



Kris Kowalski
Realtor®

THANKFUL FOR THE TRUST YOU PLACE IN ME - EVERY SALE, EVERY STORY...



List Price
\$549,900

#51 Hecla Village Rd., Hecla



New Listing
\$214,500

321 Poplar Ave., Sandy Hook



RIGHT CHOICE
REALTY

Call 204-641-1897 Buying or Selling? I'd Love to Help! email: kriskowalski@rightchoicerealty.ca



Interlake-Eastern
Regional Health Authority

Fall
Immunization
Clinic Listings
Inside

THE EXPRESS

WEEKLY NEWS

www.expressweeklynews.ca VOLUME 12 EDITION 41 THURSDAY, OCTOBER 16, 2025

LOCALLY OWNED HISTORY BOOK FOR THE COMMUNITY

ALL IN STOCK

HONDA
2024 Pioneer 520 SxS
Was \$15,927.00
Save \$500
\$15,427.00
incl freight, PDI and fees

HONDA
2024 Pioneer 700 SxS
675 cc liq-cooled single-cyl eng fuel injection
Was \$20,477.00
Save \$500
\$19,977.00

HONDA
2024 Pioneer 1000
Black steel wheels, OTR Dirt Master tires, Paddle shifter 2500 lb towing cap., 1000-lb bed capacity
\$24,077.00

SHACHTAY SALES & SERVICE
Arborg, MB
204-376-5233



Hands-on fire fun

EXPRESS PHOTO BY RAYME THOMSON
A young firefighter-in-training races to the target during a hands-on hose drill, while firefighter Richard Benzelock looks on, at Gimli Fire and Rescue's Fire Prevention Week open house Oct. 4.

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



Kawasaki
Let the Good Times Roll



THE ALL NEW KAWASAKI BRUTE FORCE 450
\$500 MEGA CASH REBATE!

Energize work and play on the all-new Brute Force 450 ATV. Powerful, nimble, and stacked with utility features, no other mid-size ATV gives you more. Tackle demanding chores capably, while enjoying unique sporty performance that can only be delivered by Kawasaki. Strong build quality pairs with aggressive style for a durable ride that never fails to excite. No matter the task the Brute Force 450 ATV is built for you.

Financing available! / Only \$57*/Bi-weekly!

*oac plus fees and taxes

FISHER POWERSPORTS

63 MAIN ST, FISHER BRANCH, MB
www.fisherpowersports.com
1-204-372-6648

Local health workers recognized with Interlake-Eastern RHA Board Chair's Awards

By Jennifer McFee

Six health-care workers are earning recognition for their commitment to the community.

Interlake-Eastern Regional Health Authority's virtual annual general meeting on Oct. 6 saw 124 staff and community members log in virtually to hear the region's planned activities and a summary of the past year.

Cyndi Typliski, vice-chair of the board of directors, was the master of ceremonies. Speakers included board chair Michele Polinuk; Dr. Tim Hilderman, medical officer of health for Interlake-Eastern RHA; Lorianne Kowaliszyn, IERHA's executive lead of corporate services and chief financial officer; and chief executive officer Marion Ellis.

Polinuk presented six Chair's

Awards, which recognize those who repeatedly go above and beyond to reflect the health region's vision, mission and values through exceptional patient care, leadership or teamwork.

Jaycee Seenie received a nomination from Jamie Boyer, manager of Indigenous Health. Based out of Selkirk Regional Health Centre, Seenie has evolved in his role as an Indigenous Health skaabe. Through this role, he helps Indigenous patients and clients to navigate the health system, care planning and health education, while being mindful of language and cultural differences. As Seenie makes his rounds through hospital rooms, he demonstrates compassion, integrity and respect with both patients and staff. The Indigenous Health

team continues to grow, and Seenie has made an impact through his efforts to improve culturally safe and appropriate care in the health region.

Ursula Hammerstedt is mak-

Cont'd on page 3



Physiotherapist Brett Mason, left, has worked at Interlake-Eastern RHA since 2000.



Ursula Hammerstedt is making an impact in her role as an admitting clerk at Selkirk Regional Health Centre.



Susan Gunderson is the first smiling face people see when they walk into Interlake-Eastern RHA corporate office in Selkirk.



Jaycee Seenie, left, has evolved in his role as an Indigenous Health skaabe.

CHATFIELD COMMUNITY CLUB
HALLOWEEN EVENTS
OCTOBER 25, 2025
FREE KIDS EVENT 1 - 4PM
SOCIAL 8PM - 1AM
Tickets \$10 Crystal 431-772-1606
Or Dayna 431-253-0654

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

Trustee Spotlight: Penny Helgason – Ward 1

For Trustee Penny Helgason, the path to school board leadership was inspired by her deep commitment to public education and her desire to support the next generation. Now, as her grandchildren begin their journey in Evergreen, that dedication continues — rooted in care for all children, not just her own.

"I care deeply about ALL children who live and grow in our communities. I want the very best for each and every one of them."

With a background in early childhood education, Penny understands how the early years shape a child's future. She believes public education is not only a system, but a force for equity, empathy, and collective well-being:

"Public education serves the common good."

Penny is proud of Evergreen's leadership — from standing strong against Bill 64 to championing high-quality teacher preparation and evidence-based instruction. For her, what matters most is that Evergreen continues to place students at the heart of every decision.

"It's an honour to be part of a division where 'students come first' isn't just a slogan — it's a reality."

What excites Penny most is the growing momentum across the division — the sense of shared purpose among staff, students, trustees, and communities.

"It's inspiring to witness how a culture of challenge and support is creating space for all of us to grow. 'Learning today to improve tomorrow' isn't just a vision — we're living it."

Looking ahead, Penny is hopeful. The board's investments in literacy, numeracy, well-being, Indigenous education, and reconciliation are already making a difference. She believes quality education, grounded in strong instruction and care for the whole child, is a powerful equalizer that helps every student move toward Mino-Pimatisiwin, the good life.

Outside the boardroom, Penny enjoys music, concerts, and theatre, along with thrifting and re-purposing. She also shares her passion for early learning through the Interlake Parent Child Coalition, leading Storybook Walks, Music & Munchkins, Stay & Play, and Circle of Security Parenting programs.

A favourite quote:
"Anyone who does anything to help a child in their life is a hero to me." – Fred Rogers

Baker Law CORPORATION

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

If you are buying or selling real estate now or in the near future, call us to discuss the important legal issues that you will need to know about. Call us for more information and to find out how we can help you. **We are here when you need us.**

Grant D. Baker
Barrister, Solicitor and Notary

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

RCMP say fire at Zan's Restaurant, west of Arborg, not arson



EXPRESS PHOTO SUBMITTED

Fire crews from Arborg-Bifrost and Riverton-Bifrost departments responded to a blaze in a house attached to Zan's Family Inn and Restaurant west of Arborg on Oct. 9. Quick action by volunteers prevented the fire from spreading to the main restaurant.

> HEALTH WORKERS, FROM PG. 2

ing an impact in her role as an admitting clerk at Selkirk Regional Health Centre. Nominator Leanne Passante Case, supervisor of health information services, said Hammerstedt always goes above and beyond to help out. She also serves as a trainer for new staff, and she is bolstering her French skills on her own time to better assist patients. Staff and patients alike comment on her ability to quickly and professionally triage patients and to prepare all the necessary paperwork.

Michele Staszkiwicz is an outstanding ambassador for cancer navigation services, with a focus on psychosocial oncology social work. Nurse navigator Michelle Rosentreter nominated Staszkiwicz, describing her as a kind and compassionate person who provides support to patients on their cancer journey. She has been a mentor to social work students and is always willing to lend a helping hand to other team members to help troubleshoot unique situations, solve barriers to



Michele Staszkiwicz, right, is an outstanding ambassador for cancer navigation services.

Continued on page 10

By Patricia Barrett

A fire that broke out last week in a structure attached to Zan's Family Inn and Restaurant is not thought to be arson-related, according to the RCMP.

Zan's is a popular restaurant located just west of Arborg, near the junction of highways 68 and 7. RCMP spokesperson Cpl. Melanie Roussel said "arson is not suspected."

The fire was reported to Gimli RCMP.

"On Oct. 9, 2025, at 7:30 p.m., Gimli RCMP received a report of a fire at a business on Highway 68 in the RM of Bifrost," said Roussel.

No further information about the fire was available from police.

Arborg-Bifrost Fire Department chief Jeff Pearce told the Express the

structure that caught fire is a house attached to the side of the restaurant. A post on the Arborg-Bifrost Fire Department's social media says the Riverton-Bifrost Fire Department also attended, and the two departments — both staffed by volunteers — responded quickly. That timely response saved the restaurant.

"Arborg Bifrost fire department and Riverton Bifrost fire department responded to a structure fire last night at the famous Zans family inn and restaurant," says the post. "The response time was quick from both departments and the main business was relatively unscathed due to the fast actions of the responding teams. We wish Zans a quick recovery and continued success."

Interlake Self Storage

Indoor storage
Various sizes available (not climatized)

24 HOUR Access

Winter Storage
Made Simple and Secure

Clean and secure

STARTING AT \$95

OR get your own backyard storage solution!
Purchase a shed from us and keep everything close, secure, and convenient!

Arborg Home hardware building centre

Here's How.
451 Main Street, Arborg
204-376-3090
ArborgHomeHardware.ca
sales@arborthhbc.com

THE NEW

SOUTH BEACH Concert

+++ SERIES +++

AC/DC & GUNS N ROSES TRIBUTE!

OCT 31 FRIDAY

SOUTH BEACH CASINO & RESORT
Simply Irresistible!

DETAILS AT SOUTHBEACHCASINO.CA

Lundar's All Canada Goose Shoot kicks off Thanksgiving weekend

By E. Antonio

The results are in for Lundar's annual All Canada Goose Shoot. Twenty teams of hunters took to the fields on Oct. 11 for the nearly five-decade-long Thanksgiving weekend tradition.

"It was another very successful year — this event cannot take place without commitment and community support," said secretary Kelsey Cocklin.

Teams set out early Saturday morning in search of the heaviest haul. The top three teams went home with shotgun prizes:

First place – 219.4 lbs: Josh Lussier, Hannah Lussier, Keifer Hazelton and Blake Adams

Second place – 216.4 lbs: Gerald McKay, Travis McKay, Joe Nordin and

Mason Penner

Third place – 213.9 lbs: Mike Vigfusson, Colin Johnson, Ryan Einarson and Miles Johnson

The third-place team also bagged the heaviest goose of the year, weighing in at 13.6 lbs.

Hard-luck honours went to Austin, Ethan, Rene and Dan Christensen, while Claude Foster, Farrell Pott, Lorne Erickson and Glenn Gudmundson earned bragging rights for the smallest goose.

In total, hunters harvested 337 geese for a combined 3,087.1 lbs.

"We also had a total of 14 teams come in with their limits — we believe that's a record in the history of our goose shoot," Cocklin added.



EXPRESS PHOTOS SUBMITTED

First-place team members Josh Lussier, Hannah Lussier, Keifer Hazelton and Blake Adams took top honours at Lundar's All Canada Goose Shoot with a total haul of 219.4 pounds. Also pictured are, checkers Drew McGill and Stewart Thorgilsson.



The second-place team of Gerald McKay, Travis McKay, Joe Nordin and Mason Penner recorded a total weight of 216.4 pounds.



The third-place team of Mike Vigfusson, Colin Johnson, Ryan Einarson and Miles Johnson brought in a total weight of 213.9 pounds, pictured with checkers Ron Kirby and Lee Wirgau.

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

We are proud to announce that we are accepting applications for the Graymont Carbon Reduction Fund, an innovative, grass-roots initiative designed to support the development of carbon-reduction initiatives in the communities across the globe that we call home.

The fund's role is to support projects focused on:

- Protecting the environment by the responsible use of resources
- Reducing our carbon footprint through increased energy efficiency
- Developing and maintaining natural, biological 'carbon sinks' such as agricultural land, forests or peat bogs that act as a natural offset for carbon

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

For additional information, please contact Justin Filion - jfilion@graymont.com

Applications are due by **November 28, 2025**

Graymont's mission is to deliver essential calcium-based solutions to meet the world's changing needs.

GRAYMONT
carbon reduction fund
PARTNERING WITH OUR COMMUNITIES

She extended thanks to the many volunteers who made the event possible, noting that a full list is posted on the committee's Facebook page.

"And lastly, I'd like to thank the committee —

without all your hard work and dedication, this event wouldn't happen," Cocklin said. "You're a great crew to work with, and we look forward to making the 50th Lundar All Canada Goose Shoot one for the books."



Olaf Christensen of Lundar enjoyed a memorable weekend at the annual Lundar Goose Shoot with his grandsons Morgan Granberg, Slater Farthing and Logan Christensen, bagging 20 birds in 20 minutes.

Farmers welcome extension of Crown land rent freeze

By E. Antonio

The Manitoba government has extended its current rent freeze of \$3.66 per animal unit month for Agricultural Crown Lands (ACL) forage leases through the 2026 growing season, Agriculture Minister Ron Kostyshyn announced on Oct. 8. The rate remains the lowest in Western Canada.

"Manitoba producers are the backbone of the provincial economy and our government is committed to keeping life affordable for the hard-working Manitobans who put food on our tables," said Kostyshyn. "Continuing this rent freeze provides financial stability for producers and reflects our commitment to affordability."

The ACL program supports approximately 1,750 leaseholders across Manitoba, including Fisher Branch cattle farmer Allan Lindal. He owns about 100 Simmentals and farms 1,000 acres of Crown land — just under half of his total property. Lindal said the extended rent freeze will provide financial relief for him and other Interlake producers.

"I was happy to see the government's commitment to doing it again, as it is very financially helpful to us farmers," he said. "It truly shows their commitment to people working within the agricultural sector and at the bottom line — when the agriculture industry thrives, so will the businesses. Because if cattle farmers have money to spend, we will spend it. If we don't, we'll definitely be cutting back on our purchases."

This past growing season has brought many challenges, both physical and financial. Farmers across the province have faced drought and feed shortages — two factors that have strained Lindal's operation. He said that despite the shortages, he expects to have enough feed to last the winter, though it's not a situation he's comfortable with.

While he appreciates the rent freeze, Lindal said it represents only a temporary measure for a long-term issue.

"They need to come up with something they can commit to long term. While the freezes are nice, it's just a short one-time fix that leads to uncertainty for the future years. A long-term plan is needed to help farmers sustain their operations."

Lindal also wants to see changes to the allocation system, which he said makes it difficult for young farmers to acquire land.

He explained that under the current 15-year lease bid system, the higher the bid, the greater the chance of securing the lease. Once awarded, the land is leased for only 15 years. The previous system was based on need, and farmers could hold land indefinitely.

"Young farmers who are purchasing their land always have to think into the future, and what their plans might be to purchase more land once their 15-year lease is up," Lindal said. "It should come back to — what I think was called — the legacy lease, so young farmers can know they are



EXPRESS PHOTO SUBMITTED

Allan Lindal and his son, Arik, of Fisher Branch will benefit from the Agricultural Crown Lands rent freeze in 2026.

committed to their career and don't have to face that uncertainty."

Along with the rent freeze, the Manitoba government has launched the first phase of its public engagement process to help shape the future of the ACL program — something Lindal said he's pleased to see.

"I encourage all farmers to take part in the survey," he said. "It shows that the government is committed to helping improve the program, and I'm hoping that with the inclusion of farmers' voices, it will give the government some ideas and the go-ahead

to proceed with changes. It's good they want to get our opinions — now I hope they listen."

Manitobans can complete the survey at engagemb.ca until Nov. 24. Feedback will help inform decisions for the 2027 ACL program.

"Our minister of agriculture does understand the importance of the agriculture industry and Crown land to rural agricultural operations," Lindal added. "We'll work together to ensure the industry is sustainable in all communities within the Interlake."

Fisher Branch Gun Show returns to Poplarfield this Saturday

By Patricia Barrett

The Fisher Branch Gun Show is coming to Poplarfield this Saturday to showcase a variety of hunting-related and outdoor equipment, information about the safe handling of firearms, activities for the kids and food.

This is the second time Glen Podaima has coordinated and organized the show on his own. It will include the buying and selling of firearms, a variety of different vendors, prize draws for guns and silent auction prizes.

People with a PAL (a Firearm Possession and Acquisition License) can bring their own firearms to the show if they're interested in selling or trading them.

"Vendors will be buying

and selling guns," said Podaima. "I'm also going to have a taxidermist at the show and a gentleman who makes fur gauntlets, mitts, moccasins and other articles, as well as people who make hunting knives."

The taxidermist, who is from Fraserwood, can do a full mount — the head of an animal — for hunters, or she can mount just the antlers. She can also do a European-style mount with the skull and the antlers and make other items such as bear-skin rugs.

Some of the vendors such as Arborg Livestock will be showcasing outdoor gear such as binoculars, gun scopes, bullets and other products. And Katie Jones, who is from Arborg and

teaches a Canadian firearms safety course, will be on hand to speak with adults and kids.

"I try to promote local people so they get more exposure and can attract more business," said Podaima.

The day-long event is "very kid-friendly," he said. "Katie Jones will have a booth set up to promote firearm safety and will have a bunch of interest-

ing things for the kids. It's great to have her participating in the show."

There will be two rifle draws. Podaima said 100 per cent of the proceeds, after expenses, will go to the Fisher Branch kids soccer club and to the purchase of a new fire truck for the RM of Fisher. Proceeds from the silent auction will go towards expenses for next year's

gun show or if there's a special cause in the community, "we'd donate towards that."

Visitors can have a bite to eat at the show as Fisher Branch Collegiate's Grade 12 class will be taking over the hall's kitchen and cooking hamburgers and hot dogs.

"I let the Grade 12 graduat-

Continued on page 6

Winnipeg Beach Legion Br. 61
20 Hamilton Avenue, Winnipeg Beach

Christmas Tea & Bake Sale -
November 15, 2025
12:30 p.m. - 3:30 p.m.

Featuring finger sandwiches,
Ukrainian Foods and Baking!

For more information:
Ph. 204-389-2660 or
email rclbr61@gmail.com or
www.winnipegbeachlegion.ca

Silent Auction All events are cash only
Monetary Collection at door

Take care of details so they don't have to. *Just ask Ken.*

kl

KEN LOEHMER
FUNERAL SERVICES

55 Main St, Teulon Call 204-886-0404 or visit www.klfuneralservices.ca

THE **EXPRESS**
WEEKLY NEWS



PUBLISHER
Lana Meier



SALES
Brett Mitchell



REPORTER/PHOTOGRAPHER
Kieran Reimer



REPORTER/PHOTOGRAPHER
Jennifer McFee



REPORTER
Annaliese Meier



REPORTER/PHOTOGRAPHER
Patricia Barrett



ADMINISTRATION
Corrie Sargent



DISTRIBUTION
Christy Brown



PRODUCTION
Nicole Kapusta



ADMINISTRATION
Jo-Anne Procter



PRODUCTION
Debbie Strauss



ADMINISTRATION
Allana Sawatzky



PRINT
Dan Anderson

OUR SISTER PUBLICATIONS



get informed

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

South Beach roadwork delayed, new contractor set to begin this fall

By Patricia Barrett

Reconstruction and paving work on Fifth and Sixth avenues in Gimli's South Beach neighbourhood has been postponed after the original contractor informed the municipality it could not complete the project this fall.

The two streets have been in poor condition for several years, and the RM of Gimli had identified them as a priority for renewal in 2025. Road reconstruction typically runs from May to October, as temperatures can affect asphalt stability.

Maple Leaf Construction had been awarded the contract earlier this year, but scheduling issues prevented the company from completing the work before the end of October.

In a notice to residents posted Oct. 1, the RM said no road renewal construction would take place this year.

"Although we explored options to begin work this fall, the contractor, Maple Leaf Construction, has confirmed they will complete all road renewals in early June 2026, once provincial road restrictions are lifted," the notice said.

Fifth and Sixth avenues were among several projects slated for completion between late September and October, including Keenora Drive, Goldfield Drive, Lakeshore Drive, Ramsay Road and the lane running along Gimli Beach.



EXPRESS FILE PHOTO BY PATRICIA BARRETT

A gravel road with potholes is shown in 2023 in South Beach. Residents in the neighbourhood have long contended that their infrastructure needs get overlooked by the municipality. But the RM plans to fix Fifth and Sixth avenues this month.

Some South Beach residents expressed disappointment when they learned of the delay. A post shared on local social media pages described the two streets as being in poor condition and called for more communication and oversight of municipal projects.

At council's Oct. 8 meeting, Deputy Mayor Kurt Reichert acknowledged residents' concerns and apologized for the disruption.

"Deputy Mayor Reichert acknowledged the disruption caused by the delay, thanked residents for attending and sharing their concerns, and expressed regret that the situation unfolded as it did," said RM communications lead Christine Payne. "He reaffirmed council's commitment to resolving the issue swiftly and ensuring the work is completed to the standard expected."

ing the work is completed to the standard expected."

Mayor Kevin Chudd joined the meeting by phone to participate in the discussion.

Payne confirmed that council was made aware of Maple Leaf's delay on Sept. 26, when administration received notice from the company and provided a full project timeline.

A new contractor, Whiteout Group — a Winnipeg-based commercial and municipal property maintenance firm — has since been hired to complete the South Beach work.

"Work is scheduled to begin on Oct. 10, with an expected completion timeline of approximately two weeks," Payne said.

> GUN SHOW, FROM PG. 5

ing class run the kitchen so that they can raise money for their graduation," said Podaima. "This is an easy way for them to raise money and it's my way of giving back to the community. Last year's graduating class had all kinds of different food representing different nationalities. It was awesome. And some people from

town will just come for the meal and enjoy walking around looking at the vendors. It's a good social event for people to catch up with neighbours and friends."

Podaima said he's expecting about 300 people to attend the show. He's got volunteers who will be helping him keep things running smoothly, plus "a lot of support" from people in the area including Fisher Game

and Fish, Fisher Powersports, Arborg Livestock Supplies, the Arborg Gun Club, and Katie Jones.

The Fisher Branch Gun Show will be held on Saturday, Oct. 18 in the Poplarfield Community Centre at 14 Katie Lane in Poplarfield starting at 9 a.m. and running to around 4 p.m. Admission is \$5. Children 11 and under are free with adult.

ADVERTISING OR PRINT CONTACT INFORMATION

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

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

OUR EDITORIAL STAFF

Patricia Barrett -
Reporter/Photographer
Cell 204-407-6099 patricia@expressweeklynews.ca

PAPER DELIVERY OR FLYER CONCERNS

Christy Brown, Distribution Mgr.: 204-467-5836

The Express Weekly News is published Thursdays and distributed through Canada Post to 11,396 homes. Republishing in whole or in part without permission is strictly prohibited. Printed in Canada by Prolific Printing.

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



> EMAIL US

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

ADDRESS

74 Patterson Drive, Stonewall Industrial Park
Box 39, Stonewall, MB R0C 2Z0

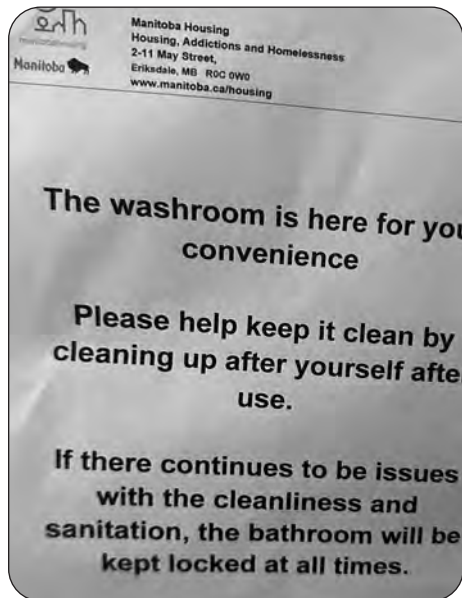
**Advertising Deadline: Monday 4:00 pm
prior to Thursday Publication**

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

Funded by the Government of Canada



Seniors' toilet privileges taken away at Manitoba Housing's Inwood Seniors Lodge



EXPRESS PHOTO SUBMITTED

Manitoba Housing staff posted this notice last month inside and outside two public washrooms at the Inwood Seniors' Lodge after an alleged incident with a toilet. At one point staff locked both washrooms before opening one and leaving the other locked — the one seniors say they rely on most because of its convenient proximity to an exterior door and their lounge.

By Patricia Barrett

Manitoba Housing staff at the Inwood Seniors' Lodge locked one of two public washrooms after an alleged incident involving a toilet, drawing complaints from residents who say the closure has left some seniors struggling.

The locked washroom, near the lounge and exterior door, is important for residents with mobility issues who rely on quick access when returning from errands or socializing in the community.

One resident, who asked not to be named for fear of repercussions, said the building has two public washrooms — one near the lounge and another by the laundry area — but both were locked in September after staff reported fecal matter on a toilet seat and floor. Notices were posted on Manitoba Housing letterhead warning that the bathrooms would remain locked if they weren't kept clean.

"The washroom is here for your convenience. Please help keep it clean by cleaning up after yourself after use. If there continues to be issues with cleanliness and sanitation, the bathroom will be kept locked at all times," the notice read.

Residents say they depend on the lounge washroom because of mobility challenges.

"All the people in here, we often use the [public] washrooms because we just can't make it back to our suites sometimes," said one resident. "Espe-

cially people with walkers."

After residents objected, staff re-opened the washrooms but soon re-locked the one near the lounge. When Interlake-Gimli MLA Derek Johnson visited the lodge on Sept. 22, that washroom remained locked and the sign was posted.

"[The washroom by the lounge] has been locked since about last Wednesday or Thursday," said the resident. "It was locked, too, when Derek visited. This is the second time that washroom has been locked."

Residents said staff claimed the washroom was messy, but they believe the issue stemmed from a plumbing problem.

"That could have been the cause of the feces," the resident said. "But not a single resident here has ever seen this mess [staff] are talking about. Those bathrooms get used often enough that one of us would have seen it."

Staff later told residents the toilets weren't for public use but only for residents whose suite toilets malfunction. One resident was given a key, though others were unsure if that person is expected to unlock the door on request.

The Inwood Seniors' Lodge is a 22-suite rent-geared-to-income facility owned by Manitoba Housing, a Crown corporation under the Department of Housing, Addictions and Homelessness.

Residents also raised concerns about caretaking and maintenance. They said the property manager, based in Eriksdale, visits infrequently and rarely interacts with tenants.

"He'll come maybe once a week or once every couple of weeks," said the resident. "He doesn't let anybody know he's here. Of course, he's not had complaints from us because no one ever knows he was here."

Caretakers handle cleaning duties, but residents say they sometimes see inconsistent work, such as vacuuming only one side of the building at a time.

Another major concern is the high number of vacant suites — about 10 — despite people being told there's a year-long waiting list.

The resident fears Manitoba Housing could close the facility, similar to what happened in Komarno, where a small residence was shut down and later sold.

"One man had to move south. He was so upset because he really wanted to be in Inwood. People talk to each other and they'll talk about the long waiting list," said the resident. "It looks like they're going to pull a Komarno. Komarno had a small [Manitoba Housing] residence, I think

it was four or six suites in it. And all of sudden there was no one moving into Komarno. Then it got closed and it went up for sale. We're wondering if someone's saying there's a waiting list [here] to try to sell it."

Vacancies may also be linked to delays in cleaning or repairing vacated suites.

"Three residents moved out — one about a year ago and two just recently," said the resident. "Nobody has gone in to clean those suites or get them ready to rent again."

The mounting concerns over washrooms, maintenance and vacancies prompted residents to contact their MLA.

Johnson called the situation "bordering on elder abuse."

"A short-term closure for maintenance is one thing," he said. "But to lock a washroom as retribution for an accident by someone who could be incontinent is disgusting. These are seniors who built our province. To take away their dignity by locking a washroom facility [they need] is unacceptable."

Johnson said Manitoba Housing, as the landlord, is responsible for ensuring plumbing systems work properly.

"It's the landlord that is responsible — and the landlord here is the Province of Manitoba," he said.

He added that restricting access to essential facilities affects seniors' ability to live independently.

"Part of that independence is living in the community they grew up in," he said. "When you start closing washrooms, that has a huge effect on seniors' independence."

A Manitoba Housing spokesperson said senior staff will visit the Inwood Seniors' Lodge this month to review maintenance procedures, public washroom use and other building concerns.

"Apartment buildings are not required to have a publicly accessible washroom," the spokesperson said. "As this is a residential facility, residents would have access to a washroom in their own suites. However, there are two washrooms in public areas of the building, which will be reviewed by senior staff this month."

When asked about the vacancy rate and the alleged waiting list, the spokesperson said the building will not be sold and that there is no current waitlist for suites.

"The department's mandate is to protect social and affordable housing across the province, including at Inwood Manor [sic], which will not be sold," they said.

They added that after the non-profit Inwood Manor Inc. ended its man-

agement agreement in 2022, Manitoba Housing's Property Services branch assumed control. The department continues to process applications through its central intake system.

"All inquiries about tenancy are referred to Manitoba Housing's application department," the spokesperson said. "After completing an application, applicants are added to the waitlist and contacted when a unit is available. While all units are ready to be used, there is currently no waitlist for Inwood."

Tenants can reach the property manager by phone or during weekly site visits. "All tenants have his business card with contact information, which is also posted in the building," the spokesperson said.

For people interested in renting a suite at the Inwood Senior's Lodge, Manitoba Housing recommends they call the corporation's general inquiries line at 1-800-661-4663 and speak with a staff member who can guide them through the application process.

Community Support Service

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

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

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

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

Al-Anon
Gimli and Winnipeg Beach

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

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

Gimli earns four blooms at Communities in Bloom conference

By Patricia Barrett

Gimli was recognized for Viking Park during Manitoba Communities in Bloom (CiB) conference and awards banquet held on Oct. 4 in Gimli.

Gimli earned four blooms out of five for the Icelandic-themed park, which features lush landscaping, volcanic rocks, a donor recognition wall and the town's iconic Viking statue.

Six Manitoba communities in total were recognized at the awards banquet. Five communities were provided with a bloom rating on a scale of 1 to 5 and a special mention, while one was entered in the non-evaluated category.

CiB fosters civic pride, environmental responsibility and sustainability, beautification and heritage preservation through the enhancement of green spaces. Since 1999 there have been more than 70 Manitoba communities that have participated in the program, making a commitment to

work towards a sustainable future for their communities.

"The Manitoba Communities in Bloom (MB CiB) program provides communities with a comprehensive evaluation beneficial to the development of their community," said CiB program coordinator Cathy Shaluk in an Oct. 7 media release. "The program encourages all sectors of the community to work together to develop best practices to achieve clean, green sustainable communities that celebrate their heritage and unique potential."

In addition to Gimli, provincial CiB participants in 2025 are Warren, St. Jean Baptiste, Niverville, Baldur, and Portage la Prairie and Southport.

CiB judges toured participating communities to provide an evaluation that is focused on the beautification of landscapes and floral displays, environmental action, natural and cultural heritage conservation efforts, and urban forestry practices.

The MB CiB 2025 Results:

Community and Category	Bloom Rating (max. 5)	Special Mention
Population: 1-500		
Town of Baldur	Non-evaluated	
Population: 501 - 1000		
Town of St. Jean Baptiste	5 Blooms	Four Corner Heritage Park
Population: 1001 - 3000		
Town of Warren	4 Blooms	Green Space Island for Warren Sign and planting areas
Population: Over 5000		
City of Portage La Prairie & Southport	5 Blooms	Partnership between Portage and Southport
R.M. of Gimli	4 Blooms	Viking Park
Town of Niverville	5 Blooms	Community Tree Planting Program

EXPRESS IMAGE COURTESY OF COMMUNITIES IN BLOOM

The RM of Gimli earned 4 out of 5 blooms from Communities in Bloom for Viking Park.

CiB's Gimli conference included presentations by the Lake Winnipeg Research Consortium, Gimli resident Tim Arnason, who spoke on a wetland project involving the former

sewage lagoon, Gimli resident Andy Blicq, who spoke about historical conservation, and Southport which discussed climate mitigation.

WCF celebrates donors, students and community development

By Patricia Barrett

The Westshore Community Foundation (WCF) paid tribute to its supporters and funding recipients at its 19th Annual Donor Appreciation and Bursary Awards Night at the Gimli Lakeview Resort on Oct. 3.

WCF is a charitable organization that provides investment income in the form of grants to projects hosted by not-for-profit groups in WCF's catchment area along the west shore of Lake Winnipeg, including Riverton, Gimli, Fraserwood, Winnipeg Beach and Dunnottar. The funding allows communities to support the health, well-being and enhanced quality of life for their residents.

WCF also distributes bursaries and scholarships to support the educational pursuits of students in its catchment area.

WCF distributed \$52,983 to 30 students in 2025. They are as follows: Rebekah Aspen, Mitchell Baker, Vira Balaban, Ava Berthaudin, Rhianne Clarke, Fawn Collins, Dominique Chudd, Keira Erlendson, Abby Frost, Erin Furgala, Katarina Gallo, Alyssa Gard, Jahna Hardy, Kyra Humniski, Keenan Karish, Avery Kornelsen, Haden Magnusson, Morgan Meadows, Zack Meadows, Ava Michaluk, Elisee Moore, Darci Mowatt, Dallas Nedotiafko, Amber Peterson, Lilah Pinsent, Leif Robak, Callie Sylvester, Presley Tarnowski, Trent Toderan and Amaris Toews.

WCF granted \$103,135 to 28 community organizations in 2025. They are as follows: Gimli wetland initiative project (\$16,740); Gimli Children's Centre exterior building upgrades (\$11,000); Betel Heritage Foundation's Gimli Hus Assisted Living for seniors (\$10,000); Gimli Fire & Rescue grass fire and hazmat trailer (\$7,000); New Iceland Heritage Museum centennial celebrations (\$4,860); Camp Arnes pool restoration (\$4,500); Betel Heritage Foundation Johnson Hall projector replacement (\$4,500); Gimli Glider Exhibit cockpit return, restoration and



EXPRESS PHOTO COURTESY OF WCF

Student scholarship recipients were recognized during the Westshore Community Foundation's annual awards night at the Gimli Lakeview Resort on Oct. 3. This year, WCF distributed \$52,983 in bursaries and scholarships to 30 students from across its catchment area.

installation at a commemorative park (\$4,500); Minerva Ladies Aid wheelchair accessible washroom addition (\$4,200); Evergreen Basic Needs shelving for storage and task tables, shelving for food bank (\$3,600); Sleep in Heavenly Peace trailer for bed delivery (\$3,000); Gimli Barvinok Dance Club Ukrainian dance costumes (\$2,800); Interlake Eastern Health Foundation Bladder Scanner Purchase (\$2,700); Fraserwood Hall Community play structure \$2500; Lake Winnipeg Research Consortium Namao 50th birthday and open house (\$2,500); Riverton-Bifrost Parks & Recreation baseball diamonds and field beautification (\$2,250); Matlock Recreation Club community caregiver program (\$2,100); Riverton Cemetery parking and bridge accessibility (\$2,100); Gimli New Horizons 55+ Centre chair replacements (\$1,800); Interlake Women's Resource Centre cultural healing and self-care project (\$1,750); Sandy Hook Pier improvement of accessibility (\$1,500); Gimli International Film Festival world environmental screening day (\$1,440); Betel Home Foundation accessible shower chair (\$1,400); RM of Gimli- Recreation and Leisure department Musical Theatre Summer Camp (\$1,400); Gimli International Film Festival pa system (\$1,005); Gimli Ice Festival 15th Anniversary video presentation (\$750); Meleb Park Cumming School Reunion Committee washroom accessibility ramp (\$490); and Culture Days Nuit Blanche (\$250).

Newspaper carriers go the extra mile during National Newspaper Week

Despite Canada Post strike, local team keeps nearly 95% of papers on schedule

By Lana Meier

As National Newspaper Week is celebrated across Canada from Oct. 6 to 12, local newspaper carriers of the *Selkirk Record*, *Winkler Morden Voice*, *Altona Rhineland Voice*, *Carman Dufferin Standard*, *Stonewall Teulon Tribune* and *Express Weekly News* are proving just how vital they are to keeping communities informed — especially during challenging times.

Amid an ongoing Canada Post strike, carriers across southern Manitoba and the Interlake have gone above and beyond to make sure readers continue to receive their weekly news. Despite delivery delays across the country, nearly 95 per cent of papers from our publications have still reached homes and businesses on schedule.

"This has been an incredible team effort," said newspaper publisher Lana Meier. "From office staff to volunteer drivers and local carriers, everyone has stepped up to make sure our readers stay informed."

Carriers have been going door to door in Arborg, Teulon, Stonewall, Warren, Woodlands, St. Andrews, St. Mountain, Selkirk, Winkler and Morden, working early mornings and late nights to keep deliveries on track.

"They're working day and night to get the papers out," Meier said. "It's a reminder that community news really depends on people — neighbours helping neighbours — to keep information flowing."

Carrier Appreciation Day, recognized on Saturday, Oct. 11, coincides with National Newspaper Week, a time to celebrate the essential role of trusted journalism in protecting the truth. This year's campaign by News Media Canada highlights the importance of supporting local newspapers that bring reliable, fact-checked information to every corner of the country.

"We are very fortunate to have the trust and advertising support from our local businesses to make sure that the community newspaper continues," Meier added. "It is their advertising and flyers that bring the news to our readers week in and week out. Be sure to shop local."

This week — and every week — is a celebration of the people and partnerships that make community journalism possible.

At the heart of that effort is the mission that drives every edition: Connecting people through stories to make stronger communities.



EXPRESS PHOTOS SUBMITTED

Amid the Canada Post strike, Warren Collegiate students helped bag and deliver the *Stonewall Teulon Tribune*, while friends and family have been pitching in before and after school to bag, roll and deliver newspapers — including the *Selkirk Record*, *Winkler Morden Voice*, *Altona Rhineland Voice*, *Carman Dufferin Standard* and *Express Weekly News* — door to door.





Seasonal Influenza Clinics will begin October 15, 2025

Book an appointment by calling 1-844-626-8222 between 9:00am and 5:00pm, Monday to Friday or by using the online booking system (visit www.ierha.ca and click “Annual Immunization Clinics” or visit www.manitoba.ca/vaccine).

Seasonal influenza, pneumococcal 20 and COVID-19 vaccine will be available for those eligible as per Manitoba Health guidelines. Immunization with the most updated COVID-19 vaccine is strongly recommended for previously vaccinated and unvaccinated individuals at increased risk of COVID-19 infection or severe disease.

Below is the listing for the region.

	Dates	Time(s)	Location(s)
Arborg	October 30	Noon - 6:00 pm	Arborg Bifrost Community Centre, 409 Recreation Drive
	November 8 (Walk Ins Only)	10:00 am – 2:00 pm	Arborg Bifrost Community Centre, 409 Recreation Drive
	November 13 (Walk Ins Only)	2:00 pm – 6:00 pm	Arborg Bifrost Community Centre, 409 Recreation Drive
Ashern	October 22	1:00 pm - 6:00 pm	Ashern Centennial Hall, #1 MB-325
	November 3	10:00 am - 2:00 pm	Ashern Centennial Hall, #1 MB-325
Eriksdale	October 23	10:00 am - 2:00 pm	Eriksdale Rec Centre, Second 1 st Ave
	November 1	10:00 am – Noon	Eriksdale Wellness Centre, 35 Railway Ave
	November 4	3:00 pm – 7:00 pm	Eriksdale Rec Centre, Second 1 st Ave
Faulkner	October 29	10:00 am - 2:00 pm	Faulkner Community Hall
Fisher Branch	October 28	1:00 pm - 7:00 pm	Fisher Branch Ukrainian National Home Hall, 33 Provencher Ave
	November 15	10:00 am - 2:00 pm	Fisher Branch Community Health Office, 7 Chalet Drive
Gimli	October 21	1:00 pm - 7:00 pm	Minerva Hall, 108156 PTH 8
	October 25	10:00 am - 4:00 pm	Minerva Hall, 108156 PTH 8
	November 3	1:00 pm - 7:00 pm	Minerva Hall, 108156 PTH 8
Gypsumville	October 27	10:30 am – 12:30 pm	Gypsumville Clinic, 1st St
Lundar	October 21	10:00 am - 2:00 pm	Lundar Legion Hall, 50 3 rd Ave
	October 28	3:00 pm - 7:00 pm	Lundar Legion Hall, 50 3 rd Ave
	November 1	1:00 pm - 3:00 pm	Lundar Community Health Office, 97 1st Ave South
Matheson Island	November 6	10:45 am - 12:15 pm	Matheson Island Hall
Matlock	November 5	10:00 am – 3:00 pm	Matlock Rec Centre, 77 Matlock Rd
Moosehorn	October 24	10:00 am – 3:00 pm	Moosehorn Community Hall, Railway Ave
Pine Dock	November 6	1:30 pm - 3:00 pm	Pine Dock Hall
Riverton	October 22	2:00 pm – 7:00 pm	Riverton Hall, 175 Riverton Ave W
	November 1	10:00 am - 2:00 pm	Riverton Hall, 175 Riverton Ave W
St. Laurent	October 28	10:00 am - 3:00 pm	St. Laurent Legion, Lot 487, PTH 6
	November 1	10:00 am - 2:00 pm	St. Laurent Health Centre, 51 Parish Lane
	November 19	1:00 pm - 6:00 pm	St. Laurent Health Centre, 51 Parish Lane
Winnipeg Beach	October 29	10:00 am - 3:00 pm	Winnipeg Beach Rec Centre, 32 Hamilton St

Please note:

- Some walk-in appointments available.
- Please practice good hand-washing.
- Do not come to your appointment if you are experiencing flu-like symptoms.
- Please come right at your appointment time to avoid congestion.
- Bring your Manitoba Health Card, and wear a short-sleeved shirt.

Private immunization clinics will occur in senior and other community housing facilities. Check your building bulletin boards for a poster with details.

For more information, please contact your local community health office:

Arborg: 204.376.5559 Ashern: 204.768.2585 Eriksdale: 204.739.2777
Fisher Branch: 204.372.8859 Gimli: 204.642.4587 Lundar: 204.762.5469
Riverton: 204.378.3102 St. Laurent: 204.646.2504

Any changes to this listing will be posted online at www.ierha.ca
Click on the banner “Annual Immunization Clinics” on the home page



> HEALTH, FROM PG. 3

care and seek out solutions to practical needs. Based in Selkirk, Staszkie-wicz helps out with cancer screening in the region, while also participating in health education and promotion.

Clinical mentor Erin Hertz has been a dedicated nursing leader at Beause-jour Hospital for many years. Nomi-nator Tanya Cheetham said Hertz consistently contributes to nursing practice and policy committees and constantly strives to enhance health-care quality. She spearheaded Inter-lake-Eastern RHA’s first internation-ally educated nursing onboarding pilot project and has mentored three internationally educated nurses to transition to permanent roles at Pine Falls Hospital. She has now taken on the role of clinical mentor in Beause-jour, where her experience and ap-proach will help to recruit and retain nurses in the region.

Receptionist Susan Gunderson is the first smiling face people see when they walk into Interlake-Eastern RHA corporate office in Selkirk. Nomina-tor Averill Stephenson, executive director of Interlake Eastern Health Foundation, said Gunderson is a fan-tastic representative of IERHA’s val-ues who treats every individual with genuine care and respect. She has a great depth of knowledge, is calm under pressure and leads by example. She takes time to learn about her col-leagues’ lives and provides service with professionalism, kindness and compassion.

Physiotherapist Brett Mason has worked at Interlake-Eastern RHA since 2000. Nominator Karen Wood, health services manager at Gimli Community Health, said Mason drew on his 25 years of experience to help out during a time of transition for the allied health team at Selkirk Regional Hospital. In 2024 and 2025, staff num-bers increased from eight to 26 em-ployees, therapy services increased from five to seven days a week, and the orthopedic unit was set up to provide 800 surgeries per year. Dur-ing this time, Mason picked up extra shifts to cover vacancies in Gimli and Pine Falls, while also collaborating with Concordia staff to develop the therapy portion of orthopedic surger-ies. At the same time, he supervised and mentored two newly graduated physiotherapists and provided guid-ance to newly graduated occupation-al therapists.

A recording of IERHA’s AGM and IERHA’s 2024-25 annual report docu-ment can be accessed at www.ierha.ca under “About us” and “Annual Gen-eral Meeting.”

Fuel Good Day pumps up support for Arborg



EXPRESS PHOTO SUBMITTED

As part of Fuel Good Day on Sept. 16, Interlake Co-op Gas Bar presented \$894.95 cheques to both the Okno Community Committee and the Arborg Play Group. Co-op also announced the winner of its September "Win Free Car Washes for a Year" promotion, valued at \$500.

Selkirk's first alcohol-free drink shop opens

By E. Antonio

Selkirk's first non-alcoholic drink market officially opened its doors on July 4, offering a variety of alcohol-free wine, beer, mocktails and spirits.

Nobüz Market is located at 244 Manitoba Ave. and is open Monday to Saturday from 10 a.m. to 6 p.m. Owned by local resident Holly Douglas, the shop brings a fresh option to the downtown business scene.

"The non-alcoholic market is a growing industry. There are more and more people looking for alcohol alternatives, both young and old," Douglas said. "Younger generations are looking for fun drinks without alcohol in them, and there are lots of people who are sober or sober curious."

Douglas describes herself as an occasional drinker but is often the designated driver.

"I want to show people that there are options to have an alcohol-free, healthy and fun time with friends — beyond just opting for water or pop. Designated drivers should be able to have a fun drink. This opens up opportunities for people."

Nobüz Market carries a range of local, national and international products, offering a wider selection than what's typically found in grocery stores. Douglas says

many of her offerings taste just as good as their alcoholic counterparts. Some of the name brands currently available include Farmery Brewery, Sober Carpenter and Budweiser Zero.

Continued on page 13

Equi-Tech Veterinary

"Celebrating 40 Years of Care"

Welcomes

Dr. Hannah Meinders

BSc. Ag, DVM

Following a major in Animal Science at U. Guelph, Dr. Meinders completed her DVM at the U. Minnesota.

Dr. Meinders was thrilled to extern across Western Canada in bovine obstetrics and reproduction.

We are excited to introduce our newest veterinarian, now available for large animal clients across the Interlake



Call today to book your fall preg checking or herd health **Phone: 204-467-2083**



Equi-Tech Veterinary

Mixed Animal Hospital

8155E Road 79N (204) 467-2083

equitech8155@gmail.com

Privately owned and family operated

HOURS:

**Monday-Friday,
8:30 a.m.-5:30 p.m.**

Manitoba is powered by its people.



ROB + JEROME
Power Line Technicians

More than 5,000 of us proudly work together to bring safe, affordable and reliable energy to the communities we call home. **People you know. Energy you trust.**

See how we power your every day at hydro.mb.ca/energy-for-life

Manitoba Hydro
energy for life

Riverton Community Church fills bellies with pancakes and holiday spirit

By E. Antonio

Something delicious is cooking at the Riverton Community Church of the Nazarene — and it's all for a good cause.

To Pam Shumey, community is at the heart of the church's vision. She and fellow members host biweekly pancake breakfast fundraisers to support their annual Christmas hamper program.

To date, they've raised more than \$5,000 thanks to the community's overwhelming generosity, and they're once again inviting everyone to pull up a chair for breakfast.

"I'm going to say hallelujah for us raising that amount because it's simply amazing," said Shumey. "It shows that we as a church community can rise up and meet the needs of the community whenever and wherever the need is greatest."

The next breakfast takes place Monday, Oct. 20, from 8 to 11 a.m. at the church, 25 Main St. in Riverton. For \$10, visitors can enjoy three freshly made pancakes, three sizzling sausages and a cup of coffee.

Shumey has been hosting the biweekly breakfasts for

more than a decade and says she's proud of what the group has accomplished together.

This December, volunteers will prepare 12 food hampers valued at about \$150 each — enough to provide families with Christmas and Boxing Day dinners.

"We want to make sure as many people as possible can enjoy the holidays with their families without worrying about whether they can afford a special dinner," Shumey said. "The hampers are 100 per cent possible because of the fundraising we do, and I invite everyone from far and wide to join us for a tasty breakfast every second Monday."

Three pancake breakfasts remain this year: Oct. 20, Nov. 3 and Nov. 17. After that, volunteers will take a break from flipping pancakes in December to focus on preparing the hampers.

Information about the next round of breakfasts will be posted on the church's bulletin board when they return in 2026.

Church members are also preparing for their annual Chili, Bake and Rummage Sale on Friday, Nov. 21. From 11 a.m. to 7 p.m., visitors can enjoy a warm bowl of chili, grab a grilled hot dog, or try a chili dog for the best of both worlds. A va-



EXPRESS PHOTO SUBMITTED

Riverton Community Church of the Nazarene hosts frequent food-filled events that bring people together. Pictured are members enjoying a meal during a birthday celebration.

riety of baked goods will also be available, with all proceeds going toward the Christmas hamper program.

Outside of fundraising, the church's ongoing goal is to bring people together. One way they do this is through community potlucks held every second month. Their most recent celebration, on Oct. 4, drew about 50 people who each brought a dish to share. The next potluck is set for December.

"It can get pretty hectic around here, and I'm not quite sure how we manage to do it," Shumey said with a laugh. "But at the end of the day, we get it done and are able to give back to those who need it."



Interlake's Automotive & Agricultural Glass Specialists
We make the claim
We replace the glass
We have courtesy cars available

 **Manitoba Public Insurance**
Autopac Accredited Glass Repair

 **Stonewall Glass** Phone 204-467-8929
to book your appointment.
2 Patterson Drive, Stonewall

The difference dental implants made for Lynne

BY ELISHA VANDOR

"I'll be able to eat again" exclaimed Lynne as she felt her lower denture snap into 3 lower dental implants for the first time; "oh, and they're so natural-looking too!" With built up emotion, Lynne hugged and thanked Denturist Brock saying, "it was worth it."

We wish you could hear the SNAP as Lynne pushed down on her lower denture securing it into her three dental implants like snapping together a button tightly. For us, it's the successful sound of a tight-fitting lower denture, but for Lynne it's the sound of freedom. Freedom from struggling with a loose lower denture. She says, "to go from not being able to eat anything but soup and yogurt, being embarrassed and holding up my hand in front of my mouth to now being able to eat normally again and smile at people, it's been an excellent, excellent experience and I would suggest having it done to anybody." So, the big question ev-

eryone wants to know is, what is the dental implant procedure like? Lynne says, "I was petrified. I wasn't sure if was going to work properly. Now, feeling the way they fit properly and being able to take them in and out, it's been worth it. If the person can afford it, then definitely get it, even if it's 2-3 posts like I was able to get done. It feels natural, it really does."

A dental implant should feel natural! After all, the purpose of the dental implant is the same as a tooth root - anchoring the teeth for chewing purposes. Without an anchor, the ship floats away... the same can be said for a lower denture (specifically). Trying to chew with force and accuracy with a lower denture will not be as successful without it being snapped into at least two dental implants. Natural teeth can bite using a substantial amount of force and mulch food with ease because of the teeth's stability being rooted into the jawbone. The difference with dental implants is an anchored denture providing greater chewing force,

accuracy, and stability. All three combined will provide you with the ability to successfully and easily eat with a denture. As Lynne so excitedly said to us that she's trying out steak for the first time in a while because she's now confident in her chewing again like she once was with natural teeth.

For Lynne, the total amount of time it took to have the denture snapping into the dental implants from the time of the procedure was 3.5 months. In contrast, some dental implant procedures allow for the teeth to be secured onto the dental implants the same day. The wait period or no waiting period is dependant on the procedure, which can be discussed with our Denturists Brock and Matthew. Our consultations are free of charge! As Lynne says, "I always felt like it was family working with me here, you were excellent that way. To know I can eat properly again and smile, it feels natural. You all have been excellent."



Lynne (pictured right) celebrates her new teeth with her friend Anna and Denturist Brock.

VANDOR • DENTURE • CENTRE
AWARD-WINNING DENTURES AND IMPLANTS

(204) 482-6698

299.5 Eaton Ave, Selkirk, MB

> ALCOHOL FREE, FROM PG. 11

"I'm always looking for new products to bring into the store based on feedback from customers about what they want to see," she added. "I'm also looking to expand my selection of Manitoba breweries — it would be great to offer more locally sourced products."

Douglas' vision for Nobüz Market began in 2024, one year after she sold Selkirk's Dairy Queen.

"I was itching to do something else, so I started looking for a location and

came across this building on Manitoba Avenue. Things have been rolling from there."

A grand opening date will be announced at a later time, as Douglas continues to settle in and get familiar with her products and clientele.

"The reception so far has been very positive. People are excited for alternatives to alcohol and to have choices. It's not easy being sober, but I'm hoping Nobüz can be here for anyone."

One of her long-term goals is to offer



EXPRESS PHOTO BY E. ANTONIO

Nobüz Market features shelves stocked with non-alcoholic wine options, offering customers a variety of alcohol-free alternatives in Selkirk's first sober beverage shop.

The Express Weekly News Thursday, October 16, 2025 **13**
non-alcoholic wine tastings for weddings and socials.

"Anything that gives people the chance to have a choice is the biggest thing for me. I'm trying to gather as much feedback as I can from others so I can supply what they're looking for."

Free samples are available in-store for anyone curious to try her selection. Those looking to get in touch can follow @nobuzmarket on Instagram, email info@nobuzmarket.ca or call 204-904-9793.



In Concert Ashern Centennial Hall

#1 – MB 325 – Ashern, Manitoba

Sunday, November 2, 2025 at 6:00 p.m.

No Tickets Required – Everyone Welcome

For More Information:

Contact Conrad at Anderson Family Funeral Home 204-768-3606

**Travel with
your heart in the
*right place***

 **FALCON LAKE** | 49.68525° N, 95.32648° W



PHOTO: MAX MUEENCH



 **AIKENS LAKE** | 51.21051° N, 97.29175° W

**The best travel itineraries lead
with the heart and so should you.**

Explore travel options for whatever your heart needs
at travelmanitoba.com/YourHeartRightPlace

MANITOBA
CANADA'S HEART IS CALLING

Fall INTO GREAT SAVINGS

See in store for the best pricing!



Mod Max

- Modular pieces are customizable and can float anywhere
- Select as few/many pieces to fit your space
- Next-Gen Nuvela™ is a performance fabric that is soft, easy to clean, stain-resistant and durable
- Easy-to-remove zippered covers for machine washing



Midnight Madness

Build Your Own
*Sofa, Love-seat, Sectional, Oversized Chair & More



Lyncott Upholstered Bed Queen

Regular Price \$900.99

Sale Price \$720⁹⁹

All in-stock Appliances ON SALE



Regular Price \$1,230.99

Sale Price \$984⁹⁹



Kraeburn Dining Table and Chairs

Regular Price \$1,520.99

Sale Price \$1,216⁹⁹

Affordable delivery & removal rates.



Galtbury A4000325 Bookcase

Regular Price \$440.99

Sale Price \$352⁹⁹



W664 Entertainment unit photo with fireplace

Regular Price \$2,130.99

Sale Price \$1,704⁹⁹



T664 Coffee Table

Regular Price \$1,070.99

Sale Price \$856⁹⁹



T513 Coffee Table

Regular Price \$650.99

Sale Price \$520⁰⁰



T483 Three Pack Coffee Table

Regular Price \$620.99

Sale Price \$496⁹⁹

All in-stock Accessories 40% Off



48404 Sectional

Regular Price \$3,331.99

Sale Price \$2,665⁹⁹



31305

Regular Price \$2,140.99

Sale Price \$1,712⁷⁹



PC29203 Sofa

Regular Price \$1,080.99

Sale Price \$864⁹⁹

Regular Price \$960.99

Sale Price \$768⁹⁹

All Mattress & Foundations 20% Off

No interest & No payments for 12 months if paid in full OAC.

Financing provided by **flexiti**

Bringing Comfort Home to Gimli & The Interlake

74 1st Avenue, Gimli 204-519-8342 sealesfurniture.ca

Hours of operation: Tues. - Fri. 10-6, Sat. 10-4, Sun. 12-4



Creative Crossroads unites rural artists at 210 Gallery

By Lana Meier

Rural Manitoba artists are taking centre stage in Winnipeg this fall through a new group exhibition titled Creative Crossroads, now showing at 210 Gallery — an extension of the Manitoba Arts Network dedicated to showcasing rural and northern artists.

Located at 210 Princess St., the gallery offers free public access and features a wide range of works by members of the Green Acres Arts Collective (GAAC) based in Teulon. About 80 per cent of the paintings on display are available for purchase, and the gallery's gift shop sells smaller handmade items provided by the artists to help cover operating costs.

The exhibition runs until Oct. 25 and reflects the diverse perspectives and artistic journeys of its 12 participating artists, most of whom live in the Interlake region.

"Creative Crossroads came about because we're all at different stages in our lives and our art processes," explained Rozanne Nevakshonoff, one of the exhibiting artists. "Most galleries choose a single theme, but



our work is so varied that these two words seemed to encapsulate the spirit of the show."

The participating Interlake artists are Heather Gushulak, Dione Murphy, Jim Duncan, Lisa Carter, Debbie Stewart, Christine Walls, Dawn Mitchell, Brenda Tarrant, Rozanne Nevakshonoff, Vera Fullard, Graham Clarke and Hermina Hildebrand.

The GAAC group meets weekly to share ideas, learn techniques, and support one another's creative



EXPRESS PHOTOS SUBMITTED

Interlake artists from the Green Acres Arts Collective (GAAC) are featured in Creative Crossroads, a new group exhibition at 210 Gallery in Winnipeg that celebrates rural Manitoba creativity. The show brings together 12 artists and runs until Oct. 25 at 210 Princess St.

growth. Two long-time members — Lisa Carter and Hermina Hildebrand — are credited as the driving forces behind the exhibition's organization, with other members contributing by offering public mini-demonstrations throughout the show.

"GAAC is really where we gather to learn, share and uplift each other," Nevakshonoff said. "This show wouldn't have happened without that sense of community."

The artists were selected based on interest and readiness to exhibit their work. Each brings a distinct style and story, creating a collective snapshot of rural creativity and resilience.

The Creative Crossroads exhibition continues through Oct. 24 at 210 Gallery, 210 Princess St., open Tuesday to Friday from 10 a.m. to 4 p.m. and Saturdays from noon to 4 p.m.





MANITOBA
LIQUOR & LOTTERIES

#MBLLGoodTogether

We're more climate friendly thanks to Manitoba livestock farmers.



Read more by scanning the QR code or visit MBLL.ca/ESG





QUARRY
PHYSIOTHERAPY

AN inMotion CLINIC

Gimli
204-642-5353

Arborg
204-376-2406



LEARN MORE ABOUT ORTHOTICS HERE



Custom Orthotics are ideal for patients experiencing pain with:

- Walking • Running
- Sporting activities
- Prolonged standing

- ONLINE BOOKING AVAILABLE
- DIRECT BILLING TO MOST INSURERS
- CONVENIENTLY OPEN MON-SAT
- EXPERIENCED, FRIENDLY STAFF

Keeping the Interlake inMotion since 1994

inmotionnetwork.ca

Fire safety fun



EXPRESS PHOTOS BY RAYME THOMSON

Gimli Fire and Rescue welcomed the community during its Fire Prevention Week open house on Oct. 4. Visitors enjoyed demonstrations of rescue equipment, including tools used in vehicle extractions, while firefighters ran hands-on training activities for kids and adults alike. Guests also toured the fire hall, enjoyed lunch and met Sparky the Fire Dog, who stopped by to spread fire safety awareness.



Terry Fox remembered as Gimli students raise funds through annual run



EXPRESS PHOTO SUBMITTED

Students at Sigurbjorg Stefansson Early School took part in the annual Terry Fox Run on Sept. 24, raising \$202.30 for the Terry Fox Foundation. "The weather was great and we had a nice walk through town," said teacher Joseph Haycock.

News Tips? Story Ideas?

call the Express
204-467-5836

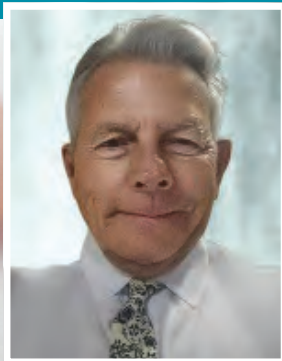
Everything you need to promote your business

FLYERS
BROCHURES
BUSINESS
CARDS
STICKERS
WINDOW
DECALS
SOCIAL
TICKETS
DOOR
HANGERS
LETTERHEAD
ENVELOPES
INVOICES
ESTIMATE
SHEETS
POSTERS
MEMO PADS
POST CARDS



Call Today!
204-467-5836

TOM KOSTER DENTURE CLINIC



Denturist

- We accept the Canadian Dental Care Plan and all other dental plans
- Arborg Clinic - 356 River Rd.
- Phone (204) 376-5838 for appointment
- After hours (204) 781-6409

Tree trimming keeps you safe

Overgrown trees can cause fires and outages.



Learn more at
hydro.mb.ca/vegetation

To request accessible formats visit hydro.mb.ca/accessibility.

Manitoba Hydro
energy for life



GIMLI 204-642-8501 SELKIRK 204-482-5806

IF NOW'S THE TIME FOR YOU TO BUY OR SELL, WE'RE HERE TO HELP.

CHRIS NEUFELD
204-641-1727



Cute & Cozy in Wpg Beach. Yr. rd. 2 Bdrm. Laminates, Screened Porch. Deck. Come See!

5 acre lots close to lake in Sandy Hook. Driveways in place. No time restrictions.

DAYNA CLARK
204-461-1347

Lakefront, Sugar Point. Newer all season hm, 1454 sf, 3 br, 2 full baths, HWF's. \$359,900

Wpg Beach \$319,900. 4 season, 1448 sf +2 sunrms. 3 brs, 2 full baths. Open plan. Huge lot

Lundar, 1200 sf, 3 brs, 1.5 baths. Oak eat in kit, c/air, newer shingles, det gar \$152,500

All season hm at The Narrows, 1200 sf, 3 brs, many renos. Treed lot across from lake \$150's

CRYSTAL LINE
204-232-62009



Executive 1738sqft. 3 bd 2 bth home - Upgraded finishes & features dbl att heated garage.

Matlock - 2.53 Acres w/ 1186sf 2 bed home - triple garage - call for details.

DAVE HUMNISKI
204-642-3044



5 Park Cresc Petersfield Custom built square log home is sure to inspire! 4 bdrm/3 baths A must see! \$799,000

LAURENCE HUMNISKI
204-642-3589



19071 17th Ave. Sandy Hook 2 Acres between hwy's 8 & 9. 3 bd. home w/lge barn. Peaceful country living! \$249,000

Lots available! Many areas and sizes to look at! Give us a call!

MIKE JUBA
204-588-7967



St Clements 49 ac hobby farm w/home renovated in 2006, finished lwr lvl, gar & shop, fenced paddocks \$469!

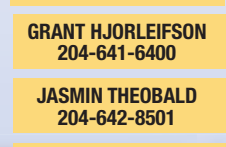
St Clements 46 ac property; 38 ac cultivated. Beaut. treed yard site w/power, barn & accessory bldg \$279k!

AYLA DROPKO
204-651-1214



Modern, year-round Grindstone cottage built 2019! 3 bed, 1 bath & central air - \$179,900.

JOHN WISHNOWSKI
204-479-1208



GRANT HJORLEIFSON 204-641-6400

JASMIN THEOBALD 204-642-8501

SAMANTHA KING 204-229-7560

PAM ISFELD 204-641-5408

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

Thinking of selling? For local information, call the Realtors® that live, work and play in the area!

HERE FOR YOU SINCE '62!

Your FARM



Manitoba Beef Producers continues to advocate for new trade relationships, producer needs

By Patricia Barrett

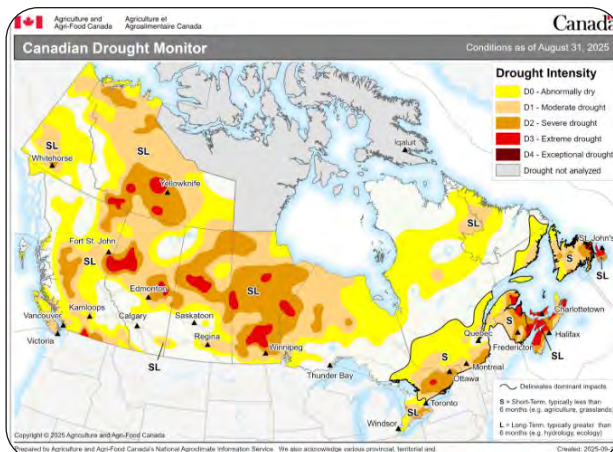
Although the beef sector in Manitoba is currently enjoying high prices for cattle and calves, producers are still experiencing challenges after drought conditions this season that affected, in particular, the Interlake, a continuing decline in herd numbers across Canada and the overall uncertainty of future trading relationships with the United States.

Manitoba Beef Producers (MBP) general manager Carson Callum said Canadian beef is covered under the Canada-U.S.-Mexico trade agreement (CUSMA), but the sector took a “multi-million-dollar hit” in April when confusion over U.S. president Donald Trump’s “tariffs on everything” resulted in a day and a half or so of tariffs on Canadian beef.

“Our Canadian beef industry is extremely integrated with the U.S.. There is a lot of live cattle and products that go back and forth across the border. So any sort of trade barriers that are put on — whether that’s tariffs or non-tariff trade barriers — will be detrimental to our sector,” said Callum. “We export about 50 per cent of what we produce in the cattle industry, and about 79 per cent of that goes to the U.S.. That’s huge and it’s really important for both sides of the border. The U.S. also relies on Canadian cattle. It’s really important that we maintain an open and free trade market with the U.S.”

Callum said MBP’s message to parliamentarians and others involved in trade negotiations with the U.S. administration is to preserve that open market system between the two countries.

And with regard to trade negotiations with the United Kingdom and Europe, Callum said Canadian beef producers have seen some non-tariff trade barriers that have “made it more difficult for us to access that market.”



GOVERNMENT OF CANADA

The Canadian Drought Monitor as of Aug. 31, 2025, shows almost all of Manitoba in varying degrees of drought and much of the country suffering from abnormally dry conditions or drought.

MBP is encouraging the federal government and its European trade negotiators “to see if they can make [European] markets more accessible to Canadian beef,” said Callum. “We’re not quite there yet. It’s more the non-tariff trade barriers that are a challenge.”

Non-trade barriers as far as Europe is concerned can include quotas, licensing requirements and technical standards, according to Export Development Canada, a federal Crown corporation that helps Canadian companies do business. The European Union is Canada’s second-largest trading partner. Europe has about 511 million people and is a stable trading partner for Canada. Canada has four free trade agreements with Europe: one with



EXPRESS FILE PHOTO BY PATRICIA BARRETT

A cow and a calf in a drought-stricken field are shown near Inwood in August 2021. The provincial NDP government recently announced it is freezing rental rates on Crown land to help producers affected by drought this year.

the European Union (CETA), the United Kingdom (TCA), the European Free Trade Association (CEFTA) and with Ukraine (CUFTA). There are opportunities in Europe for sectors such as agriculture, energy, finance and technology.

On the Manitoba drought front, Callum said MBP appreciates the provincial government having frozen the rent on Crown land leases as that will help many producers who’ve experienced shortages of feed as the drought continued over much of this season.

“This is the third or fourth consecutive year that the province has [frozen rent]. As to the drought, we’ve seen conditions improve a bit as we got through August and September. But leading up to that, the conditions were quite dire, in particular in the Interlake and sporadically throughout the province. We were happy to see the rain come,” said Callum. “That being said, guys are still short of feed and are looking for alternatives. They’re also looking at water resource development. The province announced a few weeks ago that it will offer a cost-share program for new wells or dugouts. That’s a positive step. The province also encouraged grain farmers to convert written-off crops [due to drought] into feed for livestock.”

Although the drought has stressed many producers, Callum said the cattle industry is buoyed by the high prices for their cattle.



JOIN US FOR THE OCTOBER CONSIGNMENT SALES 2025

October ONSITE Week 1 Consignment Sale
Viewing: September 29th – October 3rd from 9am to 5pm
Bidding starts Oct 2, 2025 at 10:00AM
Lots start closing on Oct 9, 2025 at 10:00AM
Pick up day: Friday October 10th from 9am to 5pm.

October OFFSITE Consignment Sale
Viewing: October 13th to October 16th from 9am to 5pm
Bidding starts: October 16th at 9am
Lots start closing on Oct 22, 2025 at 10:00AM
Pick up days Friday October 24th & 25th from 9am to 5pm



October ONSITE Week 2 Consignment Sale
Viewing: October 13th – October 17th from 9am – 5pm
Bidding starts: October 16th at 10:00am
Lots start closing on Oct 23, 2025 at 10:00AM
Pick up days: Friday, October 24th & Saturday October 25th from 9am to 5pm
If you require help or do not have internet access, please call the office at (204) 434-6519.

Call today if you would like to consign your items! Office (204) 434-6519 • Brad Kehler (204) 346-2440 Darryl Enns (204) 216-0931 • Ed Pylypjuk (204) 392-8442
ITEMS ARE SOLD AS YOU SEE THEM. Call Now to Consign in Upcoming Auctions.

Continued on page 19

> BEEF PRODUCERS, FROM PG. 18

"Prices are quite phenomenal. And that's been a long time coming because we've seen years and years of producers really struggling to be profitable. It's great to see," he said. "That being said, the other side of the coin is that when you have favourable prices, producers who are close to retirement see it as a good time to sell high and get out of the industry. Unfortunately, we are seeing that in the industry."

On the other hand, Callum said high prices lead to optimism in the industry, especially among younger farmers looking to buy and grow their herds. That is good overall for the industry as both Canada and the U.S.'s

cattle herds have been declining for a number of years while demand for beef by North American consumers remains strong.

Part of the MBP's mandate is education. To that end it undertook a pilot project (2020-2023) to look at ways producers can prevent or mitigate predator attacks on cattle. Those measures included having donkeys (female donkeys preferably as they don't tend to fight bulls) or guardian dogs integrated within a herd or hiring a trapper to catch predators.

"There's no real silver bullet, for lack of a better word, when you're dealing with predators. There is non-lethal

The Express Weekly News mitigation that does work well. But sometimes when you've got a wolf pack that's moved into an area, it can be a challenge. What we learned from the pilot project is that producers can and should be using mitigation measures for these losses. When you get a problem predator, the main answer is lethal removal," said Callum. "We're happy to see that the agriculture department has put more focus on funding for trapping and is working with the Manitoba Trappers Association to provide that expertise and support when needed."

MBP held a meeting for District 10 producers in Arborg on Oct. 14, enabling producers to get an update on what's going on in the industry,

Thursday, October 16, 2025 **19**
discuss topics of relevance to their operations, what MBP is working on in terms of advocacy and to mix and mingle with their peers. The event included guest speaker Cindy Jack, livestock and forage extension specialist from the Manitoba agriculture department and a free meal of beef on a bun.

MBP will be holding upcoming district meetings (even-numbered districts) in Grunthal, Crystal City, Neepawa, Swan River and other locations. And in November MBP is inviting producers across all districts to attend a virtual meeting on Nov. 4 starting at 7 p.m.

For more information, call the MBP office at 1-800-772-0458.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Dunstone captures PointsBet Invitational title

By Haley Cvar

Team Matt Dunstone — featuring Gimli's Colton Lott — captured its first PointsBet Invitational championship after defeating Team Brad Jacobs 6-4 in a hard-fought men's final in Calgary on Oct. 5.

After finishing runner-up in both 2022 and 2023, Dunstone's Winnipeg-based rink finally broke through, earning \$42,500 in total — \$35,000 for the title and \$2,500 for each of its three pool-play wins.

The victory capped a strong week at the WinSport Event Centre, where 10 of Canada's top men's teams battled in the single-pool, winner-advances format. Dunstone's squad went undefeated in Pool B, earning a direct berth to Sunday's championship game, then controlled the final from start to finish.

Team Jacobs, representing Calgary, fought back from an early 3-1 deficit but was unable to overcome Dunstone's precise shot-making and steady sweeping from brothers E.J. and Ryan Harnden.

For Lott, who hails from Gimli, the win marked another milestone in what has already been a successful 2025 season.

Next up for Team Dunstone is the Grand Slam of Curling's CO-OP Tour Challenge, set for Oct. 14-19, where they'll look to carry their momentum into another stacked field.



EXPRESS PHOTO SUBMITTED

Team Matt Dunstone, featuring Gimli's Colton Lott, captured the PointsBet Invitational men's title Oct. 5 in Calgary, defeating Team Brad Jacobs 6-4. From left: Matt Dunstone, Colton Lott, E.J. Harnden and Ryan Harnden.

Bochurka scores overtime winner in Ice Dawgs bounce-back victory Sunday

By Kieran Reimer

It was a difficult start to the week, but the Arborg Ice Dawgs responded with a strong performance to close it out in Lundar.

The Ice Dawgs dropped their home contest Friday night against the Selkirk Fishermen at Arborg & District Arena after falling behind early and struggling to recover.

Through 20 minutes, the Fishermen led 5-0 while outshooting Arborg 12-

3. The Ice Dawgs settled in during the second period, outshooting Selkirk 14-12 despite surrendering another goal.

Hunter Loewen and Brandon Burak finally broke the goose egg in the third with a pair of Ice Dawgs goals, but the home team ultimately fell 7-2 for their fourth loss of the season.

The bounce-back effort came Sunday afternoon in Lundar, where Arborg started strong against the Falcons.

Dainen Jacobson opened the scoring less than two minutes into the first period, then added a shorthanded tally in the middle frame to put the Ice Dawgs up 2-1.

After Lundar tied it again, Burak restored the Arborg lead late in the third to make it 3-2 with under five minutes to play. The Falcons answered just 30 seconds later to send the game to overtime.

That's when Ice Dawgs forward

Eastyn Bochurka buried the winner off an assist from Tytan Johnson, lifting Arborg to a 4-3 win.

Bochurka's first of the season secured the Ice Dawgs' first victory, improving their record to 1-4-0-1-0.

Arborg will now get a short break before facing the Falcons again on Friday, Oct. 24, with puck drop set for 8 p.m. at Arborg & District Arena.

Morweena Raptors earn bronze at provincial soccer championships

By Lana Meier

The Manitoba High Schools Athletic Association's "A-AAA" boys soccer provincials brought top-tier competition and hometown excitement to Stonewall last weekend, with Morweena Christian School and Collège Stonewall Collegiate proudly co-hosting the event.

The Morweena Raptors captured the bronze medal, edging the W.C. Miller Aces 2-1 in the third-place final. The win capped a strong weekend for the small-school squad, which combined grit and teamwork to earn a place on the podium.

"The team was really excited about winning bronze at provincials — it's the highest we've ever placed and we had to bring our A-plus effort to get there," said team manager Jason Reimer. "Soccer is core to our school's sports programming, a game almost all our students have grown up playing, and the success we've been able to have over the years means a lot to both current students and alumni. It felt like the team won that third-place game for more than just themselves."

Morweena opened the tournament with a 3-2 victory over the Minnedosa Chancellors, then ran into a powerhouse in the Garden Valley Zodiacs, falling 10-0 in the semifinal. The Raptors bounced back in impressive fashion, regrouping for a hard-fought bronze-medal win.

"Obviously our goal coming into provincials is to win every game, so it's disappointing to lose in the semifinals," Reimer said. "There are some very strong programs out there that



Morweena Raptors captains, left to right, Kadin Friesen, Jamin Penner, Ethan Kornelsen and team manager Jason Reimer, accept the boys' bronze-medal plaque.

we have a ton of respect for, and Garden Valley played incredibly well and deserved their shot at the gold. Our coaches did a great job helping the team move past that loss and get ready for what we knew would be a tough match against a very skilled W.C. Miller team."

One highlight came early in the weekend.

"There were so many players who had an important role in pushing us to third place," Reimer added. "One of the most memorable moments for me was Ethan Kornelsen's free-kick goal from 30-plus yards out in our first game

— it turned out to be the winner."

Morweena also had two players named to the 2025 Boys Provincial A-AAA Soccer High School All-Star Team — Jamin Penner and Ethan Kornelsen — recognizing their strong play and leadership throughout the season.

"WE CAN COMPETE AT A HIGH LEVEL, EVEN AS A SMALL SCHOOL UP AGAINST HEAVY COMPETITION."



Raptors players erupt at the final whistle, racing to their supporters to celebrate third place after a gritty finish in strong winds and intermittent rain in Stonewall on Saturday.



EXPRESS PHOTOS BY LANA MEIER

The Morweena Raptors boys' soccer team after winning bronze at the MHSAA A-AAA provincials in Stonewall on Saturday. Players and coaches: Charlie Howland (coach), Orlando Reimer (coach), Xander Dueck, Andre Friesen, Kadin Friesen, Jesse Hofer, Lillanie Klassen, Ronaldo Klassen, Ethan Kornelsen, Hunter Loewen, Nathanael Loewen, Jamin Penner, Tyrin Penner, Jayce Reimer, Keaghan Reimer, Braiden Smith-Foster, Julian Unger, Andrew Unrau, Jamie Unrau, Caelan Wall and Landon Wall.



The Raptors' Andre Friesen heads up the field against W.C. Miller's Logan Harman.



Morweena's Jamin Penner battles for the ball against Micah Friesen.

Hosting the event added another layer of pride for the small-school team.

"Hosting is a huge job and I want to thank Collège Stonewall Collegiate staff for all the work they did to make it happen," Reimer said. "For us, this was the first time being involved in hosting provincials in any sport. We learned a lot about what it takes to make things go smoothly, and I think we gained even more appreciation for all the coaches and administrators who put in time to give their students a chance to succeed."

Reimer said he hopes his athletes take more than medals from the experience.

"I hope our students come away from this season with confidence that we can compete at a high level, even as a small school up against heavy competition," he said. "They went into every game ready to put it on

the line for each other, to not let their teammates down — and the reward for choosing to do that feels pretty sweet. If they remember how much fun it is to experience success alongside others, that's a win in my book."

The Collège Stonewall Collegiate Rams also finished on a high note, earning the consolation championship in dramatic fashion. After dropping their opener 4-0 to W.C. Miller, the Rams rebounded with a win over R.D. Parker Collegiate before clinching the consolation title 3-1 in overtime against Minnedosa.

The tournament drew enthusiastic crowds to the Stonewall soccer pitches, with both schools receiving praise for their organization and hospitality.

"It's special to host provincials right here at home," said one organizer. "The support from fans, families and the community made it an unforgettable weekend for everyone involved."

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Thunder return to the air for dominant sixth consecutive win

By Kieran Reimer

Another week, another win for the Varsity Interlake Thunder, as the Rural Manitoba Football League leaders rolled to their sixth straight victory.

The Thunder blanked the Virden Golden Bears 42-0 in their home regular-season finale Saturday afternoon in Stonewall, leaning on a sharp passing attack in milder conditions than a week earlier.

Starting quarterback Jessie Batenchuk led the way, throwing touchdown passes to AJ Nadon and Dylan Maclean and adding a rushing major of his own. Interlake also got impact plays on special teams and defence: Marlo La Pierre took a punt back for a touchdown, while Mark Stroppa returned an interception for a pick-six.

Up 35-0 by the second quarter, the Thunder worked in their non-starters, who managed the game the rest of the way en route to the lopsided final.

"Overall it was a good game," head coach Christof Hasselfield said. "A little bit of sloppiness towards the end there, but the thirds went in there and did their job and did it pretty efficiently, so coming away with the win, being 6-0, is a pretty good feeling going into the final week of the season for sure."

Saturday's result, combined with a Moosomin Generals loss the same day, clinched first place for Interlake. The Thunder will enter the playoffs as the No. 1 seed with home-field advantage throughout.

However, there's one piece of regular-season business left: a Week 7 showdown with Moosomin on Sunday — a measuring-stick game as Interlake chases a perfect campaign.

"It's going to take maybe some of



Interlake Thunder teammates AJ Nadon and Dylan Maclean celebrate a touchdown during the team's dominant 42-0 win over the Virden Golden Bears in Rural Manitoba Football League action Saturday afternoon in Stonewall.

the things that we were a bit sloppier with in the second half in this game that led to some stalled drives — obviously wouldn't want that," Hasselfield said. "It's that time of year, too, where it's starting to play a bit more of a mental game of getting those guys up and ready for playoff football, which is a different beast and a different mentality and a little more intense."

Hasselfield added the roster is "pretty much back to full strength" heading into the matchup.

Kickoff Sunday is scheduled for 2 p.m. at Moosomin Armoury Hall in Moosomin, Sask.



EXPRESS PHOTOS SUBMITTED

Interlake Thunder linemen Caleb Miyai (52), Ty Shachtay (50) and Jake Rogoski (62) prepare for the snap against the Virden Golden Bears during RMFL play Saturday in Stonewall.



Interlake Thunder linemen Jayden Buors (72), Gabriel Wood (78) and Kingston Sutherland hold the line against Virden.

Lundar split pair ahead of bye week despite noble efforts

By Kieran Reimer

The Lundar Falcons will head into their off-week on a positive note after splitting a pair of Capital Region Junior Hockey League games last week.

The Falcons opened with their second win of the season, a 4-3 overtime victory Tuesday over the North Winnipeg Satellites.

The teams were scoreless through 20 minutes at Billy Mosienko Arena before the Satellites struck on the power play early in the second. Short-

handed soon after, the Falcons replied when Ty Sadowski found the back of the net.

North Winnipeg carried a 2-1 lead into the third, but Braeden Lukas tied it less than a minute into the period. The Satellites regained the lead shortly after, only for Liam Russell to even things again with less than two minutes left in regulation.

Russell's late marker set up Lukas' overtime winner — his second goal of the night — as Lundar skated away

with the 4-3 win and two points. Goaltender Dylan Leclair earned his first victory of the season with a 44-save performance.

The Falcons returned home Sunday afternoon, where they fell 4-3 in overtime to the Arborg Ice Dawgs. The teams traded goals throughout the game, with Arborg never trailing.

Falcons goals came from Taylor Paupanekis, Cristiano Almeida and Gavin Miller, knotting the score 3-3 after regulation. But the Ice Dawgs'

Eastyn Bochoruka netted the overtime winner — Arborg's first win of the season — while Lundar settled for a single point.

The Falcons now sit fourth in the CRJHL standings with an 0-3-0-2-1 record through six games. They'll have a week off before returning to action Friday, Oct. 24, for a rematch against the Ice Dawgs.

Puck drop is set for 8 p.m. at the Arborg & District Arena.

get inspired

> MEAL IDEAS



Shrimp Risotto

to combine. Lay shrimp in single layer on baking sheet and refrigerate.

Heat medium saucepan over medium-low heat and add broth.

In separate deep, heavy-bottom pot, melt butter. Chop onion and garlic then add to pot and cook until soft and browning. Add arborio rice and stir to incorporate. Cook until fragrant, 1-2 minutes.

Add wine and cook, stirring, until alcohol smell evaporates. Add warm broth one ladle at a time, stirring consistently. Do not add another ladle until liquid from previous ladle is mostly soaked up by rice.

Risotto has finished cooking when rice is chewy with consistency of thick oatmeal.

Roast shrimp until cooked through.

Remove risotto from heat and stir in grated Parmesan and chopped parsley. Scoop into bowls and lay roasted shrimp on top.

Season with salt and pepper. Garnish with chopped parsley and serve.

Servings: 4
1 pound Shrimp
2 cups arborio rice
1 teaspoon paprika
salt
pepper
8 cups broth
2 tablespoons butter
1 white onion
3 cloves garlic
1/2 cup dry white wine
1 cup grated Parmesan
Italian parsley, for garnish
Peel and devein shrimp, leaving tails on. Rinse, pat dry and set aside.
Heat oven to 375 F.
Season shrimp with paprika, salt and pepper. Drizzle with olive oil then toss



Shrimp Wonton Soup

To make wontons: In large bowl, mix ground pork, shrimp, scallions, garlic, ginger, sesame oil, soy sauce, cornstarch, salt and pepper.

One wonton wrapper at a time, brush edges of two sides of wrapper with water. Add 1-2 teaspoons filling to center. Fold wrapper corner to corner so two wet edges meet two dry edges, creating triangle shape.

Press sides together to seal. Take two corners of triangle and join with water to create purse-like shape. Press to seal. Repeat with remaining wrappers and filling.

To make soup: In saucepan over high heat, stir broth, ginger, soy sauce, wine and sesame oil. Bring mixture to simmer.

Cover pot and turn down heat, simmering 10-12 minutes.

Add bok choy leaves, shrimp and scallions. Cook until shrimp are pink and heated through.

In separate saucepan, heat water to boil.

Drop in wontons in small batches and cook until floating, 5-7 minutes.

Transfer cooked wontons to bowls along with shrimp and bok choy from soup pot. Ladle broth, as desired, into bowls.

Servings: 4
Wontons:
1/2 pound ground pork
1/2 pound Shrimp, peeled, deveined, finely chopped
4 scallions, thinly sliced
2-3 garlic cloves, minced
1 teaspoon ginger, minced
1 teaspoon sesame oil
1 tablespoon soy sauce
1 tablespoon cornstarch
salt
pepper
1 package square wonton wrappers
Soup:
48 ounces chicken broth
1 piece ginger (2 inches), grated
2 tablespoons soy sauce
1 tablespoon dry white wine
1 tablespoon sesame oil
1-2 baby bok choy
1/2 pound Shrimp, peeled and deveined
3 scallions, sliced

Expert patient here to help!



Susie Schwartz

Okay, so you might be tempted to ignore this tip at your next appointment — but hear me out. Following it could be extremely important!

When your doctor asks questions about your mental health, substance use, or medication adherence, be honest. I know it can be tempting to leave out those supplements you buy online, or to say you only drink two alcoholic drinks a week instead of the eight you actually consume. Do you remember to take your eye drops every night as prescribed? No? Tell the truth. They aren't asking to cast judgment — they're asking so they can reach a more accurate diagnosis or prescribe the right dose of medication.

Imagine you're on blood pressure medication but, because of laziness, busyness, or brain fog, you don't always take it. Now imagine your doctor believes you do take it consistently. They see your blood pressure is still high and increase your dose. Then, when you do take

it, your blood pressure plummets. Yikes! If they had known the truth, they could have helped you set up reminders and emphasized the importance of taking your medication — without the risk of overdose.

We often feel like we're about to be judged or reprimanded for being truthful, but more likely your doctor will appreciate your honesty and build a safer care plan around it. Again, no shame! (And if they do make a derogatory comment, try responding with: "Doctor, I don't appreciate that. I assumed you asked because it was important, so please respect my honesty." That should do the trick.)

One more thing: be open about how your physical symptoms affect your mental health. If you're feeling anxious, overwhelmed, depressed, or your mood is affected, your doctor may create a care plan more urgently and offer additional support such as counselling.

Times are changing. In both Canada and the UK, initiatives are underway to reduce the power imbalance between doctors and patients and give patients more say in their own care. I've also noticed a shift from "old-school" thinking to a new, more patient-focused approach. I believe this shift has softened judgment from doctors.

So yeah... be honest. It should serve you well.

Less health stress, yes?

A published author and musician, Susie currently lives in the UK. Find her on Instagram @authorsusieschwartz, and at www.lesshealthstress.com. (Email: info@lesshealthstress.com) The 2nd edition of her book, 'Help the Doctor Help You!' is available now on Amazon.



Pumpkin Crumble

chips

1 1/2 cups melted butter

Whipped Cream:

1 cup heavy whipping cream

2 tablespoons sugar

Heat oven to 350 F.

In bowl, mix pumpkin, evaporated milk, brown sugar, eggs, pumpkin spice and cinnamon. Pour into greased 9-by-11-inch baking dish.

In separate bowl, mix cake mix, pecans and white chocolate chips. Sprinkle over pumpkin mixture. Pour butter evenly over top. Do not mix or stir. Bake 1 hour.

To make whipped cream: Using hand mixer, whip heavy whipping cream and sugar until thick.

Serve crumble with whipped cream.

Recipe courtesy of "Cookin' Savvy"
Servings: 8-12
1 can pumpkin
1 can evaporated milk
1 cup brown sugar
2 eggs
1 tablespoon pumpkin spice
1 teaspoon cinnamon
1 box cake mix (yellow, white or spice)
3/4 cup chopped pecans
3/4 cup chopped white chocolate

Classifieds

THE EXPRESS
WEEKLY NEWS

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

SCRAP METAL

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

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

APARTMENT FOR RENT

Tollak 2 is a 55 plus bldg. with river view 2 bedroom apts. available. Central air, F/S, DW & microwave; large storage area off the kitchen and a balcony; utilities and parking extra. Call the onsite office 204-482-2751 for AVAILABILITY.

HAY & STRAW FOR SALE

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

HAY & STRAW FOR SALE

Small square flax straw bales for sale near Stonewall. \$4/ bale. Call or text Dean at 204-461-0870.

YARD SALE

New & gently worn clothing & footwear only. Winter outer wear - Skidoo suits, jackets & boots (Chocko, Yamaha & Sorel), cowboy boots, steel-toed work boots, ladie's casual & dress shoes (Naturalizer & others), also toques, scarves & mitts, etc. Lots to choose from, some never worn. Saturday, October 18, 9-3, 113 Louise Bay, Selkirk, rain or shine.

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.

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.

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.

WANTED

Wanted old advertising: dealership signs, service station, gas pumps, globes, oil cans, Red Indian, White Rose, Buffalo, Husky, Ford, GM, Dodge, Tire signs, Coke, Pepsi etc. Call 306-221-5908.

HEALTH

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

FARMYARD w/80 ACRES

Set-up for Cattle - RM of Bifrost-Riverton
Solid farmyard with house, older shop/barn, 2 chicken coops, granary & misc. buildings. 2 wells, fruit trees, and large garden areas. 3 BR, 2.5 bath home with full basement, newer windows, electric furnace, appliances, and water softener. Oversized double garage (added 2019) with in-floor heat. 80 acres pasture, fenced for cattle with underground power & water to 2 waterers. Quiet road with bus route access. Ready to move in!
Call Glenn Barkman 204-642-2275 or Don Barkman 204-641-4523

Please support our advertisers
SHOP LOCAL

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 1/2 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.



Rural Municipality of
FISHER

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

THE LOCAL URBAN DISTRICT OF FISHER BRANCH SNOW CLEARING STREETS

The Local Urban District of Fisher Branch is inviting proposals for street snow clearing and removal within the town of Fisher Branch.

- Equipment required is grader with wing, loader, truck and skid steer.
- Interested applicants must have own liability insurance coverage and must be registered with the Workers' Compensation Board of Manitoba.
- Equipment must be available upon request at the call of Public Works Supervisor.
- Windrows to be cleaned

Snow clearing must be done in a timely fashion after snow accumulation. Priority routes to be completed first.

Sealed envelope to be marked "Snow Clearing Streets".

For further information, call the RM of Fisher Office at (204) 372-6393.

Deadline for proposals is 4:00 p.m. November 3, 2025.

Tenders to be dropped off at:
Local Urban District of Fisher Branch
30 Tache Street, Fisher Branch, MB
or email fishercao@mymts.net

Everything you need to
promote your business

Call Today! 467-5836



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:

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

APPLICATION REQUIREMENTS:

43(1) An application for revision must

- be made in writing;
- set out the roll number and legal description of the assessable property for which a revision is sought;
- state the grounds on which the application is based (referred to in subsection 42(1)); and
- be filed by
 - delivering by hand or electronically to the Rural Municipality of Grahamdale Office. or
 - 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

McSherry Auction Service Ltd

McSherry Online Auction Estate of Joe Yashuk

Acreage Auction with Collectibles
Thursday Oct23rd @ 7:00PM
#2347 Norris Road, East St Paul MB
Contact: 204-962-1259

Oliver 550 w/ 3PH, '87 GMC Jimmy Only 132,000kms Solid, Skidoo Safari Snowmobile, 3PH Equip., JD 20HP R Mower, Tools, Acreage Misc., Household & Antiques

See Full Listing, Mcsherryauction.com
204-467-1858

Riverdale Place Workshop Inc.

Annual General Meeting

October 27, 2025

7:00 P.M.

111 St. Phillips Drive,
Arborg
All Welcome

Classifieds

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



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

NOTICES

NEED CLASS 1 DRIVERS OR SEASONAL STAFF? Online ads not getting the results that you wanted? Let us help you book a blanket classified ad! SELLING SEEDS OR LAND? HAVING AN EVENT? Advertise! You will be seen in the MCNA Member Newspapers, in over 368,000+ homes in Manitoba. Please Call THIS NEWSPAPER NOW to book, or call MCNA at (204) 947-1691 for more details or to book ads. Take advantage of our great pricing! MCNA - Manitoba Community Newspapers Association. www.mcna.com

NOTICES

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

FINANCIAL SERVICES

Private mortgage lender. All real estate types considered. No credit checks done. Deal direct with lender and get quick approval. (403) 543-0927 www.firstandsecondmortgages.ca

News Tips? Story Ideas?

call the Express 204-467-5836



Rural Municipality of
FISHER

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

INVITATION TO TENDER SNOW REMOVAL

For the Hamlets of Hodgson, Broad Valley and Poplarfield

Please state what equipment will be used. Streets to be cleaned full width and will be free of windrows. Interested applicants must have liability insurance and registered with Workers Compensation Board. Equipment to be available upon request of the Public Works Supervisor. Tenders to be dropped off at the Municipal Office, 30 Tache, Fisher Branch, or emailed to fishercao@mymts.net no later than November 4, 2025 at 4:00 p.m.

Hodgson
17.7 km from the town of Fisher Branch.
Approximately 1.91 KM Road to be cleaned

Broad Valley
15.4 km from the town of Fisher Branch
Approximately .9 km of Road to be cleaned

Poplarfield
22.5 KM from the town of Fisher Branch
Approximately 1.9 km of Road to be cleaned

Kelly Marykuca, CMMA
Chief Administrative Officer
Rural Municipality of Fisher

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

Classifieds

THE EXPRESS
WEEKLY NEWS

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

BATTERIES FOR EVERYTHING! 50,000 BATTERIES IN STOCK

*Auto *Farm *Truck
*Construction *ATV
*Motorcycle *Golf Carts
*Rechargeables *Tools
*Computers *Medical
*All phones *Chargers
*Marine *RV & more
Shipping/Delivery avail.

THE BATTERY MAN
1390 St. James St.
Winnipeg
TF 1-877-775-8271
www.batteryman.ca

MANITOBA'S LARGEST RECORD & MUSIC SALE SUN, OCT 19th 2025 10 AM - 4 PM

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

Admission \$5.00

12 and under FREE

Caboto Centre
1055 Wilkes Ave.,
Winnipeg

Early (8AM) admission
\$30.00

For info:
204-255-3463 or
431-374-6925



Response Builder Advertising WORKS!

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

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



RRC POLYTECH EMPLOYMENT OPPORTUNITY

Instructor, Health Care Aide Program
Location: Peguis-Fisher River Campus
Part-time Term

Requisition #: 00598 Closing Date: Oct 21, 2025
To view this and other employment opportunities, visit
rrc.ca/employment.

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



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

THE LOCAL URBAN DISTRICT OF FISHER BRANCH SNOW CLEARING SIDEWALKS

The Local Urban District of Fisher Branch is inviting proposals for snow clearing sidewalks within the town of Fisher Branch.

Snowblower is required.
Equipment must be available upon request.

Lowest bid may not necessarily be accepted.

Sealed envelope to be marked "Snow Clearing Sidewalks".

For further information, call the RM of Fisher Office at (204) 372-6393.

Deadline for proposals is 4:00 p.m. November 3, 2025.

Tenders to be dropped off at:
Local Urban District of Fisher Branch
30 Tache Street, Fisher Branch, Manitoba

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

CASH FOR COINS,
JEWELRY, GOLD,
SILVER &
PLATINUM!



BUYING ALL
COIN COLLECTIONS
Big & Small.

Also Numismatics,
Rare Coins, Sets,
Gold & Silver coins,
Nuggets, Sterling sets,
Old money, ROYAL
CANADIAN MINT,
FRANKLIN MINT, US
MINT, Silver Dollars,
World sets etc.

CALL TODD NOW!
Ph: 204 - 904 - 9705
I COME TO YOU!

WE CAN HELP WITH EVERYTHING YOU NEED TO PROMOTE YOUR BUSINESS...

FLYERS LETTERHEAD
BROCHURES ENVELOPES
BUSINESS CARDS INVOICES
STICKERS ESTIMATE SHEETS
WINDOW DECALS POSTERS
SOCIAL TICKETS MEMO PADS
DOOR HANGERS POST CARDS



Call Today 204-467-5836

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 PROVISOS 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:



FISHER

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

See Us for Everything you need to promote your business

Call 204-467-5836 Big and Colourful Printing & Publishing

Classifieds
Announcements


Book Your Classified Ad
Today - Call 467-5836

IN MEMORIAM

In loving memory of
Ralph "Red" Magnusson
July 9, 1931 - October 19, 2021



When we lose someone we love,
We must learn not to live without them
But to live with the love they left behind.

IN MEMORIAM



Kanteluk, Patricia Anne -
July 23rd, 1954 - October 14th, 2015
You're Gone Ten Years
I remember the day I met you,
The day God made you mine;
I remember the day I lost you,
And will to the end of time.
We made our vows together,
And said till death do us part;
So when God came and took you
My whole life fell apart.
No one knows my heartache,
That I try so hard to hide,
But when I'm alone I cannot help
But break down and cry.
With all the tears and heartaches,
The one thing that makes me glad;
Is that you chose me to share with you
The wonderful years we had.
You are my special angel,
And when my life is through,
I pray that God will take my hand
And lead me straight to you.
Eternally yours!

-Love Ken

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

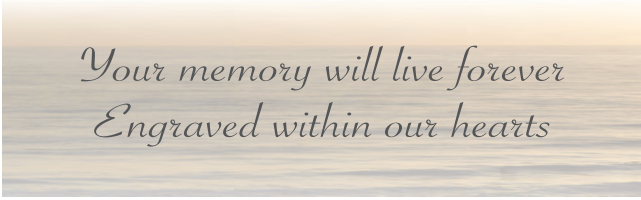
Gilbart Funeral Home, Gimli in care of arrangements.



CELEBRATION OF LIFE



Carl Michael Weshnoweski
A Celebration of Life is planned for Saturday, November 1, 2025 from 2-4 p.m. at Matlock Recreation Hall, 77 Matlock Road. Friends, family and fellow fishers are invited to come for light refreshments and a visit. Please dress casual.



OBITUARY

Margaret Howard (nee Kerntoph)
November 28, 1927 – October 4, 2025

Peacefully on October 4, 2025, Margaret Howard passed away at the Arborg Personal Care Home at the age of 97 years.
Cremation has taken place and a Memorial Service will be held at 2:00 p.m. on Saturday, October 25, 2025 in the Ashern Gospel Chapel with Pastor Luke Tully officiating. Interment will follow in the Grace Lutheran Church Cemetery in Ashern, MB.
In lieu of flowers, donations may be made to the Lakeshore Hospital Guild, PO Box 1, Ashern, MB R0C 0E0 or a charity of one's choice.

Arrangements by:
ARNASON FUNERAL HOME
Ashern – Lundar
1-204-768-2072
1-866-323-3593

OBITUARY



Irene Margaret (McLaren) Rech
It is with great love that the family of Irene Rech is announcing her passing on October 3, 2025 at the age of 94, at the Tuxedo Villa Nursing Home after a 10-day battle with cancer.
She is survived by her sons Ken (Erin) and Brian (Sheena), three grandchildren and two great-grandchildren.
She was predeceased by her husband Stan in 2008 and her daughter Linda in 2015.
She was the last surviving child of Peter and Mable McLaren, being predeceased by two older sisters and one younger brother. Her father Peter lived to be 79 years old and her mother Mabel lived to be 94, the same age as her in passing.
Mom was born on March 24, 1931 at the start of the Depression in the small Saskatchewan town of Abernathy, which still exists today, population 190.

She grew up as a farm girl on her parent's farm located just outside of Balcarres, Saskatchewan, until her late teens upon which time she ventured to Winnipeg around 1951.
During her childhood years on the farm, she had many horses which she rode daily with her rifle in her hand trying to keep the gopher population in check. Although she was comfortable on a horse, she never did learn how to drive a vehicle during her life.
In 1952 she wed Stan Rech and they had three children in quick succession: Linda, Ken and Brian. They went on to build a new home over many years themselves, in the west end of Winnipeg on Strathcona Street where they lived until 1992.
During the 1960's and 1970's Mom found work in the garment industry within walking distance at Monarch Wear and later Freed and Freed as a clothing inspector.
In 1992 our parents retired to the Town of Gimli, where our father was raised on a farm a few miles out of town. At this time, they moved into a large home they were building, which replaced the tiny cottage they had bought in 1978. This new retirement home was twice the size of the home we grew up in, and it would take them 10 years to finish the construction.
Both our parents were avid gardeners and to this day hundreds of shrubs and flowers still adorn this house.
Mom was an excellent cook, but she really excelled in the pickle and relish department. We are fortunate to have found her recipe album with all the hand written recipes noting the source of her friend, who gave her the recipes.
She was a great seamstress and took care of any sewing needs of her family and friends. Some of our blue jean pants might have four layers of patches, one over top of another, on the knees, each patch larger than the preceding, resulting in a built-in cushion.
Since she was such a great seamstress, she made many quilts and baby blankets for the Gimli Hospital Auxiliary, of which she was a member.
Mom is probably known best for her bright red Christmas stockings she made for all the family and relatives, as well as friends of the family members. The family pets also got their full-size stockings too, complete with images of bones. Most of these stocking had a CN railway theme to them, as her husband and son Brian worked on the railway. Each year we will remember her at Christmas as we hang these stockings.

Mom had good health all her life and was able to stay in her house until she was 92, at which point she was safer to be in a nursing home. In 2023 she moved to Tuxedo Villa Nursing Home in Winnipeg to be closer to her sons. As dementia took hold of her by this time, we were somewhat robbed of having two-way conversations with her during that period, but did learn lots about her childhood which we didn't know, such as never having learned to ride a bicycle.
Ten days before her passing we found out she had cancer and we are so grateful it didn't last long and she wasn't in any pain. Up until this time she was fully mobile and could walk by herself, with a walker for backup.
As Mom moves on to be reunited with her parents, siblings, husband, Linda and others, we are so grateful for what she taught us about compassion and caring about others, and how she protected us.
Our family would like to thank all the staff at the Tuxedo Village Nursing Home for the care they showed our mother during the last two years of her life.
Respecting her wishes, cremation has taken place, and she has been interred at Sts Cyril and Methodius's cemetery outside of Gimli, along side our father, in a wood Urn Ken made out of purpleheart wood.
In lieu of flowers please donate to the charity of your choice or plant a tree, shrub, flower somewhere the public can enjoy.
Tributes: www.gilbartfuneralhome.com

Gilbart Funeral Home, Gimli in care of arrangements.



OBITUARY



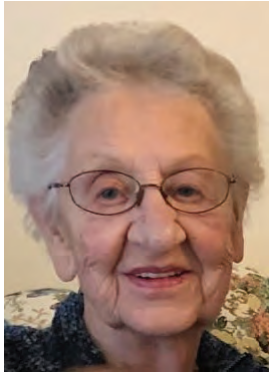
Roger Arnold Leclerc
May 8, 1963 – October 4, 2025
Roger passed peacefully with his loving wife Sharon by his side. He will be missed by sons Adam and Aaron (Erika), granddaughters Evie, Jessie and Abby, grandsons Gage and his "best bud" Jaxon, as well as his precious fur baby Jazzie. He will be fondly remembered by his brothers Rick and Darren (Ramone).
Roger's greatest joy was connecting with his special family; daughter Amy and husband Ervin, granddaughter Saige, grandson Dillon and wife Naomi, also his dear friend Lori.
He was predeceased by his beloved mom Valerie, special sister Colleen, and father Armand.
Thank you to Dr. Clark, Heidi, and the caring staff at Selkirk Hospital. Special hugs to my best friend Shelly.
In keeping with Roger's wishes there will be no service. Rather

share your memories together with your loved ones.
Rest in peace my love.
Tributes: www.gilbartfuneralhome.com

Gilbart Funeral Home, Selkirk in care of arrangements.



OBITUARY



(Lena) Lee Drabik (nee Weik)
1929 – 2025

The journey of Mom's life ended peacefully on October 6, 2025 in Selkirk.

She will forever be missed by daughter Kathie, son-in-law Gordon, grandson Shawn, granddaughter Jenna-Lyn (Pieter) and great-grandson Aiden.

Predeceased by her husband, Philip, and her five siblings and their spouses, her passing marks the end of a generation of the Weik family.

Mom grew up on the family farm in Homer, Mb. After marrying Dad in 1950, they made their home on various Air Force bases in central Canada. Dad's military retirement marked their return to Arborg in 1964. Mom has resided at Woodland Courts in Selkirk these last 16 years.

Mom was employed wherever they lived, the last being at Lake Center News (Interlake Publishing) in Arborg. Working at the newspaper both as clerk and reporter, along with involvement in curling and Arborg's Curling Club made her known to many. Mom made numerous friends over the years and maintained many of these close friendships throughout her life. She leaves special memories with her friends of over 60 years; Olga and Lillian in Arborg, devoted friends since their meeting in Texas, Lorraine and Art, and her favorite partner in verbal sparring at Woodland Courts, Pauline.

Mom has always been an organizer, a person who kept up with the happenings in her town and further abroad. She served extensively on various boards, committees and volunteer groups. Mom was a planner and organizer in our family and was always happiest controlling the details. Among our extended families it was common to hear, "I'm not sure, go and ask Auntie Lee".

Cremation has taken place. A Celebration of her life will take place on October 20 at 2:00 p.m. in the Ardal-Geyser Lutheran Church in Arborg. Pastor Jennifer Marlor officiating. Our family will privately inter the ashes in Homer Cemetery prior to the service.

In lieu of flowers, please donate to your charity of choice.

Tributes: www.gilbartfuneralhome.com

Gilbart Funeral Home, Selkirk in care of arrangements.



Glen Joseph Helgason
November 21, 1955 – October 5, 2025

It is with deepest sadness that we announce the passing of Glen Helgason, of Hnaua, MB on Sunday, October 5, 2025 at the Arborg and Districts Health Centre.

Glen was born on November 21, 1955 in Arborg, MB, the only child of Gunnar and Rose Helgason. He grew up on the family farm working with his parents and then caring for them in later years.

Predeceased by his parents, Glen leaves to mourn numerous relatives and friends, and three little "Snookems" as he would call them.

In his younger years, he started working as an electrician with Arthur Finnson, and later with Rick's Electric where he completed his Journeyman electrician and remained there until his retirement. Glen was meticulous with his work and had a vast array of knowledge. A very caring and generous man, he had donated to countless charities over the years.

He will forever be fondly remembered and sadly missed.

We would like to thank the Arborg Hospital staff for their kind and compassionate care.

Donations in Glen's memory can be made to CancerCare Manitoba.

As per his wishes, cremation has taken place, and a private family interment will be held at a later date.

Goda Nott Glen
Rest in Peace

Tributes: www.gilbartfuneralhome.com



OBITUARY



Stefannie Jo-Anne Gullachsen

Much loved Gimli resident, Jo-Anne Gullachsen, passed away peacefully on September 30, 2025 at the age of 82.

An excellent parent, Jo-Anne raised two sons, Arthur (Michele) and Robyn, as a single mother. Born in Gimli, Manitoba, on August 7, 1943 to Stefan and Elin (Albertson) Johannson, Jo-Anne lived the majority of her life in Gimli, Manitoba. The second of five sisters, Karen, Charlotte, Tanya Emily and Maureen, she came from a large farming family. She was also a cherished and loved aunt to many nieces and nephews, who have many fond memories of growing up with her in Gimli.

After receiving her Bachelor's Degree in Education from the University of Manitoba, she worked as a teacher in the Evergreen School Division and later as a Principal in several First Nations communities in northern Manitoba. Jo-Anne's passion for education significantly impacted the lives of her students at the elementary level, and she is remembered fondly by many in the Interlake. Outside of the classroom, Jo-Anne's interest in all forms of art made her a thriving member of the Gimli art community. In her retirement years, her home was an important stop on the Interlake Wave art tour, in which area and Winnipeg residents would enjoy touring the studios of local artists. Embracing her Icelandic heritage in her later years, she was also a prominent member of the Kaffe Timi Icelandic language group that met on a weekly basis. She was also an honorary life member of the Icelandic National League of North America.

We are very appreciative of the care and kindness delivered by the health care professionals at the Johnson Memorial Hospital.

A Celebration of Life will be held at Minerva Hall, Gimli, on Saturday, November 29, 2025 at 2 p.m.

Advertising that Works!

To place your BIZ CARD
call 204-467-5836

Biz Cards
Get The Job Done!
To Book A Biz Card Call 204-467-5836

GRASS-FINISHED BEEF
Scott and Jenny Beaton Balmoral, MB
JACKFISH CREEK FARM
Jackfishcreekfarm.com
jackfishcreekfarm@gmail.com

SHERLOCK TREE REMOVAL
Pruning • Stump Grinding • Chipper
Licensed Arborists
Fully Insured – Claim Free
30 years Experience
Vince 861-0487
Darren 861-0028

KINGS AUTOAIR
AUTOMOTIVE AIR CONDITIONING SPECIALIST
Car • Light & Heavy Truck • RV
Red Seal Technician 204-390-2790
www.kingsautoair.com kingsautoair@gmail.com

Innovative Electric
Ph: 204-519-0357
Url: www.innovativeelectric-mb.ca
Email: matthew@innovativeelectric-mb.ca

CONVENIENCE
Grocery • Drinks • Snacks
• Coffee to Go • Ice • Firewood
• Fireworks • ATM • Greeting Cards
• Newspapers • Books • Pet Food
• Toys & more • LOTTO
SNAXS 20088 First Ave,
FIRST AVENUE Sandy Hook
OPEN YEAR ROUND 10AM - 6PM
7 DAYS A WEEK



PharmaChoice LUNDAR
You have QUESTIONS, We have ANSWERS!
• Prescriptions • Liquor Store
• Home Health Care Aids
• Snacks and more!
Advice for Life
LUNDAR PHARMACY 204-762-5431
18 Main St., Lundar

"From rust to riches, your scrap could be treasure with our unbeatable prices!"
Purchasers of ferrous/non-ferrous materials
Call Today
ECO-METALLIC INDUSTRIES
Unit 5, 325 Parkdale Rd, St. Andrews MB
info@eco-metallics.ca
Office: (204) 404-4747

Bison Piling & Excavation
• Helical Piles
• Excavation
• Skid Steer Services
BISON
PILING & EXCAVATION
Call 204-461-4443

Interlakes First Choice
Windows & Doors
Servicing Residential & Commercial for all your glass needs for over 20 Years
FirstchoiceWD.ca
interlakesfirstchoice@outlook.com
204-906-7491 Locally Owned

NEW VALLEY ROOFING & RENOVATIONS
Serving The Interlake
Henry Reimer 204-642-2551
BP & IKO Certified Roofer
henry.reimer@newvalleyroofing.com
newvalleyroofing.com

ALICE ROOFING LTD.
Complete Roofing Service
• Residential
• Agricultural
Licensed & Insured
www.aliceroofing.ca 204-757-9092

DURABILITY REDEFINED.



The Vermeer N-series balers bring heavy-duty components for strength and durability in the field when you need it most. Smart features like the available automatic pickup clutch and Auto Lube system help extend machine life. Plus, they're backed by the best distribution network in the industry.



Vermeer Corporation reserves the right to make changes in engineering, design and specifications; add improvements; or discontinue manufacturing or distribution at any time without notice or obligation. Equipment shown is for illustrative purposes only and may display optional accessories or components specific to their global region. Please contact your local Vermeer dealer for more information on machine specifications. Vermeer and the Vermeer logo are trademarks of Vermeer Manufacturing Company in the U.S. and/or other countries. © 2018 Vermeer Corporation. All Rights Reserved.

SHACHTAY
SALES & SERVICE LTD.
www.shachtay.com

*Servicing the
Interlake for 59 Years!*

204-376-5233
Arborg, Manitoba
Family Owned