neighbours. Canadians cannot afford to turn away potential allies in the U.S. and Mexico with ag-

gressive rhetoric from north of the 49th parallel. We need partnership, not posturing.

For Canadian agriculture, outreach should be a top priority — especially for the 90 per cent of farmers who depend on international markets for price discovery and sales. While we must continue diversifying our markets, we cannot replace the U.S. as a destination. For example, Manitoba ships more than three million live pigs to be finished in the U.S. every year. Today, these exports move under the protection of CUSMA. If we were to lose that protection, or see integration between U.S. and Canadian producers weakened, these animals would have no alternative markets. Communities across Manitoba would feel the economic impact.

Canada's federal, provincial and territorial agriculture ministers met in Winnipeg in mid-September. I am hopeful they discussed developing a strategic outreach plan with our U.S. partners. Not every minister needs to visit every state capital in the lower 48, but we should have a plan to ensure at least one agricultural delegation reaches most of them before the 45-day comment period on CUSMA's effectiveness expires.

Which brings me to a closing observation: the U.S. has started public consultations on CUSMA. When will Canadian consultations begin? The best time to develop a strategic, pan-Canadian agricultural position on key elements of the agreement would have been 18 months ago. The second-best time is today. If this dialogue with the agriculture community does not occur, Canada risks entering the critical part of the CUSMA review



**Cam Dahl, General Manager
Manitoba Pork Council**

with both industry and governments divided — a mistake that could have far-reaching consequences for farmers from coast to coast.

For agriculture, the overall goal in the CUSMA review must be preserving and expanding the integrated North American market for both commodities and food. For the benefit of farmers, processors and consumers, we must actively target the elimination of tariff and non-tariff trade barriers, including regulatory misalignment between Canada and the U.S., restrictive country-of-origin labelling requirements, and individual state regulations that restrict trade within North America.

Our strategic discussions with CUSMA partners should also recognize that in an increasingly unstable global trading environment, secure trade within North America contributes to the national security of all three signatories and helps ensure a reliable, safe food supply for consumers across the continent.

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Manitoba adds 1,200 addiction treatment spaces provincewide

By Patricia Barrett

The provincial government announced over \$4 million in funding last month for Indigenous-led addictions programming across the province, and First Nations in the Interlake will be receiving some of the funding to support detox and recovery programs.

The provincial funding support will go towards Indigenous-led addictions programming that will create over 1,200 new treatment spaces, said Housing, Addictions and Homelessness Minister Bernadette Smith.

"Our government is committed to working alongside Indigenous organizations and experts to provide culturally appropriate addictions treatment," said Smith in a Sept. 29 news release. "We're creating more pathways to healing and recovery for those seeking addiction care."

The Interlake Reserves Tribal Council, which represents seven First Nations communities, will be receiving \$1.5 million for withdrawal-management services across five of its First Nations communities. That will include traditional Indigenous programming.

The Express reached out to the provincial department of Housing, Addictions and Homelessness for more information on funding for the IRTC, including what five IRTC communities have been selected and what the traditional Indigenous programming entails.

"Through the funding agreement with the department, IRTC will serve the following five communities: Dauphin River First Nation, Lake Manitoba First Nation, Lake St. Martin First Nation, Little Saskatchewan First Nation and Pinaymootang First Nation," said a departmental spokesperson. "This program is expected to support approximately 300 to 375 individuals per year."

The treatment programs include an accessible two-tiered mobile withdrawal management service model that offers detox treatment to individuals wanting to stop using a substance, whether drugs or alcohol.

"This program uses a mobile van to deliver services directly to communities. Individuals accessing services through the IRTC will receive supports in a community setting such as their own home or family and friends'

homes," said the spokesperson.

The treatment team is a collaboration between primary care, community care, the IRTC and the Interlake-Eastern Regional Health Authority that will see registered nurses, a nurse practitioner and counsellors providing daily care.

"The team works to support individuals and their families or support persons, with access to a crisis line providing after hours support," said the spokesperson. "In addition, all individuals using the services will have access to Elder and Indigenous-led services. This program operates with a holistic approach to support individuals to withdrawal from alcohol or other drugs without having to attend a residential withdrawal-management centre."

When asked what the traditional Indigenous aspects of the recovery program are, the spokesperson said they'll focus on "all aspects of healing, from the physical to the spiritual" when the IRTC program is up and running. This could entail the use of sweat-lodge ceremonies, land-based activities, traditional medicine, talking circles and a fasting ceremony.

"Once the programs are implemented within each community, more information may be available about specific Indigenous programming," said the spokesperson.

The government had committed over \$2.4 million for 800 day and evening treatment spaces, states the news release. The spaces are now open at the following Indigenous-led organizations:

- Life's Journey (Winnipeg) for a drop-in resource centre offering wraparound support for neurodiverse individuals (\$657,000).
- Misipawistik Cree Nation Health Authority for a seven-week outpatient program combining traditional medicine, life skills training and addiction education (\$450,000).
- Mikaaming Mino Pimatiz-iwin Healing Lodge for day programming in Sagkeeng First Nation and surrounding areas (\$365,399).
- Oshki-Giizhig Inc. (Winnipeg) for expansion of the Beaver Lodge Day Services Program for in-

dividuals with fetal alcohol spectrum disorder and other cognitive impairments (\$291,000).

- N d i n a w e m a g a n a g Endaawaad Inc. (Winnipeg) for daily support meetings for Indigenous youth rooted in cultural values, based on the WellBriety Movement model (\$718,000).

Earlier this year, the government had provided \$1.5 million in funding for program tools, materials and resources required for the development of the Anne Oake Recovery Centre, a bed-based addictions treatment facility designed for women and their children, states the release.

Crystal Springs Colony Lagoon Hearing Seeks Participants

The Manitoba Clean Environment Commission invites individuals or groups to apply to be a Participant (intervener) in the review of the Crystal Springs Colony Lagoon proposal. Participants have the opportunity to present issues that may be considered in the development of recommendations to the Minister of Environment and Climate Change.

Project Overview

Crystal Springs Colony has proposed a new colony development in the RM of Armstrong, located at SE 28-18-3 EPM. As part of the development, a wastewater treatment lagoon is proposed.

The lagoon will consist of two cells: a primary cell with a capacity of 6,538 m³, and a secondary cell with a capacity of 21,856 m³ for a total of 28,394 m³. The lagoon will include a synthetic HDPE liner and a gas venting system.

The lagoon will discharge into the Road 15E drain and travel north to Willow Creek. The effluent will follow Willow Creek east approximately 15km where it will enter Lake Winnipeg.

Participant Selection Criteria

If you are accepted as a Participant, you must be committed and prepared to take an active role in the pre-hearing and hearing activities.

1. Participants will be accepted based on the identified level of impact the proposed project will have on them, or their ability to bring additional comprehensive information to the hearing.
2. Applications will be assessed in relation to the applicability to the terms of reference, level of involvement and relative contribution to the hearing.

This notice is not for individual presenters. The general public will be invited to get involved in the hearing process when the hearing date and location have been set.

Visit www.cecmanitoba.ca for more information about the process and to access the application form.

View the project proposal at the On-line Public Registry: www.gov.mb.ca/sd/eal/registries.

Applications will be accepted **up to four weeks** before the start of the hearings. Early application is encouraged, as documentation and information from the other Parties will not be provided until status is granted.

To apply, please complete the participant registration form and submit to the Commission Secretary at:

Manitoba Clean Environment Commission
305-155 Carlton Street, Winnipeg, MB R3C 3H8
Phone: 204-945-7091 or 1-800-597-3556
Email: cec@gov.mb.ca www.cecmanitoba.ca



"OUR GOVERNMENT IS COMMITTED TO WORKING ALONGSIDE INDIGENOUS ORGANIZATIONS AND EXPERTS TO PROVIDE CULTURALLY APPROPRIATE ADDICTIONS TREATMENT."

Arborg to host new EMR training program

By Lana Meier

A new training initiative is aiming to put more emergency responders on the front lines in rural Manitoba.

Shared Health has announced a sponsored Emergency Medical Responder (EMR) training program now being offered in the Interlake, designed to help residents start a career in health care while strengthening emergency services in their own communities.

The program is geared toward individuals who excel in fast-paced, high-pressure environments and want to make a difference in emergency situations. Participants will receive practical hands-on training and, upon successful completion, will be offered employment with Shared Health's emergency medical services team.

"Not only will this training give participants the skills they need to respond when seconds matter, but it also provides a clear path to meaningful employment in emergency medical services right here in Manitoba," Shared Health said in a release.

Shared Health emphasized the important role EMRs play in local care and the qualities needed to succeed.

"Paramedics are skilled professionals who play a vital role in delivering pre-hospital care," Shared Health said. "Success in this field requires a high level of professionalism, strong communication skills, empathy, adaptability, with a focus on teamwork. Those committed to serving their communities and prepared to respond in dynamic environments are well-positioned to thrive in this essential role."

The agency said the initiative is also

a step toward addressing staffing shortages and response times.

"The sponsored EMR training program is an initiative to expand the number of qualified paramedicine staff in the Interlake region," Shared Health noted. "By providing this training in local communities, folks who pursue this certification will more likely stay and provide this care in those local communities, enhancing timely access to pre-hospital care in rural Manitoba. This sponsored EMR training program supports recruitment and retention by removing barriers to entry, creating local employment opportunities and building a more resilient emergency response system."

An offer of employment is contingent upon certification from the College of Paramedics of Manitoba and the fulfillment of all employment requirements set by Shared Health. The EMR program offers an entry-level pathway into the paramedicine field and plays a key role in rural emergency care — providing immediate on-scene support, stabilizing patients and assisting advanced care paramedics.

For the Town of Arborg, which is hosting the training, the program represents a much-needed investment in local emergency health care. Mayor Peter Dueck said the community has faced ongoing challenges with ambulance availability and response times.

"In the past, the Arborg ambulance has frequently been seconded to other areas due to a lack of personnel," Dueck said. "There appear to be plenty of trucks in the region but not enough responders. Response times

in Arborg have been a significant cause for concern, especially since the region isn't supporting our hospital emergency room and our ambulance is frequently being called to Highway 6."

Dueck added that having the EMR training offered locally removes a major barrier for residents who want to pursue a frontline health career.

"The town is very pleased that this training is taking place in Arborg," he said. "If people can take their training close to home, that makes a huge difference. It encourages local residents to step up and it strengthens health services for our entire region."

Juliette Bergner, manager with Fieldstone Ventures and Lakeshore School Division, said the training reflects a "grow your own" philosophy that has long guided post-secondary and trades programming in the region.

"This allows people to study and train at home, then work locally," Bergner said. "They do not have to uproot themselves or their families and incur extra expenses. It's something that's worked well for us in the past, and we've been working for over a year to make EMR and paramedic training accessible here in the Interlake."

Shared Health is aiming to train 12 students in this first intake, with Criticare providing the instruction. The program will run three to four months and includes a return-of-service commitment. Depending on future demand, additional intakes could be scheduled to meet regional needs.

"There is already a program running in Brandon, which began in August,

and this Interlake class will give local students the same chance to get started without having to leave home," Bergner said.

Graduates will not only find work as EMRs, but also have a clear path forward.

"There is room for advancement to Primary Care Paramedic training or even advanced levels," Bergner explained. "The EMR role gives them an opportunity to work alongside paramedics, see what is involved in the next step and decide if they want to move on. We're hoping to build those pathways here in the future."

Fieldstone also works with Workplace Development, First Nations bands and the Manitoba Métis Federation to connect students with financial supports.

"Once a student is accepted, we can help them access funding, housing and other supports," Bergner said. "We try to connect the dots so people have what they need to succeed."

Over the past 25 years, Fieldstone has partnered with groups across the Interlake to bring licensed practical nursing, health-care aide, teacher training, trades and heavy equipment operator programs to local communities.

"If there is an interest and a need, we will work to get the training here," Bergner said.

Applications for the EMR program are now open, and Shared Health encourages those interested in a frontline career in emergency medical services to apply.

Nominations open for Excellence in Education Awards

By Lana Meier

The Manitoba government is celebrating World Teachers' Day by opening nominations for the 2025-26 Excellence in Education Awards, which recognize outstanding teachers and school leaders across the province.

"Educators play a vital role in shaping the future of our

children and our communities," said Education and Early Childhood Learning Minister Tracy Schmidt. "These awards honour the dedication, creativity and leadership of teachers and school leaders who go above and beyond to help students succeed."

The awards celebrate exceptional contributions within Manitoba's education system and highlight the province's commitment to recognizing excellence in teaching and leadership. Nominations close Dec. 4, and recipients will be honoured at a ceremony in spring 2026.

AWARD CATEGORIES INCLUDE:

- Teaching Excellence Award
- Outstanding New Teacher Award
- Outstanding Team Collaboration Award
- Outstanding School Leader Award

- Premier's Award for Excellence in Education

The premier's award is chosen from nominees across the other four categories and honours those whose work has made a remarkable and far-reaching impact on students and their school communities.

Eligible nominees must hold a valid permanent Manitoba teaching certificate and work directly with kindergarten to Grade 12 students. School leaders must be principals or vice-principals. Nominations can be submitted by parents, guardians, students, school trustees, teachers or administrators.

World Teachers' Day, established by UNESCO and Education International, has been celebrated globally on Oct. 5 since 1994.

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Cultures unite at Interlake Culturama celebration



EXPRESS PHOTOS BY CORRINE EINARSSON

Community members filled Arborg Community Hall on Sept. 26 for the Interlake Culturama Multi-Cultural Festival, enjoying an evening of international food, entertainment and cultural displays celebrating the region's diversity. The annual event was hosted by Arborg & District Multicultural Heritage Village in partnership with Regional Connections Immigrant Services.



Seniors overlooked as Moosehorn woman battles insurer

By Lana Meier

A 75-year-old Moosehorn woman says she was left frightened and frustrated after an insurance payment mix-up escalated into months of threatening letters — even though she had proof she had paid in full.

For more than 15 years, Jennifer Wolbaum has paid her property insurance without incident. But this spring, the routine renewal turned into a months-long ordeal that advocates say shows how easily seniors can be overlooked — or even mistreated — by large institutions.

Wolbaum, who suffered a stroke several years ago and has been wheelchair-bound ever since, renewed her annual policy in April 2025 just as she always had — by mailing a personal cheque. The payment was cashed, and she kept the cancelled cheque as proof.

"I did everything right," she said. "I sent the cheque, it cleared the bank, and I had the record. I thought everything was fine."

Weeks later, Wolbaum began receiving letters from her insurance company stating that her policy was past due. Confused, she phoned to explain that she had already paid. Despite that call, the notices continued to ar-

rive — and eventually escalated to registered letters warning that her coverage could be cancelled.

"When I phoned them, I told them I had my cancelled cheque and the bank statement showing they'd cashed it," she said. "They just kept arguing. How can you argue with people? I had the proof right in front of me."

Over the next several months, Wolbaum said she received registered letters "every month."

"I finally refused to pick them up because they wouldn't listen to me," she said. "It's not fair. I'm 75 years old, and they treated me like I was nothing. I pay my bills all the time."

Her situation was especially concerning because she lives alone in a seniors' manor in Moosehorn, where she moved after spending 25 years in her family home. With mobility challenges and limited transportation, resolving the issue on her own proved nearly impossible.

Wolbaum said she finally turned to her friend Linda Wurster, a retired home care worker and longtime supporter, after months of frustration.

"I told Linda what was happening because I didn't know what else to do," Wolbaum said. "They kept send-

ing me registered letters and wouldn't listen to me."

Wurster said the situation was distressing to watch unfold.

"It was like nobody would listen to her," she said. "She explained everything, but they kept insisting she hadn't paid. It was really upsetting."

Together, they gathered Wolbaum's paperwork — including the registered letters, cancelled cheque and bank statement — and took it to Jay Ruchotzke of Ashern Agencies, the local insurance broker.

"He said he would do some digging, and he finally straightened it out after about a month," Wolbaum said.

Ruchotzke confirmed the issue has been resolved.

"To my understanding, this matter has now been resolved," he said. "Unfortunately, I'm not sure exactly what had happened. The insured had a friend drop off proof of payment with me as they apparently were not getting a response from their original broker. I simply gave the company a call and provided them with proof of payment. I never heard anything further from the company but was later advised by her friend that the policy had been reinstated."

He added that while mistakes like this can occur, they are not common.

"Things like this can occur but are

not common," he said. "The best thing is to do like they had done and keep records of payments and transactions just in case there's ever a discrepancy."

Ruchotzke said the companies he deals with are generally responsive and willing to work with customers when problems arise.

"In my experience, the companies I deal with are very understanding and easy to deal with regarding issues that customers may encounter," he said. "The best advice would be

to pay a visit in person to your broker to discuss any issues if at all possible. In this case she could not attend herself, and we were the closest brokerage that could help."

Eventually, Wolbaum's policy was updated and extended through May 31, 2026. But the incident left her shaken — and wondering how many other seniors face similar situations without anyone to step in.

"I don't have nothing of value, but it's not the point," she said. "I might

not get any insurance after this. I just want people to be careful — don't send a cheque in the mail. Always go in person."

Advocates say Wolbaum's case underscores how older adults — especially those with mobility or cognitive challenges — can be vulnerable to bureaucratic mistakes that put their

Continued on page 19

"I SENT THE
CHEQUE, IT
CLEARED THE
BANK, AND I HAD
THE RECORD. I
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Spectacular sunrise



EXPRESS PHOTO BY DENNIS GEISLER

A spectacular sunrise brightened the sky over the Ashern area early Monday morning, offering a brief burst of colour before clouds moved in. The temperature at 8:57 a.m. was 4 C, feeling closer to 0 C with the wind. About two mm of rain had fallen in the previous 24 hours, with no additional precipitation expected. Monday's temperature range was forecasted to be between 3 C and 10 C, under partly cloudy skies later this morning. Share your photos of the weather — or of friends and family enjoying the outdoors — by emailing news@expressweeklynews.ca.



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Celebrating a 30-year milestone

By Jennifer McFee

A long-serving dietitian offers some food for thought about what she enjoys about her work.

Denise Smolinski, a dietitian at Arborg Community Health Office, is celebrating 30 years of employment with Interlake-Eastern Regional Health Authority.

"I love that my work directly contributes to the health and well-being of others. I enjoy working with people from different communities and with other health-care professionals as part of a team," she said.

"I have always been interested in nutritional science, which is continually evolving so this challenges me to keep learning all the time."



PHOTO SUBMITTED

Dietitian Denise Smolinski

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Who needs Milan: Gimli's New Horizons and Johnson's store strut their stuff

By Patricia Barrett

Move over Milan with your long runways, glitzy labels, front-row celebs and stick-thin models because Gimli knows how to strut its stuff.

New Horizons 55+ Activity Centre and Johnson's Fashions & Footwear teamed up for a ladies-only fashion show on Sept. 18 that met with glowing reviews from those who modelled and those who attended.

The show was held at New Horizons in the north end of Gimli. With 15 local models, the show was a mere teaser to all the latest fall and winter fashions and footwear Johnson's has in stock.

Julie Ewanchuk, who coordinated the show, said Johnson's new line of fashions are "absolutely gorgeous." And the sell-out show indicated an enthusiastic level of interest from the wider community.

"We sat 144 people and it was sold out a few weeks before the event," said Ewanchuk. "As the coordinator, my opinion might be biased, but I do really think everyone had a good time. I think it was very successful. I had a lot of positive feedback from people after the show, and a lady in the office said people were asking to buy tickets for next year's show, which I think is quite a compliment."

New Horizons has a membership of over 500 seniors and offers wellness, social and recreational activities that support the physical and mental wellbeing of its members.



EXPRESS PHOTOS SUBMITTED

Rita Eyer models a new fall line of fashion from Gimli's Johnson's store, including a striped sweater, white vest, side-striped jeans and red boots.

The fashion show is becoming an annual event that's proving immensely popular.

As coordinator of the show, Ewanchuk said she had to set up, decorate and tear down the venue. She decked out the room in a festive pink, white and black theme, hung up a banner with Celebrating Women on it, and installed a balloon arch and an elevated runway with fairy lights and an off-ramp. Tables had crisp white tablecloths, black runners and fresh floral bouquets.

Ewanchuk said she had a lot of help getting the show off the ground.

"I had a couple of people who helped me closely with the event, and members from the club helped me with getting the room set up and with the take-down. People were amazing," said Ewanchuk. "I would like to thank all the people who did the behind-the-scenes work and contributed to making the show a success. This is a great community."

Gimli resident Rita Eyer, who participates in tai chi classes at New Horizons, volunteered to be one of the models in the show after a classmate encouraged her to put her name in. She said she really enjoyed the show and thought it was "nicely done." It was the first time she had ever attended the fashion show and the first time she had ever modelled.

"I really liked the outfits and showing them to the audi-

ence," said Eyer. "My sister came in from Winnipeg and it was a fun evening. It would have been fun to have watched the show as an audience member."

Eyer said she got to model four different outfits from Johnson's, three casual and one formal.

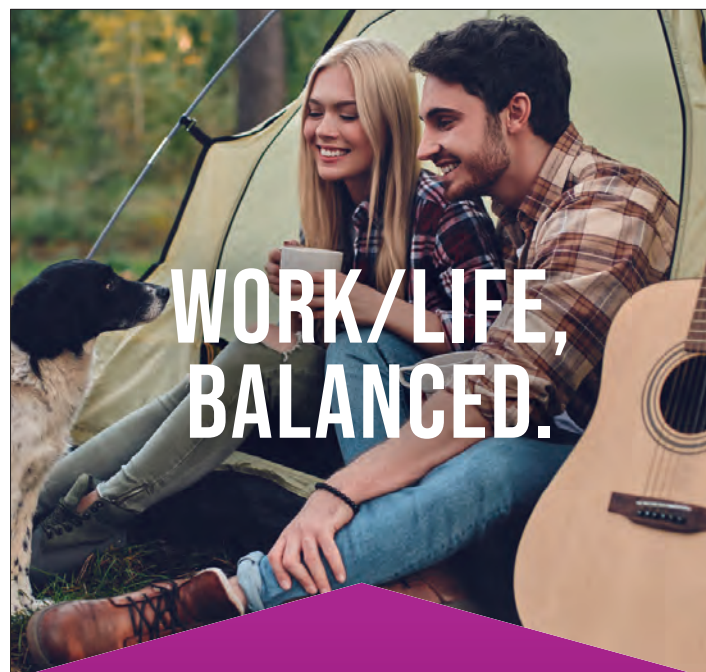
"I really liked the outfits," said Eyer. "I got to wear beautiful sweaters and vests, and different styles of jeans, boots and elegant shoes. My third outfit was a green leather jacket, black pants and green boots. Phenomenal boots at Johnson's. My last outfit was a fancy Christmas outfit."

Johnson's carries dozens of fashion and footwear brands including Cherishh Linen, FDJ French Dressing, Hatley, JAG Jeans, Shapeez Shapewear, Tribal Collection, and Keen and New Balance footwear, as well as handbags, jewelry, accessories and footwear for men.

To prep the models for the show, Eyer said they had a practice session where they learned how to walk to different parts of the runway, strike a pose and catch an audience member's eye as the commentator described their outfits. During the show, they also walked around the guests' tables.

"We went off the ramp. Julie would take your hand as you walked down the ramp then you walked all around the room so that the ladies could see

Continued on page 20



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Reeve, Council and staff welcome you to come out and enjoy the Annual Lundar Goose Shoot.

Good luck to all of the contestants and participants.

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

49th Annual Lundar All Canada Goose Shoot

Friday October 10, 2025 @ 5:00 Supper
Field Draw, Calcutta @ Lundar Legion

Lundar set to host annual All Canada Goose Shoot this Thanksgiving weekend

By E. Antonio

Twenty eager teams are locked and loaded for Lundar's annual All Canada Goose Shoot, taking place Saturday, Oct. 11.

The long-running Thanksgiving weekend tradition has been drawing hunters to the region since 1977, offering friendly competition, local camaraderie, and a full weekend of community events.

"It's a day for people to get together and have a little fun outdoors," said organizer Kelsey Cocklin. "For many, it's something they look forward to all year."

Participation is capped, and earlier this year hunters had to apply for a chance to secure their spots. The final roster of 20 teams was determined through a field draw, adding an extra layer of anticipation for those selected.

Festivities kick off Friday, Oct. 10, with a community dinner at the Lundar Legion. Doors open at 4:30 p.m. and dinner will be served at 5. Tickets will be available at the door. During the evening, teams will receive their designated hunting areas, fol-

lowed by a Calcutta auction, where spectators can bid on the teams they think will bring in the biggest haul. A silent auction will also take place, with proceeds supporting local organizations and community projects.

The hunt begins bright and early Saturday morning, with each participant allowed a limit of five birds. After the teams return, a weigh-in will determine the winners. The top three teams with the heaviest hauls will claim bragging rights and prizes, including a new shotgun for the top-scoring crew.

"Our goose shoot is for more than just hunters," Cocklin emphasized. "There are plenty of chances for the whole community to get involved and celebrate with us."

The All Canada Goose Shoot remains a cherished fall event that honours local heritage, promotes outdoor recreation, and fuels community pride—continuing nearly five decades of Thanksgiving weekend tradition in Lundar.



Entries accompanied by their \$1000.00 in Canadian funds commencing on April 15, 2024 must be in the hands of the treasurer no later than May 31, 2024.

The Lundar Annual All Canada Goose Shoot is brought to you by RM of Coldwell and the All Canada Goose Shoot Committee.

The RM of Coldwell and the All Canada Goose Shoot Committee in Lundar, MB, Canada hereby give notice to all its participants that the RM of Coldwell and the Goose Shoot Committee are not liable, either individually or collectively, for any damage, injury or loss, however occasioned during, before or after this Goose Shoot. All participants shall be deemed to accept liability for any loss however sustained by registration as a participant in this event.

If you wish to be added to our mailing list for future entry forms please provide your email address below.

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2024 Winners



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Mike Vigfusson, Troy Fortin



2nd Place - Kevin Halldorson, Zach Halldorson,
Nikki Haldorson, Rachel Halldorson



3rd Place - Chris Adams, Cody Adams,
Bryce Hacault, Paul Moreau

Rules for the All Canada Goose Shoot:

There shall be 4 people to a team, plus checkers and guides to be appointed. A team member replacement is allowed. All hunting shall be in accordance with the Manitoba Migratory Game Bird Regulations. For the purpose of the All Canada Goose Shoot only giant Canada, Canada, and lesser Canada geese apply.

All competitors in the All Canada Goose Shoot must possess a valid Migratory game bird stamp and Manitoba provincial game bird license. EXCEPTION BE-
ING RESIDENT OF MB SENIORS.

12 gauge shotguns are the largest gun allowed. There is no limit to the number of shells. Each team is to supply their own shells, decoys, and calls. Hunting areas will be drawn from preselected fields rented from farmers.

A hunter will not be eligible to hunt in the All Canada Goose Shoot 2 years in a row. Hunters and their geese must report to weigh in station no later than 2pm on Saturday October 11th, 2025. Every team member along with their checkers must report to the weigh in station regardless of the number of geese. All geese are to be left at the weigh in station until all teams have reported in. The above rules are to be read in conjunction with the rules for checkers and teams at the time of registration. Any team who is not drawn and decides to stay in for the following year, is only allowed to do so once. We will not be holding teams for more than one year.

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RM of Gimli bikejoring team making strides, competing at world event, racing in Inwood

By Patricia Barrett

Bikejoring teammates from the RM of Gimli are way ahead of the pack, so to speak, having once again earned a spot on the Canadian national team for harness-dog sports.

Muriel Smith is scheduled to compete with her dog Jake at the upcoming International Federation of Sled Dog Sports' (IFSS) Dryland Mushing World Championship in Minocqua, Wis. After that race, Smith will be competing in a fun race in Inwood called the Sidewinder Dryland Race.

Smith, who's in her 60s, said she has a passion for having fun with her dog – and likely a passion for speed.

"The whole point of bikejoring and other harness-dog sports is to have fun with your dog," said Smith. "But if you want to race nationally or internationally, you have to adhere to IFSS standards, qualify for races and undergo anti-doping testing. Both humans and dogs fall under the World Anti-doping [Agency] rules, and they test you and your dog before — and after — races."

Bikejoring is a harness-dog sport that has a dog or dogs attached by a harness to a bike and running ahead of a cy-



EXPRESS PHOTO COURTESY OF MURIEL SMITH

RM of Gimli resident Muriel Smith, in her team Canada uniform, with her dog Jake. The bikejoring team earned a spot on Canada's national harness-dog team for the second time in as many years. Smith is planning to attend the IFSS Dryland Mushing World Championship races in Wisconsin in a few weeks.

clist. Related sports include canicross in which an athlete runs while attached to a dog and scooterjoring in which an athlete on a non-electric kick scooter is pulled by a few or more dogs. Dryland mushing training builds physical power and agility as race courses typically consist of inclines and falling slopes and turns.

"With bikejoring we're pedalling like crazy, but it's the quality of the dog, as well, that makes a difference; you work as a team," said Smith, who raced in Kenora a few weeks ago as part of a fundraiser for St. John's Ambulance. "[Dryland racing] is a huge sport in Europe. We have athletes coming from Europe, [Oceania] and South

America to compete at the world's."

This is the second time Smith has earned a spot on the Canadian national team to compete at the world championships. The event in Minocqua will feature six days of high speed races on dirt trails with over 350 competitors from dozens of countries around the world. The games include a medal ceremony and a banquet.

There are different divisions of athletes in harness-dog sports, said Smith. There is Junior class for 18 years and younger, Elites, Masters 40, Masters 50 and Masters 60. Smith and a bikejoring friend and fellow teammate Edie Fisher from Kenora are part of Masters 60 for women.

"Edie and I compete in the Masters 60 for women. I think she and I are the oldest competitors in bikejoring at 67 and 68 years old," said Smith. "My other teammates are from Quebec, Ontario, Alberta and B.C. If there aren't enough competitors for Masters 60, they'll bump us down to Masters 50 and we'd have to race against people in their fifties."

Smith is scheduled to race on Oct. 21 and 22.

After the world championships, she'll be heading home to prepare for the Inwood Sidewinder Dryland Race on Oct. 26. The non-IFSS race has been an annual event since 2017 and attracts people from all over Manitoba, including Plum Coulee, St. Anne's and Winnipeg, as well as from Ontario.

"The fellow who owns the property in Inwood maintains the trails," said Smith. "The Sidewinder is a community fun race. But this is the first year we've been adamant about meeting certain regulations."

Smith and Fisher and a few other harness-dog athletes are in the process of developing a local not-for-profit chapter under the Canadian Association of Harness Dog Sports, which is affiliated with the IFSS. Manitoba doesn't have a chapter, but there are chapters in the Maritimes, Quebec, central Ontario, Alberta and B.C.

By next year Smith said they plan to have a Manitoba Harness Dogs Sports Association, which will cover Manitoba and northwestern Ontario. The purpose of having an IFSS chapter is to bring regulations and standards to the sport, hold local IFSS-compliant races and allow athletes to qualify for national and international events.

Smith said she has wonderful sponsors and other supporters behind her. "I have good support in the community such as Bikes & Beyond and Perfectly Raw."

She joked that Perfectly Raw powers Jake.

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Community gathers in Dunnottar to mark Truth and Reconciliation Day

By Lana Meier

About 100 people gathered at Spirit Park in Whytewold on Tuesday evening to take part in Dunnottar's annual Truth and Reconciliation ceremony.

The event, held Sept. 30 by Age Friendly Dunnottar, included a walk, a traditional pipe ceremony led by Knowledge Keeper Wayne Manningway and Raine Seivewright, both Pipe Carriers, and a performance by student drummers from Winnipeg Beach School.

Manningway also served as the event's keynote speaker, sharing teachings and reflections on the ongoing journey toward reconciliation and the importance of community connection.

Age Friendly Dunnottar received support for this year's event through a grant from the Orange Shirt Fund.

Organizers noted they would have held the ceremony regardless, but the funding provided meaningful support for the gathering.

Catherine Mather, who has helped lead the ceremony in past years, said the gathering remains an important opportunity for the community to reflect on the legacy of residential schools and Canada's continuing path toward reconciliation.

Following the ceremony, participants shared tea and bannock while socializing at the park. Among those in attendance were members of the Park family, who read the dedication plaque honouring Linda Park, for whom Spirit Park is named.

The Dunnottar ceremony was one of several held across the Interlake region to mark the National Day for Truth and Reconciliation.



EXPRESS PHOTOS BY WENDY BUELOW

Participants gather at Spirit Park in Whytewold on Sept. 30 for Dunnottar's annual Truth and Reconciliation ceremony, which included a walk, pipe ceremony, drumming and sharing of tea and bannock.



Pipe Carriers Raine Seivewright and Wayne Manningway lead the traditional pipe ceremony at Spirit Park as part of Dunnottar's Truth and Reconciliation gathering. Manningway also served as the event's keynote speaker, offering reflections on community, healing and reconciliation.



Members of the Park family read the dedication plaque to Linda Park, who is honoured by Spirit Park in Dunnottar.

> BATTLES, FROM PG. 12

finances, housing and peace of mind at risk.

"Too often, seniors are dismissed or ignored when they raise concerns," Wurster said. "If Jennifer hadn't had

someone to help, she might have lost her coverage completely."

The incident also highlights the importance of keeping thorough financial records, especially when payments are made by cheque. Experts recommend saving copies of

all correspondence and payment confirmations — and contacting both the broker and the insurance provider immediately if discrepancies arise.

While Wolbaum is relieved the issue is behind her, she hopes sharing

her story will prevent others from going through the same ordeal.

"I want people to know they don't have to just accept it," she said. "If you know you're right, keep speaking up until someone listens."

Lundar man wins \$62,680 in Eriksdale fundraiser

By E. Antonio

A lucky Lundar resident is \$62,680 richer after finding the queen of hearts during Eriksdale's Capture the Queen of Hearts fundraiser on Sept. 25.

With only seven cards remaining, Landon Lamoureux successfully uncovered the winning card, ending the 47-week-long game.

A new season of Capture the Queen of Hearts will begin Oct. 16 at 6:30



p.m. in the Eriksdale Recreation Centre Curling Lounge. Proceeds are shared among eight local organizations.

Tickets are \$2 each or three for \$5,

with sales open until 8 p.m. The draw takes place at 8:15 p.m. alongside the 50/50. More details are available on the Eriksdale Capture the Queen of Hearts Facebook group.

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> STRUT THEIR STUFF, FROM PG. 14

the outfit," said Eyer. "A lot of people wanted to see how the clothes felt."

Eyer said she really appreciates the help she got from two of Johnson's staff members — June Kristofferson and Carolin Magnusson — who pre-fitted her at the store and who were on hand backstage helping the models change into different outfits and making sure everything ran smoothly.

"I went to Johnson's and it was June and Carolin who had the outfits for me to try on. They had the outfits lined up and the right sizes for me and even a couple of suggestions," said Eyer. "And they were there help-

ing during the fashion show when we'd have to change our outfits. Carolin was right there for me so I didn't have to worry about hanging the clothes up; they had it all organized beautifully."

Eyer said there was no formal after-party for the models and she held her own with her sister.

"It was so nice that my sister was here from Winnipeg. She told me how much she enjoyed the evening and meeting different women at the table where she was sitting," said Eyer.

She said she'd "certainly" model again next year if asked.

This was the third time Gimli resident Evy Bialek said she attended the fashion show, and the highlight of the show for her was having a "ladies night out."

She said she also loved the fashions and will be paying a visit to Johnson's at some point.

"I thought this year the colours were really nice and bright and there was a lot of abstract designs on some of the outfits. The quilted outer clothing such as jackets and vests were really nice, too, really good for our weather," said Bialek. "Johnson's has so much going for them. They get clientele from every walk of life. I heard some nice comments that Johnson's would accommodate people for whatever they need."

Bialek also paid tribute to Ewan-chuk for doing an "amazing" job despite being under a lot of pressure to bring it all together.

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Bidding starts: October 16th at 10:00am
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Powerbend Tire and Service keeps Arborg rolling

By Lana Meier

For Jeff and Lisa Abuda, running Powerbend Tire and Service isn't just about tires and service — it's about people.

The couple has operated the business for 30 years at 441 River Rd., building relationships as much as they repair vehicles. As a proud member of the Better Business Bureau and the Canadian-owned Tirecraft dealer network, Powerbend combines trusted local service with the backing of a national warranty.

With Manitoba's icy roads and unpredictable snowfalls, the Abudas remind drivers that winter tires aren't just a seasonal add-on — they're a proven safety measure. Winter tires are made with softer rubber compounds that stay flexible in cold temperatures, providing better grip for braking and cornering. They also feature tread patterns designed to push away snow and slush, helping prevent skidding.

"Switching to winter tires isn't only about protecting your own vehicle; it's about keeping everyone on the road safer," Jeff said. "The difference in stopping distance on ice can be the

difference between a close call and a collision."

Tirecraft dealerships are owner-operated across the country, committed to giving customers honest advice, competitive prices and dependable service. That same philosophy guides the Abudas, who have invested their time and energy in the well-being of both their customers and their community.

Powerbend Tire and Service offers a full range of tire and automotive services, from seasonal tire changeovers to MPI-accredited windshield replacements and repairs, giving drivers one trusted stop for safety and maintenance.

WINTER TIRE TIPS FROM POWERBEND TIRE AND SERVICE

- **Switch early:** Install winter tires when temperatures consistently drop below 7 C for the best performance.
- **Check tread depth:** Ensure at least five mm of tread for maximum grip on snow and ice.
- **Match all four:** Always change all four tires to maintain balance and control.



EXPRESS PHOTO BY BRETT MITCHELL

Jeff Abuda, owner of Powerbend Tire and Service in Arborg, has been serving the community for years with quality tire and automotive service.

• **Check tire pressure:** Cold weather lowers tire pressure, so monitor and top up regularly.

• **Store properly:** Keep your summer tires in a cool, dry place — ideally on a rack or hooks to prevent flat spots.

For advice or to book your winter changeover, call Powerbend Tire and Service at 204-376-2247 or email river441@mymts.net

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Charles Kirkpatrick – Gimli – \$2,246
 Suzanna Park – Arborg – \$479
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 Janice & Pat Skene – Arborg – \$1,309
 Jodie Thorgilsson – Eriksdale – \$718

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Gimli observes Truth and Reconciliation Day with cultural gathering

By Gloria Thomas

The RM of Gimli, along with the Gimli Red River Métis Local, the Riverton Red River Métis Local and the Riverton and District Friendship Centre, hosted a Truth and Reconciliation Day gathering at the Park Pavilion on Sept. 30.

The event opened with a land ac-

knowledge and a prayer from Susan Champagne Shapiro, chair of the Gimli Red River Métis Local. Tanya Grimolfson, chair of the Riverton Red River Métis Local, MCed the program, while the Friendship Centre provided canteen service along with free tea and bannock.

Drumming by the Red Shadow

Singers and the Winnipeg Beach Children's Drum Group set the tone for the day, followed by welcoming remarks from Mayor Kevin Chudd and MLA Derek Johnson. Gloria Thomas, vice-chair of the Gimli Red River Métis Local, offered a teaching on the near loss of Indigenous languages due to residential schools and the on-

going efforts to reclaim them. Entertainment included music by Jason Lepine and the Métis Spirit Band, a performance by the Kind Heart Women Singers and a youth fiddle performance by Dean Riley. More than 100 people attended the event.



EXPRESS PHOTOS BY RAYME THOMSON
Community members gathered at the Gimli Pavilion on Sept. 30 to observe the National Day for Truth and Reconciliation. The event featured cultural performances, traditional drumming and opportunities for reflection and learning as participants honoured residential school survivors and worked to strengthen understanding and reconciliation in the community.



> RAISING CONCERNS, FROM PG. 4

2023, Johnson said he was told. The board members were aging out and leaving the board.

A rising vacancy rate at the lodge could potentially spell trouble for a meal program on which many of the current residents rely.

"The meal program requires so many meals a day to continue. If you don't get that certain number of meal orders, the meal program will close," said Johnson. "Those who need a meal program would have to move out if the program ended."

It's not only vacancies that are concerning Inwood Lodge residents. Johnson said the tenants told him the fire alarm does not connect to the fire department, making it incumbent upon them to call. There is also no connectivity to the building that would allow tenants to use the internet, a cell phone or their medical lifeline or other emergency alerting device, which is one of the main reasons seniors move out. There's no central cooling of the building, a lack of exhaust fans in some suites, and an ingress, once again, of red-sided garter snakes — the area is famous for its harmless and environmentally beneficial snakes.

Windows in one part of the building don't open fully and would trap a senior in their suite in the event of a fire in the hallway, and there are non-functioning emergency lights, which are supposed to come on during a power outage. The building's common area carpets are washed only once a year.

"I was told when the lodge was run by the board, the carpets were cleaned [i.e., washed] every couple of

months," said Johnson. "With the government running it since 2023, the carpets only get a cleaning once a year. And they look disgusting. They're vacuumed, but they're not cleaned. The carpet goes to the kitchen, too."

Despite the shortcomings, Johnson said he was told there are no cockroaches and no bedbugs in the building, and he himself examined the fire extinguishers, which are up to date.

But the residents' overall concern points to a troubling issue in small communities where seniors who've lived there all their lives, and have family and community connections, want to live out their remaining days there and not be uprooted because of a lack of affordable housing and other services.

Should the lodge close because of vacancies, people in town and on surrounding area farms would be deprived of affordable housing options in their community when they need it, said Johnson.

"The majority of the people [in Inwood Lodge] are locals who want to stay independent in their own community. This is about seniors' independence; that's what they want most of all," he said. "But as they start to feel pressured in ways that include not being able to have a lifeline alerting system, that forces them to choose their health over where they live, and they'll move to a place where that service is available."

The *Express* contacted a resident of Inwood Lodge and a resident (from another community) who had told the paper they would move to Inwood Lodge if it was possible. The paper did not hear back by press time.

Comments on Johnson's social media site included an unsubstantiated claim that people inquiring by phone about a suite at Inwood Lodge have been told they'd have to wait a year or longer to get in — which doesn't appear to marry up with the number of vacant units.

The *Express* had reached out to Manitoba Housing in April for comment on the vacancies and other matters at Inwood Lodge. A spokesperson said at that time there were four suites undergoing renovations, five suites available for rent and one person on the waiting list. The spokesperson also said there were no "current pest issues" and that the government's "Your Way Home" provincial housing plan does not include offering homeless people in Winnipeg a suite in rural Manitoba Housing facilities.

The spokesperson had also said that demand tends to fluctuate for Manitoba Housing properties such as the one in Inwood. At times there will be few applicants on the waiting list, then a surge of applicants. It depends on local housing market conditions (e.g., if new housing options are available, stabilized rent), movements in the population or seasonal trends.

The *Express* reached out to Manitoba Housing last week to verify if there's a 45 per cent vacancy rate at Inwood Lodge, how many people are on the waiting list, who would be eligible for a suite, whether maintenance is being sidelined and whether the government has plans to close the building.

A departmental spokesperson provided statistics that indicate the vacancy rate is 41 per cent, and said that Manitoba Housing will consider renting suites — at market rate — to prospective tenants whose incomes would normally disqualify them for

subsidized rent in a bid to address the vacancies.

"There are 22 studio and one-bedroom units in the building, with eight currently vacant and ready for occupancy while one unit still requires repairs. There is no one on the waiting list at the moment, and anyone interested can apply. Manitoba Housing would assess the application based on the applicant's income. Because of the vacancies, individuals above the threshold for subsidized housing would be considered for tenancy (at market rate)," said the spokesperson by email. "Government recently reviewed and spoke with individuals on the waitlist, and held discussions around other locations ... based on their preferences. We encourage all applicants to choose many areas given vacancy varies community to community."

The province has no plans to close Inwood Lodge, he added, and the building has a full-time caretaker who maintains the property.

"The property is in good condition, and there are no plans to close the facility. The building has a full-time contract caretaker who maintains the property. Carpets are vacuumed three times per week," said the spokesperson. "The property manager attends weekly and communicates with tenants when working from the office space in the building. Tenants have not brought forward any further issues."

The *Express* spoke with RM of Armstrong Reeve Gary Wasylowski, who said residents at the lodge didn't ask council for help addressing their concerns as the facility is a provincial responsibility.

get inspired

> MEAL IDEAS

Creamy Chicken Pearl Couscous Soup

Prep time: 15 minutes
Cook time: 20 minutes
Servings: 4

1 bag Success Pearl Couscous
1 tablespoon butter
1 small onion, diced
2 carrots, sliced
2 celery stalks, sliced
2 cloves garlic, minced
4 cups chicken broth
1/2 teaspoon Italian seasoning
1 teaspoon salt

1 teaspoon pepper
3 cups cooked, shredded chicken
1 cup milk
1 tablespoon parsley, chopped
1 tablespoon heavy cream (optional)
Prepare pearl couscous according to package directions.

In large pot, heat butter over medium heat. Add onion, carrots and celery. Cook 5 minutes until softened. Stir in garlic and cook 1 minute.

Slowly stir in chicken broth then add Italian seasoning, salt and pepper. Bring to boil then reduce heat to simmer 10 minutes.

Stir in chicken, milk and pearl couscous. Simmer 5 minutes until hot. Garnish with parsley.

For creamier soup, stir in heavy cream just before serving.

Easy Beef Bulgogi Rice Bowl



Prep time: 10 minutes, plus 30 minutes for marinating
Cook time: 10 minutes
Servings: 2-4
1/4 cup soy sauce
2 tablespoons brown sugar

1 tablespoon sesame oil
2 garlic cloves, minced
1 pound beef sirloin, thinly sliced
1 bag (14 ounces) Success Jasmine Rice

1/4 cup carrots, julienned
1/4 cup cucumbers, julienned
1/4 cup onions, chopped
2 green onions, chopped
1 tablespoon sesame seeds

In bowl, combine soy sauce, brown sugar, sesame oil and garlic. Add beef and mix well. Refrigerate marinated beef at least 30 minutes, or overnight.

Prepare rice according to package directions.

Heat skillet over medium-high heat. Cook beef 7 minutes, stirring often, until cooked through and caramelized. In last 3 minutes, add carrots, cucumbers and onions.

Divide rice between bowls. Top with beef bulgogi. Garnish with green onions and sesame seeds.

Ribbon cut on new Lakeshore wellness hub

By Lana Meier

The Lakeshore Regional Wellness Centre officially opened its doors in Ashern last weekend with local and federal officials, volunteers and community members celebrating the transformation of the former curling rink into a year-round hub for health and connection.

Interlake-Gimli MLA Derek Johnson and Selkirk-Interlake-Eastman MP James Bezan were both on hand to help cut the ribbon and mark the milestone, which capped nearly a decade of planning, fundraising and volunteer work.

In his remarks, Johnson praised the centre as a symbol of community spirit and collaboration.

"This moment is not just the unveiling of a building; it is the celebration of a vision, of countless hours of effort, and of a community that believes in the health and well-being of its people," he said. "Every contribution mattered, and today we celebrate not just the finished centre, but the power of what a community can accomplish when it comes together with purpose."

Tim Cameron, past president of the Lakeshore Regional Wellness Centre board, called the opening celebration and Wellness Expo "totally successful," estimating that between 400 and 500 people walked through the expo and craft show before heading over to tour the new facility and try out activities.

"There was a real feeling of community pride as the former curling rink remains a place for recreation, socializing and active living," Cameron said. "Several former curling club members were there expressing their approval. I think folks were amazed and appreciated the work that has gone into repurposing the rink. Many will be signing up for memberships, taking up pickleball, working out in the gym or using the walking track

— and many also signed up to volunteer."

The official ribbon-cutting followed a community walk around the Co-op Community Walking Track and was performed by Johnson, Bezan, RM of West Interlake Reeve Arnthor Jonasson and LRWC vice-president Scott Cameron. Afterward, visitors played pickleball, tried floor shuffleboard, checked out the gym and chatted with one another.

The Wellness Expo itself drew more than 35 exhibitors and vendors, offering everything from information on careers with the Interlake-Eastern Regional Health Authority to cancer screening education — including an inflatable educational colon visitors could walk through. Other booths included the Alzheimer Society of Manitoba and Aurora Recovery Centre from Gimli, alongside a host of crafters, makers, authors and artists. The Ashern Day Care also offered a popular food menu.

"The most common reaction from people seeing the centre firsthand was simply 'wow,' followed by 'I can't wait to use the walking track and gym,'" Cameron said. "We couldn't have asked for a better day, and we were so happy to see so many people come out."

While the project is not entirely complete — more gym equipment is on the way, a virtual golf simulator will soon be installed and an addition will enclose the accessible ramp system — the Lakeshore Regional Wellness Centre is already fulfilling its mission "to inspire our community by connecting people to accessible opportunities for a healthier lifestyle."

"Healthy, active living improves physical and mental health, quality of life and longevity," Cameron added. "It decreases chronic disease, reduces the need for medication and healthcare costs, and improves our mood. The building was built to promote



EXPRESS PHOTOS SUBMITTED

Interlake-Gimli MLA Derek Johnson and Selkirk-Interlake-Eastman MP James Bezan joined Lakeshore Regional Wellness Centre board volunteers for the official ribbon-cutting at the grand opening of the new community wellness hub, celebrating the culmination of years of planning, fundraising and collaboration.

recreation, and we are happy it will continue to be a gathering place that strengthens the community."

The Lakeshore Regional Wellness Centre features a cardio and strength gym, an indoor walking track, pickleball and shuffleboard courts, a dance and yoga studio, and multi-purpose rooms. Built to serve more than 6,000 residents across the northwest Interlake, the barrier-free facility also offers inclusive programming for all

ages and abilities, with membership options and subsidies available.

Johnson called the new centre "a beacon" that will support healthier, stronger communities for years to come.

"Together, we have built more than a facility," he said. "We have built hope, opportunity and a stronger future for the Lakeshore region."



Peguis RCMP arrest two after violent break and enters in Hodgson

By Haley Cvar

Peguis RCMP have arrested two men after a string of violent break and enters left five people injured in Hodgson on Sept. 28.

At about 10:30 p.m., officers responded to three separate incidents on 3rd Avenue West where two males were reported to be kicking down doors, assaulting homeowners and damaging property.

Police said the suspects forced their way into two residences and attacked the occupants. They attempted to enter a third home but were unsuccessful.

In total, five people were assaulted. A 43-year-old man and a 30-year-old woman from Hodgson were transported to hospital with serious but non-life-threatening injuries, while three others sustained minor injuries.

The suspects also caused extensive damage to homes, vehicles, windows and furniture, according to RCMP.

Both men were later located at a business on 1st Avenue West and arrested without incident.

Tyrell Sinclair, 25, and Eric Sinclair, 27, of Peguis were remanded in custody and face multiple charges, including:

- three counts of assault

- two counts of assault causing bodily harm

- three counts of break and enter while committing an offence

- five counts of mischief

Additionally, Tyrell Sinclair has been charged with two counts of failing to comply with conditions of a release order.

Peguis RCMP continue to investigate.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Lakers place second in tournament



EXPRESS PHOTOS BY JO-ANNE PROCTER

Gimli Lakers' Justice Patrick spikes the ball past Teulon Saints players during round-robin play at the WCI junior varsity girls' volleyball tournament on Oct. 3. The Lakers defeated the Saints 25-22 and 25-14. In the final, the Lakers fell to the Lac du Bonnet Chargers 25-20 and 25-15, earning a second-place finish.



The Lakers' libero Hayley Hirschorn passes the ball to her setter during her team's 25-22 and 25-14 victory over the Teulon Saints in round-robin play at the WCI junior varsity girls' volleyball tournament on Oct. 3. In the final, the Lakers fell to the Lac du Bonnet Chargers 25-20 and 25-15, earning a second-place finish.

Morweena's Reimer back with Leafs at camp

By Kieran Reimer

James Reimer and the Toronto Maple Leafs are set for a reunion.

On Friday, the Maple Leafs announced the signing of the 37-year-old netminder to a professional tryout contract.

The Morweena native was a fourth-round pick by the Leafs in the 2006 National Hockey League Entry Draft and spent six seasons with the club before being traded to the San Jose Sharks during the 2015-16 season.

Since his days as a Maple Leaf, Reimer has played for the Sharks, Florida Panthers, Carolina Hurricanes, Detroit Red Wings, Anaheim Ducks and Buffalo Sabres.

A veteran of 15 NHL seasons, Reimer boasts a 225-187-65 record, a

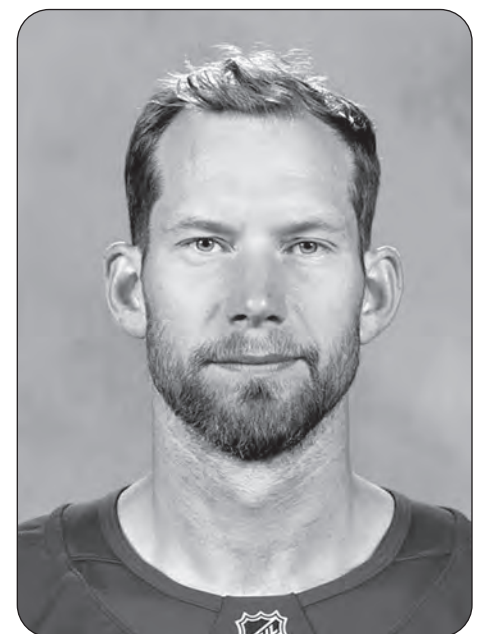
2.89 goals-against average, a .910 save percentage and 31 shutouts in 525 career regular-season appearances.

He rejoins the Leafs following a 2024-25 season split between the Ducks and Sabres, during which he appeared in 24 regular-season games.

On Saturday, Reimer returned to Toronto donning number 47 during his first skate at Maple Leafs training camp.

His return comes just days after the Leafs announced goaltender Joseph Woll was taking a leave of absence from the club to attend to a personal family matter.

The Maple Leafs open the regular season at home against the Montreal Canadiens on Wednesday, Oct. 8 at 6 p.m.



EXPRESS PHOTO SUBMITTED

The Toronto Maple Leafs announced the signing of 37-year-old goaltender James Reimer to a professional tryout contract on Friday. The Morweena native, a fourth-round pick in the 2006 NHL Entry Draft, last played for the club during the 2015-16 season.

To see more photos of your favourite Interlake Athletes

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Lott captures first GSOC title with Dunstone rink

By Haley Cvar

Colton Lott and Team Dunstone broke through on curling's biggest stage last weekend, capturing their first Grand Slam of Curling title at the AMJ Masters in London, Ont., from Sept. 23 to 28.

Lott, who throws third for the Matt Dunstone rink, helped guide his team to a 3-1 record in round-robin play before storming through the playoffs. Dunstone defeated Team Ramsfjell 6-3 in the quarterfinals, edged Team Jacobs 6-5 in the semis, and sealed the championship with a dramatic 6-4 extra-end victory over Team Whyte in Sunday's final.

The victory marked a milestone moment for Lott, who had come close to a Grand Slam crown several times before.

"Oh, it means everything," Lott told RockChannel.com. "To be able

to come out here and grind with the boys all week. It's just a phenomenal experience, especially playing in all these in the past and being so close. Now to finally break through, it's just a start for us."

The path to a Grand Slam title is never an easy one, with the world's top teams competing for one of the sport's most prestigious trophies.

"It's extremely hard," said Lott. "Everybody out here is so good. And you just got to be that team that can just kind of stick around throughout a game and keep that pressure on to always give yourself a chance in the end."

With the breakthrough win now behind them, Team Dunstone will look to carry their momentum into their next major challenge — the PointsBet Invitational in Calgary from Oct. 1 to 5.



EXPRESS PHOTO SUBMITTED

Team Dunstone celebrates their AMJ Masters Grand Slam of Curling victory in London, Ont. Pictured from left to right are skip Matt Dunstone, third Colton Lott, second E.J. Harnden, lead Ryan Harnden and coach Caleb Flaxey (back row).

Ice Dawgs fight hard against CRJHL's top clubs

By Kieran Reimer

The Arborg Ice Dawgs ran the Capital Region Junior Hockey League gauntlet last week with a pair of games against the league's top two teams.

Friday marked their home opener at Arborg & District Arena against the reigning champion St. Malo Warriors, where the Ice Dawgs came out strong.

Searching for their first goal of the 2025-26 season, Brycen Johannesson netted the opener to give Arborg a 1-0 lead. Brody Maxwell added another on the power play to make it 2-0 after 20 minutes.

The Ice Dawgs kept the offence rolling early in the second as reigning Rookie of the Year Brandon Burak scored his first of the season to extend the lead to 3-1 following a St. Malo goal.

But the Warriors responded quickly — sparking a surge that saw them score three more times in the second period to take a 5-3 lead into the intermission. They added another in the third, leaving Arborg with a three-goal deficit that proved too much to overcome.

Frustration boiled over in the final minutes as both clubs combined for

151 penalty minutes before the Warriors skated away with a 6-3 victory, handing Arborg its second loss of the season.

On Sunday, the Ice Dawgs travelled to the Sun Gro Centre for their first meeting of the year with the second-place Beausejour Comets.

The Comets came out firing, building a 3-1 lead through the opening frame after a Brandon Burak goal cut into the deficit late in the period.

Beausejour struck twice more in the second before Dylan Woytowich scored for Arborg to make it a 5-2 game. After the Comets pulled fur-

ther ahead in the third, Noah Smolinski tallied on the power play for Arborg to narrow the gap to 7-3, but the Comets added one more in the final minute to seal an 8-3 victory.

With the loss, the Ice Dawgs fell to 0-3 on the season and sit seventh in the CRJHL standings entering the new week.

Arborg will now prepare for a pair of weekend games — hosting the Selkirk Fishermen on Friday, Oct. 10 at 8 p.m. at Arborg & District Arena, and visiting the Lundar Falcons on Sunday, Oct. 12 at 3 p.m. at Lundar Arena.

Falcons outmatched twice by league's top clubs

By Kieran Reimer

The Lundar Falcons fell victim to two of the Capital Region Junior Hockey League's top teams in last week's action.

The Beausejour Comets — last year's league finalists — were the first to challenge the Falcons, in a road matchup Friday at the Beausejour Sportsplex.

The Comets struck twice midway through the opening period while

Lundar struggled to generate offence. They extended their lead with a power-play goal midway through the second before adding two more unanswered markers in the third to seal a 5-0 win, handing Lundar its first scoreless game of the season.

On Sunday, the Falcons returned home to face the defending champion St. Malo Warriors, who entered the contest with a 2-0 record. The Warriors' championship pedigree was on

display early at Lundar Arena as they netted two first-period goals and added three more in the second to build a 5-1 lead. Ty Sadowski had the lone tally for Lundar in the middle frame.

Dayson McCreedy cut into the deficit with a third-period goal, but the Warriors responded quickly with two more to skate away with a 7-2 victory and remain undefeated.

With the loss, the Falcons dropped to 0-3-0-1-0 on the season and sit sixth

in the CRJHL standings entering the new week.

They are scheduled to face the North Winnipeg Satellites and the Arborg Ice Dawgs in their next outings. Due to press deadlines, the score of Tuesday's game against North Winnipeg was unavailable at press time. The Falcons will host Arborg this Sunday at 3 p.m. at Lundar Arena.

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ANTIQUE SALE

Don't miss the big annual Fall JunkWagon Antiques & Collectibles Sale. Everything from old toys, vintage clothing, comics, records, jewelry, rustic, retro, glassware, old advertising, old signs, upcycled and so much more. Saturday, Oct. 11, 2025. Doors open 9 a.m. - 4 p.m. 980 Winakwa Rd. in Winnipeg. \$5.00 per person.

FIREWOOD

Birch - \$400, Tamarack-\$350, Ash-\$400, Poplar-\$250, Pine-\$325 and Oak-\$450. Delivery extra. Call or text 204-904-8441 or 204-785-0641.

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AUCTION SALE

AUCTION SALE for CINDY STARR - Libau, Manitoba on Saturday, October 18, 2025 starting at 11:00 a.m.

Location: civic lot 88041 (Poplar Park Area) (From PTH 59 turn west at R88N, then turn right on R33E)

Rain Date: Sunday October 19, 2025

"All items sold in "as is, where is" condition with no warranties implied or expressed" A variety of well kept antique furniture and items* oil cans & more* tree hunting stands* household & shop items* assortment of lumber* etc. 2003 Oldsmobile Bravada, (starting bid \$500)* 1990 GMC 1500 pickup truck, (starting bid \$500), & more.

2 PM -STORAGE WARS AUCTION of items in 2 buildings will be sold

NOTE: The items to be sold by public auction can be viewed on Friday, October 17th from 1 PM to 4 PM.

No viewing of the storage wars items on Friday. They will be viewed just before being auctioned. The buyer must remove items by 5 PM, Sunday, October 26, 2025. The vehicles to be auctioned are not safetied.

Terms of the sale: Cash, debit, MC, Visa accepted * All items must be paid for on day of sale *Any statement made by the auctioneer on item(s) or lot(s) before being sold shall take precedence over any other advertising * Once an item is sold the purchaser is responsible for the sold item(s) * Items may be added or deleted before sale time * GST and PST applied on sale items * Food available for sale

For further information on the sale telephone Cindy at 204-766-2299.

The sale is conducted by Rent-a-Auctioneer 204-268-6650.

FIREWOOD

Pine and poplar firewood for sale, \$260 a cord. Cut and split to 16" lengths. Will deliver for free within 40 kilometres of Arborg. Call or text 204-641-8651.

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HAY & STRAW FOR SALE

For sale - Flax straw, \$4; wheat straw, \$4, hay, \$8.50. Ph Nick Matheson 204-461-0706, Monday - Saturday.

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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- January 1, 2026 possession
- The highest or any bid not necessarily accepted
- The names of all bidders will be kept confidential
- Bidder's responsibility to inspect the parcel for accuracy and condition
- All bids must be received by November 14, 2025.

Submit bid by mail to:

Ron Sobkowich,
Box 371 Fisher Branch MB, R0C 0Z0
204-372-6728 (h) or 204-214-3003 (c)
or email ronsobkowich@gmail.com

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THE EXPRESS

WEEKLY NEWS

NOTICE OF PUBLIC AUCTION
SALE OF LANDS FOR ARREARS OF TAXES
RURAL MUNICIPALITY OF ARMSTRONG

Pursuant to subsection 367(7) of The Municipal Act, notice is hereby given that unless the tax arrears for the designated year and costs in respect of the hereinafter described properties are paid in full to the Municipality prior to the commencement of the auction, the Municipality will on the 4th day of November, 2025, at the hour of 10:30 AM, at Rural Municipality of Armstrong, 1094 PR17, Inwood, Manitoba, proceed to sell by public auction the following described properties:



| Roll Number | Description | Assessed Value | Amount of Arrears & Costs for Which Property May be Offered for Sale |
|-------------|--|-----------------------------|--|
| 15900 | NE 1/4 36-18-1 EPM SUBJECT TO THE RESERVATIONS AND PROVISIOES CONTAINED IN THE GRANT FROM THE CROWN | L -\$83,200 | \$4,894.70 |
| 16200 | THE NLY 924 FEET OF THE WLY 924 FEET OF LEGAL SUBDIVISION 13 OF SECTION 36-18-1 EPM AS SHOWN ON A PLAN OF SURVEY OF SAID TOWNSHIP APPROVED AND CONFIRMED AT OTTAWA ON THE THIRD DAY OF SEPTEMBER A.D. 1913 BY EDWARD DEVILLE SURVEYOR GENERAL OF DOMINION LANDS EXC ALL SAND AND GRAVEL TOGETHER WITH THE RIGHT TO ENTER AND REMOVE SAME SUBJECT TO THE RESERVATIONS AND PROVISIOES CONTAINED IN THE GRANT FROM THE CROWN | L -\$25,900 | \$3,029.28 |
| 35400 | WLY 1260 FEET PERP OF NW 1/4 31-18-2 EPM SUBJECT TO THE SPECIAL RESERVATIONS AND PROVISIOES CONTAINED IN THE GRANT FROM THE CROWN - 6038 ROAD 108NE | L -\$63,200 B -\$63,700 | \$7,229.70 |
| 190500 | ALL THAT PORTION OF NE 1/4 34-17-1 WPM, CONTAINED WITHIN THE FOLLOWING LIMITS: COMMENCING AT A POINT IN THE EASTERN LIMIT OF SAID NE 1/4 DISTANT SLY THEREON 396 FEET FROM THE NE ANGLE OF SAID NE 1/4 THENCE WLY PARALLEL WITH THE NORTHERN LIMIT OF SAID NE 1/4, 330 FEET THENCE SLY PARALLEL WITH THE SAID EASTERN LIMIT 264 FEET THENCE ELY PARALLEL WITH SAID NORTHERN LIMIT TO SAID EASTERN LIMIT THENCE NLY ALONG SAID EASTERN LIMIT TO THE POINT OF COMMENCEMENT, SUBJECT TO THE RESERVATIONS CONTAINED IN THE CROWN LANDS ACT. - 101154 ROAD 2W | L -\$14,100 B -\$62,000 | \$5,472.81 |
| 212600 | THE SE 1/4 OF SECTION 30-18-1 WPM, SUBJECT TO THE RESERVATIONS AND PROVISIOES CONTAINED IN THE ORIGINAL GRANT FROM THE CROWN. - 5015 ROAD 106NW | L -\$82,600 B -\$10,000 | \$5,144.69 |
| 244650 | NLY 1320 FEET PERP OF THE NE 1/4 23-19-1 WPM SUBJECT TO THE RESERVATIONS AND PROVISIOES CONTAINED IN THE GRANT FROM THE CROWN - 111144 ROAD 1W | L -\$38,000 B -\$107,400 | \$4,213.57 |

The tax sale is subject to the following terms and conditions with respect to each property:

- The purchaser of the property will be responsible for any unpaid municipal utilities and any property taxes not yet due.
- The Municipality may exercise its right to set a reserve bid in the amount of the arrears and costs.
- If the purchaser intends to bid by proxy, a letter of authorization form must be presented prior to the start of the auction.
- The Municipality makes no representations or warranties whatsoever concerning the properties being sold.
- The successful purchaser must, at the time of the sale, make payment in cash, certified cheque or bank draft to the Rural Municipality of Armstrong as follows:
 - i) The full purchase price if it is \$10,000 or less; OR
 - ii) If the purchase price is greater than \$10,000, the purchaser must provide a non-refundable deposit in the amount of \$10,000 and the balance of the purchase price must be paid within 20 days of the sale; AND
 - iii) A fee in the amount \$500.85 (\$477 + GST) for preparation of the transfer of title documents. The purchaser will be responsible for registering the transfer of title documents in the land titles office, including the registration costs.
- The risk for the property lies with the purchaser immediately following the auction.
- The purchaser is responsible for obtaining vacant possession.
- If the property is non-residential property, the purchaser must pay GST to the Municipality or, if a GST registrant, provide a GST Declaration.

Dated this 1st day of October, 2025.

Managed by:



Colleen Mayer
Chief Administrative Officer
Rural Municipality of Armstrong
Phone: (204) 278-3377
Fax: (204) 278-3437



Rural Municipality of
GRAHAMDALE
www.Grahamdale.ca

PUBLIC NOTICE

BOARD OF REVISION

Public notice is hereby given that the 2026 Assessment Roll for the Rural Municipality of Grahamdale has been delivered to the Municipal Office and is open for public inspection during regular business hours. Applications for revision may be made in accordance with Sections 42 & 43 of the Municipal Assessment Act:

APPLICATION FOR REVISION:

42(1) A person in whose name property has been assessed, a mortgagee in possession of property under subsection 114(1) of The Real Property Act, an occupier of premises who is required under the terms of a lease to pay the taxes on the property, the authorized agent of the person, mortgagee or occupier, or the assessor may make application for the revision of an assessment roll with respect to the following matters:

- (a) liability to taxation;
- (b) amount of an assessed value;
- (c) classification of property;
- (d) a refusal by an assessor to amend the assessment roll under subsection 13(2).

APPLICATION REQUIREMENTS:

43(1) An application for revision must

- (a) be made in writing;
- (b) set out the roll number and legal description of the assessable property for which a revision is sought;
- (c) state the grounds on which the application is based (referred to in subsection 42(1)); and
- (d) be filed by
 - (i) delivering by hand or electronically to the Rural Municipality of Grahamdale Office. or
 - (ii) serving it upon the Secretary at least 15 days before the scheduled sitting date of the board as indicated in the public notice.

The Board of Revision will sit on **Thursday, November 13th, 2025 at 10:00 a.m.** at the Rural Municipality of Grahamdale Municipal Office, 23 Government Road, Moosehorn, MB R0C 2E0 to hear applications to revise the 2026 Assessment roll and to revise 2025 assessment changes relating to Sections 300(6) and 326 of The Municipal Act.

The final date on which applications must be received by the Secretary of the Board is Tuesday, October 28, 2025 at 4:30 p.m. The Applications must be sent to the address printed below:

Dated at Moosehorn, Manitoba, this 22ND day of September, 2025.

Shelly Schwitek - Secretary
Board of Revision
Rural Municipality of Grahamdale
Box 160, 23 Government Road, Moosehorn, MB R0C 2E0
Phone: (204) 768-2858
Fax: (204) 768-3374
Email: rm606@grahamdale.ca

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Sudoku Answer

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SNOW REMOVAL TENDER

Ukrainian Farmers Co-operative Ltd.



Ukrainian Farmers Co-op in Fisher Branch is accepting tenders for snow clearing.

- Contract is from November 2025 to March 2026
- Snow to be stored on site
- Must provide proof of 3 million Liability Insurance, which includes snow removal
- Front ½ of lot must be cleared before 8:00 am

For more information or if you have any questions, please contact Sandra Lappage at 204-372-6202. Tenders can be emailed to sandra.lappage@ukfarmerscoop.com or dropped off in a sealed envelope at our Customer Service counter.

Lowest tender not necessarily accepted.

Deadline for tenders is 5:00pm, October 22nd, 2025.



EVERGREEN SCHOOL DIVISION

SNOW CLEARING BIDS

Evergreen School Division is inviting contractors with heavy duty snow clearing equipment to submit bids for clearing snow at the locations mentioned below. Areas to be cleared include parking lots, sidewalks, main entrances, and other various locations.

The term is for two years ending the spring of 2027.

All equipment must be listed in the bid and if successful, proof of \$5 million liability insurance will be required.

Sealed tenders marked **SNOW REMOVAL** will be received by the undersigned up to **3:30 pm on Friday October 24, 2025**, for clearing snow at the following locations:

- Arborg Collegiate
- Arborg Early Middle School
- Arborg Bus Garage
- Riverton Collegiate
- Riverton Early Middle School
- Winnipeg Beach School
- Dr. George Johnson School (Gimli)
- Sigurbjorg Stefansson Early Middle (Gimli)
- Gimli High School
- Education Support Centre (Gimli)
- Operations Support Centre (Gimli Industrial Park)
- Bus Garage (Gimli Industrial Park)

For additional information and to arrange for site visits, please contact:

Gibby Finnbogason
Buildings Supervisor
Evergreen School Division
Ph. 204-642-3661

The lowest or any tender will not necessarily be accepted. Send tenders marked with location indicated on envelope to:

Evergreen School Division
Box 1200, Gimli, MB ROC 1B0

or email to gibby.finnbogason@esd.ca

NOTICE OF PUBLIC AUCTION SALE OF LANDS FOR ARREARS OF TAXES RURAL MUNICIPALITY OF FISHER

Pursuant to subsection 367(7) of The Municipal Act, notice is hereby given that unless the tax arrears for the designated year and costs in respect of the hereinafter described properties are paid in full to the Municipality prior to the commencement of the auction, the Municipality will on the **6th day of November, 2025**, at the hour of **02:00 PM**, at Rural Municipality of Fisher, 30 Tache Street, Fisher Branch, MB, proceed to sell by public auction the following described properties:

| Roll Number | Description | Assessed Value | Amount of Arrears & Costs for Which Property May be Offered for Sale |
|-------------|--|----------------------------|--|
| 362591 | LOT 1 PLAN 10251 WLTO SUBJECT TO THE RESERVATIONS AND PROVISIONS CONTAINED IN THE GRANT FROM THE CROWN IN NW 1/4 13-24-2 WPM - 17 SAVAGE AVE, FISHER BRANCH | L -\$4,800 B -\$45,300 | \$8,155.88 |
| 401450 | ALL THAT PORTION OF THE ELY 920 FEET PERP OF THE NE 1/4 OF SECTION 33-25-1 WPM WHICH LIES BETWEEN 2 LINES DRAWN WLY AT RIGHT ANGLES TO THE EASTERN LIMIT OF SAID 1/4 SECTION FROM POINTS IN THE SAME DISTANT SLY THEREON 605 FEET AND 1345 FEET FROM THE SOUTHERN LIMIT OF PUBLIC ROAD PLAN 5612 WLTO EXC ALL MINES AND MINERALS AND SPECIAL RESERVATIONS AS RESERVED IN THE GRANT FROM THE CROWN - 149114 ROAD 3W | L -\$23,900 B -\$58,700 | \$8,942.02 |

The tax sale is subject to the following terms and conditions with respect to each property:

- The purchaser of the property will be responsible for any unpaid municipal utilities and any property taxes not yet due.
- The Municipality may exercise its right to set a reserve bid in the amount of the arrears and costs.
- If the purchaser intends to bid by proxy, a letter of authorization form must be presented prior to the start of the auction.
- The Municipality makes no representations or warranties whatsoever concerning the properties being sold.
- The successful purchaser must, at the time of the sale, make payment in **cash, certified cheque or bank draft** to the RURAL MUNICIPALITY OF FISHER as follows:
 - i) The full purchase price if it is \$10,000 or less; OR
 - ii) If the purchase price is greater than \$10,000, the purchaser must provide a non-refundable deposit in the amount of \$10,000 and the balance of the purchase price must be paid with in 20 days of the sale; AND
 - iii) A fee in the amount \$500.85 (\$477 + GST) for preparation of the transfer of title documents. The purchaser will be responsible for registering the transfer of title documents in the land titles office, including the registration costs.
- The risk for the property lies with the purchaser immediately following the auction.
- The purchaser is responsible for obtaining vacant possession.
- If the property is non-residential property, the purchaser must pay GST to the Municipality or, if a GST registrant, provide a GST Declaration.

Dated this 1st day of October, 2025.

Managed by:



Kelly Marykuca
Chief Administrative Officer
RURAL MUNICIPALITY OF FISHER
Phone: (204) 372-6393
Fax: (204) 372-8470

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OBITUARY



McKae Richard Ashley Ledingham (Leddly/Makoons Little Bear)

On the evening of August 7, 2025 our hearts were shattered when we received the news that you had drowned and were no longer with us, McKae Richard Ashley Ledingham took his first breath on March 2, 1998 and drew his last breath on August 7, 2025 on the Keeseekowenin First Nation Reserve, MB.

McKae is survived by his precious son, Prestynn (5), his mother, Kimberely, his brothers, Sage and Kaeden and his sister Amanda. He is also survived by his Amma Val, who referred to him as her hunny bunny. He is also survived by his father, Craig Houston and his Auntie Irene, his stepfather, Norm Traverse, Jr. and Kookoo Winnie Traverse. McKae will also be missed by his uncles Shawn (Angie), Kameron (Jaclyn), and his Auntie Stacey (Warren). He will also be missed by his close cousins Kaitlyn (Troy), Kyle (Naila),

Andrew (Lianne), Paetyn and Avery.

McKae was in the process of obtaining his Treaty under the Sagkeeng First Nation. McKae was looking forward to meeting all his relatives from the Sagkeeng area. He was so proud of his heritage. He was even prouder when he received his spirit animal/name Makoons (Little Bear).

McKae grew up in Riverton, Manitoba and made many lifetime friends in school: Dylan F., Tristan H., Brandon R., Braidy W., Grimsi G., Halley E., and Kaitlyn S. he will be missed dearly by his ride or die special friend, Avere Hurdell...and you can't forget his favourite teacher, Mr. Janz.

While growing up McKae was blessed with so many friends that turned out to be like family. He was fortunate to have many special aunts that loved and adored him: Aunties April Rundle, Chantel Jones, Ami Roberecki, Fawn Collins, Virginia Whiteway and Charlene Scott. He will also be deeply missed by Papa Ernie and Momma Bev.

McKae was predeceased by his brother Grant Houston, which devastated us all. He was also predeceased by his Pa, Bill Lawrence, Grandpa Al Ledingham, Hnusa Granny Ann Bardarson, and his special auntie, Fantine, who loved him like her own, making him an honorary Collins family member.

The last chapter of McKae's life took place in the Shoal Lake area. He always talked about how beautiful it was there. While there he made some close friends like Rae, Dustin and Vee (who was waiting for him in Heaven). McKae will also be missed by his dear friends, Liam Freeman and Terrin Rundle (his buds).

Cremation has already taken place, and currently no memorial is being planned.

The family would like to thank the Gimli and Shoal Lake RCMP for all their support and assistance during the investigation and afterwards. The family would also like to acknowledge Rick Kotaska and his staff at Interlake Cremation and Memorial Services in Selkirk, Manitoba. You all took care of our McKae, and we will be forever in your debt.

McKae,
I'll love you forever
I'll like you for always
As long as I'm living
My baby you'll be
Love Mom xo

Friends and family are invited to visit McKae's memorial page at www.interlakecremation.ca, where memories and condolences may be shared.

Arrangements entrusted to:

*Interlake Cremation
& Memorial Services*
204.482.1040

BRIDAL SHOWER



Please join us for a
Bridal Shower
honouring
Taylor Barylksi
bride elect of Jack Einarson
Saturday, October 18th, 2025
1:00 p.m. at Arborg Community Hall
Taylor is registered at myregistry.com
Monetary donations can be dropped off
at Arborg Home Hardware, Arborg Co-op,
BK Lash and Gimli Ford

CELEBRATION OF LIFE



In Loving Memory of Tracy Joy Smolinski June 13, 1971 – March 5, 2025

Please join Tracy's family for a celebration of her cherished life on Saturday, October 18, 2025 at 11:00 a.m. at the Silver Community Hall with lunch to follow. Burial will take place immediately afterwards at the St. Joseph Roman Catholic Cemetery in Shorncliffe.

*Your memory will live forever
Engraved within our hearts*

CELEBRATION OF LIFE

Celebration of Life Albert and Margaret Dickson

A celebration of life for Albert and Margaret Dickson will be held on Saturday, October 18th at 2:00 p.m. in the Freedom Worship Centre in Arborg, Manitoba with burial to follow in the Arborg cemetery. A reception will follow back at the Church.

Tributes: www.gilbartfuneralhome.com

Gilbart Funeral Home, Gimli in care of arrangements.



OBITUARY



Michael Kirk MacVicar

November 30, 1966 - September 29, 2025

With profound sadness, we announce the death of our beloved Mike - husband, dad, bumpa, son, brother, uncle, nephew, cousin and cherished friend to so many.

Left here without appropriate words to convey our love and loss, Mike leaves to forever cherish his memory: wife Sherry, kids Josh and Katie, grandsons Riley, Gus, Marlowe, Mason, Bentley and Baby Bump coming February 2026 (we'll see if Mike's bold prediction comes true), Mike's parents, Dave and Lorraine MacVicar, father-in-law Brian Swanson, siblings and spouses, David and Tracy MacVicar, Wayne and Sandra MacVicar, Kathleen and Andrew Dalman, Cherie-Lyne and Danny Petrowski, sister-in-law Tammy Kotowich, nephews and nieces, Joey, Scotty, Michael, Riley, Sarah, Becca, Dylon, Tanner, Jordan, Lauren, Brandon and

Alysha with their partners and his ever growing great nephews and nieces. Along with extended family of aunts, uncles and cousins.

Mike was predeceased by brother-in-law Jamie Kotowich, best friend Bradley Pawluk, and mother-in-law Dorothy Swanson.

Professionally, Mike was a carpenter by trade, enjoyed his time at Selkirk Home Hardware RTM department, current Project Manager with the government for the past 18 years where he made many important and lasting friendships through his professional experiences.

Living all of his adult life in Winnipeg Beach made for friendships and connections with so many people who were important and Mike considered himself lucky to be part of so many aspects of our community - Mike was active, social and busy. Filling his spare time with yearly hunting trips, camping, quadding, gardening, amazing Disneyworld family and hot holiday vacations. Enjoying sports as a fan - Jets hockey, Bombers football or participating in so many activities including weekly Inwood Golf, Legion Fun Darts, Winnipeg Beach curling or simple card games, Mike made friends with everyone along the way. Special times were in his garage enjoying great company, beers and his favorite "Whine & Moan" music, often accompanied by his faithful companion and sock stealer Buster dog.

Our family's utmost respect and gratitude goes to Mike's health care team at Gimli Community Health Center, Cancer Navigation Services, HSC Thoracic Clinic, Selkirk Easton Place & Emergency and Perimeter Aeromed.

The night Mike left our world, the most amazing Northern Lights shone and danced in the sky - our memories and love for Mike will be forever triggered by the night sky and if ever you are missing him, doubting yourself or just need a moment to reflect, please look to the sky for Mike's signs and have strength to remember Mike's sentimental quote "Onward and Forever Forward"

Our family will be honored to welcome you to Mike's celebration of life to share memories, pictures and of course stories with love, respect and gratitude for a life well lived and forever cherished. A celebration of life will be held on Wednesday, October 15, 2025 at 1:00 p.m. in the Fraserwood Hall.

Tributes: www.gilbartfuneralhome.com

Gilbart Funeral Home, Gimli in care of arrangements.



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SUDOKU

| | | | | | | | | |
|---|---|---|---|---|---|---|---|--|
| | 2 | 5 | 6 | | | | | |
| | 9 | 8 | | | | 3 | 1 | |
| | | | | | | | 4 | |
| 4 | | | | | 5 | | 9 | |
| | | | 8 | | | | | |
| | | | | 2 | | 4 | | |
| | | | | | | | | |
| | | | | | | | | |
| 5 | | | 1 | 2 | | | 8 | |

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!

News Tips? call the Express 204-467-5836

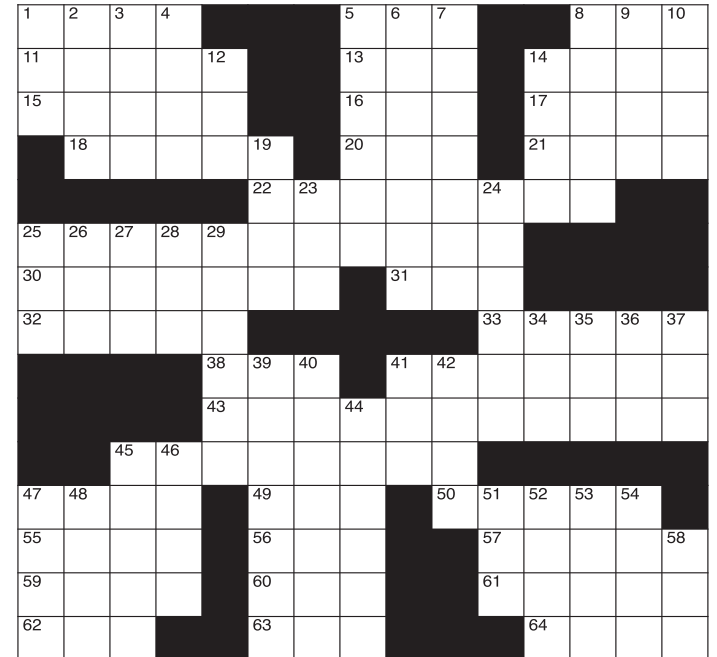
CROSSWORD

CLUES ACROSS

1. Comedic actor Rogen
5. Bits per inch
8. Tire pressure measurement
11. Angels great Mike
13. Own (Scottish) team
14. Notable FI racing team
15. Upper bract of grass
16. Tax collector
17. Electronic counter-countermeasures
18. Informal loan clubs
20. Skeletal muscle
21. Popular fish type
22. Salts of acetic acid
25. Arriving early
30. Worded
31. Single Lens Reflex
32. Amphibians
33. Warm greeting
38. Belonging to a thing
41. Segmented worm
43. Concerns
45. Audacious
47. Wings
49. Type of drug
50. Wind chill formula scientist

Charles

55. Island close to the U.S.
 56. "To the ___ degree"
 57. Daniel ___, French composer
 59. A way to march
 60. Where golfers begin
 61. Spiritual leader
 62. Of she
 63. Mental disorder concerning body odor (abbr.)
 64. Tall, slender-leaved plant
- ### CLUES DOWN
1. Engine additive
 2. Amounts of time
 3. Fragrant brown balsam used in perfume
 4. Color properties
 5. One who hands over
 6. Thieves of the sea
 7. Put in
 8. Nocturnal rodents
 9. Pouches
 10. Systems, doctrines, theories
 12. Greek alphabet letter
 14. Greek goddess of youth
 19. Satisfy



23. Partly digested food
24. Dictator
25. Parts per thousand (abbr.)
26. The 17th letter of the Greek alphabet
27. A major division of geological time
28. Angry
29. St. Francis of ___
34. Romanian monetary unit
35. Stale
36. Go quickly
37. Commercial
39. Canadian city

40. One who slices
41. Perform perfectly
42. Nest of pheasants
44. Tactile sensations
45. Sword
46. Climactic
47. Adrenocorticotrophin
48. Fisherman's tool
51. Swiss river
52. Plant that makes gum
53. A French abbot
54. One point east of northeast
58. Get free of

Get The Done!

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