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WEEKLY NEWS

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Thunder triumph

The Interlake Thunder varsity football team celebrates its dramatic 37–36 win over the St. Vital Mustangs to capture the 2025 Rural Manitoba Football League championship Sunday at Stonewall Collegiate Field. The victory secured the Thunder's third RMFL title and completed a perfect 9–0 season.

EXPRESS PHOTO BY LANA MEIER

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Arborg Heritage Village hosts fall supper and dance



By Lana Meier

The Arborg Heritage Village welcomed the community for its annual Fall Supper and Dance on Sunday, Nov. 2 at the Arborg Community Hall. The sold-out afternoon event featured a hearty meal, live entertainment and plenty of fellowship, with guests invited to renew or purchase memberships for the year. Supper was served at 3 p.m., followed by dancing to live music by the Country Pride Band.

"This is such a fun and entertaining afternoon," said organizer Jan Larkin. "It's a chance for our volunteers to connect with our members in a re-



laxed atmosphere." Membership renewals and donations play a vital role in keeping the site operating. "Our members are valuable to the sustainability of the Village," Larkin said. "Without their support, we would not be able to plan future events, pay our monthly maintenance bills or consider adding to our Village."

Final figures for 2026 memberships were not yet available. One of the most enjoyable parts of the afternoon, she added, was seeing new faces among the crowd. "The band, Country Pride, had the



EXPRESS PHOTOS BY CORRINE EINARSSON

Guests enjoyed an afternoon of food, fellowship and live music by the Country Pride Band during Arborg Heritage Village's Fall Supper and Dance on Nov. 2 at the Arborg Community Hall.





Evergreen Staff Spotlight

Celebrating the People Who Make Our Schools Work

Meet Kim Jonasson – Speech-Language Pathologist

With 26 years of clinical experience, Kim Jonasson joined Evergreen in September 2024 and made a meaningful impact on student learning and success. As a Speech-Language Pathologist (SLP), Kim supports the speech, language, communication, and literacy needs of students through a collaborative model that brings together teachers, educational assistants, school teams, and families.

Her path to speech-language pathology grew out of a deep desire to help children and young adults, especially those with disabilities. "Speech-language pathology is the perfect blend of what I wanted in a career," Kim explains. "It allows me to work with people in life-changing ways and be part of their growth over time."

Most people may not realize how wide-ranging the work of an SLP is. Kim supports students from early years through senior years with speech sound production, language and vocabulary development, social communication skills, and even the use of communication devices for non-speaking students. "Speech and language skills are foundational to literacy and academic success," she emphasizes. "Identifying and supporting communication delays early can make all the difference."

One of Kim's most memorable experiences was early in her career, when she provided speech therapy to a school custodian named Bob who stuttered. After a year of working together, Bob gained confidence and control over his speech—and gave the first public speech of his life at his retirement assembly. "That experience reminded me of the power of communication support," Kim says. "Speech therapy can truly change lives."

What Kim loves most about Evergreen is the strong, research-driven leadership and the culture of collaboration. "The Senior Administrative Team—Superintendent Scott Hill and Director of Programs and Student Services Jessica Worden—are exceptional leaders who prioritize evidence-based practice, data-informed decision-making, and meaningful professional learning. They've created a healthy, inclusive workplace where staff and students can thrive."

To Kim, public education is one of the most important investments a community can make. "It is a lot more work than people realize, but its impact is immeasurable. Public education creates opportunity, supports growth, and builds our shared future."

Thank you, Kim, for your expertise, dedication, and for helping Evergreen students find their voice—literally and figuratively.



Interviewed by trustee Penny Helgason





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dance floor full for every song," Larkin said. "Our never-ending thanks goes out to all the volunteers who help set up, sell tickets, greet our guests and especially our volunteer caterers — they spend hours planning and organizing the meal. You would be surprised how few people are in the kitchen that produces such an outstanding meal. The desserts, all made or donated by our members, were truly outstanding this year."

Funds raised through the event and membership sales will help support ongoing projects at the Heritage Village.

"We're looking at adding some 'new' buildings in 2026, as well as completing the work necessary on the Unitarian Church that was moved to the Village in March 2025," said Larkin. "All funds raised will go to support these costs."



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Endow Manitoba Giving Challenge held November 10 - 16, 2025

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Poplar Villa celebrates 40 years of community housing

By Patricia Barrett

Residents at Poplar Villa celebrated 40 years of keeping community residents from Poplarfield and nearby communities close to home by making housing in the rural area affordable.

The Manitoba Housing complex opened on Sept. 20, 1985. It was built with funding assistance from the federal government through the Canada Mortgage and Housing Corporation.

Interlake-Gimli MLA Derek Johnson paid a visit to the Villa and congratulated residents on their 40th anniversary. He presented them with a commemorative plaque, which says

the Villa “stands as a testament to the dedication of those who have worked to provide seniors with comfort, dignity, and connection close to home.”

Poplarfield is a farming community in the Rural Municipality of Fisher. The town was settled primarily by Ukrainians at the turn of the twentieth century. People farmed and built businesses and architecturally significant churches, including St. Nicholas Ukrainian Catholic Church and Holy Trinity Ukrainian Orthodox Church.

Manitoba Housing offers affordable rental housing to rural seniors and other residents on a rent-geared-to-income basis. In addition to its suites,



In addition to the Villa's collection of historical photos showing various buildings in town, the founding pioneers hard at work on horse-powered farming equipment and significant historical monuments, an undated photo shows past residents of the Villa.



EXPRESS PHOTOS COURTESY OF DEREK JOHNSON

Interlake-Gimli MLA Derek Johnson (left) visited with Poplar Villa residents on the 40th anniversary of the Manitoba Housing-run complex, which offers affordable rent and helps keeps rural residents living in their communities.

Poplar Villa has a kitchen and lounge where residents can get together to cook and share stories or enjoy a meal with their families, as well as a garden where residents can grow their own vegetables. The Villa is close to a small convenience store and restaurant in the King Buck Inn and the Interlake Pioneer Trail, a former CN rail line.



The commemorative plaque says comfort, dignity and connection close to home are features of the Manitoba Housing rental complex in Poplarfield.

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

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Interlake author Karen Emilson visits Fisher Branch

By Patricia Witzke

A group of Fisher Branch residents had the chance to meet and learn from acclaimed Interlake author Karen Emilson during her visit on Oct. 24.

The event was organized by members of the Fisher Branch Women's Institute, who invited Emilson to share insights from her writing career and discuss several of her books with community members.

Emilson began by speaking about her first and best-known work, *Where Children Run*, a non-fiction account of twin brothers who survived years of abuse at the hands of their stepfather. She first learned about their story while working for an Interlake newspaper and was moved to turn their experiences into a full-length book—with the brothers' permission. Their story later caught wider attention when they were interviewed by Peter Warren on CJOB, helping to bring awareness to the issue of child abuse and survival.

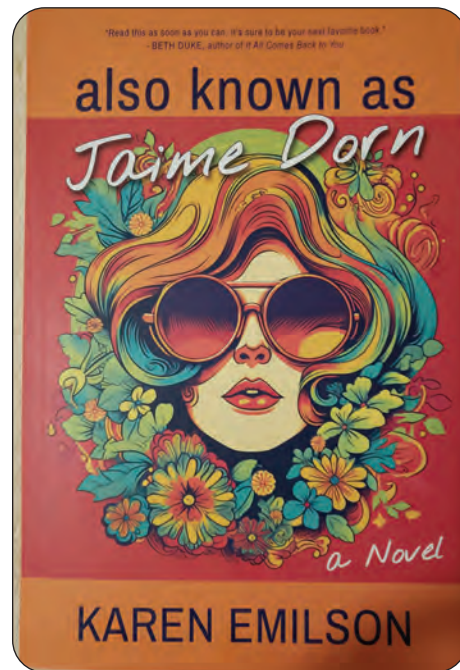
Following the success of her debut, Emilson continued the brothers' journey in *When Memories Remain*.

"Reading these books is amazing, but they have to be enjoyed over a number of sittings due to their emotional impact," one fan shared.

Emilson said her desire to write began early in life.

"Writers need to write just like athletes need to play sports," she told the audience, adding that creativity thrives through continual practice. She keeps numerous notebooks filled with ideas and inspiration.

After two nonfiction titles, Emilson turned to fiction. Her novel *Be Still the Waters* tells the story of a woman from a small rural community searching for her sister who disappeared



Emilson's novel *Also Known as Jamie Dorn* was among the books she discussed.

as a young woman. Emilson's ability to convey emotion and create vivid characters has become a hallmark of her storytelling.

Her next novel, *Also Known as Jamie Dorn*, follows a young woman in a small town grappling with whether to reveal or conceal painful secrets from her past.

Emilson said she plans to continue writing stories set in small towns over different decades. While her characters aren't based on real people, she said she can often picture their faces as she writes.

Her advice to aspiring writers was to keep learning. "Education stimulates ideas," she said.

Emilson's books are available in bookstores and online.



EXPRESS PHOTO BY PATRICIA WITZKE

Interlake author Karen Emilson signs a copy of her book during an Oct. 24 event hosted by the Fisher Branch Women's Institute.



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Province upgrading culverts on Silver Drain

By Patricia Barrett

The provincial government is making upgrades to a major drain near the junction of highways 7 and 68 just outside Arborg in the Municipality of Bifrost-Riverton.

Culverts in the Silver Drain were damaged during flooding in 2022 and the province wants to replace them with culverts that will be able to withstand future extreme flooding events.

"Manitoba Transportation and Infrastructure is currently replacing the structure at Silver Drain crossing at the intersection of Provincial Trunk

Highways (PTH) 7 and 68," said an MTI department spokesperson. "This project will replace the culverts damaged during the spring 2022 flood event with new culverts that meet current design standards and are better able to pass the flows from extreme flood events."

The construction of the new culverts is being carried out in stages so that traffic on highways 7 and 68 can continue to flow but with a reduced speed limit of 50 kilometres per hour, he said. Gislason Drive, however, is

closed at Highway 68 with a detour to St. Philips Drive.

The installation of the new culverts is expected to be completed in July 2026.

For up-to-date information on highway conditions, including detours, restrictions and road closures, visit www.manitoba511.ca and visit the Manitoba infrastructure Projects Map for a list of projects occurring across the province at www.gov.mb.ca/mti/mipmap/index.html

Province adds 323 staffed hospital beds to boost capacity

By Haley Cvar

The Manitoba government has expanded hospital capacity with 323 fully staffed beds since October 2023 — including 10 new intensive care unit (ICU) beds this year — as part of efforts to shorten emergency wait times and prepare for seasonal demand, Premier Wab Kinew announced Monday.

"After years of cuts it was critical we staff up Manitoba's health-care system," Kinew said. "With 3,400 more people working in health care, we've been able to open beds and boost capacity across the province. More beds in wards means less access block and lower wait times in the emergency room."

Since April 2025, the province has opened and staffed 10 new ICU beds — six at the Health Sciences Centre Children's Hospital, two at St. Boniface Hospital and two at Grace Hospital. Additional medicine, surgical and transitional-care beds have been added in Winnipeg, Brandon, Selkirk, Dauphin and Steinbach.

Health, Seniors and Long-Term Care

Minister Uzoma Asagwara said the added capacity is helping hospitals prepare for the annual surge in respiratory illnesses.

"Every fall and winter, we see how hard respiratory virus season hits our hospitals and in turn, the patients and staff who rely on them," Asagwara said. "When we came into office, the system was under real strain. But every year, we're entering this season stronger — with more staffed beds, more nurses on the floor and a co-ordinated plan to keep care moving when demand peaks."

The province has also funded and staffed 141 personal care home beds since taking office, with more under construction. Asagwara said those investments help improve patient flow by allowing individuals ready for discharge to move into appropriate care settings, freeing up hospital beds for others.

The added capacity builds on last year's expansion of more than 100 acute-care beds ahead of the 2024 respiratory virus season.

Dr. Brent Roussin, Manitoba's chief

provincial public health officer, said the province's planning supports public-health measures aimed at reducing the spread and severity of respiratory viruses.

"Respiratory virus season is always a difficult time for hospitals, families and communities," Roussin said. "The planning and investments made by the province strengthen our ability to respond. Manitobans can help reduce the spread of illness by staying home when sick, washing hands often and getting vaccinated against influenza and COVID-19."

Flu and COVID-19 vaccines are available at medical clinics, ACCESS Centres, pharmacies, nursing stations and public-health sites across Manitoba. The province is also offering free respiratory syncytial virus (RSV) vaccines to seniors aged 60 and older living in long-term care homes and has launched a provincewide campaign encouraging all Manitobans to get vaccinated.

For a list of vaccination locations, visit manitoba.ca/respiratoryvirus-es/vaccinefinder.html.

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Winnipeg Beach Royal Canadian Legion and Ladies Auxiliary serving up a feast Nov. 15

By Patricia Barrett

Members of the Winnipeg Beach Royal Canadian Legion Branch 61 and its Ladies Auxiliary are firing up their ovens in preparation for the sale of baked goodies and Ukrainian food next week, as well as an old-fashioned tea.

Comrade Lorraine Andrushuk, who is the legion's chair of entertainment and ways and means, said next week's Christmas bake sale and tea are fundraisers that will support children, seniors and veterans in the community.

"We provide about 160 free lunches, mitts and toques to all the kids at the [Winnipeg Beach, Tiny Tots] school. We bring them over for lunch with Santa in December," said Andrushuk. "We also give 176 free dinners to seniors in [housing complexes], shut-ins and veterans. That's what the money is going towards."

Members of the both the legion and Ladies Auxiliary are starting to bake for the event, and Andrushuk said community members are welcome to donate baked goods in order to help boost sale proceeds.

"We need donations of baking for the tea and we need baking for the baking [sales] table," she said. "People can donate whatever they want, whether that's cookies, squares, loaves and so on. We [legion and auxiliary] make the pies and the Ukrainian food at the legion. We've got the cabbage rolls and perogies already made and we're going to start the perishky and the [assorted fruit] pies a few days before the sale."

People wanting to donate baked

goods can drop off their items between 9:30 and 10:30 a.m. on Nov. 15.

"We'll usually get people to help us that day but if they can't, they can't. But we really appreciate anyone that can help us."

The old-fashioned tea (donation at the door) will happen in conjunction with the bake sale. It will consist of sandwiches, dainties and tea. There will also be a silent auction to held fundraiser for kids, seniors and vets.

"It's a beautiful tea with pickles, fancy sandwiches and dainties. The tea is free," said Andrushuk. "And we have some really terrific auction prizes that were donated."

The silent auction prizes include a night at the Lakeview Resort, a Santa Claus display, a basket from Pharmsave and a baby's bathtub full of items that's worth around \$240.

After the bake sale, the legion is organizing an honours and awards dinner on Nov. 22 that's \$15 and Lunch with Santa on Dec. 8 and 9, which is "just a ball with the kids. Those little smiles — that's what makes life worth living."

The bake sale and tea will be held on Saturday, Nov. 15 from 12:30 to 3:30 p.m. at the legion at 20 Hamilton Ave.

For more information about donating baked goods, volunteering for the Nov. 15 bake sale or purchasing Ukrainian food, call Lorraine at the legion 204-389-2660, or at 204-894-3701 or email rclbr61@gmail.com. Visit the legion's website for more information about upcoming events.

Winnipeg Beach Legion & Ladies Auxiliary

Christmas Tea and Bake Sale

featuring fancy sandwiches and dainties!

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Silent
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All Events are cash only

Clarification

By Patricia Barrett

In the article "Silver Harbour residents ask Gimli council to oppose proposed Armstrong sewage lagoon" in the Oct. 30 edition of the *Express Weekly News*, the byline for Patricia Barrett was accidentally omitted during layout.

The article also incorrectly stated that the Silver Harbour Association was the founding organization of the Coalition to Save Lake Winnipeg. It should have stated that the association was one of the founding members, along with cottage associations on the east and west sides of Lake Winnipeg's south basin, representa-

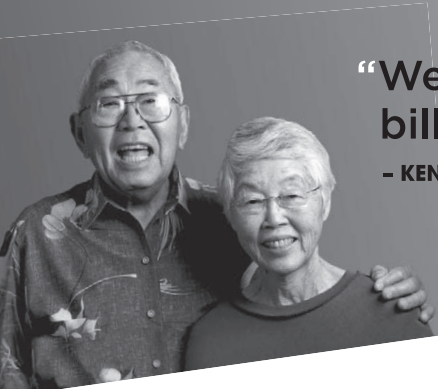
tives from rural municipalities, the Manitoba Association of Cottage Owners and individuals.

We apologize for the error and any confusion it may have caused.

Winnipeg Beach Legion Br. 61
 20 Hamilton Avenue, Winnipeg Beach Ph. 204-389-2660

Christmas Tea & Bake Sale - November 15, 2025
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**EFFICIENCY
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Manitoba government accepts all recommendations from independent review of planning statutes

By Haley Cvar

The Manitoba government has accepted all the recommendations in the final report of the independent review

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

It takes great courage to go to that first Al-Anon meeting. It isn't easy to go against old beliefs and fears and reach out to people for strength, guidance, and support. When we finally realize that we are sick and tired of being sick and tired, we open a door to unlimited possibilities for change, for hope, and for a happier and richer life. Reaching out for help in Al-Anon is unlike asking for help in most other places. In Al-Anon, we do not give advice. Nobody tells anyone else what to do about their own private situation. We don't know what is best for another person. Alcoholism is a family disease. Friendships, employment, childhood, parenthood, love affairs and marriages all suffer from the effects of alcoholism and that's why attending Al-Anon meetings is so important. Having suffered alone with the effects of this brutal disease, the Al-Anon meetings, fellowship is an unexpectedly rich and nourishing source of compassion and support. Please 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...

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

of the Planning Amendment and City of Winnipeg Charter Amendment Act (Bill 37), announced Municipal and Northern Relations Minister Glen Simard.

"The previous government's changes to the Municipal Planning Act were intended to squash local-community voices and centralize top-down control over municipal decisions," Simard said. "We don't think local communities should be dictated to by the provincial government. We believe municipalities should have the freedom to choose their own plan based on what's best for their citizens."

Simard said the review addresses criticisms raised by municipalities, and "builds on the work we've already done to reverse decisions made by the previous government. We look forward to working in partnership with municipalities to build a stronger, more responsive planning system."

The review began in November 2023 after the province introduced an amendment to The Planning Act that granted municipalities the right

to opt-out of Plan 20-50, a regional growth plan for the Winnipeg Metropolitan Region that many municipalities outside Winnipeg opposed. According to the government's notice, over 250 participants representing more than 95 municipalities, development stakeholders and the public were involved in the consultation process.

The Association of Manitoba Municipalities (AMM) welcomed the tabling of the Statutory Review Report. "We look forward to the Manitoba government's implementation plan and working together to strengthen Manitoba's planning framework. It's essential that any changes continue to respect local autonomy, as municipal councils are best positioned to make decisions that reflect their communities' priorities," said AMM president Kathy Valentino.

The Association of Manitoba Bilingual Municipalities (AMBM) also offered support. "As trusted partners, we will continue to work closely together to plan for sustainable and inclusive growth, harnessing our prov-

ince's unique bilingual advantage to strengthen our communities," said AMBM president Ivan Normandeau. "We also underscore the importance of fully supporting municipal action and equipping municipalities ... with the necessary tools to fulfil their mandates in service of residents."

Under Bill 37 (originally proclaimed May 20, 2021), key changes to the provincial planning framework included new mandated timelines for planning decisions, expanded appeal rights to the Manitoba Municipal Board, the establishment of regional planning mechanisms (including the Capital Planning Region) and steps to streamline development approvals and reduce red tape.

A government bulletin notes the review aligns with the province's commitment to ensure local voices are respected and timelines for approvals are sped up.

The next step will be for the province to outline an implementation plan for the accepted recommendations — a process AMM said it looks forward to.

Carbon monoxide alarms – we love them and you should too!

By Lana Meier

Carbon monoxide is known as the silent killer — a colourless, odourless and tasteless gas you can't detect without help. If you have a carbon monoxide alarm, one beep can mean the difference between life and death.

Who needs a carbon monoxide alarm?

Since 2011, the Manitoba Building Code has required carbon monoxide alarms in all residential, public and most private dwellings. They're especially crucial in homes and businesses that use fuel-burning appliances, including gas or oil furnaces, wood stoves, fireplaces and natural-gas-powered equipment such as water heaters and stoves. CO is produced through incomplete combustion of these fuels. Chimneys can become clogged, appliances may malfunction or fail to vent, and in today's airtight homes, this increases the chance of CO buildup.

WHY WE LOVE CARBON MONOXIDE ALARMS

- They notice what we don't. CO gas is undetectable by humans. When you breathe it in, it enters your bloodstream and prevents red blood cells from carrying oxygen. Symptoms can mimic the flu — nausea, headache or dizziness — and prolonged exposure can be deadly.
- They keep you informed. Carbon monoxide alarms con-



tinuously monitor CO levels and alert you with an audible signal when gas reaches dangerous levels. Many digital models display both current and peak readings over time.

- They're reliable. CO alarms are the only safe way to monitor CO levels in your home. These alarms use a sensor to detect and measure CO concentration in parts per million (ppm). When dangerous levels are reached, an electronic pulse triggers the alarm — the higher the levels, the faster the response. Keep alarms dependable by testing them regularly and following the manufacturer's instructions. Check the expiration date; a chirping sound may indicate the need to replace the batteries or the alarm itself.

ARE YOUR CARBON MONOXIDE ALARMS SAFELY INSTALLED?

- One alarm: Place a single alarm near sleeping areas where it can wake occupants if deadly gas levels are detected.
- Additional alarms: Install one on every level of your home, including the basement, and in each bedroom for

Continued on page 9

You have options.

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> HYDRO, FROM PG. 8

extra protection. One alarm near or over an attached garage is also recommended.

• What not to do: Don't install alarms directly above or beside combustion appliances, which emit gas on startup. Avoid placing them within 15 feet of heating or cooling appliances, in humid areas such as bathrooms or where they could be obstructed by furniture or drapes.

Protect the ones you love — install a carbon monoxide alarm. If it sounds, evacuate immediately and call 911.

Visit hydro.mb.ca/safety for more information.

GENERATORS — A LIFE SAVER OR A REAL KILLER?

A generator can be a life saver — or a killer. Many people turn to portable generators during power failures caused by storms, equipment malfunctions or accidents. When properly sized and maintained, a standby generator can safely power essential systems — but only if used correctly.

Know how to use a generator safely:

• Operate generators only outdoors. They can produce dangerous levels of carbon monoxide very quickly.

• Never use a generator in an attached garage, even with the door open.

• Position generators so exhaust fumes can't enter your home through windows, doors, vents or other openings.

• Hire a licensed electrician to install and connect your transfer switch to your home's electrical system. Ensure all codes are met and required inspections completed.

• Use only approved electrical equipment.

• The transfer switch — required by the Canadian Electrical Code — sits between your essential loads panel and main service panel. It ensures the generator cannot feed power back into hydro lines, which could endanger Manitoba Hydro crews working

on them.

Visit hydro.mb.ca/safety for more information.

PURCHASING ELECTRICAL PRODUCTS ONLINE — IS CHEAPER ALWAYS BETTER?

Online shopping offers endless deals — but when it comes to electrical products, cheaper isn't always better. Bargain items may cut corners on safety and quality, leaving you with products that fail to meet Canadian standards or even pose a fire risk.

Research companies

Before buying, examine the product website. Are the photos professional? Is safety information included? Reputable companies proudly provide a phone number, address, and return policy — all signs of authenticity.

Inspect packaging

When your purchase arrives, check the quality and condition of the packaging. Look for recognized certification markings from an accredited agency. Damaged or resealed packaging, spelling errors or missing instructions may indicate a counterfeit or unsafe item.

Check connections

Before using, inspect cords, plugs and switches to ensure they fit properly. Some off-brand products reuse old components that are incompatible or faulty. Anything loose or frayed should be returned, not used.

Be cautious of electrical "bargains" online. Protect your family by choosing reputable brands and avoiding deals that seem too good to be true.

Visit hydro.mb.ca/safety for more information.

10 TIPS FOR A SAFE AND CHEERFUL HOLIDAY SEASON

The holidays bring joy — but also potential gas and electrical hazards. Decorations, guests and winter weather all add risk. Follow these 10 tips for a safe, happy season:

Install a carbon monoxide (CO)



alarm on each floor, especially near bedrooms.

Have a certified heating contractor inspect your natural gas appliances annually.

Use space heaters only temporarily, and plug them directly into the wall — never an extension cord.

Don't overload electrical outlets. Faulty or overloaded wiring causes many holiday fires.

If you smell rotten eggs, leave immediately — it may indicate a natural gas leak. Call 911 or Manitoba Hydro at 1-888-MBHYDRO.

Use indoor/outdoor lights and cords only as rated on the package and never exceed recommended wattage.

Keep vents, flue pipes and chimneys clear of snow, ice and debris. If your

gas meter is covered, gently clear it with a broom or your hand.

Maintain a family emergency kit with flashlights, extra batteries, water, candles, matches and a portable radio.

Turn off tree lights, decorations and heaters before leaving home or going to bed.

If your vehicle strikes a power pole, stay inside, remain calm and call 911.

We wish you a safe and happy holiday season!

Visit hydro.mb.ca/safety for more information.



Don't let flu and COVID-19 interfere with your plans.

Manitoba.ca/vaccine

Manitoba

Youth-led fundraising gala focuses on next generation of Manitoban leaders

By Jennifer McFee

Youth resilience is in the spotlight at an upcoming gala fundraiser that will share the stories of Manitoba's future leaders.

CanU will host its annual youth-led Imagine Stories Gala on Thursday, Nov. 13 at the Canadian Museum for Human Rights in Winnipeg. The Winnipeg-based charitable organization offers mentorship to kids in grades 5 to 12 on post-secondary campuses.

Each week, students from across the city are bused to campus to take part in fun, educational programs led by university students who volunteer as mentors through CanU's Leadership Development program.

"The experience creates a powerful two-way impact; youth gain confidence, curiosity and a sense of belonging, while the university mentors develop leadership and empathy through giving back," said Christina Wood, chair of the CanU Imagine Stories Gala. "Together, they're building a stronger, more connected Manitoba."

For Wood, the cause is close to her heart.

"This event is deeply personal for me. I grew up in poverty and moved between foster homes. At one point, even finishing high school felt out of reach. But I was lucky to have people who believed in me — teachers and mentors and my foster mom who helped me believe in myself," she said.

"CanU is about giving young people the chance to be seen, supported and inspired to believe in themselves. It's a program I wish had existed when I was growing up, and that's why I'm so passionate about helping it grow."

The Nov. 13 gala is geared for anyone who believes in the potential of Manitoba's youth — including community members, the business community, educators and supporter who want to make a difference.

"It's also for people like me, who see a bit of themselves in some of the CanU students and know what having a safe place to grow and learn can do for

your confidence and your fu-

ture," Wood said.

"Many of our guests come year after year because they leave inspired by the students and the stories they share."

The goal of the gala is simple: to raise awareness and funds so more kids can participate in CanU.

"We want every student who dreams of joining to have the chance, regardless of their circumstances. It's one of our main fundraisers of the year. All proceeds go directly toward CanU programming, covering transportation, meals, scholarships and the costs that make it possible for almost 700 students to attend and thrive," Wood said.

"It also supports the processes involved in selecting, training and coordinating almost 800 post-secondary volunteers who are developing their professional and leadership skills and convictions. The gala is what keeps the program accessible to families who might not otherwise be able to participate."

For Interlake residents, the program can also make an impact.

"Even though the Imagine Stories Gala takes place in Winnipeg, the message behind it resonates across the province: when we invest in our youth, our whole province grows. In fact, CanU is working with several partners to develop and provide opportunities to youth in northern and remote parts of our province," Wood said.

"Through our CanU's Leadership and Development program, post-secondary students volunteer as mentors, tutors, program designers and facilitators for grades 5 to 12 participants, and many of those mentors come from communities outside Winnipeg, including the Interlake and Pembina regions. In many ways, the impact travels home with them — back into the communities they come from and eventually return to."

At the same time, the CanU team is also working to grow their reach and share what they've learned.

"Beyond raising funds and awareness for CanU, our story might inspire others to start their own local initiatives that connect youth, mentors and education," Wood said. "And we'd be happy to share



our experience and insight with anyone who wants to make that happen in their own community or help us bring CanU into theirs."

The Imagine Stories Gala takes place on Nov. 13 at 6 p.m. at the Canadian Museum for Human Rights (85 Israel Asper Way in Winnipeg).

"The Imagine Stories Gala is our annual celebration and fundraiser. It's a powerful evening where CanU youth take the stage to share their own stories — stories of hope, confidence and growth. Alongside that, we host a gourmet cocktail-style dinner, online auction, 50/50 draw and VIP reception. It's one night that brings together community, inspiration and impact," Wood said.

"There are lots of ways to get involved; sponsoring the event, donating to the online auction, volunteering or simply helping spread the word. We're always looking for mentors, supporters and community partners who want to help create opportunities for youth."

Visit trellis.org/2025imaginestoriesgala for more info about tickets and sponsorship opportunities. The event usually sells out, so it's best to buy tickets early.



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JOIN US FOR THE NOVEMBER CONSIGNMENT SALES 2025

November OFFSITE Consignment Sale. Viewing: November 17th - 21st 9PM to 5PM. Bidding starts: Nov 20, 2025 at 10:00AM

Lots start closing on Nov 26, 2025 at 10:00AM. Pick up days: Friday November 27th & 28th from 9AM to 5PM

November ONSITE Consignment Sale. Viewing: November 17th - 21st 9PM to 5PM. Bidding starts: Nov 20, 2025 at 10:00AM

Lots start closing on Nov 27, 2025 at 10:00AM. Pick up days: Friday November 28th & 29th from 9AM to 5PM

November ONSITE Week 3 Consignment Sale. Viewing: November 24th - 27th 9PM to 5PM. Bidding starts: Nov 27 2025 at 10:00AM

Lots start closing on Dec 3, 2025 at 10:00AM. Pick up days: Thursday December 3rd & 4th from 9AM to 5PM

November ONSITE Week 3 Consignment Sale. Viewing: November 24th - 27th 9PM to 5PM. Bidding starts: Nov 27 2025 at 10:00AM

Lots start closing on Dec 3, 2025 at 10:00AM. Pick up days: Thursday December 3rd & 4th from 9AM to 5PM



Ashern Auction Mart First Annual Online Equipment Sale. Viewing: April 20 to 24th 9PM to 5PM. Bidding starts: April 23, 2026 at 10:00AM. Lots start closing on April 29, 2026 at 10:00AM. Pick up days: Thursday, April 30th & Friday, May 1st from 9AM to 5PM.

If you require help or do not have internet access please call the office at (204) 434-6519.

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Giving Challenge boosts Westshore community grant fund

By Lana Meier

Manitobans will once again have the chance to see their generosity go further during the 2025 Endow Manitoba Giving Challenge, taking place Nov. 10 to 16.

The province-wide campaign encourages donors to give to their local community foundation's unrestricted or community funds, helping grow endowments that provide annual grants to local charities, schools and service groups.

For one week only, contributions are matched by both The Winnipeg Foundation and the Province of Manitoba, up to a combined maximum of \$4,000 per foundation. That means each local donation can have double the impact.

Teri Nicholson, president of the Westshore Community Foundation Inc., said the Giving Challenge provides an important boost to their Community Grant Fund.

"The Endow Manitoba Giving Challenge enables the Westshore Community Foundation Inc. to receive up to an additional \$4,000 on any donations received for our Community Grant Fund," Nicholson said. "Every gift made during Nov. 10 to 16 is stretched by The Winnipeg Foundation and the Manitoba government — every \$5 donation becomes \$7."

Nicholson said last year's Giving Challenge had a significant local impact.

"Last year we received over \$20,000 in donations that made us eligible to receive the maximum \$4,000 in matching donations," she said. "These funds were added to our Community Fund and enabled us to distribute a

record \$103,135 to 28 organizations in our catchment area."

Those grants included \$16,740 to the Gimli Wetland Initiative for wetland restoration, \$3,000 to Sleep in Heavenly Peace to purchase a trailer for delivering beds to children in need, and \$2,100 to the Matlock Recreation Club for a Community Caregiver Program.

"The complete list can be viewed on our website at www.westshorefoundation.ca," Nicholson added.

She said even small gifts make a difference.

"The Giving Challenge Week offers donors the opportunity to increase the value of their donation so that even a \$5 donation increases to \$7," Nicholson said. "We welcome donations of any size, and tax receipts are issued for any donation over \$10. Donating to the Westshore Community Foundation Inc. makes you a part of our ongoing efforts to carry out our mission to 'Leave a Lasting Legacy' in our communities."

Donations during Giving Challenge Week can be made online through endowmb.org, by e-transfer, cheque or cash at the Westshore Community Foundation office, or by contributing publicly traded securities for additional tax benefits.

Since the Giving Challenge began, millions of dollars have been added to community endowments across Manitoba. Those earnings are now funding everything from food banks and daycares to youth sports and cultural programs.

For more information or to donate, visit westshorefoundation.ca or endowmb.org.



**Now is the time to help your
Community flourish forever!**

Give to **Westshore Community Foundation** between **November 10-16** to help us reach our Giving Challenge Goal. Every gift made during this week will be stretched by The Winnipeg Foundation and the Manitoba government—

Every \$5 donation becomes \$7!

Go to endowMB.org or westshorefoundation.ca to give!



KICK OFF EVENT!

Please join us as we kick off our 2025 Endow Manitoba Giving Challenge at Interlake Brewing Co.!
Sunday, November 9, 2025, 2:00—5:00 pm

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Local hardwood flooring company makes hardwood easy

By E. Antonio

Replacing your flooring doesn't have to be a stressful job — and thanks to Tom Ducharme Hardwood, you can have peace of mind when it comes to getting the job done.

Brent Ducharme is the proud owner of Tom Ducharme Hardwood. As a resident of Selkirk, it's important to him to provide local customers — and those beyond — with a next-level hardwood floor experience.

Tom Ducharme Hardwood was founded in 1953 by Brent's grandfather, Tom. His dad, Gary, later took over the business before eventually passing it down to Brent.

"It's a family business and I am proud of the work we have done and continue to do," said Brent.

Now, he primarily operates the business as a one-man show, but any helping hand he does receive is from a relative.

"It will be my hope that my (future) children will take over Tom Ducharme Hardwood one day," he added.

He offers sanding, patching and refinishing for pre-existing hardwood, and provides installation services for anyone looking to make the upgrade. He sources his hardwood and

engineered hardwood from Finmac Lumber in Winnipeg, with a variety of colours and wood types available for purchase.

While he doesn't offer vinyl or carpet flooring, he says hardwood is the best option of the three because it's the most sustainable.

"Hardwood will give you a lifelong warm feeling in your house. Vinyl will typically last you five to 10 years, but with hardwood it can last 15 to 20 years. Once you re-sand it, it will last you another 15 to 20 years and you can re-sand it up to five times," he explained.

He noted there are several health benefits of hardwood flooring too, such as how it's extremely easy to keep clean and great for allergies.

"Lots of people think upgrading to hardwood flooring is super invasive or expensive, but it's not. I highly encourage people to give us a call instead of trying to install it on their own — that will likely only cause you more troubles in the future as it's pretty easy to mess up the floor if you don't know what you are doing."

He described the installation process as a learning experience. He has been honing his skills since high school, af-



EXPRESS PHOTOS SUBMITTED

Brent Ducharme, owner of Tom Ducharme Hardwood in Selkirk, sands an original hardwood floor in preparation for refinishing, carrying on his family's three-generation legacy of skilled flooring craftsmanship in Selkirk.

ter his dad taught him the basics. He said he was originally destined for a career working with concrete but quickly fell in love with hardwood floors.

"I do it because I love seeing the 'wow' on people's faces when it's re-done and they realize how nice it is.

Continued on page 18

You're at home here.

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INTERLAKE

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November 27 @ Eriksdale Hardware
From: 11:00am - 6:00pm

November 28 @ Arborg Food Store
From: 11:00am — 7:00pm

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PLEASE NOTE FOR MEMBER SECURITY:

- *Cheques can not be used at the tills
- *Business accounts will be mailed
- *ID will be required, please have it with you when you come to collect your cheque
- *Cheques not picked up will be mailed out

Christmas pictures with Cooper, Co-op mascot, November 28th @ Arborg from 5:00pm - 6:00pm. Kids will get a FREE treat

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Endow Manitoba

Giving Challenge

November 10 - 16, 2025

Giving Challenge Week
November 10 - 16

Give to the Icelandic River Community Foundation between November 10–16 to help us reach our Giving Challenge goal. Every gift made during this week will be stretched by The Winnipeg Foundation and the Manitoba government — \$10 becomes \$14!

Donate online at endowMB.org or ircf.ca

Visit us in person at the Riverton Co-op on Monday, Nov. 10, and at the Arborg Co-op Grocery Store on Wednesday, Nov. 12, and Friday, Nov. 14.

Together, we build a stronger community for the future.

Honouring & Remembering CANADA'S VETERANS

To all who have served, past and present,
we salute your bravery, sacrifice and achievements.

Carrying the legacy forward: Bateman prepares for Nov. 11

By E. Antonio

For Stonewall's Captain Carter Bateman, serving his country while continuing to learn, travel and grow alongside others drives his commitment to the Canadian Armed Forces.

The 23-year-old joined the Royal Winnipeg Rifles as a Primary Reserve infantry officer at 19, during his first year of university. What began as a way to support his education soon became a calling.

"I quickly fell in love with the work and opportunities I have been given since I started working full time with CAF," Bateman said.

Since his initial training, he has continued to complete his Bachelor of Health Science (BHSc) at the University of Manitoba, with a focus in biomedicine. In 2022, he completed a 13-month CAF officer training program in New Brunswick. He went on to assume duties as a platoon com-

mander in 2023 and 2024.

Bateman has also been called to support several emergency response operations in rural Manitoba, including wildfire suppression and evacuation assistance under Operation LENTUS, CAF's response to natural disasters. Those deployments, he said, taught him how to sustain himself and others in difficult environments.

He now serves as the Operations and Plans Officer for the Arctic Response Company Group (ARCG) within 38 Canadian Brigade Group, supporting unit- and brigade-level cold-weather planning for operations and exercises in the High Arctic. Most recently, he served as Land Task Forces Commander on Operation NANOOK-NANAKPUT.

"I do this for the enjoyment and satisfaction of learning, working, and growing with others," he said. "Service is duty and pride — it means

showing up for a cause bigger than me, wearing a uniform that stands for trust, and trying to meet the standard set by those who served before us."

Bateman emphasized that the CAF provides significant personal, professional and practical support to those who commit.

"The CAF gives me a lot — world-class leadership and technical training, access to fitness facilities, sports

and competitions, travel and joint training with allied forces overseas, and a strong professional network and mentorship," he said.

He is currently on a renewable three-year full-time service contract and receives:

Comprehensive health and dental

Continued on page #



PHOTOS SUBMITTED

Stonewall's Captain Carter Bateman, far right, joined the Canadian Armed Forces when he was 19. Now 23, he has travelled across Canada helping with natural disaster situations. Pictured is Bateman with members of the Royal Winnipeg Rifles Council in Brockville, Ont., from spring 2025.

Remembrance DAY

november 11th SERVICES

2025 Remembrance Day Ceremonies
Tuesday, November 11

Arborg Legion Branch #161 - Arborg-Bifrost Community Centre -
Doors open 9:30am service begins at 10:30am

Ashern Legion Branch #57 - Ashern Legion Hall - Doors open at 10:00am
Service begins at 10:45am. Light lunch to follow.

Eriksdale Legion Branch #140 - Eriksdale Recreation Centre - Doors open at 9:30am followed by march to the Cenotaph to lay wreaths at approximately 10:15am. Service will begin at 10:50am at rec centre followed by Awards presentation. Light lunch to follow. (Silver collection)

Gimli Legion Branch #182 - Gimli High School Gymnasium
Please be seated by 10:30am, service will start at 10:40am. Light lunch served at Legion following service.

Lundar Legion Branch #185 - Lundar Legion Hall
Laying of wreaths at Cenotaph at 10:15am with service to follow at Legion Hall. Light lunch to follow.

Winnipeg Beach Legion Branch #61 - Doors open at 10:00am. Please be seated by 10:30am service will begin at 10:45am. Light refreshments to follow.

Camp Morton Outdoor Remembrance Day Service. 10:45am
Hot beverages and cookies served following the service.



Honouring & Remembering CANADA'S VETERANS

*To all who have served, past and present,
we salute your bravery, sacrifice and achievements.*

> REMEMBRANCE DAY, FROM PG.

coverage
Paid leave, including parental leave
Pension contributions
Mission-specific allowances, such as field and deployment benefits and income tax exemptions on eligible overseas operations
Access to subsidized housing and family support services
“The flexibility to move between part-time and full-time periods without leaving the organization is a big plus as well,” he added.
Bateman credits much of his leadership and resilience to his years playing hockey in Stonewall.
“Hockey gave me teamwork and clear communication, leadership, fast decisions under pressure, discipline, resilience, and a strong fitness

base,” he said. “Managing gear, travel and schedules translated directly to kit prep, inspections and timelines in the CAF.”
What makes the work meaningful, Bateman says, is seeing effort translate into real-world impact.
“Purpose matters. You see your effort count on a larger scale. Helping a community on a hard day or watching a young soldier grow into a leader makes it worth it. The best moments are often what we call ‘type-two fun’ — tough in the moment, unforgettable afterward.”
He acknowledges the challenges — time away, harsh climates, physical demands — but relies on his team, routine and sense of purpose.
He is set to graduate with his BHS

in December 2025, a program that he says pairs well with his military work.
“Understanding the human body like a machine is so interesting to me — the interdisciplinary health aspects of taking care of your body and sharing that knowledge with others,” he

said.
After graduation, two possible paths await:
• Begin a Master of Business Administration (MBA), which he says would strengthen his leadership roles within CAF, or



Bateman preparing for long range control with his exercise, Arctic Bison, in Carcross, Yukon.



Bateman flies over Byre Lake, Yukon.



Lest We Forget

We pause. We remember. We honour.

On November 11, at the 11th hour, the Rural Municipality of Gimli joins Canadians across the country in solemn remembrance.

We honour the bravery of those who served, the lives lost, and the families forever changed.

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Derek Johnson
MLA for Interlake-Gimli
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InterlakeGimliMLA@gmail.com



LEST WE FORGET

Reeve and Council of the RM of Coldwell



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THAT WE MIGHT LIVE
1914 - 1918
1939 - 1945



Lest We Forget

REMEMBRANCE DAY

204-376-2647





Tuesday, November 11, 2025

• Deploy to Germany for seven months for overseas support. Further down the road, he may pursue a medical doctorate, but for now, he is focused on growing his experience.

"I want to be a well-rounded person,



Bylot Island, Nunavut during a helicopter



Bateman assists with wildfire management and evacuations in Germansen Landing, B.C.

and to me that means being adaptable and learning as much as I possibly can while enjoying the things I do."

As Remembrance Day approaches, Bateman will take part in the Royal Winnipeg Rifles ceremonial parade at Vimy Ridge Park in Winnipeg on Nov. 11 at 10:30 a.m.

"For me, Remembrance Day means living up to the standards of earlier generations and knowing we stand on their shoulders," he said. "There have been a lot of sacrifices, and we must honour them and remember the members who served for our country."



Bateman rappels into outpost location in Bylot Island, Nunavut.

IN MEMORIAM



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British War Medal, Victory Medal
"Blessed are the pure in heart:
for they shall see God" Matthew 5: 8





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Town of
Winnipeg Beach
Council and Staff





Lest We Forget

REMEMBRANCE DAY



JAMES BEZAN MP
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High-speed pups take over Inwood trails for annual Sidewinder mushing race

By E. Antonio

It was an exhilarating day for 40 racers and more than 100 dogs at the annual Sidewinder Dryland Urban Mushing event held in Inwood on Oct. 26.

Participants and their dogs sped through a series of trails, vying for top spots in their categories. Organizer Muriel Smith of Gimli said this is an event she and fellow organizer Steve Diamond look forward to each year — and this race happened to be their biggest yet, doubling registration numbers from previous years.

Urban mushing — a high-speed sport that shows city-dwellers can take part too — features competitors running, biking or scootering with one or two dogs.

"It's an amazing sport and we're all there to make it the best experience

people can have," Smith said. "We want everyone to come away feeling good because it's about growing the mushing community."

Smith has been a musher for nearly 15 years after searching for a winter sport she could enjoy.

"We had dogs, so I figured what better combination than doing a pulling sport?" she said.

She took part in a Snow Motion event — Manitoba's official winter dog sports club — and fell in love with the activity. Since then, she has competed across Manitoba and beyond, most recently in Minocqua, Wis., at the International Federation of Sled-dog Sports (IFSS) Dryland Mushing World Championships.

"Going to worlds was amazing," said Smith. "I ended up meeting ex-



EXPRESS PHOTOS BY E. ANTONIO

Gimli's Muriel Smith competes in Bikejor events with her dogs Zip (left) and Jake. Forty competitors and 100 dogs gathered at the annual Sidewinder Dryland Mushing event in Inwood on Oct. 26. Owners raced with their dogs on foot, by bike or on scooter through a series of trails.

traordinarily amazing people who not only do the sport, but who have the same mindset and love for their dogs as I do."

She placed sixth, competing against

mushers from 23 countries and nearly 400 dogs. That event — along with the 2023 Continentals, where she finished third — remains a highlight of

Continued on page 17



Losing teeth? Here's how to keep your smile and confidence

BY ELISHA VANDOR

I have heard that first-time denture wearers lose a significant amount of weight during the waiting period between extractions and getting dentures. If you were to ask me, the mashed potatoes and smoothie diet in conjunction with no teeth for months and months is one way to lose weight, but not ideal. The good news is that you don't have to endure the waiting period before wearing a denture because the denture(s) can be made and ready BEFORE your teeth are pulled so you never have to be a day without your smile, self-confidence and teeth to chew. These dentures have a specific name called Immediate dentures because they go in immediately after extractions.

There are a lot of benefits of an immediate denture too!

- The denture acts like a Bandaid right over the extraction site to help stop the bleeding. In addition, the denture prevents food from going into the sockets. As you eat, you're simultaneously

getting used to wearing a denture, which brings me to my next point.

- The more you wear the denture, the easier it is to get used to, so starting right away is the best way. If you were to wait months without a denture, then it can be easier to ditch the denture and make do like you've always done, which makes the transition to dentures much longer and more difficult to get used to.
- Yes, it's a big deal going from your natural teeth to a denture. There's a lot of differences to get used to; however, the look of your smile shouldn't be one of them. Your smile is unique to you, from the shape of your teeth to the size and colour, we know that looking like you is important, which is why we create the denture to your liking. Some patients even bring in pictures of their former smile so we can recreate their look.

Our profession is all about dentures, and in our denture opinion, the most successful way to transition from natural teeth to dentures

is found in the aftercare process.

You see, as your gums heal, they shrink, but the denture doesn't automatically shrink with your gums, so it starts to feel loose. A loose denture is probably the top 3 denture frustrations of all time and a big contributing factor to the weight lose situation, so before the frustration of ill-fitting dentures sets in, we will already have your next series of appointments booked to re-fit the denture(s) with a temporary lining so it's as snug as can be. Our Denturists Matthew and Brock have helped hundreds of people, like yourself, with immediate dentures. Everyday we see people for their aftercare appointments and know you will benefit from seeing us before your extractions too. All aftercare appointments are already included into the price of the denture(s) for up to 2 years. All you have to do is call and book your free consultation appointment and we will be here for you every step of the way.



- supplied photo -

Patients come in for their aftercare appointments at Vandor Denture Centre to ensure their transition from natural teeth to dentures is seamless.

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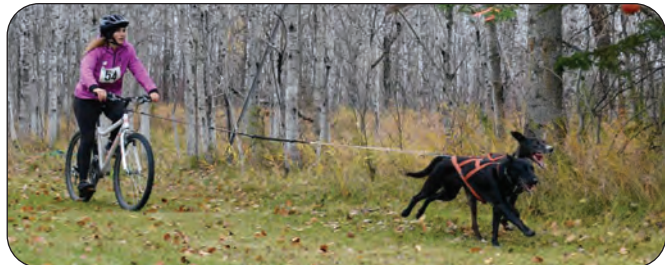
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Brigitte with her dog, Ozzy.



Getting water after the race.



her mushing career.

Dryland mushing includes three main categories: Canicross, where racers run with their dog; Bikejor, where participants bike with one or two dogs; and Scooter, where racers use a scooter with one or two dogs.

At Sidewinder, three Canicross, four Bikejor and two Scooter races were held, all of varying lengths. Smith competed in the two-mile bike race with her two-year-old husky-cross Zip, and in the four-mile bike race with her four-year-old Eurohound-cross Jake.

Any dog larger than 30 pounds is welcome to compete, but Smith warns that it can be a dangerous sport — a single dog can reach speeds of up to 40 kilometres per hour downhill. Her dogs average about 24 kilometres per hour on flatter terrain.

"There's normally an ambulance on site, and I try to make it my goal not to end up there," she joked.

At Sidewinder, Smith placed second and fourth in her respective races. Every competitor received a participation ribbon for completing the course, while medals were awarded to the top finishers in each category.

At the end of the day, Smith said it's not about winning — it's about community.

"On a human level, it's the camaraderie between people. There's a very, very big majority who are there for

each other. If someone needs a hand at the start line, someone will always be there to help," she said. "It's everything to do with community, the love of the dog and the sport."

She's also driven by the joy she sees in her dogs.

"Just watching my dog run makes me so happy because that's what he

loves to do," she added. "Every single musher thinks they have the best dog — and they do because their own dog is always their best dog."

Anyone interested in mushing can visit www.snowmotion.ca for details on how to get involved, including a schedule of mandatory pre-race lessons.



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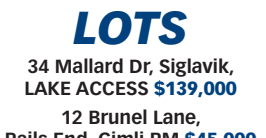
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Lake Winnipeg commercial fishers showcase whitefish to American fish company

By Patricia Barrett

In addition to bringing in the catch this year, a Lake Winnipeg commercial fishing family has been busy promoting Manitoba's freshwater fishery and trying to encourage international fish buyers to take a close look at freshwater fish.

Robert T. Kristjanson and his family played host to fish buyers from French company Picard Surgeles earlier this spring, to Estonian scientists, fish buyers and fishers from the Peipus Lower Basin Fishermen's Association in September, and recently to a smoked fish company based in New York.

The Kristjansons provided another lake-to-plate commercial fishing experience to representatives from Brooklyn-based Acme Smoked Fish, a fourth-generation family-owned fish store that has people lined up down the block on Fish Fridays.

The Kristjansons showcased Lake Winnipeg's whitefish, a high value nutrient-dense fish.

"The buyers for Acme fish came out and we took them out in two boats and set a net so they could see our whitefish," said Robert T. Kristjanson, who has fished for about eight decades on the lake, earned the Order of



PHOTO COURTESY OF CHRIS KRISTJANSON
Chris Kristjanson on a past visit to Acme Smoked Fish in Brooklyn, N.Y.

Manitoba in 2018 and took part in the *Ice Vikings* television series that showcased Lake Winnipeg's winter fishery.

"They smoke thousands of pounds of whitefish a week. It comes from all over the Great Lakes. We're trying to show how important our Lake Winnipeg whitefish is."

As fish is a highly perishable prod-



EXPRESS FILE PHOTO BY PATRICIA BARRETT

Whitefish, pickerel and pike are shown in a Lake Winnipeg fisher's totes.

uct, the buying and selling of fish is a "tough business," said Kristjanson. But his family's fishing outfit is doing its part to "get more buyers into Manitoba to buy fish" and do everything they can "to try to sell our fish products."

Alexandra Golub, director of sustainability at Acme Smoked Fish, told the *Express* she and a colleague, Jacob Tupper, had attended the Marine Stewardship Council's Winnipeg fishers meeting where they presented themselves as buyers of Winnipeg seafood and chatted with the Kristjansons, with whom they've connected several times.

During the meeting they shared how Acme Smoked Fish utilizes lake whitefish in their assortment of products.

"We also provided an outlook on market demands among U.S. retailers towards eco-certified seafood," said

Golub.

Manitoba's commercial fishery generates about \$100 million for the provincial economy each year, according to the provincial government's fisheries department, and provides employment to many communities, including Indigenous communities.

Manitoba has two eco-certified commercial fisheries in Waterhen Lake and Cedar Lake, and the province is continuing to "advance progress" towards achieving the eco-certification of all fisheries.

A pre-assessment report of the Lake Winnipeg fishery was completed in November last year and two prospective Fisheries Improvement Projects (FIPs) — one for the walleye and whitefish from the north basin and one for walleye and whitefish from the channel and south basin — were registered in December 2024.

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It's the customers who make this job so great."

He's always looking for new customers to add to his list and recommends anyone interested in having hardwood floors installed to give him a call or text at 204-339-9581 to discuss a quote. Based in Selkirk, he happily travels anywhere in Winnipeg or the Interlake for installation and refinishing work.

Currently, his wait-list is about two months, but once scheduled, the job normally takes one to three days depending on the size of the house.

If you already have hardwood floors, he gave three tips to know when it's time to get them re-sanded or refinished: if there are any



scratches, if there's warping or if you see any discolouration.

"It's always a good time to care for your floors, and I am happy to be a part of that process."

Gimli citizen named University of Winnipeg valedictorian



EXPRESS PHOTO SUBMITTED

Dominique Chudd of Gimli, pictured with parents Mike and Corinne Chudd, graduated with a master of arts in cultural studies in the texts and cultures stream during the University of Winnipeg's fall convocation ceremony on Oct. 17.

By E. Antonio

Dominique Chudd strives to make a difference in the lives of others, and as of Oct. 17, they are one degree closer to meeting that reality.

Chudd, who grew up in Gimli, was named University of Winnipeg's valedictorian for the fall class of 2025.

"I was in shock when they first asked to nominate me and I was simply just excited I had the opportunity to be nominated," Chudd said. "I figured this was just a nomination and nothing much would come out of it, but when I was actually offered the opportunity to be valedictorian I was even more shocked."

They used their speech as an opportunity to amplify minority voices quoting Ness Wynrush, a black, Winnipeg-based artist and community organizer and hip hop artist, MF DOOM, in their speech. It was important for Chudd to use this time to share that all voices and backgrounds matter, while addressing their peers on behalf of the entire school.

They recently completed a master of arts in cultural studies in the texts and cultures stream before beginning a master of physician assistant studies at the University of Manitoba this September.

"In high school I was having difficulties deciding what I wanted to do as a career because I had a lot of different things I enjoyed like sports, band, sciences, English classes and other extra curriculums," they explained. "I've always been into advocacy work, supporting communities and supporting people who are under-privileged, so I guess I thought something in health care would be helpful."

They described their post-secondary schooling experience as multidisciplinary, now graduated with a bachelor of science, a bachelor of arts and a master's degree.

Entering their hopeful final two years of studies, Chudd is training to become a physician assistant. Their interest in health care began in high school after completing an Interlake-Eastern Health Regional Authority internship with Gimli paramedics in Grade 11. It wasn't until Gimli hired their first physician's assistant that Chudd discovered this career route.

As a physician assistant, they'll be able to provide treatment, perform diagnostics, take patient histories and conduct physical exams while still enjoying flexibility within the field.

"Medicine is a great way to integrate my multiple interests in terms of humanities and caring for the community and the sciences," they noted.

Chudd hopes to one day return to Gimli to give back to the community that supported them. Their family's long history in health and emergency services has also inspired their career choice as their grandmother, Joan Chudd, was a nurse, their mom, Corinne Chudd, is a dental hygienist, and their dad, Mike Chudd, is the chief of the Gimli Fire Department.

"In terms of community care, well-being and reacting to an emergency situation, I have been inspired by my family members to pursue that too," they said. "The ability to sustain my studies has come from the support of my partner, family, friends and community — I wouldn't have had a lot of my opportunities if it wasn't for them. Growing up in a small town and seeing how a community can come together gave me the ability to see how much a community matters and I want it to be a relationship based in reciprocity. My needs have been met in this community now I want the opportunity to reinvest them back into it as well."

Chudd also appreciated how their cultural studies background complemented their interest in health care. Their studies allowed them to explore how western medical systems were built and how those structures continue to affect patients today.

"Culture studies looks at culture as a field of our society in which power is tested and negotiated," they explained. "It uses our culture to look at ideas of what is considered sick, what is considered not sick and how that's politicized while we look at the root causes of medical discrimination. It can show us how we can support those who are underprivileged, such as people who are discriminated due to their race, ethnicity, gender, sexuality and more, who often face discrimination while receiving care. We really just want to understand why that discrimination continues to occur and part of it is due to structural systems and cultural ideas that we

inherited from the past, which informs much of how we function as individuals and communities."

Throughout their eight years of university studies, they noted it was their passion for learning that has kept them motivated and discovering how they were able to connect certain aspects of their degrees like a puzzle. When thinking back to their first-year self, they have one piece of advice— it will all work out in the end.

"There were times where it felt like I was trying so hard but didn't seem to be getting anywhere. But now that I have perspective and I look back on that a lot of those times where I felt like I wasn't getting anywhere, all the work I was putting in really was launching me to where I am at now."

They remind themselves — and others — that progress takes time and that discomfort can be part of the process.

"There's a lesson to be learned in all your situations that will be applicable to where you're wanting to go," they added.

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Ukrainian newcomers in Arborg graduate from first-level English course

By Patricia Barrett

Fourteen Ukrainian newcomers in Arborg celebrated last week after they graduated from a first-level English language course that will help them better adjust to their new home.

Area resident Cindy Genik was instrumental in facilitating the English language program for people who fled Ukraine after Russia invaded and settled in various parts of Manitoba.

Genik has been advocating and supporting Ukrainian newcomers since Russia invaded the country in 2022, she said. She made “many calls” and went to “many meetings,” asking for support for English language classes so that the Ukrainians could find jobs and make connections in the community.

“The one very important thing missing was a beginner English class,” said Genik.

The Ukrainian Canadian Congress and two “wonderful” women — Susan Zuk and Olena Gordiyenko — were among the supporters who got the English classes going in the Arborg area, said Genik.

“[English classes] will change their lives a lot. It will help them get jobs and be part of the community,” said Genik. “I wish all my new Ukrainian friends all the best and success in their new future. It’s not easy learning a new language, especially in a short time.”

Russia invaded Crimea in southern Ukraine in 2014 then launched a full-scale land, sea and air invasion of the country on Feb. 24, 2022. The invasion has resulted in over 6.7 million Ukrainians fleeing the country and settling in various European countries and other countries such as Canada, according to October 2024 statistics from the United Nations High Commissioner for Refugees.

Russia continues to bomb Ukraine, targeting not only military infrastructure but also utilities such as power and water plants and civilian structures such as apartments, schools and hospitals. Russia has killed an estimated 13,883 Ukrainian civilians and injured 35,548 civilians between Feb. 24, 2022, and July 31, 2025, but the real numbers could be higher, according to the United Nations High Commissioner for Human Rights.

In addition to the support from Genik and the Arborg Christian Fellowship church (which supplied the venue), the Ukrainian Canadian Congress’ Manitoba Provincial Council (UCC-MPC), the Canada-Ukraine Foundation, the Manitoba government and Vancouver-based Canadian College of English Language, which developed an English language curriculum called SMRT English, helped bring the classes to newcomers.

Susan Zuk, ESL for Ukrainian newcomers coordinator from UCC-MPC, said she and visiting scholar Olena Gordiyenko from Zaporizhzhia started the English language program through UCC-MPC after securing support from the above organizations and the provincial government. Support also came from other organizations, foundations, service clubs, churches and schools.

“We have a total of 17 locations and 37 classrooms with over 700 people we’re teaching across the province right now,” said Zuk, who has family ties to the Arborg and Poplarfield areas. “This has been

“[ENGLISH CLASSES] WILL CHANGE THEIR LIVES A LOT. IT WILL HELP THEM GET JOBS AND BE PART OF THE COMMUNITY.”



EXPRESS PHOTO COURTESY OF CINDY GENIK

Fourteen Ukrainian newcomers from the Arborg area graduated with a first-level English certificate from the Ukrainian Canadian Congress a few weeks ago. Susan Zuk (far left, in Ukrainian blouse) and Olena Gordiyenko (second from right in white blouse) from the Ukrainian Canadian Congress Manitoba Provincial Council celebrated with some of the graduating students and Arborg and area resident Cindy Genik (far right in dark blouse), who helped bring the English language class to Arborg. The Arborg Christian Fellowship Church provided the training venue.

a grassroots project. Education service providers were overwhelmed by the number of newcomers coming into the province, and we saw there was a gap and decided to help.”

In addition to classes in Arborg, UCC-MPC offers English courses in communities such as Gimli, Dauphin, Russell, Winnipeg and Winkler.

The classes cover vital aspects of learning English, from reading, writing, listening and speaking, said Zuk. Students attend two-hour in-person classes three days a week.

“We’re trying to have a continuation of learning so that they don’t forget from week-to-week what they have learned,” said Zuk. “This has helped them acquire better English skills and [enables them] to improve their lives economically and be more comfortable in Canadian society.”

A newcomers’ level of English is assessed when they enrol for the classes and they get placed in the appropriate level for them. And just like in school and university, they get homework and have to take tests.

“They have assignments, quizzes and exams so that they can see how well they’re doing and so the instructors can help them along. We have a certain mark that they have to reach in order for them to graduate to the next level,” said Zuk.

“All 14 students in the Arborg class graduated to the next level.”

Zuk said she and Gordiyenko appreciated the help they got from people on the ground in Arborg, including obtaining an instructor and getting a training facility. And she and Gordiyenko “could have never done this” without the support of SMRT’s

curriculum.

“SMRT has been so gracious,” said Zuk. “We’re so blessed to have been able to find [other] partners and supporters.”

The Canada-Ukraine Foundation and the Manitoba government provided funding the English language courses (five levels).

“One of the big reasons they’re supporting us is that IRCC [Immigration, Refugees and Citizenship Canada] stopped funding English classes [in March] for the Ukrainian CUAET [Canada-Ukraine Authorization for Emergency Travel] visa holders,” said Zuk. “So the province and the foundation stepped up to provide us with funding.”

Over 30,000 Ukrainian newcomers have come to Manitoba since February 2022, she said. And people are still trickling in but they don’t get the same level of service support as people had under the CUAET program.

“It takes a long time to learn English and I think it wasn’t understood how much of a need for English language training there would be with so many immigrants coming from Ukraine and other countries,” said Zuk. “It overwhelmed the system with so many people coming here without the command of the English language.”

Zuk said Genik was instrumental in obtaining training space from the Arborg Christian Fellowship church, which receives a stipend from the program.

UCC-MPC is currently running two English language courses in Gimli.

Melanie Specula, who owns the Gimli Chicken Chef restaurant, coordinated the classes for newcomers to the Gimli area. She said the two courses (different levels of English) started in September and will run until May 2026.

The classes are being run at the Gimli Training Centre — owned by the RM of Gimli — which is letting UCC-MPC use the facility free of charge.

sports&recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Cougars clinch Zone V volleyball crown

By Annaliese Meier

The Fisher Branch Cougars claimed the Manitoba High Schools Athletic Association Zone V junior boys volleyball championship banner at the Gimli Collegiate on Oct. 28.

The Cougars earned their spot in the playoffs with a strong round-robin performance, defeating Morweena Raptors 25-16, 25-14 and the Gimli Lakers in three sets, 18-25, 25-10, 16-14. Their 2-0 record secured first place in Pool 1 behind the Warren Wildcats, who went 1-1 in their pool — 25-16, 25-18 over the Riverton Patriots, and were defeated by the Arborg Athletics 25-21 and 25-18.

In the semi-final, Fisher Branch topped Warren 25-18, 25-23 to advance to the gold-medal match against the Arborg. The Cougars carried their momentum into the final, finishing the day as Zone V champions.

Arborg's unbeaten round-robin run and Fisher Branch's consistent play highlighted a competitive day of volleyball that showcased depth across the region. The banner marks another milestone for the Cougars program as they now turn their focus to the upcoming provincial qualifiers.

The Cougars will travel to Boissevain on Nov. 8 for the MHSAA JV A/AA Provincial Round 1 playoffs.



EXPRESS PHOTOS BY RAYME THOMSON

The Fisher Branch Cougars captured the Manitoba High Schools Athletic Association Zone V junior boys volleyball championship banner on Oct. 28. The Cougars defeated Warren in the semifinal and went on to top Arborg in the final to claim the title. Pictured left to right, back row: Nathan Lee (coach), Khristian Meilleur, Cody Malenchak, Gabe Stevenson, Colby Ledoux, Jared Vandersteen, Josh Freisen, Adrian Dela Cruz and Alex Freisen; front: Caleb Lumsac, Ren Sta. Ana and Ram Sta. Ana.



Thunder capture RMFL title in thrilling finish

By Kieran Reimer with files from Lana Meier

It was a championship game for the ages.

The Interlake Thunder varsity team claimed its third-ever Rural Manitoba Football League title Sunday in dramatic fashion, edging the St. Vital Mustangs 37–36 in a contest that went right down to the final seconds at Stonewall Collegiate Field.

“It’s awesome to win a championship, but I couldn’t think of a better group of guys to do it with, and so it just made it extra special,” said third-year head coach Christof Hasselfield.

It marked the third consecutive year the two teams have met for the RMFL championship, with the Mustangs taking both of the previous meetings.

The Thunder came out strong Sunday, building an early lead on first-half touchdowns from AJ Nadon and Jamie Dandeneau, helping them hold a 22–6 advantage midway through the third quarter.

But the Mustangs refused to back down, narrowing the gap to 29–22 with five minutes left in the third, and then to 29–28 three minutes later.

St. Vital carried that momentum into the fourth, taking its first lead of the game at 36–29 late in the quarter. With just four minutes to play, Interlake regained possession — but disaster struck when starting quarterback Jessie Batenchuk went down with an injury.

Grade 10 backup Colten Leger stepped in under pressure and led a drive for the ages. He got the ball into the hands of Nadon, Dylan Maclean and Dandeneau to keep the chains moving.

On third and long in the final minute, the Thunder ran a screen pass in which Leger found Maclean for a first down — and then more — as he made it all the way to the end zone, shock-



EXPRESS PHOTOS BY LANA MEIER

The Interlake Thunder varsity football team celebrates its dramatic 37–36 win over the St. Vital Mustangs to capture the 2025 Rural Manitoba Football League championship Sunday at Stonewall Collegiate Field. The victory secured the Thunder’s third RMFL title and completed a perfect 9–0 season.

ing the Mustangs’ defence.

“I knew if I could get the ball in my hands, I could at least get us the first down,” said Maclean. “We ran the play beautifully, the linemen blocked beautifully, our sophomore quarterback waited perfectly, dropped a dime piece to me, and from there we just ran it in. The boys were hyped and I was excited as ever. I was thankful Christof put his trust in me to make a play and it all worked out.”

The Maclean touchdown put the Thunder within a point, needing the convert to tie the game.

Hasselfield and company, however, had other plans.

They again surprised the Mustangs with an even gutsier play call, going for two points and the win instead of the extra point to tie it.

The Thunder executed perfectly, getting the ball to Trevin Smith, who powered across the goal line to give Interlake a 37–36 lead with under a minute to play.

Thunder kicker Marlo LaPierre then booted the ball deep on the ensuing kickoff, and Dandeneau made a key tackle to pin the Mustangs deep in their own zone.

St. Vital managed to drive into Thunder territory, aided by an interception that was called back due to a flag earlier in the play.

Against a 59-km/h crosswind, the Mustangs attempted a punt on the game’s final play in hopes of pinning the Thunder in the end zone for a single point.

The kick, however, veered out of bounds, sealing the third RMFL title in Thunder varsity history.

“Christof said that if we didn’t have the Mustangs in the end, it would have felt kind of like we were missing something in the championship — and I agree with him fully,” said Nadon. “For us to win it in our final year after losing when I started in Grade 10 — and we lost every year to the Mustangs — it was easily the most stressful but exciting situation in my life, to be honest.”

Nadon’s Thunder career now comes to an end, but he’ll go out on top as a champion, remembered for his many touchdowns — including two in Sunday’s final.

What will also be remembered is the game-winning drive led by the Grade 10 Leger, who despite being the backup, stayed ready if called upon — something he did a couple of times this season.

“Shades of Week 1 when he came in relief in the second quarter,” said Hasselfield. “Even before that final touchdown to Dylan (Maclean), I asked him, ‘Hey, do you know the play?’ And he goes, ‘Yeah, I know it.’ He was confident. That’s one thing

about Colten — he’s just sort of unflappable. He’s laser-focused in, and whatever he’s been asked to do, he’s going to do it, so he was rock steady.”

With the win, the Thunder now have championships in 2008, 2018 and 2025 at the varsity level.

It’s the first RMFL title of Hasselfield’s career, who has now reached the finals in each of his three years as head coach.

He made sure to credit his staff, including team manager Jennifer Samborski and Thunder vice-president of football operations Kris Johnston.

“It’s a team win — through the players, the coaches, the parents, everything — and it’s great,” said Hasselfield. “I can’t think of a better team that deserves it more or worked harder for it, so just elated overall.”

The Thunder closed out the season undefeated at 9–0. Next up for the club are the team awards, scheduled for the end of November.



Graduating Grade 12 players, left to right: Teagan Peterson, Jake Rogoski, Jessie Batenchuk, Dylan Maclean, Jamie Dandeneau, Jakob Samborski, AJ Nadon, Tyler Yourchenko and Cooper Ponton.



Mario LaPierre of Fraserwood runs the ball upfield during Sunday’s RMFL championship game. LaPierre contributed on both offence and special teams.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Falcons bounce back against Habs to earn weekend split

By Kieran Reimer

The Lundar Falcons will settle for a weekend split.

It was a tale of two games for the Falcons, who faced the Selkirk Fishermen and La Broquerie Habs on Saturday and Sunday and came away with three points.

On Saturday, Lundar dropped a 6-0 decision on the road to Selkirk in a game where the Fishermen scored twice in each period while outshooting the Falcons 38-30.

Less than 24 hours later, the Falcons rebounded with an impressive 7-4 victory over the hometown Habs in La Broquerie.

After falling behind multiple times in the opening two frames, Lundar continued to battle back. The Falcons didn't take their first lead until late in the second period, which was quickly erased by a Habs goal.

Lundar then dominated the third, scoring three unanswered to secure their first regulation win of the season.

Dylan Care had the game-winner — his second of the night — while Hayden Kaczorowski also scored twice. Dane Martinson-Wilkes, Troy Johannesson and Braeden Lukas added singles.

Goaltender Seth Hasker earned the win with 24 saves.

With the result, Lundar improved to 1-5-0-2-2, good for fifth place in the Capital Region Junior Hockey League.

UPCOMING GAMES:

The Falcons will host the Habs in a rematch on Saturday at Lundar Arena. Puck drop is scheduled for 7 p.m.



EXPRESS PHOTOS BY RAYME THOMSON

Lundar Falcons goaltender Seth Hasker makes a save with his pad during first-period action against the Selkirk Fishermen on Saturday at Selkirk Recreation Complex. The Falcons fell 6-0 but bounced back the next day with a 7-4 win over La Broquerie.

Lallemand Plant Care joins Team Dunstone as exclusive ag sponsor

By Haley Cvar

A Manitoba-based partnership is bringing together two powerhouse names in sport and agriculture this curling season.

Lallemand Plant Care, a global leader in biological crop inputs, has signed on as the exclusive agricultural sponsor of Team Dunstone for the 2025-26 season. The Winnipeg-based rink — skip Matt Dunstone, third Colton Lott of Gimli, second E.J. Harnden and lead Ryan Harnden —

opened the season on a roll, capturing the AJM Masters Grand Slam event and the PointsBet Invitational title in back-to-back weeks.

"Team Dunstone is thrilled to partner with Lallemand, a company that shares our passion for excellence and innovation," Dunstone said in a release. "Their reputation for quality aligns perfectly with our team's values. Together, we're excited to build a partnership that connects community, passion, teamwork and trusted

results both on and off the ice."

Based in Montreal with deep roots in Manitoba, Lallemand Plant Care develops microbial and biological crop solutions that help farmers improve soil health and support sustainable growing practices. The sponsorship links the company's agricultural focus to curling's grassroots community and strong Canadian identity.

Marketing manager Adriana Kairiss said the collaboration celebrates "Canadian agriculture, community and

sport," emphasizing the shared commitment to performance and innovation.

Team Dunstone continues on the Grand Slam circuit this month with Olympic qualification on the horizon — now with Lallemand's branding featured on the team jackets.

Fans can follow Team Dunstone at teamdunstone.com and through Lallemand Plant Care's social channels for team updates and community engagement initiatives.

Pair of losses halt Ice Dawgs' momentum

By Kieran Reimer

The Arborg Ice Dawgs saw their two-game win streak snapped last weekend by the defending Capital Region Junior Hockey League champions.

The Ice Dawgs held a 2-1 lead through Friday's Halloween matchup with the St. Malo Warriors but couldn't keep the champs contained for the full 60 minutes.

St. Malo erupted for five unanswered goals over the latter half of the game to earn a 6-2 victory at Arborg & District Arena.

Brycen Johannesson and Keagan Wiebe had the Arborg goals in the loss, while goaltender Zavery Wahoski turned aside 62 of 68 shots.

Arborg's Paxton Moore got the start the following evening against the La

Broquerie Habs and also broke the 40-save mark.

La Broquerie opened the scoring just over two minutes in, while the Ice Dawgs replied in the second period with goals from Sawyer Zuk and Brandon Burak to cut the Habs' lead to 5-2 heading into the final frame.

Cayden Ingimundson made it 5-3 early in the third, but the Habs added

a pair of late tallies to seal a 7-3 win and hand Arborg their second loss of the weekend.

The Ice Dawgs now sit at 0-6-0-2-0 on the season, holding seventh place in the CRJHL standings.

Arborg continues its six-game homestand Friday when they host the Beausejour Comets. Puck drop is set for 8 p.m. at Arborg & District Arena.

get inspired

> MEAL IDEAS



Servings: 6
 Grape Gremolata:
 1 cup finely chopped green Grapes from California
 2 tablespoons minced Italian parsley
 1 clove garlic, minced
 1 large lemon, zest only
 1 pinch sea salt
 Roasted Cauliflower:
 1 large head cauliflower
 2 tablespoons olive oil
 1/2 teaspoon sea salt
 freshly ground pepper, to taste



Roasted Cauliflower with Grape Gremolata

To make grape gremolata: In medium mixing bowl, stir grapes, parsley, garlic, lemon zest and salt. Cover and refrigerate until ready to serve, up to 1 day ahead.

To make roasted cauliflower: Heat oven to 450 F and line baking sheet with foil. Discard leaves and stems from cauliflower and cut into 1-1 1/2-inch florets. Place in large bowl and drizzle with olive oil. Sprinkle with salt and pepper, to taste, and toss well to coat. Transfer to prepared baking sheet and spread in single layer.

Roast 15 minutes. Stir well and roast 15 minutes, or until golden brown on edges. Serve warm with grape gremolata.



Prep time: 40 minutes
 Cook time: 95 minutes
 Servings: 6
 1 Coleman Natural boneless pork roast (3-4 pounds)
 1 tablespoon extra-virgin olive oil
 1 tablespoon butter
 1/2 cup diced celery
 1/2 cup diced carrots
 1/2 cup diced onions
 2 large eggs
 1/2 cup milk
 salt, to taste
 pepper, to taste
 1 tablespoon fresh sage
 1 tablespoon fresh rosemary
 2 cups cubed fresh bread, crust removed
 1 apple, diced
 gravy, for serving
 Preheat oven to 375 F.
 Butterfly roast.
 In large skillet over medium-high heat, heat oil and butter. Add celery, carrots and onions; cook until softened, about 5 minutes.
 While vegetables are cooking, whisk eggs; milk; salt, to taste; and pepper, to taste, until well combined. Mince sage and rosemary.

Stuffed Boneless Pork Loin Roast

In large bowl, combine bread, vegetable mixture, liquid ingredients, apples, sage and rosemary. Gently toss until bread absorbs most of the liquid.

Cut three pieces of butcher's twine about 4 inches longer than the longest side of butterflied roast. Lay string on cutting board horizontally and lay roast on top of string to cover.

Place half of the stuffing mixture onto butterflied pork loin and press down firmly. Roll roast up and tie with butcher's twine to hold it together, taking care not to tie too tightly, and press any stuffing that comes loose back into ends of roast.

Place stuffed and tied roast, fat cap up, on rack over baking sheet. Season liberally with salt and pepper; roast until meat thermometer inserted into roast registers 140 F, 75-90 minutes.

Place remaining stuffing in a small ovenproof casserole dish and cover with foil. After roasting 30 minutes, place extra stuffing in oven to cook alongside roast.

Remove foil from extra stuffing and remove roast from oven. Let rest for 10 minutes then remove the extra stuffing from oven.

Cut twine from roast and discard. Cut roast into six thick slices, taking care not to lose stuffing. Serve with extra stuffing and gravy.



Sesame-Roasted Grapes in Crispy Won Ton Cups

Servings: 24 (1 cup each)
 24 square won ton wrappers, at room temperature
 olive oil cooking spray
 2 tablespoons sesame oil
 1 tablespoon honey
 1 tablespoon soy sauce
 1 tablespoon rice vinegar (unseasoned)
 1/4 teaspoon ground ginger
 3 cups red Grapes from California
 sesame seeds
 snipped fresh cilantro, for garnish
 Heat oven to 350 F. Spray won ton wrappers on both sides with olive oil spray. Press into 24 mini muffin cups, gently pressing into bottom to form flat base. Bake 10-12 minutes, or until lightly browned; let cool.
 Increase oven temperature to 425 F and line small baking sheet with foil. In medium bowl, stir sesame oil, honey, soy sauce, vinegar and ginger. Add grapes and toss well to coat.
 Spread mixture in single layer on baking sheet and roast 30 minutes, or until grapes are cooked but still holding shape, stirring occasionally. Let cool then spoon a few grapes into each won ton cup, adding any leftover juices. Garnish with sesame seeds and cilantro.



Recipe courtesy of "Cookin' Savvy"
 1 box spice cake mix
 2 cups grated zucchini
 1/3 cup melted butter
 3 eggs
 1 cup chopped walnuts, divided
 1 cup chopped white chocolate chips, divided
 1 cup powdered sugar
 milk
 Heat oven to 350 F.

"Pre-Approval vs. Mortgage

Approval: What's the Difference?

By Jasmin Theobald,
 Realtor® – Interlake Real Estate

If you're starting the journey to buy a home, you've likely heard the terms pre-approval and mortgage approval. They sound similar but mean very different things.

Pre-Approval is the 1st step. Your lender looks at your income, credit, and debts to give you an estimate of how much you may qualify to borrow. This helps you shop confidently within your budget and shows sellers you're serious. But remember—pre-approval is not a guarantee. If your financial situation changes or the property doesn't meet the bank's criteria, your financing may still be declined.

Mortgage Approval, also known as final approval, happens after you've made an offer on a specific property. At this stage, the lender verifies all your documents in detail and reviews the home through an appraisal and title check. Once approved, you can rest easy knowing the funds will be there on closing day.

The simplest way to remember it:

- Pre-Approval = You probably can.
- Mortgage Approval = You officially can.

Understanding this difference can save you stress and surprises during your home-buying journey."

Best Regards
 Jasmin
 Theobald
 1(204)651-1268



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 or Wellness Business?
 Call 204-467-5836 to advertise



Zucchini Spice Bundt Cake

In bowl, mix cake mix, zucchini, butter, eggs, 3/4 cup walnuts and 3/4 cup white chocolate chips. Pour into greased bundt pan and bake 40 minutes, or until toothpick inserted in center comes out clean.

Let cool about 10 minutes then remove from pan to finish cooling.

Mix powdered sugar and milk, about 1/4 cup, to reach desired consistency of frosting. Pour over cooled cake then sprinkle with remaining walnuts and remaining white chocolate chips. Cut and serve.

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Antique 48-49 Field Marshall tractor. As is, but restorable. Good rubber. Previous modifications removable. Asking \$2000.00. Bob 204-642-2787.

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Degelman Bale King shredder 3110 TR right hand discharge, 40 bushel grain tank, auger discharge, top of the line shredder. Lightly used. Teulon, 204-918-0765.

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Round hardcore bales of alfalfa & brome grass. Ph 204-461-0722.

For sale: Alfalfa grass round hay bales, net wrapped. Call 204-546-3154.

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Your Interlake Coin Collector - buying old coins & paper money. Phone David 204-798-3045.

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: Looking for 1970-1971 Barracudas and 1969-1970 Charger's in any condition. Running or not. TOP PRICE PAID for 6 pack or Hemi car. Call 306-221-5908.

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.

PROPERTY FOR SALE

Have 20 acres & 1,500 sq. ft. house for sale, 3 miles West of Brandon. Immediate possession. Should be worth \$650,000. Will take cows on trade. 204-723-0083 anytime.

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News Tips? 204-467-5836

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

HERD DISPERSAL for Morgan Sigurdson

December 1st, 2025
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Simmental & Simmental Angus cross cows
Cows all bred Simmental
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Heifers bred to Red Angus Bulls
70-75 lb. birth weight
Calving due date February 13

FARMLANDS FOR SALE

S 1/2 OF 15-25-1 WPM
(2 quarters each 160 acres, w/outbuildings)

Darrell and Ted Hartog invite offers by mail or in person to Pitblado Law, 349 Main St, Box 4045, Arborg, MB, R0C 0A0 by November 30, 2025. The SW quarter has approx. 110 cultivated acres. Quarters may be purchased together or separately. Any chattels on the lands may be bargained for. Offers must include a deposit payable to Pitblado Law of not less than 2% of the tendered amount (to be returned if not accepted). The highest or any offer may not be accepted. Successful offeror will be notified upon acceptance. Please direct any inquiries to 204-376-5156.

EMPLOYMENT OPPORTUNITY

FULL-TIME MANAGER

Narrows Sunset Lodge is seeking a hands-on leader to oversee daily operations, staff, and guest experience.

What we offer: above-average wage and living quarters if required.



If you're organized, people-focused, and love lake life, I want to hear from you.

Contact Irv: 204-981-2831
Send résumé: office@narrowssunsetlodge.com



EMPLOYMENT OPPORTUNITY GENERAL LABOURER

Charisons Turkey Hatchery is currently hiring for general labourer type positions.

- Full time and part-time positions available with competitive compensation and benefits package which includes health and dental coverage.
- Training will be provided for the ideal candidate.

Please submit resume to shaunne@charisons.ca or call 204-886-2922 for further information.

EMPLOYMENT OPPORTUNITY

Riverton Bifrost Holdings Inc. (RBH)

Requires a

**PROGRAM/PROPERTY MANAGER/
TENANT LIAISON OFFICER**

Approximately 60 Hours Bi-Weekly

The successful applicant must have the ability to oversee management and maintenance of 39 suites in the Icelandic River Lodge and 20 Social Housing Units. The incumbent will be responsible for a variety of clerical/accounting duties with the ability and knowledge to effectively communicate with tenants and the public making sound decisions and exercising considerable judgement and understanding.

Qualifications:

- Real Estate and Property Management experience and knowledge is an asset.
- Ability to work in team based environment in conjunction with the Office/Financial Administrator.
- Ability to coordinate groups and individuals.
- Ability to make coherent oral and written reports.
- Ability to deal with tenant(s), the public, work under pressure, set priorities and meet deadlines.
- Ability to travel - valid drivers' licence.
- Working knowledge of computers (Word, Excel, etc.).
- Positive Vulnerable Sector and Criminal Record Check is Mandatory.

Job description available upon request;
Contact RBH General Office 204-378-2937.

Submit Resume including References to RBH General Office, Icelandic River Lodge, 64 Main Street North, Riverton, MB; Mail: RBH PO Box 448 Riverton, MB R0C 2R0; Email: rbh.inc@outlook.com

Applications accepted until 4:30PM Monday, December 1, 2025

WESTERN INTERLAKE PLANNING DISTRICT
UNDER THE AUTHORITY OF THE PLANNING ACT

NOTICE OF PUBLIC HEARING

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

THE RURAL MUNICIPALITY OF COLDWELL BY-LAW NO. 03/25
Being An amendment to the Rural Municipality of Coldwell Zoning By-law No. 5/05, as amended.

HEARING RM of Coldwell Council
LOCATION: Chambers 35 Main St,
Lundar, MB

DATE & TIME: November 14th, 2025
@ 10:00 am

GENERAL INTENT: To re-zone land
Within the RM of Coldwell
from "Residential General Zone" and
"Recreation, Parks, and Open Space
Zone" to "Commercial General Zone"

AREA AFFECTED:

Lots 20, 21, 22 & 23, Block 5
Plan 423, Lundar, MB in the
RM of Coldwell

FOR INFORMATION CONTACT:

Cherie Millar, Office Administrator
Western Interlake Planning District
Box 269, St. Laurent, MB R0C 2S0
(204) 646-2615 Fax: (204) 646-4150
Email: wipd@mts.net



A copy of the proposal and supporting material may be inspected at the location noted above during normal office hours, Monday to Friday. Copies may be made and extracts taken there from upon request.

Note: Property owners are responsible for notifying lessee.

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Announcements

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CARD OF THANKS

Knights of Columbus Gimli Council #7288 would like to congratulate the winners and thank all those who purchased tickets in our recent 300 Club New Sign Raffle held on October 26, 2025. 1st Ticket, Alicia Gretchen, \$100; 10th Ticket, Chris Swanson, \$25; 20th Ticket, Nathan Krulicki, \$50; 30th Ticket, Toban Gottfried, \$25; 40th Ticket, Wendy Lewick, \$100; 50th Ticket, Nathan Krulicki, \$100; 60th Ticket, Derek Hess, \$25; 70th Ticket, David Yablonski, \$50; 80th Ticket, Margaret Stanicky, \$25; 90th Ticket, Debbie Scott, \$25; 100th Ticket, Justin Gerbrandt, \$100; 110th Ticket, Bara Leger, \$50; 120th Ticket, Ernie Gergatz, \$50; 130th Ticket, Derek Hess, \$100; 140th Ticket, Thomas Achenbach, \$50; 150th Ticket, Chris Swanson, \$100; 160th Ticket, Sharon Brand, \$25; 170th Ticket, Dale Gevoga, \$50; 180th Ticket, Natalie Gudmundson, \$25; 190th Ticket, Derek Hess, \$50; 200th Ticket, Ken Chrzanowski, \$150; 210th Ticket, Ken Izzard, \$50; 220th Ticket, Kerry Wilson, \$50; 230th Ticket, Leona Groot, \$100; 240th Ticket, Mark Smorong, \$50; 250th Ticket, Don Bodman, \$100; 260th Ticket, Ronit Goldsman-Scott, \$50; 270th Ticket, Darryl Robak, \$50; 280th Ticket, Leonard Kohler, \$100; 290th Ticket, Ryan Scott, \$50; 299th Ticket, Eugene Zalevich, Barbeque; 300th Ticket, Murray Bertram, \$1000.

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

IN MEMORIAM



Ben L. Kinead
It's been 10 years
November 11, 2015

Ben, our world was shattered the day of the accident.
Life has never been the same.
We miss you so very much.
You were a great husband, father, poppa and grandpa.
Miss you and love you forever.

-Debbie,
Clint and Tracey,
Tammy,
Ben and Dana
and grandchildren

OBITUARY

Elsie Kelner (nee Miller)
November 22, 1939 – October 26, 2025

Peacefully on October 26, 2025, Elsie Kelner, beloved mother, grandmother, great-grandmother, sister and friend passed away at the E.M. Crowe Memorial Hospital in Eriksdale, MB with family at her side.

Elsie will be lovingly remembered by her son Grant (Tricia); grandchildren Jay (Antonia), Max (Kira), Cassidy (Tanner), Natalya and Anna; sister Vera; brothers Dave and John; great-grandchildren, nieces and nephews along with many friends.

She was predeceased by her husband Al, daughter Karen (Dennis) and brothers Austin, Lloyd, Ernest and Henry.

In keeping with Elsie's wishes, cremation has taken place and a family gathering will be held at a later date.

Arrangements by:
ARNASON FUNERAL HOME
Ashern – Lundar
1-204-768-2072
1-866.323.3593

OBITUARY

Randall David Albertson
Born February 15, 1960
Age: 65
Gimli, Manitoba



On Sunday, October 26th Randy passed away at Johnson Memorial Hospital with his two daughters by his side.

Predeceased by his parents June and Willard Albertson, his sisters Heather and Barbara and his nephew Kevin.

Left to mourn are his daughter's Randi-Lee (River) and Stephanie (Jason, Samara and Rosalyn), brothers Carl, Harry and Roger (Betty) and sister Debbie (Louie) and Shelley and nephews and nieces in Alberta, Saskatchewan and Manitoba.

Randy attended school in Gimli for elementary and high school and then left to continue his education through life experiences.

Randy was a jack of all trades mechanic and carpenter but his love was commercial fishing. We remembered that his first taste was going out on the boat with Joe Isfeld when he was a boy so he got the bug early. Later he would work with the Olson crew, then decided to go out on his own with a few friends here and there.

Randy also had a love of community and joined the legion and was for a time on their committee. He enjoyed planning events and was there most Fridays and Saturdays for the meat draws and the company. He also loved darts even building his own dart board case to better his skills at home.

When you are at the legion have a seat and enjoy the view or rest on the bench that he restored and donated.

Randy also enjoyed fishing on the dock. He had a group of regulars that he got to know and they looked up to him for his knowledge and company.

Fun fact - Randy was a fisherman but he did not eat fish.

Thanks to Joel who helped with Randy's quota, transportation and was a friend.

Thanks to the nurses who kept Randy comfortable at the Johnson Memorial Hospital and were kind and considerate to the family.

The Celebration of Life will take place at the Royal Canadian Legion Branch 182

146 Sixth St., Gimli on Saturday, November 8th at 11:00 a.m.

In lieu of flowers, if so desired donations can be made to the Gimli Legion or CancerCare Manitoba.

I pray that I may live to fish until my dying day.

And when it comes to my last cast,

I then most humbly pray; When in the Lord's safe landing net and peacefully asleep.

That in his mercy I be judged Big enough to keep.

OBITUARY

Johnny (John) Dmetro Yuzwa
July 13, 1963 – October 24, 2025

After a 4-and-a-half year battle with multiple myeloma, on October 24th, 2025, Johnny (John) Dmetro Yuzwa passed away at the age of 62.

John is survived by his wife Dawn Yuzwa; his daughters Alexandra (Matt) and Leanne; brothers Peter (Tannis), Nick (Wendy), and nephews Pierson and Patrick.

Thank you to the staff, nurses, and doctors at CancerCare Manitoba in Winnipeg and Selkirk for their compassion and care for dad.

Celebration of life arrangements in care of MacKenzie Funeral Home.

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



Tributes: mackenziefh.com

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(204) 467-2525 • info@mackenziefh.com

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**Remember Your
Loved Ones**

with an Announcement in the

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OBITUARY

Dorothy Clara Charney (née Thorarinson)

Dorothy Clara Charney (née Thorarinson) passed peacefully on October 29, 2025 at Selkirk Regional Health Centre at the age of 79.

Dorothy is survived by her husband of 59 years Lawrence, daughter Gail (John), son Greg, daughter Sharon; grandchildren Brittany (Peter), Ryan (Glosabel); great-grandchildren Lorelai and Aiden; siblings Norma, Carla (Frank), Jonas, many nieces and nephews and other relatives and friends who all loved her dearly and will miss her joyful presence.

Predeceased by brother-in-law Ken, sister Sonja (Leslie) and brother Bradley.

A piece of our sunshine has left us. You will always be in our hearts.

In keeping with her wishes a private service will be held.

In lieu of flowers, donations may be made in Dorothy's memory to Riverton-Hnausa Lutheran Church or CancerCare Manitoba.



take a break

> GAME

SUDOKU

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

Level: Intermediate

Here's How It Works:

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

9	9	7	1	2	8	7	8	6
8	8	7	9	6	9	7	2	1
1	2	6	8	7	4	8	9	9
7	1	9	7	9	2	8	6	8
6	9	8	7	1	8	2	7	9
2	7	8	8	9	6	9	1	7
7	6	1	2	8	9	9	7	8
9	8	2	6	8	7	1	9	7
8	7	9	9	7	1	6	8	2

Sudoku Answer

Fun By The Numbers

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

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HEALTH

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